



## 活動追蹤

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「精彩人生我有份」  
慈善步行暨體驗嘉年華

WDSB -  
My Life is Wonderful Walkathon  
cum Experiential Carnival

共樂·共融音樂會

Music Children Foundation  
Inaugural Annual Concert

「人聲有愛」慈善音樂會

"Music for Love" Charity Concert

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愛牙先鋒

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We are engaged!!

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Call for Action

## 「月行一善」行動

Our Action to

"Donate Monthly"



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會訊第64期  
D.S. News no.64



## 封面人物 Cover Person

謝家謙  
Kenny Tse

## 出版 Published by

香港唐氏綜合症協會  
The Hong Kong Down Syndrome Association

## 編輯 Editor

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Ms. Barbara Leung

## 設計及製作 Design & Production by

新世紀印刷實業有限公司  
New Century Printing Industrial Limited

## 出版日期 Publishing Date

2014年9月  
Sept 2014

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## 出版數量 Printing Quantity

1,500

本刊具作者署名之文章，由作者自負文責。  
The authors are responsible for their signed articles respectively.

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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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每個人都有自己的夢想，但很多時候大家都局限在自己沒有或缺乏的事物上，而局限了自己，讓自己停滯不前，固步自封。如果我們往往都只將自己關在一個小籠中，不去嘗試或考慮，那麼我們有機會錯過更精彩的人生。

人生很短暫，不要因為害怕而局限自己，要勇敢地跨出去。每個人都有無窮無盡的潛力，把精力和時間放在我們能做的事情上，然後突破自己，並且克服和彌補自己沒有或缺乏的事物上。

大家不妨走出自己的圈子，花多點心思發掘自己的興趣和潛能，讓生命變得更多姿多彩。「精彩人生我有份」－就像今期會訊中的一些故事中，唐氏綜合症朋友都可以談戀愛、享婚姻、獲得工作機會、學習不同技能及參加健體運動項目等，雖然這些機會在我們眼中看似十分普通，但對於唐氏綜合症人士卻是一個夢想。

行動吧！快將夢想變成現實！

Everyone has a dream, but people limit themselves because of something they do not have or do not own and remain stagnant and conservative. If we always live in a small cage and do not try or consider, we may miss a wonderful life.

Life is short, so we should not constraint ourselves and should be brave and innovative. Everyone have infinite potentials, so we should put our efforts and focus on something we can do, but not something we can't do. And we should try to breakthrough the self and overcome the shortcomings.

Let's come out of the narrow circle and find your interests and live a colorful life. [My Life Is Wonderful] - Like some stories in this D.S. news, people with Down Syndrome can also enjoy the opportunity of love and marriage, job opportunity, learn different skills, join sports events, etc. Although these opportunities look very common in our life, they are the dreams of people with Down Syndrome.

Take action! Let the dream comes true!

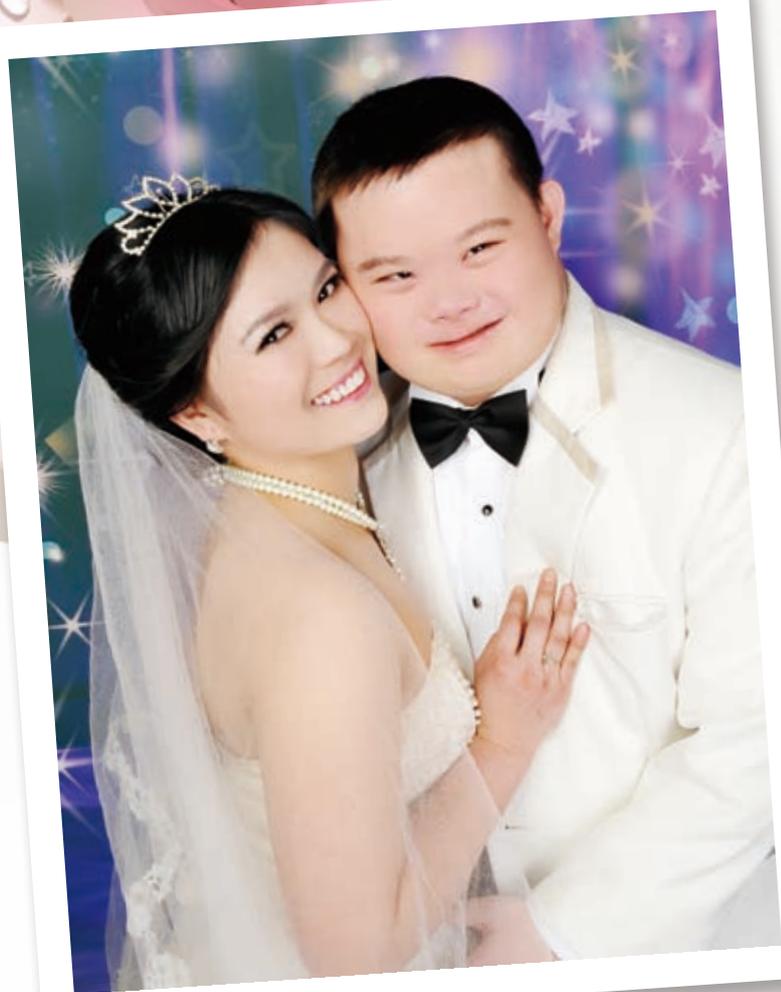
# 唐氏綜合症人士夫婦： Couple with Down syndrome：

結婚是一個常見而幸福的人生階段，但對大部份的唐氏綜合症人士而言卻不是一個必然。是否所有唐氏綜合症人士均不能享受戀愛和婚姻？我們有幸見證會員Kenny謝家鏞與其未婚妻Alona的愛情故事。

Marriage, a common and happy stage in life, is not within the grasp of most of the people with Down Syndrome. But should people with Down Syndrome be deprived of the chance for falling in love and getting married? We are happy to witness the love story of our member Kenny Tse and his fiancée, Alona.

Kenny是一名廿八歲的青年，現時任職辦公室助理，與很多人一樣，他有一顆渴望戀愛的心。自少Kenny便渴望與她心愛的對象舉行婚禮及建立家庭，因此Kenny的媽媽Betty自少便教導Kenny有關婚姻的概念，包括現時法律上的一夫一妻制以至需要努力工作換取家庭所需等。Betty原本亦與很多家長一樣，認為Kenny很難找到適合的結婚對象。直至Alona的出現，改變了Betty和Kenny的想法。

Kenny is a young man aged 28, and is currently working as an office assistant. Like many people, he yearns for true love. Ever since his childhood, Kenny had always wanted to walk down the aisle with his true love, and to form their own family. So Kenny's mother, Betty, started to teach him from his early age what it takes to make a marriage works, including



# 我們訂婚了!!

## We are engaged!!

monogamy, and earning a salary to support the family. Like a lot of other parents, Betty never expected Kenny to find the right partner, until Alona appeared, who totally changed what Betty and Kenny thought.

Alona是一名菲律賓籍人士，起初是以女傭身份在Betty家打工。有一天Betty開玩笑問Alona有沒有好女生可介紹給Kenny拍拖，Alona表示她覺得Kenny很聰明，對他吸引不到女孩感到意外。及後Betty更觀察到Alona與Kenny之間對大家均有好感。Betty便開始與Kenny及Alona商討及安排「試拍拖」。

Alona comes from the Philippines, and worked as a domestic helper for Betty. One day, Betty jokingly asked Alona to introduce a girlfriend to Kenny. Alona replied that she thought Kenny was very smart, and was surprised that he had not succeeded in finding a girlfriend yet. Betty started to notice that Alona and Kenny had feelings for each other. So Betty began to talk to Kenny and Alona to plan their "dating".

作為家長的Betty難免會有不少擔心，例如不知Kenny被帶到那裡行街，又怕他們發生意外而找不到支援，Betty會與他們一同到商場，然後他們會去行街或睇戲，Betty則會約定他們在某地點集合，既可知他們的位置，又不防礙他們自由發展。

Kenny與Alona亦彼此為對方作出不少付出和改變，例如Kenny會為了討好Alona而選取較健康的食物作晚餐，食量亦較以前節制。而Alona亦會關心Kenny的健康，會照營養師安排為Kenny安排食物，更會為Kenny早晚按摩，從而暢通淋巴。

As a parent, Betty had many worries. She would be worried about where Kenny and Alona would venture to, and that should an accident happen, there would not be support. Betty would thus drop them off at a shopping mall, and meet them after shopping or a movie. So Betty did not have to worry about safety, and also gave them space to get to know each other.

Kenny and Alona contributed and changed much for each other. For instance, Kenny chose more healthy food for dinners and ate less than before while Alona arranged food for Kenny according to nutritionist's advice and massages to Kenny so as to alleviate his lymphatic occlusion.

在得到雙方家人的支持下，Kenny與Alona決定於今年七月共諧連理，香港唐氏綜合症協會 謹祝兩位百年好合，永結同心。

With the blessings of both families, Kenny and Alona would tie the knot in July this year. The Hong Kong Down Syndrome Association would like to send them hearty congratulations, and wish them a bright future ahead, filled with sweetness, love and commitments.



# 默默耕耘洗嘉雯

Sin Ka Man, who works hard with happiness



她是洗嘉雯，一位中度智障的唐氏綜合症人士，有著可愛的面孔，臉上經常掛著笑臉。

看她純真的外型和生動有趣的對答，原來她在工作上已擁有豐富的經驗！

She is Sin Ka Man, a girl with Down syndrome and moderate mental retardation. She looks cute and always has a smiley face. Although she looks innocent and talks interestingly, she has already had abundant working experience.

在特殊學校完成中三課程後，嘉雯便入住綜合職業訓練中心，接受職業訓練及住宿服務。數年後服務完結，嘉雯學有所成，中心社工便為她介紹工作，開始了她「默默耕耘」的旅程！

After finishing F.3 in special school, Ka Man started living in an Integrated Vocational Training Centre. She was provided with vocational training and accommodation service. After several years, Ka Man has made great achievement in the service ended. A social worker of the centre introduced her the jobs, she started working hard with happiness.

所謂「失敗乃成功之母」，大多數人都不是一開始便成功的，嘉雯也不例外。第一份位於餐廳的洗碗工作，只做了一天便被辭退，嘉雯笑說原因是自己「做嘢打爛嘢」，把餐具都打破，但她並沒有感到氣餒或不開心，豁達地表示「搵過囉」。第二份是食品包裝工作，嘉雯努力工作下，維持了一年後因下班時間太夜而辭職。

"Failure is the mother of success", most people can't succeed in the beginning and so did Ka Man. Her first job was cleaning dishes in a restaurant, but she was fired in the first day of work. She laughed it was because she broke some tableware. However, she didn't feel upset about it and intended to find a new job in an open-minded manner. Her second job was food packing. Ka Man worked very hard. After working one year, she resigned because she got home late after work.

之後，嘉雯便到香港唐氏綜合症協會的就業輔助中心接受在職培訓，為自己的技能增值一下再投入工作。培訓後，嘉雯再次投身職場，先於大型快餐店做洗碗及清潔，一年後因有機會下於協會的白普理家長資源中心任職庶務員。庶務員的合約期完結後，嘉雯再次投入飲食行業，曾分別於兩間連鎖快餐店公司的三間分店任職清潔員。

After that, Ka Man underwent in-service training in the Employment Services Centre of The Hong Kong Down Syndrome Association to upgrade her skills so as to devote to her next job. After the training, Ka Man devoted her time to working again. After being a dish washing assistant for a chain restaurant, she grabbed the opportunity to be a supportive staff in the Integrated Family Support Services Bradbury Parents Resource Centre of the association so she resigned. After the contract of supportive staff ended, Ka Man got involved into catering industry again. She got recruited as a dish washing assistant in 3 stores of 2 chain fast food restaurants respectively.

此時開始，嘉雯似乎發現了自己工作的興趣，訪問時笑得合不攞咀的她笑言自己喜歡飲食行業，但她卻說不出原因，問她是否特別愛吃和經常有美食，她卻笑而不答。剛好協會在此時開設社會企業「優閒堡」，嘉雯便加入「優閒堡」擔任侍應，為自己的興趣工作。問到嘉雯關於餐廳裡的工作內容，她說自己會負責樓面執拾、清潔、為客人落單等工作。從前嘉雯大多於飲食界中的清潔項目「大展拳腳」，從未試過樓面及應對客人的工作，於協會的社企優閒堡工作，為嘉雯日後的工作建立重要的基礎。

From then on, Ka Man discovered her performance on job. When she said that she liked catering industry much in the interview, she grinned from ear to ear. She laughed without words when she was asked if it was because she loved eating. The association set up a social enterprise named "Serene Club" just then. Ka Man joined the restaurant as a waitress to work with her interest. When asking about her

談到自己首天工作便被辭去的「經驗」，嘉雯也不好意思地笑了。

When talking about the experience Ka Man was fired in the first day of work, she laughed with embarrassment.



work in the restaurant, she said that she was responsible for tidying up the tables, cleaning and ordering dishes for diners. Before that, Ka Man used to be a dish washing assistant in catering industry and she lacked experience in dealing with people. The work she did in "Serene Club" would act as a base for her job in the future.

優閒堡後來光榮結業，但嘉雯於工作期間所學習的技巧及經驗並沒有浪費，後來她透過就業輔助中心的職業復康主任介紹往工廠區的“大排檔”擔任樓面及送外賣的職位。現已維持工作數年，這是嘉雯工作以來維持得最長時間的工作。問她工作的內容，她娓娓道來，包括外賣食物、樓面執拾、傳真、落單及送外賣等。嘉雯自豪地表示自己懂得所有茶餐廳飲品的落單簡寫，如走糖、走奶、少冰等，特別要求的飲品都難不到她。

Although "Serene Club" was closed gloriously, the experience Ka Man earned from "Serene Club" would not be wasted. It was because she was introduced to be a waitress and delivery staff in a "Dai Pai Dong" in a factory district. Up till now, she have already been working there for several years. This job is the most long lasting one amongst all Ka Man's attempt. Her job duties include food and beverage delivery, tidying up tables, faxing and ordering. Ka Man was so proud of learning the simple form of all the beverages offered by the restaurant such as less sugar, less milk, less ice, etc. It is not difficult at all for her to help ordering the drinks specially requested.

During the interview, Ka Man said with a smile that she could earn money and know a lot of staff were the happiest experiences. Moreover, the noodles cooked by kitchen staff were very delicious and she could play with kittens when she was off duty. Ka Man thought that she had improved. Although she was born to be a person with Down syndrome, she believed that she could work too. It was known that she kept working after the vocational training. She indicated that she would like to make an effort to work, and so she liked working. Moreover, she liked shopping instead of staying and sleeping at home.

以為嘉雯只有輕鬆惹笑的一面？她也有認真思考的時候。  
Don't reckon that Ka Man is just a fun girl! She sometimes thinks very seriously.



整個訪問，嘉雯回想起自己過往工作的經歷，見她每一次的回憶都是愉快的，儘管有一些是挫敗的經歷，她再分享時，她都是笑著說的，看來她的確很享受工作的時間，而相信她過往的所有工作經驗，對她而言都是現時工作順利及快樂的基礎。最後，問嘉雯有沒有說話要對唐氏及其他殘疾朋友表達，她肉緊地表示「努力加油加加油！錫父母！」。

Throughout the whole interview, Ka Man recalled her working experience. Although she had got some unsuccessful experience, she laughed when she shared the experience. We could see that she really enjoyed the time she worked. It was believed that her past working experience would help her current work and to be happy. Finally, when asked what she encouraged saying to people with Down syndrome and disabilities, "Keep making an effort and love your parents."

陳小燕

Ms. Chan Siu Yin

就業輔助中心 職業復康主任 (社工)

Employment and Guidance Centre

Vocational Rehabilitation Director (Social Worker)

說到工作經驗分享，嘉雯總是笑著。

When sharing working experience, Ka Man kept smiling.



訪問時間嘉雯，現時工作最開心的是甚麼，她笑著表示有人工，又可以認識很多職員，而她也覺得廚房煮的麵很美味，放工時更可和附近的貓兒玩耍。嘉雯又表示覺得自己有進步，雖然是唐氏綜合症人士，但認為自己也可工作。問到她完成職業訓練後便一直工作，是否很喜歡工作，嘉雯表示希望自己也可以幫忙，不用回家睡覺，而自己喜歡外出，不太喜歡呆在家中悶坐。

請嘉雯於中心門前拍照，她收起玩笑，一本正經地對著鏡頭。

When Ka Man has been invited to take a photo of her in front of the entrance of the centre, she stopped making fun and acted seriously.



# 義工分享

Sharing by Volunteer

7月29日，我應朋友邀請第一次參加香港唐氏綜合症協會的義工服務。

當日，我與這位唐氏綜合症青年朋友結伴遊玩了東涌一整天，由起初帶著顫顫兢兢的心情，到懷著愉快不捨的心情離開。這位青年朋友不但沉默寡言及眉頭緊皺，亦有些藝術家脾氣。我在服務前網上閱讀的一些溝通技巧都用不著，當時我覺得有點不知所措之餘，唯有小心翼翼地注意他的一舉一動。雖然他整天也說不夠十句話，和我亦沒什麼眼神接觸，但慢慢發現，他的性格簡單直接，只要細心觀察就不難明白他的需要和想表達的事情，讓我可以給予適當的回應和照顧。最後令我難忘的是，他在活動結束前給我一個燦爛的笑容，讓我深深感受到人與人之間無分界限的那一份關愛。

Thanks to my friend's invitation, it was my first time to attend the volunteer service organized by The Hong Kong Down Syndrome Association on 29 July, 2014.

That day, the teenager with Down Syndrome and I went sightseeing together for a whole day in Tung Chung. At first, I kept running scared but I felt joyful and reluctant to leave at the end of the service. That teenager was scanty of words. He possessed the temper of an artist and had frowns on his face. He always frowns. Unfortunately, the communication skills I learnt on the internet were not effective for the service at all. It made me embarrassed and what I could do was merely to observe every motion he made with great attention. Although he rarely talked and made eye contact with me, I gradually discovered that he talked and thought directly and honestly. Therefore, it was not hard for me to understand what he needed and what he intended to express, so that I could provide him with the appropriate replies and care. Most unforgettably, he showed his smiley face to me before the service ended which made me feel that the care and love were with no boundaries.



# 2013周年會員大會暨午宴

## Annual General Meeting 2013 Cum Luncheon

2013周年會員大會暨午宴已於九龍灣國際展貿中心E-Max喜善酒樓圓滿結束。當天，承蒙會長鄧永鏘爵士KBE蒞臨；並邀請了香港大學社會工作及社會行政學系教授及秀圃老年研究中心總監林一星博士簡介唐氏綜合症人士老齡化及社區照顧研究報告。在場數百名會員及家屬聚首一堂，了解會務發展，並享用豐富的午宴。

席上，本會除頒發感謝狀委任狀予為本會服務的人士外，還介紹了新一屆委員會成員及小組委員會委員。協會亦播出了2012年舉辦的「愛藝一生藝術大匯演」的精華片段，讓賓客感受學員的天賦和活力。

The 2013 Annual General Meeting cum Luncheon was successfully concluded at the Xi Shan Chinese Restaurant, Kowloon Bay International Exhibition Centre E-Max. We were honored by the presence of our President Sir David Tang, KBE. The association invited Dr. Terry Lum Yat Sang, the Associate Professor of Department of Social Work & Social Administration and Director of Sau Po Centre on Aging from the University of Hong Kong, to introduce the results of research on aging for people with Down Syndrome and their community care. Our guests, several hundred members and their families, shared an enjoyable luncheon time at the event.

At the event, the Association not only awarded the certificates of appreciation to those who served as volunteers, but also introduced members of the new committee and subcommittee. In addition, the Association played the video filming the "Love Art Life 7.20 Variety Show" to demonstrate the vitality and talents of our members.

## 「黃廷方慈善基金」捐贈儀式

### Ng Teng Fong Charitable Foundation donation ceremony

「黃廷方慈善基金」於2014年1月9日舉行捐贈儀式，捐助合共港幣6,500,000元予61家本港社福機構及社會企業，承蒙香港青年協會總幹事王葛鳴博士出席擔任主禮嘉賓。本會其下的社企服務—唐氏羣毅服務隊是受惠單位之一，由本會總幹事鄭頌先生於儀式內接受捐贈支票。

The Ng Teng Fong Charitable Foundation has donated HK\$6,500,000 to 61 non-governmental organisations and social enterprises in honour of their good work. Dr. Rosanna Yick-ming Wong, DBE, JP, Executive Director of The Hong Kong Federation of Youth Groups attended the ceremony on 9 January 2014 as the Guest of Honour. Social Enterprise of The HKDSA, The Down's Kwan Ngai Service Team, was one of the beneficiary units. The donated cheque was received by The Director of HKDSA, Mr. David Cheng in the ceremony.



# 2013-14年度 綜合家庭服務春茗活動

**2013-14 Integrated Families Support Service Lunar New Year Dinner**

送蛇迎馬，白普理家長資源中心與會員一同歡度新春佳節，早前假煌府婚宴專門店舉辦了『富麗「唐」「煌」慶新歲』春茗活動，並於二月二十三日在眾家庭會員的熱鬧聲中圓滿結束，多謝會員、家屬、嘉賓蒞臨參與！感謝九龍金域扶輪社贊助抽獎禮物並出席參與活動，與一眾家庭聚首一堂，喜氣洋洋地迎新歲。當日出席者達二百多人，當中節目包括與會員回顧去年中心的難忘時刻及展望來年的工作。同時，亦邀請「屯門展能運動會」的得獎者—「唐氏會龍獅國術隊」為春茗進行了舞師活動；中心職員更與會員載歌載舞，表演新春大合唱，當然更少不了豐富遊戲及大抽獎。歡聚時間雖短，但氣氛卻很融洽及熱鬧呢！

To farewell the Year of the Snake, and to usher in the Year of the Horse, Bradbury Resource Centre held a "Gala Dinner" to celebrate with members and their families on 23rd February 2014. We would like to thank everyone, especially our honoured guests, for attending. We are very grateful to the Rotary Club of Kowloon Golden Mile for their sponsorship of prizes for lucky draw and for their presence, giving us a most enjoyable and memorable evening. Over 200 participants attended the event. There was a flashback on unforgettable moments during the activities over the past year, and a preview of new programmes to be introduced. The award-winning HKDSA Lion and Dragon Dance Team also performed to an enthralled audience. Staff and members jointly performed numerous songs and dances, much to the enjoyment for all. Nevertheless, there were also popular games and a lucky draw. What a wonderful evening, and the only regret was it ended too soon! Thank you!

# 2013-14年度 僱主嘉許禮暨春茗活動

2013-14 Employer Recognition Ceremony and Lunar New Year Dinner

綜合職業復康服務本年度之春茗聚會於二月廿八日假沙田舉行。當晚邀得卓業中心(沙田)及就業輔助中心(荃灣)之學員及其家屬出席，並得本會之執行委員會成員蒞臨出席是次聚會活動，與一眾學員共渡佳節。

This year's Lunar New Year Dinner, sponsored by the Integrated Vocational Rehabilitation Services Centre (IVRSC) was held in Shatin on February 28th. Trainees of both Tip Top Centre (Shatin) and Employment Services Centre (Tsuen Wan), as well as their families were invited. Committee members of HKDSA were also invited to celebrate the occasion and to enjoy the festivities with the members.



當晚聚會非常熱鬧，由就業輔助中心學員負責現場歌唱表演，卓業中心一眾職員亦有「攞笑」演出，務求做到與眾同樂之餘，亦讓大家能看到各職員多才多藝的一面。是次聚會之重要一環，是頒發獎項予「成功就業」及「持續就業」之學員，表揚他們在過去一年在工作之努力，獎勵各就業中學員之成就。同時，亦鼓勵一些暫時未能公開就業之學員繼續努力，務求達致公開就業之目標。

The evening was filled with joy and laughter, with singing performance by the trainees of Employment Services Centre and "Gags" performed by the staff of Tip Top Centre. The staff not only did a great job in entertaining the audience but also demonstrated their versatility. During the evening, award ceremony for "Successful Work Placement" and "Continuous Employment" were held to celebrate the recipients' work efforts in the past year and to recognize their achievements. This also provided hopes to those student members who are still currently searching for employment.

當晚聚會中，綜合職業復康服務亦感謝各愛心僱主一直以來的支持，聘用我們的學員或使用我們的服務。各位愛心僱主的支持與共容，都是推動本部門持續為學員尋找更多工作機會的動力。感謝各位曾經聘用殘疾朋友的愛心僱主，他們所付出的每一分力量，都能讓學員能投入社會，發展所長。

The evening also celebrated and recognized our kind employers' continuous support to IVRSC, to employ our student members and to purchase our service. Generous supports and kind accommodations of each and every employer served truly as great encouragements to fuel IVRSC's continuous strive in work placement. For those employers who are employing our mentally / physically challenged members, their endeavors will allow our members to integrate into the society and to further develop themselves.



# 世界唐氏綜合症日 —— 「精彩人生我有份」 慈善步行暨體驗嘉年華

World Down Syndrome Day 2014 -  
My Life is Wonderful Walkathon cum Experiential Carnival



為響應3月21日第三屆世界唐氏綜合症日，本會於2014年3月15日(六)在大埔海濱公園舉辦「精彩人生我有份慈善步行暨嘉年華籌款」活動，希望藉此增加公眾對世界唐氏綜合症日的關注及對唐氏綜合症人士的愛護和接納，讓社會內不同人士同心協力，推動共融關愛文化，達致社會共融和諧。唐氏綜合症人士透過適切的服務及培育，他們同樣亦能與一般人士擁有精彩璀璨的人生。

To celebrate the third World Down Syndrome Day on 21 March, the Hong Kong Down Syndrome Association (The HKDSA) held "My Life is Wonderful" Walkathon cum Experiential Carnival to advocate the rights, the well being and the inclusion of people with Down syndrome on 15 March, 2014 at Tai Po Waterfront Park. The event aimed to encourage corporate and the public to accept and care for people with Down Syndrome (DS), work together to attain harmony of society, establish inclusive opportunity for people with DS and public and let public know people with DS can also have wonderful life through training and development.

當日，本會榮獲鄧永鏘爵士KBE、副會長阮偉文博士、新任副會長劉嘉玲女士及「唐心天使」糖兄妹擔任活動起步禮的嘉賓。會長及兩位副會長更加身體力行做榜樣，即場捐出合共港幣10萬元正給本會，目的是想帶起牽頭作用，並向大眾宣傳訊息希望社會大眾人士關心和歧視唐氏綜合症人士，同時幫助他們成長後尋找工作 and 融入社會。

On that day, The HKDSA's President Sir David Tang, KBE, Vice President Dr. Andrew Yuen, new Vice President Carina Lau, and The HKDSA's Ambassadors Sugar Club as the guests attended the kick-off ceremony of this event. In order to encourage the public to accept and care for people with DS and assist people with DS to integrate into the society, The HKDSA's President and two Vice Presidents donated \$100,000 to our association in the kick-off ceremony.

當日活動十分精彩，包括步行籌款、舞台表演 (舞獅、舞蹈、音樂和武術)、五項障礙體驗挑戰 (視障體驗、肢體殘障體驗、肌肉協調體驗、說話障礙體驗和基因三條行)、多個攤位遊戲、不同的展板介紹、扭波波、手部或面部彩繪及繽紛尋蛋樂等。

There were many wonderful activities in the event, including walkathon, talent shows which included Lion and Dragon Dance, dance, music and material arts performances by people with DS accompanied by friends, experiential challenging games which included visual impediment, physical handicap with wheelchair, muscle coordination impediment, speech impediment and genetic understanding, game booths, display board exhibition, balloon twister, face and hand painting and egg hunting.





藉著本次活動希望與各界人士推動同心和共融關愛文化，讓企業及大眾與唐氏綜合症人士同心發放正能量，並創造就業機會予唐氏綜合症人士。唐氏綜合症人士更加有份協助當日活動、事前準備及共同參與此活動，與眾同樂，實踐政府提倡的「築福香港」精神。

This event aimed to encourage different people in the society to build mutual love and promote inclusive culture, showing positive energy from corporate and people with DS, and encouraged provision of Job opportunities to them. People with DS also participated the event on that day and involved in preparation tasks of this event, which echoed to the "Bless Hong Kong" campaign organized by HKSAR.

活動參加者包括來自銀行、學校、慈善團體、宗教團體、本會會員、個人參加者及義工團體約600位人士到場支持，並籌得善款約港幣40萬元。本活動得以成功，實在有賴各同事、義工團體及協助單位協助，當中包括香港政府「築福香港」、香港社會服務聯會、義務工作發展局、香港傷健協會、香港聖約翰救護機構、樹屋田莊、警察義工服務隊、青雲社、香港大學社工系同學、Calpurina & Friends、818扭波團、本會童軍(九龍第八十四旅童軍旅團)。本會亦感謝各贊助商提供贊助，當中包括朗豪坊(鷹君集團有限公司)、匯泉國際有限公司、大昌華嘉香港有限公司、獅王(香港)有限公司、賓仕氣球廠、旅遊記有限公司、小黃花慈善教育基金、盛記麵家及大埔海濱公園小食亭。

There were around 600 participants from banks, schools, charity organizations, religious organizations, HKDSA's members and individual participant joining that event and \$400,000 funds had been raised. The success of the event would never be achieved without the assistance of voluntary organizations, co-organizers and colleagues. They included HKSAR "Bless Hong Kong Campaign", The Hong Kong Council of Social Service, Agency for Volunteer Service, Hong Kong Physically Handicapped and Able-Bodied Association, Hong Kong St. John Ambulance, Tree Top Cottage, Police Volunteer Services Corp, Ching Wan Society, students from Social Work and Social Administration in University of Hong Kong, Calpurina & Friends, 818 Twister Group and HKDSA's scouts (84 th Kowloon Group). We would also like to send a BIG THANK you to different sponsors supporting our event, which included Great Eagle Holdings Limited, Telford International Company Limited, DKSH Hong Kong Limited, Lion Corporation, B&S Company, Travelary, Little Yellow Flower Education Foundation、Shing Kee Noodles and Snack kiosks at Tai Po Waterfront Park.

本會希望透過此活動能鼓勵各界將同心和共融關愛文化延續，共同合力建設一個和諧的社會。

We hoped that the event could encourage all sectors in the community to have mutual love and the culture of inclusion and caring continuously and cooperate together to build a harmonious society.





## 共樂·共融音樂會

### Music Children Foundation Inaugural Annual Concert

由音樂兒童基金會及香港長笛協會合辦的「共樂·共融音樂會」已於2014年7月5日(星期六)晚上假中環香港大會堂音樂廳順利舉行，本會近200名會員及家長獲邀參與其中。

在音樂會上，一群來自不同專業樂團的本地及外地音樂家透過自己作工具，現場演奏配合動畫創作，將一段段美妙的音樂送給現場觀眾。

除此之外，音樂會上有多項活動以互動形式進行，包括孩子或長者在現場音樂中與其監護人互相漸進式地身體按摩、音樂家走到台下在觀眾面前演奏，以及本地藝術家教導觀眾自制樂器，並與音樂家合奏，活動精彩豐富。

(相片來源: 社交網站Facebook Page: Music Children Foundation音樂兒童基金會)

The Music Children Foundation held their Inaugural Annual Concert at the Hong Kong Academy for Performing Arts Drama Theatre, Central, on July 5, 2014 (Saturday). We were honored that nearly 200 members and their parents from our association were invited to join that event.

In the concert, the musicians from different professional orchestras performed through utilizing themselves as instruments. With playing animation, they demonstrated splendid music and presented it to the audience.

Moreover, interactions were encouraged in the concert. They included children and their guardians massaging each other under live music; Musicians coming down from the stage playing instruments beside the audience, local artists instructing the audience to make instruments and the audience playing the instruments with musicians. The activities in the concert were very fun and very enjoyable indeed!

(Source of Photos: Facebook Page: Music Children Foundation Music Children Foundation音樂兒童基金會)



## 青年廣場 「人聲有愛」慈善音樂會

"Music for Love" Charity Concert



青年廣場「人聲有愛」慈善音樂會已於2014年7月16日圓滿舉行。是次活動是「築福香港」的項目之一，並以「無伴奏合唱·友共鳴和應」為主題，齊集中港台人氣無伴奏組合演出，以音樂作平台，希望鼓勵青年人關注社會弱勢社群，延續分享音樂、分享愛的美好願景。

活動當晚氣氛熱烈，一眾表演團體為觀眾獻上精彩音樂表演，並以互動形式讓觀眾能夠參與其中。

為響應大會安排，參與當晚活動的觀眾及贊助商都需帶備愛心文具作為入場券，當晚大會所收集到的文具合共超過一千四百份。當晚大會更設立籌款箱即時向觀眾募捐，讓善心人士繼續慷慨捐贈。當晚所籌得的善款和文具都會捐贈到本會及另外三間受惠機構。同時，大會送贈當晚音樂會門票供本會會員欣賞。

另外，青年廣場將於10至12月期間舉辦一連串音樂工作坊，藉著音樂訓練讓青年人一展才華，完成工作坊的學員更將於聖誕期間到街頭獻唱，親身以音樂回饋社會。

"Music for Love" Charity Concert was organized by Youth Square on 17 July 2014. It was one of the projects of "Bless Hong Kong" of the HKSAR government. With music as a platform, it aimed to encourage teenagers to care for underprivileged groups in society, continue to share music and love.

"Music for Love" Charity Concert showcased performances from different performers. They used interactive methods to let audiences to participate actively in that event.

Response to the request of Youth Square, all participants and sponsors got tickets by donating a stationary item worth HK\$50 or above. Also, Youth Square also set donation boxes in the charity concert to let warm-hearted audiences to donate money. All funds and stationary was donated to us and three other organizations. Also, Youth Square provided ticket of the event to our members.

In addition, Youth Square is going to hold a series of music workshop between October and December. It hopes that it can let teenagers to show their talents through practices. After finishing the practices in the workshop, there would be opportunities for them to contribute to the society by singing in the street in Christmas.



## 《網「樂」共享》— 唐氏家庭支援服務

Share Project – A Comprehensive Support Service for Families of Children with Down Syndrome

本會自2005年4月起獲得香港賽馬會慈善信託基金的撥款以推行《網「樂」共享》- 唐氏家庭支援服務，2014年4月本會繼續獲得該基金的支持，以推行為期三年的服務(2014-2017年)，以團結育有唐氏綜合症子女的家長，為其子女爭取應有的權益和福利，改善生活質素。透過為家長提供交流及研習教養方

法的機會，給與他們情緒及生活上的支援。

The Hong Kong Jockey Club Charities Trust Community Project Grant has approved a funding to continue their support of "The Share Project – A Comprehensive Support Service for Families of Children with Down Syndrome" for three years from 2014 to 2017. We aim to

empower the families of people with Down Syndrome to join together to advocate for the right and welfare of persons with Down Syndrome and to improve their quality of life. We also provide a platform of mutual sharing and social support to these families and strengthen their mutual support network.

# 樂齡展才華小組

## Talented Happy Aging Group

### 我老啦，可以點呀！ – 「樂齡展才華小組」 Getting Old, What can I do! – "Talented Happy Aging Group"

眾所周知人皆會老；不論你是甚麼身份，均不能避開年老的一天。可能現在大家會想，年老會是一很遙遠的事，跟自己好像沒什麼關係…

Regardless of our status, we all know that getting old is inevitable. You probably think that getting old is still a long way to go and seems irrelevant to you at this time.....

但是，智障人士因不同之原因，其體能及工作能力，均比一般人較快出現退化的情況。特別是在庇護工場內，有不少的服務使用者可能已在工場內接受訓練多年，隨著年齡增長，體能亦漸漸開始下降，原有的工場訓練可能已經不適合服務使用者的需要。因此，在2013年6月起，香港唐氏綜合症協會自資於卓業中心內推行「樂齡展才華小組」，設計了一套切合他們需要的訓練系統，使到服務使用者能較容易適應體能上的變化，並對工場生活的流程上作出調整。

However, for the mentally challenged persons, due to each individual's health conditions, their physical and working capability will degenerate faster than other people. For those working in the sheltered workshop, in particular, those who have been receiving training for a long period of time, their working capability will diminish as they age, and eventually the workshop will no longer be suitable for them. Since June 2013, the Hong Kong Down Syndrome Association has been funding a program called "Talented Happy Aging Group" at Tip Top Centre for service users. This is a training program designed to realign the work logistics according to the participants' changing physical and aging needs.

「樂齡展才華小組」有別於一般智障人士服務，本小組集中協助年長智障人士續步適應在生活及體能各方面之轉變。服務使用者在小組訓練及活動中會加入運動，護理，閒暇，興趣培養，認識社區等的生活元素，希望可以針對年長服務使用者的特別需要而作出調整，提升服務使用者的整體生活質素。

The "Talented Happy Aging Group" differs from other mentally challenged services in the sense that the program focuses on supporting the aging mentally challenged, and to help them to adapt gradually to the changes faced as a result of their aging process. The program will include functional training such as exercise, health care, leisure activities, cultivating various interests, and learning about their own community. The aim is to provide necessary adjustments on the program based on each individual's needs and to upgrade their overall living quality.

與此同時，期望透過學習適應年長生活及維持體能，參與本小組之服務使用者會在工場訓練中作出相應之調整。減少生產訓練，改為集中保持身體健康，善用餘暇作興趣培養，以及認識社區為主。另外，透過參與「樂齡展才華小組」活動，可發揮年長服務使用者之個人創作能力和團隊合作精神，從而提升個人自信及小組歸屬感。

Simultaneously, we trust that through this program, the participants will be able to adjust themselves in the workplace during the aging process. The emphasis is on maintaining their health, better usage of their leisure time, cultivation of interests, knowing their community, while productivity training will be lessen. In addition, it is anticipated that through the "Talented Happy Aging Group" program, individual's creativity and team spirits will be developed, resulting in their increase in self-confidence and sense of belonging in the Group.



2. To develop participants' various interests, e.g. handicraft, preparing snacks and drinks, cultivate interests in music and planting.
3. To upgrade the participants' cognition of the community by reviewing the differences in community now and then
4. To enhance participants' self-confidence and their senses of belonging in the Group through both individual and group craft activities and classroom decorations.

### 「樂齡展才華小組」成效及展望

「樂齡展才華小組」推行至今已有一年多，全年為15位卓業中心之服務使用者提供了大約二百個小時之小組訓練。他們在體適能及生活質素上均有所提升。服務使用者亦表示樂意持續參與「樂齡展才華小組」之各項活動。於本年度「樂齡展才華小組」將會繼續推行，為較年長之智障朋友們提供適切之服務。同時，亦期望本小組可以帶出智障人士老齡化的情況，以及引起大眾關注此群組的迫切需要，從而完善在職業復康服務的隙縫。

### "Talented Happy Aging Group" - Achievements and Outlook

The "Talented Happy Aging Group" has been rolled out for over a year. During this year Tip Top Centre has provided around 200 hours of coaching to 15 participants. All participants' adaptability has been enhanced and life quality upgraded. They are also happy to continue with the various activities offered by the Program. "Talented Happy Aging Group" program will continue into the coming year to provide the aging mentally challenged individuals with the necessary support. At the same time, it is the intention of the Program to bring out the aging issues faced by the mentally challenged group, to raise the public awareness on their urgent needs and to deliver a seamless occupational rehabilitation program.

### 「樂齡展才華小組」具體目標：

1. 培養服務使用者養成良好及健康生活習慣，保持適量運動，恆常注意身體健康狀況 (例如：定期量度血壓及磅重)。
2. 培養服務使用者不同的興趣，如手工藝，小食及飲品製作。音樂分享及盆栽種植。
3. 透過懷緬昔日事物及認識現今社會發展，提升服務使用者對社區的認識。
4. 透過個人和合作手工藝製作，並用於活動室佈置，提升服務使用者之自信心及小組歸屬感。

### Key objectives of the "Talented Happy Aging Group":

1. To develop a positive and healthy lifestyle for the participants by maintaining moderate exercises and health awareness (e.g. regular check up on their blood pressure and weight)

# 愛牙先鋒

## "Love My Teeth" Campaign

### 愛笑的天使

唐氏綜合症人士，常給人樂天的印象；是的，他們是愛笑的孩子，是天生的親善大使；不過，人總有情緒，而唐氏人士亦有他們的喜怒哀樂，只是旁人未必能夠從他們的角度出發去理解。

### The angels who always smile

People with Down Syndrome always give others an impression of happiness. They are not only children with smiley faces, but also innate goodwill ambassadors. However, human beings are undeniably creatures with emotions and so do people with Down Syndrome as well. Unfortunately, others may not be able to understand these ambassadors from their aspect.

### 笑容的背後——牙齒的脫落

有研究指，唐氏人士最早於27歲逐漸出現老化，相對認知能力下降及身體機能退化，唐氏人士牙齒脫落的問題卻得到較少的關注。唐氏人士的牙根較一般人短，上顎較為細小，導致唐氏人士上顎的恆齒萌發時，因為沒有足夠的空間，而在不對應下顎牙齒的新位置中長出較小的牙齒來。由於唐氏人士嘴唇及舌頭的肌張力較弱，一方面減弱了口舌頭天生的清潔口腔功能；另一方面，由於牙齒排列不齊，故即使用牙刷亦難以全方位地清潔牙齒，牙齦便較容易感染細菌而患上不同的口腔疾病；唐氏人士一旦疏於護理牙齒，牙齒脫落便會提早出現。

### Behind the smile – Tooth loss

According to a research, people with Down Syndrome start aging gradually at age 27 the earliest. This comes with the decrease in their recognition ability and degradation in their bodily functions. However, the tooth loss problems of people with Down Syndrome still lack adequate attention from the public. The roots of teeth of people with Down Syndrome are shorter than that of ordinary people while their mandibles are smaller resulting in the lack of space for the permanent teeth on their palate to sprout and the fact that some smaller teeth sprout in the positions that are not corresponding to the teeth on the mandibles. Since their tension of muscles of lips and tongues are weaker, it not only weakens the innate oral cleaning function of lips and tongues, but also increases the gums infected by bacteria so they will more easily suffer from different types of oral diseases. If they neglect their own teeth care, tooth loss will exist more early.

### 牙齒與自信

唐氏人士與我們無異，同樣有自尊心、自信心及自我觀感，甚至會因此產生不同的情緒反應。當牙齒亮麗潔白時，我們當然可以隨心所欲地開懷大笑，但如果滿口壞牙或者牙齒脫落，笑，會否成為我們尷尬之事或不願意做的事？

擁有健康的牙齒，不單讓我們咬得有力、吃得痛快，而且也讓我們更願意笑，並笑得倍添自信，而美麗的笑容有助擴闊社交圈子。

### Teeth and Confidence

Same as ordinary people, people with Down Syndrome have their self-esteem, confidence and self-perception, and possessing self-perception makes their different emotional reaction arise. When our teeth are white and shiny, we can laugh freely whenever we want to. However, if we possess bad teeth or no longer have teeth, smiling won't be an embarrassed thing that we are reluctant to do so, will it?

Possessing healthy teeth not only allows us to chew strongly and eat happily, but also makes us willing to smile with great confidence. Most importantly, a beautiful smile is favorable for boarding our social network.

### 愛牙先鋒 "Love My Teeth" Campaign

有見及此，唐家軒便承接了去年於卓業中心的護齒推廣計劃，推出專為已離校唐氏人士而設的「愛牙先鋒」。「愛牙先鋒」是由牙醫、社工、家長及義工攜手合作的計劃，提供預防性、教育性及治療性的小組。小組由設計、籌備、執行，全由跨專業及照顧者團隊共同合作。

### "Love My Teeth" Campaign

As a result of realizing the aforementioned facts, after the "Tooth Care Promotion Project" organized by Tip-Top Centre, DS Centre organizes "Love My Teeth" Campaign for people with Down Syndrome who have left school. "Love My Teeth" Campaign is the result of Concerted efforts of dentists, social workers and voluntary parents, which provide preventive and therapeutic functions for the service needs. The groups are coordinated by professionals and caregivers. Their work includes design, preparation and execution.



### 預防性及教育性小組內容包括：

- 1) 介紹擁有健康牙齒的好處；
- 2) 介紹蛀牙及牙周病等口腔疾病；
- 3) 介紹及試範護齒四步曲；
- 4) 介紹日常飲食中護齒要訣；
- 5) 社區護齒應用訓練，到超級市場及美食中心分辨有益或傷害牙齒的食物和食品；
- 6) 為減低參加者對牙科診所恐懼，介紹牙科診所的結構及醫療器材。



### Preventive and educational group includes:

- 1) Introduce the benefits of possessing healthy teeth
- 2) Introduce oral diseases including tooth decay and Periodontal Disease
- 3) Introduce and demonstrate the four steps for tooth care
- 4) Introduce the tips for tooth care on diet
- 5) Community tooth care applied training – distinguish the food that is good or bad respectively in supermarket and foot court.
- 6) Introduce the infrastructure and medical tools of dental clinics so as to relieve the fear of participants towards dental clinics



### 治療性小組內容包括：

- 1) 到牙科診所進行口腔檢查；
- 2) 為參加者個別預約跟進治療。

### Therapeutic group includes:

- 1) Go to dental clinic to have oral checking
- 2) Make an appointment for the participants about following up treatment

我們希望透過具備預防性及補救性的小組，讓唐氏人士繼續擁有健康的牙齒，繼而擁有更多自信；除此之外，我們期望將來有機會推出更多「愛自己系列的計劃」——愛眼先鋒 ("Love My Eyes" Campaign)、愛耳先鋒 ("Love My Ears" Campaign)、愛髮先鋒 ("Love My Hair" Campaign)，向唐氏人士推廣「愛自己」的訊息。

We hope that we can make people with Down syndrome to possess health teeth by our preventive and therapeutic group. At the same time, we expect that we will organize more projects named starting with "Love" such as "Love My Eyes" Campaign, "Love My Ears" Campaign and "Love My Hair" Campaign to promote the message of people with Down syndrome loving themselves

### 最後，在此鳴謝以下人士義務幫助：(排名不分前後)

#### 義務牙醫李瑜女士 Dr. Sandra Lee：

義務協助籌備小組，及細心向參加者講解護齒資訊，個別地向參加者示範刷牙的正確方法。

#### 義務牙醫何志偉先生 Dr. Howard C.W. Ho：

義務為參加者進行口腔檢查及就個案的需要，貼心地提供個別跟進及治療。

#### 家長義工史陳尚欣女士 Mrs. Sonja Shih：

協助籌備小組，耐心地為英語參加者提供即時傳譯服務。

### Lastly, we would like to say thank you to the following people who provided helps voluntarily to the campaign (In alphabetical order)

#### Voluntary Dentist Dr. Sandra Lee:

Voluntarily assist the preventive group, introduce information on tooth care to participants and demonstrate how to brush teeth correctly to participants individually

#### Voluntary Dentist Dr. Howard C.W. Ho:

Voluntarily provide oral checking to participants and provide follow-up treatment according to each individual's need

#### Parent Volunteer Mrs. Sonja Shih:

Voluntarily assist the preventive group and provide English-speaking participants with immediate translation patiently

# 唐氏羣毅服務隊

## The Down's Kwan Ngai Service Team

於二零零二及零三年度，香港唐氏綜合症協會 獲社會福利署「創業展才能計劃」撥款資助，開展「唐氏洗車服務隊」及「群毅清潔隊」。上述之兩項服務計劃，目標在於提供在職培訓，以加強服務使用者公開就業之信心，並提供實務工作環境，以加強服務使用者之工作技巧及能力，從而創造就業機會予弱能人士，建立傷健共融的社會，促進大眾人士對弱能人士認識及接納。

In the year 2002-2003, Hong Kong Down Syndrome Association received funding from the "Enhancing Employment of People with Disabilities through Small Enterprise' Project" under the Social Welfare Department to establish the Down's Car Beauty Team and the Kwan Ngai Cleaning Service Team. These two services aimed at providing on the job training for our members, to nurture their confidence and to equip them with skills in preparation for open employment. Our goal was to create job opportunities for people with disabilities, to advocate for their integration in society, and to build an inclusive community.

經歷了十年的成長及發展，「唐氏洗車隊」及「群毅清潔隊」已發展出一系列優質清潔服務，當中的成績有

目共睹，並得到各界及地區人士的肯定和支持。

在二零一三年，上述兩個服務，已合併為【唐氏羣毅服務隊】，除了繼續為各界人士提供優良之清潔服務外，同時亦期望可發展出更多元化之服務。藉著服務之整合，為客戶提供一站式的家居清潔，辦公室清潔，洗車，貨物包裝，祭品製作及郵件加工等一系列的優質服務。【唐氏羣毅服務隊】務求能為廣大客戶提供更多種類的服務，緊貼市場需求。

After 10 years, the Down's Car Beauty Team and the Kwan Ngai Cleaning Service Team had developed a series of quality cleaning services, with excellent feedback from clients and people in the community, as envisaged by the recognition and support received. In 2013, the above services were restructured and renamed as "The Down's Kwan Ngai Service Team", providing a full range of services including domestic cleaning, office cleaning, car cleaning, packaging, mailing and so on. We hope to expand our scope, solicit more new businesses, and to cater for the needs of the market.

## 甜心學堂 Sweetie Land

本會於2013年11月起喜獲由香港電台及南華早報成立的聖誕老人慈善基金撥款推行為期兩年的《甜心學堂》。以「及早介入」的理念，針對唐氏綜合症幼兒的獨特發展需要，為他們提供肌肉、語言、認知、自理和社交等個別訓練。並為準備入學及已入學的幼兒提供親子社交及情緒的小組訓練。「甜心學堂」計劃獲愛心聖誕大行動延續贊助港幣191,130，當中包括提供親子訓練小組、個別諮詢及家庭活動延長服務期至2015年3月底。

With sponsorship from the Operation Santa Claus, a project name "Sweetie Land" is launched for two years from 2013 to 2015. Sweetie Land gives early

intervention to infants with Down Syndrome who are preparing for school. It provides individual training cover motor skills, communication skills, cognition, self-care and social interaction training from special education worker, physical or occupational therapist. It also gives counseling throughout the early education period, the family gain in social skills as well as emotion management through group setting. A further sum of HK\$191,130 was allocated by the "Operation Santa Claus" to our project "Sweetie Land" to provide services such as training in parent/child bonding, individual consultation, family activities for the period up to end of March 2015.

# Up Up and be Healthy 計劃

## Up Up and be Healthy Project

是項計劃由香港大學運動及潛能發展研究所及本會合辦，旨在鼓勵唐氏綜合症人士進行健體運動。計劃中所有班組已圓滿結束。計劃除了於新界、九龍及香港區分別推出唐氏人士的親子運動訓練班外，亦推出導師課程，讓會員學習及建立運動習慣外，亦同時向社區上不同的照顧者提供培訓，讓不同界別人士亦掌握正確運動概念及學習這套度身訂造的運動。

Up Up and be Healthy is a physical training programme jointly organized by the Institute of Human Performance of The University of Hong Kong and our Association for people with Down Syndrome, and has now been successfully completed. We held training programmes in, the New Territories, Kowloon and Hong Kong Island regions for our members, each accompanied by a parent. Courses to train instructors for this training programme were also held. We strive to nurture the habit of regular physical exercise for our members, and we also provide training for different care-givers in the community so as to promote the correct concept in physical exercises, and to familiarize them with this set of customized training for people with Down Syndrome.

我們從參加者中收集了數據，並進行研究分析，了解他們在運動上的具體成效。有關結果已於2014年4月26日的「樂齡智障先導服務研討會」中公佈，而香港大學方面亦將拍攝運動紀錄片，進一步向社區人士推廣智障人士運動的資訊。本會亦將組織「健康體操Try-21千人齊操創世紀」，日期初定於2014年9月27日假香港大學舉行；詳情請參閱本會網站公佈。此外，康文署繼續支持及於沙田區再次舉辦有關健體班，並於5/2014向市民推出有關計劃。本會希望有關服務能於各區持續服務智障人士，讓各區的智障人士受惠。

A research on the data collected from the participants of this programme was conducted to analyze the effectiveness of physical exercise in relation to the health of the participants. The results were announced on 26th April, 2014 at the "The Symposium for Innovative Service about Elderly and Intellectual Disability". The University of Hong Kong will also film an exercise video to further promote this exercise programme for people with intellectual disability in the community. Our Association has scheduled to organize "The largest number of people performing "Fit-Fun Try-21" a set of healthy exercises specially designed for well-being" for the newly designed exercise set, tentatively on 27th September, 2014. Please stay tuned for the announcement on the website of the Association. This physical training programme has received the support of the Department of Leisure and Cultural Services, and will be held again in the Shatin district. Information on enrolment was released in May of 2014 by the Department. We sincerely hope that this service will be extended to all districts in the territory to serve people with intellectual disability.



# 「月行一善」行動

## Our Action to "Donate Monthly"

- 將您的善心化為行動，造福有需要的人士，讓他們也享有精彩的人生，獲得喜悅！你也得到無限喜悅。

Your donations will make the needy happy, benefit them and let them have a wonderful life! You will then be happy after all!

- 您每個月的慷慨捐贈，必能令我們提供更優質、更多元化的服務予服務使用者

With your donation every month, we can provide our service users with more excellent and diversified services make them happier, make you happier!



## 「月行一善」行動 Our Action to "Donate Monthly"

我樂意支持是次行動，現參與：

I would like to support this action by making the Donate Monthly as below:

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我想以一次性捐款支持協會，現捐助：

I would like to support the Association by making one-off donation:

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 (只限於一次性捐款 For one-off donation only)

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 form.

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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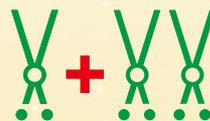
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The Hong Kong Down Syndrome Association



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本會謹向以下於2013年8月至2014年7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)：

We are pleased to have received donations and supports from the following donors and volunteers during the period from August 2013 to July 2014. We would like to take this opportunity to express our gratitude to them:

Agnes Hung	Cheung Kit Wah	Hui Yin Chung	Lau Chung Ming
Allen Lee	Cheung Koon Fai	Hung Ka Wai	Lau Ka Leung
Andisen Lau	Cheung Mei Ling, Linda	Hung Sau Har	Lau Kun Loong
Andrew Gardner	Cheung Wai Yin Ronald	Huylin Ream	Lau Kwok Ting
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C & K Recycle Company Ltd	Conwell Tam and Douglas Beal	Kan Cheuk Ha	Lee Tsz Ying, Phoebe
Carlsberg Hong Kong Limited	Correctional Services Department Sports Association	Karen Chan	Lee Vincent Ho Shun
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# 會務消息

## Message from the HKDSA

1. 為更有效向大眾人士宣傳協會服務，新設計的單張已於2014年3月正式使用，歡迎各會員或有興趣的朋友索取取閱。



To promote the HKDSA's services to the public effectively, the new version of leaflet has been used from March, 2014. All are welcomed to take some for promotion.

2. 「健康體操Try·21 千人齊操創世紀」活動將於9月27日(六)假香港薄扶林沙灣徑10號香港大學何鴻燊體育中心舉行，有關邀請已於七月發出。有興趣報名之會員，可與本會各單位職員聯絡。

27th September, 2014 HKDSA's "The largest number of people performing "Fit-Fun Try-21" - a set of healthy exercises specially designed for well-being" will be held at 10 Sha Wan Drive, Sandy Bay Hong Kong, Stanley Ho Sports Centre of the Institute of Human Performance, The University of Hong Kong on 27 September (Saturday). Invitation was sent in July. For those members who are interested in this event, please contact our staff of different centers.



3. 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為滿足開展該計劃的需要，本會將租用位於灣仔東華大廈的另一單位作為唐家軒暨唐氏人士及智障人士耆耆社區支援計劃的辦事處，該辦事處與唐家軒位於同一樓層，新辦事處將用作職員辦公室及多用途室，同時亦會為唐家軒騰出部份空間，該處已於2014年8月份投入服務。

IP Project: Industrious Adulthood and Positive Ageing for People with Down Syndrome and Intellectual Disabilities In order to satisfy the demand on expanding the scheme for people with Down Syndrome and people with intellectual disabilities, we are renting another flat in Tung Wah Building in Wan Chai as the office of IP Project. The new office is on the same floor as DS Centre and it will be used as staff offices and multi-purpose rooms as well as sparing some space for DS Centre. It was available to provide services starting from August 2014.



4. 協會週年員工培訓日已於2014年4月3日假在溫莎公爵社會服務大廈順利舉行，所有全職員工在彼得·德魯克管理學院同工的帶領下，探索及了解八大管理技巧。培訓後，一眾員工享用晚飯聯誼。

Our annual staff training day was held at the Duke of Windsor Social Service Building in Wanchai on 3 April, 2014. Guided by the Colleague of Peter F. Drucker Academy, all staff members explored and understood the 8 Basic Management Skills. All staff enjoyed the dinner after training.

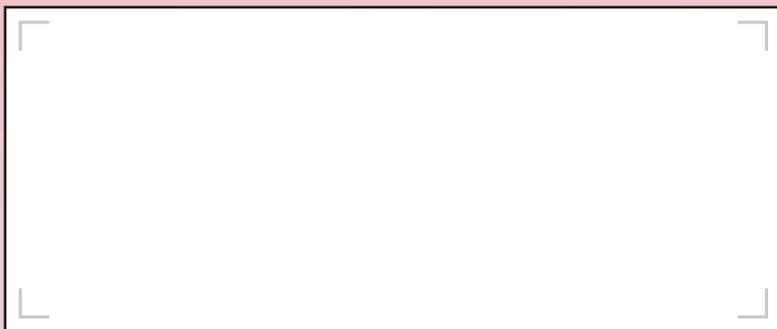
5. 2013至2014年度新一輯協會燈箱廣告宣傳已於2014年3月初刊登。謹此感謝香港鐵路有限公司的支持，以推廣世界唐氏綜合症日及宣傳協會年度籌款活動。

Our new series of feature ads for the year 2013-14 were launched by utilizing the light box display of MTR Corporation Limited between beginning of March, 2014. We take this opportunity to thank the MTR Corporation Limited for its support, so the World Down Syndrome Day and the HKDSA annual fundraising event would be promoted.



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This free newsletter is published for educational purposes. We welcome contributions as well as photos from all parties concerned, also sponsorship and donations. Please refer to the form inside this publication for donation methods. If you have any enquiry, please feel free to contact our Fundraising & Communication Department.

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