



活動追蹤 Events

12屆世界唐氏綜合症高峰會
The 12th World Down Syndrome Congress

愉景灣康樂會第12屆慈善網球賽
DBRC the 12th Charity Tennis Cup 2015

唐氏綜合症/智障人士
「勤懇樂業在盛年 健康積極享晚年」
計劃周年典禮暨嘉許禮
IP Project Anniversary cum Award Presentation Ceremony

亮睛睛 — 眼科檢查計劃
A Wonderful World - Vision Health Project

生活專題 Feature

唐氏冬日襪語
Our Christmas Sock

我有我天地
D.S. got Talent!

焦點話題 Spotlights :

活出彩虹

“ My Rainbow ”

坐言起行 Call for Action :

「月行一善」行動
Our Action to “Monthly Donation”

陽光路上及殘疾人士在職培訓計劃
Sunnyway & On the Job Training Programme
for people with Disabilities



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香港唐氏綜合症協會於一九八七年十月正式註冊為非牟利慈善團體，致力為唐氏綜合症人士、殘疾人士及其家人提供綜合家庭支援及職業復康服務，使服務使用者在個人成長與生活各方面，得以全面發展；以及滿足他們就業及職業培訓方面的需要。

Registered as a non-profit-making organization in October 1987, the Hong Kong Down Syndrome Association is committed to serving individuals with Down Syndrome, people with disabilities and their family members with integrated family support and vocational rehabilitation services. Our objective is to enable the service users to develop their personal growth fully and in every aspect of life, as well as to meet their employment and vocational training needs.

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*Somewhere over the rainbow, skies are blue.
And the dreams that you dare to dream.
Really do come true*

《Somewhere over the rainbow》

每個人心中都擁有一道彩虹，它象徵着你的願望，你的夢想。彩虹、還象徵雨過天晴，經歷挫折後的成功感，得來不易。怎麼也好，彩虹總是美麗的。

唐氏綜合症人士雖然是天生智障的一群，但我們並不能抹殺他們的才華和創造力，只要我們能給予機會讓他們去發揮個人潛能，唐氏綜合症人士及其他殘疾人士也能夠享有造夢的權利，實現他們心中的彩虹。

較早前有報道澳洲一位有唐氏綜合症的少女Madeline Stuart，18歲的她，沒有「標準」身形、「漂亮」面孔，卻讓世界看到深具力量的美。她為了健康着想，她戒食垃圾食物並成功減掉20公斤，成為模特兒，更獲邀到紐約時裝周行天橋。我們可以看到唐氏綜合症人士什麼事都可以做，只是他們要按著自己的步伐去做。

今期的DS News訪問幾位會員，了解他們心中的目標、夢想，他們如何努力去實踐，當中同行者的支持又是一股甚麼的力量，讓他們的生命綻放色彩。

There is a rainbow in everyone's heart which symbolizes your desire and dreams. A rainbow is also a symbol of satisfaction after experiencing a sense of frustration and hardship. A rainbow is always beautiful.

Although people with Down Syndrome are born with intellectual disabilities, we cannot deny their talents and creativity. When we give them the opportunities to unlock their potential, people with Down Syndrome and other disabilities can still have a right to dream and achieve their rainbows.

Recently there were articles on a 18-year-old model with Down Syndrome in Australia named Madeline Stuart. She does not have the standard figure or a beautiful face of traditional model, but she was not afraid of letting the world see her strength. For the sake of her health, she stopped eating junk food and managed to lose 20 kg. Through hard work and determination, she became a model and was invited to New York Fashion Week. We can see what people with Down Syndrome can do when they get to do it at their own pace.

In this issue of D.S. News, we interviewed several members to understand their goals and dreams and learn how hard they worked to achieved them. Also, we find out more about how amazing peer support is and how it helps people with Down Syndrome enjoy a colourful life.

活出彩虹
My Rainbow

“我有一個夢想” I have a Dream

黃穎欣，可愛的21歲少女，她有一個夢想，要成為代表香港的高爾夫球運動員。

Wong Wing Yan, 21-year-old lady who has a dream – become a golf player to represent Hong Kong





熱誠 · 父母及教練的支持

2008年，穎欣開始接觸高爾夫球，並漸漸愛上這項較為冷門的運動。在香港，高爾夫球運動不太普及，普遍人們對高爾夫球的認識也不多，投放於這一運動的資源亦不足。幸好穎欣得到家人和教練的支持及鼓勵，讓穎欣可無拘無束地堅持成為運動員之夢想。現時穎欣每星期需參與1日的高爾夫球訓練，風雨不改，長途跋涉地進出西貢灣西洲。「我很喜歡高爾夫球，一點也不辛苦。」看著訓練時的照片，穎欣展露充滿自信的笑容，說出她不畏酷熱日曬，仍堅持不懈地練習球技的原因，讓人感受到她對高爾夫球的熱愛。

夢想實現

經過一連串的測試和考核，穎欣獲選為香港特殊奧運會高爾夫球隊成員之一，遠赴美國洛杉磯與其他殘疾運動員代表香港出戰2015年特殊奧林匹克夏季世界比賽。8年的艱辛訓練，在此刻終於獲得肯定。穎欣憑著出色的表現，發揮水準，於高爾夫球個人技術項目中勇奪銅牌，為港增光，實現自己的夢想。

認真工作 · 充實自己



除了運動上有亮眼的成績，工作上穎欣亦認真面對。2013年穎欣畢業於沙田公立學校，完成中六課程後，進入了本會轄下的綜合職業復康服務中心-卓業中心，接受一系列的工作訓練，如商品包裝、信件處理、清潔等。不同的工作訓練穎欣都會專注參與，努力學習工作技巧，充實自己。回想穎欣初來到的樣子，導師張姑娘感觸良多：「剛開始訓練時她常表現出害羞的表情，不會主動與人說話。」不管是於中心內進行包裝訓練，或是小息時間，穎欣總是喜歡一個人靜靜地工作、寫字。



With Passion & Support from Parents and Coach

Wing Yan has played golf since 2008 and loves the sport very much. In Hong Kong, golf is not a popular sport and most people don't know much about it so not too many resources are put into the sport. Luckily, with the support from her parents and coach, Wing Yan can keep fighting for her dream. "I like playing golf and I don't think it's too hard," Wing Yan said.

Wing Yan has to travel a long distance to Kau Sai Chau, Sai Kung to attend one day training per week. Despite this, a big smile appears on her face when she looks at photos of herself training and when she explained why she still practices hard no matter what the weather is. You can truly see how much passion she has for the game!

Dream Fulfilled

After a series of tests and examinations, Wing Yan was selected to be a member of the golf team for the 2015 Special Olympic World Summer Game. She travelled to Los Angeles, The U.S. to compete with other disabled athletes. After 8 years of hard work and training, her efforts has paid off. At the competition, Wing Yan performed very well and won a bronze medal. Her dream was fulfilled!

Put Effort on Work & Equip Herself

Besides doing well in sports, Wing Yan is also serious about her work. She joined the Tiptop Training Centre after her Form 6 graduation from Shatin Public School. At the centre, she attended various trainings like packaging, mailing, cleaning and so on. Wing Yan concentrated and put in a lot of effort at every training in order to learn more working skills and equip herself.

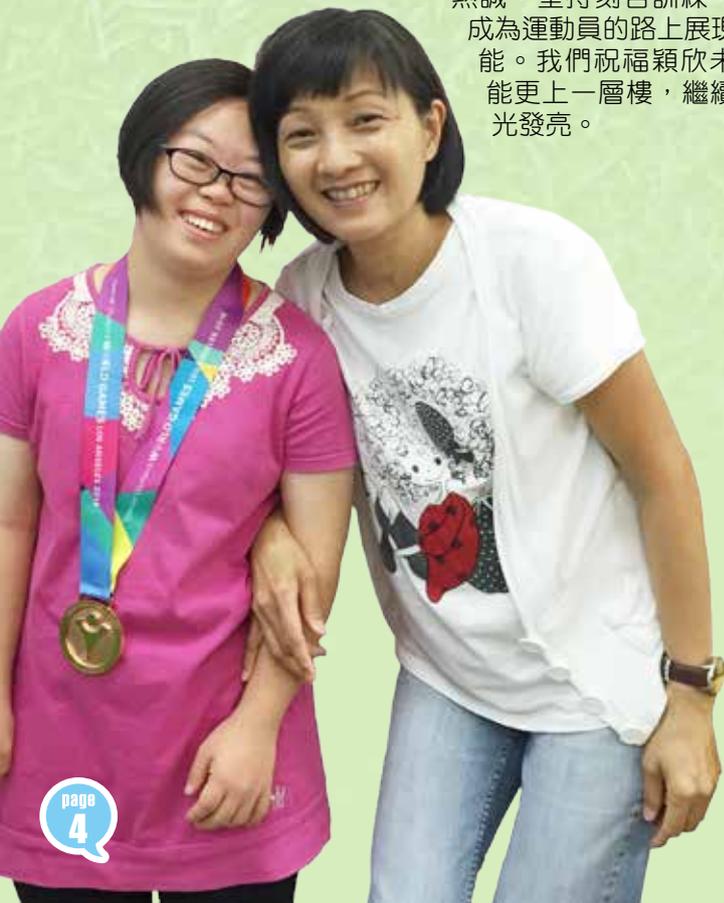


同行者 張姑娘 訓練導師

為這張姑娘花了不少心思與穎欣相處和溝通，安排同組學員與穎欣一同分工合作及參與活動，讓穎欣習慣群體生活，學習與人相處之道。現在的穎欣，多了笑容，不時與同組學員談天說地，尤其談及電視劇演員陳展鵬，穎欣更即時化身小粉絲，滔滔不絕地說出偶像的作品。張姑娘認為穎欣最大的進步，就是成為高爾夫球運動員後，自信開朗，比以前更積極主動。

「看見穎欣有如此大的進步和成就，我很感恩。」張姑娘帶著「老懷安慰」的笑容說出這一番話。2年的相處讓張姑娘與穎欣建立了亦師亦友的關係，遇有開心或失落，穎欣都會告訴張姑娘。當知道穎欣凱旋而歸的消息，中心上下無不感到興奮雀躍。賽後穎欣帶回獎牌及比賽照片，與中心所有人一同分享喜悅。

小小人兒憑著對高爾夫球的熱誠，堅持刻苦訓練，在成為運動員的路上展現才能。我們祝福穎欣未來能更上一層樓，繼續發光發亮。



Walk With Wing Yan – Ms. Cheung, Training Instructor

“At the beginning, Wing Yan was always shy and would not chat with others,” said Ms. Cheung, training instructor at Tiptop Training Centre. Wing Yan liked to work on her own and would sit by herself to write during packaging training or recess time. Ms. Cheung put more effort and thought to communicate with Wing Yan. She arranged other members to work with Wing Yan and take part in various activities together in order to let Wing Yan get used to being social and know how to get along with others. Now, Wing Yan has become a cheerful lady and likes to chat with other members. When they talk about TVB actor, Ruco Chan, Wing Yan becomes very happy and will name all the shows he’s appeared in.

“I was so grateful when seeing such a big improvement in Wing Yan,” Ms. Cheung said with a big smile. Ms. Cheung pointed out that her improvement is because she becomes more confident and proactive after starting playing golf. After 2 years, they have built up a good mentor relationship. Wing Yan will share both her happiness and sadness to Ms. Cheung. She also shares her happiness with the staff and members of the Tiptop Training Centre with her medal and photos. When they hear good news from Wing Yan, everyone at the centre feels very excited for her.

With a strong passion for golf and the willingness to train hard every time, Wing Yan shows her talents and really shines!



“我訂立了一個 五年計劃” My Five-Year Plan

邵浩龍 多才多藝的27歲年輕人，由唐氏游泳隊創隊開始成為隊員至今，當同年紀年青人平平無奇地過生活時，浩龍早已為自己作了一個五年計劃

浩龍於2015年4-7月期間參加唐家軒舉辦的「唐領袖」計劃，透過表達訓練、合作活動、訓練日營、草擬人生計劃及小組討論下，浩龍為自己訂立了一個五年計劃—成為一個出色的運動員。

Siu Ho Lung is a 27 years old male, and has been a member of the Down's Swimming Team since it was first formed. While other youths hang out without much purpose in life, he has already made a five-year plan for the future.

Ho Lung participated in the Leadership Training Scheme held at DS Centre from April to July 2015. Through presentation training, day camps, group projects, life-planning sessions and group discussions, Ho Lung was able to set up a five-year training plan – and at the end of it, he wants to be an outstanding athlete.



運動員的三個目標

當大家談到人生計劃時，大部份都只為自己訂立一個理想，卻不會計劃實際如何達成計劃。在「唐領袖」計劃中，浩龍提出自己的理想是做一個出色的運動員時，他深深明白運動員除了日常練習外，更需要好好管理自己的身體，使練習及比賽時有出色的表現。浩龍表示要成為出色的運動員的三個目標分別為：1. 定期出席練習及在練習時全力以赴、2. 維持健康的飲食習慣及3. 養成早睡早起的習慣。於2015年7月訂下的目標，我們到現在跟進一下浩龍的情況。

The Three Goals of an Athlete

Most people only have goals or dreams in life, but no real plan how to get there. But for Ho Lung, his time in the Leadership Training Scheme has made him understand that in order to achieve his dream of being an outstanding athlete, he would not just have to do daily training, but would also need to take care of his health for peak performance at competitions. His three objectives were therefore: 1. Regular attendance and maximum effort in every training; 2. Maintain healthy dietary habits; and 3. Develop early sleeping and waking habits. Now, at the end of the training period in July, let us review Ho Lung's progress!

為目標堅持

浩龍表示要維持定期練習及在練習中全力以赴對自己而言相當容易，現時他每星期均會於泳隊練習三次，每次兩小時。浩龍表示在義務工作後要練習游泳也不會感到辛苦，認為相當值得。而在均衡飲食方面，浩龍認為家人的功勞最大，因家中的飲食相當健康，間中因參加活動而需要在外間用膳，他亦要下定決心去選擇比較健康的食物，使自己不會因體重增加或生病而影響表現。早睡早起亦需要堅持才能做到，他談及有一次參加「唐兄弟」活動，因報名後才知活動於9點完結，但他需要早睡，因此向負責活動的社工申請提早一小時離開，他事後亦感到很對不起活動的負責職員及參加的會員。幸好活動當天會員及職員均體諒自己的情況。浩龍認為堅持對實現計劃相當重要，如果自己不堅持以上三個目標，便會令計劃變成夢想，一輩子也不會實現。同時亦明白自己亦有責任去幫助自己達成理想。



Persevering in his Goals

Looking back, Ho Lung thinks that it was easy for him to keep up a regular and proactive training regimen: now, he attends training three times a week and for two hours every single time, and does not find it too exhausting even when he needs to attend training after volunteer work – instead, he believes that all that hard work was worth it! With regards to diet, Ho Lung credits support from his parents, since they have always had a healthy dietary habit; even when away from home, Ho Lung chooses the relatively healthy dishes. As such, his athletic performance is not obstructed by illness or weight gain. Regular sleeping hours, on the other hand, required more effort – Ho Lung revealed that he once joined an activity at DS Centre, only to find that the activity would only be finished at 9 p.m! However, since he needed his sleep, Ho Lung applied for leave an hour early: he was very sorry for the disruption caused and was thankful that members and staff understood his situation. Ho Lung believes strongly that perseverance is critical to achieving one's dreams: he insists on following the three objectives he set for himself, recognizing that he would never achieve his dream without them. Ultimately, he knows that he is responsible for the success of his goals.



多元化發展

浩龍相當多才多藝，除了游泳隊外，同時亦參加乒乓球訓練、足球訓練及不同類型的社交活動及興趣小組。浩龍媽媽表示各種活動除了有益身心及強身健體外，亦能令浩龍的個人素質有所成長。浩龍與其他會員相處中學會社交及尊重，在學習不同興趣時可以學會堅持。浩龍媽媽亦寄望自己能活出自己的一片彩虹，渡過他精彩的人生。

Diversified Development

Ho Lung is a very talented person! Besides swimming, he has also participated in training sessions for table tennis, football, as well as attending various social activities and interest classes. His mom finds that not only do these activities benefit Ho Lung's health, they also help in his development as a person. Socially, Ho Lung has learnt a few socialization tricks as well as the value of respect from his fellow members; he has also seen that perseverance is also important in other non-athletic hobbies. Seeing this, Ho Lung's mother is much more confident that her son can live a rich and colorful life.



最重要是「愛」 Down Syndrome only need love

義務畫班導師 Selfless Devotion -

Saim Oguz KONDAK

Saim 是一位住在香港的藝術家，在唐家軒義務教導會員畫畫已有一年的時間，在他的耐心教導下，會員的繪畫技巧日漸精進。而在會員心目中，他亦是一位親切又有禮的朋友。會員與家長都相當欣賞Saim的無私奉獻。

Saim is an artist who lives in Hong Kong. He has been our volunteer drawing teacher for more than a year. With his patience and guidance, our members' drawing skills have improved a lot. To members, Saim is a nice and polite friend rather than a teacher. Parents also appreciate such unselfishness devotion.





Saim表示一年多前看到一本名為” Road Map To Holland” (作者：Jennifer Graf Gronebera) 的書而對唐氏綜合症人士的看法有所改變。書中講述作者與其唐氏綜合症兒子相處的故事。Saim認為唐氏綜合症人士均有他們自己的想法，如果可透過藝術去令他們可表達自己的感受，將會是一件非常美好的事。因此在年多前與唐家軒申請成位義務繪畫班導師。

問到這一年來Saim覺得與唐氏綜合症人士的相處技巧時，Saim表示最重要是「愛」。Saim表示：「他們只需要愛，他們與其他人一樣，有他們的天賦、才能，思想及興趣」。(People with Down Syndrome only need love. They are like everybody with their own talents, abilities, thought and interests) 他們在學習上的分別在於需要更多時間，只要慢慢學，他們亦有很多出色的表現，而教授藝術亦有助他們創意、想像及表達的發揮。

Saim認為唐氏綜合症人士對其他人的愛及思想都非常純真，但Saim強調不應當他們是被照顧的一群，因他們都有自己的權利，他們應融入在社會中。同時社會亦應為殘疾人士提供足夠的發展機會，使他們有空間去學習及參與。

在此我們衷心感謝Saim為唐氏綜合症人士的付出，如果你都想擁有有意義的義工體驗，歡迎參加香港唐氏綜合症協會的義工服務！

Saim shared that he changed his thinking about people with Down Syndrome after reading a book called “Road Map to Holland” by Jennifer Graf Groneberg. It is a story about the author and her son who has Down Syndrome. Saim said that people with Down Syndrome have their own thoughts and it would be a very beautiful thing if we can help them express themselves through art. Therefore, he applied to be a volunteer teacher to teach a drawing class.

“People with Down Syndrome only need love. They are like everybody with their own talents, abilities, thoughts and interests. The only difference is they need more time to learn. They can still achieve outstanding things even if they learn slowly. And teaching art will support development of creative, imagination and feeling skills.” Saim replied when asked if there are any skills needed when communicating with people with Down Syndrome.

Saim also stated strongly that people with Down Syndrome have pure minds and love, but they are not a group of people who need to be taken care of by others. They have their own rights and should be part of our society but they need our society to provide more room and opportunities for them to let them learn and participate.

On behalf of the Association, we are very thankful for Saim’s contributions. If you would like to have a meaningful voluntary experience, we welcome you to join us and be a volunteer.

義工心聲 Volunteer Sharing

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劉裕豪
Carlos Lau



與香港唐氏綜合症協會合作了2年多，很感激每一次都得到協會同事的全力協助，使每一次活動都可以很順利地進行。不知道是甚麼神奇的力量，雖然每一次的活動都是有不同的會員參加，但總感覺在每一次的活動裡面，會友的投入度一次比一次快，一次比一次熱烈，大家之間的信任同親切度一次比一次來得高，一次比一次來得感動。

今年7月5日，在唐氏會員們的魔術、扭氣球及健康伸展的活動開始不久，會友們已經非常之投入，又會配合我們的魔術互動，自願上台協助做魔術助手。而且我們有些魔術會變出禮物來送給會員們，令他們覺得不只是欣賞表演，而是真正參與整個魔術演出。

每一次完成魔術後的熱烈掌聲及笑聲中，我感受到他們真的能享受於活動中，真正的活在當下。

而扭氣球環節的熱烈程度更是毋庸置疑。每位會員都好認真投入地跟隨導師學習如何將氣球扭成公仔。有的甚至自我創作，樂在其中。義工們的幫忙當然是不可多得。他們與會員們合力扭動和創作，一條條氣球都成為了會員們一起精心創作的DIY小禮物，不是在街上能夠買得到的獨特成品，別具意義。

另外，由瑜伽導師Mitchell帶領的健康伸展運動。在各義工的協助下，會員們都努力地扭動他們的身體，認真投入地配合導師的指示。有些原本不太願意扭動的會員，最後也願意在義工的協助下一起做伸展，令氣氛相當之融洽。

最後，最能令我感動的是大家一齊合唱手語歌「讓愛傳出去」的時候。我感受到當時義工同會員們就好像合而為一般，大家都在一種愛同關懷的氛圍中，無分你我。有些義工及會員也感動落淚，讓我感覺這就是當義工最有意義的時候。

活動完結的時候，有些會員更會依依不捨嚷著要和我們的魔術師、導師和義工們合照留念。有的甚至主動提出交換Facebook。那種在短短一個多小時活動就能建立的信任同友誼，令我覺得比我們變的魔術更加有魔術般的效果。

感謝協會職員的配合，令活動得以順利完成。希望在不久既將來能夠再與唐氏會合作，帶更多的歡樂給更多會員。

As of writing I've worked with HKDSA for more than 2 years, and am very grateful for the support that all the colleagues at the Association have given me during events and activities. It's actually a strange feeling: even though different members participate in our activities at different times, I always feel that the engagement and enthusiasm of HKDSA members reaches new heights every time I see them, and every new occasion brings even more trust, care and warmth into our friendship.

We held an activity with HKDSA on 5th July involving magic, balloon-twisting and stretching exercises. Right at the beginning HKDSA members were already pitching in enthusiastically, helping us with our magic shows and coming up on stage to be our little apprentices! We also 'magicked' up some gifts to give to HKDSA members, showing them that they are not just audience members, but also participants in our magic shows.

Amid the excited applause and laughter after every magic show, I really got the impression that HKDSA members were truly living in the moment, and enjoying every single thing that was before their eyes.

The enthusiasm for balloon-twisting was even more unprecedented! Every member was patiently and determinedly following the instructor's directions on how to twist balloons into little figures. Some even started unleashing their creativity, again living in the moment. With the help of our volunteers, HKDSA members turned little stringy balloons into carefully-created, unique DIY gifts, every one carrying a meaning and emotional depth that isn't found in any toy shop.

Furthermore, in the stretching-exercise segment under the instruction of yoga teacher Mitchell, HKDSA members again tried their best to stretch with the help of volunteers, following the directions from the instructor carefully and seriously. Even a few initially-reluctant members were eventually persuaded to participate by our volunteers, and in the end we completed the segment in a harmonious and friendly manner.

At the end of the activity, some HKDSA members were asking for pictures with our magician, coach and volunteers – a few even gave out their Facebook addresses in order to keep in touch! To think that such trust and friendships could be created in little more than an hour – it was truly more magical than even our magical show itself! Many thanks to the HKDSA staff for making this activity such a success!

We sincerely hope that, before long, we can participate in another activity with HKDSA, and in doing so bring happiness and joy to many more members to come.



第十二屆世界唐氏綜合症高峰會 The 12th World Down Syndrome Congress LET'S MAKE AN INCLUSIVE TOMORROW

第十二屆世界唐氏綜合症高峰會於2015年8月19日至21日於印度清奈舉行，本會是次派出三名職員及一名執行委員會代表出席是次會議。是次會議主題為「Let's make an inclusive tomorrow」期望透過不同國家及界別的分享，使唐氏綜合症人士的生活質素有所提升。會議亦主要討論唐氏綜合症人士的以下範疇：「社會意識及自決、健康、教育及就業、支援系統、權利和法律」。參與會議的各代表都學習到相當多的新知識。以下是次團友的經驗總結。

The 12th World Down Syndrome Congress was held from 19 to 21 August 2015 at Chennai, India, and the Association nominated 3 staffs and 1 executive committee member to join. The theme of the Congress this year was "Let's Make an Inclusive Tomorrow", signaling the hope that the quality of life for people with Down Syndrome could be improved through shared experience from different countries as well as from different fields. A few main topics were discussed during the Congress, such as: "Social Awareness & Self-Determination", "Health, Education & Employment", and "Support System, Rights and the Law". All participants learnt a lot from the Congress, and they share their experiences in the following paragraphs:

鄭翠虹

卓業中心 中心主任

會議給予我一個機會去反思現行服務，也給予我一個嶄新的思維去策劃不同服務模式。其中令我最印象深刻的，是會議中對於唐氏綜合症朋友的稱謂，他們除了被稱為“People in Down Syndrome”外，另一個稱謂是“Self Advocator”，翻譯為中文是自我倡導者。一直以來，香港政策對於殘疾人士主要以提供服務為主，鮮有倡導成份。但今次會議讓我有機會看到不同國家的唐氏綜合症朋友，無論是發展中國家，還是發達國家，他們的參與者均擁有強大的倡導能力。無論在工作上、學業上、事業上也十分相信自己的能力，甚至能夠為發展社區出一份力。這種程度的社會參與、與不同持份者的溝通，以及自我倡導的精神十分值得我們效法。

另外令我同樣印象深刻的，是唐氏綜合症家長的力量。我見到很多唐氏綜合症人士的爸爸媽媽都認為唐氏綜合症子女是上天賜予的禮物，也因子女的關係擴闊了他們的眼界。在會議中我認識了一份來自美國的學者，正因為他是一位唐氏綜合症人士的爸爸，他致力為全球唐氏綜合症人士建立全球資料庫，一直為唐氏綜合症人士的福祉而奔走，至今已成為了世界著名學者。另外一位來自發展中國家的母親，因為自己的唐氏綜合症女兒，組織全國各地的唐氏綜合症人士及家長，約見當地官員為唐氏綜合症人士爭取平權，贏得國家對她的尊重，更成功爭取到國家復康議會內的議席。

正如韓國一句諺語：女人是弱小的，但母親是強大的。請容我向各位唐氏綜合症人士的家長說一句：你們真偉大！

Ms. Annie Cheng

Centre-In-Charge of Tiptop Training Centre

The meeting gave me a chance to review our current services and a new and different way of planning out our service model. I was most impressed by the name the organizers gave to people with Down Syndrome: they were not only known as "People in Down Syndrome", but also as "Self Advocators", or "self-advocates" in Chinese translation. This is important because in Hong Kong, organizations are usually service-oriented but seldom advocate for their users. In this Congress, I met many people with Down Syndrome from different countries, both developed and developing countries, but all with strong advocating powers. No matter in their work, schooling and careers, they all believed in their ability to make a contribution to the community. Such a level of social participation, stakeholder communication and self-advocacy is worth considering in our daily line of work.

Furthermore, I was impressed by organizing power of parents with Down Syndrome offspring. I met many parents with Down Syndrome children who regard their children as a gift from God and truly believe that their relationship has broadened their own horizons. For example, I also met a scholar from the US who is a father of a kid with Down Syndrome, and as such has committed himself to developing an international database for people with Down Syndrome, becoming a world-renowned scholar in the process. Another mother from a developing country has organized people with Down Syndrome as well as their parents across countries in order to fight for equal rights for Down Syndrome people in all places. She is deservedly respected and has gained a seat in the rehabilitation committee in her own country for her work.

As one Korean proverb says: "Woman is weak, but the mother is strong." Please allow me say a few words to the parents of people with Down Syndrome: "You are all so very great!"



LET'S MAKE
AN INCLUSIVE
TOMORROW



2015

RIGHTS & THE LAW

SOCIAL AWARENESS
SELF-ESTEEM

EDUCATION & EMPLOYMENT

PEER SUPPORT



張家傑

唐家軒中心主任

Mr. Chris Cheung

Centre – In charge of DS Centre

很榮幸有機會參加第十二屆世界唐氏綜合症高峰會，能夠與其他國家的唐氏綜合症人士、他們的家人與及不同界別的專業人士交流，絕對能夠增進自己對唐氏綜合症的相關知識。另外亦為能踏足自己從未到訪過的國度 – 印度感到無比興奮。可能印度對大部份香港人而言是一個較落後及衛生情況較差的國家，但實際上印度人的友善態度及深遠的歷史背景及建築亦同時為我留下深深的印象。

是次會議上，在不同界別的專業人士、家長及唐氏綜合症人士身上均學到很多東西，印象特別深刻的是見到幾位唐氏綜合症人士上台講述自己的故事。他們有些口齒不清，有些則口才了得，最特別之處是他們準備了關於自己故事的簡報，內裡充滿他們的相片、片段及文字介紹，使參加會議的人都清楚明白他們想表達的訊息。我見過部份同工或家人，往往會擔心唐氏綜合症人士如何表達自己，怕他們在公眾場合講錯野/「講到一舊舊人地點明呀?」。間接地亦剝削了他們表達自己意思的機會。

另外，亦相當欣賞來自澳洲的E.motion21，他們是一個為唐氏綜合症人士提供健體及舞蹈活動的國家，他們的舞蹈經不同研究而設計出來，而在設計上亦考慮到唐氏綜合症人士是否玩得開心。而事實上見到他們的會員除了表演到一場又齊整又華麗的演出外，他們每一個都玩得相當開心。

It was my honor to join the 12th World Down Syndrome Congress, which absolutely allowed me to get more knowledge about Down Syndrome through sustained interaction with people with Down Syndrome, their parents and also professionals from various countries – even more so because allowed me to visit India, a country where I have never been before! For most Hong Kongers, India is an underdeveloped country with a reputation for poor sanitation; however, once I was there the warm reception of the locals, the country's long traditions and architectural wonders impressed me greatly.

Within this Congress were plenty of learning opportunities for the various professionals, parents and people with Down Syndrome. Most impressive for me was when a few people with Down Syndrome shared their stories onstage. Although not every presentation was polished, the many photos, clips and wordings included in their PowerPoints meant that all participants could clearly understand their messages. In my experience, a few colleagues or parents do worry that people with Down Syndrome don't know how to express themselves – "What if they say the wrong things?" "What if nobody understands them?" – and indirectly, it seems that such well-intentioned moves nevertheless deny their right to expression.

Finally, I really appreciated the Australian group E.motion21, who organize fitness and dancing activities for people with Down Syndrome. With dance moves that are specially-designed around the user's capabilities as well as enjoyment, we were able to witness a wonderful performance that everybody enjoyed very much.



蔡耀濤

卓業中心 職業復康主任

印度，給我的第一印象是落後、貧窮。但老實說，我也很有興趣了解多一點其他地方的社會服務發展及看法，尤其是對於唐氏朋友的事。

一到步已是凌晨時份，但仍有主辦單位及義工的迎接，實在窩心！印度當地的唐氏會及服務很重視共融的概念，如今次會議的主題一樣「Let's Make an Inclusive Tomorrow」，期望一同建立共融的將來。在不同範疇方面，例如學校會因應唐氏人士的學習需要調節學校的設施及教學方法，亦沒有主流及特殊學校之分。

說到最深刻，一定是第一晚的歡迎晚宴中，結識了兩個來自澳洲的青年，我和張SIR四人，一人一枝啤酒，談論著電影、工作，聊得興高采烈，一見如故。也許，這就是無論世界各地，唐氏朋友獨有的「親和力」。有時我們不管幾多歲，都把唐氏朋友當作小孩子對待，事實上他們都有長大的一天。當然酒精過量有害，但他們也要為自己的行為負責，過份保護也許令「小孩子」學不會長大。

會議中有一位來自荷蘭的學者發表了一份有關唐氏人士的研究，我個人認為是很有趣而有啟發性，內容有關唐氏人士的優勢。其中提到唐氏人士對環境氣氛的敏感度、非語言表達能力等。憶述講者抱著一個信念「唐氏人士天生有著獨有而比一般人強的天賦能力」。換個角度，我們有很多事需要向唐氏朋友學習。我們或者無需強迫殘疾人士改變自己來迎合社會；反而我們要更努力改善環境讓殘疾人士過更好的生活。

Mr. Choi Yiu To

Vocational and Rehabilitation Officer of Tiptop Training Centre

The two words that described my original impression of India were “underdeveloped” and “poor”. But in any case, I was interested in knowing more about social service development in other countries, especially regarding people with Down Syndrome.

We arrived there at midnight, and were very touched that there was still a representative and a volunteer from the organizer to welcome us! Inclusion is very important to the Indian Down Syndrome Association and its related services, and like the theme of this year – “Let's Make an Inclusive Tomorrow” – they wish to build an integrated future together. To quote an example, there are no division between mainstream schools and “special” schools in India, and schools adapt facilities and teaching methods in order to accommodate the needs of people with Down Syndrome.

Most memorably, during the first welcoming dinner I met two youths from Australia, to whom I and Chris talked happily about movies and work over pints of beer. Perhaps this is the famous intimacy of people with Down Syndrome, which presents itself no matter the country... sometimes we treat people with Down Syndrome beyond the level of kids, no matter how old they actually are; but in reality they will grow up one day, and ignoring that fact and over-protecting them might not be the best way to go. Yes, too much alcohol is not good for them, but so is the failure to learn lessons about personal responsibility.

During the Congress, a scholar from the Netherlands published a study report on the advantages of people with Down Syndrome, which I personally found interesting and instructive. The scholar held a belief that saw people with Down Syndrome having “unique and better talents” compared with ordinary people: from another perspective, we do have a lot of things we can learn from them. Perhaps forcing disabled people to adapt to our society is the wrong way to go: rather, we might have to work harder in order to create the conditions where people with disabilities can have a better life.



The 12th 愉景灣康樂會 慈善網球賽

Discovery Bay Recreation Club Charity Tennis Cup 2015



今年10月10日(星期六)協會欣喜能繼續參與由愉景灣康樂會所舉辦之第12屆慈善網球賽，更成為其中一位受惠機構。活動當日，衷心感謝各網球隊伍在網場上為慈善奮力拼搏，同時亦多謝各義工朋友、志願者及來賓參與協助草地嘉年華的攤位活動，將愛與關懷傳遞出去。更要感謝協會Island Dance 成員在在網場上落力演出，精彩的舞蹈表演為活動更添活力，亦讓參加者看到唐氏綜合症朋友的才能。大會在傍晚舉行晚宴及支票頒贈儀式，而晚宴更設有拍賣環節，各善長的熱心慷慨，為協會籌得超過16萬的善款。

On 10th October (Saturday), HKDSA was pleased to continue to be a part of The 12th Discovery Bay Recreation Club Charity Tennis 2015 as one of the chosen beneficiaries. We were very thankful for all the tennis teams who fought hard on the courts for charity. We would also like to thank for each and every volunteer for attending and helping at the courtside family carnival. We want to give a special thanks to our Island Dance Team, whose wonderful performance not only created an energetic atmosphere, but also let people see and know more about the talents of people with Down Syndrome have. A dinner and cheque presentation ceremony was held in the evening along with an auction. With all the contributions and boundless support from all donors, more than HK\$160,000 was raised and donated to HKDSA.



唐氏綜合症/智障人士「勤懇樂業在盛年 健康積極享晚年」計劃 周年典禮暨嘉許禮

Industrious Adulthood and Positive Ageing for
People with Down Syndrome and Intellectual Disability Project (IP Project)

與智障人士同行・協助步入健康積極晚年

Walk With People with Disabilities Help Them Step Into Positive Ageing



「我希望成為潤美的師友，給她點支援，帶她認識更多社區人士。」、「我們已是一對朋友，互相分享生活點滴，慶祝生日。」段段窩心的表達，均是「勤懇樂業在盛年 健康積極享晚年」計劃，當中參與及成功配對師友的努力成果。

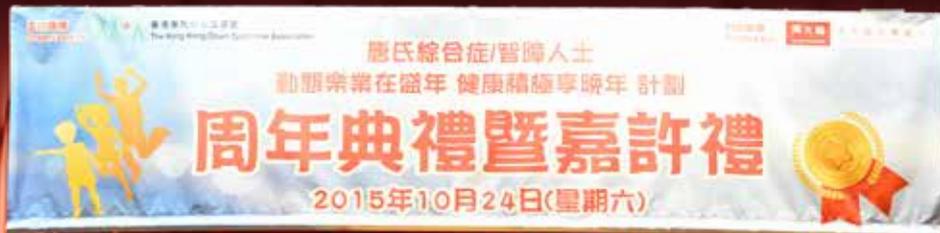
"I want to be a mentor for Mei Mei, providing her with support and helping her make friends in the community"; "we are already friends, and we share our daily experiences together and also celebrate each others' birthdays"... these touching words represent the positive results from the mentor and mentee matching made under the IP Project.



香港唐氏綜合症協會一直關注唐氏人士及智障人士老齡化的問題，然而現時針對他們老齡化的服務不足。有見及此，協會推行一項為期兩年的「勤懇樂業在盛年 健康積極享晚年」計劃，更獲得《周大福慈善基金》贊助計劃。此項創新計劃是針對一班居住在社區，且面對早發性老化威脅的成年智障/唐氏綜合症人士，以積極晚年及師友同行的概念，為他們提供社區支援。計劃成功推展至今一年，協會於2015年10月24日晚假基督教家庭服務中心總辦事處禮堂舉行周年典禮暨嘉許禮，與一眾參加者、師友及贊助機構見證這年的計劃得著，頒發嘉許狀以表揚一群熱心服務的師友，以及贊助機構為計劃所帶來的貢獻，助唐氏人士及智障人士踏出積極和豐盛的人生。是晚邀請立法會議員(社會福利界)張國柱議員、社會福利署助理署長(康復及醫務社會服務)方啟良先生及周大福慈善基金項目經理陳美華女士任嘉賓。

HKDSA has always paid attention to the ageing problems of people with Down Syndrome and other intellectual disabilities. However, Hong Kong currently has an inadequate level of specialized service. Thus, with sponsorship from the Chow Tai Fook Charity Foundation, the Association launched the two-year "IP Project". The project aims at providing community support, through promoting positive-ageing and mentorship concepts, to adults who are facing early ageing problems. A year after its launch, the Association held an anniversary-cum-awards presentation ceremony at the auditorium of the Christian Family Service Centre on 24th October 2015. It was our great honor to invite Legislative Councilor (Social Welfare Functional Constituency) Mr. Peter Cheng Kwok Che, Assistant Director (Rehabilitation and Medical Social Services) Mr. Fong Kai Leung, and Project Manager of Chow Tai Fook Charity Foundation Ms. Miranda Chan to be officiating guests. Together, participants, mentors and sponsors were able to celebrate the positive outcomes of the project, and in order to thank those mentors who helped mentees achieve positive ageing and meaningful lives, certificates were presented to them.





Kazette與浩龍一同參加共融跑步活動認識至今已一年多。

「我地會用Whatsapp 聯絡，我會邀請Kazette一同參與中心

活動。有一次，Kazette 接我到薄餅店與我慶祝生日，很開心！」Kazette喜見浩龍的進步，變得開朗和學會堅持，一同分享生活點滴，就是朋友。不單是浩龍，就連浩龍媽也被感染，一同參加跑步練習。

Irene則在椅子舞班認識了潤美。「當時潤美在我附近，她個子嬌小，卻又很開朗健談，故我們很快熟絡，後來我又認識了潤美媽，於是我就決定成為潤美的師友。」Irene 加入協會和參與計劃，一心希望透過計劃去了解及認識智障/唐氏人士，覺得他們是需要支援，擴展社區網絡。故Irene都主動邀約潤美和媽媽參加她所屬教會的活動，希望潤美能認識多些不同的社區人士，參與社區活動。

周年典禮暨嘉許禮上，協會當晚邀請協會榮譽顧問及香港大學秀圃老年研究中心榮譽研究院士楊黃錦賓博士分享積極晚年的好處及分享計劃成效，「健體活動有助強化智障/唐氏人士的心肺功能及肌肉力量、並能上產生延遲老化的正面影響。而加強社交和獎勵元素和鞏固唐氏人士的自我激勵和達成目標也有助他們建立自信，提升獨立生活能力，以積極正面方向步入老齡化階段。」典禮暨嘉許禮更有師友的椅子舞表演，展現了師友同行的果效。

「勤懇樂業在盛年 健康積極享晚年」計劃一直有賴各方的機構支持及贊助，同時，亦需要有心社區人士作為同行者，協助唐氏人士及智障人士步入健康積極晚年。歡迎有興趣參加的朋友聯絡我們！



當晚其中兩對師友上台訴說心底話...

Touching words from two pairs of mentor and mentee

“We use WhatsApp to chat with each other, and through it I invited Kazette to join HKDSA activities. One time, Kazette even celebrated my birthday at Pizza Hut – it was so exciting!” Kazette and Ho Lung met each other in an IP Project running activity, and Kazette now feels great when she observes the improvement of Ho Lung during the year. Not only that, but Ho Lung has also become more cheerful and is much more willing to stand up for himself – their friendship has become more deep-rooted and they are now comfortable swapping life stories with each other. Their efforts impressed Ho Lung’s mother as well and now they all run together!

Irene also joined the IP Project in order to know more about people with Down Syndrome and Intellectual Disabilities. She believes that society needs to offer them more support, especially in broadening their social circles. “Mei Mei is tiny but cheerful and talkative – at first, she sat near me during our happy chair dance class. We quickly got to know each other and eventually I also came into contact with her mum... in such a way I decided to become a mentor for Mei Mei.” Outside of HKDSA activities, Irene has also invited Mei Mei and her mum to her church activities, hoping that Mei Mei can participate in more community activities and meet more friends in them.

During the ceremony, Dr. Donna Wong, Research Fellow of the HKU Sau Po Centre on Ageing as well as a professional consultant of the Hong Kong Down Syndrome Association, was invited to share her thoughts on the benefits of positive-ageing programs. “Exercises strengthen cardiopulmonary function as well as muscle strength, which defer the ageing process. Furthermore, cementing friendship and incentivization networks also helps build positive self-images as well as the ability for independent living.” During the ceremony, mentors and mentees also performed a “nice happy chair dance”, which showcased the positive impact of the mentorship concept.

The IP Project relies on the support and sponsorship by various corporates, as well as the help of partners who can walk with people with Down Syndrome or intellectual disabilities and assist them in establishing healthy and positive-ageing habits. For those who are interested, don’t hesitate to contact and join us!

亮睛睛

眼科檢查計劃

A Wonderful World – Vison Health Project



眼睛是身體一個重要的器官，我們透過一雙眼睛接收日常生活的大部份訊息。當視力出現模糊，其中原因可能是屈光不正，即近視、遠視或散光等，亦有可能是由眼疾所引起。

為鼓勵會員進行眼科檢查，協會推行「亮睛睛」眼科檢查計劃，目的除鼓勵會員接受眼科檢查，更重要是提升家長和會員對眼睛健康的知識和意識。此計劃更喜獲研達企業有限公司及兩位善長 Thomas 及梁健文先生支持。2015年11月6日，協會為計劃掀起序幕，舉行了一個簡單而隆重的支票交贈儀式，以感謝公司及善長的慷慨支持。

是次計劃，協會與香港盲人輔導會合作，由該會眼科視光師為年滿18歲的會員檢查眼睛。如初步診斷需由眼科醫生跟進，視光師將轉介予該會眼科醫生。不論眼睛好與壞，定期的眼睛檢查是重要的。如發現眼疾問題，更應及早關注，尋求醫治！

如對此計劃有任何查詢，歡迎致電2718 7778與本會職員關先生聯絡。

The eyes are an important part of our body, and it is through them that we receive the majority of our information for our daily lives. When our eyesight gets fuzzy, one reason could be because our eyes are no longer focusing light correctly: in other words, short-sightedness, long-sightedness or astigmatism. There is also the chance that this could come from some disease affecting the eye.

HKDSA encourages members to go for an eye check-up and launches “A Wonderful World – Vison Health Project” The aim of the program is not only to increase the number of members to have their eyes checked by doctors, but also to raise awareness and knowledge amongst parents and members about the importance of eye care. This year, with the help of donations from Novation Solutions Limited, Mr. Thomas Wee Soon Thong and Mr. Michael KM Leung. On 6th November 2015, HKDSA held a simple but grand cheque presentation ceremony to say thanks for our donors.

For this program, HKDSA is partnering with the Hong Kong Society for the Blind: all members aged 18 or over will be able to undergo eye check-ups by the HKSB’s optometrist. If initial diagnoses require a more in-depth investigation, cases will be transferred to the HKSB’s ophthalmologist. It doesn’t matter whether your eyesight is good or bad: regular eye check-ups are still important – and if you have an eye disease, it is even more important that you seek treatment as soon as possible!

For any enquiries, please contact Mr. Kwan at 2718 7778.



A

協會的Facebook粉絲專頁已登場！希望透過這個粉絲專頁，將協會的資訊更快更新地帶給會員！請大家給專頁一個讚及分享出去，好讓更多朋友和不同界別的人認識協會，先謝謝大家支持！

HKDSA Facebook Fans page is launched! We would like to provide more latest news and information to our members. Just LIKE and SHARE in order let about people to know more HKDSA. Thank you so much for all your support in advance.



B



協會特意製作了一個文件夾，當中的圖畫是由3位會員所繪畫的，以水墨畫形式，配以簡單的顏色，勾畫出昔日香港的交通工具，富有情懷。唐氏綜合症朋友按住自己的步伐慢慢向前，或許未必能趕上這個急速的社會節奏，但他們仍有著不一樣的精彩旅程。

This folder is designed for HKDSA which graphics are drawn by our three members. Such paintings are in ink form with simple colors, layout the old Hong Kong transport which is full of feelings. People with Down Syndrome keeps on moving forward in their own pace. Perhaps they may not be able to catch up with the rapid pace of the society, but they are still enjoy a different but wonderful journey.

e

2015年周年大會於2015年11月28日(星期六)假沙田賽馬會會所舉行。當天協會會長鄧永鏘爵士獲邀出席，勉勵同時，也與一眾委員、同工、家長和會員一同回顧過去一年的汗水與歡樂。今年適逢進行執行委員選舉，協會感謝眾委員及家長過去的貢獻，亦展望與新一屆委員同心為協會及會員服務。今年同場加演快樂椅子舞表演，增添不少快樂氣氛。

The 2015 annual general meeting was successfully held at the Shatin Jockey Club on 28 November 2015 (Saturday). Our President Sir David Tang was invited to join and encourage all of us. We reviewed our tears and laughs with all our staff, executive committee members, parents and members together. The election of Executive Committee was held this year, we thanks for all the contributions from members and looking forward to work hand in hand with new Executive Committee. This year, there was a happy chair performance which imparted an air of happiness to the event.

D

卓業中心將於2016年1月23日(星期六)參與由社會福利署沙田區康復服務協調委員會舉辦之沙田區共融大匯演2016，8名中心學員聯同長者義工們上演一場精彩絕倫的小型歌舞劇，參加者現正密鑼緊鼓地進行練習。在此先預祝他們演出成功，在舞台上發光發亮。

8 trainees of Tiptop Training Centre will perform an wonderful mini musical in Shatin District - Integration Show 2016 which organized by Sha Tin District Coordinating Committee on Rehabilitation Services on 23rd January 2016 (Saturday). All participants are preparing and work hard for training. Good show and wishing them all shining on stage.

e

「奔向共融」- 特殊馬拉松2016 一年一度的共融跑步活動 - 「奔向共融」 特殊馬拉松將於2016年1月31日(星期日)舉行。是次比賽將由添馬公園出發，沿中西海濱長廊至龍和道結束。今年協會亦將有會員參與是次活動，他們已與義工們積極備戰，同為共融社會出力。

Special Marathon 2016

The annual communion running activities - Special marathon will be held on 31st January 2016 (Sunday). The competition will start at Tamar Park, from West Kowloon Waterfront Promenade to Lung Wo Road. This year, our members will also participate in this event, they have been actively preparing with our volunteers in order to create integrated society together.



我們需要 **您** 的支持!
We need **your support!**

懇請支持2016年2月13日(星期六) 全港賣旗日

藉旗子送上祝福

協會獲社會福利署批准，將於2016年2月13日(星期六)於全港各區舉行賣旗籌款活動。期盼透過是次賣旗活動所籌得的善款，用作發展及提供自負盈虧服務，致力改善唐氏綜合症人士及其他殘疾人士及其家人的生活質素。

現需要你的參與！如要登記成為賣旗義工，請致電3590 2565與本會行政助理(籌款及行政)謝錦歡小姐聯絡。

With the approval by the Social Welfare Department, HKDSA is delighted to have an opportunity to hold a Territory-wide Flag Day on 13 February 2016 (Saturday). The key objective of the money raised is to support services for improving the quality of life of people with Down Syndrome and other disabilities as well as their families.

We need your participation! If want to register as volunteer in Flag Day, please feel free to contact our Administrative Assistant (Fundraising and Administrative), Ms. Kathy Tse at 3590 2565.

另外，適逢農曆新年期間，協會今年特意設計12生肖旗子套裝，旗子印有由協會會員所繪畫的簡單而色彩豐富的12生肖圖案，就如我們一班服務使用者的特質一樣，純真簡單及真摯，為大家送上簡單直接的祝福。現可給各人認購，建議善款為每套港幣\$88或以上。

In addition, Association's Flag Day in this year is around the Lunar New Year. Here we extend our sincere blessing through a specially designed set of 12 Chinese zodiac flags. The beautiful graphics, which are drawn by our members, are actually reminiscent of their pure yet true and vivid characters. It is now available to everyone for subscription. Suggested donation at HK\$88 or above for each set.



12生肖旗子套裝捐款表格 Chinese Zodiac Flags Donation

For Office Use Only

No.:

所屬家長分區網絡 Parents' Regional Network : _____

聯絡人 Contact Person : _____ (會員號碼 Membership No. : _____)

電話號碼 Tel. No. : _____ 傳真號碼 Fax No. : _____

電郵地址 Email Address : _____

聯絡地址 Address : _____

建議善款為每套港幣\$88或以上 Suggested donation at HK\$88 or above for each set

	捐款人姓名 Name of Donor	認購數量 Order Qty	捐款金額 Donation Amount	捐款者簽署 Donor Signature	* 需收據請加 ✓ Pls tick if receipt is required
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

本人現附上 Enclosed* 支票 Cheque / 入數紙 Bank in Slip / 現金 Cash

總捐款金額共港幣 Total donation amount HK\$ _____

付款方法 Payment Methods

- 支票付款抬頭請寫「香港唐氏綜合症協會」
By Crossed Cheque payable to "The Hong Kong Down Syndrome Association"
- 銀行直接過戶方式 (請付上入數紀錄紙(正本)) Direct transfer (please enclose the original of the bank-in- slip)
東亞銀行 BEA : 015-157-10-403-888-3

取套裝旗子地點 Collection Points

- 總辦事處(沙田) : 沙田瀝源邨榮瑞樓地下103-106室
Head Office (Shatin) : Unit 103-106, G/F, Wing Shui House, Lek Yuen Estate, Shatin
- 唐家軒(灣仔) : 灣仔軒尼詩道199-203號東華大廈1301,1303-1304室
DS Centre (Wan Chai) : Rm 1301,1303-1304, Tung Wah Mansion, 199-203 Hennessy Rd, Wan Chai
- 白普理家長資源中心 : 九龍東頭邨振東樓東翼地下
Bradbury Parents Resource Ctr : G/F, Wing A, C'hun Tung House, Tung Tau Estates, Kowloon
- 就業輔助中心(荃灣) : 荃灣福來邨永興樓地下1-3A室
Employment Service Ctr : 1-3A, G/F, Wing Hing House, Fuk Loi Estate, Tsuen Wan

*備註Remarks :

- 捐款壹佰圓或以上可憑正式收據申請扣稅，請以正楷清楚填寫捐款人姓名及捐款金額，以便發出有關收據。
Donation over \$100 may claim tax exemption. Please use block letter to write down the name of donor and donation amount.
- 當聯絡人交回善款及領取旗子套裝後，所有收據將寄回上述聯絡人士分發。
All receipts will be passed to the above contact person upon acknowledging the receipt of all flag packs and donated amount.

快樂人生123 HAPPY 123

作品題目：快樂人生123

創作理念：人生好比一場數字，可以自由遊走，只要學會快樂，每一個數字的人生都可以很精彩。

參予畫家：陳康儀、陳景華、陳佩琪、張宇舜、房妙森、江倩寧、吳巧容、沈佑緯、孫蔚瑋、黃希敏

導師：黃玉平姑娘

Title: HAPPY 123

Message: Life is just like a set of numbers roaming freely. Once you truly enjoy and appreciate, every number in your life will bring happiness.

Artists: Chan Hong Yee, Chan King Wah, Chan Pui Ki, Cheung Yu Shun, Fong Miu Sum, Kong Sin Ning, Ng Hau Yung, Shen You Wei, Suen Wai Tong, Wong Hei Man

Teacher: Wong Yuk Ping (APPLE)



唐氏 冬日襪語

Our
Christmas Sock

Christmas is coming! Are you feeling excited and looking forward to Christmas like me? Every December, the festive spirit can be seen and heard all over Hong Kong. Many families will decorate their homes with a Christmas tree and hang different ornaments like Christmas socks to make their homes full of the Christmas atmosphere. In this feature, we would like to introduce you to a very meaningful "Christmas Sock".

就到聖誕節，各位是否與筆者一樣都感到非常興奮，期待聖誕節快到來呢!!聖誕佳節普天同慶，每逢12月香港各處充滿濃厚的節日氣氛，不少家庭也會花心思佈置家居，大至整棵聖誕樹，小至掛起一隻聖誕襪亦已充滿聖誕氣氛。今期的生活專題，筆者向大家推介一款極具意義的「聖誕襪」。

聯合國大會宣布由2012年起，3月21日為世界唐氏綜合症日，以提高公眾意識並倡導唐氏綜合症人士的權利。在這個321世界唐氏綜合症日，世界各地都有很多精彩的慶祝活動，「Lots of Socks」就是其中一項。

我們都會在3月21日這天穿起兩隻色彩繽紛但不同的襪子，有圓點圖案的，也有橫條間的，亦可以是合併顏色的，各具特色。為什麼我們會在這天穿起兩隻不同的襪子呢？唐氏綜合症人士的細胞通常有四十七條染色體，因為第廿一對染體上多了一條染色體，因此有機會形成了唐氏綜合症，亦因為這一條額外的染色體，為唐氏綜合症人士帶來外貌和智力上的特徵。所以每年的3月21日我們都會穿上兩隻不同的襪子，甚至穿上3隻襪子，用以比喻唐氏朋友的3條染色體，藉此引起社會對唐氏綜合症人士的關注，增加對唐氏朋友的認識。大家不妨以色彩斑斕的襪子來作聖誕裝飾，讓今年的聖誕佳節更添意義。

In 2012, the United Nations General Assembly declared March 21 as World Down Syndrome Day, raising public awareness and advocating for the rights, inclusion and well-being of people with Down Syndrome. That day, there will be many different celebratory activities around the world. "Lots of Socks" is one of them!

Each March 21, we wear a pair of colourful but mismatched socks. Some with dots, some with just one colour, some with many colours, they are all unique. Why do we wear a pair of mismatched socks? In the cells of people with Down Syndrome, they have 47 chromosomes rather than the usual 46. This extra chromosome is the cause of the distinct physical appearance and intellectual status of people with Down Syndrome. Therefore, on March 21, we wear mismatched socks or even 3 socks in order to spread awareness of Down Syndrome which signifies the uniqueness of the 3rd chromosome on chromosome number 21 in people with Down Syndrome.

This Christmas, let's put different colourful socks as ornaments and make the holiday even more meaningful!!



陽光路上及殘疾人士 在職培訓計劃

Sunnyway & On the Job Training Programme for people with Disabilities

歡迎你來參加，共創美好前程

Join us for a better future!

「陽光路上」培訓計劃

Sunnyway - On the Job Training Programme for Young People with Disabilities

招募對象 Target Participants

15-25歲的殘疾或出現精神病早期徵狀的青少年
Person with disabilities or early signs of mental illness
diagnosed by a psychiatrist and aged between 15 and 25

服務內容 Service Content

1. 就業培訓及在職工作指導 Job-related Training and Counselling
因應參加者的能力及需要提供與工作相關的輔導及培訓
The program will provide job-related training and counselling
services to corresponding participants.
2. 就業見習 Job Attachment
最多可安排3個月見習，見習期內表現符合要求者可獲發每月
\$2000津貼
During the job attachment period, which is no more than 3
months, the participants who can fulfill the required attendance
will have the job attachment allowance of \$2000 per month.

參加者與提供見習的機構並無僱傭關係

*There is no employer – employee relationship between the
participants and the Association.*

3. 在職試用 (Job Trial)
僱主可透過在職試用了解參加者工作能力，試用期間僱主可獲最
多6個月的補助金，金額為參加者薪金的一半，每月上限\$4000
Employers are encouraged to employ disabled people through
the trial program in order to understand their work ability. During
the trial period, employers will receive grants for 50% of the
participant's monthly pay or up to HKD\$4,000.

參加者於試用期內已屬僱員身份，受法例保障

*During the trial period, participants are under employed status
and protected under the Employment Ordinance.*

4. 就業後跟進服務 Post-placement service
於參加者找到工作後提供不少於6個月的就業跟進
In order to assist job trial participants successfully settle into
employment, no less than 6 months of post-placement service
is provided.

殘疾人士在職培訓計劃

On the Job Training Programme for People with Disabilities

招募對象 Target Participants

15歲或以上的殘疾人士
Person with disabilities aged 15 or above

費用 charge

全免 Free

申請方法 Application Methods

自行致電或到中心聯絡職業復康主任提出申請或
經醫生、學校社工、醫務社工或其他專業人士作出轉介
Applicants can directly contact or visit Employment Services Centre
or Tiptop Training Centre to arrange application or
Applicant can apply the service referral by a doctor, school social
workers, medical social workers or other professional.

聯絡方法 Contact

荃灣就業輔助中心
Employment Services Centre (Tsuen Wan)
電話 Tel : 2611 9747 傳真 Fax : 2611 9752
地址：荃灣福來邨永興樓地下1-3A
Address : 1-3A, G/F, Wing Hing House, Fuk Loi Estate, Tsuen Wan,
N.T., Hong Kong.

沙田卓業中心
Tiptop Training Centre (Shatin)
電話 Tel : 2697 5331 傳真 Fax : 3568 0210
地址：沙田瀝源邨榮瑞樓地下123-138室
Address : Room 123-138, G/F, Wing Shui House, Lek Yuen Estate,
Shatin, N.T., Hong Kong.



月行一善行動 Our Action to "Donate Monthly"

一次性捐款 One off Donation

港幣 HK\$500 港幣 HK\$1,000 港幣 HK\$2,000 港幣 HK\$ _____

每月捐款 Monthly Donation (#月捐行動必須使用信用卡 should be donated by Credit Card)

港幣 HK\$500 港幣 HK\$1,000 港幣 HK\$3,000 港幣 HK\$ _____

* 捐款 100 元以上可作免稅用途。Donation over \$100 may claim tax exemption. 稅務局檔案號碼 IR File No.: 91/2678

捐款方法 Donation Methods

劃線支票 Crossed Cheque

抬頭請註明「香港唐氏綜合症協會」，並連同此表格寄回本會。

Crossed cheque made payable to "The Hong Kong Down Syndrome Association" and mail to us with this completed form.

直接存入銀行賬戶 Direct Transfer

請將善款存入本會東亞銀行之戶口(015-157-10-403888-3)，並將存款收條正本連同此表格寄回。

To our account at Bank of East Asia (015-157-10-403888-3) and mail us the original bank pay-in-slip together with this completed form.

網上捐款 Online Donation

<http://donation.hk-dsa.org.hk/donation.asp>

請直接登入本會捐款網址以VISA或萬事達信用卡捐款

Please donate via HKDSA online donation by VISA or MASTERCARD

信用卡捐款 Credit Card Donation

請填寫下列資料，並選擇以VISA、萬事達或美國運通信用卡賬戶捐款。

Please fill in the following contents to make the donation by the Credit Card Account of VISA, MASTERCARD or AE.

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To maximize my donation, I prefer not to receive the official donation receipt.

本人樂意成為協會義工，請寄上義工申請表。

I would like to join the Association as a volunteer, please send me the volunteer application form.

請寄收據予Please send receipt to: (只供本會之用Only be used exclusively for HKDSA)

姓名Name: (先生Mr./女士Ms.) _____

通訊地址Address: _____

日間聯絡電話Daytime Tel: _____ 電郵Email: _____

捐款人編號 Donor No.(如適用 if appropriate): _____

簽署Signature: _____ 日期Date: _____

香港唐氏綜合症協會及轄下單位會不時透過閣下提供的聯絡方法，向閣下發出收據及其他會務消息。所有個人資料絕對保密。若閣下不願意收到上述資訊，請於方格內加上劃號。HKDSA and our units will use your personal data for distributing donation receipt, and providing you our latest news. We are committed to protecting your personal data collected. If you wish to opt out of receiving our promotions, please put a "✓" in the box.

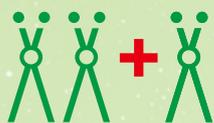


雖然本會大部份經費來自社會福利署的撥款，但多項創新服務及自負盈虧項目，如初生唐氏嬰兒家長支援服務，家長分區網絡、社會教育及倡導工作、體育藝術發展和培訓服務，以及社會企業等，仍有賴籌款活動、各慈善基金及社會人士的慷慨捐助。

HKDSA is largely funded by the Social Welfare Department. However, a number of innovative services and self-financing projects such as supportive services for parents whose newborn babies have Down Syndrome, "Regional Networks' Activity", community education and advocacy works, sports and arts development and training services, as well as social enterprises, still rely on the support by various fundraising activities, charitable funds and donations from the public.

您一點一滴的支持，都是我們持續服務的動力，亦是本會服務使用者的希望。香港唐氏綜合症協會將珍惜您奉獻的一分一毫，繼續努力向前，改善服務使用者及其家人的生活質素，與他們共創更美好的明天！

Striving for the well-being of the people we serve, the Hong Kong Down Syndrome Association (HKDSA) would fully utilize and appreciate every dollar you donate, in order to advance our services.



香港唐氏綜合症協會

The Hong Kong Down Syndrome Association

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stamp here

香港唐氏綜合症協會

香港新界沙田瀝源邨榮瑞樓地下103-106室

The Hong Kong Down Syndrome Association

Room 103-106, G/F, Wing Shui House,

Lek Yuen Estate, Sha Tin, N.T., Hong Kong.

地址 | Address : 香港新界沙田瀝源邨榮瑞樓地下103-106室 Room 103-106, G/F, Wing Shui House, Lek Yuen Estate, Sha Tin, N.T., Hong Kong.

電話 | Tel : (852) 2697 5391 傳真 | Fax : (852) 2692 4955 網址 | Website : www.hk-dsa.org.hk

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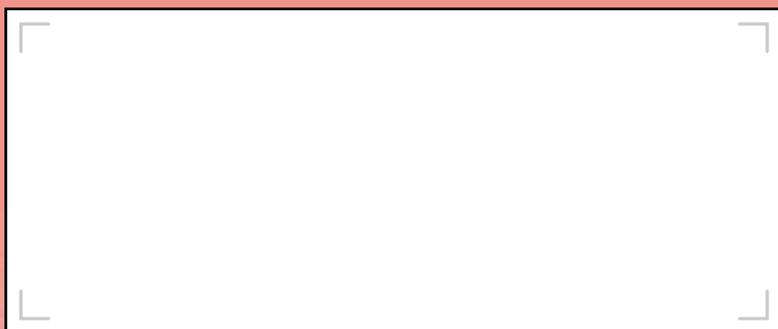
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本會謹向以下於2015年5月至11月期間，捐助及支持本會之善心人士及團體，致以萬二分感謝！
(排名不分先後)：

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Room 103-106, G/F, Wing Shui House, Lek Yuen Estate, Shatin, N.T., Hong Kong.

電話 | Tel：(852) 2697 5391

傳真 | Fax：(852) 2692 4955

電郵 | Email：hkdsa@hk-dsa.org.hk

如無法投遞，請退回：

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