



## 兒童訓練基金 助孩子融入社會

剪頭髮、上茶樓、到超市購物是一家人開心參與的活動；而看電影、去沙灘、游泳或到郊外踏單車，更加是讓孩子們歡天喜地的好節目。只是，對於患有自閉症的晴晴、卓賢及其父母來說，卻是一場場充滿困難、掙扎、痛苦的角力。

**晴**晴對髮廊內的剪髮器具感到恐懼，也害怕被陌生人按著頭剪髮，無法合作地安坐，總是到處亂跑、高聲呼喊，拉扯着媽媽往外走，每次總以失敗告終，媽媽只有趁她睡了偷偷替她剪。外出用膳時，她也不肯安坐，或站在坐位上，或衝出餐廳，制止她時又會大吵大嚷。

「那次前往黃金海岸，巴士還在屯門公路，她遙望到海水便害怕得大叫，在海濱走廊沿路極力掙扎，

最後強行帶她到海灘，她玩沙時雙眼仍不時望向通道，準備隨時拔腿而逃。」晴晴媽媽說。

丈夫在內地工作時，晴晴媽媽要獨自照顧女兒，感到很大壓力，會避免帶晴晴出外，縱使有時很渴望看齣電影或上街逛逛，也因為女兒無法適應的緣故，惟有忍痛捨棄。

同是四歲的卓賢也令父母感到困擾。某次假日，他的父母悉心安排到大美督踏單車，準備租腳踏車之際，卓賢竭力拉扯着父母高聲尖叫着要回家，惹來途人注目、指點，父母出盡辦法仍沒能撫息他的情緒，尷尬非常，結果一家人惟有沮喪地原路折返回家。

「另一次是去游泳，他在泳池閘口一看到沖身的小瀑布，便極力掙扎要逃跑，之後更乘我換泳衣之際，迅速偷走。」卓賢媽媽道。



▲香港君悅酒店  
透過凱悅酒店基金撥款贊助  
本會社適訓練，圖為學童模  
擬進電影院看戲

▶經中心的社適訓練後，卓賢  
一家人終可以重拾家庭樂趣



▼經訓練後，學童接受牙醫診治  
也表現自若



## 認知、情緒和行為問題 阻礙參與社區活動

協康會教育心理學家麥依華表示，有特殊需要兒童在適應社區活動方面困難重重，不少在感覺接收及調節上出現偏差，對不同的感覺刺激會有反應過敏或過弱的表現；而他們未能洞悉每個經驗背後的核心涵義；加上類化能力不足，只學會在某一情況下作出某一特定反應，未能將以往的經驗運用在其他新的處境上。

她指出：「部分兒童不明白社會認可的行為、或是未能接受在社區環境中不同的感知刺激，容易出現情緒波動及其他問題行為，例如表現焦慮、過分活躍或被動、四處走動、尖叫、甚至是自我傷害的行為。這些問題令他們難以投入社區環境和使用社區設施，也令社區人士誤解及難於接納他們。家長或會因此減少帶子女外出，甚至拒絕讓他們參與社區活動，以避免尷尬場面，或免遭朋輩欺負。一般家長也可能會憂慮有特殊需要兒童影響自己的子女，因而不願意讓他們一起遊戲和學習，甚或阻止他們做朋友。」

## 與夥伴合作 提供系統訓練及實踐機會

協康會致力提升學童適應社區的能力，透過訓練和環境調節，讓學前有特殊需要兒童從小接觸社區環境、建立正確的認知和行為模式。社區適應訓練分三個階段進行：首先是課室訓練，教導他們基礎技巧，進而安排模擬活動以增加他們對有關技能的成功經驗，最後是引導他們走進社區，進行實地的適應活動。

協康會近年得到香港扶輪社、輝瑞營養、香港君悅酒店、惠康、雲頂香港及集思公益計劃等贊助，在轄下中心進行多元化的社適訓練，並與社區夥伴合作，為學童及家長提供出外實踐的機會，如到髮型屋剪髮、到快餐店進膳、到診所看牙醫、參觀公園、到超市購物、到遊樂場遊玩、乘搭交通工具等，這些訓練活動深受家長歡迎，成效亦令人鼓舞。

## 家長認同成效 牙醫亦嘖嘖稱奇

以到電影院觀賞電影為例，裕明中心在訓練活動前訪問了參與的家長，當中大部分表示難以帶孩子上電影院，有四分之一更從未帶子女外出觀賞電影；經過社適訓練後，近六成家長表示孩子學會排隊買票、能安靜入座和看戲時保持情緒穩定；逾八成受訪家長認為活動有助他們認識孩子的需要，更懂得處理孩子的行為和情緒問題，也能控制自己的情緒，多了帶孩子出外的信心及動機，改善了親子關係。

即使是看牙醫這項極具挑戰性的活動，經中心老師設計周密的模擬訓練和反覆不斷的練習後，不少自閉症學童在現實生活中往牙醫診所，面對各項令人不寒而慄的牙齒潔淨、治理過程時，亦能表現乖巧、安坐順服，令醫護人員也感到難以置信、嘖嘖稱奇，曾有一位牙醫更主動將收費減半，以示嘉許。

卓賢媽媽表示：「參加過學校的社適活動，有了經驗。下次再去時，他的反應便不會那麼激烈失控，我們也得享家庭樂趣。與其足不出戶，不如尋求更多生活體驗和學習機會，一起助他克服恐懼，糾正不當行為。」晴晴媽媽也說：「多虧中心的剪髮活動，她的新髮型好看多了。」

## 成立兒童訓練基金 延展社適訓練

然而，這些訓練和活動均屬非政府資助服務，全賴善心人士和機構的捐助，才得以玉成。這些計劃今後能否延續，令更多有發展障礙孩子受惠，實有賴您的支持。

協康會正籌募成立「兒童訓練基金」，資助12,000名有特殊需要孩子的家庭參與社區適應活動；或2,000名正苦候政府服務的自閉症孩子每人接受三個月言語治療；或600名有發展障礙的貧困孩子接受十節專業訓練。誠盼您能將政府派發的6,000港元「糖果」化成祝福，捐予「兒童訓練基金」，幫助有特殊需要孩子及其家人，詳情請瀏覽[www.heephong.org/children-training-fund](http://www.heephong.org/children-training-fund)。

▶ 陳爸爸不惜放棄個人事業，全職照顧有自閉症的愛兒，彼此建立深厚的感情



## 爹爹的感動

“銘銘的每一個進步都會令我好感動，有時甚至會令原本繃緊的我即時笑起來！”

2007年，當獲悉兩歲的兒子銘銘確診有自閉症的一刻，陳劍煒頓覺眼前空白一片，實在無法接受診斷的結果！心忖兒子平日就是看醫生也哭鬧得厲害，評估當天倒是又乖又合作，只是聽指令的表現稍遜，像染了傷風感冒以至臨場表現一時失準而已。其後帶兒子看了數名醫生，都說銘銘「唔似有自閉症」。儘管如此，他還是為兒子安排了不同的治療，希望能治好他的「傷風感冒」。然而，數月後，銘銘依然不說話，也不與人溝通。在半信半疑下，陳爸爸突然醒悟到：無論診斷結果如何，作為父母也得接受兒子，而當前最重要是盡快讓銘銘接受治療，遂安排他入讀協康會秦石特殊幼兒中心。是時，三歲半的銘銘只會喊「爹爹」，其餘的還是一句也說不出來。

陳爸爸感到和銘銘特別投緣，常常念掛兒子的需要，很渴望能親手照顧他，故毅然放棄從事了十多年的電腦程式設計工作，日間親自料理兒子的起居生活，由上學、做功課，以至參加訓練都陪伴左右。陳爸爸甜絲絲的說：「我們黏著了，分也分不開！」

現時陳媽媽在律師樓做秘書，陳爸爸則一星期四晚兼職寫電腦程式，三晚為快餐店送外賣；另外，每星期還有兩天到銘銘就讀的中心做義工，協助老師管理課室。回到家裡往往不消數分鐘便呼呼入睡，不過一天也只睡4個小時而已。

經過三年多的努力，銘銘由最初只能發幾個簡單音節到現在會主動跟爸爸聊天，提議到那兒玩，有時看到父母討論得激烈，還會勸他們「放鬆啲」哩！陳爸爸

欣然說：「入讀秦石中心後的第一個暑假，銘銘已能說簡單的句子，雖然音調聽起來怪怪的，有點像西人講中文，但這已是一大進步了！」兒子將於今年9月升讀普通小學，眼看他愈大愈乖巧穩定，陳爸爸直言既感動又開心！

身兼母職的陳爸爸晚出早歸，經常帶著銘銘進進出出所住的大廈。鄰居和大廈管理員對他們的行蹤卻感到疑惑。陳爸爸卻不以為意：「放棄了以往的全職專業工作，雖然收入少了近半，也惹來別人奇怪的目光，但我還是認為值得的，否則和兒子相處的時間不多，感情也不會像現在般親密！」



看顧兒子，見證他的進步，直教陳爸爸甜在心頭 ▲

「爸爸俱樂部」是專為育有發展障礙子女的爸爸而設的自助小組，旨在給爸爸們提供一個可以互吐心聲的生活空間，讓他們發揮自強、自助、助人的精神。參加費用全免，有興趣的爸爸可向協康會海富中心查詢，電話（852）2777 5588。

Charity listed on  
**WiseGiving**  
惠施·慈善機構

▶ 小組訓練改善學童處理感覺信息能力、組織力及專注力



▼ ADHD兒童的性格較為衝動，較難維持長久的專注力及抑制行為

## 專注力不足過動症

本港學童中有約6%患有專注力不足過動症(ADHD)，患童較一般孩子活躍和衝動，難以專心地學習，在社交及其他生活方面也遇上不少困難。研究指出，缺乏專注力、情緒處理能力和社交溝通技巧只是表徵，問題的癥結在於他們的執行功能缺損，以致在行為抑制、語言及非語言運作記憶、自我調節情緒及覺醒、自我管理等方面出現困難。

「我 不知道為什麼老師總是不喜歡我，上英文課的時候，老師不是針對我，便是責備我，其實我並不明白她在說什麼，她要求我留心上課，這對我來說太難了，因為課堂的內容實在太沉悶了！我內心常有衝動，就是想到要做的事便要立即去做，例如在上課時，突然會想起書包裏某樣有趣的東西，便要立即拿出來看一下、摸一把才能安心似的；有時又突然想起抽屜裏昨天買回來的原子筆，又要拿出來看看。有次，老師在全班同學面前責備我不留心上課，令我十分尷尬和氣憤！」十歲患有ADHD的佑中說。

### 延誤治療 影響深遠

專注力不足兒童較容易忽略細節而犯錯，易受外界影響而分心，常常逃避需時或花心力的工作，也難以按指示完成工作，無法專心聆聽他人說話，在生活上較為善忘，以及工作欠缺組織及計劃等。而衝動及過度活躍兒童則往往說話過多，經常動過不停，在不適當的場合離開座位、亂跑亂跳，他們較難在日常活動中保持安靜，也沒有耐性等待、經常打斷別人說話或騷擾他人活動。患者在學習、社交及生活多方面都遇上不少困難。

香港大學精神醫學系於1998年進行為期五年的研究，將150名平均14歲的本港AD/HD患者，與171名年齡相若但無患此症的中學生組成的對照組作比較，發現患者有反叛及暴力行為等問題較一般同齡者高4倍；出現焦慮或抑鬱等情緒問題的比率也較對照組高1.5倍；也有較多人吸煙、濫藥、干犯偷竊、自稱黑社會成員等罪行的情況。患者的平均智商雖達103，但卻有逾四分之一人曾留班。外國文獻亦指出，患童如能及早接受治療，有助減低長遠的影響。



### 家校合作 全方位支援ADHD學童

有見及此，協康會於2009年取得優質教育基金贊助，在四間小學推行「專注力不足過動症學童 — 全方位校本支援計劃」，為期兩年，由教育心理學家、職業治療師及物理治療師策劃校本三層支援模式，並出版教材，其中教師手冊闡釋校本三層支援模式，內附光碟，方便前綫人員使用；而家長手冊則多角度剖析ADHD學童的需要，提供實用的親子溝通貼士和家居訓練活動。

### 耐心聆聽 不吝讚美 助建立自信

負責是項計劃的其中一位協康會教育心理學家張明麗表示：「培育ADHD子女，一切從良好的溝通開始，家長應常以孩子的角度去理解事情，留意其表情和情緒變化，適切地回應，讓孩子知道父母明白自己的感受。即使要指正孩子的錯誤，亦應待其情緒平靜下來，才和他說道理。」

「太多的障礙、極少的認同」，是很多ADHD孩子的感受，也是他們嚴重缺乏自信的原因。張明麗指出：「家長應透過讚美來激起孩子的自我價值感及提升其自信心，避免他們變成害怕、沮喪、反叛的孩子。日常生活中，家長亦可透過改變行為的後果，助孩子建立恰當的行為。」

### 出版《家長手冊》 伴行躍動成長路

有關協助ADHD孩子的竅門，可參考本會最新出版的《青蔥教室系列之躍動成長路 — 專注力不足過動症學童全方位校本支援計劃家長手冊》。現預留20冊，免費贈予每月捐款者，有興趣索取者，請將姓名、捐款者編號、聯絡電話號碼電郵至 [cdd@heephong.org](mailto:cdd@heephong.org)，送完即止。



▲ 出版《家長手冊》及《教師手冊》，提供專業的訓練建議

▶ 側臥旋轉是訓練太空人的技巧，有助強化眼球肌能



▼ 跟隨節拍按紙上的箭咀方向跳動，改善追視能力



▲ 看看螢幕，數數有多少個圓形？



## 眼·動協調 提升學習表現

小軒今年8歲，他看書時，不時會跳行、漏讀或重複讀字；上課抄寫黑板時，速度很慢，常常抄錯；經常抗拒砌模型、繪畫、玩七巧板等視覺活動。肌肉較同齡者乏力、容易疲倦；坐姿欠佳、腰骨不能保持挺直；經常跌倒或被物件絆倒；常混淆上下、左右等方向；球類活動表現不濟。媽媽以為他無心向學、懶惰、欠缺耐性，其實真正的原因在於其姿勢與眼球控制失調。

**姿** 勢與眼球控制失調是指雙眼未能協調地運用，視力雖屬正常或已矯正，但追視物件有困難，同時，在姿勢控制和動作協調上亦出現問題。

### 前庭平衡感覺系統失調 致眼球控制現偏差

姿勢控制怎樣影響眼球運用呢？協康會資深職業治療師杜蕙嫻表示：「眼睛要協調地運作並接收視覺訊息，產生穩定的視野，身體必須要保持平衡，這便有賴前庭平衡感覺（即搖晃的感覺）系統的正常運作。前庭平衡感覺負責保持肌肉張力於正常狀態，維持頭部及身體的良好姿勢及動作協調，與視覺肌能系統在神經學上是互相連接的，可以說，前者是後者的基石；所以，若小朋友的前庭平衡感覺系統有失調，便會導致眼球肌肉控制有偏差。」

### 5歲接受評估 免學業、自理受影響

眼球肌肉是小肌肉之一，雙眼由12條小肌肉組成，控制眼球向上下、左右、斜角、打圈等方向移動。而七至八成的課堂活動，如閱讀、抄黑板、打球等，均需要高效能的眼球肌肉控制來應付。我們日常過馬路、穿衣、砌模型、繪畫、下棋等活動，也倚靠雙眼的靈活運用。

杜蕙嫻指出：「兒童一般在五歲左右，已可在頭部固定的情況下，雙眼協調地追視。倘若五歲後，仍長期出現上述小軒的情況，家長便要留意，盡快安排子女接受評估和治療，皆因此情況通常不會隨着年紀增長而消失，長此下去，會影響學業、自理及遊戲表現，更甚會影響自信心，積累挫敗感。」

### 「眼·動協調」訓練小組 改善學習表現

協康會開辦首個「眼·動協調」訓練小組，由資深職業治療師悉心設計及帶領，與學童進行前庭旋轉活動、動作為本的眼球肌能訓練、視覺動作協調活動、眼球肌能訓練、視覺動作協調活動、繪畫和電腦訓練活動等，加強眼球控制、改善姿勢控制及提升學習表現，如閱讀及抄寫的準確性及速度、視覺記憶及辨別判斷能力、視覺動作協調反應等。參加者均表示孩子的追視及平衡有進步，專注力、大小肌能、手眼協調、反應及寫畫速度增均得以顯著改善。

### 家居訓練小貼士

家長在日常生活亦可應用有關訓練，多讓孩子邊拋邊拍打氣球，或拋接軟身的物件（由大至小，由近至遠），下飛行棋、找不同、畫迷宮、連接數字圖、按圖砌模型等活動也可改善追視、掃視和手眼協調能力，有助提升其學習的興趣。



▲ 眼動協調訓練，令學習變得更有興味

# 贊助及籌款動向

▼ 港島香格里拉大酒店與本會其他30家商界夥伴獲社聯嘉許



▲ 學童向上海總會理事長王緒亮(左二)致送紀念品表達謝意



▲ 各位精英廚師的巧手佳餚贏盡一眾美食家的激賞

## 31個商界伙伴獲頒「商界展關懷」標誌

31間由本會提名的企業及機構獲社聯頒發2010/11年度「商界展關懷」標誌。謹此感謝各機構夥伴熱心支持本會工作，關懷有特殊需要的兒童。

- 3R
- 中信銀行國際有限公司
- 時鮮菓汁國際
- 美味王餐飲管理有限公司
- 蓋璞採購(控股)有限公司
- 港威酒店
- 高盛(亞洲)有限責任公司
- Good Hope Singers Limited
- 香港君悅酒店
- 恒生銀行
- 都會海逸酒店
- 香港商業廣播有限公司
- 置地公司
- 港島香格里拉大酒店
- 啟勝管理服務有限公司—新都廣場
- 啟勝管理服務有限公司—新城市廣場三期
- 啟勝管理服務有限公司—新城市廣場一期
- 景豐集團(環保機建)有限公司
- 九龍酒店
- 新思維教育國際有限公司
- 三井住友海上火災保險(香港)有限公司
- 電訊盈科有限公司
- 菲萊雅(遠東)有限公司
- 太子珠寶鐘錶公司
- 香港扶輪社
- 太平山扶輪社
- 渣打銀行(香港)有限公司
- 新鴻基地產發展有限公司
- 萬博宣偉(公關)
- 匯晉國際企業有限公司
- 雅虎香港有限公司

▼ 渣打銀行  
義工與學童聯手  
美化中心外牆



### 企業義工熱心參與中心活動

渣打銀行(香港)有限公司集團房地產服務部40名熱心員工於4月7日為環翠中心(西翼)進行外牆美化活動；上海商業銀行贊助海富家長資源中心的父親節活動，派出義工四十多人，設計有趣的遊戲攤位；港島香格里拉大酒店義工亦於6月28日到環翠中心探訪學童，設計小遊戲，讓孩子寓學習於娛樂。

### 第20屆全港廚師精英大匯演暨2011慈善獎券售賣活動圓滿舉行

「第20屆全港廚師精英大匯演」已於6月2日假香港君悅酒店舉行，全國人大常委范徐麗泰女士親臨主禮，參與賓客逾1,100人，一起品嚐由50家高級酒店、餐廳和酒商提供的美食和佳釀。而2011慈善獎券抽獎儀式亦於當晚進行。兩項盛事的淨收益將全數撥捐本會家長資源中心，服務有特殊需要的兒童及其家人。

本會特此感謝何藍瓊縷女士、太子珠寶鐘錶公司和香港君悅酒店的慷慨贊助；並向協康健樂大使謝安琪小姐、參與善舉的酒店、餐廳和酒商；購買餐券及慈善獎券的善長；以及協助售賣獎券的義工致謝。

### 橫越英格蘭為協康會籌款

「全港廚師精英大匯演」主席何美鳳(Kim Murphy)於7月20日起聯同丈夫David Hurren及兒子James徒步橫越英格蘭，並將所籌得善款悉數撥捐協康會「兒童訓練基金」。

### 多間機構助環翠中心西翼添設施

環翠中心西翼剛於5月落成，得到上海總會贊助設立訓練活動室和大肌肉活動室，並添置訓練器材。太平山扶輪社和恩光之友會分別贊助感覺統合訓練室及歷奇天地。盧家騶及盧方小寶紀念基金亦捐贈兩間語言治療室，並資助港島區展開自閉症幼兒支援計劃。

### 新鴻基地產及華人置業助協康收集捐款

協康會於東港城、新都會廣場、荃灣廣場、新世紀廣場、尖沙咀The ONE、新港中心及銅鑼灣皇室堡的客戶服務處擺放捐款箱，募集捐款助有特殊需要的兒童及其家人，請大家踴躍捐輸。

### 三個基金項目申請勝出

本會向李嘉誠基金會集思公益計劃遞交六個項目，其中三個獲資助32萬餘元，惠及千多個特殊需要學童家庭；衷心感謝大家熱心投票，雖有三個項目未能入選，盼日後能繼續支持本會。



▶ 韻律運動及遊戲治療室內設攀石牆，訓練孩子的協調能力



▼ 宏利義工與學童一起繪畫外牆壁畫



▲ 宏利行政副總裁兼香港區首席行政總監何達德(左二)於歷奇天地與中心的「小太空人」合照

## 為孩子發展奠基 — 宏利慈善基金

「孩子的笑臉是推動我們支持協康會服務的主要動力啊！」宏利人壽保險(國際)有限公司行政副總裁兼香港區首席行政總監何達德欣然道。

自2007年以來，該公司向本會慷慨捐贈設立多項協助有發展障礙兒童的設施，包括感覺統合治療室、韻律運動及遊戲治療室、歷奇天地等，其義工團隊更身體力行，積極參與本會多項服務，傳遞愛心予有需要的兒童。

### 親子義工服務 送上祝福

「作為良好的企業公民，宏利熱心公益，積極鼓勵員工及保險/理財顧問參與不同的義務工作。今年初，我們的熱心義工更帶同子女到協康會順利中心繪畫外牆壁畫，為中心增添色彩和生氣的同時，也透過和學童一起參與集體藝術活動，實踐關懷社群、共建融和社會的精神。這些壁畫以美好未來和理想家園為主題，代表著我們衷心祝願有特殊需要的孩子也能發揮潛能，實踐夢想。」提起那次義工服務的愉快經驗，何達德說同事們至今仍津津樂道呢！

### 達遠前瞻 創立首間韻律運動及遊戲治療室

除了身體力行外，宏利更達遠前瞻，支持本會創立全港首間韻律運動及遊戲治療室。這間治療室位於青衣長青中心，除了相關的音樂及遊戲設備外，亦設有攀石牆，讓更多有發展遲緩、自閉症、動作協調障礙等兒童可以接受韻律運動及遊戲治療。

「我們希望藉著捐助設立這些設施，讓孩子享受由參與體育和音樂活動所帶來的樂趣，重拾自信，並改善身體多方面的能力，讓他們的潛質得以發揮。」

### 樂善不倦 助設三間感覺統合治療室

此外，宏利慈善基金亦贊助王石崇傑紀念中心設立感覺統合治療室，內設吊網、滑翔鞦韆、吊搖板等懸吊器材及其他設施，讓職業治療師可因應兒童的感覺統合問題，給予適當的感覺經驗和挑戰，促進兒童的腦部對外界各種感覺訊息的接收、調節及組織，以改善兒童的手眼協調、視覺認知、專注及

組織能力，從而更有效地參與日常的學習、自理、遊戲及社交活動，對有發展遲緩、學習困難、自閉症及專注力失調等學童裨益尤多。透過攜手扶弱基金的等額資助，本會亦得以為大窩口中心及富昌中心設立感覺統合治療室。

### 打造歷奇天地 助孩子超越自己

宏利慈善基金亦贊助順利中心成立「宏利歷奇天地」，配備多項由多位資深物理治療師攜手設計的設施，包括互動攀石牆、折疊式攀爬架、小型歷奇站及電子影音體感訓練等特別設施，專門訓練患有自閉症、感知肌能障礙及學習障礙的幼兒，改善兒童的認知力、平衡力、力量、感官反應和身體協調能力。

藉着是項贊助，本會亦得以成功申請攜手扶弱基金等額資助，為王石崇傑紀念中心增設「歷奇天地」，令九龍東區更多兒童得到適切的物理治療。

何達德續道：「宏利一向重視下一代的福祉，我們會繼續支持協康會的使命，協助孩子克服發展障礙和適應所居住的社區，讓不同潛質的孩子在愉快的環境下健康成長，享有最佳的發展機會，盡展所能，共同締造美好將來。」

鳴謝下列善長\*慷慨捐助本會(排名不分先後)

邦盟匯駿評估有限公司  
香港公益金—中銀香港暖心愛港計劃  
匯俊達人培訓學會突破31及34團隊  
陳楊福和基金有限公司  
香港公益金  
牛奶有限公司  
高盛(亞洲)有限責任公司  
港島香格里拉大酒店  
Mr and Mrs Haman and Phyllis Fan  
香港賽馬會慈善信託基金  
凱瑟克基金  
李明強先生  
攜手扶弱基金  
金景資產管理有限公司  
輝瑞營養  
普雲創意教育基金  
Ms Pong Yuen Yee  
蘇格蘭皇家銀行(香港分行)  
太平山扶輪社  
上海商業銀行  
上海總會  
復群發展有限公司  
渣打銀行

\*於2011年3-7月捐款10,000港元或以上



◀ 新推出的多元教材助孩子提升語言、自理、適應及學習能力

## 新教材啟發兒童潛能

**協**康會推出多本新書和媒體資源，全面支援有需要學童，與家長及老師分享專業團隊的經驗及研究成果。

《綠野山城之旅》遊戲光碟專為有特殊學習需要兒童設計，因應孩子的能力，通過有趣互動的遊戲循序漸進地幫助他們認識四季、環保、食物、社區及行為情緒等生活題材。

《詞彙學習小天地》由協康會言語治療部編撰，以新穎有趣的練習，包括分類、找異類、聚斂性命名及擴散性命名等有效學習詞彙的方法，協助三至五歲兒童將詞彙有系統地整合及記憶，加強詞彙知識、深化詞彙網絡組織和改善詞彙尋找能力，促進其語言發展。本書獲普雲創意教育基金贊助製作。

《提升幼兒自理能力手冊》為協康會與星島出版首次合作編製，由協康會職業治療師執筆，就兒童常見的自理問題，包括進食、如廁、穿衣及梳洗四方面為家長提供適切及實用的訓練建議，以減輕在照顧孩子上的困擾。

《融入主流：學童全方位適應錦囊》針對學童在學習、適應等方面的問題深入淺出地提供對策。此書由香港賽馬會慈善信託基金贊助製作，現預留20本贈予有興趣之每月捐款者，如欲索閱，請將姓名、聯絡電話及郵寄地址，電郵至cdd@heephong.org本會企業發展部，註明書名，先到先得，送完即止。

上述書籍及光碟現已有售，詳情請瀏覽本會網頁 [www.heephong.org](http://www.heephong.org)。

## 大中華地區培訓

協康會在6月20-23日應邀到汕頭參加由中國殘疾人聯合會主辦的「十二五」精神殘疾康復工作研討會，是會上唯一就自閉症兒童服務發言的香港機構。本會在大中華地區的師資培訓方面一向不遺餘力，今年4-11月期間，便到廣州、長沙、青島、深圳、北京、成都、南京、澳門、台北等地為逾千位復康業同工進行專業培訓，就自閉症、發展遲緩、感覺統合、言語治療、結構化教學法、體能發展、讀寫障礙等主題，作授課及實習指導，並於本會轄下中心提供實習機會，助學員學以致用，提高教學成效。

## 星亮計劃支援自閉症學童

本會獲香港賽馬會慈善信託基金贊助，將於今年9月開展為期三年的「星亮計劃」—主流學校自閉症學生全方位支援服務，為新界東區主流中、小學校內自閉症學生提供小組訓練、課後支援活動及個別教育計劃，協助他們適應主流學校的要求；也為老師及家長提供諮詢和培訓，查詢請電3618 6328。

## 助讀障學童尋因越障

本會將於今年9月開始，為近130名就讀小學一年級的讀寫障礙學童開辦訓練小組及家長工作坊，由香港公益金贊助，為期三年。另外，本會推出全新的「喜閱寫意」網站，為家長和老師提供極具參考價值的專業建議，協助孩子跨越讀寫障礙，歡迎到<http://spld.heephong.org>瀏覽。



▲ 全新的「喜閱寫意」網站內容極具參考價值



## Children Training Fund Facilitates Social Adaptation

*Dining out and grocery shopping are relaxing and enjoyable activities for most families, not to mention watching movies, playing on the beach or cycling. But for autistic children, like Ching and Cheuk-yin, and their parents, all these outings could be full of difficulties, struggles and sufferings.*

Ching feared hair scissors and dryers. She was also afraid of the feeling that her head was being pressed by a hairdresser's hands. As a result she squirmed restlessly, screaming and struggling to take her mum out of the salon. It ended up that her mum had to perform the cut while she's sleeping. Dining out in a restaurant was not easy for Ching as well as she could

not sit still. She always stormed out of the restaurant or made a scene when she got caught by her mum.

Ching's mum recalled, "Once we went on a trip to the Gold Coast in Tuen Mun. When the bus was on the way, she caught a glimpse of the sea and started yelling and struggling. I escorted her to the beach. She still frequently glanced in the direction of the exit when we were playing in the sand."

As her husband is working across the border, she has to take care of her daughter on her own. Feeling stressed, she avoided taking Ching out. There were some activities she was eager to join but the idea was abandoned in view of the problematic behaviours of Ching.

Parents of Cheuk-yin, 4 years old, were also in the same predicament. On one weekend, they went to Tai Mei Tuk for



▲ Grand Hyatt Hong Kong sponsored Heep Hong's social adaptation training. Children are rehearsing watching movies at theatres

▶ Through training at centre, Cheuk-yin and his parents regain their joy of family outings



▼ After training, children performed calmly during dental treatments



cycling. When they were about to hire the bikes, Cheuk-yin got hysterical, arousing gossips and unfriendly attention from passers-by. Failing to pacify the child, the family had to return home disappointedly.

"Once we went for swimming. He struggled to leave when spotting a waterfall shower at the entrance, and escaped swiftly when I was changing my swimming suit," Cheuk-yin's mum added.

### Cognitive, Emotional & Behavioral Problems Hinder Social Adaptation

Ms Eva Mak, Educational Psychologist of Heep Hong Society, said, "Most children with special needs have problems in sensory registration and modulation, being either under-sensitive or over-sensitive to sensory stimulation. They could not grasp the underlying meanings of each experience. Coupled with their lack of generalisation power, they always encounter difficulties in social adaptation activities."

She remarked, "Some children are not aware of socially acceptable behaviours, or have difficulties in processing everyday sensations, leading to emotional and behavioural problems. All these problems leave them hard to use community amenities, and cause misunderstandings and rejection on the part of the general public. As a result, their parents might take them out less often. Other parents might also oppose their children making friends with their special needs counterparts, lest they might be adversely affected."

### Providing Systematic Training and Practice Opportunities

Heep Hong Society is committed to enhancing the social adaptation abilities of children with special needs through training in the hope that they could get used to community environment, and establish proper mode of cognition and behaviours. Social adaptation training is divided into three modules: first is basic skill training in classrooms, followed by simulating activities to increase children's successful experience. Finally, they will be shepherded to the community for real practice.

In recent years, Heep Hong received sponsorships from the Rotary Club of Hong Kong, Pfizer Nutrition, Grand Hyatt of Hong Kong, Wellcome, Genting Hong Kong and Love Ideas Love HK Programme to conduct diversified social adaptation training at centres. It also joined hands with partners in the community to provide practice opportunities such as having

haircuts in salons, eating in fast-food restaurants, shopping in supermarkets, and taking public transport. All these training activities have been applauded by parents.

### Parents and Dentists Lauded the Results

Taking movie watching as an example. Before training, it was difficult for parents of Yu Ming Centre to go to the cinema with their children. One-fourth of them had never watched a movie with their children. After training, nearly 60% parents expressed that their children were able to queue up for tickets and stay calm throughout the screening. Over 80% of the parents learned more about the needs of their children and acquired the skills to tackle their behavioural and emotional problems. Both their motivation to take children out and the parent-child relationship have been forged.

Even for activities as challenging as seeing dentists, after carefully orchestrated exercises and practices at centres, many autistic children went through the dental treatments at clinics in an exceptionally calm and helpful manner. The medical staff was amazed at their performances, and one dentist was so impressed that he even cut the fee by half to show his encouragement.

Cheuk-yin's mum said, "After training at the centre, his response in next outing was less strong, and we could enjoy our family days more often now." Ching's mum also commented, "Thanks to the haircut activities organised by the centre, my daughter got a new and pleasing hairstyle now."

### Children Training Fund to Extend Social Adaptation Training

The training aforementioned is non-government-funded, and entirely relies on sponsorships and donations from the public. Heep Hong Society is seeking to establish the Children Training Fund in an effort to enable 12,000 children with special needs and their families to participate in social adaptation activities; or 2,000 children with autism waiting for government services to undergo 3-month speech therapy; or 600 underprivileged children with developmental problems to receive 10 sessions of professional training.

We cordially invite you to make donations to the Children Training Fund. Every dollar of the money raised will be used to create more training opportunities for this neglected group of children. For details, please visit [www.heephong.org/children-training-fund](http://www.heephong.org/children-training-fund). 🇺🇸

► Dannen Chan quitted his full time job to take care of his autistic son. He is pleased with his decision for it allows him to have a close tie with the child.



## “I cherish every moment with my son!”

“*Rex's every progress, big or small, can loosen my tense nerves and make me smile.*”

In 2007 when Dannen Chan heard that his 2 years' old son Rex was diagnosed with autism, his mind went blank instantly. He could not believe what he was told. Although the child often screamed and yelled when seeing a doctor, he behaved exceptionally well during the assessment. The only “little flaw” in his performance might be about following instructions. Yet at that time he thought Rex was just like “catching a cold” and thus his performance was slightly affected. Later, Dannen took Rex to consult other doctors and they all told him that the child “does not look like having autism”. Despite being skeptical of Rex's situation, he spared no effort to arrange various therapies for his son hoping that the “cold” could be cured. Yet after a couple of months, the boy still could not speak a single word nor communicate with others. Dannen came to realise that he should arrange appropriate treatments for his son as soon as possible. At that time, the three and a half year old child could only utter two syllables – “Dad Dad”.

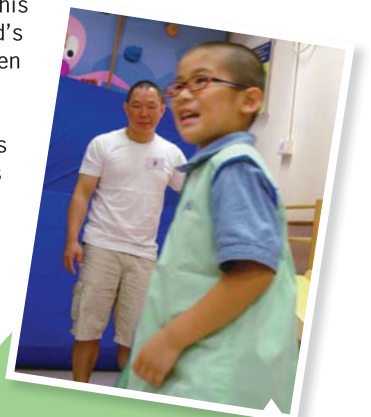
Dannen feels that there is a special bond between him and his son. He is often concerned about his needs and is eager to take care of him himself. As a result he quitted his full time job as a computer programmer to which he had worked for more than a decade. In the daytime, he attends to Rex's daily needs from going to school, doing homework to taking training courses. Dannen said happily, “We have bonded together and just could not be separated from each another!”

Dannen works as a part-time computer programmer for four nights each week and deliverer for a fast food restaurant on the other three nights. He also volunteers at Rex's training centre two days each week. With such a busy schedule, no wonder he falls asleep almost instantly when going to bed. Yet he only sleeps four hours a day.

In no more than four years, Rex has improved remarkably from pronouncing only a few syllables to now chatting with

dad, suggesting where to play, and so forth. Sometimes, he even advised his parents to calm down when they have a hot debate! Dannen shared happily, “During his first summer vacation, Rex could already speak simple sentences. Although his articulation was a bit awkward like a westerner speaking Cantonese, to me he has already taken a great leap forward!” Rex is going to study in an ordinary primary school this September. Witnessing his child's every little progress achieved, Dannen is overjoyed!

During daytime Dannen spends most of his time with Rex. His curious neighbours often cast a dubious look at him wondering what he does for a living. Dannen does not mind what others think. He said happily, “Although my income was cut down by half when I quitted from the full-time job, I think it is worthwhile. Otherwise, I would not be able to spend much time with my son and we could not be so intimate!” Dannen said with a smile of contentment. 😊



Watching over his son's every step, witnessing his every progress, Dannen's contentment is just inexpressible!

### Father's Club

Father's Club aims at providing an opportunity for fathers who have children with special needs to share experiences and reduce pressure. Membership is free of charge. For details, please contact Heep Hong's Hoi Fu Centre at (852) 2777 5588.

Charity listed on  
**WiseGiving**  
惠施·慈善機構

▶ Group training improved children's sensory processing ability, organisational skills and powers of concentration



▼ Children with ADHD are characterised by a persistent pattern of hyperactive, impulsive and inattentive behaviours

# Attention Deficit Hyperactivity Disorder

*About 6% of local students suffer from Attention Deficit Hyperactivity Disorder (ADHD). They are characterised by a persistent pattern of hyperactive, impulsive and inattentive behaviours, encountering difficulties in social and other daily activities. Studies revealed that the absence of attention, emotion-processing abilities and social-communication skills are merely symptoms, the core of the problems lies in the impairment of their executive function, leading to difficulties in behavioural inhibition, language and non-language working memory, self-regulation of emotion and awareness, and self-management.*

“I have no clue why teachers dislike me! The English teacher often pulls me up in class. Frankly, I don't know what she's teaching. To pay attention in class is very difficult for me as the lesson is so boring. I tend to act on impulse. For example, when it flashes into my mind that there is an interesting thing in the drawer, I can't resist checking it out. When the image of the ball pen I bought yesterday looming up in my mind, I was also tempted to take it out and have a look. Once I was rebuked for inattentiveness by the teacher in front of all my classmates. It really embarrassed and agitated me!” a 10-year-old student with ADHD said.

ADHD children of predominantly inattentive type are easily distracted and very often overlook details. They dodge doing time-consuming or painstaking tasks, and struggle for adherence to instructions and listening to others. They are also characterised by forgetfulness and lack of organisation and planning. Their counterparts of the predominantly hyperactive-impulsive type tend to talk excessively, interrupt others' speech or disturb others. They fail to sit quietly when required and are constantly in motion, having difficulty in taking turns. Such children are largely beset by problems in learning, social and other areas.

A 5-year study on 150 local adolescents with ADHD and a control group of 171 boys was conducted by the Department of Psychiatry, the University of Hong Kong, between 1998 and 2003. Compared with the controls, the externalising disturbances (such as rebellious and violent behaviors) and internalising disturbances (such as anxiety and depression) of adolescents with ADHD were 4 and 1.5 times more common respectively. They were more likely to smoke cigarettes, commit thefts, and use illicit drugs.



Their averaged intelligence level was 103, but more than one fourth of them repeated grades. Some foreign literature also pointed out the importance of early intervention to alleviate the profound negative impacts of the disorder.

Sponsored by the Quality Education Fund, Heep Hong Society operated a 2-year pilot scheme entitled “Holistic School-based Support Programme for Students with ADHD” in 4 primary schools in 2009. Under the Programme, a three-tier support model comprised of classroom management, executive function training, behavioural consultancy and parenting skills was executed and a teaching package was produced by professionals of Heep Hong. The package is comprised of the *Teacher Manual* with a CD-ROM and the *Parent Guidebook* to offer practical tips on classroom management, parent-children communication and training activities.

Ms Gemini Cheung, an Educational Psychologist of the Programme, said, “The key to bring up children with ADHD lies in good communication skills. Parents are advised to perceive things from the perspective of their children, making sense of their facial expressions and change of emotions, and giving timely responses to let children know that their feelings are being understood. Try not to point out their mistakes until they're pacified.”

“Too many obstacles, too less recognition” is the feelings of most children with ADHD and the reason of their unusually low self-esteem. Gemini remarked, “To avoid compounding the problems, parents should always give them a pat on the back to enhance their self-esteem and self-confidence. By altering the consequences of certain behaviours, parents can also help their children develop proper behaviours,” she continued.

More practical tips on helping children with ADHD can be found in the newly published *Holistic School-based Support Programme for Students with ADHD (Parent Guidebook)*. Monthly donors who wish to receive a complimentary copy of the book can send an email with their name, contact number, and donor number to [cdd@heephong.org](mailto:cdd@heephong.org). Limited Chinese copies only. First come, first served. 📖



▲ Professional tips available in the newly published *Parent Guidebook* and *Teacher Manual*

► Exercises to strengthen extra-ocular muscles



▼ Hopping in the direction of arrows to improve eye-tracking ability



▲ Look at the screen. How many spots are there?



## Postural-ocular Coordination Enhances Learning Performances

*Charles has difficulties in tracking with eyes, such as reading and copying information from blackboards, and has distaste for visual activities, such as drawing and playing tangrams. His muscle tone is low and he wears out easily. The 8-year-old boy has poor postural control, and always slumps while sitting. He frequently falls and tumbles; and does not have a clear sense of direction. He is also weak in ball games. Charles' mother thinks all these are attributed to his absent-mindedness, laziness and impatience. The underlying cause, in fact, is postural-ocular motor disorder.*

Postural-ocular motor disorder refers to the loss of control of posture in conjunction with poor eye tracking despite the fact that one's eyesight is normal. How does postural control affect the functional use of vision? Ms Peggy To, an Occupational Therapist of Heep Hong Society, said, "To receive visual information, we need to stabilise our body and this relies on the normal functioning of the vestibular system, which maintains the muscle tone in a steady state and the good posture of our head and body as well as motor coordination. In other words, the vestibular system and the visual system are closely integrated in neurology. The former forms the backbone of the latter; and any dysfunction of the vestibular system could lead to poor functional use of extra-ocular muscles."

Extra-ocular muscles are the six muscles that control the lateral, vertical, diagonal, circular and other movements of an eye. About 70%-80% activities in class, such as reading, copying information from blackboards, playing ball games, require effective extra-ocular control, so do most daily activities, like crossing roads, dressing, playing chess. Peggy remarked, "At the age of five, children could perform eye-tracking quite well when the position of their head is stabilised. If children exhibit signs of postural-ocular motor disorder after five, professional

assessment and training are indicated as they would not grow out of the symptoms automatically. In the long run, their learning, self-care and other performances would be affected; and the snowballing frustration would undermine their self-confidence."

Heep Hong provided group training on postural-ocular motor coordination. Devised and conducted by experienced occupational therapists, the course covers vestibular rotation activities, movement-based ocular muscle training, eye-hand coordination training, extra-ocular muscle training, copying, computer-based training and so forth to strengthen extra-ocular muscles and postural control. It can also help improve learning performances, such as elevating the accuracy and speed of reading and copying, and improving visual memory, visual discrimination and eye-motor coordination. Very positive feedback was received from participants of the course.

As part of home training, parents could also arrange activities for children: hitting balloons, throwing and catching soft objects like cushions (start with big objects, followed by small objects; and start with short distance, followed by long distance), playing chess, spotting the differences, drawing mazes, connecting pictures outlined with figures and assembling models according to illustrations as part of efforts to enhance their eye-tracking, scanning and eye-hand coordination. 🧒



▲ Postural-ocular training makes learning full of fun

## Sponsorship & Fundraising Events

▼ Island Shangri-La and 30 other corporate partners awarded “Caring Company” logo



▲ Children presented a souvenir to Chairperson of Shanghai Fraternity Association Hong Kong (second left)



▲ Thumbs up to all the great chefs whose signature dishes were highly commended by the gourmets!

## Corporate Partners Awarded “Caring Company” Logo

Nominated by Heep Hong Society, the following 31 corporations and organisations were conferred the “Caring Company” logo for the year 2010-11 by the Hong Kong Council of Social Service in recognition of their contribution towards helping children with special needs:

- 3R
- CITIC Bank International Limited
- Citrus Growers International
- Delicious Chef King Catering Limited
- Gap International Sourcing (Holdings) Limited
- Gateway Hotel
- Goldman Sachs (Asia) L.L.C.
- Good Hope Singers Limited
- Grand Hyatt Hong Kong
- Hang Seng Bank
- Harbour Plaza Metropolis
- Hong Kong Commercial Broadcasting Co., Limited
- Hongkong Land
- Island Shangri-La, Hong Kong
- Kai Shing Management Service Limited – New Town Plaza Phase One
- Kai Shing Management Service Limited – New Town Plaza Phase Three
- Kai Shing Management Service Limited – Metropolis Plaza
- King Fung (Environmental Protection) Limited
- The Kowloon Hotel
- KWIK Education International Limited
- MSIG Insurance (Hong Kong) Limited
- PCCW Limited
- Phoelia (Far East) Co. Limited
- Prince Jewellery & Watch Company
- Rotary Club of Hong Kong
- Rotary Club of The Peak
- Standard Chartered Bank (Hong Kong) Limited
- Sun Hung Kai Properties Limited
- Weber Shandwick
- Witgent International Enterprise Company Limited
- Yahoo! Hong Kong Limited

▼ Volunteers of Standard Chartered Bank beautified the exterior walls of a centre



### Participation of Corporate Volunteers in Centre Activities

A total of 40 enthusiastic staff members from the Corporate Real Estate Services Department of Standard Chartered Bank (Hong Kong) Limited beautified the exterior walls of the West Wing of Wan Tsui Centre on 7 April 2011. Shanghai Commercial Bank sponsored a Father's Day fun fair at Hoi Fu Parents Resource Centre and mobilised over 40 staff volunteers to set up booths for the event. Volunteers from Island Shangri-La, Hong Kong, visited children at Wan Tsui Centre on 28 June 2011.

heep hong **express**

### The 20<sup>th</sup> Great Chefs of Hong Kong and 2011 Grand Raffle a Howling Success

The 20<sup>th</sup> Great Chefs of Hong Kong was successfully held on 2 June 2011 at Grand Hyatt Hong Kong. The Guest of Honour, the Honourable Mrs Rita Fan, Member of the Standing Committee, National People's Congress of PRC, joined over 1,100 guests in enjoying the finest cuisine served by 50 leading hotels, restaurants, and beverage suppliers. Winners of “Grand Raffle 2011” were also drawn at the event. Net proceeds from the events will be used to support services at Parents Resource Centres.

Special thanks go to Mrs Lucina Ho, Prince Jewellery & Watch Company, and Grand Hyatt Hong Kong for their generous sponsorship. We are also grateful for the enthusiastic support from Heep Hong Ambassador Ms Kay Tse, participating hotels, restaurants and beverage suppliers, patrons who bought tickets, and volunteers who helped sell raffle tickets.

### Coast-to-Coast Walk across England in Support of Heep Hong

Ms Kim Murphy, Chair of the Great Chefs Working Group, initiated a Coast-to-Coast Walk of 320 km across England with her family in July. Fund raised is used to support Heep Hong's Children Training Fund.

### Facilities Sponsored for Wan Tsui Centre (West Wing)

Wan Tsui Centre (West Wing) was sponsored by: Shanghai Fraternity Association for the establishment of a Training Activity Room and a Gross Motor Room, and acquisition of training equipment; Rotary Club of the Peak for the setting up of a Sensory Integration Room; the Sunnyside Club for the installation of an Adventure Land; and Lo Ka-chow & Lo Fong Shiu Po Memorial Foundation Limited for the fitting out of two Speech Therapy Rooms and sponsoring the Support Programme for Autistic Children on Hong Kong Island.

### Placement of Donation Collection Boxes in Malls

Thanks to the support of the Chinese Estates Group and Sun Hung Kai Real Estates, donation collection boxes are now placed at the customer services counters of The ONE and Silvercord in Tsim Sha Tshui, Windsor House in Causeway Bay, East Point City, Metroplaza, Tsuen Wan Plaza and Grand Century Place. All donations raised will be for helping children with special needs and their families.

### Three Heep Hong Projects Won Votes

Three projects out of the six proposals submitted to the Love Ideas Love HK programme for public voting succeeded and received sponsorship of HK\$320,000 for the benefit of over 1,000 families of children with special needs. Profuse thanks for your support! 🙏



► Rock-climbing wall in the Musical Movement and Play Therapy Room facilitates motor coordination training of children



▼ Manulife volunteers painted murals on the walls of a centre



▲ Mr Michael Huddart, Executive Vice President & Chief Executive Officer, Hong Kong, of Manulife (International) Limited (second left) with Heep Hong children at Adventure Land

## Laying Solid Foundation for Children Development – Manulife Charitable Foundation

*“The smiling faces of children are the major driving force behind our support for Heep Hong Society,” Mr Michael Huddart, Executive Vice President & Chief Executive Officer, Hong Kong, of Manulife (International) Limited said.*

Since 2007, Manulife has gone to great lengths to support children with special needs, including its sponsorship of sensory integration rooms, a musical movement and play therapy room, and an adventure land. Their staff also enthusiastically participated in voluntary services for the children.

### Staff Volunteering

“As a caring corporate citizen, Manulife is committed to supporting various community services, and encourages its employees and insurance/financial advisors to participate in volunteer work for the well-being of the community. Earlier this year, Manulife volunteers and their kids paired up with children from Shun Lee Centre and painted murals on the Centre’s walls. The artworks brightened up the overall environment and the painting initiative attested to Manulife’s caring and giving spirits. They echoed the vision of a promising future for the disadvantaged children,” Michael continued. “It was undoubtedly an enjoyable and meaningful day out for the volunteers,” he added.

### The First Musical Movement and Play Therapy Room in Hong Kong

Apart from voluntary services, Manulife also sponsored the installation of a Musical Movement and Play Therapy Room at Cheung Ching Centre. In addition to the music and play therapy facilities, the room is also equipped with a rock-climbing wall, enabling children with developmental delay, autism and motor coordinating problems to receive motor training and play therapy.

“With the aid of these facilities, we hope children could enjoy sports and movement activities, whereby their self-confidence could be rebuilt and their physical development could be further enhanced,” he said.

### Three Sensory Integration Rooms

Heep Hong’s Mary Wong Centre was funded by Manulife to set up a sensory integration room, where a therapy net, swings and other suspended equipment are in place

to conduct sensory integration therapy in an effort to enhance children’s sensory registration, modulation, eye-hand coordination, visual perceptual function, attention and organisation. It is particularly beneficial to children with learning difficulties, autism, developmental delay and attention deficit. A matching grant was successfully sought from the Partnership Fund for the Disadvantaged to set up a sensory integration room at Tai Wo Hau Centre and Fu Cheong Centre respectively.

### Adventure Land

Earlier this year, Manulife also financed the establishment of an Adventure Land at Shun Lee Centre, which is equipped with a rock-climbing wall, foldaway climbing frames, miniature adventure stations and audio-visual training aids. It was tailor-made for the training of children suffering from autistic disorder, sensory impairment and learning disabilities to enhance their cognitive development, physical strength, sensory responses and motor coordination.

A matching grant was also successfully sought from the Partnership Fund for the Disadvantaged to set up another “Adventure Land” at Mary Wong Centre, which enables more children in need in Kowloon East to receive physiotherapy.

“Manulife cares about the well-being of our future generations and will continue to support the mission of Heep Hong Society to ensure that children with special needs receive the best possible chance to develop their potential fully and grow up healthily,” remarked Michael. 🙏

#### Special thanks go to the following donors \*

BMI Appraisals Limited  
 Breakthrough Classes 31 & 34  
 Chen Yang Foo Oi Foundation Limited  
 The Community Chest of Hong Kong  
 The Community Chest of Hong Kong – BOCHK ‘Caring Hong Kong – A Heart Warming Campaign’  
 The Dairy Farm Co Ltd  
 Mr and Mrs Haman and Phyllis Fan  
 Goldman Sachs (Asia)  
 The Hong Kong Jockey Club Charities Trust  
 Island Shangri-La Hong Kong  
 The Keswick Foundation  
 Mr Richmond Lee  
 Partnership Fund for the Disadvantaged  
 Penjing Asset Management (HK) Ltd.  
 Pfizer Nutrition  
 Po & Helen Chung Foundation Limited  
 Ms Pong Yuen Yee  
 RBS Coutts Bank Ltd., Hong Kong Branch  
 Rotary Club of The Peak  
 Shanghai Commercial Bank  
 Shanghai Fraternity Association H.K. Ltd.  
 Sinoshare Development Ltd  
 Standard Chartered Bank

\* which made donations of HK\$10,000 or above to Heep Hong between March and July 2011



◀ Multi-media teaching materials newly produced to enhance children's language development, self-care and learning abilities

## Pick of Resources to Unlock Children's Potential

The following multi-media resources were newly produced by Heep Hong to share with parents and teachers its expertise and experience in supporting children in need:

**The Wonderful Learning Tour** is a game CD-ROM designed for children with special educational needs. It step by step helps children acquire knowledge of seasons, environmental protection, food, community amenities, and emotions through interactive and intriguing games.

**Fun with Vocabulary Learning** was published by the Speech Therapy Team of Heep Hong Society to help children aged 3-5 strengthen their memory, knowledge, network and retrieval of lexicon through interesting and progressive classification, odd-man out, convergent naming and divergent naming exercises. The book was sponsored by Po & Helen Chung Foundation.

**Guide to Enhancing Children's Self-care Abilities** marks the first publication jointly produced by Heep Hong and Sing Tao Publishing Ltd. Written by the Occupation Therapist Team, the book is intended to equip parents with knowledge of developing children's self-care skills and provide them with practical tips on tackling common self-care problems, particularly in the areas of eating, drinking, going to toilets, dressing and washing themselves.

**Parent Manual on Supporting Students with Special Educational Needs in Mainstream Schools** expounds on challenges faced by students with special educational needs in mainstream schools and their parents, and suggests feasible measures to take. Monthly donors who wish to collect a complementary copy of the book please send an email with their name, contact no. and donor no. to [cdd@heephong.org](mailto:cdd@heephong.org). Limited Chinese copies only. First come first served.

The books and game CD-ROM are available for sale now. For details, please visit Heep Hong's website at [www.heephong.org](http://www.heephong.org).

## Intensive Training in Greater China Region

Heep Hong was invited by China Disabled Person's Federation to participate in the Seminar on Rehabilitation of Persons with Mental Disability in Shantou during 20-23 June 2011 and was the only organisation from Hong Kong to deliver speech on rehabilitation services for children with autism. From April to November 2011, Heep Hong has been offering professional training on autism, developmental delay, sensory integration, speech therapy, TEACCH, physical development and dyslexia to over 1,000 fellow practitioners in Guangzhou, Changsha, Qingdao, Shenzhen, Beijing, Chengdu, Nanjing, Macau, Taipei, etc. Practice opportunities are also provided at Heep Hong centres for trainees to practise what they have learnt.

## Star Programme in Aid of Autistic Students

Sponsored by the The Hong Kong Jockey Club Charities Trust, the Star Programme will be launched in September 2011 to provide supporting services for primary and secondary students with autism in the New Territories East. Under the 3-year Programme, group training, activities after class and individual education plans will be carried out to help the students integrate into mainstream schools. Consultation and training services for teachers and parents will also be delivered. Enquiry hotline: 3618 6328.

## Navigating Dyslexia

To help 130 primary one students with dyslexia overcome learning difficulties, group training sessions and parent workshops will be held from September 2011 under a 3-year programme sponsored by the Community Chest of Hong Kong. Besides, a brand-new website (<http://spld.heephong.org>) on dyslexia was launched to share with parents and teachers the experience of its professional team and other resources of high reference value.



▲ Launch of website on dyslexia