



協康

heep hong express

匯訊



得其樂

中文認讀
訓練計劃

Read-Aloud Training Programme for Students with Dyslexia

提昇讀寫障礙學童的認讀能力



研究顯示，懷疑有讀寫障礙的學前兒童倘能及早接受適當訓練，將有助減低他們在升學時遇到的學習困難。協康會聯同香港大學言語及聽覺科學部於2003年推出「『字』得其樂」中文認讀訓練計劃研究，以三年時間開發一套有系統和有效的中文認讀訓練課程，有效提昇有讀寫障礙學童的中文閱讀能力和興趣。

Research findings suggest that early detection and intervention help students with dyslexia increase their chances of overcoming learning difficulties. Heep Hong Society and the Division of Speech and Hearing Sciences of The University of Hong Kong joined hands to conduct a pilot project to enhance dyslexic students' ability of reading Chinese text in an enjoyable setting. They took three years to develop a systematic and effective training programme that enables students to read aloud with confidence.

提昇認字數量二至三倍

該研究共邀請了30位小一及30位小二患有讀寫障礙的學童參加為期十天，每日三小時的「『字』得其樂」訓練課程。計劃完成後，發現三分之一的學童的認字量增加了兩至三倍。又當中23位小一及19位小二學童，分別有近八成及九成的學童的字詞認讀技巧有明顯進步。一年後，在20位提交中文科成績的學童中，14位有明顯進步，證明訓練課程可以增強讀寫障礙學童的讀寫能力。



Increased Vocabulary

In 2003, the pilot study was conducted with 30 Primary One and 30 Primary Two students with dyslexia through intensive training activities for 10 days. The participants were given three-hour daily intensive coaching on reading aloud. They learned through a systematic introduction of a series of Chinese characters of different textual combinations. As a result, one-third of the students acquired the knowledge of three times more Chinese characters. In the following year, 14 students out of 20 who submitted their assignments showed remarkable improvement in reading aloud.



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★ 讀寫障礙學童學習特徵

協康會言語治療師劉啟欣表示，研究指有讀寫障礙的學童的智能多是正常的，以致不少家長誤以為子女無心向學。根據國際讀寫障礙協會的資料，學前階段的學童若在學習新詞彙、複述故事、及讀出學習過的詞語時都經常出現困難，加上記憶及專注能力較弱，家長便應提高警覺或尋求專業意見。

★ 引入家長培訓 寓遊戲於學習

根據「『字』得其樂」的研究成果，協康會引入家長培訓於訓練課程內，強調重複操練的重要性，並將訓練形式趣味化，令「『字』得其樂」的成效更為顯著。劉啟欣指訓練目標是讓學童認識有關詞語的意思、讀音和字形。有讀寫障礙學童的短暫記憶較一般學童短，所以重複操練對加強他們的記憶十分有效。加入組前家長工作坊，讓家長更明白讀寫障礙學童的學習特性，以便他們延續家居訓練。此外，透過遊戲和比賽形式進行，提昇學童的學習興趣。在愉快的學習環境中，學童的認讀能力在不知不覺中便會提昇。

家長錦囊

認讀訓練的基本技巧

- 認清訓練目標：形→音 Vs 形→義
- 利用有趣的訓練項目，例如遊戲，甚或比賽
- 切忌掩著字的一部份叫學童朗讀

有閱讀困難學童經常犯的錯誤

- 過份類化聲旁的運用，如將「灑」唸成「湯」
- 把「潔淨」唸成「清潔」、把「級別」唸成「班級」

家長若有興趣多了解「『字』得其樂」認讀訓練計劃，可致電2393 7555查詢。

For more details on the programme, please call 2393 7555.

Symptoms of Dyslexia

Mr. Dustin Lau, Speech Therapist of Heep Hong Society, said that students with dyslexia usually have normal intelligence. Parents are easily misled to attribute their children's poor academic results on being lazy. According to the International Dyslexia Association, dyslexia is characterised by difficulties in learning new vocabularies, reciting stories and recalling learnt-words. Lau alerts parents that if their children have poor memory, become inattentive or develop any of the above symptoms, they should seek help from professionals.

Parents Training and Learning Through Games

A training workshop designed for parents is included in the above training programme to encourage repeated practice at home. Since dyslexic children in general have shorter memory spans than other children, repeated practice will make learning more effective. Lau says, "The key learning objectives of the Read-aloud Programme include understanding of the meaning, pronunciation and forms of the Chinese characters." To maximise the effectiveness and enhance students' learning motivation, all activities are conducted in the form of games and small groups.





創立「爸爸俱樂部」謝明浩妙論男人心理

Reading the Mind of Men

面對壓力時，女人以說話來紓發心中的情緒，男人會如何處理？



「爸爸俱樂部」創會會員及元老級爸爸謝明浩(David)憑多年觀察所得，平時少說話的男士，一旦有合適環境，說話最多的就是他們。又儘管爸爸口中說無事，心裏仍是耿耿於懷。David雖不是什麼心理學家，但講起男士的心理卻有其獨特見解。

David育有一名二十七歲的自閉症的兒子。因為兒子的關係，他經常參加協康會的家長活動，可是參與的多是媽媽。他遂於2001年成立「爸爸俱樂部」，時至今天，俱樂部已發展為全港唯一以服務育有弱兒的爸爸的自助組織。

男士總以強者姿態出現。身為過來人，回想走過的育兒路時，David強調此傳統的觀念亦曾為他帶來很多無形或無謂的壓力。總結多年與爸爸的相處，他說：「男人也很想向別人講心事，甚至求助。只是，苦於傾訴無門。」David指曾有一位新爸爸在分享會上，忍不住嚎哭起來，經同路人輔導後，情緒才告平伏下來。可見，爸爸不易做。

針對男士的心理，David以隨緣心態來參與「爸爸俱樂部」。會員可以隨意出席任何活動，中途可以自由離開。個別會員就試過無故「失蹤」半年，突然在一次聚會中又出現了。俱樂部的爸爸的年齡、性格和背景雖有很大差異，但他們卻有一個不成文的共識：「只談分享，不談專業。最重要是有關會員的私隱不可外洩。」所以爸爸都暢所欲言，如育兒教養的技巧，紓緩壓力的方法、夫妻相處之道；俱樂部還會舉辦興趣班，讓爸爸輕鬆一下。

從前的David只顧工作，照顧兒子的重擔就落在太太肩上。雖然心裏知道太太辛苦，直至他獨自帶兒子參加課外活動時，才親身體會到太太所承受的壓力。自此，縱使有多忙，David也不忘為太太打氣以示支持。他指爸爸是和諧家庭的靠山，儘管精神上的支持，也可讓家庭成員感到爸爸從未放棄過。

懂得放開，在適當時向外求助，才是現代爸爸。



When under pressure, women tend to share their feelings with others as a relief. What about men?

Mr. David Tse, founding members of Heep Hong Fathers' Club, reads the mind of men well though he is not a psychologist. Given that men are less outspoken, he found out that even men could sometimes be very talkative given the right environment.

David, a father of an autistic son aged 27, has been actively participating in Heep Hong's parent activities for a long time. He noticed that most care-takers attending the activities were mothers. He then set up the Fathers' Club in 2001. It is the only self-help group to provide a platform for fathers who have children with special needs to share their experiences and difficulties.

Traditionally, men are expected to play a strong role in protecting their families. David said that such a social norm brought him unnecessary pressure in the beginning. "Men are eager to share, and even ask for help; but there's no one they can talk to," he claims. David remembered that there was a new member of the Fathers' Club once bursted into tears while sharing his story. After being counseled by fathers in a similar situation, he became much better.



Club members can drop in voluntarily. Members might show up suddenly after disappearing for half a year. Though members come from all walks of life, their common consensus is that all sharings are kept confidential. They do not talk about their professions but share comfortably on issues such as parental skills, stress management and couple relationship, etc. Interest classes are sometimes organised for their entertainment.

In the early days, David spent most of his time working. The responsibility of taking care of his autistic son was borne by his wife. Although he knew that she was under stress, he never had first-hand experience until he took his son out for an outdoor activity on his own. Since then, he uses every possible means to support his wife. David highlighted that the moral support that a father can offer is in fact the key to building a family of harmony.

Fathers of today should open up themselves and be brave to seek help when necessary.

加入「爸爸俱樂部」

Be a member of the Fathers' Club

查詢詳情可致電2777 5588 張姑娘。 Please call 2777 5588 Ms. Cheung for details.



王石崇傑紀念中心增設 「感覺統合治療室」

王石崇傑紀念中心獲宏利慈善基金捐助港幣三十萬元，增設「感覺統合治療室」。宏利人壽保險(國際)有限公司行政副總裁兼香港區總經理何達德先生於5月17日親臨中心舉行支票捐贈儀式。

A Sensory Integrative Therapy Room Established at Mary Wong Centre

Mr. Michael Huddart, Executive Vice President & General Manager of Manulife (Hong Kong), Manulife (Int'l) Ltd visited Mary Wong Centre on May 17 and donated HK\$300,000 for the set up of a new Sensory Integrative Therapy Room.



協康會小星星走進百姓家

本會由5月至6月中在全港地鐵及電車站，推出以小星星為主題的全新海報，並呼籲各界善心人士給予小星星一個機會，讓他們可以盡展所長。此外，本會全新的機構短片——「家長心聲直播站」亦已上載到本會網站(www.heephong.org) 歡迎瀏覽。

Heep Hong's New Advertising Image

A brand new advertisement featuring "A Litter Star" was developed and posted up on various MTR stations and tram stops in April and May. Meanwhile, Heep Hong's new corporate video is ready for your viewing on www.heephong.org.



「注意力缺乏及過度活躍症」(ADHD) 學童大募集

Recruitment of Children with Attention Deficit and Hyperactivity Disorder (ADHD)

為了加強社會人士對ADHD的認識，及讓患有ADHD孩子盡快獲得合適的支援服務，本會獲新濠國際發展有限公司贊助，推出「火星小人類」ADHD學童支援計劃。首個甄選活動於8月27日及30日舉行，招募一百名ADHD學童。本會專業治療師團隊將為參加的學童提供治療所需的評估或訓練建議，歡迎就讀小學患有ADHD的學童參加。報名請致電 2393 7555。

With the grant fund of Melco International Development Ltd, Heep Hong is going to launch a series of educational programmes to strengthen community support for children with ADHD. Initially, one hundred primary students with ADHD will be recruited on Aug 27 and 30 by our professional teams. They will assess each child and recommend appropriate therapeutic services. For details, please call 2393 7555.

香港殼殼有限公司剛發表了《可持續發展報告》，報告集中討論三個備受關注的議題，包括油價、空氣質素、以及職業健康與安全，並現誠邀各界發表意見。在2007年9月30日前，香港殼殼每收到一份填妥的意見書，即捐出港幣50元予協康會，以支持本會服務。請即登入www.shell.com.hk/chi/sd2006 閱覽簡介，並完成網上意見調查即可。

完成網上問卷 支持協康會

Support Heep Hong Society by Filling out the Feedback Form

Shell Hong Kong Ltd has published a Sustainability Report on Fuel Prices, Air Quality, and Occupational Health and Safety. An on-line feedback form is posted on web to collect public opinions towards the foresaid issues. Shell will donate HK\$50 to Heep Hong Society on behalf of every person who submitted the on-line feedback form by 30 September 2007. Please go to www.shell.com.hk/eng/sd2006 and complete the online feedback form.





為了鼓勵育有弱兒的爸爸釋放心中的壓力，「爸爸俱樂部」在5月10日舉辦「爸爸的天空——分享會」。當日雖滂沱大雨，五十多位爸爸仍冒雨出席，並與主講嘉賓兼同路人史泰祖醫生、香港大學社會工作及社會行政學系楊家正博士一起講心底話及妙論紓緩壓力的良方。同日，更推出集結了十多位爸爸育兒的心聲集「爸爸的天空」，與同路人分享他們育兒的所感所悟。心聲集由社會福利署贊助。



Touch the Hearts of the Fathers



In spite of the heavy downpours on May 10, over 50 fathers packed to share their experience and feelings on raising children

with special needs. Guest speakers Dr. Louis Shih and Assistant Professor Federick Yeung of the Social Work and Social Administration Department, University of Hong Kong, both encouraged participants to seek help whenever appropriate. Sponsored by the Social Welfare Department (SWD), Heep Hong Father's Club has published a booklet with the sharings of over ten members.



「兒童健樂會」 推廣傷健共融精神

協康會「兒童健樂會」獲平等機會委員會贊助，分別於3月底及4月中舉辦了「心中彩虹」視覺藝術展覽及綜合表演會，充份展現共融及互愛的精神。畫展共展出超過二百件藝術作品，分別由有發展障礙兒童及普通兒童創作。畫展開幕當日，他們還親身向參觀人士介紹自己的創作，吸引不少市民駐足欣賞。綜合表演在城市大學舉行，社會福利署副署長馮伯欣先生應邀出席，並與五百多位家長和兒童歡度了一個下午。

Junior Gateway Club Promotes Inclusive Community



Funded by the Equal Opportunities Commission, a visual arts exhibition and a variety performance were launched in March and April respectively. Over 200 creations produced by children with special needs and their peers were exhibited. At the opening of the exhibition, the creators were invited to

introduce their own works which received enthusiastic response from the public. The children's performance was held at the City University which was well attended by Mr. Pak-yun Fung, Deputy Director of SWD and over 500 parents and children.



惠氏健康講座 為兒童打好健康基礎

Wyeth Seminars Underline Health Importance



本會承蒙美國惠氏藥廠（香港）有限公司贊助，於去年12月至今年6月舉辦了多個健康專題講座，藉此加強家長對子女發展、營養及常見傳染病的認識。講座由兒科專科醫生及營養師主講，實用性高，吸引不少家長參加。

With the sponsorship from Wyeth (HK) Limited, Heep Hong Society held a series of health talks for parents from December 2006 to June 2007. The talks were presented by pediatrics and nutritionists on topics such as infectious disease and nutrition knowledge.

多年來本會一直致力提昇鄰近地區的兒童復康服務水平，今年由3月至11月分別於本港、中國大陸、台灣和澳門舉行多個家長及專業訓練課程，成效備受各界好評。

To enhance the professional standard in the provision of rehabilitation services for children with special needs, Heep Hong Society has been organising various training courses for the practitioners and parents in the Mainland, Taiwan and Macau. Below are some of the major activities conducted or will be launched from March to November, 2007.

自閉症師資訓練課程

本會訓練部在3月26日至4月3日期間，為六十多位來自中國內地、台灣及澳門復康機構的主管、治療師、特殊教育老師，舉行為期八天的自閉症兒童師資培訓課程。參加的學員除可認識最新訓練自閉症兒童方法外，他們更有機會到本會轄下的特殊幼兒中心觀摩與實習。參加者均認為是次課程及實習十分完備和實用。由於課程的名額有限，很多國內的家長及同工均未能參加，本會特別與廣州市兒童孤獨症康復研究中心合辦培訓班，並定於11月26至28日在廣州舉行。詳情可瀏覽本會網頁 (www.heephong.org)。



Train the Trainer Programme on Autism

Over 60 special education practitioners from rehabilitation institutes of Mainland China, Taiwan and Macau gathered in Hong Kong to participate in our "Train the Trainer Programme" from March 26 to April 3. It focused on the latest development of concepts and skills for training autistic children. Participants also visited Heep Hong's special child care centres and were impressed by our training programme. In view of the overwhelming response, we will jointly organize with the Guangdong Rehabilitation and Research Centre for children with Autism to run a 3-day workshop in Guangzhou, from November 26-28. For details please visit www.heephong.org



「感覺統合」實踐進階課程

為讓同業能掌握正確的感覺統合治療理論，並運用適當的技巧去幫助有特殊需要的兒童。本會於2007年7月23日至26日舉行一連四天密集式的專業培訓課程，由本會資深職業治療師主持。課程共吸引35位來自大中華地區的同工參加。



Sensory Integration Workshop

Our Occupational Therapy Department organised a 4-day (July 23-26) training workshop on Sensory Integration (SI) for practitioners coming from the Greater China Region. It emphasised the practice and theory of applying SI training on children with special needs. 35 people attended and found the workshop very useful.

本會應邀合辦廣州首屆孤獨症論壇

Heep Hong Society jointly Organize the First Forum on Autism in Guangzhou

本會於11月23至25日與中山大學附屬第三醫院、廣州市殘疾人聯合會（廣州市兒童孤獨症康復研究中心）、廣東省心理衛生協會兒童心理衛生專業委員會合辦「首屆廣州國際孤獨症論壇」。屆時，來自美國、日本、香港、臺灣多位復康及特殊教育專家將發表自閉症的最新研究及發展趨勢。

Heep Hong Society will jointly organise the first Guangzhou International Forum on Autistic Spectrum Disorder (ASD) with the Children Mental Health Special Committee of Guangdong Mental Health Association, the 3rd Affiliated Hospital of SunYet-san University, and the Guangzhou Disabled People's Federation (Guangzhou Rehabilitation and Research Centre for Children with ASD) on November 23-25, 2007. The forum aims to facilitate cooperation and exchanges between the medical, rehabilitation and education sectors. Renowned experts from U.S., UK, Japan, HK, Taiwan and the Mainland China have been invited to share their work and research findings.



「第十六屆全港廚師精英大匯演」
"The 16th Great Chefs of Hong Kong"

感謝各界支持，協康會一年一度的大型籌款活動包括「第十六屆全港廚師精英大匯演」和「慈善獎券售賣活動」於5月22日圓滿舉行。行政長官夫人及協康會贊助人曾鮑笑薇女士更親臨大匯演作主禮嘉賓，並與過千賓客共渡一個愉快的晚上。兩項籌款活動所籌得的善款，將悉數撥作協康會家長資源中心的營運經費，令更多有特殊學習需要的兒童及其家庭受惠。每年的籌款活動能順利舉行，實賴各位家長、義工和熱心人士的鼎力幫忙，本會謹向每位善心人士致以衷心謝意。

Officiated by Mrs Selina Tsang, wife of the Chief Executive of HKSAR, and Heep Hong's Patron, "The 16th Great Chefs of Hong Kong" and "2007 Grand Raffle Draw" were successfully held on May 22. Funds raised from the events will go to the operations of the Parents Resource Centres that are not subvented by the Government. We would like to express our heart-felt thanks to all who have contributed to the events.



捐款表格
DONATION FORM

本人 / 機構樂意捐助協康會，讓有特殊需要的兒童及其家庭獲得所需的訓練及輔助服務。
I would like to make a donation to Heep Hong Society to provide training and support services for children with special needs and their families.

姓名/機構 Name / Organisation : _____ 先生/太太/女士 Mr / Mrs / Ms

地址 Address : _____

電話 Tel : _____ 電郵 E-mail : _____

每月捐款 Monthly Donation

捐款金額 Amount of Donation
 \$1,000 \$500 \$200 其他 Others \$ _____

捐款方法 Method of Donation
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Credit card (Please fill in your credit card information at the right)
 銀行戶口自動轉賬 (自動轉賬授權書將於稍後寄上)
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備註 Notes

- 請把填妥的捐款表格連同劃線支票或銀行存款收據正本寄回香港九龍大坑東耶東裕樓地下1號。
Please send the completed form together with a crossed cheque or an original copy of the bank-in slip to G1, Tung Yu House, Tai Hang Tung Estate, Kowloon, Hong Kong.
- 如以信用卡捐款，可把表格傳真至 (852) 2776-1837。
For donation through credit card, you can fax this form to (852) 2776 1837.

一次過捐款 One-off Donation

捐款金額 Amount of Donation
 \$2,000 \$1,000 \$500 其他 Others \$ _____

捐款方法 Method of Donation
 劃線支票 (抬頭請寫「協康會」)
Crossed cheque (please make payable to "Heep Hong Society")
 直接存入恒生銀行戶口 Direct deposit to Hang Seng Bank account
(戶口號碼 Account no.280-348822-002)
 信用卡 VISA MasterCard American Express
Credit card (本會獲豁免手續費 Handling charge will be waived)
信用卡號碼
Card No : _____
信用卡持有人姓名
Cardholder's name : _____
有效期至
Expiry date : _____ 簽署
Signature : _____

- 每月銀行自動轉賬及信用卡過數日期分別為7號及15號，每月捐款在信用卡到期日後自動延續，直至閣下另行通知為止。
Monthly transactions will normally be processed on or about the 7th day and 15th day of the month for bank autopay and credit card respectively. Upon expiry and renewal of a credit card, monthly donations will continue unless notified otherwise.
- 一年內累積捐款達港幣一百元或以上可憑收據申請稅項寬減。
Accumulative donations of HK\$100 or above are tax-deductible with a receipt.

上述個人資料只供聯絡之用，絕對保密。如需更改個人資料，請與企業發展部聯絡。

Data collected will be treated in confidence and will be used for communication purposes only. For alteration of personal particulars, please contact Heep Hong's Corporate Development Department.

電話 Tel: (852)2776 3111 傳真 Fax: (852)2776 1837 電郵 Email: cdd@heephong.org

從社區適應到美化外牆 Goldman Sachs 全力支持

高盛 (Goldman Sachs) 義工隊與本會長青中心的小朋友齊齊發揮藝術天份，於4月25日為中心美化外牆。經悉心「打扮」後，外牆馬上煥然一新！高盛又贊助雷瑞德夫人中心的自閉症兒童社區適應活動。他們的義工隊於5月4日與中心的小朋友和家長一起參觀嘉道理農場，讓小朋友有機會與動物作近距離接觸。



Goldman Sachs Shows Full Support

On April 25, the volunteers of Goldman Sachs joined hands with the children of Heep Hong Cheung Ching Centre to demonstrate their creativity on mural paintings that brought much colour and life to the Centre upon completion.

On May 4, they again showed their kind support to the children with the special needs by accompanying children and parents of Alice Louey Centre to Kadoorie Farm where they spent a fun-filled day playing with lovely animals.

MSIG為200名有發展障礙兒童提供融入社區活動 200 Children Benefited From the Integrated Programme

MSIG保險公司與協康會合辦的「不一樣的成長天空」社區適應計劃自年初展開以來，已有超過二百名亞氏保加症及自閉症兒童參與所舉辦的活動。當中包括於7月28日舉辦的宿營「童心童行宿一宵」，藉此訓練小朋友的自理能力。



Since early this year, over 200 children with autism and asperger syndrome have benefited from the integrative programme that was jointly organised by Heep Hong Society and MSIG Insurance. On July 28, MSIG sponsored another group of our children for a two days camp at Yuen Long to develop their self-care ability.



恩光之友招待本會學童穿梭國泰城

恩光之友會邀請本會東涌中心、長沙灣中心和王石崇紀念中心的學童及其家人於5月及6月期間前往國泰城參觀、並順道暢遊政府飛行服務隊及模擬機倉，參加的無論是大人還是小童都盡興而回。

Sunnyside Club Brings Joyful Experience

Invited by Sunnyside Club, children from Heep Hong's four special child care centres and their parents had enjoyable visits to Cathay Pacific City, the Government Flying Service and its stimulated aircraft cabinet in May and June. The participants were overjoyed.