

心身機能活性運動療法 — 初級指導士培訓課程

東華三院自2010年於屬下安老服務引入「心身機能活性運動療法」，透過有系統及持續的訓練，配合專門的器材，幫助改善長者的認知及身體機能，至今已服務逾1,000名長者。2017年4月25至27日，本院屬下24位來自16個安老及復康服務單位的職員獲療法創辦人小川真誠老師來港親自教授初級指導士培訓課程；上年度已修畢課程的19位員工亦接受小川老師的考核，他們需要匯報服務使用者在接受3個月療法前後的改變，結果顯示服務使用者在認知及身體機能方面均有很大的進步，不但回復身體機能，亦重拾尊嚴及自信。此外，照顧者的負擔亦因而同時得到舒緩，情況令人鼓舞。

The Beginner's Level Training Session of "Physical and Mental Revitalisation Therapy"

The "Physical and Mental Revitalization Therapy" is a therapeutic approach to improve cognitive and physical functioning of elders through systematic exercises and programmes with specially designed equipment. TWGHs introduced the Therapy in its elderly service centers in 2010 and over 1,000 elderly users have benefited ever since. Between 25 and 27 April 2017, 24 TWGHs staff members from 16 elderly and rehabilitation service centers attended the beginner's level training session delivered by Mr. Ogawa Shinsei, the founder of the Therapy. Another 19 TWGHs staff members who received the training last year were required to take the examination and report on the clients' progress after their 3-month therapy. The result was encouraging as the cognitive and physical functioning of the clients showed major improvement. This enhanced clients' dignity and reduced the burden of their care-givers.



▲ 心身機能活性運動療法創辦人小川真誠老師(左)教授本院員工訓練復康人士的技巧。
Mr. Ogawa (left), the Founder of Physical and Mental Revitalization Therapy, taught TWGHs staff members techniques of conducting the Therapy with people with disabilities.

iBakery為上環注入無添加美味



◀ 東華三院iBakery (上環店) 推動「不同能力，同一熱愛」的共融理念。TWGHs iBakery (Sheung Wan) promotes the social inclusion belief of "Different Ability, One Passion".

▶ 東華三院iBakery (上環店) 出售無添加麵包、曲奇及蛋糕。
TWGHs iBakery (Sheung Wan) provides non-preservative bread, cookies and cakes.



東華三院iBakery (上環店) 於3月28日正式開幕！新店位於香港上環普仁街，毗鄰東華醫院，除了售賣由iBakery不同能力的員工手工製作的無添加麵包、曲奇及蛋糕外，更為鄰近居民及上班族提供即製咖啡、簡餐外賣及到會服務。希望以小小一口美味，為社區帶來點點不同，並同時將iBakery聘用殘疾人士、推動「不同能力，同一熱愛」的共融理念，帶入社區。

Additive-free Delicious Pastries of iBakery in Sheung Wan

TWGHs iBakery (Sheung Wan) was officially open on 28 March 2017. Located at Po Yan Street, Sheung Wan, next to Tung Wah Hospital, the iBakery store offers quality pastry products and made-to-order coffee, take away as well as catering services for the neighbourhood. We aim to share the social inclusion belief of "Different Abilities, One Passion" through our additive-free, quality products handmade by our employees with different talents and abilities.

東華三院社會服務及社會企業榮獲「促進婦女經濟能力嘉許計劃」獎項

東華三院一直致力促進婦女的經濟能力，本院屬下5個社會服務單位及社會企業獲婦女事務委員會主辦的「促進婦女經濟能力嘉許計劃」頒發獎項以示嘉許。其中，東華三院慧妍雅集善膳軒、東華三院好當家(沙田)及東華三院心思良品分別榮獲「傑出計劃獎」；而東華三院社區保姆鄰里支援幼兒照顧計劃(油尖旺)及東華三院大角咀麥太則分別榮獲「嘉許狀」。此外，本院姚子樑社會服務總主任亦獲邀以「推動性別主流化」為題，為是次頒獎禮暨研討會擔任主講嘉賓，分享在推動相關服務時的經驗。

Our Community Services and Social Enterprises Won Accolade on "Award Scheme in Promoting Women's Economic Empowerment 2017"

TWGHs has dedicated to providing services to achieve women's economic empowerment. Five TWGHs community services and social enterprises were awarded by the "Award Scheme in Promoting Women's Economic Empowerment" organised by the Women's Commission.



TWGHs Wai Yin Association Food-for-all Kitchen, TWGHs Versatile Care Services (Sha Tin) and TWGHs Smiling HeART were granted the "Outstanding Project Awards" whereas TWGHs Nanny Buddy Neighbourhood Support Child Care Project (Yau Tsim Mong) and TWGHs Tai Kok Tsui Mrs Mc received the certificates of commendation. Besides, Mr. Ivan YIU, Community Services Secretary of the Group, was invited as the guest speaker to share the experience of promoting gender mainstreaming in the social welfare sector.

◀ 姚子樑社會服務總主任擔任頒獎禮暨研討會主講嘉賓，分享在推動性別主流化時的經驗。
Mr. Ivan YIU, Community Services Secretary, shared experiences of promoting gender mainstreaming in social welfare sector at the Award Presentation Ceremony cum Symposium.

東華三院推行「藉都市固體廢物收費達致減廢」項目

環境局公布都市固體廢物收費最快於2019年下半年實施，並根據「污者自付」原則，收費將按廢物棄置量而釐定。

為在新收費推出前作好準備，東華三院成功獲得環境及自然保育基金資助，率先於2017年1月至10月期間進行「藉都市固體廢物收費達致減廢」項目，模擬實施都市固體廢物收費後的真實情況，以便本院及旗下單位可開發、預演及建議相關的作業指引，從而讓目標界別的廢物產生者減少廢物，共有12個屬下服務單位及物業參與，包括學校、社會服務單位、東華三院行政總部及其他物業。此外，項目將測試新的廢物收集模式，並推廣清潔回收，讓參與單位親身了解「多棄多付」的原則，從而自發減少產生廢物，以減低處理廢物的開支。

TWGHs Services Units Participated In the "Community Involvement Project for Waste Reduction Through Quantity-based Municipal Solid Waste Charging"

The Environment Bureau announced that Municipal Solid Waste (MSW) Charging would be implemented in the second half of 2019 at the earliest based on "polluter-pays principle".

To prepare for the launch of MSW Charging, TWGHs has successfully obtained funding from the Environment and Conservation Fund to implement the "Waste Reduction Through Quality-based Municipal Solid Waste (MSW) Charging Project" between January and October 2017. It aims to simulate the actual scenario of MSW Charging so as to develop, rehearse and recommend the best practices and reduce wastes in the targeted sectors. Twelve TWGHs service units and properties, including schools and community services units, the TWGHs Administration Headquarters and other properties have participated in this Project. To help TWGHs service units get a better understanding of "pay-as-you-throw" principle and raise their awareness on waste reduction, the Project will introduce a new waste collection model and promote the concept of clean recycling.



▲ 環境保護署代表(右一)參觀東華三院行政總部的環保攤位。
Representative (right 1) of the Environmental Protection Department visited the green booth at the TWGHs Administration Headquarters.

▶ 東華三院呂潤財紀念中學的學生對都市固體廢物收費實施安排感興趣。
Students of TWGHs Lui Yun Choy Memorial College showed interests in the implementation arrangement for MSW charging.



▲ 環保大使向東華三院姚達之紀念小學(元朗)的學生介紹清潔回收的步驟。
Green ambassadors introduced the steps of clean recycling to the students of TWGHs Yiu Dak Chi Memorial Primary School (Yuen Long).