



# Chinese Parents Association - Children with Disabilities Inc

## 澳洲弱能兒童協康會

CPA Newsletter  
協康會會訊

November 2009  
二零零九年十一月

### Dear Members,

This is the last issue of the newsletter for 2009. We would like to take this opportunity to review what has been achieved by CPA during the year.

For the junior group, apart from the music therapy classes run by the Music Therapist, Winnie Chui, we invited Melissa Cox and Angela Leung to run the Talk to Me program and Movement Classes. Betty Li, an experienced former special school teacher, also joined us once a month to conduct the Parent Support Group to talk about parenting issues and children's behaviour problems. We can see big improvements in the kids in different aspects.

For the youth group, on top of the regular sports, like bowling, swimming and badminton, we added golf to the programs since August. Most of the teenagers in the group had never played golf before and they were very excited about it. The purpose of introducing new programs is to expose the young people to new activities in order to assist them in developing their full potential. They all did incredibly well.

This year we organised two camps, one at Milson Island and one at Myuna Bay, and a day trip to the Blue Mountains. They were all well received and we had excellent feedback from members.

On-stage performances by the youth and junior groups included performances at Belmore Park during the Chinese New Year, Performance Contest Presentation at Burwood RSL Club, RSAC Presentation Day at Bankstown Sports Club and the recent Mid-Autumn Festival Celebration at Port Orient Restaurant, Darling Harbour. Through performances, the teenagers/kids have opportunities to develop their confidence and self-esteem. Their performances were touching to the audiences.

This year, we also had volunteers running "Dad 2 Dad", "Mum 2 Mum" and "SibSpace" programs to provide channels for members to share their feelings and experiences with their peers, who have family member/s with a disability. The programs serve to cut down the barrier amongst members and make them realise that they are not alone; there are other members facing similar problems.

The monthly Women Health Seminars conducted by Ms Jacqueline Ho also attracted a lot of mums to attend. Thanks to Jacqueline for her continuing efforts.

One of the most exciting achievements that must be mentioned is the launching of the new website [www.chineseparents.org.au](http://www.chineseparents.org.au). Mr Vincent Yu and his staff have put in a lot of time and effort to make it happen. The Management Committee would like to extend our thanks to Vincent and his team.

In addition, thanks are extended to parents—William Mak, May Ku, Sammy Chan, Jennifer Chan, Paula Su, Monica Lin, Tim Tham, Vincent Yu—and Angela Leung, Emily Mann, Terry Li and our CPA young reporters: Vannessa Li, Kimberly Zhou, Christopher Lim, Andrew Li, Ting Fan for their article contributions to our CPA newsletters.

Last but not least, we wish to express our deepest gratitude to all the volunteers for their contribution and ongoing support during the year. Without their help, the programs would not run so smoothly and successfully. Of course, we wish to also thank the donors, Community Groups and Local Councils for their moral and financial support throughout the year.

All in all, 2009 has been a challenging and fruitful year. For the new year to come, in order to improve our services, your valuable input and support are most appreciated.

From The Management Committee

### 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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[www.chineseparents.org.au](http://www.chineseparents.org.au)

ABN 63 938 108 704



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## 致會員的信



### 親愛的會員：

這是本年度最後一期的會訊。我們趁此機會回顧一下，協康會過去一年的成績。

少年組，除了有我們的音樂治療師 Winnie Chui，主持的音樂治療班以外；還邀請了 Melissa Cox 和 Angela Leung 分別帶領“聽我細說”及“體能動作班”；另一位資深前特殊學校導師，Betty Li，主持每月的家長小組座談會，討論家長的困擾和孩子的行為問題；從任何方面我們都有很大的進展。

熱愛體育的青年組，除了保齡球，游泳，和羽毛球以外，本年八月我們又增加了高爾夫球；大多數組員對這新的嘗試感覺十分興奮；讓青年們參加新的活動，使他們的潛質盡量發揮，所有組員的表現都非常良好。

協康會今年組織了兩個營會，分別在 Milson Island 和 Myuna Bay；還有藍山一日遊；會員都很喜歡這類戶外活動，並踴躍參加。

青少年們有多次的表演機會，包括農曆新年時有兩天在Belmore 公園表演，表演賽頒獎禮在寶活退休軍人俱樂部，RSAC 頒獎禮在賓士鎮體育俱樂部，還有最近一次中秋節聯歡會上在達令港黃金歲月酒樓。青少年藉著這些演出機會，加強他們的自信心及發

揮潛質。表演時現場觀眾深深被感動。

今年還有一些自願工作人員參與推行我們的“爸爸對對碰”，“媽媽休閒站”及“兄弟姐妹世界”；對有弱能的家庭成員來說，這些小組為他們消除隔膜，不用再孤立地面對困擾，並可利用這些渠道彼此分享心得。

每月由 Jacqueline Ho 主持的婦女健康講座，吸引了很多婦女們參加，在此感謝她不懈的貢獻。

今年令人最感興奮，不可不提的是，協康會已成立新的網站 [www.chineseparents.org.au](http://www.chineseparents.org.au)，管理委員會特別感謝 Vincent Yu 和他的員工們為設計網站所付出的辛勞及寶貴時間。

最後我們衷心感謝所有的義工們，為協康會作出的貢獻及不斷的支持。沒有他們的參與，工作不會進行得如此順利和成功。當然，我們也感激所有的善長，社團及市政廳；在一年中給我們精神和經濟上的支持。

總括來說，2009是個充滿挑戰及有成效的一年。感謝你們寶貴的意見和支持，讓我們繼續攜手邁向新的一年，更好的一年。◎

執行委員會全寅

## 澳洲弱能兒童協康會 五元抽獎券揭曉

澳洲弱能兒童協康會在十月四日假座達令港黃金歲月酒樓舉辦午餐聚會，慶祝中秋節及揭曉獎券中獎者。與會來賓逾眾。會員朋友及「少年之星」參與表演，場面熱鬧，溫馨感人。本會衷心感謝多年來各社團機構、商號、文化界、報界及電台的大力支持，給本會工作人員及家長會員無限鼓勵。企盼繼續同心協力，服務弱群，發揮互助友愛的精神。

日前銷售之五元獎券於當天抽出，中獎號碼如下：

頭獎：	2023	二獎：	1726
三獎：	0730	四獎：	0264
五獎：	1823	六獎：	1321
七獎：	0734	八獎：	2116
九獎：	2106	十獎：	0890
十一獎：	0258	十二獎：	1481

安慰獎如下，共七份：2429 2206 2595  
0397 1934 1261 2710

其他獎品，共六份：1841 0983 2960  
1482 2647 2697

特別大獎：0257

懇請中獎人士攜同中獎獎券及身份證明前來本會辦事處領獎。本會義工會致電聯絡中獎人士。

### 辦事處：

Campsie, 59 Evaline St, 二樓，四室。  
02-9784 8120/ 0406 233 222 Mandy

## Results of Raffle Draw 2009

The winners of CPA Raffle Draw  
2009 are:

### The Great Prizes

First Prize	:	2023			
Second Prize	:	1726			
Third Prize:	:	0730			
4th	:	0264	5th	:	1823
6th	:	1321	7th	:	0734
8th	:	2116	9th	:	2106
10th	:	0890	11th	:	0258
12th	:	1481			

Consolation Prizes : 2429 2206  
2595 0397 1934 1261 2710

Other Prizes: 1841 0983 2960  
1482 2647 2697

The Special Prize: 0257

The winners can contact CPA on  
02-9784 8120/ 0406 233 222 Mandy

CPA would like to express our gratefulness to the prize donors for their generous support:

方勁武先生	Ms Brenda Chan
佳源純水	Mr Samuel Chu
李學儒先生	中國旅行社

Chattabox Corporate Services,  
林和成貿易有限公司  
恆暉貿易有限公司  
駿成貿易有限公司

華英小廚	Mrs Aileen Pang
吳氏藥房	德信旅遊
Ms Gar Lei Ho,	Mrs Virginia Lo,
睡眠中心	陳劉秀蓉女士

Lanoro International Division of  
Lanoro Australia

Thank You



# 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。整個課程分三部分：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

## \*\*\* Kidz Go Musical \*\*\*

**Music therapy 音樂治療班,  
Movement Class 體能動作班 &  
Dancing Class 舞蹈組**

The aims of these classes are 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.

活動目的：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，這便是本活動的最終目標。

時間：逢星期六舉行 下午 2:45 至 4:30

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

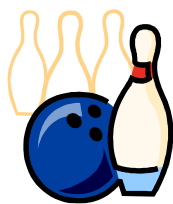
Kindly supported by  
**Commonwealth Bank—**

## Sports for Youth Group

Kindly funded by Canterbury CDSE

保齡球賽

**Ten Pins  
Bowling**



時間：逢星期六舉行，上午10.30 開始

地點：3 - 5 George St, North Strathfield



## PLAYING GOLF



Monthly Golf Playing Activity conducted on Saturday afternoon for children over 12 years old:

Date: Saturday (TBC有待通知)

Time: 2 .00 pm

Venue: Sefton Golf Course  
160 Rose St  
Sefton

"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



## Upcoming Activities 最新節目預告

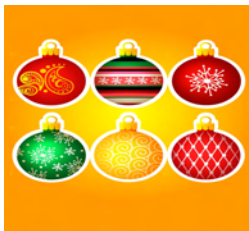
澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION -  
CHILDREN WITH DISABILITIES INC



### CHRISTMAS CELEBRATION PARTY

Date: 13/12/2009 Sunday  
Time: 11.30am to 2.30pm  
Venue: Crown Dragon 龍景軒  
Fees: To Be Confirmed 有待通知  
Function Room of St George League club  
124 Princes Highway, Kogarah



Contact:

Mandy 0406 233 222 or  
9784 8120 Tuesday & Thursday 10 am—3 pm

澳洲弱能兒童協康會  
CHINESE PARENTS ASSOCIATION -  
CHILDREN WITH DISABILITIES INC

Notice of

2009 週年會員大會

### Annual General Meeting 2009

Date 日期: 19/12/2009 (星期六) Saturday  
Time 時間: 3.30pm  
Place 地點: Belmore Senior Citizens Centre  
38 Redman Pde,  
Belmore.



## Upcoming Activities 活動預告



Date	Event	Venue
2 /12/09	Special Children Christmas Party	Rosehill Gardens, Rosehill
12 /12 /09	Care Flight Magic Mania	Sydney Olympic Park Sports Centre
17/ 12 /09	Special Children's Big Day Out	Sydney Showgrounds, Homebush

For entry tickets or wristbands, please contact Mandy at 9874 8120 or 0406 233 222

## SUMMER HOLIDAY PROGRAMS 暑假活動 (DETAILS TO BE CONFIRMED 詳情有待通知)

### Swimming

For Children with Disabilities  
In January



Learn to swim :  
For small group.



### Buffet



A Family Social Gathering at  
Summer Holiday

### Jamberoo



Recreational activities for children

### Movie



Movie Appreciation

For more details , please contact Mandy at 9874 8120 or 0406 233 222

# CPA Activity Reports

## 初春藍山一日遊 - 2009

May Ku

8月30日,天公似爲”澳洲弱能兒童協康會”的家長和會員特意作美,清風送爽、艷陽如金,有絲絲故國秋季的氣息。清早8時,兩架53座位的大型旅遊車乘載著100多位的團友,從 HURSTVILLE 及 Strathfield 向藍山三姊妹峰出發,沿途還有十多輛自駕車的成員加入,啓動了這次春季藍山一日遊的旅程。

一路上,各執委爲大家安排了多種遊戲,車廂裡充滿了歡笑聲。不久,一片寶藍的藍山已在眼前。只見山巒起伏,風起雲湧。團友們一起拍照留念,小朋友們也被峰勢的奇態吸引了,誘發了他們不少的話題和想像力。

相比起三姊妹峰的冷冽,聚於PENRITH一家自助餐館內便更感溫暖。大家三五成群,一邊品嚐豐富的午膳,一邊閒話家常。期間執委們特別感謝工作人員MANDY爲此旅行所作的努力。又見”父親節”在即,主持和大家玩了一個遊戲:競猜”誰是最年長和最年輕的父親”,氣氛溫馨又熱烈。

午膳後,車隊開往附近一個橙園。時值橙子成熟時,不但枝頭綴滿了金黃亮澤的橙子,甚至地上也佈滿了果實。這景象讓大伙兒、特別是小朋友們心花怒放。他們奔走在枝林間,細意挑選並採摘。不時,會聽到他們的驚嘆聲:”看,我摘到一個比西柚還要大的橙子!”孩子們在與大自然親密接觸之餘,還讓他們明白到努力才有成果的道理。最後,提著一袋袋的”收成品”,大家一起拍了合照,見證了歡樂和收穫的時刻。

旅程的最後一站,是水上哥爾夫球。團友們一桿桿地把球打向湖心的目標。小朋友們均感到十分有趣,這種運動既訓練了他們的協調性,又讓他們學會分享。與此同時,執委們還爲小朋友們預備了神秘”父親節”禮物,還要求他們在”父親節”當天才好送給爸爸。

此際,餘暉泛射在粼粼的湖面,預告著這次初春藍山之旅已到了終點。大家的心情也是影影綽綽:興奮、愉快又難捨,或許還帶點期待—期待十月初的另一次聚會。◎





# CPA Activity Reports

## Mum 2 Mum Social Activity – Yum Cha on 18/9/09

Reported by Maria Lee



It was my first time joining the Mum 2 Mum group gathering. Ping, the group leader, organized for us to have yum cha at Crystal Restaurant, Strathfield on Friday 18/9/09, so I was able to join.

It was a lovely sunny day. I arrived at the restaurant on time (11:30 am) but didn't see anyone I knew. The waiter guided me to the two tables reserved for CPA. I came to know afterwards that some mums had arrived earlier than me but walked around in the shopping centre since it was too early. Altogether, we had 18 mums attending the function. Paula and I were "first-timers". To be polite and fair, we didn't start ordering dim sums until all mums, who said they would attend, had arrived.

As most of the mums already knew each other

quite well, we started our never-ending chats once we settled down. We shared our experiences and strategies relating to raising our children. We talked about nearly anything that came to our mind, including the government's mobility allowances, accommodation services for adolescents, problems children with special needs encountered at schools, and work experience planning for to-be school leavers.

A mum had a four year old autistic son. So, it was a good opportunity for the mums with teenage kids to give her support and clear her mis-conception about autism, assuring her of the importance of early intervention programs.

In between conversations, of course, we wouldn't forget to eat; we tasted different kinds of yummy food. Winda ordered her favourite Chinese sausage buns which I hadn't tasted for years. Ping ordered dim sums for us until we were full. Ann was able to arrange for the tea to be free.

Two hours went by quickly and some mums hurried home to pick up their children from schools. I believed everyone enjoyed the lunch and had a good time. Hopefully, the next gathering won't be too far away.....◎

### 媽媽休閒站: 之

### 午間茶聚

Maria Lee 報導

這是我第一次參加母親組的活動。在二零零九年九月十八日星期五，我們的組長Ping，安排了到Strathfield的【大三元酒樓】午膳，我有幸能抽空參與。

在這風和日麗的一天，我在十一時半已到達酒樓，當服務員帶領我到為協康會已訂下的座位時，很意外地看不到熟悉的面孔。事後才知悉有些母親們去了逛商場，因她們比我更早到達。

當天一共有十八人出席，Paula與我都是首次參加；為了大家彼此尊重及公平起見，等到眾人到齊了才開始午膳。

當大家安頓下來後，因很多母親們早已熟落，所以開懷暢談；彼此為教育孩子們的方法，互相交換心得。

我們幾乎無所不談，其中包括政府的交通津貼，少年的住宿服務，孩子在校遇到的問題，即將離校的工作經驗安排等等。

其中一位母親有個四歲的兒子患有自閉症。所以大家也趁此機會給予支持，解除她對自閉症的誤解，強調早期介入治療的重要性。

當然，在談話中我們不會忘記進食，Winda挑選了我多年未嘗的臘腸卷，Ping也不斷地介紹其他多種美味點心給我們飽腹，Ann亦安排我們有免茶優惠。

兩個小時很快便過去，一些母親們要趕著去學校接孩子。相信大家都很享受這段時光，期望下次相聚

之期不遠矣。◎



# CPA Activity Reports

## Mid-Autumn Festival Mid-Autumn Festival Celebration Lunch

By

LEAH



中秋节的第二天，充满爱意和祝福的一次团圆会令所有澳洲弱能儿童协康会的成员们再次体验了大家庭的温暖和有心人士亲切的关怀。

协康会管理委员会会员Sammy说：“弱能孩子在社会上容易被忽略，他们的家长养育孩子非常艰辛。这样的团圆活动为弱能孩子和他们的家庭提供了一个公平的社交环境。通过表演建立这些孩子的自信心，让他们感到也有做出贡献的能力。家长也能借此机会好好放松，体会大家庭的温暖和关爱。”

在这次聚会上，有协康会的孩子、家长、亲属，也有从政华人、赞助商赞助人、义工约200人参与。而表演嘉宾就是盛装的协康会的孩子们。开场表演是一段藏族舞，孩子们身着家长自制的藏族服饰，随着音乐而挥舞衣袖，欢快律动。家长们纷纷举起相机，记录下孩子的愉快身影。协会的工作人员和社会各界人士代表也鼓掌合拍，表达赞许之情。此外，聚会的最后还为对弱能儿童协康会做出特殊贡献的社会人士进行了义工颁奖。

Andrew是其中一个表演的孩子，他连称“高兴，高兴”，还热情的在席间为家长演示舞蹈动作。Andrew的父亲Jeff说：“小孩平时在社会上比较难交到朋友，这次活动可以给他们一个社交的机会。我们家长可以结交新朋友，彼此分享照顾孩子的经验，也可以互相鼓励。”

Vincent的儿子在团圆会上有压轴的唱歌表演。他用“震撼”和“兴奋”表达了参加活动的感受“我的孩子27岁，有自闭症。以前只有千分之一的人会得这个病，现在患者增加了很多。今天看到有这么孩子，这么多家庭来，我首先想到的是‘要怎么解决这么多人的需求’。同时我也很兴奋有这么有人在关怀我们的这些孩子。”

范先生是政府部门的社会工作者，“很多弱能儿童的家庭在社会上受到歧视。协会并不能全部了解到。举办这样的一个活动，为弱能儿童和他们的家长提供了互相交流的机会，有效地扩大了社区资源，使得更多的家庭得到帮助，同时也会得到更多来自政府的拨款。”

范先生同时说道，“弱能儿童的发展分为几个阶段，小的时候可能只涉及到基本的生活技能，但长大后则面临着找工作，初步步入社会的问题。很多家长具有这样的经验可以在协会里分享，并且可能提供工作机会。” Vincent也表达了同样的愿望，“我们家长的年纪逐渐大了，但是孩子却需要及时照顾。我们越来越有困难去照顾孩子，希望有办法能够解决孩子将来的住宿问题，那样我们就放心了。”

与会的还有一些澳大利亚人，他们在血缘或亲属关系上都与中国有着密切联系。Martin是一位澳大利亚人，他的亲戚中有协康会的成员，这也是他第二次参加协康会组织的活动。“这个活动很好，大家都像一个大家庭的亲人。协康会给我的亲属很大的安慰，这就是我要来参加这次活动的理由。”

协康会会长要大家“开开心心，跟一家人吃饭。”副会长也表示“大小朋友，友谊万岁。”

欢快的笑声，鼓励的话语，亲切的关爱，亲人团圆的喜悦，都汇聚成这次聚会最闪耀的光辉。◎

# CPA Activity Reports

## Report for Golf at Sefton

By **Andrew Li** (CPA Young Reporter)



Ready to go!!

On Saturday, we went to play golf at Sefton. Most people from CPA went and we all had a BBQ and played golf. Firstly, everyone had the BBQ and every parent and child learned to cook. Each child had a turn to cook the food and the food was eaten. There were sausages, kebabs, oranges, jelly etc. We all had a photo near the eating area with the banner next to us. When we started playing golf, our instructor Kieren took us to different areas in the golf course for practice. We had to hit the balls into the big ring on the far end. Every group went to different areas to have their balls hit. In the end quite a few of us felt so hot that each of us bought an ice cream. The winner had a golf ball to take home. It was a great time



CPA Golf Day

## Ten Pins Bowling Activity Updates

CPA, since becoming an affiliate member of the Special Olympic Inner West Region, has been providing bowling activities over the last nine months at AMP Ten Pins Bowling, North Strathfield. It gives all CPA youth-group members leisure, motivation and fitness. Participants are encouraged to develop friendships amongst Special Olympic members. They all enjoyed the games.



There are five teams set up for CPA and over 20 regular bowlers benefitted. The names of the teams and their members are as follows:

### SUPER BOWL

Barry Mak, Brian Su, Samson Yuen, Victor Li

### GREAT WALL

Jonathan Yung, Christopher Lin, Andrew Li, Victor Wu

### SMARTY MIND

Soon Tan, Kenton Lieu, Ivan Li, Joanne Pang

### SHA-LA-LA

Thuman Ha, Bowman Yu, Leon Cao, Samuel Poon

### DRAGON BOWLERS

Laurence Trieu, Harry Trieu, Clement Wu, Leon Huang ☺



# CPA Activity Reports

## Sydney Aquarium

– Reported by Jonathan Yung  
(CPA young reporter)

CPA had a big group of 61 members with their families visited the Sydney Aquarium on 9<sup>th</sup> October 2009. The journey began at 11:00am, we walked under water and explored Australia's rich and diverse aquatic life. We had taken a group photo, we had a stamp on our hand after paying fees by Maria. I saw the dangerous creature living in Australian water. There were sharks, stone-fishes, blue-ringed octopus, saltwater crocodiles, platypus, red rock-rods and stingrays. The next stop was the Great Barrier Reef Oceanarium. It was a beautiful example of a reef system containing a variety of sharks, fishes and invertebrate species living together in such a habitat.



We had lunch at King Street Wharf and I had bacon salad sandwich with chips. We visited Wildlife Park after lunch. Check out Sarah's report on Wildlife Park. ©



## A VISIT TO THE WILDLIFE PARK

By Sarah Li (Sister of Andrew Li)

On the 9<sup>th</sup> of October the Chinese Parents Association organised a trip to Darling Harbour. We visited the Sydney Aquarium followed by the Australian Wildlife Park. After lunch we all trudged through the rain to the Australian Wildlife Park. We were all pushing through because we wanted to get to the snake show. We had to walk through a corridor to get there. In this corridor everything was pitch black and made your voice 10 times louder than it really was. Everyone was making owl noises to see how much it echoed. There at the snake show a man told us lots of interesting information about the five most dangerous snakes in Australia. He said that in Australia 69 percent of snakes are poisonous compared to around 28 percent in other nations! He told us that he had been bitten by snakes more than fifty times ever and that one of his fingers had even been amputated to prevent the poison spreading! Extra scary! He also pretended to stamp his foot on the snake's head (he was teaching us what NOT to do to a snake). The snake, which was obviously used to this treatment, dodged his head back. The audience, though, was not. When he did it everyone started screaming! It was a very funny reaction. After that the group split. My aunt, my grandma, Andrew, Chloe and I then went to see the koalas. They were all very cute but only one koala was awake. This koala, though, was very energetic. It was jumping around from tree to tree and doing tumble turns. Koalas doing tumble turns? What next? Flying possums!

Oh wait, we already have that. Anyway, we went to see the kangaroos but unfortunately it immediately started raining so we went straight back in. We saw many cubicles filled with animals on our way to the Butterfly Room but there was a particular one that everyone was crowding around. They were penguins!! Their bodies vibrated while they waddled around and swam in the water. We were all so mesmerised, we stayed there for nearly half an hour!

Then we arrived at the almighty Butterfly Room! It was two stories high and inside it was very warm. Butterflies were fluttering around everywhere. Everyone leaned over the wall to try to get a butterfly to perch on their hands or bodies. I was close but the heat was quite unbearable and so we left the room. I made sure I checked that there were no butterflies on me before I left!!

There were many other small cubicles with more animals in them but basically that was it. After taking a browse through the gift shop we left Darling Harbour with a good time on our minds.

This was the first time that I had ever been to the Australian Wildlife Park and I am especially glad that I did decide to come. Although the weather wasn't the best (it was pouring down buckets!) it didn't dim our spirit or our happiness. I am certain to say it was the most enjoyable outdoor experience I have had in a very long time! ©



# CPA Activity Reports

Computer Course on 12&14/10/09

I attended the two days Computer course organised by CPA at the library inside Customs House, Circular Quay. The library had two levels and had lots of books. At the foyer there was a miniature of Sydney built underground. Inside the computer room, there were 9 computers and a big screen. We had 8 students all together. The teacher's name was Sean Li.

On day one, Sean taught us how to set up tables in Excel. We made a Shopping List and a table with our names and addresses. We learnt how to format cells, add borders and colours, change fonts and bold. We saved the files in the computers. On day two, we did sums and multiplication for the shopping list and electronics list,

inserted pie charts and also typed up the timetable for term 4. Sean also allowed us to play computer games or browse on the internet during breaks.

On the second day, Dave's mum brought us sushi for lunch. It was yummy. At the end, the teacher asked us to follow the computer book and practice Excel at home before he met us next time. I am wondering what he is going to teach us next.©

Reported by Samson Yuen



## CPA Photo Album



Computer Teacher & Students



Circular Quay City Library



Aqua Golf at Penrith



CPA Performance Team

## 婦女健康講座

# Monthly Women Health Seminars

由何醫師 Jacqueline Ho 主講的婦女健康講座已舉辦了一年有多的時間，這個講座定期於每個月的第二個星期四舉行，地點在協康會辦事處的Metro Migrant Resource Centre 舉行，每次講座都有大概二十多位的婦女參加。當中有部份是我們協康會的家長，其餘的都是外界的社區人士。參加者當中有些是從前互不相識的，透過這個每月一次的聚會，她們跟何醫師都成為了好朋友，有時講座完畢後也會相約一起外出午膳呢！有賴何醫師的專業詳細講解每次的主題，還有我們的家長義工協助茶點供應，這個講座最與別不同之處，就是講員跟參加者是零距離接觸，聚會中不時傳來陣陣的歡笑聲，場面既溫馨又熱鬧，實行寓教育於娛樂。何醫師更不時帶同一些實物教材慷慨地與各參加者分享，在此謹代表協康會向她衷心致謝。我們很榮幸獲得何醫師的答允，明年將繼續舉辦婦女健康講座，盼望屆時會見到更多的婦女一同來參加及分享我們的喜悅！◎

Mandy Yip

下次婦女健康講座日期：12/11/09

主題：陰陽五行

陰陽五行學說是古人用以認識世界和解釋自然現象的方法論，是中國古代的唯物論和辯証法。

陰陽學說認為世界是物質的，構成世界的萬事萬物都是由於陰陽二氣的相互作用而產生的；物質世界在陰陽二氣相互作用的推動下運動，發展和變化著。陰陽是對自然界相互關聯的某些事物和現象對立雙方的概括。它既可以代表相互對立的兩個事物，也可以代表同一事物內部所存在的相互對立的兩個方面。

五行學說認為世界是由木，火，土，金，水五種基本物質的運動變化構成的，這五種物質各具特性，但都不是孤立存在，而是緊密聯繫著；它們之間又具有相互資生和相互制約的關係，從而促進了自然界事物的發生和發展，維持著它們的協調和平衡。

中國古代醫學家在長期醫療實踐的基礎上，將陰陽五行學說運用與醫學領域，用來釋明人體的生理功能和病理變化，指導疾病的診斷和治療，成為中醫學理論的重要組成部份。（資料由何醫師提供）

## DAD TO DAD— MEETING REPORT 爸爸對對碰

協康會的爸爸們都是從早到晚，由年頭到年尾都在辛勤地工作，難得一次偷得浮生半日閒，於十月十七日相約一起到 AMF 打保齡，宗旨是「友誼第一，比賽第二」，其後更齊齊舉步到 Hurstville 晚膳，經過一輪「激烈」的友誼賽後，男士們的胃口都顯得特別好，豐富的菜式，輕鬆的氣氛，令一向沉默是金的爸爸們都開懷暢談，席間更有人提議下次可舉辦一些分享會，為男家長們提供一個相聚的平台，實行不讓女士們專美，讓堂堂男子漢也可以走出工作間，與一群「同路人」互訴心中情!◎







## Parent Support Group



### Parent Support Group Meeting 4:

On 22 August, the parents met again at Belmore Senior Citizens Centre, and the topic was "Domains in special Education". Betty, the group facilitator, explained the five domains that were emphasised in the provision of special education:

1. Cognitive development
2. Physical development
3. Social skills
4. Independent living skills
5. Recreational skills

These five areas are inter-related to each other. When designing the Individual Educational Plan for each child, all these aspects have to be taken into consideration and incorporated into the IEP.

We also took some time in watching the DVD on Makaton and the parents were busily learning, remembering and reproducing the signs. They were all thrilled with what they could remember.◎

### 家長互助組座談會之四：

二零零九年八月二十二日星期六

家長們在Belmore長者中心再次會晤，討論特殊教育。我們的主持Betty，為打算應對特殊教育的五項要點作出解釋。

1. 認知的發展
2. 體能的發展
3. 社交技能
4. 自立技能
5. 消遣技能

這五項要點相互相承。當為孩子們設計獨自教育計劃時，每方面都要考慮和合併于計劃中。我們還觀看手語示範的錄像，家長們認真地去學習，從記憶中把手勢再次演繹出來，當完成後，對她們的成績雀躍萬分。◎

### Parent Support Group Meeting 5:

On 26 September, with the help of William Mak, we were able to show two episodes on "Asperger Syndrome", both are in Cantonese to our parent group.

Asperger syndrome is named after the Austrian paediatrician Hans Asperger. It is one of the autism spectrum disorders (ASD), and is characterised by qualitative impairment in social interaction and lack of communication skills, by stereotyped and restricted patterns of behaviour, activities and interests, but there is no clinically significant delay in cognitive development or in language (Wikipedia, the free encyclopaedia).

There was a general discussion after the viewing of the episodes. Most parents thought that the topic was well-documented and inspirational. It also encouraged them to look for ways to reduce their stress and pressure in coping with the caring of their children with disabilities.◎

### 家長互助組座談會之五：

二零零九年九月二十六日星期六

家長 William Mak 提供了兩輯關於 (Asperger Syndrome — 輕孤獨癖) 的影片，用粵語向家長們播放。

Asperger syndrome 取名於奧地利兒科醫師 Hans Asperger，是屬於自閉症的一種；在社交相互作用裏，具有性質上的損害特點，缺乏溝通技能；比較老套的有限度行為，活動和興趣。在維基百科全書中指出，並無顯著的臨床實例，證實輕孤獨癖會影響認知發展和溝通。

觀看完畢後，在討論中大多數家長認為，此影片描述細膩及具感染力；為將來照顧孩子時，在分憂和減壓方面，很有激勵作用。◎



# 他這樣，不是你的錯。 麥志強

### 他們無憂

当曉陽走进庇護工場的時候，眼睛發出亮光，瞪得大大的，面上像春花綻放，興奮地走來走去。当他看見他的朋友Samson 在工場的閣樓工作的时候，高興得跳起來說：『Samson is there!』我太太和我看見他這麼開心，也跟他一塊開心笑起來。曉陽逼切的問我們：『come next Thursday?』他想明天就來上班啦！你想曉陽是一個很悲慘的孩子嗎？！一點都不是！他是一個快樂的孩子。你和Samson談話的時候，他總是聲如洪鐘，哈哈大笑。問他下了班去那？他會告訴你，他會去 Parramatta 啊，Liverpool 啊四處遊覽，瀟瀟遙遙的，你想Sam是一個很悲慘的男孩嗎？！當然不是！還有，當 Victor 在籃球場上，驕傲地表演他在三分區的遠射技巧的時候，他覺得自己很悲慘嗎？其實，他們活在無憂無慮、天真的、沒有鬥爭、沒有爾虞我詐的天地里，不是比我們這些要常去憂這憂那的人還幸福嗎？所以呢！不要給成見，或者是世俗的觀念羈絆著我們，令我們都覺得孩子和自己很悲慘。

當醫生診斷了曉陽的自閉症，我們第一次回香港，讓親友們知道的時候，姑母不經意的說：『一定是嫂子懷孕的時候，吃了寒涼的東西，才令曉陽變成這樣子。』或者有人說：『他嬰孩的時候，一定是你們冷落他，不夠關懷，令他心理出了問題。』有時候，不只是他人，自己都會懷疑自己，是不是我的錯！是不是那時候，髹漆的時候，我不小心潑翻了漆在他的床上，他吸了化學品的气味，令他這樣呢？其實，科學的研究，和其它很多弱能的情況一樣，雖然詳細的機制還未明，都已經確實是遺傳的原因。再者，如果我問你，若有一個方法，可以醫好他的情況，你會歇盡所有，窮一切之力，醫好他嗎？答案當然是肯定的。所以，你已經做了你最好的了！要明白，很多問題，沒有答案，很多世間事，就是盡了力，也不能盡如人意的，不如坦然接受。

所以呢！不要再自責了，他這樣，不是你的錯！也不要惱怒別人，因為那只是他們無知，和沒用腦袋，才說了傷害你的說話，其實常掛惱怒在心头，

但現在在陌生人面前，我還是不會說我兒子的情況，不是因為我覺得羞耻，或者是我覺得尷尬，因為我的兒子的只是病，不是犯了罪，我也不是犯了罪，沒有羞耻的地方。而是因為我怕令別人覺得尷尬，因為很多人，尤其是中國人，聽見我兒子是自閉的，都會手足無措，不知說什麼才好！或者，他們會窮盡心思，說些安慰的說話，其實心裡覺得好笑，我都已經老早看開了，泰然自在，不需要你再花唇舌安慰了！所以不說是不想令人為難。

### 為什麼是我

記得當初得了醫生的診斷，的確是很悲傷，為免令妻子更傷心，拿了毛巾便去了車房，關上門哭，問為什麼是我？

跟據統計，每一百萬人，就有六個自閉症的病人，所以另一個問題可以是，為什麼不是我？其實，這些問題是沒意思的，因為沒有答案，也沒有幫助，因為改變不了現實，效果只有一個，就是令自己更傷心。

但我們可以从另一個方向想，譬如說，上一個周末，大兒子約了朋友吃飯，小女兒也約了朋友燒烤派對，只有曉陽陪我夫妻倆吃飯。當子女長大，羽翼漸丰，二十歲多就自然會飛走，找尋他們的新天地。記得大兒子十八歲中學畢業的時候，便已經叫嚷着要搬出去住，是我妻緊張的抗議，才打消了他的念頭，但他明年就大學畢業啦，還可以留他多久呢？

小女兒明年就考大學啦，她又能留在我們身邊多久呢？最後，就只會是曉陽能陪伴我們。

還有，大兒子都已經是『一言九頂』，就只有曉陽最听话。冥冥中自有上天的安排，隨意安住，心境自能平和。

### 我們是很不幸

其實我們真的是不幸嗎？記得曉陽十六歲的時候，政府批了弱能津貼給他，當時我就已經對我妻說，就是我們將來沒有錢留下來給他，那弱能津貼都能保證曉陽以後都能衣食無憂。那確能令我們很安心。今年他十一班啦，教育部指派了一個‘支援教

她周到的带领我们去看福利服务展览，走遍悉尼去看不同的福利服务机构，去看庇護工場，分析它们的优劣，随我们选择，令我们感觉到我们能安居在澳洲这个福利这么好的人间乐土，我们的孩子能得到这么好的照顾，如果我们还是在香港，是得不到的，我们是多么的幸福啊！所以，我们不应埋怨，反而应该感恩。上天安排我们带了我们的孩子，在这个乐土安居，常常艳阳普照，地方宽广，四处都是绿野青葱，给孩子们有良好的教育，安稳的将来，心中应该是感恩。懂得付出，服务比我们更不幸的人。

也请不要介意我们是不是在一块工作，你可能在扶助年幼的、年青的人茁壮成长，我可能在撫慰在生死边缘、垂死的病人、和刚失去至爱的遗属，或者他在服伺垂垂老矣的长者，或她在帮助初到贵境的新移民，大家都不过是在同做一样的事情。在基督教的圣经里说过：『施比受更为有福』，所以我们不是在施捨别人，而是在谋求自己的福乐。还有，以前种种，不开心的事，譬如昨日死，伤害过你的人，就原谅他吧。耶稣在十字架上，不都能原谅钉死他的人吗？再者，老抱着过去不开心的事不放，只会捆绑着我的心，羈絆着我们的脚步，不能放步向前。

### 「放下它」的超然智慧

最后，僅抄录一段小文章，作者是羅吉甫。请不要介意是佛教的宏法文章：

聖嚴法師圓寂了，他在生前、身後，留下瀟灑的身影，許多智慧法語，言淺意深，字短情長，對芸芸眾生，更是受用。尤其這句「面對它，接受它，處理它，放下它」，堪稱處事應對的寶典。這四個境界，看似容易，卻難做到。許多人連前兩關都過不了，但知逃避現實，遑論正面處理。有些人以大無畏的精神，正視困境，直接迎敵，好不容易處理好了，卻在心裡留著疙瘩，鬱鬱難解。

### 放下，是最難的課題。

放下，指的是心境上「船過水無痕」的瀟脫與看開，不是表面的姿態。外表要表現得若無其事不難，內在要隨意自在，其難無比。

有個故事很有趣：老和尚帶著小沙彌要過河，在河邊遇見一位少女，過不了河，老和尚大發慈悲，背著少女渡河。過了岸，放下少女，繼續向前走。

色，您怎麼可以背著少女呢？」老和尚聽了，笑著答說：「我都放下了，你怎麼還背著呢？」老師父身體背著少女，但心無罣礙，小沙彌卻一直想著這事，結果背著少女的反而是小沙彌啊。

和這故事異曲同工的是：宋朝理學家程顥、程頤兄弟，同為理學家，平日道貌岸然，遠離聲色。有一天，兄弟赴宴，主人請來娼妓作陪。程顥神色自若，不受影響，程頤卻緊張嚴肅。事後程頤問：「吾道中人不與娼妓為伍，吾兄怎麼視若無睹？」程顥笑道：「當時座中有妓而我心中無妓，如今，座中無妓而你心中有妓。」

有妓無妓，全在乎心。程顥超脫了，娼妓在側，卻不在他心裡；而程頤的娼妓長存在他心中，宴會結束後，還放不下，他被道德束縛綁架了。

人生不如意事十之八九，與其逃避抱怨不如積極處理，而處理結果不管能否盡如人意，最後都得放下，別擾了心頭，亂了步伐，這不只是宗教修養而已，實則放諸四海皆準，職場更是受用無窮。

聖嚴法師說：「如果真是無法避免的倒楣事，那只有面對它、接受它；能夠面對它、接受它，就等於是在處理它，既然已經處理了，也就不必再為它擔心，應該放下它了，不要老是想著：『我怎麼辦？』

而是「睡覺時照樣睡覺，吃飯時照樣吃飯，該怎麼生活就怎樣生活。」這是處事最高境界。聖嚴法師說：「解決困境的主張『接受它、面對它、處理它、放下它。』」

面對它：「正視困境的存在。」

接受它：「接受困境的事實。」

處理它：「以悲智處理困境。」（以慈悲對人，用智慧對事。）

放下它：「處理後心無牽掛。」（放下自在。）

安定人心的主張：「需要的不多，想要的太多。」

提昇人品的主張：

安心：「在於少欲知足。」

安身：「在於勤勞儉樸。」

安家：「在於敬愛互助。」◎

# Seminar Report on Northside Community Forum

## 雪梨北岸社區座談會

by Jennifer Yu

On the 31/08/09 I was invited to attend Northside Community Forum (Re: Carer Information day) in Chatswood Club from 9:30am to 4pm. It was mainly held for carers for mental clients. Although Autism or intelligent disability was not classified as a mental illness, yet the service providers for mental clients could get funding for autistic clients from the NSW Government. The purpose of this Forum was to provide carers for someone living with mental illness with latest information on community respite as well as support group education and training in the Northern Sydney. These workshops are designed to meet the needs of carers including:

1. Caring about carer, large number of carers suffers depression at times.
2. Caring about mental illness which has attracted much serious media coverage.

Between 10:00-10:30, a video clip was shown about a meeting of a group of carers discussing about the importance of respite for themselves. For example, respite could provide more time for carers to enjoy basic things by themselves such as drawing, computer games, music other hobbies or going to workshops at the local carer support group to get more information.

Between 10:30am to 12 noon, various respite groups introduced themselves.

1. New Horizons Enterprises Ltd. in Thornleigh respite service provide for under 16 years old + referred by carer or doctor. For Further information:  
Joanne Murphy. Respite Co-ordinator  
(02) 4388 2739.  
Email [JMurphy@NewHorizons.net.au](mailto:JMurphy@NewHorizons.net.au) or [www.newhorizons.net.au](http://www.newhorizons.net.au)
2. Catholic Mental Health Respite Program for carer of the people with mental illness.  
For information Karen Taylor 9487-0514 or 0420961858.
3. Schizophrenia Fellowship of NSW Sanctuary:  
For information Respite Center (02) 98792600  
Email: [Respite-admin@sfnsw.org.au](mailto:Respite-admin@sfnsw.org.au) or [www.sfnsw.org.au](http://www.sfnsw.org.au)

4. Sunshine Respite: services for people with mental illness: For contest details 02-998394000  
Email: [Fromtrotham@sunshinehome.net.au](mailto:Fromtrotham@sunshinehome.net.au)  
website [www.sunshinehome.net.au](http://www.sunshinehome.net.au)

5. Bradfield Park Well Being Centre Carers Program.  
For information: Contact 02 9448 3155  
Email: [Mcvans@nscchahs.health.nsw.gov.au](mailto:Mcvans@nscchahs.health.nsw.gov.au)  
For October School Holidays Program for Young people 8-12 years.

6. ARAFMINSW. Family and Carer Mental Health Program.  
For information: Contact  
Loviner Lee the Cultural Diversity Project  
Co-ordinator: (Family and carer mental Health Program) 9888-1819 0451373132  
Email: [Loviner.Lee@Carafmi.org](mailto:Loviner.Lee@Carafmi.org)

Just before lunch, the state shadow minister of Mental Health Kevin Humphries gave a speech. In his speech he said that if the Liberal party would be in power, he would want to improve the mental health condition by increasing acute beds and providing more respite centres as well as giving more help to ageing carers. Then a session of message was arranged for relaxation after lunch.

After lunch, we were divided into two groups. Those who were interest went to relax in the massage parlour and I followed with the others to receive the Mental Health Training Program. The main lesson was to know your ability to cope with workload and not to exceed your knowledge level. Most importantly, the carer must make sure to recharge with a fresh mind such as to forget problems while doing activities to feel good and healthy. The carers should do regular exercise and communicate with others to release pressure and stress. The workshop finished at 3pm followed with a nice afternoon tea.

My major achievement in that meeting was to know so many new respite organisations and friends. In addition, some of them were willing to offer me some respite opportunities so that I could have a good holiday. Moreover, quite a lot of them wanted to know Chinese Parents Association and some of them wanted our website to contain their information.©

## 雪梨北岸社區座談會

by Jennifer Yu

我被邀請參加八月卅一日在Chatswood Club舉行的雪梨北岸社區座談會(主題: 照顧者查詢日)。時間由早上九時半至下午四時。這個座談會主要為精神病患照顧者而設。雖然自閉症或智障不屬精神病,但是為精神病患者提供服務的組織,亦可替自閉症病患照顧者從紐省政府取得撥款。座談會的目的是介紹位於雪梨北岸社區最新緩解資料及有關服務給予照顧者,並特別為照顧者所需而設,其中包括:

1. 對照顧者的關注,因為有很多照顧者間中會有精神抑鬱。

2. 給予精神病患者的照顧 - 備受傳媒關注。

早上十時,放映一段為時卅分鐘的短片,講述一群照顧者開會討論緩解服務對他們的重要性。例如緩解期可令照顧者多些時間做自己喜歡做的事,如繪畫、玩電腦遊戲、聽音樂以及其他興趣,或者到鄰近照顧者互助小組搜集資料。

十時半到中午十二時,個別緩解組織作自我介紹:

1. 新眼界企業 New Horizons Enterprises Ltd. in Thornleigh 為十六歲以下人仕提供緩解服務 (需要照顧者或醫生推荐)



- 詳情請電: Joanne Murphy., Respite Co-ordinator  
(02) 4388 2739  
網址: [JMurphy@NewHorizons.net.au](mailto:JMurphy@NewHorizons.net.au) or  
[www.newhorizons.net.au](http://www.newhorizons.net.au)
2. 天主教精神病緩解組織  
Catholic mental health Respite Program :  
精神病患照顧者服務, 詳情請電:  
Karen Taylor 9487-0514 or 0420961858
3. 紐省精神分裂友誼庇護所  
Schizophrenia Fellowship of NSW Sanctuary,  
詳情請電: 緩解中心 Respite Center  
(02) 98792600  
網址: [Respite-admin@sfns.org.au](mailto:Respite-admin@sfns.org.au)  
or [www.sfns.org.au](http://www.sfns.org.au)
4. 陽光緩解 Sunshine Respite  
為精神病患者服務, 詳情請電: 02-99839400  
網址: [Fromtrotham@sunshinehome.net.au](mailto:Fromtrotham@sunshinehome.net.au),  
[www.sunshinehome.net.au](http://www.sunshinehome.net.au)
5. 白藍菲公園康樂中心照顧者組織  
Bradfield Park Well Being Centre Carers Program,  
詳情請電: 02 9448 3155  
網址: [Mcvans@nscchahs.health.nsw.gov.au](mailto:Mcvans@nscchahs.health.nsw.gov.au)

6. 紐省精神病患親友協會 ARAFMINSW.  
Family and Carer Mental Health Program,  
詳情請電: Loviner Lee Cultural Diversity Project  
Co-ordinator(Family and Carer Mental Health Program)  
9888-1819, 0451373132  
網址: [Loviner.Lee@Carafmi.org](mailto:Loviner.Lee@Carafmi.org)

午餐前, 紐省影子內閣精神衛生部長凱文赫姆富利士 Kevin Humphries 致詞。他說如果自由黨當政, 他會增加急症病床來改善精神科服務, 並會加添緩解中心和幫助年老的照顧者。午餐後我們分成兩組: 部分照顧者選擇到按摩室接受按摩以鬆弛神經, 我則和其他照顧者去聆聽有關精神健康訓練課程。主要內容是衡量自己的工作能力和不可超越極限。更重要的是照顧者必須保持精力充沛, 忘記工作時遇到的困難, 從而使身心健康愉快。並須經常運動, 藉着與人交談來減壓等等。座談會在下午三時結束, 接着還有精美茶點招待。

我是在日最大的收穫是認識了一些新的緩解組織和朋友, 他們甚至樂於為我提供緩解服務, 使我藉此得到假期休息。另外, 部份人仕從前未有聽聞的CPA協康會, 現在也變成眾所周知的機構, 甚至有意在我們的現時網站登上他們的資料。◎

## 智障者應否結婚生子?

教育組 李明英

不少智障者的家長, 對於子女能否享受在結婚生子方面的權利存疑, 因這些權利亦附帶了對自己行為負責的義務。若一個智障者不懂得性交是會導至懷孕的話, 他不可能對自己的性行為負責; 養育子女的權利是一個更複雜的問題。的確, 要分析這問題時, 應考慮到智障者本身及未來的孩子的權利, 還有其他社會人士的權利, 因他們可能要負起養育這孩子的責任, 而這些權利之間許多時會有衝突。

### 婚前輔導的重要

其實, 智障者和與常人一樣都需要伴侶和愛, 雖然在心智發展上較緩慢, 但卻不能因此而否定其情感上的需要。智障者的婚姻並非如想像中複雜或難適應, 最重要是有婚前的輔導。婚姻是否幸福和美滿, 是取決於夫婦雙方對婚姻生活實際的認識, 和家庭計劃的實行。輔導員應盡量使準備結婚的智障者體會到一些實際的問題, 例如, 在經濟方面, 如何處理金錢? 日常家務, 如何去分擔? 雙方對婚姻的期望是否切合實際, 等等。

### 向智障者解釋生育孩子的責任

此外, 雙方應決定應否有孩子, 何時才適宜有孩子或採取何種避孕方法, 並清楚知道自己會把弱能遺傳給孩子的機會有多大, 並要考慮是否能勝任父母之職。對智障者來說, 即使他們有足夠能力照顧自己, 亦可能會覺得做父母的重任不勝負荷; 故應具體地向智障者詳細解釋, 使他們能清楚明白父母的職責包括什麼。很多人都渴望生育孩子, 因為做父母的樂趣備受顯揚, 但其中的犧牲和失望就甚少被提及, 故應讓智障者在這方面踏實地了解。

### 尊重智障者追求美滿婚姻和生兒育女的自由和權利

誠然, 性是人的一部份, 是與生俱來的, 也是正常自然的事。不管是健全或智障者, 性慾是人類原始的一種需要。因此普通人有追求美滿婚姻、享受性生活和生兒育女的自由和權利, 智障者應該一樣有。如果否定了他們在這方面的權利, 就等於否定了他們的人性, 是項極之嚴重的歧視。◎

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Sidney Yip  
Mandy Yip



## Birthday Boys and Girls of the Months!!

### November

**Livana Li  
Bowman Yu  
Sean K M Lo  
Ben Zhou  
Kimberly  
Zhou**

### December

**Samuel Siu  
Louisa Tong  
Timothy Yau  
Samson Yuen  
Edward Wang  
Dale Wang  
Jackie Li**

### January

**Chris Lin  
Barry Mak  
Jonathan Lee  
Tiffany Tan  
Kerry Liu**

### February

**Hei Wan Lai  
Brian Su  
Kevin Ke  
Tony Soo**



# Weekend Program — 週末活動節目

## October, November & December 2009

Date	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Evening Events
07-Nov-09	Talk to me	Tennis at Homebush	Chinese Dance/ Music Therapy	
14-Nov-09	Talk to me/Music Therapy	Ten Pins Bowling	Drawing Lesson	
21-Nov-09	Talk to me/Movement Class	Ten Pins Bowling	Chinese Dance/ Performance Skills	
28-Nov-09	Talk to me		Performance Skills	
28-Nov-09	Invitation by Special Olympic Inner West Region-X'mas Party	No Ten Pins Bowling		Performance at Petersham RSL Club
05-Dec-09	Talk to me/Music Therapy		Music Therapy/ Performance skills	
05-Dec-09	Invitation by Chen Jing Dance School	No Ten Pins Bowling		Performance at Surry Hills
12-Dec-09	Magic Mania at Olympic Park		Magic Mania at Olympic Park	
13-Dec-2009 Sun	X'mas Party	Crown Dragon Restaurant		
19-Dec-09	AGM/Birthday Party	Ten Pins Bowling		

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

### How can you help ? 請給我們支持 :

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| 義工   | Volunteer         | <input type="checkbox"/> |

**會員年費 \$10**  
**Membership Fee \$10 pa**  
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“ Chinese Parents Association-Children with Disabilities Inc”

郵址 Postal Address : PO Box 345 Campsie, NSW 2194