

## 疫境同行

房協在 2020 年中開始，無間斷地用不同的途徑將愛心發放，務求令房協的長者居民感受到溫暖。

### 門縫中滲着人情味

新冠肺炎襲港長達一年多，市民生活受一定程度的影響，公眾場所、餐飲場地、活動場地等都受到限制。房協為了在這個艱難的時間，與大家同行，不時舉辦不同的心意包派送活動，協助居民維持生活日常。我們由去年四月份開始，在房協轄下的 20 個屋邨派送抗疫心意包，至今受惠居民接近 50,000 人。

義工們在疫情下沒有踏進屋內與受訪者「促膝長談」，但義工對受訪者關顧的心卻沒有因此減褪。義工們仍會透過門縫向居民問好，閒談幾句。門縫除了用作傳遞心意包外，還滲著濃濃的人情味。

## We stand with you

Love penetrates through the door

HS is being non-stoppable to spread love throughout community in various means during the pandemic of COVID-19.

### Caring penetrate through the door gap

The pandemic of COVID-19 affects our life for more than a year. Some of the premises, e.g. public area, restaurants, activity premises, etc. are prohibited of entry under the government policy. To maintain normal living standard of the HS residents (especially the elderly), we have initiated a series of volunteer services since April in 2020. There are near 50,000 people are reached.

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**房協之友**通訊第五十五期

In despite of the social distancing, volunteer visit should be done outside the flat, but the volunteers can still deliver not only the gift, but also love and caring to the needy through the gate.

## 讓愛心在疫境中漫延

疫境、逆境，差不多是我們在這一年聽得最多的字詞。面對反覆的疫情，走下坡的經濟環境，配合防疫措施而不斷轉變的生活習慣，難免令身、心感疲勞。限聚令及社交距離等的防疫措施，令緊密的鄰里關係變得份外重要。所謂遠親不如近鄰，在有需要的時候，鄰居永遠是最好的幫手。

房協的屋邨義工在這段日子亦不遺餘力發揮他們的助人力量，無論是派發物資、幫忙買餸、借用油鹽等。大至派發心意包給屋邨長者，小至幫鄰里買日用品，他們都竭盡所能，「幫到幾多得幾多」成為他們的座右銘。

義務工作發展局推廣的國際義工日，宣揚「人人行義」。房協之友相應舉辦**義工傳承心得分享會**，頒發獎狀予 2019-2020 年義工服務時數不少於 50 小時的義工，亦藉此表揚他們熱心公益，及對社會無私的奉獻。分享會除了給義工們一個認同及肯定，亦提供了一個交流平台，讓彼此分享助人的心得及經驗，互相鼓勵，將愛心繼續傳承。

## Love spreads under the pandemic

Pandemic, adversity, are the most frequent words we ever heard these years. Under the uncertainty of epidemic, the economic downturn, and changing living environment, we are exhausted and fatigued. Neighbourhood is the most valuable treasure during these period when we are quarantined by the anti-pandemic policy.

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Volunteers from HS strive to provide helping hands to the needy, from buying necessities to neighbours, distribution of caring and helping hands to elders in the estates. "To help whoever in need" has become their personal motto.

Agency for Volunteer Service advocated International Volunteer Day, with the theme "Everyone Volunteers". It aims to pay tribute to volunteers. We seized this opportunity to hold a sharing workshop, to present complimentary certificate, who accomplish particular service hours. Besides presenting recognition to the volunteers, it is a platform for them to share their experience and to inspire more people to volunteer.

### 利是封之重生

每逢農曆新年，我們都會物色美輪美奐的利是封，為新年是做好準備。而到了正月十五拆利是的日子，我們又會將這些只用過一次的利是封拆開然後丟棄。這個循環中間涉及了數以億個利是封，亦因為利是封物料多數包括塑膠及燙金，所以不適宜回收再造。換句話說，每個新年都會為堆填區帶來龐大的負擔。最有效的環保措施必然是源頭減廢，減少使用，便可減少廢棄。綠領行動推行利是封回收活動，收集使用過的利是封，分類整理後，變成「新生利是封」，再派給市民，做到真真正正的源頭減廢。房協之友鼓勵居民帶領這個潮流，扭轉傳統新年用新利是封的概念，轉用「新生利是封」，走在環保最前線!

### Reborn of the used Lai See

In every Chinese New Year, we source out the brand new creative and attractive Lai See, but they were abandoned just after used. Most of the Lai See made of plastic and gold stamping, which can hardly recycle. Therefore, it surely give a heavy burden to the landfill. Greeners Action launch a program to effectively reduce the source of waste. They collect used Lai See, and donate to the public

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after repacked. Let us join this new trend of Chinese New Year, make use of the used Lai See!

## 「紙·塑」藝術

房協之友在環保範疇一直不斷尋求更多的可能性，務求提高居民的參與度，以建構可持續發展的生活環境。於是，在早前聯同維他奶國際集團有限公司(維他奶)合作推出「乾淨紙包回收」，在房協轄下 29 個屋邨及屋苑擺放紙包飲品回收箱。鼓勵及教育居民紙包飲品的正確回收方法，亦希望幫助大眾建立分類回收的良好習慣。除了擺放回收箱，我們亦主動帶領居民參與公眾的環保活動，包括「紙·塑」藝賞—飲品包裝探索之旅。探索之旅由紙包盒的生命開始，居民可虛擬參觀「紙包盒可持續發展教育中心」，了解紙包盒由製造到再造的旅程；亦有學生將紙包盒造成藝術品的展覽，利用回收得來的紙包盒及膠樽，製作成花籃、風車等小擺設。

然而，這只一個起點，建立長遠及持續的環保意識才是環保基業的根本。縱使環保有時會帶給我們一點點不方便，但就只是這一點點，已為可持續的生活環境卻帶來了大大的可能性。

## Art in beverage carton

HSC actively sort out the environmental protection in many ways and possibilities to raise the awareness and participation of the HS residents. We cooperate with the Vitasoy International Holdings Limited, to set up the recycle boxes at 29 of the HS estates and properties, to facilitate an encouraging environmental concern condition. Other than that, we hold a tour for the exhibition of the beverage carton recycling demonstration.

This is a beginning pace for the sustainable development. Though some environmental protection policy or actions could cause inconveniences, but these would make our planet, the place we live, more livable and desirable.

## 給心靈叉電

除了健康的飲食、良好的作息習慣和適量的運動外，正面的思想亦是其中一個令我們有足夠力量對抗病毒的元素。去年在疫症稍為緩和的時候，房協之友給興趣班學員們提供了一個「藝術抗疫療程」。我們邀請了舞運動興趣班、粵劇曲藝興趣班的導師，及義務表演者「Busk·色一切」作出專業而精彩的表演。以往在台上載歌載舞的興趣班學員，這次換一換位置，安坐在台下做一個乖乖的觀眾。一邊欣賞著台上的精彩表演，一邊高聲為他們的導師歡呼，全部都變成了小粉絲。雖然他們戴着口罩，但也阻擋不了尖叫聲、笑聲及興奮的心情。

在這短短的幾小時裏，我們可以完全放低生活的不安和擔憂，全程投入在醉人的音樂和舞蹈中。不要看輕這小小的放鬆時間，實際上它已為心靈注入大大的力量。其實在日常生活中，我們都應該尋找一個讓自己喘息的空間，給疲憊的心靈叉叉電，才可以令我們有強大的信心，勇於迎接未來的挑戰。

## Mind recharging

Besides good dietary habit, healthy daily routine and exercises, a positive thinking is one of the elements to offense the disease. We offered an opportunities to the interest class students to take part in an Anti-pandemic Art Therapy. Tutors of Dance Exercise Interest Class, Chinese Opera Interest Class, and a busking band "Busk With Sax" presented diversified and professional performance. Interest class students were amazed as audience, or even the most loyal fans.

During the few hours on stage, residents put our attention on the art performance that created worries-free moment to recharge and ease the mind. This is important for our daily life to have such a relaxing space, to rest our mind, and make it stronger to face every coming challenge.

## 人人都是藝術家

有人說，藝術家有的是耐性和時間，在這個停工、停課的日子，人人都有條件成為藝術家。畫畫、創作是既安全、實際又低成本的活動。父母更可把握這個時間跟小朋友一齊創作，製造寶貴的親子活動時間。在家中每個角落也是靈感的來源，例如窗外的白雲、街上來來往往的行人、家中熟悉家具，當然少不得人與人的關係等等。差不多每樣東西都可成為創作的靈感，視乎你有否細味每個生活的細節。

由去年年尾開始，房協之友舉辦了水晶球及風車設計比賽，隨着不同的主題，讓社區藝術家在停工、停課期間，把自己的創作潛能盡情發揮。亦希望大家透過創作，多點留意身邊發生的事和人，多點關心社會鄰里。用藝術連結社區，用作品表現社區獨有的味道。

## Everyone is an Artist

Hearsay Artist is someone who has patience and time. At the time of school suspension, work from home, we can all become an artist with the mentioned conditions. Drawing and creating are sort of safe, practical and low cost activities. If we look closer to every details of our home, or outside the window, we could find there are lots of inspiration.

From the late 2020, HSC hold Crystal Ball Design Competitions and Lucky Pinwheel Design Competition. Those aimed at providing a platform for creativeness during the lockdown period. Hoping you put every little thing in mind, taking care of each other in the community sincerely. Art is a media to express community linkage and cohesiveness.

## 心意包的意義

相信參加過房協之友活動的朋友，都接收過房協之友獨有的心意包 - 印上不同圖樣及標記的不織布袋，裝着不同類型的日常用品、糧油食品、防疫用品，甚至節日食品。如果你細心留意，必然會發現我們的心意包，無論在內容或包裝方面，都是經過精心設計的。例如，臨近中秋節，我們會將月餅放進心意包內；運動日中，我們會在心意包內預備毛巾和太陽帽；在抗疫期間，我們亦會將口罩、米、餅乾等食物放進心意包等。心意包除了裝着送給居民的心意外，更帶着我們對居民的關顧和體貼，為活動及探訪服務更添意義。

## Something more than a gift pack

If you have ever participated in the HSC activities, you should have received the unique HSC gift pack. A designed bag with the HSC logo, it contains daily necessities, foods, anti-pandemic items, or some festive stuff. If you look closer, you will find each items in the bag are designed and planned. Other than the practical used of the pack, it also in a way to deliver caring to the residents, and to enrich our community service.