

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



2021 活動概覽
Program Highlights 2021



昔日心光通訊
Ebenezer News Past Issues

第七十二期 No.72 二〇二〇年十二月 December 2020

心光傲行 跨年感恩虛擬步行籌款

Walk with PRIDE (Virtual Walkathon)

24.12.2020 - 15.01.2021



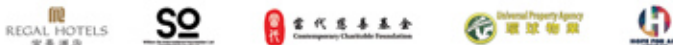
克服視障 勇闖明天

主禮嘉賓
社會福利署署長
華人置業集團執行董事陳凱韻女士
影視紅星呂良偉先生
歌影視紅星蘇永康先生

金贊助



支持機構



愛心大使
影視紅星
呂良偉先生



《心光傲行》跨年感恩虛擬步行籌款

鑑於COVID-19疫情持續，並考慮到參加者、義工及工作人員的安全，今年心光將於2020年12月24日至2021年1月15日舉行《心光傲行》跨年感恩虛擬步行籌款活動，主題為「克服視障，勇闖明天」，盼望與社會各界朋友一同攜手支持視障人士，在疫境下一起創建未來。

毋需猶豫，立即透過網上報名(用以下QR Code)參加跨年度的虛擬《心光傲行》，與親友及同事一起與視障人士同行。

Walk with PRIDE 2020-21 (Virtual Walkathon)

In view of the latest development of the COVID-19, and taking into account the health of participants, volunteers and staff, "Walk with PRIDE" will be held from 24 December 2020 to 15 January 2021 via the virtual platform. Ebenezer aims at co-creating future with the visually impaired and believes that despite challenges, VI persons can thrive and blossom beautifully.

Let's register (by scanning the QR Code on the left) for 'Walk with PRIDE' to support the visually impaired of all ages with your friends, families and colleagues!

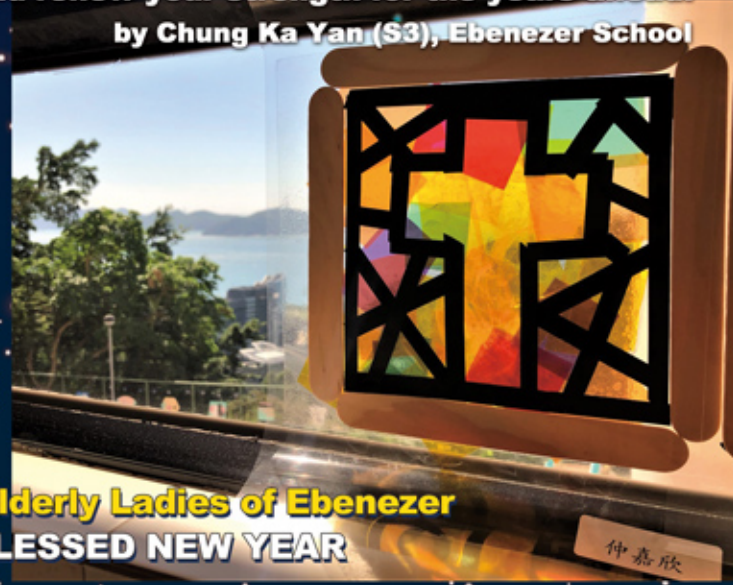
May the Lord Jesus Christ grant you peace and renew your strength for the years ahead!

by Chung Ka Yan (S3), Ebenezer School

Merry Christmas!

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



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Germany
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突破局限 傳遞共融

「有作為計劃」項目主任 嚴俊傑先生

社交距離措施拉遠了人與人之間的距離，但科技似乎又把這種距離縮短了。Cedar Workshop自今年4月開始，為中小學生和一些志願機構舉辦網上工作坊及講座，讓他們在疫情期間，仍有機會接觸和認識視障人士。

縱然隔著屏幕，但參加者的興奮程度絲毫不減。Cedar Workshop的職員會以特製鏡片遮蔽鏡頭，模擬視覺缺損的情況。為了讓參加者更投入活動，Cedar Workshop亦曾郵寄觸感點字拼圖到參加者家中，讓他們更能清楚理解視障人士的學習方式。

Cedar Workshop曾經為一所教會舉辦網上講座，當天的視障講者除了分享心聲外，還演奏鋼琴。參加者和嘉賓之間雖有屏幕阻隔，但嘉賓富有感染力的語言和琴音早已透過網絡傳遞到各人心中，使參加者彷彿親臨現場。由此可見，只要有一顆願意嘗試、開放的心，即使未能親身見面相談，亦能以言語、行動燃亮自己，點亮他人。

Breaking Limitations, Spreading Inclusion

Despite social distancing measures, Cedar Workshop has continued to work towards an increased awareness of visual impairment and promotion of positive values in the form of online workshops for primary and secondary students as well as voluntary groups since April this year.

Participants' enthusiasm remained just as strong even through the screen. In fact, we took advantage of live-streaming through the screen; by covering the camera with special lenses, we were able to demonstrate the effect of visual loss. We would also mail tactile Braille puzzles to participants prior to the workshop so that they could experience the learning process of visually impaired persons.

Once we held a workshop with a church, during which the guest speaker performed a piano recital from his home and we all listened from our own. We were still deeply moved by the performance nonetheless. Life has been hard this year but let's make the best out of every situation.

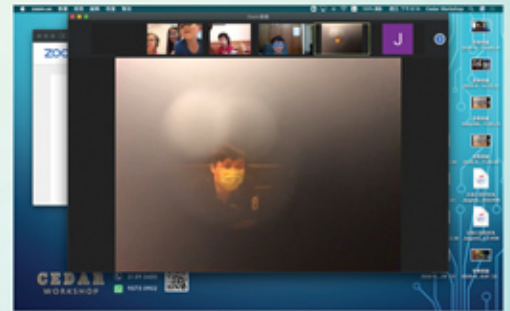
Mr. Willis Yim, Project Officer
Project WORKS



音樂生命故事分享工作坊(網上版)
Music Life Story workshop on Zoom



「松」心體驗工作坊(網上版)
Cedar Workshop on Zoom



以特製鏡片遮蔽鏡頭，模擬不同眼疾情況
To mimic the visual impairment of different eye diseases on webcam

「聖誕的盼望與愛」

— 視障音樂專才計劃聖誕音樂會

心光視障音樂專才計劃 項目主任 李健暉先生

12月19日，「聖誕的盼望與愛」音樂會順利舉行，是視障音樂專才計劃（下簡稱「項目」）在今年舉辦的第二個音樂會。與7月份的網上音樂會不同，這次音樂會於心光學校禮堂進行，並在網上同步直播。

是次音樂會的演出者全為項目的受惠學員，當中包括：心光學校及心光恩望學校的學生和畢業生，亦有數位視障童童支援計劃學生。音樂會樂曲風格多元，聽眾可以欣賞到由16世紀的聖樂作品至現代流行樂隊音樂。整個音樂會以「聖誕的盼望與愛」為主題，希望能帶領聽眾穿梭古今，感受到基督在不同時期為人們帶來的盼望與愛。

歡迎各位到「心光音樂頻道」Facebook專頁重溫音樂會盛況，亦請「按讚、留言、訂閱和分享」以鼓勵一眾努力學習的同學們！在此謹代表「視障音樂專才計劃」祝大家聖誕及新年快樂。

Music Academy Christmas Concert 2020 “Hope and Love in Christmas”

Warm greetings and Merry Christmas from Ebenezer Music Academy (The “Academy”)! The Academy held its second concert “Hope and Love in Christmas” in Ebenezer School Hall on 19 December after having our first online concert in July.

The concert featured performances by students and graduates of Ebenezer School, Ebenezer New Hope School, the Academy and the Ebenezer Resource Support Programme. The repertoire included a wide variety of music ranging from sacred and secular music of the Renaissance era (1400-1600) to modern pop music. With “Hope and Love” as the main theme, the concert took the listener on a journey on how different people experience hope and love in the Christmas season.

If you are interested in our performances but couldn't make it to the concert, you may find the recordings on our “Ebenezer Music Channel” Facebook page. Please like, comment, share and follow our page to show your appreciation and encouragement to our students.

Mr. Li Kin Fai Vincent, Project Officer
Ebenezer Music Academy



「心光音樂頻道」Facebook專頁的快速掃描二維碼。
QR code of “Ebenezer Music Channel” Facebook page



為減少演出者在疫情下聚集，音樂會部分項目預先錄影。
To reduce gathering of performers, some items were recorded earlier



音樂會綵排剪影
The rehearsal session of the concert

音樂會讓聽眾感受到基督帶來的盼望與愛。
The concert took the listeners on a journey on how different people experience hope and love in the Christmas season

暗中閃「靈」

「有作為計劃」項目主任 嚴俊傑先生

「黑暗體驗室」位於心光學校西翼地庫，是一間以體驗視障為主題的房間。在9至10月期間，Cedar Workshop的視障職員特別為心光機構各部門同事率先舉辦一系列導賞團，讓他們率先試玩，探索非視覺感官的無限可能。

「黑暗體驗室」內有大量觸覺元素的佈置。為了豐富參觀者的感受，還加添了不少聽覺和嗅覺元素。參加者在遊覽過程中會接收大量的感官刺激，考驗和挑戰他們的膽量呢！離開房間後，他們需要把過程中感受到的佈置一一列舉，看看誰人最「膽大心細」。

完成活動後，大家都感受良多。一位教師表示，他一直以為視障學生集中力強，觸覺靈敏，一定能深刻記住一切觸摸過的東西。經過這次活動，他才知道即使觸覺敏銳，亦不等於能擁有牢固的觸覺記憶。Cedar Workshop舉辦導賞團的目的，正是希望參加者通過親身經歷，加強對視障學生及其他視障人士的理解，改變固有觀念，反覆思索，發掘更多幫助視障人士的靈感。



Cedar Workshop 簡介「黑暗體驗室」內容
Cedar Workshop introduces the Dark Experience Room



各部門同事戴上眼罩及頭盔，準備就緒
Our colleagues are ready to go



機構職員正在運用不同感官探索新設的黑暗體驗室
Staff members are exploring with their different senses

Inspired in the Dark

Since the opening of the Dark Experience Room at west end basement in September, Cedar Workshop has conducted dozens of guided tours for our colleagues from various departments of the Ebenezer Agency. The sightless experience certainly brought some new insights to the participants.

The Dark Experience Room basically takes away a visitor's sense of sight. Participants will have to rely on their sense of smell, touch, hearing and taste to find their way out. It challenges people to 'look' at their surroundings in a whole new perspective and changes your perception of blindness and disability in general. We will continue organising tours for different organisations in the future to raise awareness of visual impairment and encourage inclusion.

Mr. Willis Yim, Project Officer
Project WORKS

多感官藝術空間

心光學校 蔡梓培老師

本校與Beyond Vision Projects (BVP) 合作策劃的「多感官藝術空間」於11月正式開幕，希望藉此把藝術館體驗帶進心光校園。BVP為本地非牟利機構，過往曾為世界各地的展覽注入多元感官體驗元素，提倡「共融」和「無障礙」概念。

「多感官藝術空間」設有不同的展覽，主題會定期更新，首個展覽主題為《與蒙羅麗莎的約會》。場地內除了展示可觸摸的蒙羅麗莎畫作和 6 幅由同學以《如果我是蒙羅麗莎.....》為題創作的作品外，也展示了由利希慎基金資助發展的觸感教材——觸感圖像詞彙系統。

跟一般只可遠觀的藝術館不同，「多感官藝術空間」鼓勵大家觸摸展品，用雙手去感受經典藝術，從而增加參觀者對藝術的興趣和不同文化的認識。展品運用BVP的獨有設計——「觸感-聽覺」互動系統 (TAIS)，將觸覺與聽覺結合，透過同步「觸摸」與「聆聽」，讓參觀者可以無障礙地接收影像資訊，以手和耳去享受和欣賞藝術作品。

The Multi-Sensory Art Space

In collaboration with Beyond Vision Projects (BVP), we bring the museum to the campus with the Multi-Sensory Art Space. BVP is a local non-profit group working towards social inclusion by integrating multisensory elements into art masterpieces from around the world.

The theme of the exhibition changes periodically and the current theme is Blind Date with Mona Lisa, featuring a touchable version of the Mona Lisa and 6 other beautiful art pieces titled If I Were Mona Lisa created by Ebenezer students. The exhibition also showcases an innovative Tactile Visual Vocabulary System (TVVS) developed with the support of the Lee Hysan Foundation.

Unlike other museums, the Multi-Sensory Art Space encourages everyone to touch the exhibits. By exploring the art pieces with other senses, participants can build connectedness with different cultures and cultivate their interest in art and culture. Leveraging BVP's unique Tactile-Audio Interaction System (TAIS), participants can visualise the artworks through touching and hearing so that they can enjoy and appreciate art as much as by sight.

Mr. Choi Tsz Pui, Teacher
Ebenezer School



學校與BVP合作策劃的「多感官藝術空間」正式開幕
Jointly curated by Ebenezer School and BVP, the Multi-Sensory Art Space is born



學生同時觸摸與聆聽，欣賞藝術作品
Students appreciate artworks by touching and hearing



學生示範使用觸感凸圖
The student is learning with the help of TVVS



學生正在欣賞其他同學的觸感藝術作品
The student appreciates other students' artworks

家長及學生iPad工作坊

心光學校 黎健賢老師

肺炎疫情持續反覆，大部份學校仍未能恢復全日面授課程，學生只能在家中利用不同的學習軟件進行網課，因此讓學生掌握電子儀器的運用，實屬當務之急。有見及此，本校顧及學生學習上的需要，特於本年度推行BYOD流動裝置學習計劃。長遠而言，希望能讓教師、家長及學生學會使用iPad進行電子教學及學習。為配合此計劃，本校資訊科技科聯同言語治療師、職業治療師等舉行了一系列家長和學生iPad工作坊。

家長iPad工作坊於8月順利舉行，內容主要是讓家長了解視障學生使用iPad時涉及的輔助使用設定，如：旁白功能。期望家長參與工作坊後，可於家中協助學生使用電子儀器學習，達至家校合作，提升學習效能。另外，三場「iPad智叻星」初小iPad工作坊亦已於10月圓滿結束。工作坊主要讓初小學生認識iPad的功能、學習開啟iPad及運用不同的流動應用程式。三場工作坊期間，學生都表現得十分興奮及感興趣。職業治療師亦針對同學的學習難點，利用練力膠等工具設計一系列手肌小遊戲，提升同學的雙手操作能力，讓初小同學也能在日常課堂及家中運用電子儀器學習。



初小「iPad智叻星」工作坊
iPad Talent Star Workshop



認識常用的流動應用程式
Introduction of different apps

iPad Workshop for Parents and Students

It has been almost a year but the epidemic is still far from over. Schools are once again suspended and replaced by online learning. To optimize e-learning, we have put forward the Bring Your Own Device (BYOD) scheme this year by providing an iPad for each of our students. We also organized a series of iPad workshops for the students and parents in August and October 2020.

The iPad workshops aim to improve e-learning effectiveness by helping parents understand the accessibility settings on iPad that are crucial for visually impaired users and ensuring students are familiar with the iPad operation. Other professionals at school including speech therapists, occupational therapists and technicians also looked at the special needs of individual students so that they were all able to operate the iPad. With the BYOD scheme and enhanced I.T. skills, we are well-prepared for any situation that may affect face-to-face teaching in the future.

Mr. Lai Kin Yin, Mathematics and IT Panel Chairperson
Ebenezer School



學習開啟iPad
Learning how to operate the iPad



學習使用旁白功能手勢
Learning VoiceOver gestures

2019-2020年度獎學金獎 Scholarship 2019-2020

心光學校 Ebenezer School

何玉清獎學金

Madame Ho Yuk Ching Scholarship

中文成績獎 Chinese Language Award

小二 邱卓琛 P2 Yau Cheuk Sum
小四 梁峻謙 P4 Leung Chun Hei
小五 梁健聰 P5 Leung Kin Chung
中一 陳柏霖 S1 Chen Bailin
中三 楊裕陽 S3 Yu Yu Yeung

英文成績獎 English Language Award

小二 邱卓琛 P2 Yau Cheuk Sum
小四 吳泳翽 P4 Ng Wing Chi
小六 高麒沛 P6 Kao Ki Pui
中一 方熙雯 S1 Fong Hei Man
中三 楊裕陽 S3 Yu Yu Yeung

數學成績獎 Mathematics Award

小二 邱卓琛 P2 Yau Cheuk Sum
小三 關芯祐 P3 Kwan Sum Yau
小四 吳泳翽 P4 Ng Wing Chi
小五 梁健聰 P5 Leung Kin Chung
中一 陳柏霖 S1 Chen Bailin
中二 陸建國 S2 Luk Kin Kwok
中三 楊裕陽 S3 Yu Yu Yeung

展能A組優異表現獎

High-flyer Group A
— Outstanding Performance Award
中一 區壇芷 S1 Ou Manzhi

展能B、C組優異表現獎

High-flyer Group B & C
— Outstanding Performance Award
中三 王蔚書 S3 Wong Wei Yui

品學兼優獎

Best all-round Student Award
中三 楊裕陽 S3 Yu Yu Yeung

傑出表現獎(學生)

Outstanding Achievement Award (Student)
外讀生 中四 王梓丞
Integrator S.4 Wong Tsz Shing

傑出成就獎(校友)

Outstanding Achievement Award (Alumni)
徐達明 Tsui Tat Ming

林植宣博士獎學金

Dr Lam Chik Suen Scholarship

融合生優異成績獎

Outstanding Academic Award for Integrator

小四 陳怡霖 P4 Chan Yi Lin
小五 鄭祉澄 P5 Cheng Tsz Ching

其他學習經歷最佳表現獎

Best Performance in Other Learning Experiences

(初小組) 小二 陳佳壕
(Junior Primary Group) P.2 Chen Kai Ho
(高小組) 小六 黃凱霖
(Senior Primary Group) P.6 Wong Hoi Lam
(中學組) 中三 王蔚書
(Secondary Group) S.3 Wong Wei Yui

定向行走優異表現獎

Outstanding Performance in Orientation and Mobility Training

小四 吳泳翽 P4 Ng Wing Chi

品行獎 Conduct Award

中三 區壇芷 S3 Ou Manzhi

品行進步獎 Conduct Improvement Award

中三 彭日宏 S3 Plesich Jason Thomas

韓振東先生教育獎學金

Mr. Hon Chun Tung Scholarship

謝斯敏 Tse Sze Man

香港科技大學
THE HONG KONG UNIVERSITY OF
SCIENCE AND TECHNOLOGY

楊芷欣 Yeung Tsz Yan
澳洲科廷大學 CURTIN UNIVERSITY

蔡樂詩 Choi Lok Sze
香港城市大學專上學院
COMMUNITY COLLEGE OF CITY UNIVERSITY

心光恩望學校

Ebenezer New Hope School

何玉清獎學金

Madame Ho Yuk Ching Scholarship

學習進步獎 Learning Progress Award

S 凌焯珩 Ling Cheuk Hing
A 李溢權 Lee Ho Kuen
B 李瓊蕓 Li Wai Tsun

C 呂諾擊 Lui Nok Chi

D 譚卓曼 Tam Cheuk Man

E 莊臣仲 Johnson Shin Edward

F 練已然 Lin Kei Yin

G 張心悅 Cheung Sum Yuet

品行進步獎 Conduct Progress Award

S 凌焯珩 Ling Cheuk Hing

A 余振鋒 Shue Chun Fung

B 林煒傑 Lam Wai Kit

C 郭承恩 Kwok Shing Yan Cyrus

D 譚卓曼 Tam Cheuk Man

E 史芊悠 Sze Chin Yau Andrea

F 練已然 Lin Kei Yin

G 黃靖 Wong Ching Jayden

傑出表現獎(學生)

Outstanding Achievement Award (Student)

中六 梁詠彤 S6 Leung Wing Tung

林植宣博士獎學金

Dr Lam Chik Suen Scholarship

生活技能進步獎 Life Skills Progress Award

S 徐曉弘 Tsui Hiu Wang

A 李溢權 Lee Ho Kuen

B 石志偉 Shek Chi Wai

C Kaif Hussain

D 徐穎愷 Karlsson Henrik Martin Gustav Chung

E 梁偉豪 Leung Cheuk Hin

F 劉穎妍 Lau Vienna

G 李沛希 Lee Pui Hei, Marcus

學習卓越獎(中學組)

Outstanding Learning Award (Secondary)

S 周達昌 Chow Tat Cheong

學習卓越獎(小學組)

Outstanding Learning Award (Primary)

F 劉穎妍 Lau Vienna

品行優異獎(中學組)

Excellent Conduct Award (Secondary)

S 梁詠彤 Leung Wing Tung

品行優異獎(小學組)

Excellent Conduct Award (Primary)

E 莊臣仲 Johnson Shin Edward

最佳宿生獎 The Best Boarders Award

周達昌 Chow Tat Cheong 蕭葆奇 Siu Po Ki
梁詠彤 Leung Wing Tung 王思慧 Wong Sze Wei

竹編扇子體驗工作坊

心光學校 林思玲老師

本校師生有幸獲得六廠紡織文化藝術館(下簡稱：六廠)邀請，參與該館舉辦的「竹編扇子體驗工作坊」。是次活動由六廠與破格空間共同策劃，設計一套竹編扇子教材套。教材套包含製作材料及口述影像教學影片。本校小五六學生在視藝課一邊觀看製作竹扇子的口述影像影片，一邊按照步驟動手製作。學生們把不同粗幼的竹蔑縱橫交錯地排列，把扇子編織出來，學習傳統梭織技巧，實是難得的學習經驗。學生們都十分投入活動，認真地完成作品，對自己的成果也感到很滿意。



學生欣賞製作竹扇子的口述影像片段
Students are making the bamboo fans by following the instructions on the audio-described video



學生把不同粗幼的竹蔑分類，然後用膠紙固定竹蔑
Bamboo splints are fixed with tape

Hand-woven Bamboo Fan Workshop

It is our great pleasure to be invited to the hand-woven bamboo fan workshop co-organised by Centre for Heritage, Arts and Textile (CHAT) and Breakthrough Art Studio. Our P.5 and P.6 students were provided with a material pack each to make the bamboo fan under the guidance of our Art teachers and an audio-described instructional video in the Visual Arts lessons. The students had a fruitful lesson where they learned traditional weaving techniques and created unique criss crossing patterns in their own bamboo fans using the bamboo splints provided.

Ms. Lam Sze Ling, Visual Arts Panel Chairperson
Ebenezer School



學生把扇子剪成圓形
A bamboo fan in the making



師生與作品合照
The final products by the students and teachers

從宅男到獨行俠

心光學校校友 楊恩華

對於視障人士來說，定向行走無疑是一項十分重要的技能。我初到心光學校時，所學習的第一門課程，便是定向行走。它改變了我，讓我告別「宅男」生涯，擴寬了我的生活圈，讓我有自信。至今，我已能獨立地到達香港的任何一個港鐵站或巴士站，再也不必為獨自出行而發愁。後來，我才得知，並非所有視障人士都能如此便利地學習定向行走。成人視障人士想要學習定向行走，先要往相關服務機構申請，才能有機會學習這項重要的技能。

如今，我的生活中出現了許多新挑戰，要嘗試開闢許多新的領域。因此，我對定向行走的需求也變得迫切起來。正當此時，我得知心光開展了「行向新希望」計劃，針對校外及其餘的廣大視障人士，為其量身訂做，提供一對一的專業教導，希望幫助到更多視障人士，提升他們的定向行走技巧，並縮短他們的輪候時間。每當我申請學習新的路線時，老師也要提前考察道路的環境。除了瞭解附近的交通情況外，還要選擇「醒目」的地標，為我們制定最安全和快捷的路線。由此可見，定向行走老師的工作實是十分操勞，在此我要向心光定向行走老師們致敬。雖然近期導盲犬計劃推廣在香港方興未艾，但傳統的手杖仍然是視障人士們最忠實的夥伴。有了手杖，我們才不必蝸居一室，有了教導我們使用手杖的定向行走老師，我們的生活才倍加精彩——讓視障人士打破心中的藩籬，正如項目的名稱那樣，行向生命中的新希望。

Breaking Borders

Walk with Hope is a new programme offered by Ebenezer for visually impaired people to learn Orientation and Mobility (O&M) skills. Now with this new programme in place, visually impaired adults can receive one to one tailor-made training within a shorter waiting time.

I signed up for this programme three months ago because I wanted to improve my O&M skills after having received some basic training at Ebenezer School when I first came to Hong Kong. Now I have learned how to get to different destinations independently and for that, I am grateful to my O&M instructors. I know a lot went into the preparation of my training and the training sessions could be quite tiring sometimes, but the instructor would always encourage me and keep me going.

Helen Keller once said, 'Life is either a daring adventure or nothing at all.' I think that the programme has been a nice adventure for me to broaden my horizons and gain more life experience.

Yang Enhua, Alumnus
Ebenezer School



學習定向行走令楊恩華從宅男變成陽光男孩
O&M skills have enabled Enhua to live the life he wants

楊恩華使用手杖獨自乘搭港鐵
Enhua takes the MTR with the help of the white cane



楊恩華乘坐高鐵到桂林學習二胡
Enhua takes the train to Guilin for erhu training

心光學校 Ebenezer School



學生到香港大會堂欣賞話劇《原則》
Students enjoy the drama Principle in the Hong Kong City Hall



學生學習中國象棋
Students are playing Chinese chess



學生領袖透過遊戲培養領袖特質
Leadership is developed through games



義工們協助學生穿越石澗
Volunteers are helping students cross the stream



義工以生動語言向學生說故事
Our storytelling volunteers bring stories to life



老師們帶領學生跨過陡峭的山路，邁向山頂
Teachers lead the students across the steep mountain road to the top of the mountain



心光港島徑50公里慈善步行籌款
Teachers and students take up the challenge of the 50km Hong Kong Island Charity Trail Walk



運來的嘉許禮，宿生的努力沒有白費
The boarders' outstanding performance in the past year is highly commended



戴上自製面具，認得我嗎？
With my hand-made mask on, can you tell who I am?



颱風天，一起下廚吧！
Enjoying cooking during typhoon



學習切番茄
Learning how to cut tomatoes

「有作為」計劃 Project WORKS



「松」心體驗工作坊為心光學校的學生領袖提供培訓，提升他們的領導才能
Cedar Workshop provides training for student leaders of Ebenezer School to enhance their leadership skills



由視障同事親自設計的杯墊，廣受學校及公司客戶好評
DIY coasters designed by our visually impaired staff are well commended by clients from schools and corporates



物理治療工作坊
Physiotherapy workshop



「松」心體驗工作坊同事及本校校友正在包裝聖誕曲奇餅作為義賣籌款之用
Cedar Workshop staff and our alumni are packing up the Christmas cookies for charity sales.



「姊妹組」校友到西貢旅行
The Sisters' outing to Sai Kung



在疫情緩和期間之校友茶聚
Tea gathering with the alumni

心光恩望學校 *Ebenezer New Hope School*



輪椅舞
Wheelchair dance



新成立的管樂小組
Our New Melodica Team



我爬得很快
I can crawl very fast!



水療小組
Hydrotherapy



馬鈴薯拓印畫
Potato Stamps



機械人活動
STEM robot activity



職員培訓—靜觀訓練
Staff Development: Mindfulness Training



「童」運動大使小組
Sports Ambassadors

心光幼兒中心 *Ebenezer Child Care Centre*



幼兒學習中秋節主題—畫月亮
Learning to paint the moon



幼兒學習聆聽及跟從指令聽書頁
Learning to follow teachers' instructions such as "turn the page"



吃飯前祈禱多謝天父
Saying grace before lunch



學習戴口罩
Learning how to wear and keep a mask properly

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



老師指導幼兒練習雙手協調的技巧
The teacher is training the child's hand coordination



幼兒在鞦韆上進行追視練習
Visual training performed on the swing



嚴格執行防疫措施，每節訓練後消毒課室
Classrooms are thoroughly sanitized after each lesson



明愛義工為院友剪髮
Hair cutting service



眼明手快捉蜜蜂
A fun game of bee catching

看看誰是乒乓高手
The residents enjoy ping-pong

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

展晴軒-社區為本支援服務

心光恩望學校 項目經理 雷扉焯姑娘

承蒙凱瑟克基金資助，本校於2019年9月開展為期兩年的「展晴軒—社區為本支援服務」，以持續支援準畢業生、身在社區的畢業生及其照顧者的需要。透過此計劃，視障青年能學習獨立自主及融入社區，順利踏入成人階段。

此計劃分為九個部份，社工因應參加者的能力和需要，設計個別化的「獨立生活技能訓練」、「上門家居訓練」及「社區生活技能訓練」，當中包括自理能力、煮食技巧、定向行走和社區設施運用等，鞏固準畢業生和畢業生於學校習得的技能，幫助他們將技能應用於日常生活中。

「工作技能訓練」方面，除了基本的技能訓練，準畢業生和畢業生還經營「懷舊士多」，透過售賣水果、零食和飲品予職員，實踐零售及與顧客溝通的技巧。「社交及休閒活動」方面，參加者透過參加定期舉辦的休閒聚會及遊戲，學習及應用社交禮儀和溝通技巧。「職業及物理治療訓練」方面，加強參加者對大小肌肉能力的認知，讓他們能夠在社區獨立生活。

現時畢業生缺乏社區支援，令照顧者面對龐大壓力。「照顧者支援服務」為參加者提供社工輔導服務、照顧技巧支援服務和照顧者減壓活動，藉以舒緩照顧壓力。同時，「到訪中心及宿舍支援服務」亦為畢業生適應成人日間中心和宿舍生活提供不同的支援，包括為他們提供個案管理服務、轉介合適的地區資源服務、安排照顧者參觀中心和宿舍、協調中心和宿舍與照顧者的溝通和服務期望、定期到訪中心和宿舍支援畢業生適應服務、為畢業生制定行走路線及中心職員培訓。「社區教育活動」方面，社區人士透過定期舉辦的義工共融活動，增加對視障及智障人士的認識，達致社區共融。

Community-based Support Services

With the generous support of Keswick Foundation, we launched the Community-based Support Services in September 2019. The two-year community inclusion project aims to support the needs of our pre-graduates, graduates and caregivers. It also helps our VI youths to live independently and integrate smoothly into the community.

This project is divided into nine service domains. The social worker designs individualised training in the areas of Independent Living Skills Training, Home-based Training and Community Living Skills Training based on the abilities and needs of our users. These trainings include essential life skills such as self-care, cooking, orientation & mobility and the use of public facilities.

Pre-vocational & Work Skills Training equip pre-graduates and graduates with work experience through selling fruits, snacks and drinks to our staff at the Good Old Days Store. Social & Recreational Training offers opportunities to build friendship and social skills in regular gatherings and leisure activities. Therapeutic Training includes occupational therapy and physiotherapy training by professional therapists to enhance users' cognitive, gross and fine motor skills.

Seeing that caregivers face tremendous pressure due to insufficient support from the community, the project also builds a Family Support Network to provide counselling, caring skills training, and leisure activities for caregivers. To facilitate the transition from school to adult services, we provide a series of On-site Support including profile management, referrals to community resources, visits to adult service centres before admission, facilitation of communication between service centres and caregivers, adaptation to a new environment, route-planning and staff trainings. Last but not least, Community Education aims to raise awareness of the needs of the visually impaired people with intellectual disabilities and improve social inclusion.

Ms. Lui Fei Bui, Project Manager
Ebenezer New Hope School



生活技能訓練
Life skills training



刷牙訓練
Toothbrushing training



定向行走訓練
Orientation and mobility training



口肌訓練
Oral-motor training by the therapist



懷舊士多2019
The Good Old Days Store



聖誕廚神聯歡會 Christmas Party 2019



畢業生路向講座2019
Parent workshop on community resources for graduates



茶聚
Tea gathering 2019

面對新挑戰

視障幼兒教育支援服務 李詠珊主任

大家好，我是新任的EIP主任李詠珊姑娘。自九月下旬上任新崗位以來，我每天都面對一個又一個新挑戰，既要學習新知識、參與不同的EIP訓練，亦要努力認識一個個EIP孩子的家庭。短短兩個月來，我遇過無人支持，卻仍堅決不放棄孩子的堅毅母親；遇過面對孩子病況卻手足無措的家長；遇過為照顧孩子東奔西走的父親；亦遇過無怨無悔，擔起照顧孫兒責任的年輕外婆。無論是作為一位社工，還是作為一位母親，這些故事都令我動容。縱使我未必有能力為他們解除所有難題，仍希望可付出一點綿力，陪伴他們走過這條不容易的照顧者之路。



EIP與RSP老師進行交流
Professional sharing between EIP and RSP
(Resource Support Programme)



為幼兒進行評估
Conducting a visual assessment



往幼兒家中探訪，協助家長調適家居環境以配合訓練
Visiting the child to make possible for at-home training



幼兒專注地進行視覺訓練
EIP Training

Taking up New Challenges

Hi everyone! I am Lee Wing Shan, the new Early Intervention Programme (EIP) Manager. Ever since the first day I joined EIP, new challenges have kept me motivated every day. I enjoy learning new knowledge about different kinds of visual impairments, attending EIP trainings and getting to know the EIP families. In just two months, I have heard so many touching stories; a tough single mother who devotes her life to raising her child, a young grandmother taking up the responsibility of caring for her multi-disabled grandson, struggling parents of a child with rare diseases, etc. All these stories have moved me deeply. Although I cannot ease all their life difficulties, I hope I can walk with them, letting them know that they are not alone.

Ms. Lee Wing Shan, EIP Manager
Ebenezer Jockey Club Early Intervention Programme

123週年院慶：感恩日

心光護理安老院 院舍主任 楊陳彩虹女士

2020年是心光護理安老院123週年院慶的日子，這本是值得熱烈慶賀的大事，但因新冠肺炎的關係，院舍沒有邀請任何嘉賓或義工出席週年院慶，只有院友及職員參與慶祝。雖然規模小了，但兩個多小時的活動，卻充滿溫馨、喜樂和感恩！

10月16日（星期五），123週年院慶順利在安老院舉行。當日，先由郝德芬院長致歡迎詞，勉勵眾人。接着，郝院長及院舍主任楊陳彩虹女士陪同102歲院友梁玉蘭一同切生日蛋糕及唱生日歌，場面感人。緊接的是「好人好事頒獎禮」，由郝院長頒發獎狀及禮物予得獎院友，藉以鼓勵他們勤做運動、鍛鍊身體及積極參與院內活動。最後，安老院職員為一眾老當益壯、童心未泯的院友準備了多個有趣的遊戲。院友們樂在其中，笑聲一浪接一浪，大家都被他們的活力感染。完場時，大家都意猶未盡。

自2020年2月開始，安老院已謝絕家屬及義工探訪，避免交叉感染。院友及家屬只可透過手機視訊服務互訴衷情，院友縱然理解，亦難免感到落寞。因此，院舍希望123週年院慶能激勵院友，積極生活。職員為準備院慶過程雖然勞累，但看見院友樂在其中，綻放燦爛的笑容，再忙碌也是值得的！



「好人好事」得獎院友
Congratulations to the Good Neighbour awardees!



郝院長及楊主任陪同102歲院友梁玉蘭一同切生日蛋糕
Accompanied by Dr Yuk and Mrs Yeung, Madam Leung, aged 102, hosts the cake-cutting ceremony



院友們笑逐顏開，滿載而歸
The residents are happy with the souvenirs

123rd Anniversary Celebration – Thanksgiving Day

This year is the 123rd anniversary of the Ebenezer Care & Attention Home (the Home). Due to the COVID-19 pandemic, only residents and staff attended the celebration but the day was still filled with joy and laughter.

With the implementation of rigorous infection control measures at the Home, families' and volunteers' visits have been suspended since 1 February. In order to maintain communication between the residents and their family members, video-calls are introduced to the residents. Also, a collection box is placed at the entrance to collect items sent in by the families.

Despite the pandemic, the 123rd anniversary celebration was held on 16 October with around 40 staff and residents in attendance. Accompanied by Dr Yuk and Mrs Yeung, our resident Madam Leung, aged 102, hosted the birthday cake-cutting ceremony. The participants then had a great time playing group games. We also presented souvenirs to the residents in the Good Neighbour Recognition Ceremony in recognition of their efforts in exercising regularly and doing voluntary work. The simple celebration ended in cheers and applause.

Mrs. Rainbow Yeung, Superintendent
Ebenezer Care & Attention Home



院友們開心地玩遊戲
The residents have much fun playing group games

外讀學生Zoom適應工作坊

心光學校 陳月明老師

2020年是充滿挑戰的一年，因疫情關係，學校未能在9月1日進行面授課程。現在，仍有大部分學校未能恢復全日面授，這對於老師和學生來說，是一個嶄新而巨大的挑戰；對視障同學來說，挑戰尤其艱巨。心光學校資源老師為了協助視障學生適應主流學校的學習環境及模式，特意舉辦了兩個開學特備工作坊，分別是為升小一及剛外讀的小學生而設的「Zoom多啲適應易一啲」網上工作坊及為升中一及剛外讀的中學生而設的「Zoom近啲適應好easy」網上工作坊。

參與人數方面，小學及中學工作坊分別有8人及6人參與。小學生們在工作坊中細心聆聽資源老師講解小學跟幼稚園的各種分別及學習如何表達需要，如：上課時看不清黑板需如何求助，同學們都很積極和主動地回應問題。中學組方面，資源老師連同兩位外讀社工跟同學們進行交流和分享。過程中，他們不但學習了小學學習生活與幼稚園的不同之處，也明白了社交技巧和應該善用助視儀器協助學習。中學生的表現雖然較靦腆含蓄，但也十分專注聆聽，獲益不少。



「Zoom多啲適應易一啲」小學工作坊的學生專注聆聽講解
Students listen attentively to the teachers' advice



同學專注地觀察座位位置及課堂光源對視障學生的影響
Students are learning to decide which seat is the best for a visually impaired student



「Zoom近啲適應好easy」老師連同兩位外讀社工與學生們交流分享
The RSP teachers and social workers chat with students about different concerns

Online Workshop for New Integrators

2020 has been a year of challenge. Due to the epidemic, schools commenced online on the first day, with teachers and students greeting each other only through the screen. In order to help students adapt to the new mainstream school environment and the new mode of learning, we have organized two Zoom programmes for new integrators entering Primary One and Secondary One respectively.

There were 8 primary and 6 secondary students participating in these programmes. The primary students were enthusiastic and took in all the advice from the teachers, such as the differences between kindergarten and primary school and how to seek help if they cannot see the blackboard clearly. Secondary students were comparatively shyer but still highly engaged. The teachers and two social workers chatted with the students about their concerns and encouraged them to make good use of assistive technology to cope with their learning difficulties.

Ms. Chan Yuet Ming, Teacher
Ebenezer School

共融之路

心光學校 童行光明路 - 計劃主任 方少玉姑娘

「童行光明路」計劃為期3年，計劃於2020年圓滿結束，過程中有賴各方攜手合作，一同為推廣共融付出心力。3年來，38所機構及學校參與計劃，受惠人數超過900人。這些數字令人欣喜，而計劃的實際成果遠遠比數字更激勵人心。視障人士常因環境限制及自身殘缺而自卑退縮，缺乏自信去接觸和探索新事物。因此，本計劃為視障人士提供不同的活動，鼓勵他們多作嘗試，勇敢跨出安全網。多元活動包括戶外參觀、義工服務、攤位街站、手藝創作、音樂欣賞及親子故事分享。除視障人士外，活動也開放予健視人士參加，希望彼此能互相認識及加深了解。

過去一年，不論視障或健視人士，大家也一同經歷疫情，學習忍耐和等待。過程中縱有消極的時候，卻從中獲得了難能可貴的經歷。有視障朋友分享道：「共融不是健視人士單方面遷就我們，而是互相忍讓接納。」協辦的社工及導師也有深刻體會，他們發覺視障人士與常人分別不大，不需要「貼身服侍」。只要我們能當視障人士的「眼睛」，容讓他們去思考及發揮，便能達到真正的共融與尊重。

Towards Inclusion

We are thankful that the Children on the Bright project concluded successfully. With the collaboration of a total of 38 schools and organizations, the 3-year project has benefitted 900 participants. The project aimed to provide a chance for visually impaired and sighted individuals to better understand each other by working together on various tasks including outdoor tours, voluntary services, organizing fairs, making handicrafts and playing music.

This year the project was inevitably affected by the outbreak of coronavirus and we re-designed some of the activities so that learning could still take place online. Our students reflected that everyone can contribute and give a helping hand despite one's ability. The participants also commented that visually impaired people did not need as much help as they had thought. Indeed, social inclusion starts when we value differences and seek similarities.

Ms. Ellen Fong
Children on the Bright Project Officer
Ebenezer School

2018-19 之活動剪影 Programme Snapshots 2018-19



視障及健視學生一同派發心意禮物予屋邨長者
Giving away gifts to the elderly in the public estate



健視家庭參與視障體驗活動
Sighted families take part in the experiential activities



視障生與師友義工到發露園遊玩
VI students visit Organic Farm with mentors.



視障生與香港仔坊會的青年人透過Zoom學習音樂
Learn Rap music with AKA service center's youth together by Zoom

佳偶天成

心光學校 方天大老師

游偉樂 (Billy) 及洗頌恩 (Margaret) 同是心光的校友，兩人都是全失明的。他們在不同年代於心光學校畢業，之後各奔前程。他們彼此認識，但不算熟稔，更談不上有深厚情誼。畢業多年後，男方偶爾在WhatsApp群組留言，抱怨生活苦悶，詢問是否有人能一起吃頓晚飯。命中注定，只得Margaret一人回應有空赴約，於是兩人便開始第一次約會。不料，後來Margaret決定遠赴加拿大修讀音樂治療，一去四年，Billy則隻身留在香港，春風化雨，在一所中學執教英文科。

異地戀不但沒有澆熄他們的愛火，反而使愛苗茁壯成長，分隔兩地令他們更加肯定對方就是值得託付終身的人。於是，他們計劃在Margaret畢業後，便在香港結婚。婚禮原訂於2020年8月8日在教堂舉行，不料那時疫情反覆，但他們不想婚期一改再改，於是只邀請少量賓客親臨觀禮，未能出席的親友透過Facebook直播，見證婚禮過程，分享他們的喜樂。一生人一次的「小登科」，新郎哥Billy堅持不需別人攙扶，靠自己使用手杖輕挽新娘子步出教堂，接受眾人的祝福。為了讓婚禮盡善盡美，Billy更為與他同行30年的手杖「大變身」——在握杖位置綁上一束豔麗花球，使手杖變得高貴，配上Billy意氣風發的表情，真有如國王出巡，讓人留下深刻印象。



一對新人執子之手，風雨同行
Wishing the newlyweds a wonderful life together

Together Forever

'Let's go for dinner, anyone?' nobody but one responded; and that's the beginning of the love story of Billy and Margaret.

The two are both alumni of Ebenezer but graduated at different times. They were never really close friends until years after graduation that they got to correspond through a WhatsApp alumni group. Just as they grew closer in their relationship, they got further in distance when Margaret had to leave for Canada to pursue her Music Therapy studies while Billy began his teaching career in Hong Kong. Yet they became more certain that they wanted to spend the rest of their lives together.

Due to the pandemic, they had a small wedding ceremony on 8 August and had it live-streamed through Facebook for their friends and relatives. People wouldn't stop commenting on the exquisite design of the white cane. The couple looks adorable together and everyone wishes them a joyful fun-filled future together.

Mr. Ben Fong, Senior Teacher
Ebenezer School

校友喜訊

在2020年面對重重困難下，我們很高興能夠分享其他心光校友喜悅的消息。我們的校友校董(2020-2022)關志偉今年5月1日在心光學校與愛侶姜女士舉行了一場溫馨的婚禮。他們由互相認識、彼此相愛到共諧連理，在神的見證下，二人再展開人生新的一頁。相信他們會是世上最甜蜜的夫妻！

此外，校友黃嘉濠以及畢業於心光視障學童支援服務的「有作為」計劃項目經理涂淑怡，與其餘兩位最後一輪的候選人入圍角逐由香港社會工作人員協會及明報贊助的「第29屆優秀社工選舉」「新秀社工獎」。該選舉一向被視為社工界別中最傑出的殊榮，而涂淑怡最終得到最多的票數，在選舉中勝出。能為香港培育出如此優秀及專業的社工，心光確實感到十分自豪，涂淑怡及黃嘉濠真真正正實現心光「傲澤社群」的願景。



校友校董關志偉(中)於心光舉行婚禮
Alumni Manager Victor Kwan (centre) gets married @Ebenezer

Good News from Alumni

We are delighted to share happy news from our alumni, against all the odds that we were facing in 2020. Our Alumni Manager (2020-2022), Victor Kwan, with his beloved lady, turns a new leaf after tying the knot. Under the witness of God, they held a warm wedding ceremony on May 1 at Ebenezer School. They are surely the sweetest couple in the world!

Alumnus Wong Ka Ho, and our Project WORKS Manager graduating from our Resource Support Programme Shirley To, were shortlisted with the other two final candidates under the Most Promising Social Workers Category of the 29th Outstanding Social Workers Election sponsored by Hong Kong Social Workers Association and Mingpao. Shirley To, with the highest votes, eventually attained the top award in the election, which is considered as one of the most acclaimed in the social work profession. We are indeed very proud to have among us such promising and professional social workers in Hong Kong, who truly live out the PRIDE vision of Ebenezer.



涂淑怡(中)獲「新秀社工獎」
Shirley To (centre) awarded "Most Promising Social Worker"



心光盲人院暨學校

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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



衷心感謝聶揚聲先生捐贈 2萬個口罩
Our deep gratitude to Mr. Nip Yeung Sing for face mask donation



感激蘇永康先生為心光再次募捐
Mr. William So's commitment to our fundraising causes is greatly appreciated



香港大學電機電子工程系譚博士(右三)研究團隊與心光教師團隊交流
Our teachers collaborate with the research team headed by Dr. Vincent Tam (3rd right) of Department of Electrical and Electronic Engineering, HKU



婦女事務委員會主席陳婉嫻女士 GBS, SBS, JP 與院長、職員、校友及學生傾談
Women's Commission Chairperson Ms. Chan Yuen Han visits Ebenezer



心光機構培訓日陣容鼎盛
We are all VIPs on Agency Staff Development Day



校友楊恩華於中學文憑試放榜日接受傳媒訪問
Alumnus Yang Enhua interviewed by media

Acknowledgement of Large-sum Donations and Allocations

We would like to express our gratitude to Li Ka Shing Foundation, The Heart Warming Fund Limited, The Aberdeen Marina Club, Rusy and Purviz Shroff Charitable Foundation, K.T. Concept, Segantii Capital Management Ltd., Win Fine Limited, ESA Logistics (HK) Company Limited, The Joseph Lau Luen Hung Charitable Trust, Calvary Dove Fellowship Limited, Drs Richard Charles & Esther Yewpick Lee Charitable Foundation, Ms Cheung Yuk Shan Shirley, AIA Group, Watermark Community Church Limited, Sun Entertainment Culture Limited, Mr Lui Leung Wai Ray, Kingston Securities Limited, Mr Cox Lee, William So International Foundation Limited, Watermark Community Church Limited, Ms Irene Lam, The Late Madame Chan Lai Sze and Universal Property Agency (Global) Limited for their generous donation during August 2020 to November 2020. These funders or donors, together with those who are not on the list yet will be fully acknowledged in our Annual Report 2020-21 to be released in December 2021.

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

在1897年，德國喜迪堪會Hilfdesheimer 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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