



香港失明人協進會  
Hong Kong Blind Union  
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NEWSLETTER  
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用心沖調，咖啡香濃

Brew You The Best Aromatic Coffee With Heart



為照顧者伸出援手

Give Carer A Helping Hand



學習音樂，視得其樂

Seeing Joy in Music Learning

今期焦點 HIGHLIGHTS





文：何睿知

小小的香港，也能誕生問鼎奧運獎牌的世界級運動員，可見外在環境的局限，並不能阻擋個人追求卓越的鬥志。同樣，只要找到正確的方法，堅持不懈，加上旁人適當的支援，視障也只是成功路上微不足道的一筆。

協進會獲社會福利署殘疾人士藝術發展基金資助，支援視障人士學習音樂，該項目的視障職員冼頌恩更撰文介紹這個名為“視得其樂”的計劃。多年來無數視障音樂人克服購買點字樂譜的重重關卡，追逐理想，筆者盼望這個計劃能使他們在音樂路上事半功倍。

個人的努力是成功的關鍵，但旁人的鼓勵同樣重要，服務中心社工阮玉鳳撰寫的《為照顧者伸出援手》一文便介紹了協進會新推出的照顧者支援服務。這是一個具有前瞻性的項目，視障者自身在家庭擁有穩定的支援系統，更能勇敢地奔向障礙重重的社會，追求理想。

堅持，就是不斷嘗試直到成功為止。這既是一種體育精神，也是對理想擇善固執的表現。筆者訪問了兩位準視障咖啡師，寫成《用心沖調，咖啡香濃》一文。視障人士在學習沖調咖啡的過程或許與健視者不同，但能找到屬於自己的成功竅門並加以鍛煉，個人的適應力與毅力可見一斑。

本期刊登的三篇文章，全關於協進會最近推出的新項目。雖然疫情尚未退卻，但我們相信有危自然有機，而且在這個充滿挑戰的當下，更讓我們察覺自助互助的重要性。執筆之時，協進會開設的社企餐廳——休Cafe已開業，盼望能在店內見到各位的身影。這不是支持視障人士就業的行動，更是對他們所付出努力的一份肯定。

By Merrick Ho

A small Hong Kong can also give birth to world-class athletes who win Paralympic medals, from this one can see the limitations of the external environment cannot stop ambition of individuals to pursue excellence. Similarly, as long as you find the right way and perseverance, plus proper support from others, visual impairment is only an insignificant part of the road to success.

Blind Union received funding from the Arts Development Fund for People with Disabilities of the Social Welfare Department to support the visually impaired in learning music. The visually impaired staff of the project, Margaret Sen, wrote an article to introduce this project called "Seeing Joy In Music". Over the years, many visually impaired musicians have overcome various barriers of buying Braille scores so as to pursue their ideals. The author hopes that this project will enable them to get twice the result with half the effort on the music road.

Individual effort is the key to success, but the encouragement of others is equally important. The article "Give Carer A Helping Hand" written by Social Worker Kitty Yuen of the Service Centre introduces the new support services for carers launched by Blind Union. This is a visionary project, when the visually impaired have a stable support system in the family, they can bravely run to the society full of obstacles and pursue their ideals.

Persistence is to keep trying until you succeed. This is not only a kind of sportsmanship, but also the stubbornness to insist on good choice. The author interviewed two baristas who are visually impaired, and wrote an article entitled "Brew You The Best Aromatic Coffee With Heart". The process to brew coffee visually impaired learn, may be different from that of the sighted people, but being able to find and exercise one's own tips for success, individuals' wisdom and perseverance can be seen.

The three articles published in this issue are all about new projects recently launched by Blind Union. Although the epidemic has not yet retreated, we believe that risk and opportunity coexist, and in this challenging moment, we are even more aware of the importance of helping oneself and mutual assistance. At the time of writing, a social-enterprise restaurant – Yau Cafe set up by Blind Union is newly opened. I hope to see you in the cafe. This is not only an action to support the employment of the visually impaired, but also an affirmation of their efforts.

文：冼頌恩

# 學習音樂，視得其樂

編者按：作者為負責視得其樂音樂培訓計劃之職員。

一直以來，視障人士學習音樂都是很平常的事，過往也有很多非常優秀的視障音樂家，然而，他們的學習歷程又是怎樣的呢？

作為過來人，我可以和大家分享，視障人士學習音樂不能單靠聽覺，摸讀點字樂譜，了解樂曲的細節，才能成為一位出色的演奏者，情況如同健視人士閱讀五線譜一樣。不過視障人士學習音樂的歷程卻是非常艱辛的，一方面製作點字樂譜的資源十分短缺，過往我們只能向外國的圖書館或視障服務機構購買樂譜，收到後，就需要花時間將樂譜背誦下來，加上不斷練習，才做到完美的演奏。

本會一直關注會員缺乏音樂學習資源的情況，期望透過開展專業培訓，讓視障音樂人可以接受有系統的訓練，並透過公開演出增強信心及在音樂路上享有平等機會，繼而將此發展為個人的事業。

自本年開始，我們很榮幸能得到社會福利署殘疾人士藝術發展基金資助，開展了一個為期三年的培訓計劃，並命名為「視得其樂」，寓意視障人士可以得到學習音樂所需的支援和培訓，從而令他們享受到學習音樂的樂趣。本計劃內容包括培訓八位聲樂及四位鋼琴學生，提供師友諮詢服務、舉辦公開演出，以及提供學習音樂的支援。

在上半年裡，我們成功甄選了合適的參加者，並在六月下旬舉行了第一次師友聚會，學員們非常投入參與，踴躍地分享未來三年的學習目標，及現時學音樂遇到的困難，我深信他們必定能在未來的訓練中獲益，將來我們也能欣賞到他們的精湛演出。

除了上述十二位參加者的培訓外，本計劃也與本會的無障易學計劃合作製作點字樂譜，務求增加樂譜供應，減輕視障人士學習音樂的困難。另外，我們亦開展了製作點字樂譜義工培訓，讓健視音樂人也能為我們的樂譜製作出一分力，實踐藝術共融的理念。



△ 視障人士學習音樂不能單靠聽覺，摸讀點字樂譜，了解樂曲的細節，才能成為一位出色的演奏者  
Learning music for the VI cannot count solely on hearing. It requires also the touch reading of Braille music score as well as understanding the details of music to become an outstanding performer.

By Margaret Sen

# SEEING JOY IN MUSIC LEARNING

Editor's note: The author is the staff responsible for the Music Learning Programme called "Seeing Joy In Music".

It has always been common for the visually impaired "VI" to learn music, and there have been many excellent VI musicians in the past. However, what is their learning process?

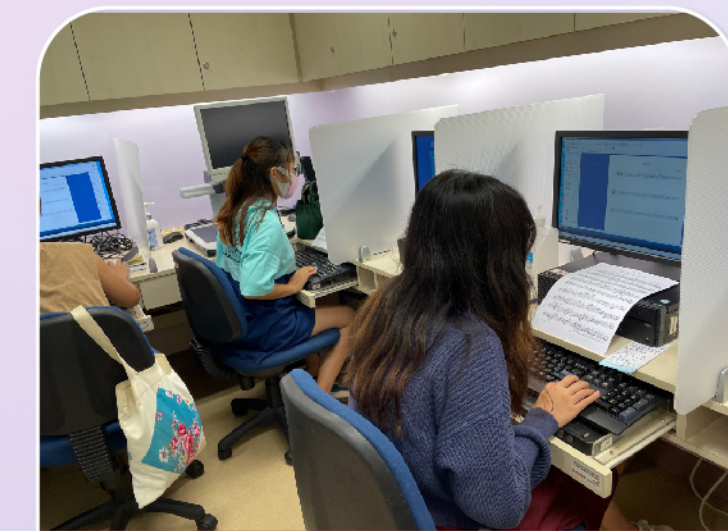
As someone who came along, I can share with you that learning music for the VI cannot count solely on hearing. It requires also the touch reading of Braille music score as well as understanding the details of music to become an outstanding performer. The situation is the same as if a sighted person reads a staff. However, the process of learning music for the VI is very difficult. On the one hand, there is a shortage of resources for making Braille music scores. In the past, we could only buy music scores from overseas libraries or service organisations for people with visual impairment. Upon receipt, it is required to spend time to recite the score, plus to practise continuously to achieve a perfect performance.

Blind Union has always been concerned about the lack of music learning resources for members, and hope that through professional training, VI musicians can receive systematic training, and through public performances, they can increase their confidence and enjoy equal opportunities on the music road, and then develop this into an individual career.

Since the beginning of this year, we are honoured to receive funding from the Arts Development Fund for People with Disabilities of the Social Welfare Department to launch a three-year training programme, which is named "Seeing Joy In Music", that means the VI can get all necessary support and training to learn music, so that they can enjoy the fun of it. The programme includes training eight vocal and four piano students, providing coaching services between teachers and trainees, holding public performances, and providing support for music learning.

In the first half of the year, we successfully selected suitable candidates, and held the first teachers & students gathering in late June. Students were very involved, actively shared their learning goals for the next three years and current difficulties they encountered in music learning. I strongly believe that they will definitely benefit from the coming training, and we will also be able to enjoy their superb performances in the near future.

Apart from the training of the above-mentioned 12 participants, this programme also collaborated with Jockey Club E-Learning For All Project of Blind Union to produce Braille music scores in order to increase the supply of music scores and ease the difficulty of learning music for the VI. Moreover, we have also carried out the training for volunteers in making Braille music scores, so that sighted musicians can also participate in scores production to practise the concept of Arts Inclusion.



△ 我們早前開展了製作點字樂譜義工培訓。  
We have carried out the training for volunteers in making Braille music scores before.



# 為照顧者伸出援手

編者按：作者為負責照顧者支援服務的社工。



△ 香港失明人協進會獲得社會福利署的資助，為全港任何年齡的視障人士照顧者免費提供支援服務。  
Hong Kong Blind Union has received funding from the Social Welfare Department to provide free support services to the VI's carers of all ages in Hong Kong.

陳先生（化名）今年75歲，與雙目失明的妻子同住。自從陳太於15年前確診患上青光眼後，陳先生便辭去工作，專心照顧她。由於陳先生年紀老邁，一直深受痛症影響，本會社工初次家訪時，他表示自己雙腳麻痺時替妻子煮飯十分困難，於是社工主動向申請送飯服務的機構更新這個家庭的狀況，陳太的送飯服務不久便獲得安排。陳太也曾表示擔心丈夫因痛症影響，外出覆診有危險，社工也曾陪伴陳先生跨區求診，彌補坊間陪診服務的缺口。此外，由於陳先生對智能手機不熟悉，無法協助妻子安裝通訊軟件來參加協進會的網上活動，社工便安排熟悉資訊科技的職員登門為他們解決相關難題，使陳太可以安坐家中，與其他視障人士保持聯繫。

每個人都有遇到困難，需要別人幫助的時候，照顧者也一樣，若果你是一位視障人士的照顧者，或者你身邊有一些視障人士的照顧者正正面對困難而感到惆悵的話，歡迎致電2760 0100與我們聯絡，我們會為他們伸出援手。



△ 我們的服務讓家庭成員之間的關係更加和諧以建立美滿的家庭。  
The purpose of our service is to make the relationship between family members more harmonious through comprehensive support for the VI and their carers.

多年來，本港的復康政策著重殘疾人士自身的需要，卻忽略其照顧者同樣是值得關注的一群，事實上，傳媒間也會報導照顧者因壓力過大，求助無門而導致的種種悲劇。部分視障人士因行動不便，無法通過與外界緊密聯繫以排解各種負面情緒，他們身旁的照顧者不但要料理他們的日常起居，還需擔當他們宣洩情緒的出口，其承受的重擔可想而知。

有見及此，社會福利署增撥資源，由去年11月開始，為全港視障人士照顧者免費提供支援服務，目的是透過全面支援視障人士及其照顧者，讓家庭成員之間的關係更加和諧以建立美滿的家庭，並透過個案輔導和各種小組活動，舒緩照顧者的壓力，服務推行超過半年，受惠家庭共有十多個，當中不乏有令人印象深刻的個案。

# GIVE CARER A HELPING HAND

Editor's note: The author is a social worker responsible for carer support services.

Over the years, Hong Kong's rehabilitation policy has focused on the needs of people with disabilities, but has ignored that their carers are also a group worthy of attention. In fact, the media occasionally reports various tragedies caused by the carers being overwhelmed and unable to seek help. Some visually impaired (VI) persons are unable to release various negative emotions through close contact with the outside world due to immobility. The carers living with them in addition to taking care of their daily lives, need also to act as an outlet for their emotions. The burden they bear can be imagined.



△ 我們為視障人士家屬及照顧者送上早餐，打打氣。  
We provide support to the families and caregivers of the visually impaired.

In view of this, the Social Welfare Department allocates extra resources for Blind Union to provide free support services to the carers of visually impaired people in Hong Kong since November last year. The purpose is to make the relationship between family members more harmonious through comprehensive support for the VI and their carers, so as to build a happy family gradually. Through case counseling and various group activities, the stress of carers is relieved. The service has been implemented for more than half a year and has benefited more than 10 families, among which there are many impressive cases.

Mr Chan (pseudonym) is 75 years old this year and lives with his blind wife. Since Mrs Chan was diagnosed with glaucoma 15 years ago, Mr Chan quit his job and concentrated on taking care of her. As Mr Chan is old and has been deeply suffering from pain, at the first home visit of social worker of Blind Union, he expressed that it was very difficult to cook for his wife when his feet were numb. So the social worker took the initiative to update his family's status with the organisation that applied for the meal delivery service. Mrs Chan's meal delivery service was soon arranged. Mrs Chan also expressed concern that her husband would be in danger due to his pain when going out for a medical appointment. The social worker also accompanied Mr Chan to seek consultation across districts, so as to make up the lack of that area's escort out-patient services. Moreover, Mr Chan is not familiar with smartphones, he cannot help his wife install communication software to participate in the online activities of Blind Union. Hence, the social worker arranged staff familiar with information technology to help and solve related problems for them, so that Mrs Chan can stay at home and keep in touch with other VI people.

Everyone encounters difficulties and needs help from others, the same is true for carers. If you are a carer of VI or there are some carers for people with visually impairment around you who are now facing difficulties and in melancholy mood, please contact us at 27600100, we will give you or them a helping hand.

文：何睿知

## 用心沖調，咖啡香濃

「我可不是每次都做到呀，但我可以說視障人士是有能力拉到花的。」談到某天在咖啡店實習時的成功經驗，人稱「朱仔」的視障準咖啡師朱偉民顯得有點尷尬，但經歷數天密集苦練後的成功和喜悅，卻是隔著電話也能清楚聽到的。

協進會於年初獲得社會福利署創業展才能計劃的資助，開設結合按摩與咖啡兩大元素的「休Cafe」，並培訓了10位視障人士在咖啡店內擔任咖啡師，朱仔便是其中之一。弱視的他曾考慮報讀外間的咖啡師課程，但因各種原因而作罷。其後得知協進會的相關課程招生，當時待業的他便毫不猶豫地報名了。

「我們連續上課4天，當中主要學習沖調濃縮咖啡和鮮奶咖啡，因為其他的咖啡種類例如朱古力咖啡等，都是由此演變而來。」雖然朱仔對咖啡的認識不少，家中也有相關器具，但這並不使他在上課時有任何優勢。他認為最困難是壓粉的過程，因為稍一不慎便嚴重影響咖啡的品質。

提起壓粉，本身是全失明的另一位咖啡師黃秀平也印象深刻。

「那是一個叫填壓器的金屬工具，好像舊式圖章，用來將咖啡粉壓平後，從上方注水，流經中間的這層粉末然後落入最下方的杯子。導師會抓著我的手，讓我感受應該用甚麼力度，因為如果用力不當或不均，進出咖啡粉的水量和水流便會改變，繼而使製成品分量不夠或口感太薄。」



△除了嘗試拉花，朱仔近期也購買了手沖咖啡工具，讓興趣和事業完美結合。  
Apart from trying latte art, Daniel Chu also recently bought a hand-made coffee tool to perfectly combine his hobby and career.



△ Grand opening of Yau Cafe  
休Cafe 開業儀式

在秀平看來，成功的秘訣是緊記每個細節，例如擺放杯子的角度，不同動作所用的力度等。她認同視障人士需要更多時間去熟悉每個步驟，在進入「休Cafe」實戰首天，也要先熟習不同型號機器的微小差別。除了嘗試拉花，朱仔近期也購買了手沖咖啡工具，讓興趣和事業完美結合。談到就業前景，兩人均坦言未知能否在Cafe長期擔任全職，但他們仍盼望通過這門專長，向自己，也向社會證明視障人士的工作能力。

By: Merrick Ho

## BREW YOU THE BEST AROMATIC COFFEE WITH HEART

"I may not succeed every time, but I can say that visually impaired people are capable of pouring latte art." Known as "Chu Tsai" the visually impaired barista-to-be, Daniel Chu showed a little embarrassment when he talked about the successful experience of an internship in a coffee shop one day. After experiencing several days of intensive training, his success and joy could still be heard clearly over the phone,

At the beginning of the year, Blind Union received funding from "Enhancing Employment of People with Disabilities through Small Enterprise" Project of the Social Welfare Department to open "Yau Cafe", which combines the two elements of massage and coffee, and trained 10 visually impaired people to work as baristas in the restaurant, Daniel is one of them. Being low vision, he considered enrolling in an outside barista course, but he gave up due to various reasons. Later he learned about the enrolment of relevant course of Blind Union, and as unemployed at that time he signed up without hesitation.

"We have been in class for four consecutive days, among them the key learning is to brew espresso and fresh milk coffee because all other types of coffee such as mocha etc., are evolved from this." Although Daniel knows a lot about coffee and has the required tools at home, this does not give him any advantage in class. He believes that the most difficult part is the tamping process, as it will affect tremendously the quality of coffee with a little carelessness.

Talking about tamping, Sandy Wong another barista who is totally blind, was also impressed. "That is a metal tool called tamper, like an old-style stamp, used to smooth and compress ground coffee, water is infused from above, flows through this layer of ground coffee in the middle, and then drips into cup below. The instructor holds my hand getting me feel what sort of pressure to apply, because if the pressure is improper or uneven, it will change the amount and flow of water going in and out of coffee grounds, and then cause the final cup with insufficient serving size or tastes weak."

In Sandy's view, the secret of success is to keep in mind every detail, such as the angle at which the cup is placed, and the pressure applied of different movements. She agrees that people with visual impairment need more time to familiarise themselves with each step. They must also familiarise themselves with the slight differences between different models of machines before the first day of field practice at "Yau Cafe". Apart from trying latte art, Daniel also recently bought a hand-made coffee tool to perfectly combine his hobby and career. When it comes to employment prospects, both of them confessed that they are not sure whether they can hold a full-time job at Cafe for a long time, but they still hope via this expertise to prove to themselves and the society, that the visually impaired are able to work as well.



△視障咖啡師黃秀平  
The visually impaired barista Sandy Wong



△視障咖啡師「朱仔」朱偉民  
The visually impaired barista Daniel Chu

# 港島區賣旗日

## Hong Kong Island Flag Day

### Acknowledgement 致謝名單

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(Payable to "Hong Kong Blind Union")

☐ Payme 捐款 Payme Donation

請用 Payme 掃描右邊的 QR 圖碼  
please use Payme to  
scan the QR Code on the right

請於付款訊息提供閣下的姓名、電話和地址

Please provide your name, tel and address in the payment message



☐ 直接捐入本會戶口 Deposit to Blind Union's account  
(香港上海滙豐銀行 HSBC 511-529299-001)

☐ 恒生銀行網上理財用戶 Users of Hang Seng e-Banking  
可透過網頁 [www.hangseng.com/e-banking](http://www.hangseng.com/e-banking) 將捐款存入本會  
can make their donations through this website:  
[www.hangseng.com/e-banking](http://www.hangseng.com/e-banking)

☐ 滙豐銀行網上理財用戶 Users of HSBC e-Banking  
可透過網頁 [www.ebanking.hsbc.com.hk](http://www.ebanking.hsbc.com.hk) 將捐款存入本會  
can make their donations through this website:  
[www.ebanking.hsbc.com.hk](http://www.ebanking.hsbc.com.hk)

☐ 透過全港 7-11 便利店捐款 Donate via local 7-Eleven stores

只需出示右邊條碼及表明捐款金額  
please provide bar code on the right  
and indicate your donation amount



☐ 轉數快 Fast Payment System (FPS)

(快速支付系統識別碼 FPS ID: 3245701)

捐款後，請把成功捐款之頁面截圖連同閣下的姓名、電話和地址  
WhatsApp 到 5464 5118 或電郵致 [info@hkbu.org.hk](mailto:info@hkbu.org.hk) 給我們。

Please take a screenshot of the successful payment page with  
your name, tel and address then whatsapp to 5464 5118 or email  
to [info@hkbu.org.hk](mailto:info@hkbu.org.hk)

### 每月自動轉賬捐款 Monthly Autopay Donation

☐ 向香港失明人協進會索取銀行自動轉帳授權書

Request for Monthly Direct Debit Authorization Form from Hong Kong Blind Union

或 掃描右邊的 QR 圖碼 直接下載銀行自動轉帳授權書

Or scan the QR Code on the right to download the Monthly Direct Debit Authorization Form



### 個人資料收集聲明 Personal Information Collection Statement

香港失明人協進會盡力遵守《個人資料(私隱)條例》中所列載的規定，確保儲存的個人資料準確無誤，及有妥善的儲存方法，並依照在收集資料時所說明的目的使用該等資料。本會將運用閣下的個人資料包括姓名、電話號碼、手機號碼、傳真號碼、電郵地址及通訊地址作為開立收據、通訊、籌募捐款、活動推廣、義工招募及收集意見之用。除作上述用途之外，將不會以任何形式出售、租借及轉讓予任何人士或組織。倘若您不同意本會使用您的個人資料作上述用途，或日後查閱及更新資料，請致電 2339 0666 與本會職員聯絡。

Hong Kong Blind Union undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate, securely stored and used only for purposes for which they have been collected. Blind Union intends to use your personal data (namely telephone number, fax number, email and mailing addresses) for the purposes of sending donation receipts, providing you with information of Hong Kong Blind Union, fundraising appeal, activities invitation, volunteer recruitment and conducting opinion survey. The personal data collected, other than being utilized for the purposes above mentioned, will not be sold, traded or rented in any forms through any means to any other parties. If you object our Union to use your personal data for these purposes, or want to enquire about or update your personal data, you may contact our staff at 2339 0666.

請於適當方格內加上✓號以表示您的意願：Please tick the appropriate box to indicate your preference

☐ 本人同意香港失明人協進會使用本人的個人資料作為日後通訊、服務推廣、呼籲慈善捐款、活動邀請或收集意見的用途。

I agree Hong Kong Blind Union to use my personal data for the purposes of future communications, fundraising appeal, activities invitation as well as for feedback collection and related promotion purposes.

☐ 本人不同意香港失明人協進會使用本人的個人資料作上述用途。

I do not agree Hong Kong Blind Union to use my personal data for the above purposes.

## 國際白杖日2021

International White Cane Day 2021

## 【心睇·力行】眾籌企劃

### “Cane-A-Thon” Fundraising Campaign

支持一個由視障人士共同籌備及參與的籌款項目，

**目標籌30萬**，為香港失明人協進會籌募經費，

10月內一班視障人士共同完成 **3大眾籌項目**，包括：

**行夜山 + 沖咖啡 + 音樂X故事**

了解更多



Payme捐款



23390666



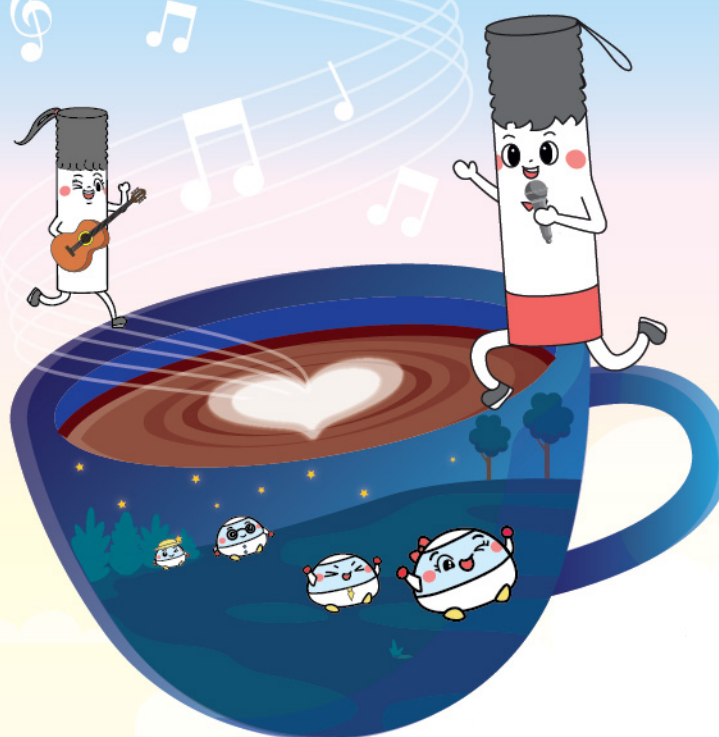
HKBlindUnion



hongkongblindunion



www.hkbu.org.hk



香港失明人協進會  
Hong Kong Blind Union



## ABOUT US

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電話 Telephone : (852) 2339 0666 傳真 Fax : (852) 2338 7850  
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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.