

房協之友通訊第五十二期

鄰里關懷七步曲 7 Steps of Neighbourhood Caring

用腳踏出第一步 建設社區關係

與其對住家中四面牆，不如動動腳、動動身，踏出家門，走進社區，將自己的生活圈子由家擴展至社區。房協之友帶着房協的老友記，由家至社區，更伸延至社會。我們不時在屋邨以外的地方舉行活動，帶老友記們出外走走。在年頭的1月，我們在烏溪沙青年新村舉行喜氣洋洋迎新禧活動，召集房協轄下20個出租屋邨的長者，一起度過一個萬歲生日會，同時迎新禧。

活動選址在遠離市區的烏溪沙進行，除了因為其擁有寬敞的活動空間外，地點優越在周遭的綠色植物，形成城市中的綠洲。在這個環境下，呼吸的每一口空氣都格外新鮮。房協之友為長者們悉心安排了一連串精彩的活動，務求令大家在社區以外，與鄰里投入精彩活動，打破人與人之間的隔膜，加深彼此認識。

平日落街買餸見到街坊，你可能會打聲招呼就走，更或是直行直過，但到一齊出外去玩的時候，大家就份外變得友好，就像相識了多年的好友。人在外，心情自然輕鬆，話題又會特別多，社交網絡就是這樣建立起來了！

Community Building

HSC leads the elders run out of their home into the community and society. In January, we led the elders to the Wu Kwai Sha Youth Village for the event of Chinese New Year Gathering. We called out the elders from 20 HS rental estates, to join a million birthday party.

The reason of choosing Wu Kwai Sha as event venue is the green environment. Participant could take a deep fresh breathe in the environment with unlimited supplied of plants, an oasis in the crowd city. Participants were having fun with their neighbours in such a relaxing environment and with fabulous programs arranged by HSC.

We may not even say Hi to our neighbors, but when we go out together, we become close. Community relationship is built in this circumstance.

*HKHS-Hong Kong Housing Society

HSC-Housing Society Community

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手拉手 走進充滿色彩的樂齡人生

為慶祝普天同慶的聖誕節及迎接新的一年，房協之友於 2019-12-27 及 28 日假樟木頭老人度假中心舉行聖誕新年卜醒里歌舞派對，邀請了興趣班的學員，帶著他們的鄰居好友一齊去玩番餐。

派對上，除了歌詠興趣班(東九龍)學員表演應節歌曲，舞運動興趣班(葵青)學員則為跳舞助興，在場的親友於學員的領導下，即席學習舞蹈，一齊跟音樂律動身體，將熾熱氣氛推至頂點！

房協之友亦準備了多元化的集體遊戲，讓學員及鄰里同樂。他們於遊戲間合作無間，大家在一片歡笑聲中準備迎接新一年的來臨！

Make laughters and joy together

In order to celebrate the Christmas and the New Year, HSC held the Christmas and the New Year Party on 2019-12-27 and 12-28 at Cheung Muk Tau Holiday Centre for the Elderly. We invited the students of the interest class with their neighbours and friends to play together.

At the party, Choir (East Kowloon) sung the festive greeting songs, Dance interest class (Kwai Tsing) and neighbours joined in and danced for fun. Everyone danced in the rhythm of music together. The party was bustling with cheer and excitement.

Neighbours cooperated endlessly in group games created laughters and joy everywhere! They made friends and learnt from each other. They can also train up their brain and contain ageing.

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用心感受

社會越趨老齡化，根據統計處的數據，預期未來 20 年，香港人口將急速老化；推算 65 歲及以上人口的比例，將會由 2018 年的 17.9%，急速上升至 2036 年的 31.1%。這意味着，長者服務的需求愈來愈大，而我們亦需愈加關心身邊的長者。

房協之友舉辦不少關懷長者的活動，包括義工探訪、常規的興趣班、戶外活動等等，務求讓長者多接觸外界，令其感受更多的關懷。

健康義工培訓課程在開展禮過後，正式投入接受訓練。訓練包括義工實務工作坊及健康大使加油站，由社區健康大使介紹長者適用的護理知識(前者)及實踐長者護理(後者)。透過加油站，深入講解藥物知識、個人衛生常識及學習健體操，日後可在義工服務上加入更多元化的元素。

義工們透過培訓，了解長者的不同需要，可以在日常生活，用心觀察身邊的長者鄰里，為有需要的長者送上關懷。很多時候，一句窩心的問候，在需要時幫下手，便可以帶他們走出危難。

Care from the heart

It is an aging society, while the government predicts the population of 65 years old or above will increase to 31.1% in 2036 from 17.9% in 2018. That means the demand of elderly service is increasing.

HSC hold various activities, such as volunteer visit, interest class, and outdoor activities. We aim to build a platform to connect the elders and community.

We recruited elder volunteers from the HS estates, to attend the Home Health Watch Health Volunteer Training Programme. After the congregation ceremony, the volunteers come to the class to obtain practical knowledge and skills on physical caring, which were hold by the community ambassador.

Through this training, volunteers know how to spot out the people in need by observation, and provide timely and necessary assistance for the genuine needy.

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用靈敏的鼻子覺察環保資訊 共建可持續發展的環境

可持續發展是旨在平衡社會、經濟、環境及資源的需要，既要配合現時的需要，亦不犧牲將來的基本需要。現時全球正使用約 1.7 個地球以支持目前不可持續發展的生活模式。而如果全球都套用香港人的生活模式，就要 4.2 個地球才可滿足人類的消費習慣及吸收所產生的廢物。

日常生活中減少不必要的消耗是達成可持續發展其中一個重要的因素，只要大家一起支持可持續生活模式，從日常生活著手，善用資源，避免浪費，多聽多看多發掘一些新的環保資訊，主動去了解更多保護環保的方法，讓自然回復健康、生生不息。

撐綠惜慈善夜行 2020

綠惜地球於 2020-1-11 舉辦的《撐綠惜慈善夜行》慈善步行籌款活動，房協贊助及由房協之友派出七位成員支持及參與。活動鼓勵大眾珍惜郊野，提醒大家行山郊遊時謹記「自己垃圾自己帶走」。除了一些籌款活動之外，大家平時可以多留意不同組織的環保活動，例如清潔沙灘等等，身體力行。

購物袋回收計劃

新年添置新物品當然無可厚非，但謹記自備購物袋呀！大家使用購物袋之外，又有沒有儲存太多的購物袋在家呢？房協的屋邨/屋苑回收可重用的購物袋，透過環保觸覺籌辦的《荃灣綠色年宵 2020》派發予其他公眾使用，減少新年期間辦年貨造成的浪費。除了購物袋之外，大家都可以留意家中的物品，有不少都可以重用或作回收。有時候自己用不上的物品，亦可問問親友是否需用，一齊減少浪費。

賀年禮品轉贈計劃

房協之友於不同節日都會收集居民的剩餘食品，透過不同機構轉贈予有需要人士。今年收集的賀年禮品亦會透過惜食堂轉贈予有需要人士。將食物或一些物品轉贈或者回收雖可以減少浪費，但大家亦要養成適量購物的習慣。吃多少，買多少；用多少，買多少。

其實保護環保的方法及小貼士都有很多，要靠大家一同努力才可共建可持續發展的環境。大家一定要保持靈敏，將了解到的環保資訊分享出去，融入生活當中。

Environmental awareness

Sustainable development is a forecast that balances the needs of society, economy, environment and resources. It must meet current needs without sacrificing future basic needs. Currently around 1.7 planets are being used globally to support the unsustainable lifestyle. And if Hong Kong people's lifestyle is applied globally, it will take 4.2 planets to satisfy human consumption and absorb the waste generated.

Reducing unnecessary consumption in daily life is an important factor in achieving sustainable development. As long as everyone supports a sustainable living model, make good use of resources, avoid waste, listen and discover more new environmental information and take the initiative to understand more ways to protect the environment, our nature could return to health and become sustainable.

Night Walk for The Green Earth 2020

To encourage the public to cherish the countryside and remind everyone to "Take away your garbage by yourself" when hiking. Green Earth organized a Night Walk event on 2020-1-11, sponsored by the Hong Kong Housing Society and seven HSC members was participated to support the event. In addition to some fundraising activities, you can usually pay more attention to environmental protection activities from different organizations, such as clean up the beach, etc.

Shopping Bag Recycling Program

Adding new things for the New Year is certainly understandable, but remember to bring your own shopping bag! In addition to use reusable shopping bags, do you store too many of them at home? Reusable shopping bags were collected from HKHS estates/ managed properties and be distributed to the public through the "Tsuen Wan Green Lunar New Year Market" organized by Green Sense. Other than to shopping bags, everyone can pay attention to the items that can be reused or recycled. Sometimes, your relatives and friends may need the things you dumped.

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Chinese New Year Gift Rebate Program

HSC collects the residents' surplus food at different festivals and donates them to those in need through different organizations. The Chinese New Year gifts collected this year was passed to the needy through Food Angel. Re-gifting or recycling food reduce waste at the time, but everyone must also develop the habit of moderate shopping. Eat as much as you can; buy as much as you use.

In fact, there are many methods and tips for protecting the environment, but we must work together to build a sustainable environment. Everyone must keep sensitive and share the environmental information and integrate it into life.

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觀察社區 啟發創作靈感

你知道你居住的社區有幾個兒童遊樂場嗎?有多少個花槽?多少張長櫈?香港人生活急速，每天匆匆忙忙，容易忽略身邊的人和事。當你為每天的忙碌感到枯燥，不妨把呼吸、動作及思緒都慢下來，遊走一下你住的社區，觀察身邊的人和事。偶爾跟街坊閒聊兩句，你會發現原來每天上班經過的花槽，已長出了黃白色的小花；公園裏的長櫈，不知從何時起，給換上了新式的環保設計；住在鄰壁的婆婆，笑容依舊，卻換了一頭白髮。只要細心觀察，你會發現生活上的點滴，很值得細味，亦可化作無限創作靈感。

房協之友在年頭舉辦賀年吉祥物設計比賽，鼓勵居民用生活及社區的點滴化為創作元素，設計富代表性的吉祥物，推崇和諧社區及鄰里守望。比賽以「吉祥社區」為主題，期望參加者透過設計將節日祝福傳遍社區，以感動他人。我們收到的作品水準相當高，部份更以環保物料創造，所表達的內容亦很豐富貼題。希望透過這個比賽，不同階層的人，都會細心觀察，多留意、關心身邊的人和事，令社區充滿愛。

*比賽結果將於稍後個別以書信/電郵通知

Life is inspiring depends on how you taste it

How many playground nearby the place you live? How many garden nearby? How many benches in the public area nearby? Life in Hong Kong is always rush in time. It is easy to overlook things around you, which you pass by every day. Once when you are bored by the rushing life, why don't we just pause, and take a break for yourself. You could find everything could be inspiring.

HSC held a Mascot Design Competition themed Prosperous Community in early January. It aims to encourage Residents to take the elements from their life and community, and to create a mascot, to deliver a message of social harmony and neighbourhoods. We received high quality art pieces from various age groups. We wish this competition makes people spread love and cares to their neighbours and community.

*Result of competition will be announced in person

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唱出祝福歌聲 用耳朵去傾聽心聲

房協之友藉著在不同屋邨舉辦多元化的興趣班，以學習為名，聚會為實，以加強社區的凝聚力。定期的見面，令學員之間有更緊密的接觸。有著相同的喜好，他們很快便由鄰居變成好友，互相關心，彼此愛護著。在過去的 12 月，房協之友歌詠興趣班(香港區)獲邀出席由香港仔坊會賽馬會黃志強長者地區中心及漁光網絡互助社合辦的護老無限耆愛心 Action 計劃之冬至團團圓圓盆菜宴作表演嘉賓。他們除了用歌聲送上祝福，更透過傾談，用心、用耳去聆聽他們的心聲，藉此將愛心、關懷散播。

Blessing in hearing

HSC holds a variety of interest classes, aims to gather Residents together, and enhance cohesiveness of the community. Regular training helps participants in building close relationship. With the same hobby, they become friends. In the past December, HSC Choir Interest Class (Hong Kong Island) were invited to be the performance guest of a gala lunch co-organised by Jockey Club Wong Chi Keung District Elderly Community Centre and Yue Kwong Chuen Community. In addition to presenting blessing songs, they delivered caring and love to the participants via friendly chat and listening.