

鄰里樂團圓

Full Moon Full of Laughter

鄰里約會在中秋

為義者，布施而德。這邊箱社會上正熱烈討論有關長者的社會政策，議論紛紛，另一邊箱，長者的聲音有沒有被聽見？在滿足了基本的物質需要之後，我們作為下一代又可以為老友記帶來什麼呢？房協之友實行以長者的角度出發，以義工的名函賦予他們在社區上擔當更重要的角色，接觸隔離鄰舍。一班長者義工義字當頭，於中秋節臨近，穿梭於房協屋邨的樓層之間為隔離鄰舍送上點點關心。誠然，與受訪的長者實質相處的時間不多，但在送上節日心意和噓寒問暖之間，其意義是深遠的。事實上不少獨居長者欠缺與外界接觸的橋樑，而長者義工或許是能令他們在社區踏出第一步的嚮導，以實際行動告訴受訪者，年紀大了並不代表要被社會淘汰，反而可以利用自身的優勢惠澤更多有需要的人。有義工甚至比起受訪者年齡要大呢！義工在施予的同時也有學習的機會，義工們分享服務經驗，所見所聞亦讓他們獲益良多，有義工遇到繪畫山水畫的能手，也有長者以電腦繪製感謝卡答謝房協之友義工的心意，所謂高手在民間正是如此。房協之友亦不忘設置學習工作坊，與各位義工製作奶黃月餅，慶節之餘又多學一門手藝。在慶祝節日過後，寄語長者無論助人自助都能夠找到心靈上的安穩。

Gathering in Mid-Autumn

It is a blessing to give rather than receive. HSC led near 140 volunteers to send festive blessings during the Mid-Autumn Festival to over 900 HS elderly residents. The moment of truth for each short visit paid to the elders benefited both the volunteers and the recipients.. It is the message lying behind that tells elders they can contribute to the society by devoting oneself. . Festive-food baking workshop relief the stress of volunteers while adding new skills in their active learning itinerary.

悅圓歡聚

為配合「樂得耆所」頤樂的精神，鼓勵長者多參與社區活動，擴闊社交圈子，房協之友藉著中秋佳節的來臨於樟木頭老人度假中心舉辦『中秋敬老顯愛心』，老友記又可以藉此與街坊預早團聚，一同開開心心共迎中秋。活動期間房協之友為長者們精心安排了不同的節目：如單輪車、換帽子及軟骨功表演，他們亦欣賞了單人絲帶舞、雙人宮燈舞及扇巾舞。老友記能以近距離觀賞這些表演，實在是十分難得。

除中秋敬老顯愛心外，房協之友亦將於祖堯邨祖堯坊及乙明邨中央廣場舉行鄰里樂 悅圓歡聚中秋，與街坊摯友喜悅地迎接圓月。除了懷舊遊戲、應節手工藝製作及小食攤位，嫦娥更隨著音樂穿梭人群之中，加上中秋特設猜燈謎攤位更是大受歡迎。街坊既能享受嘉年華會的樂趣，更高興是能夠與家人及鄰里一起樂在其中，分享喜悅。

Celebration in Mid-Autumn

HS Community organized “Mid-Autumn Gathering” cum “Ageing-in-Place Birthday Party” at Cheung Muk Tau Holiday Centre for the Elderly in September. Elders enjoyed the acrobatic performances, and the sports games tailored made for their amusement.

To celebrate the Mid-Autumn Festival, HS Community organized Mid-Autumn carnivals in Cho Yiu Chuen and Jat Min Chuen in September. Residents enjoyed lantern quiz games, handcraft booths and snack bar. The riddle booth was one of the most attractive booths. Residents were having a good time.

樂得耆所系列

Aging In Place

共鳴 SOS

「誰在黃金海岸 誰在烽煙彼岸 你我在回望那一剎 彼此慰問境況」- 人生何處不相逢

今期最潮玩意一定非唱 K 神器莫屬，實行去到邊唱到邊。音樂既是國際語言，對長者也不例外。除了粵曲，他們對經典流行曲都情有獨鍾呢！房協之友的興趣班多姿多彩，其中歌詠班的學員都是志同道合，正正是以歌會友。今年觀塘花園大廈及漁光村歌詠班學員參與全港長者大合唱比賽，前者更一路殺入決賽，與其餘 9 個團體一展歌喉。其實對長者來說，比賽的意義遠超於與其他隊伍爭長短，相反，更難得的是參加者與各方交流心得，展現努力練習的成果。正如是次比賽的主題展翅再高飛冀望長者可以豐盛晚年生活，再展才能。房協之友隊伍的參賽歌曲亦非常貼近主題，以漫漫長路的人生投射活得精彩的願境。我們樂於繼續聽到長者的歌聲，為自己譜出更豐富的樂章。

Sing our song

Music is an international language to everyone including elderlies. On top of Chinese opera, they are also fond of classic pop songs. Amongst all HSC interest classes, there are groups of singing enthusiasts who share same passion. This year, members from Kwun Tong Garden Estate and Yue Kwong Chuen participated in the 28th HK Elderly Choir competition. For the participants, it meant more than competition. Instead, through dedicated practice and learning, this was an opportunity for them to showcase their effort in living an active life, demonstrating the truth of active ageing.

步走香港

跟著房協之友齊來大步走!今年暑假，房協之友持續活躍好動。8月21日房協之友首次參加由全城街馬與尊賢會合辦的活齡跑步活動『香港跑道節 2016·尊賢會孖必步走 3 公里』，活動以步行 3 公里，鼓勵長者及即將退休人士定期運動。我們邀請了祖堯邨及觀塘花園大廈的健兒一同參與。雖然步行賽事因天氣不穩而取消，但健兒們全情投入參與「香港街馬嘉年華」亦大開眼界。

除此之外，有意義又有益身心的活動，房協之友亦不會錯過。我們連同家維邨及觀塘花園大廈義工隊，再加上來自房屋協會不同部門的房協樂善大使，一同參與義務工作發展局於9月25日舉辦的「義行義跑 義 016」慈善步行籌款，為持續推動及發展義務工作的經費出一分力。義行期間沿途更可乘著秋意欣賞將軍澳海濱長廊的風景，爽呀!

繼大步走之後，我們繼續帶領房協居民上天下海。我們藉著遊覽美食博覽前早上的參觀時間，於居民一起參觀天際 100 及民航處的基地，又到了海關總部作參觀。觀塘花園大廈及漁光村居民則到了位於山頂的特麗愛 3D 館玩樂拍照一番，而疊翠軒的居民更遊覽了塔門及荔枝窩，欣賞了絕色美景。

Walking Hong Kong

Follow us to walk around! **HS Community** led residents to visit many places this summer. We joined the DuoRun 3km organized by the Jade Club on 2016-8-21. The active elderly residents from Cho Yiu Chuen and Kwun Tong Garden Estate joined the event as to promote regular exercise. Although the 3km walk was cancelled due to unstable weather, the residents could still enjoy the Hong Kong Streetathon Carnival.

HS Community also joined the Charity Walk for Volunteering 2016 organized by the Agency For Volunteer Service. We invited the residents of Ka Wai Chuen and Kwun Tong Garden Estate to join together with 20 HS Caring Volunteers. The participants walked along the Tseung Kwan O waterfront promenade and enjoyed the windy and sunny weather.

We led our residents to rock the city by visiting Sky100, Civil Aviation Department Headquarters, Customs Headquarters Building and Trick Eye Museum Hong Kong. Residents were amazed with the experience and took selfi with families and friends. Residents from the Pinnacle travelled on eco-tour to Tap Mum and Lai Chi Wo, and enjoyed the beauty of nature.

環保見聞系列

香港家庭福利會「文具銀行回收計劃」

新學年開始往往是對大啖鬼的一大衝擊，當學童添置新的上學用品的同時，家裡不期然堆積已使用的文具及書包等，最後形成浪費。原來除了送到垃圾筒之外，這些仍然有用的物品有更好的出路。房協之友與香港家庭福利會合作舉辦「文具銀行回收計劃」，回收超過 10000 件文具及書包等。回收到的物品將轉贈予有需要的寄養兒童。避免造成浪費之餘，更幫助有需要的學生，減輕他們上學的負擔。

HK Family Welfare Society (TSW) Stationery Recycling Campaign

Every September could induce pressure on landfills as students getting ready for new challenges at start of school year. While students piling up used stationery and school bags, there are better ways to handle them. HSC collaborates with Hong Kong Family Welfare Society to launch the Stationery Recycling Campaign where used stationery was collected and to be donated to the foster children. Over 10000 items are recycled and put into further good use.

聖雅各福群會「眾膳坊」月餅轉贈計劃 2016

中秋最應節的食品非月餅莫屬，然而經過一輪月餅轉移和消化後，仍難免於中秋過後剩下，為避免三餐都以月餅佐料的尷尬情況，房協之友早於八月份推行月餅轉贈計劃，為眾膳坊收集月餅再轉送給低收入家庭分享中秋滋味。其實轉贈或回收都是位於環保列車最後的一卡，要做個有營的環保人士，一定會適量購買，惜物減廢！

St. James' Settlement (People's Food Bank) -Mooncake Transfer Program 2016

Mooncakes are must-buy items during Mid-Autumn Festival. However, it is seemingly impossible to finish all the festive food within limited time. HSC finds ways to spread the love as well as preserve food. St. James' Settlement People's Food Bank collects mooncakes and transfer to the needy. To avoid resorting to the last step of environmental protection, we can take a step to reduce waste at first place.

環保促進會 香港國際海岸清潔運動 海岸清潔日

猶記得 2012 年發生的膠粒災難，使大量綠見組織及自發團體進行清潔運動，事件顯露香港人都海岸保育的關注。根據環保署的統計數字，政府部門每年於海上收集約 15000 公噸的垃圾。事實上每年都有各大團體都發起各個海岸清潔項目，要保持優美的海岸生態，不如親身到海灘清除垃圾!房協之友帶領 20 位房協環保大使參與於赤柱舉行的香港國際海岸清潔運動 2016 海岸清潔日，為我們的社區出力。看著當中不乏一家大細的參與活動，希望為下一代打造更鞏固的環保理念。

Green Council International Coastal Cleanup

Remember the plastic disaster back in 2012 which generates force from Green groups and environmentalists to clean up the shoreline. According to statistics from EPD, 15,000 tons of marine refuse is collected every year. To maintain the beauty of the beach, HSC leads 20 Housing Society Green Ambassadors attending the International Coastal Cleanup 2016 Hong Kong. With parents willing to bring their kids out to such programs, we hope to build stronger concepts for the next generation.

香港無冷氣夜 2016

今年九月份已入秋，各位還有沒有開冷氣呢？社會上不少著名的環保分子，包括前天文台台長林超英先生不斷推廣節能，除了口頭上的呼籲，他更身體力行實行環保的生活態度，甚至與環保局局長黃錦星先生比較電費低，以幽默的手法希望說服廣大市民多做一點。環保觸覺發起的無冷氣夜亦以不開冷氣的方向入手，呼籲慳電節能。當然綠色生活並非只是持續一天半日的事，但透過持續的推廣和宣傳，相信大家逐步可為地球降溫。

No Air Con Night 2016

As fall arrives earlier this year, are you still turning on the air con at home? Celebrities like Mr Lam Chiu Ying, former director of the Hong Kong observatory and Mr Wong Kam Shing, **Secretary for the Environment have been promoting** energy saving for long. Green Sense initiates No Air Con Night to align with the same idea. It is more than a one move hit but a continuous campaign to promote and educate the public aiming at the ultimate goal of healing the globe.

鄰里樂系列

Harmonic Community

演活鄰里共融精神

劇本作家出沒，注意！一班大小作家於 7 月 23 日齊集在佐敦恆豐酒店紅煙窗餐廳出席「短劇創作比賽 2016 頒獎典禮暨夏日歡欣茶聚」，原來是參加了房協之友於 4 月至 5 月期間舉辦的「短劇創作比賽」的房協居民，他們都透過短劇或故事，表達和諧家園鄰里守望樂安居之情。據作家們透露，他們的作品其實是由真人真事改編，與鄰居由起初連招呼也沒有，因著一些誘因變得熟絡起來，到現在很多時候都互相幫忙，甚至替行動不便的鄰居到市場買菜。房協之友正正希望藉此比賽宣揚鄰里和諧及互助精神。未認識鄰里的居民快點行動，與鄰居打打招呼吧。

Harmonic Neighborhood on Stage

The script writers are here! Writers who joined the drama or story writing competition organized by HSC on April to May gathered at The Red Chimney Restaurant at Prudential Hotel on 2016-7-23.. Their stories promoted harmonic neighborhood and mutual help. Some writers told us their stories were from real cases. They became friends with their neighbors after they helped each other. Some of them even helped their neighbors to buy necessities from supermarket. HSC hopes to promote harmonic neighborhood and the spirit of mutual help via the competition. So, say hello and make friend with your neighbors starting from today!

父母給予空間 促狀元及第

所謂「贏在起跑線」，香港的家長由子女出生開始，就要為他們的前途奔波、計劃。由生活細節、讀書、建立社交圈子、創立自己事業道路，緊張的家長們都想介入，或可說是關心。但其實給予子女足夠的空間及建立良好的溝通渠道，才是真正致勝之道。房協之友於 2016-8-19 假香港世界貿易中心會舉行房協之友獎學金頒獎典禮，邀請了房協之友獎學金得獎者及其家人出席。除了頒發獎學金外，更跟同學分享了他們的讀書心得。細問之下，原來大部份同學都在比較自由的環境下學習。家長給予的空間及支持，促進他們自主學習，培養自己的真正興趣，朝著目標方向發展，便可事半功倍。

Tip of Success

Parents compose a comprehensive life plan for their children since they were born. They wish to participate in every moment of their kids. However, communication and mutual trust between parents and child are important for the upbringing of children. HSC launched HSC Scholarship Presentation Ceremony in 2016-8-10 at World Trade Club. We invited the awardees and their parents to share the joyful moment. Most of the awardees are growing up under a freestyle parenting guidance, so that they could development their own interest, and devote into it. in fact, this is the tip of success.