



第三屆「行出健康」遠足比賽

由扶康會社區精神健康服務舉辦，第三屆「行出健康」遠足比賽已於2016年3月19日順利舉行。今屆遠足比賽的主題是「結伴同行，行出健康」，本會希望透過此活動能喚醒社區人士對精神康復人士的關注，給予他們更多鼓勵及關懷，讓他們克服困難及康復，發揮潛能達至社會共融。

是次遠足比賽十分榮幸邀請了南區區議會主席朱慶虹太平紳士、香港展能精英運動員基金管理委員會主席陳念慈太平紳士、南區區議會副主席陳富明先生MH、南區東分區委員會主席麥志仁先生MH及社會福利署中西南及離島區助理福利專員梁綺莉女士。他們在扶康會社區精神康復服務顧問委員會主席王明燦醫生陪同下，擔任活動的主禮嘉賓。

活動有超過600人參與，當中來自不同的社區精神康復服務機構的參加者、社區人士、支持團體和義工組織，場面非常熱鬧。



The 3rd "Hike for Health" Hiking Competition

Organized by Community Psychiatric Service of Fu Hong Society, the 3rd "Hike for Health" Hiking Competition was held on 19 March 2016. The theme of this year was "Hike Together, Hike for Health". We hoped to awake the attention of the community towards persons with psychiatric disabilities. With our care and encouragement, they can overcome the difficulties on their recovery road and achieve social inclusion by developing their potentials.

We were honour to have Mr. CHU Ching-hong, JP, Chairman of Southern District Council; Miss CHAN Lim-chee, Amy, JP, Chairperson of Hong Kong Paralympians Fund Membership for Management Committee; Mr. CHAN Fu-ming, MH, Vice Chairman of Southern District Council; Mr. MAK Chi-yan, Chairman of Southern District East Area Committee; Ms. LEUNG Yee-lee, Maggie, Assistant District Social Welfare Officer (Central Western/Southern & Islands), with the accompany of Dr. Michael M.C. Wong, Chairman of Advisory Committee on Community Psychiatric Services, as our officiating guests.

More than 600 people joined this event, including different organizations providing psychiatric service, people in the community, support groups and volunteer organizations.