



Chinese Parents Association - Children with Disabilities Inc

澳洲弱能兒童協康會

CPA Newsletter
協康會會訊

August 2009
二零零九年八月

Contact Us

CPA Newsletter is our quarterly publication. We share community news with our members, and we welcome your contributions.

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。

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Message from CPA Management Committee:

協康會委員會通訊



親愛的會員：

您好，我是澳洲弱能兒童協康會管理委員會的文書，很高興能在協康會會訊裏和大家談話。其實我只是從去年初才開始參加協康會的活動，但在短短一年多的時間裏，小兒已經參加了協康會舉辦各樣的活動和訓練，而我亦認識了很多志同道合的家長，可以互相支持和幫助。

小兒患有自閉症，缺乏專注和自制力，想不到在過去的一年，他能多次上台表演演奏和跳舞，真令我十分高興。回顧過去每個星期六下午，我都帶他到Belmore的社區中心，參與協康會舉辦少年組的演奏和跳舞訓練，他學過跳現代舞和中國民族舞，他還學會打鼓，這些鍛煉不但可以提高他手腳協調和聽拍子的能力，還增強他的社交技巧和自信心。

除此之外，協康會亦舉辦其它家庭同樂活動，包括節日聯歡、聚餐、旅行和宿營等，在這一年來，我們一家便

參加了春節和復活節郊遊、母親節聯歡、冬季宿營和每月的生日會等。隨後協康會還會舉辦父親節郊遊、中秋節聯歡暨聚餐和聖誕節聯歡等。透過這些活動，不但可以聯繫家人感情，增添生活樂趣，更可以認識其它家長，爲了加強家長間的溝通，協康會還組織了「媽媽休閒站」和「爸爸對對碰」組，讓家長定期聚會，彼此交流經驗。協康會舉辦的其它活動，還包括資訊性的健康講座、電腦應用和急救訓練等，家長和孩子均獲益良多。

現時，協康會正舉行售賣獎卷，籌務經費，使能繼續推行優質的服務和各項活動。誠望社區朋友給我們支持及鼓勵。更多謝各善心人士，慷慨捐贈名貴禮物，作爲抽獎獎品。

好了，和您分享了很多協康會內的活動和歡樂，希望能在聚會裏再次見到您。

協康會文書
陳素娟

CPA Newsletter has been generously sponsored by

Aspen Pharmacare Australia Pty Ltd

Regular Weekend Activities 週末活動預告

“Talk to me 聽我細說”

This Program is specially designed for children aged 2-9 years, helping them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games, songs and movements.



這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，以遊戲小組的方式進行，給二至九歲小孩提供早期訓練。

整個活動著重提供與小朋友單獨個別溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵他們正確發音及發展說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互照應和交往的能力。整個課程分三部份：自由活動，說話環節及集體遊戲。家長亦能參與，好能建立更多與孩子溝通的渠道。

導師 Instructor: Melissa Cox

時間: 逢星期六下午2:30 至 3:30

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

Dancing class for Youth

青少年 舞蹈班

Goals:

- connection with others
- body awareness
- communication skills
- ability to relax
- develop initiative, decisive-making and leadership skills
- connection between thought, imagination and body
- performing skills

老師: 陳靜老師
Angela Leung

目標:

- 與別人聯系
- 身體感覺
- 溝通技巧
- 學習放鬆
- 學習做決定和領導技巧
- 學習聯系思想、想像與身體
- 表演技巧

時間: 逢星期六下午2:30 至 4.00pm

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

Music therapy 音樂治療班 & Movement Class 體能動作班

Music Therapy aims to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional, social and leisure skills.

音樂治療法 是由音樂治療師利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言，由於智能不足而導致各種社會適應問題，若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感，感知肌能和認知能力等，這便是治療概念的實踐了。

時間: 逢星期六舉行 下午 3:45 至 4:30

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



Sports for Youth Group

保齡球賽

Bowling



時間: 星期六舉行， 上午10.30 開始

地點: 3 - 5 George St, North Strathfield



"The above programs may be changed without prior notice due to unforeseen circumstances."

Contact: Mandy 0406 233 222 or

9784 8120 Tuesday & Thursday 10 am—3 pm

Mid-Autumn Festival Celebration 2009

中秋節午餐聯歡會

Date 日期: 4/10/2009 Sunday 星期日

Time 時間: 11:30 am-2:30 pm

Venue 地點: Port Orient Restaurant 黃金歲月

Level 2, Shop 449 Harbourside Shopping Centre
Darling Harbour, Sydney



Fee 費用:

Members: Adults 成人(18+): \$25

Children 兒童 (4 - 18): \$20

People with disability 弱能人士: free 免費 (members only 只限會員)

Children under 4 兒童四歲以下: free 免費

Non-members:

Adults & Children 成人及兒童四歲以上: \$30

Children under 4 兒童四歲以下: free 免費

Blue Mountain Day Trip

Date: 30th August, 2009

Time/Pickup points:

- 8.00am :
Hurstville Chinese Restaurant
(Cr of Forest Rd & Park Rd)
- 8.30am Strathfield Station

Fee:	(members)	(non-member)
Adult	\$35	\$40
Children under 12	\$30	\$35
People With Disability	free	\$35
Children under 2	free	—

Program:

- Visit the 3 Sisters - Echo Point
- Penrith Valley Orange Orchard
- Lunch buffet
- Aqua golf at Panthers

日期: 30/08/2009

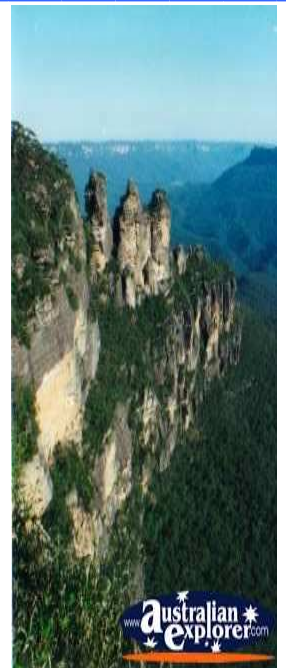
時間/聚集地點:

- 8.00am 華英小廚
- 8.30am Strathfield 火車站

費用:	(會員)	(非會員)
成人	— \$35	\$40
小孩12歲以下	— \$30	\$35
弱能人士	— 免費	\$35
小孩 2 歲以下	— 免費	—

節目:

- 遊覽三姊妹峰
- 參觀橙園摘水果
- 自助午餐
- 水上高爾夫球



This program is kindly sponsored by : **Sidney Myer Fund**

Contact: Mandy 0406 233 222 or 9784 8120 Tues & Thurs, 10 am—3 pm

Upcoming Activities 活動預告

Computer Class for Youth

青少年電腦入門班

sponsored by **Sidney Myer Fund**



The Computer class for youth with disabilities will be held at the Library, City of Sydney, at Circular Quay on
◇ 12 October 2009 Monday and
◇ 14 October 2009 Wednesday
Time: 10am to 2pm.

The contents include:

- ◇ Email & Email System
- ◇ Introduction to the Internet & World Wild W (www)
- ◇ Google - the mighty search engine
- ◇ Excel

澳洲弱能兒童協康會在本年十月舉行二堂青少年電腦班。

- ◇ 十月十二日星期一
- ◇ 十月十四日星期三
- ◇ 時間: 上午十時至下午二時
- ◇ 地點: 在雪梨市政府 Circular Quay圖書館

內容包括:

- ◇ 介紹一些電腦入門基本知識,
- ◇ 互聯網和電郵的開啓技巧。
- ◇ Excel 運作

For further information, please contact:

Mandy on (02) 9784 8120 or 0406 233 222

PLAYING GOLF



Monthly Golf Playing Activity will be conducted from August 2009 onwards on Saturday afternoon for children over 12 years old:

Dates: 08/08, 12/09, 10/10 Saturday

Time: 2.00pm

Venue: Sefton Golf Course
160 Rose St
Sefton

For further details, please contact:

Mandy
(02) 9784 8120
0406 233 222

Renewal of Membership: 2009-2010 年 會員繳費通知

Dear Members,

Your membership renewal fee is now due. The fee for the financial year – 1 July 2009 to 30 June 2010 is \$10 (Incl GST). Please Contact Mandy (0406 233 222) . Thanks!

致各會員: 台端之2009年7月1日至2010年6月30日財政年度的會員費用是 \$10 正, 已到期繳交。請聯絡 Mandy 0406 233 222. 謝謝!

CPA Management Committee

CPA Activity Reports

Performance at the Evening Dinner of Lions Club of Sydney Waratah

By William Mak

The performance was extraordinarily good! The audience enthusiastically clapped their hands loudly; some women were even so moved that tears slid down from the corners of their eyes.

It should be a cold night around this time of the year. Did it turn out to be a warm, or even hot night?! Or was it because I worried the children might make mistakes? I sweated all night!!! However, the children did not lose their beat throughout. Oh! It was a brilliant performance!!!

Earlier in the afternoon, we arrived at the Belmore Senior Citizens Centre for the final rehearsal. At 2:30pm, there were still not many children arriving. I really had a little bit of worry that there might not be enough people for the rehearsal; however, they were just late, not absent.

Because they would have a totally live performance, they didn't need me to


play the recorded music. So, I had the free time to have yet another Dad-to-Dad "meeting" in the smaller room! No! It was just a friendly chat among 7 to 8 fathers! We talked on topics from the sickness of our children, the services available to disabled children, our own insomnia and how to cure it, to the fear and worry about Facebook and the Microsoft products as a whole, which meant the Windows Live in the current case... while leaving our wives in the big room to guide the children practising.

At around 5:30pm, our army started our long march to the City! After Darby instructed us on the quickest way to go to our destination, and our discussion of how to move all the musical instruments to the performance platform upon arrival, the sky had nearly been completely dark! My car lost the main troop on the way near Marrickville. While being stuck at a heavy traffic jam in Newton due to the Saturday night fever, I had my

round of worry!

Anyway, my family and I arrived just 10 minutes later than planned. Then, all things went smoothly! After having an expecting but leisured dinner at the Market City food court, our whole team moved across the road to the venue at the Marigold Restaurant at around 7:50pm.

The scheduled starting time of our performance was at 8:00pm. Because the venue is small, only about half of the parents could go up to take care of the children, while the other half of disappointing parents were deserted in the lift lobby on the ground floor to have their dessert: eating wind! The elevator door closed with their children behind it. The elevator then took their children away from them to go upstairs.

However, their sacrifice was not futile. The performance turned out to be a stunning success! 

澳洲雪梨女獅會籌款晚宴 — 少年之星表演 麦志强

表演真的是太棒了! 全场观众都热烈的鼓掌, 场里更有女士感动得从眼角流下泪水。

应当是秋凉了吧! 但我整晚都在流汗, 怎么样今晚是那么热? 还是我担心孩子们表演的时候会出错呢? 但原来孩子们表演的时候, 拍子一点都没错! 啊! 他们的表演真的是太棒了!


在那天的下午, 当我们到达 Belmore 长者中心去作最后排练, 时间已是两点半, 到达的孩子还是不多, 真担心不够人排演。还好! 他们只是迟到, 不是缺席。

因为当晚的是全实况表演, 他们不需要我帮他们放录音音乐。我又有空再开会员大会! 不! 是说笑, 我们只是七八个父亲在旁边的小房间聊天吧。我们谈孩子们病的时候啦, 有什么提

供给伤残儿童的服务啦, 我们自己的失眠, 怎么去医治啦, 以至对社交网 Facebook, 和 Microsoft 的种种产品的疑虑啦... 我们的妻子们就在另一边的大房间和孩子们排练。差不多五点半的时候, 我们的大军开始向城区长征! 当 Darby 指导我们去目的地的最快路径, 和相量好到达目的地时怎样将乐器搬到表演台之后, 天色都已经差不多全黑了。在 Marrickville 附近, 我的车子和大队失散, 在 Newtown 遇到堵车的时候, 我是第三度担心!

还好, 我的家庭只是比预期的时间迟到了十分钟。之后, 一切的事情都很顺利了! 在吃过一顿充满期盼但又舒适的晚餐后, 七点五十分我们的团队, 就移师去表演场地--- 美丽宫酒楼。

因为场地小, 所以只有一半的家长能上去照顾孩子们, 其他一半失望的家长, 在寒风凛凛的楼下等候。电梯门就在他们和他们的孩子之间关上了, 电梯就带着他们的孩子上去楼上的表演场地。

不过, 他们的牺牲不是白费的, 孩子的表演实在是太成功啦! 



CPA Activity Reports

母親節聯歡

Paula Su

澳洲弱能兒童協康會於五月二日星期六，在Auburn RSL Club舉行了母親節聯歡會。藉此歌頌母愛的偉大和對所有的母親，尤其對有弱能子女的母親的一份敬意！今次聯歡會的司儀，由協康會的副會長劉秀蓉女士和剛從香港回來的Sam Li擔任。副會長首先祝賀我們的嘉賓，何鍵剛先生榮獲2009年度梅光達社區服務終生成就獎，我們都以熱烈的掌聲來慶賀他。Sam Li一語道出所有父母的心聲，就是希望我們的弱能子女，將來有一天可以過獨立的生活。協康會的名譽會長何沈慧霞女士在她的致辭中，給我們愛心的關懷、支持和鼓勵。為了表揚義工的付出和承擔，她向每一個義工頒發獎章或獎座。

除了豐富美味的自助餐外，今次聯歡會節目內容豐富，有免費幸運抽獎、「猜猜我是誰」的遊戲節目、更有多項精彩的表演：包括協康會名譽顧問范鎮榮先生用口琴吹奏出多首中國民謠、Andrew Li的妹妹Sarah用電子琴獨奏一首J.S. Bach

名曲，Prelude from the English Suite No.3、協康會兒童合唱的「奇異恩典」，還有William Mak表演棟篤笑。最感人的地方是父親代表自己的孩子，去感謝母親的辛勞，更藉此機會公開表示，對自己的母親的懷念！更帶動其他父親一起演唱「真的愛你」去回應母親的愛。協康會青少年組員，Jonathan, Victor Li, Thuman 和 Victor Wu等，也紛紛上台加入演唱，再合唱一首「紅日」，贏得全場熱烈的掌聲。母親們看見自己的弱能子女，從畏縮到充滿自信，站在台上盡心盡力的演出，都感到無限的安慰！世界上並沒有一份禮物比起，看見自己的弱能子女，經過不斷努力，衝破障礙而得着的成果，更珍貴！

最受歡迎的遊戲節目相信是「猜猜我是誰」這個項目。大家非常踴躍參加。最高興的是，看見平時比較小參與我們活動的家長，經過協康會的會長容劉敏兒女士鼓勵下，也積極參加這個遊戲。我們要從嬰兒或幼兒照片中，猜出這弱能兒童的名字。看見一張張美麗的幼兒相片，總是令人興奮的。大家都七嘴八舌地討論着照片中的「明星」。因為我們都有一個先入為主的觀念，就是穿裙子的，一定是女孩，所以大部人都中招，猜錯了！結果Winda 猜中最多，贏得大獎！

澳洲弱能兒童協康會預備了玫瑰花作母親節禮物。由副會長陳劉秀蓉女士將玫瑰花修剪去刺，精心包裝。協康會兒童向每一位母親送上一枝玫瑰花，以答謝母親的勞苦。最後所有母親上台來一個大合照。聯歡會在熱鬧的氣氛中、歡笑聲中結束。



Mother's Day Celebration

On the 2nd of May, CPA held its annual Mothers' Day celebrations at Auburn RSL Club. It was a special day to pay tribute to all the dedicated mothers who devote each day to the family. It was an extremely busy and exciting afternoon for everybody who attended the function. There were plenty of activities for all ages and plenty of performances for the audiences.

Among all the various activities available, the organisers also held a baby photo guessing competition where participants were to guess who the person was in the photo. It proved to be quite challenging for all of us and very few managed to get them all correct! It was a chance to see how quickly one can grow in such a short space of time.

After a fantastic buffet lunch courtesy to Auburn RSL club, we held a range of great musical performances by the fathers and the children. The program included a fabulous harmonica performance, a variety of singing performances by various fathers, as well as a special piano solo from Sarah Li. As always, the kids' performance was an immense highlight of the entire afternoon. They performed a group act by singing a song. It was beautifully sung and must have taken a lot of effort and cooperation during the rehearsals throughout the prior weeks.

An award presentation was held to acknowledge the many helpers and volunteers who support and help out at the association, and without them, CPA would not be as successful as it is today. Their dedication towards their work was greatly appreciated and recognised.

by Ting Fan



Towards the end of the afternoon, we held a Mothers' Day raffle to celebrate the special day as well as yet another thriving function held by the association. There was a range of many different prizes for those who were selected from the raffle. Congratulations to all the lucky prize winners of the draw.

To celebrate the event, all mothers present took part in a group photo at the end of the festivities. They were each presented with a rose as a token of gratitude for the dedication they put into everyday. The day was an immense success and a huge thankyou must go to the enthusiastic organisers of the event who made the afternoon possible.

CPA Activity Reports

On Sunday, 21 June 2009, our Young Star performance team was invited to be the guest performer at the RSAC 22nd Annual Presentation Day held at Bankstown Sports Club.

It was a beautiful day and the venue was packed with supporters and representatives from various local councils. There were over 50 family members from CPA attended on the day and the atmosphere was simply awesome. The performance was a dance called "Chinese Tap Dance", where the dance compliments with special costume that made by Elly Li. After having practiced the dance for months, 13 young talented members who represented CPA were eagerly to perform what they have learned as soon as they put on the colourful costume, and the performance took place after the welcome speech by the President of RSAC.

Brian Su and Andrew Li kick started the performance by providing an introduction of the dance to the audiences.

Young Star Performance at RSAC Presentation Day


Reported By Elena Lau



Unsurprisingly, the team had shown their high level of confidence during the performance and the response from the audiences was tremendous.

The President of RSAC presented certificates to all participating performers acknowledging their effort towards this wonderful performance.

This was followed by a delicious lunch, and the program finished off with a 'Club Disco' time during which our young members once again demonstrated their talents on the dancing floor!!

Thanks to all parents who offered their valuable time in helping the group during the practicing sessions. Also a "Special Thank" to Elly Li who had spent enormous amount of time in sewing those beautiful costumes. 

少年之星表演隊：為 RSAC 頒獎典禮的演出

Terry Lee 譯

二零零九年六月二十一日，是 Recreation Sports and Aquatics Club 的二十二週年頒獎典禮，我們的少年之星表演隊被邀參加出席，作為它們的客席演出嘉賓。

在那麼美好的一天，會堂內擠滿了從各市政廳來的代表及支持者。有超過五十多位協康會的家庭會員出席，場內洋溢著無比熱情的氣氛。當會長致歡迎詞後，便輪到我們的演出。

首先由 Brian Su 和 Andrew Li 把這“中國小步舞”項目介紹給嘉賓們。經過數月的排練，十三名協康會天才少年們多麼渴望地等待著演出，當穿上彩麗的演出服後，毫無意外地，他們信心十足，把多月來所學習的舞步淋漓盡致地發揮出來。在座嘉賓的回應是正面和肯定的，尤其是對 Elly Li 所設計的服裝。

表演過後，會長頒發證書給所有參加演出的人員，對他們為這次表演所付出的貢獻給予承認。跟著下來是美味的午餐，全日節目以“的士高”作完結；協康會青少年再次把他們的才能盡顯在舞池中。

在此謹謝所有協康會的家長們，為這次活動排練時所付出的心血；家長們不辭勞苦，把他們的寶貴時間投放在陪伴孩子們，一起同渡排練的日子和過程。特別感謝 Elly Li 為演出所獻出的寶貴時間設計美麗服飾。 



CPA Activity Reports

“Mum 2 Mum” — Our Second Social Gathering:

媽媽休閒站 — 午間茶聚

By **Sammy Chan**

七月二日是我們 Mum2Mum 第二次聚會的日子，精明的阿萍為我們選了位於Belmore Canterbury League Club內裏的「金滿樓」酒家「飲茶」。這次參與的媽媽有十二人，連同一位特別嘉賓共十三人，一起享用美味佳餚，並暢談彼此在照顧弱能子女的感受。剛才說到的特別嘉賓乃獅子會的成員Helen，她在認識CPA後，對我們的活動很感興趣，故特意從Chatswood 到來了解。

除了Helen外，這次還有4位媽媽是第一次參加 Mum2Mum 活動。餐後簡單訪問她們的體驗，她們均大讚食物Yummy Yummy，並且認為能認識多一些有相似經歷的母親，令她們感到自己並不孤單，因為在這裏有不少同路人一起走呢！

當然，要稱讚一下管理委員會的Elly和阿萍，Elly特別安排一位台灣說國語的朋友和另一位只能說國語

和英語的母親一起坐，使她們有共通語言好去溝通；阿萍則坐在嘉賓Helen的旁邊，讓Helen易於了解CPA的情況。好姊妹，Well done!

各媽媽都喜歡 Mum2Mum 聚會，還提議下次可以選擇的地點呢！其他沒參與的Mums，下次活動希望見到您。❤️



Disney on ice

Vanessa Li



Today I went to watch Disney on ice. After breakfast, we went to the house where Thang-Mie and Thuc-Mie live. Thuc Mie's dad drove the car. When we got to Olympic Park, we waited patiently to get in. We went to door Four and walked carefully to letter "A" seat. We looked at the huge ice ring and saw a beautiful castle. Five minutes later the light went off and the ice had light, out came Mickey Mouse, Mini Mouse and Goofy. They said, "Did you have a good time?" Everyone shouted yes.



When Micky, Mini and Goofy disappeared, Tinker Bell popped out and jumped and twirled and rolled and leapt and ran. She had yellow hair, a dusty wand and sparkling green short dress. Then the story of Jasmine began. Aladdin wished he was a prince and his wish came true, he went back to the castle



and took Jasmine everywhere and lived happily ever after. The next Disney story was Mulan. Shang danced with Mulan. Next was the story of Sleeping Beauty. The Dragon gave Sleeping Beauty a kiss and they lived happily ever after. The next story was Cinderella, my favourite movie. It started in the grand hall. Cinderella came to the hall and danced with the prince all night and lived happily ever after.

In the end all the Disney princes danced with their princesses and the firework frightened me. Everyone went home. But we didn't have a chance to buy something because it was too expensive, but it was awesome. I felt overjoyed. ❤️

對健康講座的感想

Emily Mann

健康講座自“情緒健康” 婦女如何抒緩更年期，抑鬱症等困擾依始，而至身體各器官功能作用和偏差，毛病的顯現，以及如何對治，何醫師在每節講座中都以善巧方法開導各學員。各人深感獲益良多。以下是部分學員談及她們的感受。

鳳芝： 我在參與講座之前，對身體機能所知有限，每每碰到毛病出現時，只有煩惱，納悶。參加講座後，明白身體各器官功能及如何保健，小毛病如何以自然療法對治。不必常常往見醫生，使我增加了對生活的信心，心情也開朗了。

Anna Luk: 我因年前不幸意外車禍，入院調理傷處，表面是康復，但後遺症煩惱不斷，身心受創。幸而使用自然療法，中藥，氣功等悉心調理，

方才獲得真正康復。聽到何醫師講述的草藥運用，穴位按摩，氣功等是十分實用。我的康復之路便是個很好的見證。現在我也不錯過每回講座內容，以加深認識，誠願能助己助人！

桂蘭： 每回講座我都不想錯過這個難得的學習機會。何醫師學識淵博，又深具愛心，和藹可親，一位全心全意為人群奉獻的導師，是我以往參與不少講座都少有見到的。非常感謝她無償的付出。藉此機會，我有一意見，如果醫師在每節講題中能系統地介紹內容，對我們學習吸收更好。往往為了中途應付個別人士問題而被打亂。如果發問問題安排在最後15分鐘，那對主講者及各位學員都較有利。請協康會方面考慮安排，是我們眾多學員的福祉。❤️

婦女健康講座從二零零九年二月開始，每個月的第二個星期四上午十時至下午一時，在金時協康會辦事處舉行，由何醫師主講。

八月份是：

八月十三日星期四

九月份是：

九月十日星期四

Women Health Seminar will be held on every second Thursday of each month in 2009.

In August:

**13/08/2009
Thursday**

In September:

**10/09/2009
Thursday**

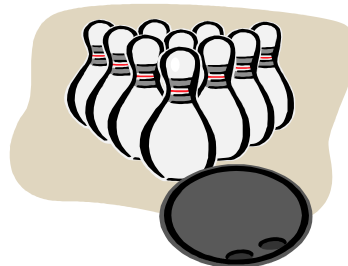
Report on Youth Activity :

By Monica Lin

CPA Saturday Ten Pin Bowling

In the hope to let our kids to participate more sport activities, CPA introduced Tenpin Bowling since May 2009. This is a weekly activity on Saturday morning from 10:30am. We are glad to work out this activity with Special Olympics Sydney Inner West. They input the idea as how to form 4 kids in a league team instead of just playing for fun. We sincerely hope the kids would commit themselves to come every time so that the score gained will be accumulated. Also, both kids and parents are trained to be on time as the whole team game can only be started when every member of the team is present.

This activity will be carried on, every Saturday, till the end of the year. Details please refer to the activity schedule as printed in the Newsletter. ❤️





A Visit To Fire Station

Christopher Lin

On the 24th of July 2009, Chinese Parents Association organized a day out trip to Darling Harbour which included a movie at IMAX called "Under The Sea 3D" and a visit to Darlinghurst Fire Brigades Station. There were quite a lot of children that included Jonathan, Barry, Victor Li, Victor Wu, Andrew Li, Kimberly, Sarah, Christopher, Leon, Joanne, Stephanie, Timothy, Samuel, Tiffany, Vanessa, Kenton, Ivan and Thurman.

During the movie, we saw many different sea creatures and how they live and capture other sea animals. For example, the stonefish waits for the little fishes to swim nearby and suddenly the stonefish comes up and gobbles it, the cuttlefish sticks out its deadly suckers and receives its food like a flash, and most sea snakes can live under water for the rest of their lives despite having no gills at all and can dive for more than 100 feet. After the movie all the children and their parents were completely delighted.



After lunch we went to Darlinghurst Fire Brigades Station. Fireman Steve and Matt introduced the Fire Station to us. They started by saying that it is the biggest Fire Brigades Station in New South Wales because

they have more firemen, fire trucks, fire equipment, area, facilities and also it is very busy. They explained that it has about 20-25 firemen working each day and the facilities such as the study room, kitchen, gym, museum and the hose drying area, whereas Matt demonstrated us how to squirt water out of the hose. He said to hold the handle at the bottom and pull the other handle on top backwards to get water out of the hose, and if you want to make it

bigger he would turn the nozzle to the right. He brought us to the museum where we saw the old fireman uniform and the current fireman uniform they're wearing today which is a better one. After the visit we had a big group photo including the firemen and we gave them a framed certificate for such an absolutely informational and fantastic visit. It was an amazing experience. ❤️

A Day Trip to Sydney City

Kimberly Zhou

On the 24th of July I went to Imax at Darling Harbour watching "Under the sea" with Vanessa, Jonathan and Elena. When we got there we met Barry and Elly. The cinema staff was giving out the 3D glasses to the audience. We found a good spot to sit down. While I was watching the movie, I felt funny, because when I had put on the 3D glasses the picture was floating in the air. The movie was very good and it was filmed beautifully. You can see fish, sharks and lots more sea creatures.

After the movie, we all walked to McDonald for lunch. When we got there we saw lots of people lining up. I ordered some food for myself and Vanessa.

After lunch, we walked up to the Fire-station for a visit. We saw four big red fire engines. We had to split into three groups. Ms Anne Frank took us upstairs to have a look at the lunch-room. Then we looked inside the Gym room. There were lots of exercise facilities and equipment including boxing and basketball court. Next, we went downstairs to try using a water hose for spraying, and the water shot up to 60 meters high. Anne said, "There are 160 female firefighters (wow!)" I asked her, "How much



water you can hold in the water hose?" She answered, "5000 liters!" We went inside the fire truck. It was huge with lots of equipments installed.

Elena took lots of photos for us.

Suddenly, a fire bell rang and five men slid down a big pole and got dress quickly and went inside the fire engine. Everyone said, "Bye, bye!"

At the end of the visit, we presented the fire station captain a card to show our thankfulness. We had a great time and hope we can have another trip again! ❤️

Family Camp

譚錦添記錄 二零零九年七月

由澳洲弱能兒童協康會舉辦的歡樂家庭營，從2009年7月17日至19日為期三天，在位於中海岸的 Myuna Bay Sport & Recreation Centre 舉行。

晴朗的天空以及和暖的氣溫，標誌著這項活動成功的開始。這次營會共有九十四位參加者，活動規模可不算小。營友各自安排自己的交通，在指定的時間到達營地集合。營友分別被安排入住三座營舍，每個營舍有大小套房共十間。房間几明窗淨，方便舒適，每座營舍皆有一個大客廳，有足夠的檯椅供營友使用。此外更有梳化及三個大小不同的電視機可供選用。還有一個倘大和設備齊全的廚房，令人留下深刻的印象。由於委員們事前精心策劃活動的細節，所以營友迅速地被安排到所屬的營舍，並進入自己的房間安頓行李。隨後便各自享用晚飯前的一段自由時間，有些營友已急不及待的享用營內的康樂設施，有些營友則聚在一起談天或觀看電視節目。

由於營地人力資源有限，所以營友依據自己所住的營舍，被分成數個小組，輪流協助餐前餐後安排及清理餐桌坐椅的工作。在晚餐開始前，營地康樂活動的負責人簡單介紹了未來兩天將會舉行的活動，讓營友們可根據自己的興趣，計劃一下參加活動的策略。隨後便開始享用豐富的晚餐。晚餐後營地提供了一個集體遊戲活動，讓營友先行熱身。遊戲內容雖然耳熟能詳，但大家也玩得十分投入。活動結束後，部份營友意欲未盡，攜來麻雀一副，實行打雀論英雄。除此之外，我們還舉行了一個旅遊講座，介紹中國的一些會名勝古蹟。



一宿無話，在享用過豐富的早餐後，營友都忙於報名參加當日分別在上午及下午舉行的康樂活動。營地所提供的活動多姿多采，包括有射箭，踏單車，回力標，扒艇，尋寶，giant swing...等節目。由於天氣良好，所以各項活動都進行得十分順利，營友也玩得十分投入。

原本對於在冬天寒冷氣溫下進行水上活動頗為擔心，但天公造美，當日風平浪靜，水淺安全，擔憂也就一掃而空。

晚餐後營地提供了一個精彩的常識問答遊戲，參加者絕大部份為年青人，分成三組比賽。問題涉及的範圍甚廣，古今中外，天文地理，常識娛樂，包羅萬有，而且問題備有三個不同深淺程度以供選擇，以適應不同參加者的能力，而參加者在比賽後都表示獲益良多。

經過一晚酣睡，吃過了豐富的早餐，營友再次熱烈地籌劃最後一天的活動。天氣仍然跟過去兩天一樣都是風和日麗，所以各項活動都進行得十分順利。由於下午的活動結束後，營友便可各自離營，所以我們抓緊機會，在上午的活動開始前，與營友來一張大合照，以作紀念。


這次營會，在一片歡樂氣氛中完滿結束。能與家人一同渡過這樣愉快的週末，相信大家心中都有個感謝的心意，感謝Sidney Myer Fund對這項活動的慷慨資助，也感謝協康會的職員及義工們在這項活動的策劃，籌備及整個活動進行時的努力。特別是活動一開始，便有一位家長因為受傷而要進入醫院治理。各委員不辭勞苦的照顧傷者及其孩子，高度發揮本會互助互愛，互相支持的精神，使營友留下深刻的印象。❤️



“Sibspace”

Karen Yuen



On Saturday 27 June 2009, SibSpace organised a screening of "The Black Balloon" at Woodstock Community Centre in Burwood. The film was very moving and did a great job at capturing what life can be like for a sibling with a brother/sister with autism. We held a discussion about the movie afterwards. This was followed by a trip into the City where we enjoyed lunch at Pepper Lunch. We then sang karaoke at Green Box Plus before returning to Burwood. The event provided an opportunity for the recently purchased DVD "The Black Balloon" and book "Everybody is Different" to be shared amongst the siblings. 

Parent Support Group –Report 2 : 23 May 2009 Saturday 2.30 to 3.30 pm

Facilitator: Betty Li

Topics: Communication by means of Makaton and Pictures,
Potty training – teach them to wipe their bottoms,
Preparation for the start of menstruation for girls.

1. We had printed out some makaton signs and pictures for the parents to learn to make signs for communication with their children
2. As children are being toilet trained, parents also share some of the responsibility for hygiene. Children need help with wiping their bottom, and show them how and explain to little girls that they need to wipe from front to back.
3. One way to give the child practice in wiping her/his bottom is: put some moisturizing cream on the child's bottom and give her/him the toilet tissue to wipe it off. Keep practicing it until the child is familiar with the procedures. Do get them into the important habit of hand washing.
4. We had discussion on the topic of "menstruation" and some parents had given their valuable ideas and experience in helping their girls to cope with Menstruation.

家長小組座談會之二

二零零九年五月二十三日星期六

題目：使用手語和圖畫幫助孩子如廁，
個人衛生及清潔

主持：Betty Li,

1. 我們印備好之有關與子女溝通的手語和圖畫給家長參考。
2. 孩子們雖有如廁的認識，但父母們亦需要分擔指導
3. 孩子們注意衛生的工作。父母也要協助孩子便後抹屁股，給他們正確的示範，尤其是女孩子，是從前至後的清抹。其中一個方法：使用潤膚液，把它塗在他們的屁股上，教他們用廁紙來清理，重覆訓練，使他們明白及熟習清潔過程，要子女養成洗手之習慣。
4. 我們也談論了一些女孩初經的問題，有些家長提供了他們在這方面的寶貴意見和經驗。

Parent Support Group -Report 3 : 27 June 2009 Saturday 2.30 to 3.30 pm

Facilitator: Betty Li

Topics: How to make play dough -
Demonstration how to make pictures

1. Recipe was printed out - Betty used it as an example to explain to the parents showing them how to guide their children step by step to carry out a simple task.
2. Children needed to be told the procedure of doing a task (from beginning to the end) in a simple and clear way, so that they can anticipate what will happen.
3. Using of Boardmaker pictures to show the child the procedure of going to toilets
4. Using of Boardmaker pictures to show how to guide the children in making simple sentences
5. Making of the pictures by using Velcros, magnetic tapes, white boards, felt board and felt figures and the new mounting materials.

家長小組座談會報告之三

二零零九年六月二十七日星期六

題目：示範怎樣製作玩具麵團及
圖畫輔導教具。

主持:Betty Li,

1. 印刊說明書以作示範，及向家長們解釋，怎樣一步一步地教導孩子們做簡單的工作。
2. 如要教善孩子新的活動，要清楚及簡單地提醒兒童所作的每一個步驟（由開始到完成），並由家長示範並協助他們實地進行。
3. 利用圖畫指導兒童上洗手間。
4. 利用圖畫指導怎樣帶領兒童完成簡單句子。
5. 運用尼龍貼，磁帶，白色書寫板，粘結板，或新的懸掛物來設計圖畫，以助彼此溝通。



義工的喜悅

李先生:

首先多謝你剛從云南服務回來, 便給我這個素昧平生的陌生人來信, 關心我兒子的病況, 確是心中銘感!

也很佩服你自己有重病在身, 還能服務更不幸運, 更需要的人。

現在我已經找到了一個我和我太太都同感是好的醫生, 經過兩週的治療, 兒子病況好像是好了一點點。不過你提到在四川地震後的救災工作中, 發現地震後有很多災民有相似病例, 在目睹災難及極度驚嚇後, 誠惶誠恐, 喪失正常活動能力, 是因為引起“皮質醇”偏低的情況。這個方向, 多謝提點, 我會追查, 也會和醫生相量的。

無論中外, 都有『善有善報, 惡有惡報』和『報應不爽』的這種概念, 所以你能熱心地, 義務服務別人, 一定能得到上主的眷顧, 病情能夠改善。這是從宗教信仰的層面上看。

從科學的方面看, 想想也是有道理的。

我記得去過一個精神科醫生的診所, 在他的等候室的牆上貼著一張海報, 寫著“快樂十法”, 在這裡和你分享:

“接受不能改變的事實,
在生活的挑戰中找機會,
著眼於當下,

為自己設實際的目標,
保持活躍, 有良好的飲食及休息,
喝杯茶... 放鬆點!,
以幽默感從不同角度看事物,
相互促進, 扶持,
每天記下五件正面的事情,
幫助別人”。

其中“相互促進, 扶持, 幫助別人”這兩點, 正是我這幾個月里做義務工作的得著和體驗, 我最初只是想著自己兒子的關係, 而陪自己的兒子去服務殘障兒童的團體, 最初的心情只是, 別人服務自己的兒子, 自己不好意思只站在一旁嘛! 但是現在卻發覺, 自己的快樂, 已不單只是從自己兒子的快樂而來, 在團體里認識了很多新的朋友, 合作做同一樣的事情, 同一的目標, 相互扶持, 和孩子們一同唱歌, 跳舞, 為他們搞音響, 快樂是從這裡面而來的! 再者, 因為我太太也一同地一道做義工, 彼此的關係也融洽了。

我熱衷於賺錢, 賺錢帶給我快樂。現在賺錢還是會帶給我快樂! 但那個快樂, 是不同層次的, 不同感受的!

我相信你做義務服務的工作, 幫助別人, 也應得著我得著相似的快樂, 眾所周知, 快樂是有奇妙的治病功能的。所以你也一定要有信心, 抱著樂觀, 快樂! 快樂一定能幫你度過病痛的難關的!

一個素未謀面的新朋友。

麥志強

News in Express

Program: Helping Children with Autism

www.health.gov.au

PROGRAM	PURPOSE	AGE	ACCESS	ARRANGED BY
Helping Children with Autism ASSESSMENT	Diagnosis of children with a Pervasive Developmental Disorder (ASD, Aspergers Syndrome and PDD-NOS)	Under 13 years	Up to 4 assessment sessions Per child in total (not per year) with: Psychologist, Speech Pathologist, Occupational therapist	PAEDIATRICIAN Or PSYCHIATRIST
Helping Children with Autism TREATMENT	Treatment of children with a Pervasive Developmental Disorder	Under 15 years	Up to 20 treatment sessions per children in total (not per year) with: Psychologist, Speech Pathologist, Occupational therapist	PAEDIATRICIAN Or PSYCHIATRIST

智障人士的轉機 - 實現自主自決的生活

文：梁少玲

服務特殊教育已一段日子，還記得每日早上，總可以聽到學生向我們問安。這群與一般兒童及少年人無異，都喜愛笑和玩耍。唯一不同的，是他們的智商比一般人低，所以有稱他們是智障或弱能人士類別中的一種。

脫不了的「智障」形像

入行初期與友人談到工作的情況，朋友都對智障人士認識不多，而且對他們有恐懼感，認為他們是控制不到自己的人，甚或是精神出了問題。當我瞭解多了何謂智障，都會向朋友解釋，他們因為腦部發育出問題，所以有些特殊的表現。進入二十一世紀，滿以為社會人士對『現代』的智障人士有一定的了解。可惜，很多人仍稱智障人士為『白癡兒』，又認為他們是長不大的，並長流著口水，不懂衛生。我想究竟是什麼緣故，社會人士對智障人士的印象，總脫離不了負面形像。

智障人士「改變形像」的契機

大多數海外的特殊教育方向，都以學生在離校後獲得優質生活為目標。筆者跟據香港聖雅各布福群會在九九九年對輕度智障成人生活質素調查的資料顯示：『受訪智障人士在自我決定及個人發展方面的機會顯然不足。受訪者雖然有日常生活及自我照顧決定權，但在金錢選擇，工作選擇，談戀愛及結婚等範疇，則極大部份由家人為決定。』該報告建議智障人士的家人可按智障成員的情況，在日常生活中培養他們自決的能力。提升智障人士的生活質素，筆者確信先要提升他們的『自我』，因此

發展他們的『自主，自決』能力是重要不過的，要達致『自主，自決』需要掌握一定的策略，據資料『自我決策』可分為以下八項技能：選擇，作決定，解難，定目標，自我管理，自我肯定，自我認識，自我操控（WehmeyerSchalock, 2001）。



個案實錄

根據筆者的經驗，發展智障人士『自主自決』的能力，實能深深的影響他們的生活。以下來自香港的個案，是生活中真實的故事。

亞寧是一個輕度智障的高中學生，在學校裏，她學到自己作決定，解決事情要開會商討。所以她要向媽媽提議，開家庭會議解決家庭問題。亞寧眼見同學每天帶午餐回校，於是，她向媽媽提出不在定飯盒。媽媽認為若她能自己每天準備午餐，那麼，就取消在校訂午餐。亞寧最終決定自己每天準備午餐，她戰戰兢兢地向老師申請，至高中畢業，亞寧還繼續自己負責自己的午餐。

華仔是一個有自閉症的輕度智障學生，剛升到高中，老師教導他為自己定立目標，華仔與媽媽商量後，定出兩項目標，其一是把中文字體書寫細一點，好讓文字能整齊地寫在方格內。由於華仔寫字都字字出格，力度十足，老師相信華仔要達成目標，必需花上好一段時間。出乎意料地，經老師提醒他的學習目標，加上示範的

字樣，雖然華仔的改變不能就此歸因於『他為自己定立目標』，但老師卻能藉此鼓勵，讚賞華仔，而建立他的自信心。

關注身邊弱能人士的真正需要

今天身處在澳洲的弱能人士，都能享有一定的福利，各方面的需要都得到適當的照顧。澳洲政府（<http://www.aph.gov.au/library/intguide/SP/disabilit.htm#links>）為弱能群體提供不同的支援，對於自閉症人士，Austism Spectrum Australia（<http://www.aspect.org.au/default.asp#logo>）也提供相關的資源和服務。華人社群中，也自發組織了『澳洲弱能兒童協康會』Chinese Parents Association-Children with Disabilities Inc.（www.chineseparents.org），為弱能人士及其家人提供服務。這個弱能人士家長組織，對培訓弱能人士不遺餘力。參與的家長及義工，定期每星期都為不同年齡的弱能人士提供訓練課程及興趣班。

教導一個普通的兒童尚且不輕易，何況是養育弱能的孩子。眼見每星期家長從或近或遠的地方，帶著孩子到來參加活動，父母愛子女之心可見一斑。

深信生命本身就有其價值，並且有它的意義。筆者相信除了為弱能人士提供物質生活需要外，家人與社會人士對他們的期望與態度也很重要。給他們一點信心與尊重，讓弱能人士實踐『自主自決』的生活，使他們能有重新估量自己的能力。同時，讓社會大眾也能從一個新角度瞭解他們。

作者來自香港，現居雪梨，保留版權。生活月刊。

Handling Sex problem with People with Disabilities

Seminar Report 1:

by Vincent Yu

Accessing the Sex Industry for People with An Intellectual Disability

Accessing the Sex Industry for people with an Intellectual Disability was conducted by People with Disability Australia (PWD) presented by Denise Beckwith on Friday 19th June, 2009. It was sponsored by DADHC and held in their Parramatta office.


There were about fifteen people including the speaker. Some were from various departments in DADHC and some from other service providers or community organisations including myself. The objective of the workshop was to discuss the need of sex industry for disability services and how to access sexual services.

The meeting kicked off assuming sex, which had a broad base meaning of any activity relating to sexuality (not necessary conducting intercourse particularly), being an unavoidable need for people with disability and the discussion extended to disadvantaged people. The PWD introduced part of their services, Touching Base Inc., which had a pool of sex workers males and females who were willing to assist those people to release their urges. These included homosexuals and bisexuals as well as people with physical disability. Little had been said about the after effects of the acts to the users except saying that they would

bring confidence to them. Not much was said as to what kind of signs shown by those people would be in need of such service. But it was necessary to obtain consensus from the disabled before calling for service and it was important to consult with professional such as psychologist. In fact, Medicare rebate might be possible with professional's referral.

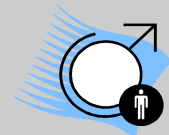
Questions were raised about how sex workers handling various difficulties such as people with physical disability or people with challenging behaviour, the speaker indicated that sex workers could deal those problems quite well. Whether there might be psychological problems after the service, it would be best to consult with professionals afterwards.

I must stress that this service is not about how to develop relationship and intimacy. The parents with power of attorney can only control the finance of their children but not their right of having sex.

PWD is a national disability rights and advocacy organisation. It is a non-profit, non-government organisation. 

處理弱能人士性愛問題討論會報告(一):

弱能人士與性服務




六月十九日週五開的弱能人士接獲性服務討論會是由澳洲弱能人士協會(PWD)的Denise Beckwith 主持。也是由巴拉瑪打Parramatta DADHC 贊助的。

參會者連主持在內共有十五人。多位是DADHC 機構內部人，另外有其他服務團體的工作人員和包括我在內的社團人士。討論會的主要目標是探討弱能人士如何接獲性服務。

這個討論會一開始就假定「性」(無論是什麼有關性的言語動作,並非一定是性交)畢竟是弱能人士需要的,這也包括那些社區弱勢人士在內。PWD 特別介紹他們的一個叫Touching Basis Inc 的部門。這個部門有一群願意為弱能人士提供性服務的男女性工作職員。職員中有同性戀的、異性戀的以及有殘障的。至于有關用者接受性服務後的效果反應,除了會增強個人自信外,其他便別無所提。也沒有提到弱能人士需要這種

性服務時的最常表達的預告徵像。但強調在要求提供性服務之前,須得該弱能人士的同意,最好有心理專家診斷。事實是若得到心理醫師的批核,或者可從醫保中得到回扣。

問題談論到有關從事性服務者如何應對各種弱能人士或有挑戰性行為的人, Denise 說他們都能當機立斷,應付有餘。事後最好有專家作心理分析,以防有心理後遺症。

我強調一點就是這種服務不是有關如何培養情感和親密關係(可能在下一個研討再談)。父母雖有法律上的“授權書”(Power of Attorney),但祇能限於管理他們子女的金錢運用而不能管制兒女的有性行為的權利。PWD 是一個全國弱能人權和擁護喉舌集團。是一個非營利的私人集團。 

Handling Sex Problem with People with Disabilities

Seminar Report 2 :

by Vincent Yu

Relationship and “Private Stuff”

Relationships & “Private Stuff” was the second seminar regarding to sexual problems for people with disabilities conducted by Liz Dore sponsored by DADHC.

Liz is a relationships counsellor supporting people with a disability to develop meaningful friendship and a positive awareness of their sexuality. She has long experience dealing and educating disable people in the past.

The attendants were from various service providers such as Studio Arts, Frans, Sunshine Homes, DSA, AC Foundation, House with no steps, Sunnyfield and Westley. Many of them were experienced carers.

Liz started the meeting with video clips from “Love and Kisses” which showed interviews of people with disability talking in single or with a partner about some sexual and relationship experiences and expectations. Most subjects could express fairly well themselves. One of the subjects has mobility problem and one father was also interviewed. These clips were interesting and educational to young people as well.

Liz then handed out a list of cases for us to study in groups of two or three. The following Cases were just some examples:

1. Anne lived alone. She wanted to have relationship with her driver.
2. Brian bribed a girl to touch his private part
3. Chris showed affection to his carer
4. Ilija was charged with indecent exposure and had sex in public with same sex partner

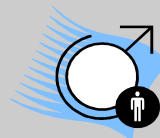
Carers were asked how to handle in each case. Liz dissected with each group whether IDRS (Intellectually Disability Rights Service) or CJSN (Criminal Justice Support Network) were needed when police and legal representation would be required. When professional assistance and guardians were needed and what kind of investigations needed to follow. Questions or information about consent, safe sex, and abuse must be detailed in reports.

Finally, Liz touched on sex education materials such as Family Planning booklets and some other books and videos as well as sex aids. Unfortunately there was shortage of time to cover helping young people to develop relationship and communication skills and protective behaviours. Liz spent a little bit of time to show some dolls for the girls to learn about their body changes which may be good for parents to help their daughters.



處理弱能人士性愛問題討論會報告(二)

探討情感關係和『隱私事物』



處理弱能人士性愛問題的第二個研討會是探討情感關係和『隱私事物』。這次會議是由麗絲·桃 Liz Dore 女士主持。也是由巴拉瑪打Parramatta DADHC 贊助的。

麗絲Liz 女士是一位支援弱能人士的情感關係輔導專家，協助弱能者了解認識富有意義的情誼和對性方面正確的認識。她有多年應付和教育弱能人士對性問題的經驗。

參會者大約共有二十人。都是對弱能服務供應團體的工作人員，如 Studio Arts, Frans, Sunshine Homes, DSA, AC Foundation, House with No Steps, Sunnyfield 和 Westley。多數是有經驗的年青照顧人員。

麗絲Liz 女士在會議開頭放了『愛情和接吻』“Love and Kisses” 影片錄像中幾段訪問，其中有個人和一對弱能人士對性的經驗和期望。差大多所有的主角都能清楚表達他們自己。其中有一位人士是行動不方便，另一位是一個弱能者的父親。這幾段對年青的弱能者都是有趣而有教育性的。

然後，麗絲Liz 女士拿出了幾條實際性的研究例子，我們每二、三人分組討論。以下是其中幾個例子：

- 1 安妮獨居。她想與她的司機結交
- 2 白來恩行賄小女孩幫他按摩下體
- 3 克力士對他的男性照顧工作者有感情
- 4 依刺家犯非禮暴露罪和在公眾場所與同性伴侶性交

在這些情況下照顧工作者要如處理每一個例子。麗絲Liz 女士幫助每一組解析在某種情況下需要警察和法律代表在場的時候，可以利用弱智人士人權服務處 IDRS (Intellectually Disability Rights Service) 或者刑事司法扶助處 CJSN (Criminal Justice Support Network)。更分析到需要怎樣調查，或者職業專家和家人在場。對於許可承諾，安全性交或強暴侵凌都要有詳盡記錄。

最後麗絲Liz 女士示範很多性教書本和影片錄像盤以及性教工具。可惜這次會議僅有四小時，不能提到如何幫助年青人發展感情，溝通技巧和安全性交。麗絲Liz 女士再拿出幾隻洋娃娃來幫助給弱智女士做性教育示範，有助父母認識如何對女兒解譯人體的成長變化。



自閉兒的青春

『偉賢的自閉症，可能是上天對我們一家的祝福，可不是麼？因為他，丈夫和我每天準時下班，為的是回去訓練他的眼神接觸、語言和其他社交行為。弟弟偉強也學會諒解家人，一起照顧哥哥，一家人總是和洽相處。倘若沒有他，我想我會埋首工作，每天到晚上八、九時才下班；丈夫也不會好得多，因為他是工作狂...』在一次家長分享會上，婉嫻對幾十個自閉兒的家長說。她的話令其他家長共鳴，不少人眼泛淚光，照顧一個自閉兒，陪伴著他成長，的確是件了不起的工作。偉賢快十歲了，在特殊學校唸四年級。

他終於學會了控制大小便，書包裹也不用放套替換的衣服。婉嫻和丈夫為兒子的成就興奮得一夜也睡不著。夫婦倆躺在牀上。半晌，婉嫻對丈夫說：『老公，偉賢真行，他可以控制大小便了。』

丈夫回應：『是啊，我盼了很久，這天終於到來，我想我們該出去吃頓飯慶祝一下...』

偉賢被老師發現有特殊才能，他計數很快，視覺記憶也很強，很複雜的數學題他也可以輕鬆做好。另一方面，他見過的風景，可以準確地畫出來，所有細節、色彩和前後的空間也準確如照片，就像一幅超現實的風景畫，連畫裏的蝴蝶也栩栩如生。

他開始畫畫以後，便再沒法停下來，每天也在畫，有時上課也在畫，作品超過百幅，老師為他在學校搞了個小型展覽，家長們看見無不感到驚訝。

看著偉賢的作品，婉嫻感動極了，他對丈夫說：『偉賢是個天才，是個藝術家，若不是老師細心，他的天才就會給埋沒了。現在多好，他喜歡畫畫，作品拿去參加比賽又多次獲獎，還賣出了幾幅，看來這個孩子可以自食其力，不用我們太操心...』

丈夫緊握著婉嫻的手顫抖著，太感動了，他說不出話來。

他們對偉賢的期望提高了，痛苦也開始了，為了令偉賢學習更多繪畫技法。他們送偉賢到各種藝術學校，希望他可以多學一點不同的技術，然而，無論到哪裏跟誰學藝，他的畫風永遠都是老樣子。

升中了，偉賢的行為令他們頭痛，當他看見衣著性感的女士，便會目不轉睛地看著對方，臉上出現奇怪的笑容，然後把雙手伸進褲裏握弄自己的生殖器，有時，他太興奮、太得意忘形，居然把生殖器拿出來把玩...

（待續）

他的未來

偉賢雖然是個自閉兒，他的生理發展卻非常正常。最初，他對女士很感興趣，甚至在公眾地方刺激自己。經過專家們的治療，花了半年時間，他學會了到自己的房間去手淫。

他對班裏的一位女同學著迷，每天提早十五分鐘上學去，為的是可以繞到她家，和她一起步行上學去。一位含羞答答的女生走在前面，他則緊跟在後，沒有身體接觸，也沒有說話，唯兩人步伐一致，一眼便看出他們的關係。



婉嫻擔心，偉賢可能會跟他愛戀的女生有性接觸，想教他如何使用安全套，但不知如何開口，爸爸只好把安全套的說明書放在偉賢的書桌上。第二天，一件令他們哭笑不得的生情發生了，老師打電話給婉嫻，告訴她偉賢把任何戴安全套的圖畫準確地畫在畫紙上，令老師大為緊張，卻不肯定他是否已懂得使用安全套。

爸爸找來一段戴上安全套，然後做愛的影片讓偉賢看，他沒有說話，卻把影片中幾個精

彩的鏡頭畫了下來，還把那些書放進書包裹。過了幾天，爸爸發現偉賢在自己的房間練習戴上安全套，但兩個人的關係需要互相尊重，雙方同意方可做愛的概念則不知如何教他。

弟弟偉強教偉賢玩聯線遊戲，偉賢看了一會，坐下來便沒法停止，他不住的搜索，射擊。一小時後，他已拿到遊戲的最高分。網上一個又一個的遊戲也給他『打爆』了，甚至贏了一臺電腦回家。不久，電腦遊戲設計公司聘用他為打機員，每月有數千元收入，可是錢對他來說並沒有意義。

為什麼他會精於電腦遊戲呢？大概他只有邏輯思維，而電腦遊戲也是以邏輯來設計的，他的腦袋運作跟電腦可能有幾分相似。

在特殊學校唸到中三，他的學校生活便完結。他要到訓練中心接受培訓，可培訓完畢又往那裏去呢？似乎沒有人知道答案。因為自閉兒成長之後，便沒有相應的服務幫助他們。有人會整天呆在家裏浪費光陰，有人去了庇護工場或智障宿舍，也有人給送到精神病房去。

偉賢已經很幸運，離校之後，他可以到遊戲設計公司去『打機』，他的收入足夠他花費，可以算是自食其力。婉嫻希望可以一直照顧偉賢，然而，她總有老死的一天，弟弟偉強也會有自己的家庭。父母不在，偉賢會到那裏去？這問題正困擾著有個成年自閉兒的父母。

（完）

Fight for disabled is a matter of principals

By Maralyn Parker

Wednesday, June 17, 2009 at 03:28pm

http://blogs.news.com.au/dailytelegraph/maralynparker/index.php/dailytelegraph/comments/not_ready/

Public school principals are so fed up with the neglect of children with disabilities in public schools they are preparing to sue the NSW Education Department for breaching anti-discrimination laws. This is no idle threat. Principals say they will happily bankrupt their professional association, the [Public Schools Principals' Forum](#) to pursue the department through the courts.

I can't remember another time when NSW principals were so determined to confront a government on behalf of their students.

There have been many promises and millions allocated in budgets but like many things in NSW schooling _ announcements are made but nothing much happens.

This week's State budget allocated another \$51 million to children with disabilities. However *The Daily Telegraph* could not get much detail as to how this would be spent apart from vague references to student transport, integration and special classes and schools.

Today there are over 30,000 special needs children in NSW public schools including children integrated into mainstream classes, in special schools and in special classes. NSW Public schools are responsible for educating about 85 per cent of children with disabilities in the state.

But teachers and parents know there are thousands more who have not been diagnosed or yet won the battle to be recognised and supported.

So I applaud principals for taking a stand.

Whenever a specific case is mentioned in the media funds magically

appear for that particular child - but the system-wide battle continues.

Principals are also hoping to spark a parliamentary inquiry into the schooling of special needs children in public schools later this year with the help of an unlikely alliance between the Greens and the NSW Liberal Party.

Frankly I look forward to the court case and the inquiry running at the same time. Particularly as there will be no settling out of court - which is the usual way the Education Department handles discrimination cases brought against it.

Meanwhile the push from the education department has been to integrate special needs children into mainstream classes. The idea is good. It is a choice most parents want for their children with disabilities. Everyone benefits when it is done properly.

The trouble is NSW never did it properly.

I have been writing this column the whole time it has been a policy and I can report there was never any real attempt to properly fund and support integration.

I try hard not to be cynical but I believe integration was always a cheap option for the government. It meant less money spent on special classes and specialist teachers.

Also parents and teachers have had to fight for disabilities such as autism, dyspraxia and aspergers to be recognised and supported - however inadequately.

And the Education Department has held everyone at bay by enforcing rigid classifications and staffing formulas.

Schools and teachers have to apply every year for many children _ whose conditions have not changed _ to continue to be funded.

But what was unforeseen was the huge blow-out of numbers of children diagnosed with disabilities and the extension of the range of recognised disabilities children may have.

Some children with Autism Spectrum Disorder, for example, get as little as \$605 a semester or 12 minutes of support time by an aide per day.

Often mainstream classes have several children with disabilities, each with very specific and different needs. It is totally unreasonable to expect a teacher to prepare and teach them without intense specialist support.

But the principals are most angry about how disadvantaged families miss out. Families who understand the system and are tenacious can often get funding for their children while other families have no chance. It can be a double whammy for children with parents who also have problems or disabilities.

The PSPF has identified around 2500 children who get no funding at all or the level of support is so low is it is ``seriously inadequate''.

These children and their families do not represent a block of votes. Looking after them will probably get no extra votes for Labor. But if the court case rolls in and the inquiry gets up, NSW voters will lose even more confidence _ if that is possible _ in the current government's ability to look after their children.

Disclaimer Any views or information expressed in the articles are those of the individual author, they do not reflect the views of CPA

秉持原則- 為弱能人士爭取支援

By Maralyn Parker

Terry Lee 譯

Wednesday, June 17, 2009 at 03:28pm

http://blogs.news.com.au/dailytelegraph/maralynparker/index.php/dailytelegraph/comments/not_ready/



由於新南威爾斯州教育部不斷忽視對公立學校的弱能兒童之不平待遇，校長們感到十分厭煩和灰心，準備提出控訴教育部侵犯反歧視法例，這不是空談，他們不惜以破釜沉舟的態度，就算本身職業團體破產亦在所不惜。

在記憶中，從來沒有這樣的事情發生過，校長們會為學生們出頭與教育部對抗。

從過往財政預算案中，對新南威爾斯州學校宣佈有多數次的承諾及撥款，不過多是空談，罕有實際行動。

這星期的新州預算案中，弱能兒童有五千一百萬元津貼。可是在*每日郵報*所得的資料，除了學生交通和綜合特別班外，其他的分配都是不明朗。

目前新州公校有超過三萬名兒童有特殊需要，其中包括兒童將會溶匯入主流班次，特殊學校或特殊班。八成半的弱能兒童教育重擔就落在新州公校的肩頭上。但教師和家長們都明白，還有很多的兒童還未被判斷為弱能，或未被承認和支持。

校長此舉值得擊掌。

奇怪的是，如有個別事件被傳媒渲染後，津貼會神奇地出現於當事者的戶口中 - 但整個制度的爭取鬥爭仍持續中。

校長們也希望在今年底，能有新州自由黨和綠黨的支持（不太有可能的聯盟），在議會中，提出諮詢有關公校兒童的特殊需要。

坦白的說，我期待著法庭的審訊和諮詢能同步進行。不要庭外和解 - 因這是教育部通常用的處理手法，尤其是當它被控訴歧視時。

教育部推行將弱能兒童融入主流班次，意見很好，對大部分弱能兒童的家長們來說是歡迎的選擇。按照計劃，正確處理推行，人人受益。

問題是新州政府從來都不曾正確地把此提議推行。

長期以來我在此專欄寫作，成為一種工作上的策略，我可以說政府從來沒有任何具體的嘗試，及正當地處理撥款或支持將弱能兒童融入主流班的行動。

我盡力排除極端的想法，但相信融入主流班的做法是政府最廉宜的選擇。用意是減少在特殊班和專業師資上的開支。

家長和教師都為弱能兒童如自閉症等爭取認同和支持，但可惜仍不夠充分。

教育部運用其嚴格的分類法及教職員分配方程式藉以阻止有關人士作進一步行動。

所有的學校及家長們都要為子女們，就算情況沒有改變也不能例外，必須年年重新申請資助撥款。

沒有在意料之內的是每年被判斷為弱能兒童的數目是不斷擴大，甚至同類的弱能亦增加。

就像一些自閉症兒童的例子，每學期只能獲得六百零五元援助或只得助教教師每天十二分鐘的照顧時間。

通常每一個學校的主流班都包括有數名弱能兒童，他們各有不同的需要；對教師來說，既沒有額外的援助，又期望他們去花額外精神應付這些非常難題，完全是不合理的。

令校長們最憤怒的是真正需要援助的家庭卻失去機會。相反，那些明白系統的運作和不屈不撓地爭取的家長就獲得資助。對弱能兒童，尤其是他們的家長也是弱能和有困難的，實在是雙重打擊。

公立校長們證明大概有兩千五百名兒童缺乏援助，或他們得到的援助微少到以“嚴重的不合適”來形容。

在選舉時這些群體的選票雖不足影響大局。工黨因照顧他們，大概也多不了什麼額外的支持；但當在法院的審訊和諮詢進行時，選民會對目前政府為下一代的照顧能力 - 更加失去信心。

Acknowledgement

Special thanks to the following donors & supporters:



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Birthday Boys and Girls of the Months!!



August

Stephanie
Mu
Ronnie
Cheng



September

Tyler
Griffiths
Andrew Li
Yin Soon
Tan

October

Queenie
Tung



November

Livana Li
Sean Kai
Ming Lo

December

Samuel Siu
Lousia Tong
Timothy Yau
Samson Yuen
Edward Wang
Dale Wang

Raffle Ticket Draw 2009

4 October 2009

A Raffle Ticket Draw will be conducted on the 4 October 2009 at CPA Mid-Autumn Festival Celebration at Port Orient Restaurant, Darling Harbour, to raise fund for the continuous provision of service and activities for our members and their families.

CPA would like to send our special thankfulness to the kind donors, friends and parent members for their support and sponsorship of prizes for the raffle ticket draw.

澳洲弱能兒童協康會將在二零零九年十月四日在達令港，黃金歲月酒樓舉行中秋節聯歡午餐聚會。屆時會有獎券大抽獎。籌募所得的款項將用作提供給本會各項活動和課程之開支。希望各會員朋友，社區熱心人士能給予本會大力支持購買及鼓勵。

本會所有會員在此向給我們送上各項名貴禮物作為抽獎獎品的慷慨善心人士，致送上我們真切誠懇的鳴謝，無限的感恩。

The great prizes 獎品:

- 1st PRIZE: Gucci Watch (lady) valued at \$1195 -- Ms Brenda Chan
- 2nd PRIZE: Klein International (佳源純水) \$500 appliance voucher plus \$200 Coles Myer gift card
- 3rd PRIZE: Klein International(佳源純水) \$500 appliance voucher plus \$100 Coles Myer gift card
- 4th PRIZE: Sunglasses valued at \$200 -- Mr Samuel Chu
- 5th PRIZE: Chattabox Corporate Services - 1 x Nokia 6300 Vodafone Prepaid Bundle: \$169
- 6th, 7th, PRIZE: Rice Cooker from Ettason Pty Ltd (林和成貿易公司) plus 1 Comfort Pillow Memory foam
- 8th, 9th PRIZE: Hurstville Chinese Restaurant (華英小廚) 餐券 \$100 voucher
- 10th PRIZE: Pearl Necklace valued at \$100 -- Mrs Aileen Pang
- 11th PRIZE: Infrared thermometer -- Wu's Pharmacy (吳氏藥房)
- 12th PRIZE 2 x \$39 Sydney One day trip voucher from Dixon Travel (德信旅遊公司)

Consolation Prizes 安慰獎

Special Prizes:

- ★ 1 crystal necklace from Ms Gar Lei Ho
- ★ 1 watch & wallet (Pierre-Geneve) from Mrs Virginia Lo
- ★ 1 watch & wallet (Pierre-Geneve) from Mrs Virginia Lo

Other Prizes:

- ★ 1 x \$40 Gift voucher from Sleep Mart (睡眠中心)
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- ★ 1 x \$40 Coles Myer Gift voucher

Table Prize for the Lunch

- ★ Lanoro International Division of Lanoro Australia

For more information, please contact Contact: Mandy 0406 233 222 or

(02) 9784 8120 Tues & Thurs 10 am—3 pm

Weekend Program — August, September & October 2009

Junior Group 兒童組週末活動

Youth Group 青年組週末活動

DATE	Junior Group 2.30-4.30pm	Youth Group –10.30am	Youth Group –2.30-430pm
August			
1/08/2009	Talk to Me/ Movement Class	Tenpins Bowling	Movement class/Performance skills
8/08/2009	Talk to me/ Music Therapy	Tenpins Bowling	Play Golf
15/08/2009	Talk to me/ Play Group Activity	Tenpins bowling	Chinese Dance/Music Therapy
22/08/2009	Talk to Me/ Movement Class	Tenpins bowling	Movement class/Performance skills
29/08/2009	No Activity	Tenpin bowling	Movement class/Performance skills
30/08/2009 Sunday	Blue Mt. Day Trip	Blue Mt. Day Trip	Blue Mt. Day Trip
September			
5/09/2009	Talk to me/ Play Group Activity	Tenpins Bowling	Chinese Dance/Music Therapy
12/09/2009	Talk to me/ Music Therapy	Tenpins Bowling	Play Golf
19/09/2009	Talk to Me/ Movement Class	Tenpins Bowling	Movement class/Performance skills
26/09/2009	Talk to Me/ Movement Class	Tenpins Bowling	Movement class/Performance skills
October			
3/10/2009	Rehearsal	Tenpins Bowling	Music Therapy/Chinese Dance
4 /10/2009 Sunday	Mid-Autumn Festival Celebration	Mid-Autumn Festival Celebration	Mid-Autumn Festival Celebration
Term Break 5th –18th Oct	Movie/Outing	12 & 14 Oct Computer course	12 & 14 Oct Computer course
10/10/2009		Tenpins Bowling	Play Golf
24/10/2009	Talk to Me/ Movement Class	Tenpins Bowling	Movement class/Performance skills
31/10/2009	Talk to me/ Play Group Activity	Tenpins Bowling	Performance skills

"The above programs may be changed without prior notice due to unforeseen reasons."

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

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普通會員 Ordinary Member

附屬會員 Affiliated member

義工 Volunteer

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Membership Fee \$10 pa
(From 1 July –30 June)

名字 Name: _____ 姓氏 Family Name: _____

地址 Address: _____ Suburb: _____ Post Code: _____

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