



Chinese Parents Association
Children With Disabilities Inc
澳洲弱能兒童協康會



CPA Newsletter 協康會 會訊

NOVEMBER 2014 ISSUE / 二零一四年十一月版

Merry Christmas &
Happy New Year

Upcoming Events:

Art Exhibition Launch

2014 AGM & Christmas Buffet Lunch

Pick Your Own Cherries & Berries

Art Program in January 2015

Edward Lee+CPAKIDz+The Con Ensemble in Concert 2015

Reports:

- Mid-Autumn Festival & Father's Day Celebration
- National Tree Day
- NDIS Seminar
- Dad 2 Dad Badminton



CPA NewsLetter NOV 2014 Issue

協康會 會訊 二零壹四年十一月號

Chinese Parents Association -

Children With Disabilities Inc

澳洲弱能兒童協康會

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Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。



NOTICE TO MEMBERS

Annual General Meeting

週年會員大會

2014-2015

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Chinese Parents Association—

Children with Disabilities Inc

ABN 63 938 108 704

Members are advised that

The Annual General Meeting

2014

Will be held at

Rosehill Bowling Club

Corner of James Ruse Dr & Hassall St, Rosehill

On 13th December 2014 Saturday,

Commencing at 11 a.m.

Year-end President Message

As our final newsletter comes to a close this year, it's time to reflect on the memorable year we have had and celebrate the successes of our children has achieved as a community. It has been such a busy term, leaving most of us overwhelmed that the calendar year has come to an end. What a firecracker of an ending it has been! Christmas bags are coming home filled with lovely artworks and music that can only make families proud of what their children achieved this year. Please enjoy this final newsletter while reading about the wonderful celebrations that have been taking place as well as our super, exciting, bigger than BIG news!



Firstly, I like to congratulate our Honorary President Dr the Hon Helen Sham-Ho, OAM. From the Spring Graduation at Western Sydney University, Helen was awarded with an Honorary Doctorate as a distinguished individual for her outstanding achievements and service to the Parliament of NSW, the Chinese community, and as a supporter of a range of charitable organisations.

As part of our mission to further the CPA tradition of philanthropy by providing programs that make charitable giving simple and effective, we created several new offerings to make charitable giving even easier for donors.

Donors now have the ability to conveniently contribute donations online using PayPal. The new online functionality can help donors to support their charitable giving and may result in larger grants to the charities they care about.

We are also excited about the up-coming art exhibition launch. Details to be confirmed. The feature of this exhibition is "Exploring Personal Identity". This is a collaborative project to work together in creating a lightweight transportable mural, which will capture true to life movement silhouettes of each participant. Please come along to see their works and share their achievements!

I am pleased to officially announce our up-coming Charity Concert "**Edward Lee+CPAKIDz+The Con Ensemble in Concert 2015**" which will be held at the Sydney Town Hall on 14th March 2015. We are very grateful to have Mr Edward Lee to grace our stage. Edward is one of the leading and very popular vocalists among the Chinese community and, our very own, the CPAKIDz. All accompanied by the finest young talents from *The Sydney Conservatorium of Music*, "**The Con Ensemble**". This one-of-a-kind line up of special talents will ensure that you can expect a wonderfully fresh, exciting and unique experience. We would like you to be part of this exciting event; share with all of us, the journey, shared our hard earned "fruit of labour", shared the love and, of course, the fine music. Be inspired!

Chinese New Year Twilight Parade for the year of the goat is coming on its way. Once again we are busy in planning the theme. I am looking forward to see another spectacular CPA team 2015!

As we approach year-end, we once again thank you for your ongoing dedication and generosity. We are continually inspired by our donors' commitment to charitable organizations and wish everyone all the best for a wonderful holiday season and a healthy, happy New Year.

Best regards,
Miranda Vuong
President

會長年終感言



今期的會訊已是本年度最後一期，又是時候去回顧協康會過去一年的歷程，與及我們的孩子們取得的成就。我們這個團隊，全年都為會務忙碌，很高興見到年終將近。年中，孩子們帶回家可愛的手工，畫作和音樂，是最佳的聖誕禮物。家長們看到他們的成績，該引以為榮。同時懇請各位細心閱讀這份會訊，重溫我們近期精彩的活動和留意以下公佈的最新消息。

首先，我要祝賀協康會名譽會長何沈慧霞女士，在西雪梨大學的春季畢業典禮上，被授予名譽博士學位，以表揚她在新南威爾士州的華人社區及各慈善機構的服務及傑出成就。

我們很需要外界的慈善捐贈以推行會內的各項活動，為了方便捐助者，我們採用了一項新措施，使捐贈過程更簡易。捐助者只要透過我們網站的PayPal捐款，便可以將善款直接捐贈給協康會。

我們十分期待即將舉行的畫展開幕日，詳情有待通知。是次畫展的主題是“探索個人身份”。這是一個集體創作項目，協康會孩子們共同創作了一幅巨型壁畫，是每位參與者生動的剪影。我誠意邀請您們去觀看他們的作品及表演，分享他們的成就！

我也很高興在此正式宣布協康會的慈善音樂會 - “李振華+CPAKIDz+The Con Ensemble 2015音樂會”，將於2015年3月14日假座雪梨市政廳舉行。我們非常感謝李振華先生(Edward)的鼎力支持，登場獻唱，為協康會籌款。Edward在華人社區是一位廣受歡迎的歌手。在他的領導下，CPAKIDz及雪梨音樂學院“The Con Ensemble”的青年才俊將攜手合作，帶給大家一個嶄新，刺激和獨特的音樂體驗。我們希望您能參與這個感人心絃的演唱會；並與我們一起分享辛苦努力的成果，分享當中的愛和精彩的音樂。

羊年農曆新年花燈大巡遊即將來臨，一如過往，我們正忙著構思巡遊的主題。我期望協康會明年將會有一隊偉大的團隊！

年終將近，讓我再次感謝您們多年來慷慨的支持，藉著您們的鼓勵，我們將繼續努力。在此謹祝大家一切順利，身體健康，新年快樂！

會長王周潤梅

李振華+CPAKIDZ+雪梨音樂學院合奏團 音樂會
EDWARD LEE+CPAKIDZ+THE CON ENSEMBLE IN CONCERT

振韻童SING

在大家過去的不斷支持和鼓勵下，本會服務已踏過了26個年頭。成立之初，旨在讓弱能兒童家長透過聚會，互相支持和勉勵、舒緩面對壓力、改善心理質素、交換扶育子女心得及處理困難。繼而，我們透過安排群體活動，帶領孩子踏出家門，讓他們透過接觸不同的環境及事物，擴闊視野和空間，並克服對外界的恐懼。

我們在逐漸發展過程中，不斷搜集及遍研輔助孩子的不同方式及方向，務能盡最大的力量去改善每一個孩子的自閉困局。音樂治療正是我們體驗中最感鼓舞的一種成效，從中我們發掘了孩子們隱蔽了的音樂才華及藝術天份！孩子在投入他們的音樂世界中找到了自己的重要性，並舒發了個人的情感。一些有閱讀及說話障礙的，竟可以把整首歌詞唱出，心神渙散的又能正確的譜奏出整首樂章，他們之中還有天籟之聲。

然而，這個成果來得絕對不易，隱藏了家長們恆久的忍耐、盼望及再接再厲的堅持。這些無恨無怨完全的愛，都可從孩子的表演中披露出來。

能達到現在的成果，對我們來說已是極大的鼓舞，但這不是階段的完結，只是個開端。現時我們正給孩子們安排了進一步的公開表演機會，透過音樂的共同語言，與您分享孩子、父母及有心人士的努力成果。您的光臨絕對是我們的莫大支持和鼓勵！

我們更希望透過這次啟發自閉孩子潛能的音樂會，讓更多有自閉及弱能孩子的家庭，參與我們的活動，讓我們一起互相扶持，發掘孩子的潛能，改善他們的生活質素！

2015年3月14日「振韻童SING」音樂會，聚合了澳洲華人首席業餘歌唱家李振華先生、我們的孩子CPA Kidz及雪梨音樂學院合奏團The Con Ensemble在雪梨市政廳演出，這個空前組合必能令您耳目一新！

請踴躍購票！我們更懇請閣下捐款支持，一切捐款扣除必要支出後，全數撥作本會培育弱能孩子經費。購票及捐款請翻閱背頁資料。查詢請致電Mandy Yip 0406 233222 網頁 www.chineseparents.org.au

14/3/2015

晚上7.30-9.30pm (星期六Sat)

雪梨市政廳
Sydney Town Hall
483 George Street Sydney

Ticketing 購票

\$100 \$50 \$30

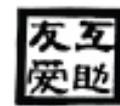
Mandy Yip 0406 233222
www.chineseparents.org.au

Presented By 主辦

Chinese Parents Association -
Children With Disabilities Inc

澳洲弱能兒童協康會

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Onward and upward, join us for a musical festival with a difference!

If music be the food of love, play on – William Shakespeare

Chinese Parents Association - Children With Disabilities Inc. (CPA) is now into its 27th year of providing much needed services to our members thanks to the tremendous dedication, ongoing encouragement and contributions from our many generous supporters and volunteers. Since its inception, CPA's mission has been to provide a framework for supporting and enhancing the quality of life for children with disabilities and their families. This is achieved through a variety of social gatherings which provide opportunities for members to mutually support and encourage one another, share ways to deal with anxiety, stress and mental wellbeing. These gatherings are also a time to celebrate the many trials and tribulations of bringing up children with special needs. Through various programmes and group activities, CPA encourages and guides our children to reach beyond their "boundaries", to break out and explore the "outside world", to broaden their horizons, and as much as possible, helps minimise their fear of the "unknown".

Along our journey, no effort is spared to constantly seek and explore all ideas and the latest methodologies which can positively-impact children's autism and the associate constraints placed on their lives. **Music therapy** happens to be a nice surprise, as it has been one of the most effective ways to draw out everyone's hidden abilities and artistic potential. By immersing in the realm of music, our children discovered some of their true abilities and talents, and most importantly, music provides an ideal channel for each individual's self-expressions. Some of our children with reading and speech impediments would actually be able to perform a whole song with no impediment at all. Seemingly, reading and playing music is just like a natural thing to do. And of course, their vocals! "Angelic" is one word that comes to mind. For all the children involved, this new found self-expression translates into a tremendous sense of achievement, confidence and self-esteem which are otherwise sorely lacking in their daily lives.

Yet, all these achievements do not come easily. Behind the scene and every step along the way, parents' unequivocal and unconditional love is what fosters these achievements, and it shines through the children's wondrous performances.

We are overwhelmed with joy seeing our children's achievements thus far, but our journey do not stop there, in fact, the next stage of our journey has already begun as we continue to boldly go where the children's abilities will take them. We are taking our talent to a new stage, to provide new opportunity for our children to further challenge themselves. And **through the universal language that is music, we eagerly invite you to come along and share in our journey, share our hard earned "fruits of labour", share the love and, of course, the fine music. Be inspired.**

We, in turn, will be inspired by your presence, we will be encouraged by your enthusiasm and we would be very much appreciating your generous support.

Through this concert, we hope to inspire other children with autism and other disabilities, together with their families to join us. Let's continue the journey together, so we can better facilitate and develop the potential locked in our children, and ultimately, improve and enhance our children's quality of life.

On 14 March 2015, the "**Edward Lee + CPAKIDz + The Con Ensemble in Concert**" will be held at the Sydney Town Hall. We are very grateful to have the very popular vocal artist Edward Lee to grace our stage. Edward and our very own, the "**CPAKIDz**", will entertain and delight you. All accompanied by the finest young talents from The Sydney Conservatorium of Music, "**The Con Ensemble**". We also delighted to have Jing Dance School to perform as a special segment in the concert. This one-of-a-kind line-up of talent will ensure a wonderfully fresh, exciting and memorable experience.

How to get involved:

Order your tickets today, before they are sold out! Make a donation, your generous support goes a long way in supporting CPA's ongoing operation and programmes. All the details are set out in the next page. Remember, all donations over \$2.00 are tax deductible.

Contact CPA's Event Coordinator if you would like more information - Mandy Yip on 0406 233 222, Email: admin@chineseparents.org.au, or visit our website: www.chineseparents.org.au

Miranda Vuong - President

Congratulation to The Hon. Dr Helen Sham-Ho

The Honourable Dr Helen Sham-Ho OAM was the first Chinese-born parliamentarian in Australia when she was elected to the NSW Legislative Council in 1988. She represented her constituency first as a Liberal Member of the Legislative Council and then sat as an Independent, before retiring from politics before the 2003 election.

Dr Sham-Ho was born in Hong Kong and migrated to Australia to study when she was 17. She completed studies in arts and social work at the University of Sydney in 1963, receiving the University's Award for social work.

Dr Sham-Ho began her career as a social worker at Sydney Hospital while also starting a family. She later became interested in law and completed a law degree at Macquarie University. While studying, Dr Sham-Ho worked as Chief Social Worker at Ryde Hospital and taught a welfare course at North Sydney TAFE. On the completion of her law degree she was admitted to the New South Wales Bar and became a solicitor.

Prior to her election to Parliament, Dr Sham-Ho served as a Commissioner on the NSW Ethnic Affairs Commission. In 1988 she was elected to Parliament as a Liberal member of the Legislative Council. In 1998 at the peak of the One Nation Party debate, she resigned from the party to sit as an Independent. While a Member of Parliament, Dr Sham-Ho participated in numerous committees and councils including the Council for Aboriginal Reconciliation, the Standing Committee on Parliamentary Privilege and Ethics (of which she was Chair) and the General Purpose Standing Committee No. 3, where she was responsible for the Cabramatta Policing Inquiry.

During her political career, and since retiring from politics, Dr Sham-Ho has been involved in a wide range of educational, voluntary, charitable and Asian affairs organisations. Dr Sham-Ho has been an avid supporter of education, and in particular, higher education. She has participated in a variety of University boards and is currently a Patron of the Macquarie University Foundation and a member of the University of Technology Sydney's China Research Centre Advisory Board. Dr Sham Ho was a member of the UWS Board of Governors between 1990 and 1991, and still maintains a strong relationship with UWS.

Dr Sham-Ho is a tireless fundraiser and has raised funds for a wide variety of causes, just some of which include political campaigns, Aboriginal communities, Sichuan earthquake victims, the Victorian Bushfire Relief and homes for elderly citizens from various ethnic communities.



Dr Sham-Ho has also acted as a champion for a number of universities among philanthropic leaders within the Chinese community, resulting in a number of significant donations to the University of Western Sydney.

For over 25 years Dr Sham-Ho has lead a public life that has provided a vital link between the Australian-Chinese community and mainstream Australia. Dr Sham-Ho's efforts and achievements to promote a multicultural Australia within Australian politics are exemplary. She has contributed to substantial change in policing in Cabramatta and more broadly across NSW; helped bridge the gap between Asian-Australians and Australian politics and policy-makers; helped bring the subject of reconciliation and the plight of Aboriginal peoples into the spotlight; promoted the needs of ethnic and minority communities in accessing services and making a life for themselves in Australia; promoted the rights of women and in particular the rights and needs of women from non-English speaking backgrounds; and she has helped in advancing the economic interests of New South Wales by developing close and mutually beneficial economic and diplomatic ties between Australia and its Asian neighbours.

In 2012, Dr Sham-Ho was awarded the Medal of the Order of Australia (OAM) in recognition of her outstanding achievements and service to the Parliament of New South Wales, the Chinese community, and as a supporter of a range of charitable organisations and educational institutions.

The Board of Trustees of the University of Western Sydney has resolved to confer the title of Doctor of Letters honoris causa on The Honourable Dr Helen Sham-Ho OAM in recognition of her distinguished service to the community and to multiculturalism.

Congratulation to Elly - 2014 NSW Carers Award

Mrs Elly Li, the vice president of Chinese Parents Association – Children with Disabilities Inc, has won the 2014 NSW Carers Award. Congratulation!

During the past years, Elly has been looking after her son with a disability and her elderly mother who is residing with her. She has been a full-time carer, trying every possible way to provide her son and her mother the appropriate physical, medical, educational, social and emotional support.

Despite her haul caring for her son and her mother, Elly has been an active member working as volunteer, since 1999, for the "Chinese Parents Association - Children with Disabilities Inc" (CPA), a non-profit charitable organisation. She was elected as a committee member in 2004, and became the president in 2010-2012, and thereafter she has been the vice president until now.

In 2012, Elly and her husband made a great effort in making the costumes and preparation for the parade. CPA won the Award for outstanding performance in City of Sydney 2012 Chinese New Year Parade.

恭賀協康會副會長李羅艷娟女士 (Elly Li) 榮獲2014 NSW照顧者獎。過去多年, Elly 以耐心及努力來照顧她的兒子及年邁母親, 並主理家務。與此同時, Elly亦利用她的餘暇去進修及參與協康會的服務。在2010-2012, 被選為協康會會長。2012年在她和協康會的幹事帶領合作下, 為協康會贏得2012年悉尼市農曆新年遊行的傑出表演獎。



澳洲弱能兒童協康會
Chinese Parents Association -
Children with Disabilities Inc.



Date 日期: 13th December 2014, Saturday
Time 時間: 12:00 PM
Venue 地點: Rosehill Bowling Club, Rosehill
Corner of James Ruse Drive & Hassall Streets

Booking is essential, closing date for registration 請早報名, 截止日期: 1/12/2014

Enquiries: 9784 8120 Tues & Thurs 週二及週四 10am-3pm
0406 233 222—Mandy

PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association - Children with Disabilities Inc.

MERRY CHRISTMAS

2014 Christmas Party 聖誕聯歡會

27 July 2014 is the National Tree Day. It is Australia's biggest community tree-planting and nature care event. This is a special day for all Australians to help out by planting and caring for native trees and shrubs to improve the environment in which they live. National Tree Day started in 1996 and since then more than 2.8 million people have planted 20 million seedlings!

National Tree Day promotes planting and caring for native trees and plants. It is important to maintain and support local bio-diversity, so where possible we prioritise the planting of native plants. Even in urbanized areas there can be remnant native plants, often threatened by the pressures of urban living.

National Tree Day aims to inspire, educate and recruit Australians to actively care for our unique land and create future generations of committed environmental custodians. As Australia's largest community tree planting and nature care event National Tree Day is a great way to get outside and connect with nature. It is a memorable day out for families, giving them the opportunity to do something positive for their health and wellbeing, as well as the health of the environment.

On National Tree Day, 14 people from CPA participated in this meaningful event at Richard Murden Reserve, Haberfield. They were shown by the organiser how to plant seedlings step by step. It was a wonderful experience.

2014年7月27日是全國植樹日，是澳洲最大的植樹和關懷大自然的社區活動。這個特別的日子，是幫助澳洲人認識到改善居住環境，必須種植和關懷本土樹木及灌木。全國植樹日始於1996年，至今已超過280萬人參與，種植了2千萬株樹苗！

全國植樹日，推動了澳洲人種植及愛護本土樹木和植物。因保養及支持本土植物多元化非常重要，所以我們會盡可能優先種植本土植物。但由於土地不斷城市化，植物生存的空間經常受到威脅。

全國植樹日的目的為激勵，教育和招募更多的澳洲人，去積極關心我們獨特的土地，致力建設將來及保護環境。全國植樹日，是澳洲最大的社區植樹和關懷大自然的活動，藉着這個難得的機會，到戶外與大自然融合在一起。並可以與家人一起積極參與，推動個人的健康及保護環境。

在今年的全國植樹日，協康會有十四位成員參與這項有意義的活動，植樹地點是在Haberfield的一個公園。主辦者按步就班地示範正確的植樹方法，是一個難能可貴的經驗。

Mid-Autumn Festival & Father's Day Celebration



2014年8月30日,澳洲弱能兒童協康會假座Club Merrylands Bowling 舉辦中秋節和父親節慶祝午宴。

當天自助餐廳刻意為協會預留了幽靜的一隅,讓近100名家長和孩子可共享相聚一刻。自助午宴由協康會主席王周潤梅發表簡短致辭並拉開序幕。她向大家致以中秋節的問候,也祝賀在座的父親和祖父們『父親節』快樂。

午餐隨即開始,大家歡聚一堂,共話家常,氣氛十分和睦溫馨。當天菜式相當富豐,中西美食琳瑯滿目。大家一邊品嚐香熱的美食,一邊欣賞投影幕上播放的照片,那些照片記載著協會近期各種社區活動,令人回味。

到了午餐後段,緊張刺激的抽獎環節開始了。在執委會的精心安排下,所有出席的父親和祖父都抽到獎品,他們接過禮物,笑逐顏開。

慶祝會在下午兩時左右圓滿結束。

On 30 August 2014, at about 11:30 am, CPA celebrated Mid-Autumn Festival and Father's Day at Club Merrylands Bowling. We had nearly 100 members, their families and guests attended the event.

The Restaurant Manager reserved some tables on one side of the restaurant for CPA. President Miranda Vuong made a brief speech to start the celebration. She extended her greetings to everyone; especially the fathers and grand-fathers.

During lunch, people chatted with their friends, enjoyed the delicious Chinese and Western food at a very warm and harmonious atmosphere. We also watched the slideshow, which recorded some memorable activities participated by CPA in the last few months.

When everyone almost finished eating, we had lucky draw for fathers and grand-fathers. The Restaurant Manager donated eight dinner vouchers to CPA as gifts. Therefore, every family had a chance to win. At last, Joanne, a member of CPA KIDZ, sang a few songs to bring it to a climax. Everyone was happy and enjoyed the meal. The celebration ended at about 2 pm. Chloe

Upcoming Events

Upcoming Events

- **Art Exhibition Launch (TBC)**
- **2014 AGM & Christmas Buffet Lunch**
on 13/12/14
- **Cherries & Berries Picking on 14/12/14**
- **Art Program in January 2015**
- **“Edward Lee+CPAKIDz+The Con Ensemble**
in Concert 振韻童Sing” on 14/03/15
- **“Dai Wing Wah Cantonese Opera Fund Raising**
Show for CPA” at Hurstville Entertainment
Centre on 16/05/2015

Regular Weekend Activities

Junior Group



Rhythm & Motion

Instructor 導師: Christine Morson

Time 時間: Saturdays 星期六, 4:00pm — 5:00 pm

Venue 地點: Belmore Youth Centre, 38 Redman Pde, Belmore

Kindly Sponsored by Canterbury Hurlstone Park



Fun to Learn

Instructor 導師: Melissa Cox

Time 時間: 逢星期六下午3:00pm 至 4:00 pm

Venue 地點: Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore

Kindly Sponsored by Canterbury Hurlstone Park



Community Outdoor Activities

Time 時間: Saturdays 星期六, 2:00 - 4:00pm or School Holidays

Kindly Sponsored by Canterbury Hurlstone Park

Youth Group



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am

Venue 地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury

Kindly Sponsored by Sport and Recreation



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 3:30pm

Venue 地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore

Kindly Sponsored by ACCF



Art Programs

Time 時間: Saturdays 星期六, 下午 3:30pm 至 4:30pm

Venue 地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore

Kindly Sponsored by Kogarah City Council



Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10am 開始

Venue 地點: AMF Bowling, 3 - 5 George St, North Strathfield

Photo-Gallery



The Honourable Dr Helen Sham-Ho OAM



The Honourable Dr Helen Sham-Ho OAM



CPAKidz at Park



Moon Festival & Father's Day



Moon Festival & Father's Day



Carers Week Celebration



Mural—Delineate Program



Art Class



Art Class



NDIS Talk



NDIS Talk



NDIS Talk

自閉症 - 減壓新教學

http://hd.stheadline.com/living/living_content.asp?contid=167664&srctype=g

自閉症 減壓新教學

世界關懷自閉症日（4月2日）旨在提醒大眾關注自閉症童學習需要。有機構首次引入國際教學新法，有效改善病童情緒調節力，助減負面情緒，促進學習及溝通。



天生不愛互動

自閉症兒童經常表現出尖叫、隨意哭鬧或滾地等異常行為，令家長無所適從，不知如何應對。據協康會教育心理學家葉方立（上圖）指，這其實源於病童的核心障礙，產生社交溝通和情緒調節等問題。「自閉症患者腦神經與一般人有別，他們天生對人類興趣不大，不喜歡與人溝通，活在自己的世界，而且情緒調節功能較弱，不懂表達情感，故容易發脾氣，令別人難以明白他們的內心想法。」葉方立解釋。



※善用圖卡可助病童表達情感。

圖卡助表達情緒

為協助病童改善核心障礙，協康會從美國引入SCERTS Model教育模式，於轄下四所特殊幼兒中心應用，從互動、溝通方法、學習環境及教材等方面作出支援，重點改善病童溝通和情緒調節問題。葉方立說：「傳統教學方法只注重教授各種技能，例如配對、認字等，但這些技能實無助提升孩子的生活質素，對兒童的長遠發展亦幫助不大，因他們的核心問題不能透過學習這些技能而得到改善。」

葉方立表示，透過這教學方法，導師利用圖卡協助學童表達他們的需要和情緒，導師的即時回應，令學童知道有人明白自己，於是他們會更樂於利用圖卡來表達，從而減少負面情緒。教學法推行一年以來，獲得顯著成效，有家長向導師反映，學童減少發脾氣，且學會分享。



治療發展

• 自閉症是一種兒童發展障礙，一般在幼兒約一歲至三歲時被發現，男孩患者較女孩為多。

• 醫學界仍未知此症病因，但相信與基因及腦神經發展有關。

• 暫沒藥物可完全根治，現時主要藉行為治療、認知教學、感覺統合訓練、語言溝通訓練等方法，減低病症對患者帶來的影響。部分病童要以藥療減輕情緒不穩、精神不集中及過度活躍等問題。

自閉症 - 減壓新教學

http://hd.stheadline.com/living/living_content.asp?contid=167664&srctype=g

早期特徵



若能及早察覺，給病童適當的教育和支援，能大大改善人際溝通和表達情緒等問題，有助日後成長及發展。

1. 如別人指向某些物件，病童會不予理會。
2. 喜歡不斷重複某些動作，有些更會有較嚴重行為問題如勃然大怒、攻擊別人 或自我傷害。
3. 常避免與他人有眼神接觸及喜獨處。
4. 難以明白他人感受或不懂向人表達情感。
5. 難以適應轉變。
6. 難以用言語或動作表達需要。
7. 表現出不明白別人的說話，但卻對環境的聲音很敏感。
8. 對視覺、味覺、嗅覺、聽覺和觸覺有不尋常的反應。
9. 極少有分享的行為。
10. 選擇性地專注。

家長指引

• 多陪伴遊戲：此舉極重要，因自閉童天生對別人興趣不大，家長與兒童遊戲時要因應他們的獨有興趣，由他們作主導，讓其體驗主動與人互動的樂趣。另千萬別把遊戲視作訓練。

• 製訂時間表：自閉症孩子較難適應生活上的變化，故每天的流程須有規律，並且要讓他們清楚知道，使能預期將要發生的事。家長可在家中展示每日程序的時間表，讓小朋友知道接下來將會做甚麼，以防他們產生混亂感覺，影響情緒。

• 注意個人情緒：家長照顧患有自閉症的子女，情緒難免有所波動，但切忌於孩子面前隨便發脾氣，因他們很難理解別人的情緒，突如其來的責罵，會令他們不知所措。家長應先控制個人情緒，冷靜地以語言或運用圖卡來表達意思，並謹記提出指示時必須清晰明確。



部分圖片：星島圖片庫
查詢：協康會/2776 3111

陳曉蕾：我們的智障孩子

<http://www.pentoy.hk/%E7%A4%BE%E6%9C%83/c374/2014/08/01/%E9%99%B3%E6%9B%89%E8%95%BE%EF%BC%9A%E6%88%91%E5%80%91%E7%9A%84%E6%99%BA%E9%9A%9C%E5%AD%A9%E5%AD%90/>



Vincent專心地看著師傅把綠茶粉混入麵粉，再加上牛油等打成粉漿。師傅把牛油砌一小塊，給Vincent嚐嚐，Vincent一邊吃一邊點點頭。粉漿倒進蛋糕模子，Vincent幫忙鋪了幾塊黑糖，再加麵粉漿，然後放進焗爐。不一會，整個廚房都充滿香氣：那綠茶黑糖蛋糕外皮微脆，蛋糕濕潤，令人驚喜是黑糖帶著焦香，讓味道有不同的層次，好好吃！Vincent對著綠茶蛋糕不斷伸出V字手勢，非常開心。

東華三院的社會企業iBakery受邀到京都凱悅酒店，由烘焙部廚師親自教做綠茶甜品，Vincent是其中一位受訓職員，他第一次搭飛機，還有機會穿和服接受傳媒訪問，幾乎天天都笑得眼睛眯成一線。然而不是香港所有弱能人士都有這樣的機會，同樣是智障的天水圍自閉症少年，慘被爸爸斬死。「呢個決定對，對老婆細仔可能最好。」辭掉工作全職照顧兒子的爸爸，寫在遺書裡。

工作機會有幾大？

香港有多少智障人士？統計處曾經在二零零六年十一月至二零零七年十二月調查過，在院舍居住的智障人士大約有7,800人，住在家裡的，調查人員問到約有10,000人，可是在康復服務中央檔案的登記智障人士有31,000人，換言之起碼起過一萬三千個家庭沒有告訴調查人員，再綜合各方資料，統計處估計全港智障人士數目是界乎67,000至87,000——大約六至八萬人，是和大家一起生活在社區的。

在統計署調查到的智障人士當中，少於三成有工作機會，就算有工開，大部份是在庇護工場。二零零七年底護工場的月薪是\$588，這些年來都沒大幅增加，例如受訪的東華三院，目前庇護工場的月薪仍然是數百元，加上政府每日津貼\$21，收入略過一千。

「二零零四年以前，東華三院南區只有庇護工場，後來才轉型成綜合職業復康中心，庇護工場可以是培訓的機會，我們還會輔助就業，替殘疾僱員找其他的工作。」東華三院南區「綜合職業復康服務」的社會工作統籌主任區淑玲解釋。一些快餐店、清潔公司都願意聘請智障人士，薪水會比庇護工場高，然而令人意外是好些家長寧願子女待在庇護工場，現在進入庇護工場要輪候，但輔助就業卻較少人有興趣。

Vincent媽媽便提及不想兒子去快餐店工作：「我曾經看到有智障人士蹲在地上，用小刷子刷地磚——為什麼要這樣清潔？不能像別人一樣用地拖和掃把嗎？」擔心被欺負、適應不了工作環境、能力或情緒有局限……這些都令智障人士對公開就業卻步。

但殘酷的現實是：庇護工場傳統的簡單手作工作，例如摺信封、穿珠仔等都被內地等廉價勞工取代，市場亦愈來愈窄。iBakery這類聘請殘疾人士的社會企業，就是嘗試一條新路。

社企是出路？

在東華三院港島南區的復康中心走一圈，會看到不同的殘疾人士在工作，地下的「心意棧」在賣麵包糕點、平台的「雅聚亭」提供早午茶餐、樓上的麵包工房在做麵包西餅。這些都是「模擬企業」，讓院友接受不同崗位的訓練，機構沒有賺錢的壓力，表現好的，就有機會被選去iBakery在西環的麵包工房、添馬艦的西餐廳，或者香港大學和瑪麗醫院的小賣檔工作，這些社企雖然有贊助，但最終希望自負盈虧。

陳曉蕾：我們的智障孩子

<http://www.pentoy.hk/%E7%A4%BE%E6%9C%83/c374/2014/08/01/%E9%99%B3%E6%9B%89%E8%95%BE%EF%BC%9A%E6%88%91%E5%80%91%E7%9A%84%E6%99%BA%E9%9A%9C%E5%AD%A9%E5%AD%90/>

負責經營iBakery的是復康中心副院長陳佩珊，這次也一起去京都與食材供應商會面。「最困難，其實是辭掉殘疾的同事，那比訓練一個同事更花心力。」她坦言不是所有智障人士都適合做餐飲，可是家長未必接受得了：「曾經在添馬艦餐廳，有同事連數目也數不來，沒法做侍應，但很愛洗碗、洗廁所，什麼都洗得『立立令』，不過家人不喜歡，硬是要求轉去做麵包。」

最令她苦惱的個案，整整兩年都沒法適應工作，最後不得不開口辭退：「那真是打擊，簡直令我反省iBakery的生存意義。我們用很長時間去鋪排、向家人解釋，盡量減少同事覺得被拒絕。後來才定下三個月試用期，不適合就不要拖，不然影響更壞。」

唐氏綜合症如Vincent，肌肉發展遲緩需要接受大量訓練，可是在智障人士當中因為性情相對平和，喜歡笑，工作機會是比較多的。那像Vincent，收入可如一般人嗎？理論上殘疾人士通過評核，證明能力符合工作要求，便可以得到最低工資，但Vincent媽媽不想他有壓力，寧願不評核。由於表現出色，Vincent也加過兩次人工，今年已經獲得最低工資看齊的薪酬，每星期工作四十五小時，月入超過五千。

iBakery踏入第四年，聘請大約五十位員工一半是殘疾人士，每年營業額增長超過兩成，但仍然未賺錢。麵包工房雖然租用東華的物業，同樣面對大幅加租，可幸有商業機構贊助的銷售點包括銅鑼灣皇室堡、沙田凱悅酒店。

陳佩珊認為基本的生存之道，還是注重產品質量：

「不好吃，怎麼賣？」繼向京都凱怡酒店學習綠茶甜品，短期內會和沙田凱怡酒店有類似的合作，下一步，在沙田開設餅房，增聘更多殘疾人士。

如何能賺錢？

iBakery近年得到不少社企獎項，雷聲大，但東華三院屬下「兩點大」的社企，是「創毅蔬果加工及批發服務」、香港仔市政大樓的「自在軒」食店、「煮餸易」Cookeasy餸菜包送遞服務，這三間同樣聘請殘疾人士，多年來一直賺錢，員工甚至曾經獲得一個半月花紅！

翁文智強調社企要賺錢，但終歸是為了給機會殘疾人士，在她眼中，每一位殘疾人士都有自己的能力，重要是找到適合的職位：「在菜檔不用叻，但要捱得！」很少社企可以聘請嚴重智障人士，但智商低至20等於兩歲小孩，也可在菜檔負責清洗菜籃，只是要耐得住連洗五小時。

她亦試過不得不中止合作：自閉症兼智障的敏敏，非常有耐性批粉葛，外皮的釘位都有心機逐一去掉，這是自閉症要求完美的特點，可是自閉症亦不擅溝通，敏敏試過發脾氣飛刀，好在沒有傷到同事！敏敏後來轉到iBakery，卻快快樂樂地在曲奇餅上畫花，她的藝術才能極高，復康中心大片壁畫上大群鮮艷活潑的雞，她不用起稿隨手便畫出來，每周還會學畫畫，不少作品都能賣出——要放棄工作全職畫畫嗎？家人倒希望她留在較為穩定的麵包工房，就算殘疾人士一樣會面對這種搵食與創作的掙扎。

高能自閉症？

這也是自閉症額外困難的地方，由於不擅溝通，外表又與常人一樣，家人承受相當大壓力。像Vincent媽媽還可叫孩子「企定定」，讓途人不可意思再望，自閉症孩子在公眾地方鬧情緒，有些途人直接便罵父母「無家教」。

而在疾殘人士就業，有一群「高功能自閉症」更是完全被忽略：自閉症有兩成是智能正常的，甚至比常人高，由於不是智障，目前沒有服務幫忙找工作。「他們的智商高，有的甚至畢業於香港大學、科技大學，但就是沒法適應工作環境。」「綜合職業復康服務」的社會工作統籌主任區淑玲說，這些高功能自閉症一樣需要額外給機會：「菜檔有位同事，起初一不開心就撞頭、自己打自己，情緒完全失控，很難和其他人合作，但教曉他用電腦後，突然開窍可以自己學習，落單、包裝、送貨什麼都能做，現在大家都笑著叫他『副經理』。」

還有一位自閉症同事，一直說電梯壞了，師傅來看，聽不出有雜音，大家都以為同事亂說話，直到一年後師傅把電梯拆開，才發現真的有機器故障！這同事又額外留意傷殘人士的交通輔助設施，還曾經向運輸署指出漏洞，成功改善了設施。

天生我才必有用，說話是好聽的，可是實現起來，不是一個家庭、一個社企、甚至一間機構可以做到，需要大家接納、給機會，而了解，是第一步。

Reports of NDIS & CPA Badminton

National Disability Insurance Scheme—NDIS (全國殘障保險計劃) 一個以人為本的系統，為著殘障人士、他們的家人和照顧者的需要，而不是僅僅關注服務計劃和服務形式的體制。

NDIS改變了以往政府部門實施的“一刀切”服務模式，引進一套新的體制，給符合條件的人終身支援服務。這也正是NSW在過去數年中的改革方向。NSW於2012年12月宣布參加NDIS，是第一個作出這樣決定的州政府。

NDIS的實施將會為殘障服務行業帶來史無前例的發展。該行業將會吸引更多的資金投入，從而能夠確保殘障人士獲取他們所需要的合理和必要的支援。NSW目前在專項殘障服務領域的開支達到\$25億。至2018年，NDIS將在NSW全面實施，屆時撥款額將會達到每年\$60億。與此同時，預計至2018年，NSW需要殘障支援服務的人數將會從目前的95,000人增加至140,000人。這將促使NSW的殘障服務行業增加25,000個新的就業機會，以便有足夠的服務人員滿足新增需求。

NDIS實施之後，殘障支援服務款項將不再撥給服務機構，而是直接發放給殘障人士，由他們管理支配。殘障人士將自主決定如何獲取支援以及由誰提供支援服務。

CPA Badminton

Andrew Li

On Sunday 19 October we went for a badminton lesson at Bankstown Sports Stadium. There were about 16 of us at the stadium. Some of us played badminton & some played basketball. Our Coach James showed each of us different movements in Badminton.

Everyone got to play on different sides of the court. After we played for a while we each had a sausage roll for lunch. At the end we all helped pack away the racquets & shuttlecocks. We all had a great time & hoped we could play again.

10月19日中午，我們一行16人，滙合于賓士鎮體育館，參加羽毛球學習課程。我們當中有些人打羽毛球，有些打籃球。教練James給我們示範打羽毛球的各種不同姿式和技巧。

各人分別在球場的两邊對打，一展所學。打了一會之後，我們以香腸卷作午餐。活動結束後，大家都幫忙收拾球拍和羽毛球。我們都很喜歡是次活動，並盼望日後可以再次參與這項活動。

ACKNOWLEDGEMENT

Donors

Anna Yew
Chun Wing Fan
Darby Mu
Jennifer Chan
Jin Jian Liu
Majoria Liang
May Yuen
Sita Leung
Sylvia Tinyow
The Hon Dr Helen Sham-Ho
Yu Jun Gu
Yuvon Yuda

Volunteers & Supporters

Chun Wing Fan
Darby Mu
Dora Li
Elenaore Vuong
Mario Yuen
Nancy & Alex Ma
Winda Mok

**HAPPY
BIRTHDAY**

NOV

Ben Zhou Laurence Trieu
Bowman Yu Lawrence Li
Iris Fan Livana Li
Joshna Wang Rebecca Fan
Kevin Li Sandra Wang

DEC

Adrian Chau Jeremy Wang
Anita Du Jimmy Kong
Daniel Li Louisa Tong
Edward Wang Samson Yuen
Jackie Li Samuel Siu
Jasper Zhang Timothy Yau

JAN

Barry Mak Kerry Liu
Christopher Lin Teresa Wong
Edmund Su Thuman Ha
Jimmy Chen Tiffany Tan
Karen Chen Vincent Huang

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捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會會員： I would like to become :

會員 Member
附屬會員 Affiliated member
義工 Volunteer

會員年費 \$10

Membership Fee \$10 pa

(From 1 July—30 June)

名字 Name: _____ 姓氏 Family Name: _____

地址 Address: _____ Suburb: _____ Post Code: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: " Chinese Parents Association-Children with Disabilities Inc"

DGR # 900 487 253

Donations of \$2 or more are tax deductible \$2 或以上捐款可獲扣稅

November 2014 - January 2015 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
	3:00pm to 5:00pm	8:45am to 12:00pm	2:30pm to 4:30pm	
November				
1 November	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
8 November	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Arts Class 2:30 – 4:30	Irene Mok
15 November	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	
22 November	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
29 November	Fun to Learn	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Art Class 2:30 – 4:30 Birthday Party 4:30	Nick Baldas
December				
6 December	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	2:30 – 4:30 Music/ Concert rehearsal	Catherine Paix
13 December	2014 AGM & Christmas Buffet Lunch at Rosehill Bowling Club			
14 December	Cherries & Berries Picking at Cargo Road Wines			
20 December	School Holiday	No activities	No activities	
27 December	School Holiday	No activities	No activities	
January 2015				
3 January	School Holiday	No activities	No activities	
10 January	School Holiday	No activities	2:30 – 4:30 Music/ Concert rehearsal	
17 January	School Holiday	No activities	2:30 – 4:30 Music/ Concert rehearsal	Jonathan Mui
24 January	School Holiday	No activities	2:30 – 4:30 Music/ Concert rehearsal	
31 January	School Holiday	No activities	2:30 – 4:30 Music/ Concert rehearsal	Jonathan Mui
The above programs may be changed without prior notice due to unforeseen reasons.				