

心光通訊

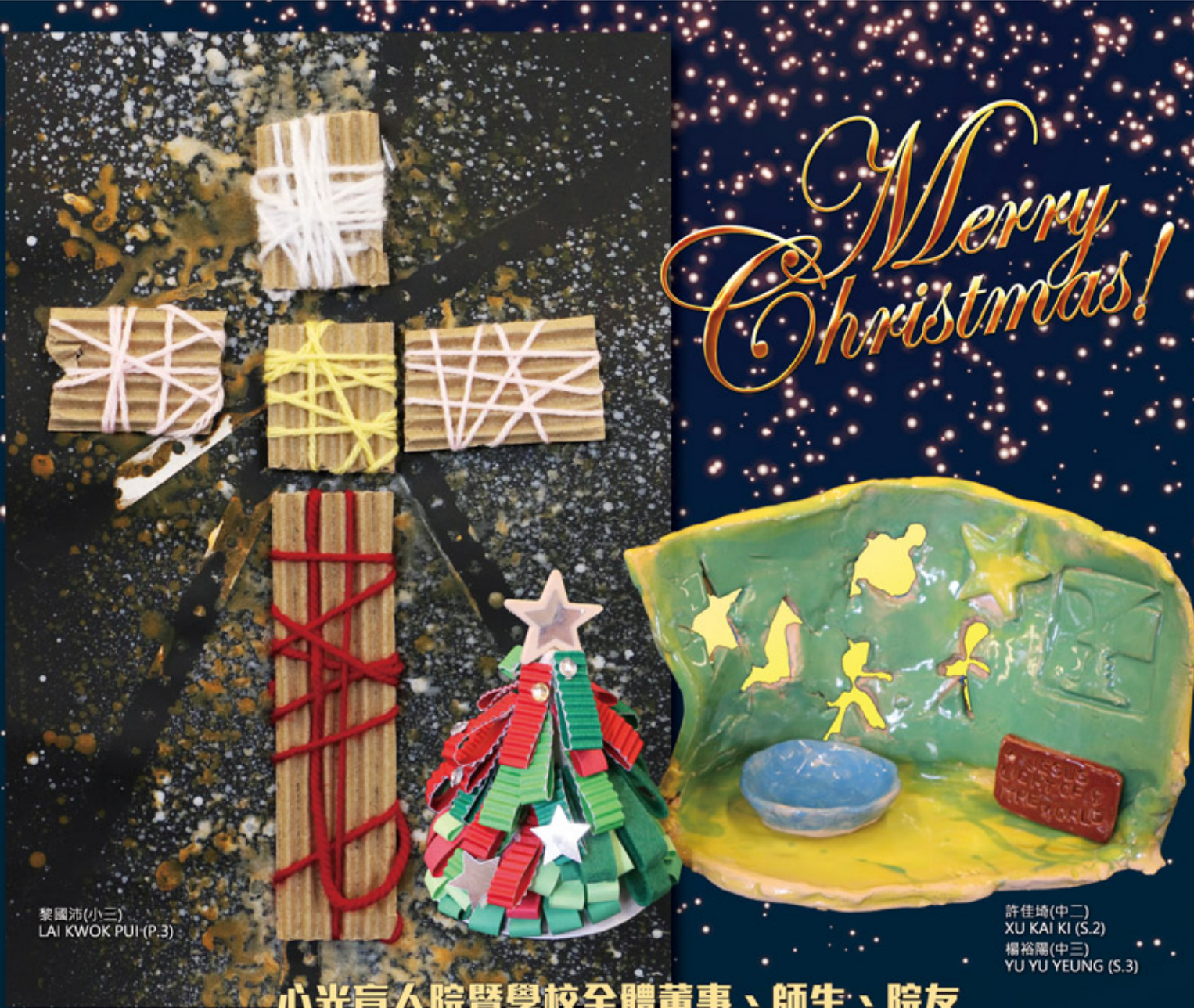
EBENEZER NEWS

心光學校
Ebenezer School
心光恩望學校
Ebenezer New Hope School
心光護理安老院
The Ebenezer Care & Attention Home
心光幼兒中心
Ebenezer Child Care Centre
心光賽馬會視障幼兒支援服務中心
Ebenezer Jockey Club Early Intervention Centre
福音事工 「有作為」計劃
Christian Ministry Project WORKS

心光盲人院暨學校
Ebenezer School and Home for the Visually Impaired

傲澤社群
Nurturing PRIDE
for a Better World

第六十九期 No.69
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Merry Christmas!

黎國沛(小二)
LAI KWOK PUI (P.3)

許佳琦(中二)
XU KAI KI (S.2)
楊裕爾(中三)
YU YU YEUNG (S.3)

心光盲人院暨學校全體董事、師生、院友
恭祝您聖誕快樂！新年蒙福！

The Board Members, Staff, Students and Elderly Ladies of Ebenezer
Wish you a MERRY CHRISTMAS & BLESSED NEW YEAR

Founder 創辦機構:

Hildesheimer Blindenmission,
Germany
德國喜油堪協會

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林棟權先生

Deputy Chairman 副主席
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施米高先生

Hon Secretary 義務秘書
Ms Grace Chen
陳鳳麟女士

Hon Treasurer 義務司庫
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詹沛申先生

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Prof Brian Duggan
鄧敬仁教授

Mission Representative
喜油堪會代表
Prof Mak Ki Yan, BBS, JP
麥基恩教授

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巴烈圖先生

Mr Henry Lai
賴顯榮先生

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羅德榮先生

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Ms Victoria de Alwis
歐美芳女士

Ms Angelina Kwan
關惠女士

Ms Ellen Tsao
曹依琳女士

Ms Madeleine Green
溫明蘭女士

克服視障勇闖明天「2019 心光傲行」慈善步行籌款

Overcoming Obstacles to Build a Better Future: Ebenezer Walk with Pride 2019

一年一度的心光傲行慈善步行籌款於2019年12月8日圓滿舉行，本年度主題為「克服視障，勇闖明天」。感謝天公造美及心光各員工的努力，一眾嘉賓及約500名參加者歡度了一個美好的週日。是次活動邀請到食物及衛生局局長陳肇始教授，JP，香港平等機會委員會主席朱敏健先生及香港華人置業執行董事陳凱韻女士擔任主禮嘉賓。歌影視紅星蘇永康先生及吳若希小姐亦出席支持，為視障人士服務籌募經費及提高大眾對視障人士的關注。

陳局長致辭時讚揚心光為視障人士提供完善的服務，協助他們克服障礙、發揮潛能。陳局長亦鼓勵僱主給予工作機會視障人士嘗試。朱先生則呼籲社會人士以同理心理解視障人士每日須付出很多決心和毅力去追求理想的生活。參加者隨即在嘉賓帶領下起步，在其中一段路程，參加者更戴上眼罩體驗在沒有視力的情況下步行，增加對視障人士的同理心。完成步行後，參加者返回心光參與嘉年華的精彩表演及活動。

本屆心光傲行獲劉鑾雄慈善基金慷慨贊助，並獲太陽娛樂文化有限公司、東日物流(香港)有限公司、旭日國際集團有限公司、本英工程有限公司、東華三院、加拿大帝國商業銀行、KT Concept等機構、合作伙伴及各界善長的支持，共籌得約港幣140萬元，將為視障人士提供更優質和多元化的服務。

心光熱切期待2020再與各界攜手做澤社群！

Ebenezer Walk with Pride 2019 was successfully held on 8 December 2019. With the concerted efforts of all members of Ebenezer, our guests and about 500 participants, all had a great time. We were delighted to have Professor Sophia Chan, JP, Secretary for Food and Health, Mr Ricky Chu Man Kin, Chairperson of the Equal Opportunities Commission, and Ms Chan Hoi Wan, Executive Director of Chinese Estates Holdings Limited to be our officiating guests. Famous artistes William So and Jinny Ng also attended the event to help raise funds and public awareness to support the visually impaired.

Professor Chan expressed her appreciation for the efforts Ebenezer has been putting in helping visually impaired people to overcome their disabilities and strive for the best. She also encouraged employers to give opportunities to VI people. Mr Chu was impressed with the determination and perseverance of VI people in pursuing the life they want. After the ceremony, participants started the walk and some blindfolded to walk a short path to experience walking without sight. Participants then returned to Ebenezer School to enjoy the performance and activities at the Ebenezer Carnival.

We thanked the Joseph Lau Luen-hung Charitable Trust for sponsoring Ebenezer Walk with Pride 2019 and the support from corporate sponsors Sun Entertainment Culture Limited, ESA Logistics (HK) Co., Early Light International (Holdings) Limited, Pun Ying Engineering Company Limited, Tung Wah Group of Hospitals, CIBC, KT Concept, etc., as well as partners, and all the donors. The event has raised around HK\$1.4 million to further enhance the services for the visually impaired.

Ebenezer is looking forward to joining hands with the community and continuing to nurture pride for a better world.



與嘉賓合照 (左至右: 施米高先生、潘明蘭女士、吳若希女士、祁院長、陳海韻女士、李森先生、關惠女士及朱敏健先生)
Photo with guests of honour (Left to right: Mr Michael Scales, Ms Madeline Green, Ms Jinny Ng, Dr Alice Yuk, Ms Chan Hoi Wan, Mr Roger Nissim, Ms Angelina Kwan, and Mr Ricky Chu)



陳局長在副主席施米高先生陪同下蒙眼步進會場
Accompanied by Deputy Chairman Mr Scales, Professor Chan walked blindfolded to enter the stage



向嘉賓致送紀念品 - 吳若希小姐(左4)、朱敏健先生(左5)、陳肇始教授(右6)、陳凱韻女士(右4)、蘇永康先生(右3)
Presenting souvenirs to the honouree guests - Ms Jinny Ng (4th left), Mr Ricky Chu (5th left), Professor Chan (6th right), Ms Chan Hoi Wan (4th right) and Mr William So (3rd right)



心光舊生、學生及外讀生擔任活動司儀
Ebenezer emcees trio (alumna, student and integrator)



心光傲行2019起步大合照
Group photo before embarking on the Walk with Pride 2019



導盲犬在水站補水
Guide dog having water break



義工協助嘉年華遊戲攤位
Volunteers helping at the Ebenezer Carnival



感謝民生書院的學生身體力行支持心光
Thank you for the support of students from Munsang College



聖誕老人駕光臨心光
HO! HO! HO! Santa Claus is coming to...EBENEZER!

「2019心光傲行」
各獎項的得獎者：
Winners of
Ebenezer Charity Walk

個人最高籌款額 Top Fundraiser Award
學生最高籌款額 Student Top Fundraiser Award
小組最高籌款獎 Top Fundraiser Award
機構/企業最高籌款獎 Top Fundraising Group Award
最踴躍參與團體獎 Most Active Participating Group Award

Ms Elaine Ho
方熙雯 同學 (Student Hailey Fong)
林詠滢 同學組 (Lam Wing Hei Student Group)
眾望教會 (Hope for All Church)
眾望教會 (Hope for All Church)

「有作為」企業及社區夥伴聚會暨感恩音樂會2019

心光「有作為計劃」項目經理涂淑怡姑娘及心光學校舍監曹永莊姑娘

感恩有您同行

10月19日(星期六)·心光「有作為」計劃順利舉行《「有作為」企業及社區夥伴聚會暨感恩音樂會》。是次活動目的是向支持「有作為」的夥伴(包括商界、義工、慈善投資者、社企夥伴、校友、家長及心光同工等)獻上衷心的感謝。

我們很榮幸邀得行政會議召集人陳智思先生, GBS, JP擔任是次活動主禮嘉賓, 並頒發感謝狀予支持「有作為」計劃的企業及社區夥伴機構。陳先生致辭時表示很欣賞及支持「有作為」計劃的理念, 認為計劃所提供的職前培訓和輔導等支援對視障青年準備投入職場十分重要。他認同視障青年的能力, 強調他們的發展不應該被缺陷所限。同時亦鼓勵社會及企業多參與支持, 給予視障人士就業及發展機會, 讓他們盡展所長。

除了嘉賓分享和音樂表演外, 為了跟八十多位來賓打成一片, 我們悉心設計有趣的體驗活動, 藉以傳揚包容、接納及共融的訊息。活動中, 來賓反應十分熱烈。他們合作解讀點字, 在不斷的嘗試和努力下, 終於成功拼出答案! 目前社會經濟面臨困境及挑戰, 我們更希望與社會各界並肩同行, 在艱難時刻緊密合作, 謹守崗位, 為社會重燃希望。



與一眾嘉賓拍照留念 Group Photo



《樂與傲》視障音樂人專業培訓計劃學員表演
Music Performance by visually impaired musicians of MUSIC X PRIDE Programme



行政會議召集人陳智思先生與林主席、郁院長合照
Mr Bernard Chan with our Chairman and CEO



信和酒店經理郭維怡小姐分享聘請視障人士的經驗
Ms Melanie Kwok of Sino Hotels shared the experience of employing VI youth



眼睛健康基金總幹事盧穎琳小姐和助理項目主任黃美玲小姐分享聘請視障人士的經驗
Eye Fund Executive Director Ms Ivy Lo and Assistant Project Officer Ms Wong Mei Ling shared their experience of employing VI youth



自由交流時間
A great networking opportunity



「有作為」計劃項目主任嚴俊傑先生向來賓介紹點字
Project WORKS Officer Mr Willis Yim introduced braille to the audience

Project WORKS Corporate & Community Partnership Gathering cum Gratitude Concert 2019

Project WORKS Corporate & Community Partnership Gathering cum Gratitude Concert 2019 was held successfully on 19 October. We took the opportunity to express our heartfelt gratitude to the community partners of Project WORKS, including corporates, volunteers, philanthropic donors, social enterprises, alumni, parents and fellow colleagues, for their profound support.

It was a great honour to have Mr Bernard Chan, GBS, JP as the officiating guest of the event, who presented certificates of appreciation to the corporate and community partners which spared no endeavour in supporting Project WORKS. In the speech delivery session, Mr Chan showed his appreciation and support to the vision of Project WORKS. He articulated the importance of the support provided to the Visually Impaired (VI) youths. He also acknowledged the capability of the VI youths and emphasized that their achievement shall not be restricted by their disabilities. In the meantime, he made an appeal to social enterprises for a higher level of participation, so as to facilitate VI youths' employment and development.

Apart from the guests' sharing and musical performances, the colleagues and volunteers of Project WORKS designed various fascinating experiential activities, promoting social inclusion, acceptance and harmony as part of the concert. The guests worked together to decode the Braille words, which was a challenge to them but after some trials, they eventually solved the riddle. Indeed, in the face of the current plight, we hope to work with the community to play our roles and reignite hope in the society.

Ms Shirley To, Project WORKS
Ms Stella Cho, Ebenezer School

黑麻麻煮飯仔

心光「有作為」計劃 佃小帆先生

片片白雲，陽光偶爾從間隙照射進來，Cedar Workshop能否有新突破？未來的發展路向何去何從？煩惱之際，忽然一個念頭閃進腦海中——「黑暗中煮食」。幾經籌備，「黑麻麻煮飯仔」就此誕生。

由最初憂慮參加人數不足，到電視台到來拍攝，及至有Blogger和家長主動為我們宣傳，一場又一場活動成功舉辦，奠定了這個活動的根基，也慢慢建立起一班家長對我們的信心。小朋友們的反應、家長的笑聲、大家戴上眼罩後的迷惘，及至脫下眼罩後的驚訝，都讓工作人員感到欣慰和喜悅。很多次活動完結後，整個人疲憊不堪，但同時又很想了解參加者在問卷上給予的評價，或在WhatsApp告訴我們小朋友玩得多開心、活動多有教育意義……這一切一切就是過去四個月「黑麻麻煮飯仔」的心路歷程。隨著中秋篇的圓滿結束，「黑麻麻煮飯仔」會與大家暫別，隨之而來是一個又一個新構思，包括聖誕薑餅人計劃及不同主題的體驗活動。



與NOIR kitchen參加者拍照留念
Group photo of all participants of NOIR Kitchen



學家人一起造月餅
Making mooncakes with family members



聖誕薑餅人@松心體驗
Christmas cookies @CEDAR Workshop

行向新希望 - 美好記憶

行向新希望學員 朱苓君(理工大學國內交流生)

在此，非常感謝香港理工大學的學生發展和資源中心代為邀請心光學校定向行走老師，並感恩心光學校舉辦「行向新希望」計劃，協助視障人士能獨立和自信行走，以應付日常生活。心光學校的老師們十分專業和有愛心，有幸遇上兩位定向行走老師——方天大老師和魏安娜老師。他們不但富經驗，且耐心地教導我。首次訓練，他們先讓我熟悉教學樓與宿舍附近一家超市的定位和路向，以應付平日生活所需。及後，他們知道我想在港檢查眼睛，便為我設計了前往兩家眼科診所的路線。第三次訓練，魏老師帶我參觀心光學校，向我介紹心光機構「有作為計劃」及其工作。

心光學校真漂亮，鳥語花香。我不但體驗了體育設施，還參觀了視藝室。那裏有可觸摸的美術作品，包括半立體繪畫、3D打印模型、陶瓷茶壺等，我無法想像視障學生是如何製作這些作品的！回程時，魏老師教我如何前往理工大學附近的重要設施，如港鐵站。課程中，我學會了如何往附近的超市買水果，如何煮雞蛋和使用微波爐。我不僅獲得了知識，贏得了友誼，也在這裡得到鍛煉和自我成長！



左至右：方老師、朱苓君(來自上海的理大交流生)、魏老師
left to right: Mr Fong, Zhu Ling Jun Bonnie, (PolyU exchange student from Shanghai), Ms Ngai

NOIR Kitchen

As I was pondering what could be the next step for Cedar Workshop, the idea of NOIR Kitchen occurred to me and this idea eventually became reality last May.

In the beginning, we were worried about how to promote it or whether the event would be of anyone's interest. Thankfully, the event was widely promoted through the word of mouth by our participants, bloggers and a TV programme. The participants responded that NOIR Kitchen was fun, educational and inspiring, which greatly encouraged our facilitators. The last mid-Autumn festival marked the farewell of NOIR Kitchen but also the beginning of initiatives such as Christmas cookies and other thematic experiential programmes.

Mr Calvin Tin
Project WORKS



Ebenezer Walk with Hope - A Beautiful Memory

Firstly, I would like to thank the staff of the Hong Kong Polytechnic University (PolyU) Center for inviting the teachers from Ebenezer School to support my study at university. I also thank the teachers of Ebenezer's Walk with Hope Programme, who are devoted to helping visually impaired people to live more independently and confidently in Hong Kong.

The teachers of Ebenezer School are really professional and kind. I am pleased that Fong Sir, a prominent expert in Orientation and Mobility (O&M), and Miss Ngai, also a kind and experienced teacher, came to my university to have training with me.

During the first training session, they led me to familiarise with the buildings in PolyU and my hostel, then took me to a supermarket near my dormitory. They heard that I would like to have my eyes inspected in Hong Kong and therefore Miss Ngai taught me the way to two optical clinics in the second session. In the third session, I visited Ebenezer School with Miss Ngai, who introduced the non-profit organization and its services to me. The school is really beautiful and lovely. I played the piano, played on the swings and used other sports facilities there. I also visited the only Art Room for visually impaired children in Asia. There are various kinds of colourful tactile artworks, including paintings, 3D printing models, ceramic teapots and so on. They were so delicate that I could not imagine how the students made it! On the way back to my university, she showed me how to get to some important facilities in the city, such as the MTR stations and grocery stores.

Ebenezer helped me adapt to my study life at the PolyU. I learned how to buy fruits in the supermarkets, boil eggs and use the microwaves in my dormitory. I gained not only knowledge but also friendships. I am really glad to have this wonderful experience!

Ebenezer Walk with Hope service user
Zhu Ling Jun, Bonnie

122週年院慶 心光護理安老院 楊陳彩虹主任

2019年10月12日(星期六)下午2時30分，心光護理安老院122週年院慶假座心光學校禮堂舉行。出席嘉賓包括機構代表、義工團體、院友、家屬等，約120人。當天，我們很榮幸邀得101歲院友梁玉蘭與94歲院友陳桂華聯同郁院長、楊太一同進行切蛋糕儀式。是次院慶安排了很多精彩的節目，先由職員們陪同院友及院友兒子獻上美妙樂曲；接著「心光學堂」上場，17位院友穿上戲服，粉墨登場表演太極扇舞，並贏得大家不少掌聲。最後，我們頒發紀念品予「好人好事」獎勵計劃的院友。

122nd Anniversary Celebration

The 122nd Anniversary Celebration was held on 12 October 2019. Over 120 guests and residents attended. Birthday cake-cutting ceremony was hosted by our residents, Madam Leung, aged 101 and Madam Chan, aged 94, accompanied by Dr Yuk and Mrs Yeung. There were some entertaining performances including singing by a resident and her son and a traditional "Tai Chi Fan" dance by 17 residents and volunteers. We also presented souvenirs to the residents in the Good Neighbour Recognition Ceremony in recognition of their efforts in exercising regularly and doing the voluntary work.

Mrs Rainbow Yeung
Superintendent
Ebenezer Care & Attention Home



院友梁玉蘭、陳桂華聯同郁院長、楊太切蛋糕
122nd Anniversary Celebration



心光學堂太極扇舞
Tai Chi Fan dance

專業發展日 心光學校 黎衍善老師 Staff Development Day Ms Lai Yin Sin, Ebenezer School

30/9 專業發展日活動一覽 Summary Table of PD Programme on 30 September

香港保護兒童的概況及如何辨識懷疑虐兒個案

Overview of child protection in Hong Kong and how to identify suspected child abuse cases

心光學校
Ebenezer School

香港保護兒童的法例、危機評估及跨專業合作

Laws protecting children's rights, crisis assessment and cross-professional collaboration

明愛「愛與誠」綜合性教育計劃—與兒童及青少年「談性說愛」

"Talking about sex" with children and teenagers

「學習進程架構」工作坊 "Learning Progression Framework" workshop

學與教委員會—教學技巧交流 Academic Affairs Team : Sharing on Teaching & Learning

言語治療師—餵食技巧講座 Speech Therapist : "Feeding skills" workshop

音樂治療工作坊 Music Therapy workshop

職業治療師—安全使用活動椅 Occupational Therapist: Safe use of stool on casters

心光恩望學校
Ebenezer New Hope School



致送感謝狀予明愛「愛與誠」綜合性教育計劃李郭筱文社工
Presenting a Certificate of Appreciation to Mrs Maria Li, Social Worker of Caritas'Love & Chastity' Comprehensive Educational Program



防止虐待兒童會吳偉儀社工分享工作經驗
Mr Peter Ng, Social Worker of Against Child Abuse, shares his experience in child protection.



嚐試食物的質感
Staff members tasting different food textures



音樂治療師展示演奏表演
The Music Therapist demonstrates how a performance is carried out in Music Therapy

心光學校 Ebenezer School



與挪威國際學校學生每月交流
Interacting with students of Norwegian International School



學生們投票選學生會幹事
Students are voting for the ex-co members of Students' Union



學生在「親自主理餐」預備早餐
Students are preparing breakfast



學生透過畫作爭取第一次飛行體驗機會
Student is getting her first flight experience through her painting



學生與《天天加油站》音樂劇演員交流
Students chat with the musical actors



宿舍年終感恩晚會 Thanksgiving Dinner of Boarders



學生運用多種感官欣賞畫作
Student using different senses to appreciate paintings



展能組學生體驗乘坐電車
Students are taking the tram



學生探究物件的浮沉原理
Students explore the principle of floating objects



合唱團獲邀於匯豐銀行總行大廈演出
Ebenezer Choir invited to perform at HSBC headquarters



同學組織生涯規劃義工活動
Integrative volunteer service



學生透過藝術活動反思使用互聯網的習慣
Students reflect on the habit of using the Internet through art

「有作為」計劃 Project WORKS



為政府部門舉辦共融工作環境工作坊
Inclusive Workplace Workshop for Civil Servants by Cedar



為難民團體舉辦基礎中文班
Cedar's Chinese tutorial class for refugees



視障音樂人專業培訓計劃課堂
Music X PRIDE training session

福音事工與校友 Christian Ministry & Alumni



姊妹組參觀大館 Sisters' Fellowship visit Tai Kwun



福音事工部及宗教推動組培訓
Staff Development session of Christian Ministry & Religious Education colleagues



莫志傑牧師於校友聖誕崇拜分享訊息
Rev. Paul Mok leads the Alumni Christmas Service



義工培訓 - 教授定向行走技巧
O&M training for volunteers

心光恩望學校 *Ebenezer New Hope School*



感謝回聲谷傷健團契十三年來對宿生的關愛
We thank the 'Echo Valley Evangelistic Association for the Handicaps' for 13 years of love and care for our boarders



參觀香港太空館—我是小小太空人
Visit to the Space Museum – I am an astronaut!



水療小組
Hydrotherapy Group



製作冰皮月餅賀中秋
Let's make a snowy mooncake for Mid-Autumn Festival!



L'OCCITANE贊助盲人轉導會到校為學生驗眼
L'OCCITANE sponsored the students' eye examinations at school by the Hong Kong Society for the Blind



特殊奧運會滾球比賽測試日
Bocce Competition Trial of Special Olympics



園藝治療 Horticultural Therapy



仲夏嬉水
Playing with water in summer



結業禮舞蹈表演
Dance performance at the Graduation Ceremony

心光幼兒中心 *Ebenezer Child Care Centre*



院內聖誕報佳音活動
Christmas caroling



幼童與家長一起製作紙火車，比賽門快往終點
Go! Go! Go! Go to the destination on a paper train!



幼童在夏日享受玩水的樂趣
Let's enjoy some fun water activities in summer!

心光賽馬會視障幼兒支援服務中心 *Ebenezer Jockey Club Early Intervention Centre*



幼童及家長參與一年一度的畢業典禮暨重聚日
Children and parents participated in the annual Graduation Ceremony cum Reunion



主流幼稚園學生參與視障體驗
Experiential activity of being a visually impaired person

心光護理安老院 *Ebenezer Care & Attention Home*



院友獲贈暖水壺
Our residents happily receive the vacuum bottles contributed by a donor



狗醫生探訪 The visit by Dr Dog

齊創健康校園

心光恩望學校 護士主任 鄭艷春姑娘

過去二十多年，本人致力於非牟利機構工作，服務對象包括身體殘障、智力發展遲緩及成人視障人士等，因此本人有信心能評估學生的需要，以作出適切的照顧。

兒童要建立良好的身心發展，必先擁有強健體魄，故全面的防感染措施不容忽視。另外，學校需與社區緊密聯繫，才能制訂適切的措施。因此本校參考了醫院指引，制訂了新的三級制(常規、戒備、嚴重)防感染應變措施，在環境消毒、隔離設施、職員和學生疫情通報及防感染培訓方面均設清晰指引，並重建隔離專用房間，讓患病學生能在獨立和寧靜空間休息，務求讓所有人士能安全地踏進校園，健康地步出學校。



護士主任鄭艷春
Cindy Cheng, Nursing Officer



防感染測量 Infection control measure

Healthy School, Healthy Life

With more than 20 years of work experience serving people with different physical or intellectual disabilities, I am confident that I can accurately assess and cater to the needs of the students in Ebenezer New Hope School.

To develop a healthy body and mind, all-round infection control is of paramount importance. The school has introduced a set of 3-stage (regular, alert, serious) infection control response measures with reference to the hospitals' guidelines. All the students and staff members follow the guidelines on environmental disinfection, isolation facilities, disease reporting and infection control. We have also renovated a new quarantine room to allow sick students to rest quietly. We are committed to providing a safe and clean learning environment for our students.

Ms Cindy Cheng, Nursing Officer
Ebenezer New Hope School



重建的隔離專用房間
The newly-renovated quarantine room



感染控制級別 Infection control stage

閱讀推廣

心光恩望學校 黎德貞老師

為了培養學生的閱讀興趣及習慣，以及推動校園的閱讀風氣，我們每星期均設閱讀小組，讓學生閱讀不同主題的書籍，擴闊學生視野。

另外，本校在禮堂增設流動閱讀車，讓學生在午休時可自行借閱圖書。晚上亦設有伴讀時間，由宿舍家長陪同宿生一起閱讀書籍。

此外，圖書館每年也會購買不同類型及主題的圖書，如：點讀筆圖書、發聲圖書、觸感圖書等，以照顧不同視障程度的學生需要。本年度，本校更增設網上閱讀平台，讓學生閱讀實體書外，也可運用電子媒介進行延伸閱讀，讓閱讀氣氛能遍佈校園每一角落。

Promoting Reading

In order to develop students' reading interests and habits, we organize a reading session every week. A mobile library car is set up for students to borrow books during the lunch break. We have also set up a Buddy Reading programme at the dormitory for boarders to enjoy reading with their houseparents.

Besides, we have purchased different types of books for the library, such as Easy-Read books, audiobooks and tactile books to meet the needs of students with different levels of visual impairment. In addition, we have established an online reading platform this year for students' extended reading.

Ms Lai Tak Ching
Ebenezer New Hope School



晚上設伴讀時間，由宿舍家長陪同宿生閱讀書籍
The boarders enjoy buddy reading with their houseparent at the dormitory.



學生參與閱讀小組，共享閱讀樂趣
Students enjoy reading together with classmates during the reading session



學生到圖書館借閱圖書
Students borrow books from the library



學生在禮堂的閱讀車借閱圖書
Students borrow books from the mobile library car at the school hall

華永會年度慈善捐款

心光恩望學校 副舍監 鄧轉姑娘

承蒙 華人永遠墳場管理委員會去年捐助十萬零九百元予心光恩望學校，宿舍部購買了一部流動吊機和更換了防蚊紗網。

其中一名受惠的輪椅宿生志偉，他爸爸衷心感謝華永會對學校的捐助和支持。自添置流動吊機後，兒子在轉移位置時更輕易及安全，也保障了職員的安全。此外，更換防蚊網後，成功隔絕蚊蟲，減少宿生被蚊蟲叮咬；不單保障了宿生的健康，也提昇了環境衛生及生活品質。



華人永遠墳場管理委員會
The Board of Management of the
Chinese Permanent Cemeteries



流動吊機讓宿生在轉移位置時更安全及舒適
The electric mobile hoist enables a more effective
and safer way of transferring wheelchair-bound students



防蚊網提昇了宿生的健康及生活品質
The replacement of sliding mosquito screens helps
keep flying pests away and prevent mosquito bites

Annual Donation granted by Board of Management of Chinese Permanent Cemeteries

With the donation of \$100,900 from the Board of Management of the Chinese Permanent Cemeteries, the boarding section of Ebenezer New Hope School purchased an electric mobile hoist and replaced the broken mosquito screens.

Father of Chi Wai, one of the wheelchair boarders, who benefits from the newly purchased electric mobile hoist, expresses his sincere and heartfelt gratitude to BMCPC. The electric mobile hoist enables a more effective and safer way of moving his son and all the wheelchair-bound students to different positions according to their daily needs. Also, the replacement of broken sliding mosquito screens over all windows helps keep flying pests away and lowers the chance of mosquito bites. It reduces the chance of itchy sores allowing bacteria to cause infection and safeguards the health of our boarders.

Ms April Tang
Ebenezer New Hope School

2019高分猛龍越野跑 心光學校 蔡梓培老師

9月28日，我校兩位老師帶同兩名學生組隊參加由香港傷健共融網絡舉辦的「2019高分猛龍越野跑」。這項賽事設有傷健組別，藉此宣揚傷健共融的理念。賽事路段橫跨金山、針山、草山和大幅山，全程20.5公里。

兩位參賽學生分別是全失明的林桂鴻和中度低視的鍾吳，他們參賽時面對著不同的困難。暑假期間，我們進行了兩次訓練，好讓學生熟習路線。桂鴻下山時會比較困難，因石級的闊度和高度不一，加上兩側沒有欄杆，他必須緊握老師的手臂，一級一級地下山，需要高度的專注力。鍾吳因山徑與地面的顏色接近而容易造成意外，所以他必須緊貼老師的步伐，才能完成賽事。

比賽當日，我們得到不少隊伍的鼓勵，鬥志激昂。經過數次上坡下坡的路程，體力已消耗不少，但大家仍繼續堅持和彼此鼓勵。最後，經過8小時45分鐘的努力，我們終於到達終點。這次比賽對老師和學生都是一段難忘而美好的回憶。

Go Fun Fearless Dragon Trail Run 2019

Two students and two teachers teamed up to participate in "Go Fun Fearless Dragon Trail Run 2019". The route crossed Golden Hill, Needle Hill, Grassy Hill, and Tai Mo Shan, with a total length of 20.5 km.

We conducted two training sessions to help students familiarize with the route. The two students were Max Lam, who is totally blind, and Adrian Chung, with moderate low-vision. The rocky path made it difficult for Max to go down the mountain so he had to hold on to the teacher while maintaining high concentration. Adrian also had to follow the teacher closely as it was hard for him to distinguish between the path and the surrounding surface.

On the day of the event, we received encouragement from other teams along the way. We felt exhausted after several rounds of climbing up and downhill. We encouraged each other and persisted despite the fatigue. We completed the hike after 8 hours and 45 minutes. This trail run was a truly memorable experience.

Mr. Choi Tsz Pui
Ebenezer School



師生準備起步
We were ready to start



幾經艱苦登上針山
We mounted the Needle Hill



終於登上大幅山！
We finally mounted Tai Mo Shan



到達終點後，大家舉起完賽獎項，拍照留念
We were given a prize after completing the competition

愛心送暖行動2019

心光學校 蔡梓培老師

為了增加學生的社會服務機會，本校學生參與了由香港精英運動員協會舉辦的「愛心送暖行動」，為獨居長者及低收入家庭送上關懷及溫暖。

學生透過是次活動學習如何向人傳遞關懷與愛心，他們在週末假期的早上包裝物資和進行探訪，參與的家長和學生各司其職，細心包裝福袋。學生們探訪了數位獨居長者，學生起初較害羞及靜默，不敢主動與長者交談。適應過後，他們都能主動關心長者們的生活和身體狀況，並送上親手製作的福袋，相處得樂也融融。



學生細心包裝和檢查福袋內的禮物
Students carefully pack the gifts

"Together We Care 2019"

We participated in "Together We Care" organized by the HKEAA to provide care for the elderly living alone and low-income families. It was a precious opportunity for our students to serve the community.

Through this activity, students learned how to express care as well as to pass on the love and care they have received. Students spent the two-day holiday packing gifts and visiting different families. The students were shy and quiet at first, but after some time they became more relaxed. They started to really enjoy chatting with the elderly and were concerned about their living and health.



師生和家長帶同福袋探訪長者
Parents and students bring gifts for the elderly

Mr Choi Tsz Pui
Ebenezer School

白杖日暨學校旅行

心光學校 許永強老師

2019年10月11日，是我校白杖日活動暨秋季旅行的大日子，我們全校師生聯同五十多位HKU SPACE學生義工，分為五組。按設定的不同路線，乘搭不同種類的交通工具，從心光學校出發到大埔林村的樹屋田莊。

各組別抵達樹屋田莊後，便進行分組活動。同學們在義工的帶領下，參與各種充滿挑戰性的活動，既開心又刺激。我們在田莊內午餐後，便在樹屋拍大合照，最後懷著依依不捨的心情乘搭旅遊巴回學校。在此，我們非常感謝HKU SPACE師生既出錢又出力，替學生準備了一個美好的白杖日活動暨秋季旅行。



團隊合作體驗活動
Teambuilding activity



學生乘坐公共交通工具前往目的地
Students travel to the Tree Top Cottage by public transport

School Picnic in celebration of White Cane Safety Day

We had a school picnic in celebration of the White Cane Safety Day on 11 October with the help of more than 50 student volunteers from HKU SPACE. The students, teachers and volunteers were divided into five groups and took different routes and means of transport to go to Tree Top Cottage in Tai Po.

The students had much fun playing on the exciting and challenging facilities at the Tree Top Cottage. After lunch, we had a group photo at the treehouse before we headed back to school. We were very grateful to the teachers and students of HKU SPACE for their effort in preparing this wonderful picnic for us.

Mr Hui Wing Keung
Ebenezer School



大合照 Group photo

29/8 香格里拉月餅製作班

心光學校 蔡梓培老師

暑期期間，二十多名學生和家長在九龍香格里拉大酒店參加親子月餅製作班。月餅班由酒店主廚和廚師們親自教授，他們逐步教授學生和家長如何製作月餅。學生們都很專心地跟從每個步驟和指示，家長則從旁協助，氣氛融洽溫馨。

每位學生都十分投入地與父母或老師製作獨一無二的月餅。因為學生們平日甚少使用廚房設備，而部分學生更是第一次與家人一起製作食物，所以他們都非常難忘。完成製作後，學生們把月餅帶回家，與家人分享他們的成果和喜悅。



學生和家長一起親手製作月餅
Students and parents worked together to make mooncakes

Mooncake Making Class at Kowloon Shangri-La

Over 20 students and their parents attended the parent-child mooncake making class at Kowloon Shangri-La Hotel prior to the mid-Autumn festival. The hotel chefs patiently taught us how to make mooncakes step by step. The students paid attention to every detail and were able to make some beautiful mooncakes with their parents. Some students rarely entered the kitchen; some even made food for the very first time and so it was a memorable experience for them. The students happily took their mooncakes home and enjoyed the mid-Autumn festival with a unique flavour.

Mr Choi Tsz Pui
Ebenezer School



學生和家長與酒店廚師、職員合照
We took a photo with the hotel chef and staff

馬會主席及遴選會員蒞臨EIP中心

心光賽馬會視障幼兒支援服務 郭綺雯姑娘

8月23日，香港賽馬會董事局主席周永健博士及多名遴選會員蒞臨本中心。當天時間緊湊，嘉賓用了約1小時參觀，並十分欣賞本中心多年來在視障幼兒服務方面的貢獻。在交流分享時間，一名家長帶同幼兒分享個人經歷，使大家體會到視障幼兒家長的心路歷程及明白早期介入的重要性，大大增加嘉賓們對大腦性視障的認識。最後，嘉賓們參觀了不同的房間的設備及訓練器材，留下深刻的回憶。

Hong Kong Jockey Club Voting Members' Visit to EIP

The Chairman of the Hong Kong Jockey Club, Dr Anthony W K Chow, SBS, JP and Jockey Club's Voting Members visited EIP on 23rd August. The guests appreciated Ebenezer's ongoing support and contribution to visually impaired children and their families. The parent's sharing raised the guests' awareness of Cortical Visual Impairment and the importance of early intervention. The guests were also introduced to the design of the training rooms as well as the training equipment and tools. With knowledge comes understanding, we will continue to educate the public about VI children's needs.

Ms Kwok Yee Man

Ebenezer Jockey Club Early Intervention Programme



感謝馬會致送紀念品予本中心
We thank HKJC for the souvenir



職業治療師介紹訓練器材及房間設備
The occupational therapist introduces the training tools



馬會主席及遴選會員一同了解EIP服務及最新統計資料
Project Manager presents the EIP service and current statistics

我慶幸能活在這個年代

心光畢業生 練子諾 (中文大學政治與行政學系第二年)

我很感恩過去數年得到心光老師的支持和協助，終於在去年獲中文大學社會科學院取錄。回想放榜後的日子，興奮之餘，更多的還是緊張，對於我這個多慮的人而言，並不足為奇。我擔心自己不適應新環境，追不上一般同學的進度，不能像其他同學一樣投入大學生活……還有很多，總之就是不安。經過一段適應期後，我發現原來大學就是社會的縮影，一千個學生可以有一千種生活方式和讀書態度，不必與人比較。與其緊張，不如學習享受和善用我所擁有的機會，探索自己在學術上的興趣，亦趁著這幾年時間好好認識和裝備自己。

幸好中大的支援服務很全面，讓我不需花很多時間在銜接上。在學校，不單有部門職員提供的協助，還有學生義工隊。除了與他們的定期聚會，我亦可隨時聯絡他們，例如：協助我在中大偌大的校園中四處遊走、協助網上選科，當然我亦會向他們「打探」應否選修某些教授或講師的課等。逐步熟習大學生活後，我亦開始報讀一些主修科以外的課程，如德文和神學。碰巧崇基學院校牧室首推名為「基督徒領袖訓練計劃」的活動，參加者能在暑假遠赴以色列考察，我不假思索便立即報名了。

首年，我的大學生涯過得豐盛多彩，總結一下，這一整年卻遠遠不及2019年6月至今我所得著的多。《我慶幸能活在這個年代》——借用中大周保松教授的書名，2019年6月至今仍是香港一個黑暗的黃金時代。我希望不論世事如何變改，自己也能保持赤子之心及堅守信念，也祝願每個香港人能平安度過這紛亂時期。

Glad to Live in This Place, at This Time

It was a blessing to be admitted to the Chinese University of Hong Kong where I major in Government and Public Administration. I would like to take this opportunity to thank the teachers from Ebenezer School and St. Paul's College for their support and encouragement throughout my secondary school years. Time flies. It has been my second year at CUHK. I still remember how complicated I felt after the DSE and JUPAS results were released. Instead of feeling excited, I was rather preoccupied with anxiety about the uncertainties of my new chapter. I was worried that I couldn't catch up with the schoolwork and enjoy my U-life as much as normal students do. But then I realized that University is a microcosm of a pluralistic society and we learn to adapt to each other's unique learning attitude and lifestyle. So instead of worrying and trying to make comparison with the fellows, I was determined to make good use of all the opportunities given to me, by exploring different areas of interest and getting to know who I am and want to become in these few years.

Thankfully, there is sufficient accommodation for students with disability in CUHK. One major difference of studying at University is having a considerable degree of freedom and flexibility. We have to plan almost everything for ourselves and bear full responsibility for our own actions. After the first semester, I applied for courses outside of my major, such as German and Theology. As for the extra-curricular activities, one highlight would be the Christian Leadership Advancement Programme (CLAP) I joined in November. The programme lasted for half a year and in May we visited Israel as a finale of CLAP.

No matter how fruitful my first year seemed to be, I would say, what I have gained and learned from the experience since this June was much more significant, perhaps the most significant in my life. As suggested by Professor Chow Po Chung in his newly published book, we are now living in a dark golden age. I hope that no matter what happens in the future, I will always have faith and can stay true to myself. May God bless all of us.



圖中為心光畢業生練子諾，左一及右一為同往以色列之旅的中大同學
Ebenezer Alumnus Curtis Lin (centre) taken with friends of CUHK
on the study trip to Israel

Curtis Lin, Alumnus
Ebenezer School



心光盲人院暨學校

Ebenezer School and Home for the Visually Impaired

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傲澤社群
Nurturing PRIDE
for a Better World



VIP 相集 Photo Gallery with Funders, Donors, Guests, Volunteers and Visitors



CEO Dr Yuk and Project WORKS Manager Ms Shirley To meet with Ms Carol Yip, Permanent Secretary for Security



Rev. Frank Ewert of HBM (centre) attends the exhibition of Beyond Vision Projects with its founder Dr Rico Chan (right)



Mr Joseph Wan (4th left) and Mr Victor Lee (centre) of DBS PTA (Primary Division) visit Project WORKS



Community Chest donors and committee members visit Ebenezer on 15 October.



Mr Peter van Zuiden on his annual November visit to HK and Ebenezer



HK Club Foundation members meet with Ebenezer directors, staff, alumni and volunteers

Acknowledgement of Large-sum Donations and Allocations

We would like to express our gratitude to The Heart Warming Fund Limited, Keswick Foundation Limited, Rusy and Purviz Shroff Charitable Foundation, The Aberdeen Marina Club, The Joseph Lau Luen Hung Charitable Trust, May and Stanley Smith Charitable Trust, K.T. Concept, Lee Hysan Foundation, Watermark Community Church Limited, The Hong Kong Racehorse Owners Association Charitable Foundation Limited, Mr & Mrs Alex Dong, Pun Ying Engineering Company Limited, Tung Wah Group of Hospitals, Dr Choi Chee Ming, William So International Foundation Limited, The Mabs Maryland Charitable Foundation, Dinshaw Sorabjee Paowalla Settlement, Ms Hui Wing Yan Yvonne, Zeus Securities Limited, Dr Louis Shih Tai Cho, Ms Cheung Yuk Shan Shirley, Ng Teng Fong Charitable Foundation Limited, Ho & Fung Charitable Foundation Limited, Chien Je Fu Benevolent Fund Limited, The Yeung Ying Yin and May Yeung Foundation, Mr Kwok Ho Lai Edward for their generous donation during August to November 2019. These funders or donors, together with those who are not on the list yet will be fully acknowledged in our Annual Report 2019-20 to be released in December 2020.

愛心奉獻@福音事工 Donation Appeal by Christian Ministry

在1897年，德國喜迪堪會Hildesheimer Blindenmission (HBM) 憑藉基督耶穌教導的愛心，委派宣教士在香港創辦了心光盲人院暨學校。而傳播福音的工作一直由德國宣教士創立的「福音事工部」負責，服務範圍包括院內的宗教活動及院外的福音事工。院內除宗教課外，還組織各個團契、崇拜及活動等。院外的福音事工，主要包括帶領校友認識耶穌基督及安排教會，同時組織團契及福音活動，探訪校友、校友生涯規劃發展、輔導、協助申請社會資源等。上述事工的一切開支，以往大部份皆獲得HBM差會資助。

隨著差會於2010年10月離開香港去為其他更有需要的國家服務後，「福音事工部」所有的經費，均全賴一眾熱心人士鼎力支持，方可承傳向校友廣傳福音的工作。在此，我們懇切誠邀各位關心視障校友需要的朋友們，一同支持福音事工，樂於奉獻以支持部門繼續營運及發展。各位對我們的捐獻與代禱，將是莫大的支持。倘若您滿心感動，願以捐款的方式支持心光盲人院暨學校傳福音的事工，請參閱本通訊附件之捐款表。

(請在此閱讀完整版 Please scan here for English version)



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