



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



CPA NewsLetter 協康會 會訊

AUGUST 2014 ISSUE / 二零一四年八月版



Reports of:

- ◆ **Mother's Day Celebration Lunch Party**
- ◆ **Volunteer's Recognition**
- ◆ **Art Gallery and Cockatoo Island Visit**



CPA NewsLetter AUG 2014 Issue

協康會 會訊 二零壹四年八月 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。



MESSAGE

From Vice President

各位會員，

正值澳洲的冬季，逐漸轉寒，近日天氣更為寒冷，希望各位加衣，保持身體溫暖及健康。但是，我們的會長及一班委員無懼嚴寒，依然將週末的活動，弄得有聲有色。姚雪虹老師帶領的愛笑健康操，不但將我們的身體溫暖，亦將我們的心境和精神振作起來，肯定地我會將姚老師的精神、愛笑健康操的好處推廣及他人，讓更多的人受益。

協康會現正與Canterbury City Council 籌備「全國殘疾保險計劃」National Disability Insurance Scheme (NDIS) 講座，務求使到每一位殘疾人士或家長都能取得這個計劃的詳細資料及認識如何去申請這項服務。

在此更要一提就是所有委員及部份家長已忙於籌備明年三月份的”心連心音樂會”，希望大家到時!

踴躍參加，又如有其他人士及會員有興趣加入是次音樂會的義工，請與Mandy 聯絡。

協康會副會長

劉秀蓉

MESSAGE — From Vice President

Dear members,

As is to be expected with the current season, generally cooler temperatures are forecast for all areas of Australia. On behalf of Chinese Parents Association – Children with Disabilities Inc., I offer my warmest wishes to you all. I hope that all our members will have a warm and healthy winter.

The weather outside may be freezing, but CPA has come up with a list of fun activities so you can still have a blast this winter. One of these activities is Laughter Yoga led by teacher Agnes Yiu. Laughter Yoga workshop also commonly refer to as Laughter Therapy or simply Laughter Workshop. It's all about laughing! This type of therapy does not include any yoga movements. The "Yoga" part comes from the yogic breathing exercises.

Our laughter workshop is a unique team building exercise that dissolves stress, tension and pressure in minutes. Joy is a unifying experience and creates positive changes in the way we feel about each other. In a time of rapid change and high stress, humour is an effective tool to develop and maintain a positive attitude. It increases engagement levels and creates a healthy environment, helping our members to communicate better, solving everyday life problems faster and an improved sense of wellbeing.

The laughter activities subtly help us to explore how we view the world and ourselves. They gently challenge us to let go of ego and judgements and connect us with others. It really is a liberating experience that loosens us up and allows barriers to come down, providing us with a safe place to feel a heartfelt connection with all our participants – the group that laughs together stays together!

Furthermore, CPA is now in a preparation stage, working with Canterbury City Council to host a workshop/seminar, regarding to National Disability Insurance Scheme (NDIS). The purpose of this event is to provide detailed NDIS information and knowledge of how to apply for this program for people with disabilities, their care takers, family members and others who are interested in such information.

At the same time, I also like to inform our members that we are progressing with the preparation of next year's big event – "Edward Lee & CPAKids Concert 2015". I hope that more members will come forward to participate. If anyone is interested to join the concert preparation or be a volunteer, please do not be hesitate, and contact Mandy on 02 - 9784 8120.

Vice President
Sylvia Tinyow



Mother's Day Celebration Lunch Party

母親節的慶祝午餐聚會



Parenting with children with disabilities can be an exceptionally drudging experience characterized by challenges and stress. Most of the time, mothers are the prime carers and planners and they have to tackle these tasks day after day, with a challenging and never-ending routine. Grandmothers are always required in helping the parents to care for the children and for family support.

In order to offer relaxation for the mothers and grandmothers, allow them to reduce their social isolation and introduce them to more community participation, CPA had organized a Mother's Day Celebration Lunch Party at Padstow RSL on May 3.

There were about 90 participants on the day. Besides of the delicious cuisine, we had the programs of launching our new website, singing Karaoke and lucky draw. At the end of the party, all the mothers and grandmothers were presented with a towel in a cup which was packed creatively as an ice-cream by our volunteers.

照顧弱能兒童是一個充滿挑戰和壓力的經驗。大多數的時候，母親是主要的照顧者和規劃者，她們必須每天應付這些極具挑戰性和永無止境的任務，而祖母總是在需要幫忙時協助家長照顧孩子及為家庭提供支持。

為了讓母親和祖母們可以輕鬆一下，使她們更多的融入及參與社區，協康會於5月3日在 Padstow RSL舉辦了母親節的慶祝午餐聚會。

當天約有90人出席聚會，除了享用美味佳餚，我們還發佈了協康會的全新網站、唱卡拉OK及幸運大抽獎等。聚會結束前，所有的母親和祖母均獲贈一杯“冰淇淋”，其實是義工們悉心包裝在杯子內的一條毛巾。

Volunteers' Recognition

全國義工週



Chinese Parents Association – Children with Disabilities is a charitable organisation fundamentally administered by all **VOLUNTEERS** who are parents looking after their children with disabilities. They are our Association's valuable asset. Their contributions, from office work to program implementation, from planning strategies to decision making, are highly priced. Without these volunteers who offer countless hours of their time, their knowledge and their expertise, all our disability service and programs would not be made possible.

To acknowledge the volunteers for their contribution to our Association, CPA had organised a Volunteer Recognition Lunch Celebration at Padstow RSL on May 3, 2014. The celebration was intentionally held within National Volunteer Week (NVW) which is the largest celebration of volunteers and volunteerism in Australia. This provides an opportunity to highlight the important role volunteers play in our communities.

The ceremony began with a welcome speech from CPA President, Miranda Vuong. At one of the volunteer recognition ceremonies, Mohammed Nabeel, Executive Committee member of Mission 20 stated, "Volunteers are not paid, but they are **priceless**".

Certificates and volunteer pins were presented to all the volunteers, thanking all the volunteers whose tireless efforts were reasons for the numerous brilliant achievements CPA had made during all these years.

澳洲弱能兒童協康會是一個為弱能兒童服務的慈善組織，而我們的義工們很多都是會內的家長，他們是協康會的寶貴財富。協康會高度重視及評價他們的貢獻，包括為活動的策劃及推行。如果沒有這些義工獻上他們寶貴的時間、知識和專長，我們很多服務及活動都不能順利推行。

為了感謝及肯定義工們的貢獻，協康會於5月3日在 Padstow RSL 慶祝義工週，這是澳洲為全國義工而設的最大慶祝活動，為彰顯義工們在社區中所扮演的角色。

協康會會長 Miranda Vuong 的歡迎詞正式啟動了當日的儀式。在某個義工週的慶祝活動中，Mohammed Nabeel, Mission 20 的執行委員會會員說，“義工沒有受薪……，但他們是無價的”。

當日還頒發了證書和襟針給所有的義工，藉以表揚他們在過去的年日中為協康會努力不懈地達到很多輝煌的成果。

Art Gallery and Cockatoo Island Visit

By Maria Lee

During the 19th Sydney Biennale, CPA organised a visit to the Art Gallery and Cockatoo Island on 12 April 2014. There were about 50 members participated in this activity. We waited in front of the main entrance of the Art Gallery and took group photos when we were waiting for everyone to arrive.



At about 10:30 am, we entered the Gallery. At the lobby, there were tens of thousands of colourful strips hanging down the ceiling, swaying in the air. They created a cheerful atmosphere for the visitors. Danielle, the Program Co-ordinator, greeted us and arranged a few volunteers to be our tour guides. The children with disabilities were divided into five smaller groups, each with 4-5 people, followed by their parents/carers.

The volunteers in my group guided us to several artworks. They explained to the children with patience what the artworks were made up of, what the artists tried to convey. They also asked them questions about the artworks and what they saw on the artworks. The children were free to raise questions.

Before finishing off, the children did some artworks at the function room with help from the volunteers and parents. Parents were surprised at their children's creative artworks.

After lunch, at about 2 pm, the CPA group gathered at the wharf at Circular Quay and went on the ferries which went directly to Cockatoo Island. We had pre-booked tickets. Big eye-catching banners with "Sydney Biennale" printed on them were hanged alongside the ferries. The one I caught was a 3-deck Caption Cook ferry.

The ferry was huge and spacious. The harbour view from the deck was fabulous.

Cockatoo Island is a former convict prison and industrial shipyard. It is Sydney Harbour's largest island. The ferry anchored at the wharf reserved for the Biennale ferries. When we landed, the tour guide, Alana, was already there, waiting for us. She took us to several sites to view different kinds of artworks. There were so many artworks on exhibition that I could not remember them all. From memory, there was an artwork named "I am the River". It looked like a real waterfall, tens of meters high, and built with sound effect. Another site had interesting artworks of different shapes made of transparent hard plastics, hanging from the ceiling. From far, they looked as if they were made out of soft materials. Another site was erected with colourful mini houses built with windows, doors and chimneys. There was also a game corner with different devices built with innovative technologies. They were suitable for both adults and children to play. Some kids stayed there and were reluctant to leave.

At about 4 pm, some of us caught the Biennale ferry and headed back to Circular Quay. The ferry was packed with people. Therefore, some had to catch the later one. I had a tiring day with lots of walking but good memories of the wonderful artworks on exhibition. I hope CPA will organise another visit during the next Sydney Biennale in two years' time.

Art Gallery and Cockatoo Island Visit



作者: Maria Lee 翻譯: Mandy Yip

在第19屆悉尼藝術雙年展舉行期間，協康會於4月12日參觀了紐省藝術館及Cockatoo Island的展品。是日大約有50名會員參加了這個活動。於等候期間，我們在藝術館門前合照留念。

在上午10時30分左右，我們進入藝術館大堂。在大堂的天花板，掛滿色彩鮮艷的條子，隨風擺動，給參觀者帶來節日的氣氛。藝術館的活動統籌Danielle出來迎接我們，並安排一些義工為我們導遊。孩子們被分成5小組，每組4-5人，他們的父母/照顧者亦尾隨。

我組的義工們帶領我們參觀了好幾個藝術作品。他們很有耐心地解釋作品的內容和作者希望傳達的信息。義工們還詢問了孩子們對一些作品的看法，孩子們也可自由發問。

參觀完展品後，孩子們被帶領到一活動室，在家長及義工們的協助下，創作了一些手工，家長們都很驚訝自己子女滿有創意的傑作。

午餐後，約在下午二時，協康會成員齊集在環形碼頭，乘坐渡輪前往Cockatoo Island，我們都預訂了船票。渡輪兩旁掛著印上“悉尼藝術雙年展”的奪目大橫額。我登上了一首三層的Captain Cook渡輪，船內非常寬敞，在甲板上欣賞悉尼港的美麗景色，令人心曠神怡。

Cockatoo Island前身是監獄和工業造船廠，它是悉尼港最大的島嶼。渡輪停泊在專為藝術雙年展預留的碼頭。當我們上岸後，導遊Alana，已在那裡等著我們。她帶領我們去了幾個景點，觀看不同類型的藝術作品。展出作品繁多，我也不能一一記起。印象最深的，有一件名為“我是一條河”的藝術作品，它是從數十米高的屋頂伸展到地面的瀑布投影，配上聲音，如萬馬奔騰，震耳欲聾，非常逼真。另外一處，有些有趣的展品，由不同形狀的透明硬膠製成，懸掛在天花板上，可是從遠處看，它們卻像是用軟質材料製成的。另一邊廂，豎立了數座有門，窗和煙囪及五彩繽紛的小房子。還有一個遊戲室，利用槓桿及齒輪原理，以創新技術，製成了不同的玩意，適合成人和兒童玩耍，有些孩子待在那裡不願離開。

下午4時左右，我們當中一些人乘坐了雙年展的渡輪回到環形碼頭。由於船上已經擠滿了人，有些人只好選擇乘坐下一班渡輪。步行了一整天，我感到非常疲累，但對精彩的展品，留下了美好的回憶。我希望協康會可以安排參觀兩年後的藝術雙年展。



Come and try FlipOut!

By Clement Wu

On Saturday 5th of July, CPA went to FlipOut in Punchbowl. When we arrived, we saw that it was a huge trampoline playground. Immediately, everyone was eager to have a go on the trampolines and so we all hastily filled in the forms in order for us to enter. It was indeed a fun and enjoyable experience.

There were trampolines that were slanted vertically instead of being horizontal. Some of us had fun jumping off them and landing back onto the horizontal trampolines.

However the most popular activity were some specific trampolines that were used for jumping into a pit full of soft sponge cubes.

Many of us thoroughly enjoyed that. Though there was quite a bit of a challenge for some of us to try and get out of the pit after we had jumped in but with some effort and aid from other people and the guides in FlipOut, we managed to get ourselves out.

Overall, everybody had a good, pleasurable time.

For more information and details about/ relating to FlipOut see the following website:

<http://flipout.net.au>



快來試試FlipOut！

7月5日星期六，協康會去了位於Punchbowl的FlipOut。當我們到達時，看到那是一個巨大的彈床遊樂場。隨即，每個人都渴望去跳彈床一展身手，所以大家都匆匆填寫表格，以便能夠盡快入場。這確實是一個有趣和愉快的體驗。

有些彈床是垂直傾斜而不是平放的，我們當中有些人興奮地從傾斜的彈床跳到平放的彈床。

然而，最受歡迎的玩法是跳入一些軟海綿立方體的坑中。雖然從坑中跳出來對我們來說是一個挑戰，但透過其他人及FlipOut導師的幫助，我們都能夠成功做到。

總括來說，我們十分享受這個活動。

有關FlipOut的詳細信息，請留覽以下網站：<http://flipout.net.au>

Regular Weekend Activities

Junior Group



Rhythm & Motion

Instructor 導師: Christine Morson
Time 時間: Saturdays 星期六 4:00pm—5:00pm
Venue 地點: Belmore Youth Resource Centre
40 Redman Pde, Belmore



Fun to Learn

Instructor 導師: Melissa Cox
Time 時間: Saturdays 星期六 3:00pm—4:00pm
Venue 地點: Belmore Youth Resource Centre
40 Redman Pde, Belmore



Community Outdoor Activities

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

Youth Group



Ice-Skating

Time 時間: Saturdays 星期六 8:45am—9:45am
Venue 地點: Canterbury Olympic Ice Rink
Phillips Ave, Canterbury



Music Lessons

Time 時間: Saturdays 星期六 2:30pm—3:30pm
Venue 地點: Belmore Senior Citizens Centre
38 Redman Pde, Belmore



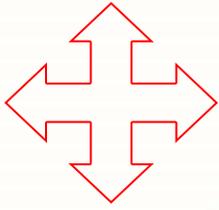
Art Programs

Time 時間: Saturdays 星期六 3:30pm—4:30pm
Venue 地點: Belmore Senior Citizens Centre
38 Redman Pde, Belmore



Ten Pin Bowling Lessons

Time 時間: Saturdays 星期六 10am 開始
Venue 地點: AMF Bowling
3-5 George St, North Strathfield



MEDICAL TALK

Medical Talk – Issues on Prostate

According to the research done by “Prostate Cancer Foundation of Australia”, prostate cancer accounts for approximately 30% of cancers diagnosed each year in Australian men. It is the second most common cause of cancer death, after lung cancer. It has been estimated that around 120,000 Australian men are living with prostate cancer, and it is predicted that the number will increase to 267,000 by 2017.

As one of the Dad to Dad activities, CPA had invited Dr Leung to give a talk about “Issues on Prostate” so to update the information and the research regarding Prostate and prostate cancer for our members and the community. The talk was conducted in Cantonese, at Belmore Senior Citizens Centre on May 10.

There were over 40 participants including males and females attending the talk. During the talk, Dr Leung has covered the following areas:

1. The common prostate problems:
 - A. Prostatitis
 - B. Benign prostate hypertrophy
 - C. Prostate cancer
2. The symptoms of the prostate problems
3. The treatments of the prostate problems
4. The side effects of the treatments
5. The evaluation of benign prostate hypertrophy I-PSS

根據“澳洲前列腺癌基金會”，前列腺癌在每年澳洲男性癌症病例中約佔30%的比例。它是癌症死亡的第二大原因，僅次於肺癌。據估計，約有120,000人澳洲男性患有前列腺癌，並且預測該數字在2017年將增加至267,000人。

作為爸爸對對碰的一個活動，協康會邀請了梁醫生主持一個有關前列腺的醫學講座。講座在5月10日在Belmore長者中心以廣東話進行。

當日有超過40人參加，包括男性和女性。在講座中，梁醫生詳盡講解了下列幾點：

1. 常見的前列腺問題：
 - A. 前列腺炎
 - B. 前列腺增生
 - C. 前列腺癌
2. 前列腺問題的症狀
3. 前列腺問題的治療方法
4. 治療的副作用
5. 前列腺增生評分方式(I-PSS)

Upcoming Events

Upcoming Events

- Mid Autumn Festival and Father's Day
Celebration on 30th Aug 2014
- Art Workshop By Nick during Sep—Nov
2014
- National Disability Insurance Scheme
Talk (NDIS) in Oct 2014
- Art Workshop at Padstow during Sep—
Oct 2014

中秋節

中秋節有悠久的歷史，和其它傳統節日一樣，也是慢慢發展形成的，古代帝王有春天祭日，秋天祭月的禮制，早在《周禮》一書中，已有“中秋”一詞的記載。後來貴族和文人學士也仿效起來，在中秋時節，對著天上又亮又圓一輪皓月，觀賞祭拜，寄託情懷，這種習俗就這樣傳到民間，形成一個傳統的活動。一直到了唐代，這種祭月的風俗更為人們重視，中秋節才成為固定的節日，《唐書·太宗記》記載有“八月十五中秋節”，這個節日盛行於宋朝，至明清時，已與元旦齊名，成為我國的主要節日之一。

中秋節的傳說是非常豐富的，嫦娥奔月，吳剛伐桂，玉兔搗藥之類的神話故事流傳甚廣。

Laughter Yoga

What is Laughter Yoga?

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is fast sweeping the world and is a complete wellbeing workout. It is the brainchild of Dr. Madan Kataria, an Indian physician from Mumbai who started the first laughter club in a park on 13th March 1995, with just 5 people. Today, it has become a worldwide phenomenon with more than 6000 social laughter clubs in 60 countries like India, USA, Canada, Australia, UK, Germany, France, Italy, Belgium, Switzerland, Sweden, Norway, Denmark, Netherlands, Singapore, Malaysia, Iran, Dubai, Bahrain, Israel, Tunisia, Jordan, China, Hong Kong, Japan, South Korea, New Zealand, South Africa, Indonesia, Taiwan, Vietnam and many more. Laughter Yoga combines unconditional laughter with yogic breathing. Anyone can laugh for no reason, without relying on humour, jokes or comedy. Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness, it soon turns into real and contagious laughter.

The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.

On July 5, CPA had organised a "Laughter Yoga" class at the Belmore Centre. There were about 50 members participating this activity.

"Laughter Yoga" is not the traditional yoga. This is more like a laughter exercise combined with deep breathing. Ms Agnes Yiu is a certified

"Laughter Yoga" teacher. According to the founder of "Laughter Yoga" Dr. Madan Kataria said, "Laughter Yoga" can help us to remain in a happy mood.

According to several studies, laughter is a virtual miracle cure that can relieve stress, boost the immune system, increase blood flow, release endorphins, protect the heart and so much more.

"Laughter Yoga" is used therapeutically in schools, cancer wards, prisons, nursing homes and local community colleges.



協康會於七月五日在Belmore中心舉辦了“愛笑瑜伽健康操”，那天約有50名會員參予該活動。“愛笑瑜伽健康操”不是傳統的瑜伽。它更像是一個歡笑結合深呼吸的運動。姚老師是認可的“愛笑瑜伽健康操”導師。根據“愛笑瑜伽健康操”的創始人 Madan Kataria 博士說，“愛笑瑜伽健康操”可以幫助我們保持一個愉快的心情。

從一些研究中指出，笑是一種神奇的靈丹妙藥，能夠緩解壓力，增強免疫系統，增加血流量，釋放安多芬，保護心臟及其他好處等。

“愛笑瑜伽健康操”在學校，癌症病房，監獄，老人院和社區學院均有舉辦。

The National Disability Insurance Scheme (NDIS) is a generational reform that will deliver a national system of disability support focused on the individual needs and choices of people with disability. The NDIS will provide people with disability reasonable and necessary supports to live life their way, achieve their goals and participate in social and economic life.

The NDIS enabling legislation 2013 was passed by the NSW Parliament in November 2013. The legislation is an important part of the move to the NDIS. It enables the Government to consider a full range of options for moving services to the non-government sector. Its purpose is to give people with disability continuity of support as they make decisions about their future; to encourage skilled people to stay working in disability services; and to help build the disability sector by making it possible to transfer Government assets to the sector.

The NDIS commenced in the Hunter area on 1 July 2013. People with disability living in the three local government areas (LGAs) of Newcastle, Lake Macquarie and Maitland will access the scheme gradually to enable a smooth transition from existing arrangements. The full scheme will roll out across NSW between 2016 and 2018.

Under the NDIS, people with disability will make the decisions about their supports, including who will provide them. Funding for disability supports is allocated to each eligible individual, not to a service provider.

NDIS is a new way of providing community linking and individualised support for people with permanent and significant disability, their families and carers.

全國殘疾保險計劃

全國殘疾保險計劃(NDIS)是一個劃時代的改革，它制定一個全國的殘疾支援系統，專注於殘疾人士的個別需求和選擇。

NDIS將為殘疾人士的生活作出合理和必要的支持，幫助他們達到自己的目標，同時能夠融入社區和自立地生活。

NDIS已於2013年11月通過新州議會的立法程序，它推動政府將一系列的殘疾服務轉由非政府機構去提供。其目的是給予殘疾人士持續性的支持，幫助他們為自己的未來作決定；鼓勵技術人材繼續從事殘疾服務行業及透過政府資產的轉移去建立殘疾部門。

NDIS已於2013年7月1日在Hunter區開始推行，生活在Newcastle，Lake Macquarie及Maitland的殘疾人士將逐步從現有的安排順利過渡到這個計劃。而整個計劃，將於2016年至2018年間在新州各地全面實施。

在殘疾保險計劃下，殘疾人士可以為自己的支援服務作決定，包括選擇服務機構。殘疾服務的資金將被分配到個別合資格的殘疾人士，而不是交予服務機構。

NDIS是一條新途徑，為永久和有顯著殘疾的人士，以及他們的家人和照顧者提供個別的支持，並把他們與社區連結在一起。

Sweet Memories



Certificate of Appreciation
from City of Sydney Council



National Tree Day



Craft Making



Lawn Bowl



Flip Out



Flip Out



Dad 2 Dad



Dad 2 Dad- Badminton



Mum 2 Mum

Sweet Memories



Laughter Yoga



Laughter Yoga



Art Gallery Visit



Art Gallery Visit



Cockatoo Island



Cockatoo Island



Fruit Picking



Fruit Picking



Fagan Park

自閉兒或擁巨大潛力

2014-04-01

<http://baby.popart.com.hk/newver/newsinfo.php?pid=2404&title=%20%E8%87%AA%E9%96%89%E5%85%92%E6%88%96%E6%93%81%E5%B7%A8%E5%A4%A7%E6%BD%9B%E5%8A%9B>



四月二日是世界自閉症關注日，根據美國的統計，每八十八人有一人患自閉症，可是香港就沒有確實的數字表示，不過前年就有一千五百多宗新症，數字亦不算少，不過香港對自閉症的支援少，所以自閉兒童在主流學校上學的話會比較難以照顧。其實自閉兒童只是專注力及社交能力比較弱，智力正常，但很多時卻由於患病而被人忽略了他們的能力，有些自閉兒在某方面具有卓越才能，只要找到並多加訓練絕對可獨當一面。

自閉症是屬於腦神經發展障礙，原因不明，多由於遺傳引起，患者要是在六歲前經過社交、語言等做早期訓練的話，長大後情況會有改善，家長要多留意孩子的情況，如遇到以下狀況就要找專業人士作評估：

- 到一歲多仍然對自己的名字沒有反應
- 一歲半至兩歲仍不懂「手指指」，可能有溝通障礙
- 九個月之後仍不懂展示手上玩具
- 兩歲以上才會玩假想遊戲，如扮講電話等，而且遊戲情節較單一
- 即使上學後仍完全不關心邊事物及同學

說話重複像鸚鵡，身體向前向後搖擺，不時搖手

照顧自閉者家人易抑鬱

<http://www.hkdnews.com/NewsDetail/Index/371552>



容姨與家樂講述相處之道

【新報訊】

照顧家中病患者非易事，扶康會調查發現，三成半成年智障兼自閉症人士的照顧者，呈現抑鬱、壓力或焦慮的心理症狀，當中有13%是處於嚴重至非常嚴重焦慮狀態。有照顧者表示為患有自閉症的兒子尋找服務，每日四出奔走，反被家人指「唔識家，周圍勾三搭四」，扶康會建議政府要提供更多服務予照顧者。

扶康會在今年2月至4月，訪問62名成年智障兼自閉症人士的照顧者，發現近三成半的照顧者呈現抑鬱、壓力或焦慮的心理症狀，當中21%有抑鬱的情緒，而嚴重或非常嚴重的抑鬱有2%。另外，照顧者指照顧成年智障兼自閉症人士時，認為「特別生活照顧」最為困難，如「平靜他/她不高興的情緒」、「帶他/她逛街購物」等，反映患者的行為、情緒及社交，對照顧者造成困擾。

親自照顧溝通更好

扶康會項目經理陳碧珊指，近八成照顧者在51歲或以上，大多是家庭主婦或退休人士，在照顧患者時，會感到身心疲憊、心力交瘁甚至身體出現毛病等情況。她指，照顧者有時都會感到無奈，如「睇到個仔自己打自己，你話我可以點？」又指他們遇到壓力時，大多是靠自己解決，求助動機較低。

51歲的容文美鳳要照顧29歲患有自閉症的兒子家樂，她承認早期對自閉症認識不多，兩母子在溝通上有困難，加上她要出外工作，家樂要依靠婆婆照顧。在2008年婆婆的逝世，美鳳感到很大壓力，及後發現自己患上抑鬱，後來抑鬱症痊癒，決定辭工，全力照顧家樂。

美鳳指，兩母子的溝通愈來愈好，6年來看到家樂的轉變，坦言「孩子的成長超乎她的想像」，席間她亦感動落淚，家樂隨即用紙巾為她拭淚，更主動與母親說對不起。她又指，現正為兒子申請新工作，亦希望可以照顧得他更好。

Fruit Picking

On July 12, CPA members went to the Ford's Farm to pick our own mandarins. Ford's Farm is located near Wiseman's Ferry about an hour and fifteen minutes northwest of Sydney. From the 31st May at 10am til 4pm, every weekend until July, Ford's Farm is open to give visitors the opportunity to pick different varieties of mandarins.

As we entered the farm through the shed, we were given a bucket to take to go picking. Being in the lush green trees dotted with orange, it is a spectacular place to wander around. We could taste the mandarins as we went picking and we only paid for what we picked. Once we have picked our fill, we headed back to the shed to weigh and pay. There is a selection of the farm's homemade jams, cordial & honey on offer too.

7月12日，協康會一眾會員去了Ford's Farm採摘柑子，Ford's Farm靠近Wiseman's Ferry，離悉尼西北約有一小時十五分鐘的車程，開放日期及時間為5月31日至7月的每個週末，由上午10時至下午4時，讓遊客可以親自採摘各樣不同種類的柑子。

當我們穿過一個棚子進入農場，即獲派發一個水桶去採摘柑子。置身於一棵棵點綴著橙色的青蔥樹木中，讓我們留連忘返。沿路我們可以試吃柑子，只是採摘下來的要自行購買。採摘完畢，我們回到棚子付款。棚內也有農場的自製果醬，果汁及蜜糖等售賣。

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DGR # 900 487 253

August-October 2014 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	
August				
2 August	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
9 August	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Arts Class 2:30 – 4:30	Irene Mok
16 August	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Ernest Chow Eleanore Vuong
23 August	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
30 August	Mid-Autumn & Father's Day Lunch Celebration at Club Merrylands Bowling			
September				
6 September	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
13 September	Fun to Learn	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Arts Class 2:30 – 4:30 Birthday Party 4:30	Nick Baldas
20 September	Holiday Art Class at Padstow Senior Citizens Centre 10 am – 12 pm		Concert Rehearsal	
27 September	Holiday Art Class at Padstow Senior Citizens Centre 10 am – 12 pm		Concert Rehearsal	
October				
4 October	Holiday Art Class at Padstow Senior Citizens Centre 10 am – 12 pm		Concert Rehearsal	
11 October	Fun to Learn Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
National Disability Insurance Scheme (NDIS) Talk on October 18 at Belmore Senior Citizens Centre				
25 October	Rhythm & Music	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Art Class 2:30 – 4:30 Birthday Party 4:30	Irene Mok
The above programs may be changed without prior notice due to unforeseen reasons				

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at AMP George Street North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore