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自 強 不 息
得 到 認 同



POSITIVE OUTLOOK FOR LIFE
LEADS TO RECOGNITION



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救世軍的那些年 TSA IN THE OLD DAYS

問答題：救世軍在港首間服務單位是甚麼？

答案是服務有需要婦女和女童的院舍培德院，它的起源與 1930 年 3 月由修頓夫人在港督府主持的會議有關。雖然培德院已不復再，但本軍服務香港的心始終如一。

Q: What was the first service unit of The Salvation Army in Hong Kong?

A: The Girls' Home. Set up in March 1930 with an aim to serve women and young girls in need, The Girls' Home was an idea whose origin related to a meeting hosted by Lady Southorn at the Government House. Now that the Girls' Home was no longer in service, but the Army's dedication to the service in Hong Kong remains unchanged.

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你的價值 YOUR VALUE

美國有一則關於耶穌事蹟的寓言，講述三棵樹各有夢想。橄欖樹希望將來成為一個珠寶盒，裝着名貴的金銀珠寶；橡樹想成為一艘大船，載國王遊歷世界；松樹則盼望成為森林中最高最筆直的樹，讓人們看到和永遠記得它。有一天伐木工人來到森林，把三棵樹都砍了，然後賣給木匠。結果，木匠把橄欖樹製成餵動物的飼料槽，將橡樹做成一艘小船，松樹則被切成大木板扔在一個黑漆漆的地方。事與願違，三棵樹的希望全都幻滅了。

多年以後，馬利亞和約瑟來到一個馬槽誕下耶穌，把嬰兒放在飼料槽的稻草中，而這個飼料槽正是由橄欖樹所造，它沒有裝到金銀珠寶，卻盛載着救主耶穌基督。當耶穌漸漸長大，有天他與門徒上了由橡樹造的船，橡樹見證着他如何喝止風暴，才知道自己載着的正是諸王之王。後來一群士兵在廢木堆中找到了松樹，取了兩段木板做成十字架，把耶穌釘在上面，卻成了永恆標記，向人訴說神的愛。

不要輕看自己，唯有神知道你的價值。正如封面故事主角阿佳沒有被缺憾打敗，其種種經歷反而造就了他人，更尋回自身價值，盼望他的故事也能為你帶來鼓勵。

There is an American folk-tale of three little trees about Jesus. Each of them has dreamed of what they wanted to become when they grew up. The olive tree wanted to be a treasure chest, carrying the most precious treasure in the world. The oak tree wanted to be the strongest ship in the world, carrying the powerful king to travel around the world. The pine tree wanted to be the tallest tree in the forest, so that all people will look up at it and remember it forever. One day, some woodcutters came to the forest. They cut the three trees down, and sold them to a carpenter. The carpenter made the olive tree into a feed box for animals, the oak tree into a little boat, and the pine tree was cut into large beams and left aside in a dark place. Things went awry. The dreams of all three trees were broken.

Many years later, Mary and Joseph came to a manger where Jesus was born. They put baby Jesus into a feed box with straw, which was made of that olive tree. It didn't carry any gold and jewels, but it carried the Saviour Lord Jesus Christ. Jesus grew up, and one day He and His disciples got on a little boat, which was made of that oak tree; it was only when the oak tree witnessed how Jesus had calmed the storms that it realised that it was carrying the King of all Kings. Later, a group of soldiers found a pile of waste beams from that pine tree, and took two pieces to make a cross, on which Jesus was crucified. It has become an eternal symbol of God's love for man.

Never belittle yourself. Only God knows your value. Just like Kai who is featured in this issue's Cover Story, his disability didn't defeat him. Instead, his experiences have empowered others and helped him find his own worth. I hope his story also encourages you.

POSITIVE OUTLOOK FOR LIFE LEADS TO RECOGNITION

自強不息 得到認同



「趁依家行得走得，點解唔行多啲？」說這句話的是救世軍恒安綜合職業復康服務的學員麥佳舜（阿佳），他患有輕度智障、腦性麻痺及雙側麻痺，手腳不協調，有時更會出現痙攣的情況，出入均需要助行架輔助。這樣的他，卻比任何人積極開朗，常常面帶笑容。

身懷多種工作技能

阿佳加入救世軍恒安工場已有二十餘年，涉獵多種工作訓練範疇，包括包裝、手工藝、環保工藝及銷售員訓練。現時，他主要在環保工藝組及展藝坊接受工作訓練。在展藝坊時，他需要處理多項工作，遇到顧客查詢時，他會主動了解客人的要求，提出建議，甚至趁機推介產品，相當稱職。

'Why not be active while I still can?' said Mak Kai-shun (Kai), trainee of The Salvation Army Heng On Integrated Vocational Rehabilitation Service. With mild intellectual disability, cerebral palsy and spastic diplegia, Kai has limb coordination issues, and occasional spasms make him need a walker whenever he goes out. Despite his conditions, Kai stays positive and cheerful and he always wears a smile.

Multiple Talents

Having joined the Salvation Army Heng On workshop for over 20 years, Kai has been trained in many different fields, including packaging, handicraft, eco-craft, and sales. At present he mainly has job training in the eco-craft team and the Talent Shop. He has various tasks to deal with at the Talent Shop – from handling customer enquiries and getting to know what the customers need, to offering suggestions and recommendations – and he does these tasks all very well.

復康學員麥佳舜（阿佳）於恒安屬下的展藝坊當銷售員，負責不同工作。

Rehab trainee Mak Kai-shun (Kai) works as a salesperson at the Talent Shop under Heng On, being responsible for different tasks.

'Heartwarming Oppa' Of The Workshop

People in the workshop find that Kai is a responsible 'heartwarming Oppa' (older brother). Eco-craft Instructor Leung Sin-yu says, 'Whenever Kai sees a fellow trainee in bad mood, he will go comfort and help take care of him. Once a rather frustrated trainee lost temper with him, but Kai didn't blame his fellow for that. Rather he showed the trainee his care and spent even more time with him to keep him company and soothe his emotions.'

Sin-yu admitted that Kai has helped her a lot. 'Once we organised a primary school student workshop, and Kai and other trainees were there to introduce the topic of eco-friendliness, answer students' questions and make craft works with them. After the activities, we received many positive feedbacks from the students. One of them wrote, "I found out that these elder brothers and sisters can do very delicate handicrafts and they have answers for so many questions. They are awesome!"'



trainings allow rehab trainees to develop and express their artistic talents, enrich their daily lives and help build their self-confidence. Their works will be showcased to the public in different forms of activities, or be sold as goods which can increase their sense of satisfaction and bring the trainees some monetary rewards.

工場裡的「暖心 Oppa」

在工場的人眼中，阿佳是一個很有擔當的「暖心 Oppa」。環保工藝組的導師梁倩瑜道：「當阿佳察覺有學員心情不佳時，他會上前慰問，幫手照顧學員。曾經有位行為較激動的學員向他發脾氣，他並沒有因此怪責該學員，反而上前關心他，之後也特別多陪伴他，抒解他的情緒。」

倩瑜也直言阿佳幫助她很多：「有次我們舉辦了一個小學生工作坊，阿佳和學員講解環保，解答學生的問題，還與他們一起做工藝。活動過後我們收到不少同學正面的反映，其中一位寫道：『原來哥哥、姐姐們能做到這麼精緻的手藝，還可以解答到問題，好叻啊！』」

工藝創作

救世軍恒安綜合職業復康服務為復康學員提供多種職業培訓，其中，「工藝創作」的工作訓練包括「紗織組」、「手工藝組」及「環保工藝組」。這些訓練讓復康學員發展及展現他們的藝術潛能，提升及豐富他們的生活色彩，建立自信。作品更會透過不同形式的活動向各界展示，也會轉化成產品作銷售，讓他們可以增加工作成就感及賺取報酬。

Craft creation

The Salvation Army Heng On Integrated Vocational Rehabilitation Service provides different forms of vocational training, including craft creation trainings on 'Saori', 'handicraft' and 'eco-craft'. These



對阿佳而言，在產品製作過程中，構思設計是最難的。
To Kai, the most challenging part of the production process is design.

In the eco-craft team, each trainee is responsible for a different procedure, and together they upcycle worthless wastes into eco-friendly craft goods. Kai is responsible for product pattern design. His designs are mainly line drawing patterns with delicate details in between the varying lines and curves. Considering the incompetence of his hands, drawing is supposedly a difficult task for Kai but he said, 'The creative process is the most difficult part, because it involves a lot such as coming up with a motif from scratch and considering the symmetry of the design. But when I finish drawing the design out, it gives me a great sense of satisfaction.' Up till now, Kai has already completed hundreds of works on various themes, among which a line drawing titled Fish Flying over the Water is his favourite because the patterns and detailed design on the fish body deliver layers and delicacy.

在環保工藝組的復康學員合作把視為零價值的廢置物重新注入生命，製作成升級再造產品，並於2016年成立產品品牌「weuse」。
Rehab trainees of the eco-craft team work together to enliven waste materials into upcycled products, and they set up the brand 'weuse' in 2016.

在環保工藝組，每個學員負責不同工序，合力將零價值的廢置物變成升級再造環保工藝產品。其中，阿佳負責產品圖案的構思。他的每一幅設計圖以線條畫為主，細節豐富及夾雜着不同變化的線條。對於手肌能力不太好的他來說，繪畫理應是一個難題，但他卻說：「構思設計是最難的，因為要憑空想出圖案、考慮對稱等。但當畫到出來後，卻很有滿足感。」至今，他的作品已達數百幅，題材多樣。其中他特別喜歡一幅以魚在水上飛為題的線條畫，魚身有不同的花紋及細節設計，顯得它特別漂亮，特別有層次感。



環保工藝組的產品，包括設計圖、半製成品及完成品。
Works of the eco-craft team include design layout, half-finished goods and finished goods.



尋回自己的價值

時至今天，復康人士還會被標籤，而阿佳也有過不愉快的經歷，有次一個陌生人在街上罵阿佳行得慢、礙着他，「我隨即告訴他，因為我有痙攣及手腳不協調，所以行得慢。」阿佳樂觀、堅強面對所有困難：「當我面對困難的時候，我也曾經想過放棄，但得到身邊朋友們的鼓勵後，我會選擇堅強地去克服各種困難。」

成為恒安復康學員的這些年，他除了學到產品製作、得到不少工作培訓機會及結交了許多好朋友外，最重要的是他得到認同。

「我們一直被標籤為沒用的人，就好像我們收集的廢置物般，被遺棄了。但當這些廢置物經過我們的製作，成為有用的東西時，我也覺得自己好像重生了。」他笑道。

Discovering Self Values

Today, rehab persons are still being labelled. Kai also had some unpleasant experience. Once a stranger shouted at Kai on the street, saying he was walking too slowly and blocking the way. 'I told him straight away that I walked slow because I have spasm and limb incoordination.' Kai faces all difficulties with a positive attitude and strength. 'I have thought about giving up when I faced difficulties, but with the encouragement from friends around me, every time I chose to overcome the problems with my strength.'

All these years, as a rehab trainee at Heng On, Kai has learnt to make goods, gained training opportunities and made many good friends, but most of all, he has obtained recognition.

'We are always labelled as useless people and treated like the waste materials we collect.

Actually, with proper process, waste can turn into something useful, so it feels like my own rebirth too when our team upcycles the materials into goods,' said Kai smilingly.

**展藝坊**

「展藝坊」於1996年成立，是一間模擬零售店，主要售賣救世軍復康部及其他福利服務單位製作的工藝產品。「展藝坊」由單位職員及復康學員管理，所有收益均用作支付經常開支及店務員的訓練津貼等。此外，現時亦有部份學員於救世軍循環再用計劃的家品店擔任店務員，將他們所學到的學以致用。

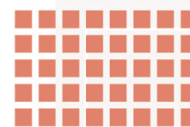
Talent Shop

Established in 1996, Talent Shop is a virtual retail shop that mainly sells the craft goods produced by The Salvation Army Rehabilitation Service and other welfare services units. Talent Shop is managed by unit staff and rehab trainees, with all proceeds used to subsidise the Shop's regular expenses and to cover training allowance for shop assistants. Moreover, at present there are trainees working as shopkeepers in The Salvation Army Recycling Programme Family Stores, where they can put the skills they learnt into use.

為 港澳祈 禱 @下午1時

「但祢—耶和華是我四圍的盾牌，是我的榮耀，又是令我抬起頭來的。我用我的聲音求告耶和華，他就從他的聖山上應允我。」

詩篇3篇3-4節



這是一項**禱告呼籲**，讓所有救世軍人和友好**團結**一，

同心祈禱。像當前的情況，我們相信只要一同起來，為香港、澳門以至全球各國一同**尋求神**，定能發出**禱告的力量**。讓我們稍停下來，在**下午1時**，一同把禱告向全能的神擺上。請在你的手機預設鬧鐘，提醒自己祈禱，好讓我們無論身在何處，在**下午1時**，我們都會稍停下來，為**香港和澳門同心祈禱1分鐘**。因着

聖靈的帶領，如你方便，可以**禱告5分鐘、10分鐘、15分鐘，甚至更長時間**。我們相信聯合祈禱的力量。**我們團結一，同心禱告。**

專注於神

面對近日許多的不確定性，我們轉向神，深知道：

- 神是全愛的，祂以永遠的愛愛我們。
- 神是全知的，所有事情都逃不過祂。
- 神是無處不在的，在任何情況下，祂都與我們同在。
- 神是全能的，在祂沒有難成的事。
- 神是全智的，祂所作的一切都是為我們最大的益處。
- 神是大有憐憫的，祂的恩典時刻給予我們力量。
- 神是掌權的，一切都不能超越祂。
- 神是我們的父，我們是祂所愛和喜悅的。

專注於港澳

面對身邊許多的焦慮，我們為以下人士祈禱：

- 患病的：祈求他們得到妥善的診斷和醫治，早日康復
- 醫護人員：求神保守他們有強壯的免疫力和耐力
- 研究員：祈求在研發疫苗、治療方案和藥物方面有所突破
- 決策者：求神賜予智慧，讓他們在適當的時間作出正確的決定
- 教會領袖：求神賜他們勇氣和能力帶領教會，堅持不懈
- 基督徒：求神賜信心跨過難關，並以愛心去接觸他人
- 尚未得救的人：求神給他們神聖的啟示，讓他們有機會接受耶穌
- 香港／澳門：賜平安、更緊密的聯繫、更強的社會凝聚力
- 世界各國：求神徹底止住感染，施予醫治，願榮耀歸予神

李光秋上校
總指揮
救世軍港澳軍區

與基層長者同賀聖誕 Celebrate Christmas with Grassroots Elderly

在剛過去的聖誕節，救世軍獲金域假日酒店鼎力支持，12月6日於救世軍九龍中央堂聯合舉辦「聖誕溫情聯歡會」。名歌手 Joe Junior 和影視紅星謝雪心應邀出席活動，與 150 多位居住於油麻地的獨居及兩老戶基層長者慶祝佳節，並為老友記獻唱多首經典名曲；金域假日酒店義工隊聯同歌星們與長者大玩問答遊戲，又為老友記準備豐富的聖誕禮物包，讓他們在寒風中倍感溫暖。

Last Christmas, The Salvation Army, with the generous support of Holiday Inn Golden Mile Hong Kong, co-organised a Christmas party at The Salvation Army Kowloon Central Corps, celebrating the festival with over 150 grassroots elders living alone or with their spouses in the Yaumatei District. Famous singer Joe Junior and well-known artiste Susan



Tse were invited and they performed many classics songs for the elders. Staff volunteer team from The Holiday Inn Golden Mile Hong Kong joined the performing guests to play games with the elders and gave out Christmas gift packs, bringing the elders blessings and warmth during the festival season.

《生前約死後》電影放映會 'Till We Meet Again' Film Screening

救世軍「完善人生計劃」於去年 12 月期間，邀請計劃家屬及長者照顧者欣賞由著名藝人馬浚偉自編、自導、自演的電影《生前約死後》。電影講述馬浚偉與患病媽媽的生活點滴，故事感人；馬浚偉又親臨現場，分享在媽媽離世後如何走出傷痛，與在場觀眾一起回顧與患病家人相處的苦與樂。

Last December, The Salvation Army Palliative Care in Residential Care Homes for the Elderly invited the Project elders and carers to a screening of the film 'Till We Meet Again' written, directed and starring famous artiste Mr Steven Ma. The film is a touching tale based on the story of Steven and his mother in ill health. Steven was at the screening that day and he



shared after the show on how he had overcome the pain after his mother passed away. The audience in return shared the loving memories, joy and tears of the time they spent with their ill family members.

街角送暖 Sharing Warmth in the Streets

去年 12 月初，寒冷天氣警告生效。「救世軍露宿者綜合服務」關顧露宿者需要，聯同救世軍部隊（教會）、醫護義工及多名社區義工共 40 多人組成探訪小隊，走到深水埗、旺角、油麻地、尖沙咀的街頭巷尾，向有需要人士派發毛毯及由市民或商戶捐贈的厚棉被和頸巾，助他們抵禦寒風。

In early December last year when the cold weather warning was issued, The Salvation Army Integrated Service for Street Sleepers (the Service) joined hands with Salvation Army corps (churches), medical professional volunteers and community volunteers, forming a team of over 40 members, to reach out to the homeless on the streets. The



team went around the streets in Shamshuipo, Mongkok, Yaumatei and Tsimshatsui to give out blankets, as well as quilts and scarves donated by citizens or merchants, to help those in need to resist the cold.

歌聲傳頌愛 Christmas Carol Night

救世軍（澳門）教育中心在去年聖誕期間與永利澳門合辦「聖誕燭光傳頌愛」慶祝活動，救世軍總部樂隊聯同 70 位小小聖誕老人，為澳門市民傾力演出多首聖誕歌曲，又向在場觀眾派發禮物，令現場洋溢溫馨快樂的節日氣氛。

The Salvation Army (Macau) Education Centre organised the 'Christmas Carol Night' with Wynn Macau during Christmas last year. The Salvation Army Staff Band, together with 70 little Santa Clauses, performed many Christmas carols for the people in Macau. They also gave out presents to the audience, sharing the great warmth and joy of the festival.



I. Talking too fast

We parents tend to be very busy, and sometimes we may have a lot of information that we want to put across to our children - things that we want to tell them, things to teach them. That is why very often we may be talking too fast, so fast that our children do not have enough time to process what we mean. We can try to slow down and remind ourselves to pause for a few seconds between sentences. Keep reminding ourselves not to rush, and soon our speaking rate will be naturally adjusted.

II. Wordy and lengthy sentences

I always emphasise that parents should talk in a manner that is easily understood by their children. I suggest parents should be aware of the length of their sentences and break them into a few main points. For instance, if we have three things to remind our children, we can say, 'The first thing is...', 'The second thing is...' and 'The third thing is...' It will make it easier for children to understand and bear them in mind. Moreover, if we do have many things to tell our children, try to prioritise them and speak the more important ones first. In this way, our sentences will not be too wordy and lengthy.

III. Neglecting topics that interest children

Try to be aware of the subjects that we talk about, whether they are of our own interest or our children's interest. I suggest parents may pay more attention to things that draw their children's eyes. Observe what their children are interested in and talk about those things with them. This will promote the relationship between parents and children, and also encourage children to communicate and speak, because they tend to listen with patience and ask questions about things they are interested in.

As a new year has dawned on us, it is good time for we parents to set new goals on communication and work towards them.

(This article was published in *Next Magazine* Wonder Media on 12 January 2020)

(一) 說話速度太快

父母大多都非常忙碌，我們有太多的事跟孩子說，有很多東西想教他們，因此，我們的說話速度可能太急。我們的話說得太快，孩子可能沒有時間消化。我們可以嘗試減慢速度，提醒自己在句子之間多停頓幾秒，讓自己的說話減慢。只要我們多提醒自己，盡量不要把時間迫得太緊，說話速度就自然較容易調節。

(二) 每次的說話太長太多

在跟孩子說話時，我常強調父母要用孩子容易明白的方式。我建議父母留意自己的說話長度，把說話分成幾個重點，例如我們有三件事情要提醒孩子，就可以說「第一是……」、「第二是……」、「第三是……」。這樣，孩子就自然容易理解和上心了。還有的是，如果我們真是有太多事情要跟孩子說，可以嘗試分一分事情的優先次序，先說一些較重要的話，那樣我們的說話就不會又長又多了。

(三) 忽略了孩子有興趣的話題

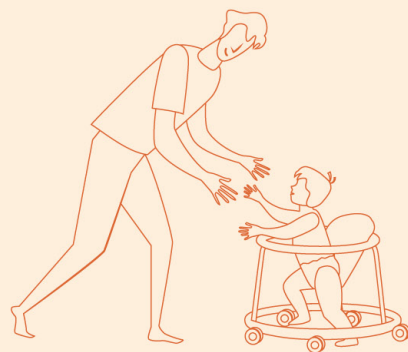
我們可以留意自己的說話是圍繞自己有興趣的事還是孩子有興趣的事。我建議父母可以多留意孩子的視線焦點，觀察孩子有興趣的事物，談及孩子有興趣的話題。這樣，既可以促進親子關係，又可以讓孩子更易學習溝通和語言。因為，孩子對自己有興趣的事物往往是更有耐性去聽去問。

新的一年，父母可以訂立一些溝通目標，讓自己慢慢實踐。

(文章於 2020 年 1 月 12 日刊登在《壹週刊 Wonder Media》)

新一年剛剛來臨，父母可能忙於去舊迎新。父母有沒有機會檢視一下自己與孩子的溝通方式，嘗試捨棄一些舊有而不理想的方式，學習以更有效的新方式與孩子溝通？父母又知不知道哪些是常用而不理想的溝通方式？

At the beginning of the new year, as parents we may want to have a fresh start and try something new. What about taking some time to review our communication approach with our children and try to drop some not-so-ideal old habits? By identifying those habits, we can then avoid them and take up some other communication ways that are new and more effective.



三個父母需改善的

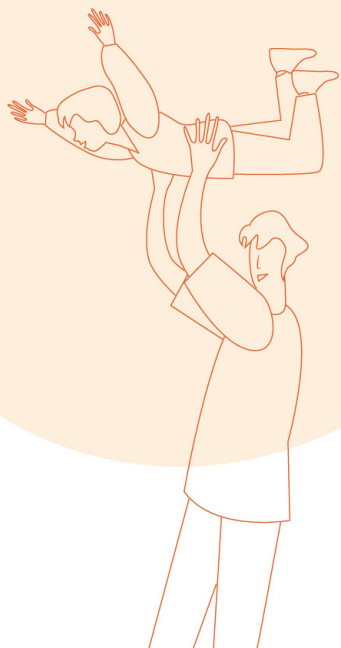
溝通小習慣

潘穎文
Ms Amy Poon

救世軍天籟家庭及兒童發展中心言語治療師；常結合言語治療師與媽媽的身份，與父母找尋合適的育兒方法；著作有《快樂傳情 - 自閉症譜系障礙兒童社交訓練手冊》及《教孩子說話從零歲起》；於《壹週刊 Wonder Media》撰寫專欄。

Amy Poon is a Speech Therapist of The Salvation Army SKY Family and Child Development Centre. Being a speech therapist and a mother, Ms Poon applies what she learnt from these roles on helping parents find the most suitable way of parenting. She has written two books, one on training social skills for Autism Spectrum Disorder children and another one on teaching children to speak starting age zero. Ms Poon is a columnist of *Next Magazine* Wonder Media.

THREE COMMUNICATION ASPECTS FOR PARENTS TO IMPROVE



COMPANIONSHIP ON THE ROAD OF CAREGIVING

照顧路上結伴行



照顧自閉症的孩子身心俱疲，建鈞媽勉勵其他家長要適時尋找幫助，不要在困境中孤單掙扎。
Taking care of children with autism can be exhausting. Kin-kwan's mother encourages other parents to seek timely assistance instead of struggling alone in adverse situations.

建鈞媽的兒子患有自閉症、智障及語言障礙，多年來她不停奔走多間機構尋求幫助，照顧路崎嶇難行，壓力幾乎令她透不過氣！去年在救世軍協助下，終於為兒子覓得理想的院舍，而她亦可以稍稍放下擔子，發掘對跳舞的興趣，更與其他同路家長組成舞蹈隊，在漫長的照顧路上互相扶持。

Kin-kwan suffers from autism, intellectual disability and language impairment. For years, his mother has been seeking help from different organisations. Taking care of her son has been such a rough journey that the stress was suffocating! With the help from The Salvation Army, she finally found an ideal residence for her son last year. She could also lay down her burden a bit and explore her interest in dancing. She even formed a dance team with other fellow parents where the members can find mutual support on a long and winding road of caregiving.



即使兒子患病，建鈞媽仍非常疼錫他，現在母子時常結伴出遊。
Despite her son's condition, Kin-kwan's mother loves him dearly. Now the mother and son always go out together.



兒子剛出生時很可愛，外表完全看不出患病的跡象。
When he was born, Kin-kwan was just as adorable as any other babies.



建鈞媽得到跳舞導師(左)啟蒙，發展跳舞興趣，更與其他家長組隊，到不同地方演出。
Enlightened by her dance instructor (left), Kin-kwan's mother has developed her interest in dancing and even formed with other parents a dance team which has performed in different places.

獨力支撐的重擔

兒子出生不久，建鈞媽便失去了丈夫支持，大女兒也忙著成家，她便順理成章扛起了照顧重擔。她已記不起曾有多少次在街頭與兒子「搏鬥」，放學後拉拉扯扯才能踏進家門；一不留神，兒子又會奔上巴士，捉也捉不住，害她像發了瘋一樣到處尋人。搭巴士同樣是個艱巨挑戰，為求坐到最喜歡的座位，兒子會趕走其他乘客，她唯有尷尬地向乘客坦白情況，期望得到諒解，無奈也經常遭受白眼。即使留在家中，兒子也不會讓她好過，敲打電視已成家常便飯，稍有不滿更會猛扯她的頭髮……縱然心如刀割，她仍咬緊牙關撐了過去。

Shouldering All Burdens Alone

Shortly after her son's birth, Kin-kwan's mother lost her husband's support and her eldest daughter was busy with her own new family, so Kin-kwan's mother had to take up all the responsibilities of taking care of Kin-kwan. She has lost count of how many times she had to wrestle with her son on the street, and how many times they have to go through all the pulling and pushing before they could step into their flat after school. Once unnoticed, Kin-kwan would run and get onto a bus, leaving her to search for him everywhere frantically. Taking a bus could also be a huge challenge. If his favourite seat was taken, Kin-kwan would drive the passenger away from that seat in order to get it back. The embarrassed mother could have to tell the passengers her son's condition, hoping they could understand, but people's reaction was often cold and antipathetic. Staying home was not much easier either - Kin-kwan could frequently pound on the TV set, or pull his mom's hair forcefully even if he was just slightly upset... All these made Kin-kwan's mother heartbroken, but she gritted her teeth and pulled it through.

正視心靈需要

照顧這個大孩子，建鈞媽傾盡心力，苦苦支撐，直到情緒出現問題，才察覺到自己的需要。幾年前，建鈞媽認識到救世軍「結伴行-亮●點計劃」，這個以「家庭為本」的支援服務，為她提供輔導和訓練，鼓勵她正視自己的情感需要。與此同時，計劃以不同介入手法，加強她與兒子的情感互動及溝通，也協助她糾正兒子各種行為問題；同路人小組亦給她一個抒發情緒的空間，與其他家長彼此支持。去年成立的舞蹈隊更成了她的精神力量，令她重燃對生活的盼望。

Handling Emotional Needs

Spending all her time and energy to take care of her son, Kin-kwan's mother has been neglecting her own needs until her emotional problems emerged. Years ago, Kin-kwan's mother learnt about The Salvation Army 'Share-Care - FLASH Project'. This family-oriented support service provides her with counselling and training, and encourages her to face up to her own emotional issues. At the same time, through various forms of intervention, the Project enhances the emotional interaction and communication between the mother and son, and provides her help in rectifying her son's behavioral issues. The companion group also gives her a channel to relieve her emotions and gain mutual support from other parents. The dance team set up last year has also given her mental strength and restored her hope for life.



動畫推介

自閉症孩子有着不一樣的內心世界，多點理解和接納，對孩子與他們的家長都是很大支持。救世軍「結伴行計劃」去年聯同本地創作品牌 Chocolate Rain 製作《自閉症孩子給我們的說話》，透過日常小故事，帶出自閉症孩子及家長所面對的問題，亦可從中了解與他們的相處技巧。

Animation Recommendation

The inner world of children with autism is a bit different and understanding and acceptance mean the most for these children and their parents. Last year, The Salvation Army 'Share-Care Project' and local creativity brand Chocolate Rain jointly created an animation titled 'Words from Children with Autism', which, by illustrating problems faced by these children and their parents through some daily life stories, allows us to understand better how to get along with them.

《自閉症孩子給我們的說話》動畫：
'Words from Children with Autism' Animation:



「手作 3.0」計劃的余太

Mrs Yu from 'Handmade 3.0 Project'

余太與患有過度活躍症的兒子於 2014 年認識救世軍，並參加「手作 3.0」計劃，照顧兒子之餘亦可學習一門技能。計劃給予她追夢及擴闊社交圈子的平台，現時她成立了自己的皮革手作網店，製作及售賣自己的作品，分享手作的樂趣。

Mrs Yu, together with her son with ADHD, came to know The Salvation Army in 2014 and later took part in the Army's 'Handmade 3.0 Project', where she could learn a new skill while taking care of her son. The Project gives her a platform to pursue her dreams and expand her social circle. Now Mrs Yu has set up her own leather craft store online, selling her handmade works and sharing the joy of craft making.



余太的皮革作品
One of the leather craft made by Mrs Yu



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