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BETTER TOMORROW FOR ALL











Newsletter **ISSUE 72**



1. 兼顧有特殊學習需要的聲演教學

文:石建莊

Voice acting training for people with special needs

Written by Jess Shek

2. 公眾教育與共融社會

文:高詩惠

Public education and inclusive society

Written by Kammy Ko

3. 全方位支援 無懼新失明

文:姜振宇

Overcoming sight loss with comprehensive services

Written by Ginger Keung

4.活動回顧

Activity review

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香港失明人協進會為有限公司註冊的慈善團體

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編者的話 Editor's remarks



文:何睿知

1月4日是發明點字的法國盲人路易士·布雷的生辰,亦是 聯合國指定的「世界點字日」。生活在香港,我們很容 易接觸到點字,但又不知其所以然。「視障」的狀況和 視障群體對視力健全人士來說,同樣帶著某種陌生甚至 神秘感。本期三篇文章的作者就嘗試用他們的方式,打 破自己和他人對這個群體的疑惑與誤解。

「聽覺敏銳是視障人士的強項」,也許很多人有這樣的觀念。但為何資深播音員紫龍在教授本會會員演繹廣播劇時會遇到意想不到的挑戰?閱畢本期刊登的紫龍專訪便知分曉。從紫龍的經歷,可見只有對視障人士有全面的了解,才能有效協助視障程度不同的他們發揮所長。

與紫龍相比,本會職員高詩惠也許有更多接觸視障人士 的機會。但從《公眾教育與共容社會》一文中,我們也 不難察覺她「長知識」時的興奮。原來好奇生認知,認 知生了解,了解過後,本來對視障所抱有的疑惑和神秘 感也就一掃而空了。

對於視障的「未知」,一般人尚且可保持冷處理的心態。但對後天視障人士而言,卻是夾雜恐懼與迫切面對的一回事。在《服務全方位,無懼新失明》一文,本會社工阿姜描述了本會如何幫助新失明人士重拾健康愉快的生活。只要有適當的支援,突如其來的逆境也可否極泰來。這也體現本會的一句格言——失明不等於失去一切。

筆者的願景是,社會上每個人都可以輕鬆地談論視障,可以完全自然地跟視障人士共處,這樣,距離一個充滿平等、機會和讓每個人獨立自決的社會應不遠矣。本會今年將發行一套節日點字賀卡,讓各位在慶祝佳節之時,輕鬆認識視障相關資料。如各位有意選購自用或送贈親友,歡迎電郵至kammyko@hkbu.org.hk或致電 23390666與本會高詩惠小姐聯絡。

By Merrick Ho

4th January is the birthday of Louis Braille, the French inventor of Braille. It is also The World Braille Day affirmed by the United Nations. It is common to see Braille in Hong Kong, but for many sighted persons, they have no idea how it works. What they are also unfamiliar with or even find mysterious is the different conditions of visual impairment and the community of visually impaired people. In this issue, the three articles are going to demonstrate how three sighted persons have helped themselves and others better understand people with sight loss.

Many people may have a perception that "hearing is the strongest sense of people with visual impairment". However, why was it challenging for Tsz-lung, a well-known DJ, to teach our members to do audio drama? I am sure you will know the reasons after reading his interview. His experience has shown that only with thorough understanding of visually impaired people can we assist people with different degrees of sight loss to unleash their potentials.

Compared with Tsz-lung, our staff Kammy Ko should have more experience working with our members. From her article "Public Education and Inclusive Society", however, we can feel how excited she is about acquiring the new knowledge about visual impairment. With her curiosity, she has learnt more about the needs of our members, clarifying her misunderstanding about visual impairment.

For most people, not knowing about visual impairment does not matter to them. However, for those adventitiously visually impaired, this will be a fearful experience and a pressing problem they have to face. In the article "Overcoming Sight Loss with Comprehensive Services", our social worker Keung Chun-yu shares about our services supporting newly visually impaired persons. As long as adequate support is available, the unexpected adversity can be overcome. This also embodies our belief that losing sight does not mean losing everything.

It is my vision to create a society with equality, opportunities and independence, where blindness is not a taboo and people can feel comfortable getting along with visually impaired people. This year, Hong Kong Blind Union will issue a set of Braille postcards, which allows you to learn Braille and more about visual impairment while sending out specific messages. If you are interested, feel free to place an order by contacting Kammy Ko at kammyko@hkbu.org.hk or 23390666.

兼顧有特殊學習需要

的聲演教學

「第一次教視障人士做廣播劇會有擔心的,因為以往由視覺主導教學,準備筆記、設計遊戲,但現在要重新考量,是近乎摸着石頭過河的體驗。」

紫龍是資深電台節目主持人,也是早前李錦記家族基金贊助的「讓 聲音喚起愛」廣播劇劇本創作比賽(註)的評判。比賽過後,為了 將得獎劇本製成廣播劇,我們再次邀請紫龍擔任廣播劇的導師及監 製。經過兩節聲演工作坊的特訓,參與今次聲演的視障會員逐步掌 握聲演技巧,作為導師的紫龍也有深刻體會。

最初紫龍踏進課室,面向眾視障學生,第一句開場白:「這對我來說是一個新挑戰!」他在備課時,嘗試代入視障人士的處境,著重聽覺,希望讓學員有所得著。

「實際效果不差啊!」紫龍稱學員們悟性高,聽覺好,例如教用丹田 說話,很快就掌握了竅門,只需多點時間練習就可;以往上課有時 多花時間教導改善懶音,但他發現面前的學員沒有太多懶音問題, 有全失明的學員舉手回應指,會點字的同學多數少懶音,因為中文 點字是拼音符號,所以摸點字的人會知道那些字的讀音,這讓紫龍 更了解視障人士的強項。





今次參與廣播劇聲演工作坊的同學有10位,齊齊留心上課聽紫龍講解 There are 10 participants who joined the audio drama voice acting training, all of them paid attention to the lessons and listen to Tsz-lung



紫龍教運氣方法,讓同學們學習用丹田說話 Tsz-lung taught the skills of breath control and asked the participants to speak with dantian



同學們學習感受說話用聲時,氣流在身體遊走的情況 Participants were learning how to feel the airflow pattern around the body when they speak

但這代表今次教學輕鬆過關嗎?不是。紫龍說到讀劇本 那部分,跟以往演員望著劇本讀的不同,學員有些用手 機聽劇本,有些摸點字,有些則閱讀放大字版,這三種 閱讀方法都需時較長,這是他失預算的地方。加上他自 己平日做剪接都依賴眼睛望著電腦屏幕,當教剪接時, 只能找不同配樂,讓負責做剪接的學員先了解揀選合適 音樂的重要性。

紫龍很期待今次由零開始到錄音剪接的最後成果,尤其當中有部分學員表現突出,所以他會特別留意他們的聲音演繹。相信閱讀至此,你也會對全由視障人士製作的廣播劇有所期待,請大家留意協進會在今年3月後公佈的消息!

註:「讓聲音喚起愛」廣播劇劇本創作比賽源於早前協進會獲李錦記家族基金贊助舉辦。比賽以「家心相聚 – 家庭共聚的時光」為主題,希望透過文字及聲音喚起公眾珍惜與家人及朋友的相處時光,以和諧家庭為本構建共融社會。比賽結果於2018年12月18日公佈,冠、亞、季作品將會製作成廣播劇,藝人蝦頭、伍家謙、DJ彭晴及前港台主持楊吉壐將與會員一起聲演,讓公眾對視障人士有更深認識。

Voice acting training for people with special needs



"I was worried when I taught visually impaired people to do audio dramas for the first time. In the past, my teaching was visually-oriented when it came to notes preparation and game design. However, now I had to re-consider all these. This is a brand new experience for me!"

Tsz-lung is a seasoned radio host and also the adjudicator of the audio drama script writing competition "Let Our Voice Evoke Our Love" sponsored by Lee Kum Kee Family Foundation (1).

After the competition, in order to turn the awarded scripts into audio dramas, we invited Tsz-lung to be an instructor and the producer of the audio drama. After two sessions of training, the participating VI members have gradually mastered the skills of voice acting and as their instructor, Tsz-lung has gained a lot as well.

Stepping into the classroom for the first time, Tsz-lung told the participants, "This is a new challenge for me!" When preparing for the lessons, Tsz-lung tried to put himself into the shoes of VI people and placed emphasis on hearing in the hope that the participants can gain something out of the lessons.

"It actually works out well!" Tsz-lung praised the participants that they are smart and have good hearing. For example, when he taught them to speak with dantian, they could understand quickly and just need a bit more practice. Also, in training workshops like this, he usually spends much time helping participants to get rid of lazy sounds but this is never a problem at all with VI participants. According to a totally blind participant, this is because VI people who use Braille can easily know the sounds of words when reading Cantonese Braille, which is based on pinyin (the sound of words). With these experiences, Tsz-lung is more aware of the strengths of VI people.

Then, does this mean his teaching is free of challenges? That is not the case!

Tsz-lung said in the session of script reading, unlike their sighted counterparts who read the script by looking at it, VI participants read scripts in Braille or enlarged text or by listening on their mobile phones. These three ways of reading take more time, which is what he had not taken into consideration before. Also, he usually just looks at the computer screen when editing audio files. So when he taught editing, he could only find different types of music, helping the participants to understand the importance of choosing suitable music first.



聲演同學就是這樣摸著劇本讀對白 Participant read scripts in Braille in order to read out the dialogue

Tsz-lung is very much looking forward to the final products. He has noticed that some participants are quite outstanding, so he would pay attention to their voice acting in particular. After reading this article, you must also be looking forward to the audio dramas solely produced by VI people. Stay tuned to the announcements of Hong Kong Blind Union after March.

Notes:

(1) Lee Kum Kee Family Foundation has sponsored Hong Kong Blind Union for an audio drama script writing competition namely "Let Our Voice Evoke Our Love" to encourage the public to spend quality time with families and friends, thus building a harmonious society. The results were released on 18 December 2018 and the scripts awarded champion, first runner-up and second runner-up are to be adopted to produce audio dramas with artist Yeung Sze-man Harriet, Ng Ka-him Vincent, DJ Pang Ka-man Jacqueline and former RTHK radio host Yang Kut-si Clarence joining the voice-acting, promoting the understanding of VI people amongst the general public.



文:高詩惠

公眾教育與共融社會

加入協進會工作前,我跟一般大眾一樣,在日常生活中都較少機會接觸視障人士,即使遇到都是擦身而過,並無交流。而加入協進會後,工作上很多時候都會跟視障人士合作,如公眾教育講座,與視障講者一起到學校講解視障和會務。

跟很多參加講座的學生一樣,公教的內容對我而言 都很新奇,如視障人士的手杖稱為「白杖」,因為 它主要是白色的,而有時看到的紅白相間手杖,表 示使用者除了有視障之外,還有聽障。

而與眾多視障人士接觸過後,我才發現弱視者往往 是最容易被忽略的一群,因為很多時候,大眾都會 很容易察覺到失明者的需要,而沒有留意到弱視者 其實都有他們的需要。



同學們於講座中認識不同眼疾 Students learn various eye diseases in the public education talk

由於大眾根本無法從外表得知對方是一位弱視人士,所以當弱視人士向別人要求幫助,即使表達看不清楚,還是會受到質疑及被嘲諷是否真的看不到。例如出外用膳,如果身邊沒有朋友協助,只可要求侍應讀出餐牌的內容,有時會被質疑一句「係咪玩野」。

有見及此,協進會一直致力推廣認識視障人士的公眾教育,向大眾講解視障,例如如何與視障人士相處,糾正一些錯誤的觀念,以及最重要的是宣揚互相尊重,推廣社會共融,實現視障人士的平等、機會、獨立。但其實共融社會是需要互相了解和溝通。當你想協助視障人士時,別忘記直接與他們溝通,由同理心開始,即使沒有既定的技巧和專門的知識,亦能表達關愛,締造共融。

By Kammy Ko

Public education and inclusive society

Like the general public, I seldom had any chance to get in touch with visually impaired (VI) people in my daily life before joining Blind Union. Even though I met them in the street, rarely did I really interact with them. However, since I've started working in Blind Union, I have been working closely with VI people. For example, I go to different schools with them for public education talks, talking about visual impairment and introducing Blind Union.

Many students who attend our talks may find the content new to them and actually so do I. One example is the cane VI people use is called "white cane" because it is mainly white in colour and when you see a person using a red and white stripped cane, it means that he/she is both visually impaired and hearing impaired.





同學們於中心內學習不同無障礙物設施
Students learn different barrier-free facilities in the center



我們會與不同院校和機構合作,為公眾提供以視障為主題的教育講座

Blind Union will collaborate with different institutions and organizations to provide the public with visually impaired educational talk

Getting along with VI people, I am aware that people with low vision tend to be neglected. While the needs of people who are totally blind can be obviously seen, people may not notice the needs of those with low vision. As it is difficult to tell if someone has low vision by his/her appearance, people with low vision are often being doubted or even being mocked at when asking for help even though they make it clear that they can't see well. For instance, when they dine at a restaurant on their own, they can't see the menu clearly. Then, they ask the waiter to read it out for them but the waiter replies, "Are you kidding me?"

In view of this, Hong Kong Blind Union has been putting much effort into public education to enhance people's understanding of visual impairment. Through public education, we provide the general public with tips for getting along with VI people, correct clarify misunderstandings about visual impairment and more importantly, promote mutual respect and social inclusion so as to actualise equality, opportunities and independence of VI people. In fact, an inclusive society requires mutual understanding and communication. Therefore, when you wish to offer help to VI people, remember to communicate with them directly. As long as you act with empathy, you can show your care and help build an inclusive society even if you do not possess specific knowledge and skills.

服務全方位無懼新失明





(編者按:作者為本會服務中心社工,自2017年起負責新失明人土支援服務。)

據統計,本港十多萬視障人士當中,超過一半是後天視障的。因此,本會自上世紀90年代已發展多個支援後天視障人士的項目,推行「再上光明路」服務計劃,並於2005年起獲社會福利署資助,多年來已陪伴超過400名新失明人士跨越視障帶來的挑戰。

服務計劃旨在通過技能教授和集體活動,讓新失明人士適應生活的改變,重拾自信。技能教授包括手機應用、家居訓練、白手杖運用及點字學習,協助他們在減少甚至無法依靠視覺的情況下,盡可能恢復以往的生活方式。計劃內也會舉辦同路人分享小組和聯誼活動,讓他們彼此認識,建立支援網絡。

在我接觸過的眾多新失明人士當中,阿華可算是一位傑出的「大師兄」。他是一位後天嚴重視障人士,他現在 於本計劃中以義務助教身份教授使用白杖的技巧。他也 經常現身新失明人士的聚會,期望通過自身經歷勉勵同 路人勇於面對轉變。



「再上光明路」幫助超過400名新失明人士跨越視障帶來的改變 The programme "Life Beyond Vision" has walked with more than 400 newly VIPs to overcome challenges posed by loss of sight



「大師兄」阿華義務教授會員使用白杖 Ah Wah is working as a volunteer and teach the skills of using white canes to VI members

「不要經常想著你的眼疾,應慢慢學會與它同行。」這是我聽阿華最 常掛在口邊的話。他也經常提醒新失明人士應緊貼視障相關資訊,以 減輕視力改變下的不安全感。從阿華的一言一行,足見朋輩支援對新 失明人士的重要性。

「未知」,往往是新失明人士最大的恐懼來源。新的視力狀況,新的生活方式,每每令他們感到迷茫甚至徬徨。作為視障人士自助組織,我們深信只要給予適當的支援,不論視障的嚴重程度或發生年期,所有視障人士都擁有在社區獨立生活的能力。如果你身邊有新失明或視力變差的親友,請鼓勵他們與我們聯絡。本會服務中心的支援網絡將是他們跨越視障的加油站。



立即掃描QR Code了解更多「與視同行社區 支援計劃」的詳情

Scan the QR Code to know more details about "Community Support Service for VIPs and their Families" project

Overcoming sight loss with comprehensive services

(From the editor: The writer is a social worker of Services Centre, who has been in charge of the support services for the newly visually impaired persons (VIPs) since 2017.)



「與視同行社區支援計劃」於2015年起獲社會福利署資助推行至今 The project "Community Support Service for VIPs and their Families" has been launched since 2015 with the sponsorship from Social Welfare Department

「與視同行社區支援計劃」下有不同類型的支援服務,如個案輔導和情緒支援等 There are various services under the project "Community Support Service for VIPs and their Families" like counseling and emotional support etc.

According to statistics, amongst some ten thousand visually impaired people (VIPs) in Hong Kong, over half of them are adventitiously visually impaired. In view of this, Hong Kong Blind Union has been developing various programmes to serve this group of people since the 1990s and launched "Life Beyond Vision" programme. With the sponsorship from Social Welfare Department since 2005, the programme walked with more than 400 newly VIPs to overcome challenges posed by loss of sight.

This programme aims to help those who lose their sight adventitiously to adapt to changes in their lives and regain confidence through the teaching of skills and group activities.

The skills taught include how to operate mobile phones, how to handle housework, how to use white canes and how to read Braille. This is to restore their previous ways of living with little or no dependence on sight. Also included in the project are sharing by peers and social gatherings, which give them opportunities to get to know each other and build up a support network.

Among the many newly VIPs I have got in touch with, Ah Wah, who suffers from serious low-vision adventitiously, is an outstanding one. Now, he is working as a volunteer assistant instructor, teaching the skills of using white canes. He always joins gatherings of the newly VIPs, where he encourages them with his personal experiences to face up to their changes bravely.

"Don't keep thinking about your eye problem but learn to live with it." That's what ah Wah always says. He also reminds them to keep abreast with the latest information about visual impairment so as to reduce the sense of insecurity brought by the deterioration of sight. Ah Wah's example shows us how important peer support is for the newly VIPs.

"Unknowns" are probably the main source of fear for the newly VIPs. With new visual conditions and new ways of living, they feel confused and even helpless. As a self-help organisation, we believe that with adequate support, all VIPs can live in the community independently regardless of the severity of sight loss or the age of onset. If it happens that any of your family members or friends are newly visually impaired or are gradually losing their sight, do encourage them to contact us. The support network at Services Centre of Blind Union will certainly be a great source of support for them to overcome visual impairment.

活動回顧 Activity review



2019年1月15日

廣東省盲人協會到訪本會

廣東省盲人協會一行40多人到訪本會職教中心。雙 方就籌款、視障人士就業及教育、會員聯繫等議題 互相交流經驗。

15 January 2019

Visit by Guangdong Association of the Blind

More than 40 representatives from Guangdong Association of the Blind paid a visit to our Vocational and Educational Resources Centre. During the visit, we shared experience on the topics of fundraising, education and employment of visually impaired persons (VIPs), membership liaison and so on.



2019年2月4日

「捐利是·做利事·換利視」計劃

協進會與香港01合作,會於「01心意」網上捐款 平台不定期推出不同籌款活動,藉此籌募經費。

4 February 2019

"Do Good to Visually Impaired with a Red Packet" Campaign

Blind Union has been in collaboration with HK01 and rolled out different fundraising activities on their online platform.



2019年1月23日

「敢拼·日常一共融攝影展」

是次活動透過鏡頭,向大眾真實呈現殘疾僱員的 工作點滴和故事。

23 January 2019

Photo Exhibition of Inclusive Workspace

This event is to showcase the life and stories of employees with disabilities to the public through the lens.



2019年2月尾至3月初

「中國視障人士教育基金」梅州湛江探訪之旅

早前協進會同事聯同視障會員曾芷君及執行委員石建莊,分別到梅州和湛江的特殊教育學校進行探訪、交流。同時為「中國視障人士教育基金」進行拍攝,為視障小朋友的求學路上給予鼓勵。

Late February to early March 2019

"China Blind Education Fund" Meizhou and Tsankiang Visit

The staff of Blind Union together with VI members Tsz-kwan and Executive Committee member Jess Shek visited the special education school in Meizhou and Tsankiang respectively for experience sharing. Meanwhile, we shoot a video for "China Blind Education Fund" and to give the VI children support and encouragement on their way of learning.



2019年1月30日

YWCA機場大使公眾教育活動

協進會早前得到香港基督教女青年會 - 女青賽馬會 樂齡活學中心的邀請,為一眾60歲以上的機場大使 進行訓練,講解視障人士在機場會何時有機會需要 幫忙,又應該如何伸出援手等等。

30 January 2019

Public Education for YWCA's Airport Ambassadors

Blind Union was invited by Y Evergreen Learning Center to conduct a training session for a group of airport ambassadors over 60 years old. During the training, we talked about when VIPs may need help at the airport and how to offer them assistance.



2019年3月7日

《康復計劃方案》會員諮詢會

政府現正就《康復計劃方案》進行諮詢,檢討殘疾 人士政策,我們會就此向政府提交意見書。諮詢會 當日,平等參與社會委員會成員向出席的會員簡介 《康復計劃方案》意見書的初稿內容。當日出席者 踴躍發言和討論,收集到不少寶貴意見!我們將會再 整理意見書並於四月前向政府提交意見書。

7 March 2019

Hong Kong Rehabilitation Programme Plan (RPP) Consultation Forum

Government is now conducting a public consultation exercise on RPP and reviewing the policy for persons with disabilities, we will make a submission to the government regarding on this. In the consultation forum, the members of Equal Opportunities in Social Participation Committee introduced the first drafted submission to the participants. Participants who took part in the forum discussed the topic and expressed their opinions. We will reorganise the content and submit to the government before April.



捐款表格 **Donation Form**

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電郵 Email: info@hkbu.org.hk

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is to take effect and at the same such notice shall given to Hong Kong Blind Union.



港島區會排日

HONG KONG ISLAND FLAG DAY

2019年6月15日(星期六)

15th June, 2019 (Sat)





義工報名熱線: 2339 0666

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Rm 13-20, G/F, Tsui Ying House, Tsui Ping Estate, Kwun Tong, Kowloon, Hong Kong.

ABOUT US

香港失明人協進會成立於1964年,是首個由視障人士自行管理及組織之自助團體。一直以來,本會以促進視障人士發揮自助互助精神,推動社會共融,平 等機會為宗旨。

Hong Kong Blind Union was established in 1964. It is the first organization run by people with visual impairment. It aims at promoting the spirit of "self-help" and "mutual-help" among people with visual impairment, as well as facilitating social integration, and equal opportunities in our society.