

房協之友通訊第五十四期

抵抗 抗疫疲勞

幫緊你 幫緊你

房協之友在這段全城抗疫的期間，絞盡腦汁，透過不同渠道，與大家攜手抗疫，幫助居民度過這段不能出門的日子。面對反覆的疫情，市民人心惶惶，不少長者們擔心受感染，紛紛自我隔離，足不出戶。我們有見及此，將一些日用品放入愛心防疫包，在屋邨內設關愛抗疫站，或派發到房協轄下屋邨的長者手上，令他們安心，亦附上愛心及關心。

長者收到心意包，無不表示開心又窩心。他們表示因為疫情反覆，所以不敢到樓下買餸，只靠朋友及鄰居「接濟」。這次的愛心行動，令他們感受到縱使疫情使人與人之間的距離疏遠，但實際上，我們的心還是連在一起。鄰里守望相助，從未遠離。

Anti-pandemic Fatigue

We help!

In the period of fighting epidemic, HSC use various channels to support the elder residents in HS rental estates. Elderly worried about being infected by COVID-19. They rather stay home than going out. We then set up anti-epidemic pop-up booth, to distribute the Anti-epidemic Caring Gift Pack to the elder residents. The gift pack contains not only disinfection supplies, but also daily necessities, which rescue and comfort them from urgent needs and frustration.

Elder residents were pleasant when they received caring from us during self- quarantine. They felt insecure of getting out even the market is nearby. The Caring Gift Pack gave them love from community, and made them not feeling alone.

房協之友通訊第五十四期

口罩裏的笑容

香港市民在疫情下生活了大半年，由最初全城搶口罩，到家中積存大量口罩。由年頭冬天戴口罩呻焗，到戴口罩過了整個炎夏，現在又來到冬天。由投訴口罩很焗、很不方便，到現在沒戴口罩外出，就渾身不自在。

口罩已成為了我們生活上的必需品。我們對它既愛且恨，因為它就像現時食肆的隔板，不但隔開了病毒，亦同時隔開了人與人之間緊密的關係。它遮蓋了我們面容的大部份面積，掩蓋了大部份的表情，令人們在情感表達上產生了障礙。

房協之友協助大家表達口罩裏的情感，舉辦了名為「口罩裏的笑容」的布口罩設計比賽。比賽旨在讓居民設計令人望到就會笑的口罩，藉此宣揚社區關愛、互信互助的正面訊息。

比賽反應熱烈，房協之友為此舉辦了頒獎典禮，邀請得獎者帶同親友出席，分享喜悅，亦可交流創作心得。雖然參加者都戴着口罩出席，但亦難掩他們的喜悅，口罩裏的笑容，大概就是這種吧！

Smiling Mask

The city have been encountering the impact of the coronavirus pandemic since the beginning of the year. Residents went on a panic spree for masks, from reluctant to wear a mask adapted to going everywhere wearing a mask.

Mask becomes necessity, but we love and hate it, as it blocks viruses, but also blocks interpersonal exchange. HSC held the mask design competition, "Smiling Mask", which aims to bring positive message of smiley behind mask to the community. Residents whoever wearing or seeing a smiling mask, would feel pleasant and positive. HSC received overwhelming art pieces, and invited awardees and their family to attend the prize presentation ceremony. Awardees shared their creative ideas amongst each other. In the meantime, it provided a platform for art appreciation. Though all the guests were wearing a mask, the mask could never cover their happiness.

得獎名單 Award List (Chinese Version only)

組別	姓名	屋邨	獎項
兒童組	何芊悅	浩景臺	冠軍
兒童組	丁芷琪	祈德尊新邨	亞軍
兒童組	關慕言	樂民新村	季軍
兒童組	張銘軒	喜盈	優異
兒童組	黃煒傑	寶石大廈	優異
兒童組	趙曉君	家維邨	優異
兒童組	陳沛鋤	景新臺	優異
兒童組	張旨晴	欣榮花園	優異
兒童組	曾梓晴	疊翠軒	優異
兒童組	Chan Yin Kiu	疊翠軒	優異
兒童組	Chan Nok Hang	疊翠軒	優異
兒童組	何卓諾	欣圖軒	優異
兒童組	李尹迪	景新臺	優異
少年組	胡穎雯	明華大廈	冠軍
少年組	江嘉雯	觀塘花園大廈	亞軍
少年組	黃凱琳	欣榮花園	季軍
少年組	梁若霖	觀龍樓	優異
少年組	梁若蘭	觀龍樓	優異
少年組	Ng Hiu Ching	欣榮花園	優異

得獎名單 (續) Award List (con' t) (Chinese Version only)

組別	姓名	屋邨	獎項
少年組	陳日進	勵德邨	優異
少年組	李俊廷	欣圖軒	優異
少年組	劉天嵐	浩景臺	優異
少年組	謝哉施	浩景臺	優異
少年組	姚靖柔	浩景臺	優異
公開組	陸世蘭	樂民新村	冠軍
公開組	梁嘉恩	沙頭角邨	亞軍
公開組	Maggie Lai	駿發花園	季軍
公開組	高彩虹	滿樂大廈	優異
公開組	周潔賢	健康村	優異
公開組	丁春森	祈德尊新邨	優異
公開組	王雅妍	喜薈	優異
公開組	Lam Chun May	乙明邨	優異
公開組	Chem Wan Chi	家維邨	優異
公開組	梁明麗	真善美村	優異
公開組	張芸	祈德尊新邨	優異
公開組	何家健	浩景臺	優異
公開組	關小娟	浩景臺	優異

房協之友通訊第五十四期

從新啟動

不少長者向我們透露，在疫情影響下，他們足不出戶，減少社交活動，整天呆在家中看電視、睡覺、吃飯，身體就像沒了電一樣，不動、亦不想動。久而久之，身體的機能就會衰退，心靈亦因而變得被動和負面。房協之友及九龍樂善堂聯手設計了一系列健腦活動、遊戲，替長者們重新開動身體的摩打，將身體推進啟動狀態。

活動以獨立形式進行，除了提供一個安全的環境給長者外，更希望他們能在沒有壓力的環境下專心享受遊戲的樂趣。每個遊戲都經過精心挑選，務求令長者們身心得到全面的訓練，以最佳和積極的狀態，迎接多變的生活環境。

Reboot

Elders refused to go out under the impact of the coronavirus pandemic, they stayed at home in isolation from the community and became bored. As a result, mindful and physical body looked like running out of battery. The condition may cause negative effect on emotion as well. HSC and The Lok Sin Tong Benevolent Society, Kowloon, designed a series of brain training games for the elders, hope to reboot the mindful engine.

Elders took part in each game individually by turn to honor social distancing. The elderly played in a comfortable and pressure-free environment. Each game was tailor-made for training different parts of the body.

房協之友通訊第五十四期

出嚟玩下啦!

抗疫大半年，不少人身心疲勞。長期在擔心受病毒感染和渴望呼吸新鮮空氣之中掙扎。房協之友決定幫抗疫疲勞的居民打打氣。我們邀請房協轄下出租屋邨的居民一起玩遊戲。一起笑過、歡呼過、開心過後，重新注滿正能量，以積極的態度迎接生活。我們精心設計了幾個簡單，又刺激的獨立遊戲攤位，每個遊戲均鍛鍊身體不同的大小肌肉。在有限的社交距離下，居民不但可鍛鍊身體，挑戰自己的能力，更讓心靈享受了一個輕鬆快樂的一天。

Come and play!

To get rid of Anti-pandemic Fatigue, HSC strives to cheer up all. We invited residents from the HS rental estates, to participate in the Elderly Game Day 2020. Tailor-made easy to play but excited games were aiming to train up different muscle sets of the body. While obeying social distancing, the participants had an energetic day full of joy and excitement.

聽力觸感大挑戰 粒粒皆辛苦

遊戲要求參加者們用眼力、耳力及觸感，估計5個汽水罐內裝有黃豆的數量，由最輕至最重排列。居民平日到街市買餅，練得一身敏感的「手感」，這個遊戲對他們來說簡直易如反掌。

Sensory and Tactful Challenge

Sense of audio, visual and weighting by feel and touch are tricky, while challenge of the game was tactful. Residents were required to identify the quantity of beans inside each cans.

反應大對決 隻手放喺邊

遊戲主持指示參加者做出不同的動作，兩位對戰的參加者必須集中精神，使身體配合做出對應動作。當主持講出特別指令時，對壘的二人鬥快搶奪枱上的物品。反應夠快，精神集中方為致勝的要訣。

Sense of Reaction

Players need to comply with specific physical exercise posture under the command of the game leader. Once the leader made a spell, the faster to touch the object on the desk, the bigger prize they got.

房協之友通訊第五十四期

考驗手眼協調 打小人

用清洗乾淨的牛奶盒，重新包裝，作為「打小人」遊戲的主要道具。參加者要將手上的牛奶盒用力擲向地上的九個牛奶盒，即「小人」。嚴格來說，再生的牛奶盒已不再是牛奶盒，而是一片片堅硬而帶有彈性的紙皮。參加者須用適當的力度，令地上的「小人」反轉，太強或太弱的力度也不能成功。

Body Coordination

Upcycling used beverage packets as game props, players tossed the game cards (packets) against those laid flat in order to spin up blessing words.

考驗手部肌肉 投球所好

將不同顏色的球擲入對應顏色的箱，看似簡單的遊戲，但參加者對手部肌肉的控制和力量調節的判斷能力，一點都不能少。

考驗手部肌肉 吹你返屋企

將乒乓球放在傾斜的枱上，參加者須將滑落中的乒乓球用紙扇由起點撥到終點。考驗參加者手腕的靈活度及個人反應，稍有不慎，乒乓球便瞬即墮下。

Strength and Control of Arms

Threw balls into designated color boxes; held a falling ping-pong on a slanting table need skillful body coordination.

記憶力測試 你還記得嗎

將所有啤牌翻過來蓋着，參加者每次翻開2張牌，如果啤牌圖案不同，需將牌面朝下;如果相同則可將繼續翻開其他啤牌，直至將所有啤牌翻開。參加者運用腦力，成功將牌一一記下，便順利完成配對。

Test your Memory

Players memorized playing cards, and made pairs when they were placed upside down, it was a memory training game.

環保變日常

聽說如果將一件事情重覆21天，就會變成一個習慣，不如就從今天起，一起將環保變成習慣，將環保態度融入生活日常。疫情期間，外賣、速遞增加，所產生的即棄塑膠廢物也越來越多。環保署2017年數字顯示，塑膠餐具的每月平均棄置量為5040公噸，超過300多架雙層巴士的重量。抗疫時期，即棄塑膠的使用量又會激增多少？

疫情期間，外賣、速遞增加，所產生的即棄塑膠廢物也越來越多。環保署2017年數字顯示，塑膠餐具的每月平均棄置量為5040公噸，超過300多架雙層巴士的重量。抗疫時期，即棄塑膠的使用量又會激增多少？

Put environmental friendly in daily habit

Someone said if one thing is repeated for 21 days, it will become a habit. It is better to turn environmental protection into a daily habit together from today. Share environmental protection routines from time to time, and incorporate green attitudes into daily life.

During the epidemic, food takeaway and delivery, bulk of plastic waste was generated. According to figures from the Environmental Protection Department in 2017, the average monthly disposal volume of plastic tableware is 5,040 metric tons, which is more than the weight of 300 double-decker buses. During the anti-epidemic period, how much more in quantity disposable plastics shall increase, sharply?

自備

自備可循環使用的物品，當然是減少即棄用品最直接的方法。有很多可以自備的小物品：餐具、水樽、飲管、環保袋等等。外賣時自備可循環使用的物品，實在可以減少很多即棄用品。源頭減廢，用少一件得一件；帶得一樣得一樣，你帶一件，浪費就少一件！

Bring your own

Bringing your own recyclable items is the most effective way to reduce disposable items. There are many small items that you can bring along: tableware, water bottles, reusable straws, eco-bags, etc. Bringing recyclable items for takeaway can reduce a lot of disposable items.

裸買

大家購物的時候，有沒有發覺產品附有很多包裝？裸買的意思是購買產品的時候盡量不使用任何的包裝。買米可以自己帶盒、買油亦可以自己帶容器。出門前計劃好今日要買甚麼，帶甚麼容器。盡量減少包裝廢物、減少製造污染！

Naked buying

When you shop, do you notice that the product comes with a lot of packaging? Naked buying means trying not to use any packaging when buying the product. You can bring your own container when you buy rice, oil, etc. Before going out, plan what to buy today and what containers to bring. Minimize packaging waste and reduce manufacturing pollution!

房協之友通訊第五十四期

同學仔 你好堅!

剛過去的香港中學文憑試(DSE)的考生，是經歷最多變數的一屆。在年初新冠疫情影響下，應屆考生受停課的影響，只能在家自學，及後又轉為網上學習。

由不能外出、不能享受正常的校園生活，到四圍撲電腦、網絡大塞車，再到考試無期、延期、改期...等等。每個轉變對考生來說，都是一個挑戰。在一個充滿未知數的未來，經歷人生17年來的其中一件大事

(說DSE是學生時期中的大事，相信無人會否定吧!)，不得不說句:同學仔，你好堅!

房協之友為這個疫情下的中學文憑試考生打氣，設立房協之友獎學金，鼓勵在文憑試考獲佳績的學生。由於疫情反覆，我們將原本的頒獎典禮，改為以小組形式舉行。頒獎禮雖簡單但隆重，邀請了香港房屋協會總經理(物業管理)佘姚玉心女士為頒獎嘉賓，及與得獎考生們交流讀書心得和考試心情。

Simply the best!

Year 2020 is the most challenging year for the candidate sitting for the Hong Kong Diploma of Secondary Education (DSE).

They were facing tremendous challenges impacted by the coronavirus pandemic, to name a few, school suspension, self-quarantine, online learning, incompatible or shortage of electronic devices/ computers, network congestion, examination deferral, etc. All these uncertainties were stones on the road. For those who managed to go through the rough road, are superheroes! We hold the HSC Scholarship, which is aiming to provide encouragement and support to the candidates, who have outstanding performance in HKDSE. We held a small scale ceremony for the prize presentation.