



第四屆行出健康遠足比賽

本會「第四屆行出健康遠足比賽」已於2019年3月30日，在香港仔漁光道石排灣村一號遊樂場及香港仔郊野公園順利舉行。本會自2010年起，成功舉辦第一屆行出健康遠足比賽，成效理想，其後分別於2013年及2016年再度舉辦，活動目的為促進傷健共融，讓復康機構的服務使用者與社區人士於體驗遠足運動的樂趣之餘，有彼此認識和結伴同行的機會。

在活動典禮上，本會十分榮幸邀得社會福利署中西南及離島區福利專員葉小明女士、南區民政事務處民政事務專員馬周佩芬太平紳士、醫院管理局港島西聯網臨床服務統籌（精神健康）瑪麗醫院精神科部門主管陳國齡顧問醫生、香港攀山專家鍾建民先生，MH、扶康會董土局主席施家殷先生，MH、扶康會社區精神健康服務顧問小組主席徐慕菁醫生蒞臨擔任主禮嘉賓。

比賽吸引了450名健兒參與及120名社區義工協助活動進行。當日在宜人的天氣和環境下，一眾參與人士心情舒暢，最大的祝福是所有參賽健兒都在結伴者一起同行下，平安完成自己所選擇的遠足路段，帶出「行出健康」的意義。

當日除了三個組別，包括挑戰組（9公里）、健行組（5公里）和優悠組（2公里）的賽事外，在終點還設有三個主題攤位，包括精神健康服務介紹、遠足樂趣及拉筋鬆一鬆，藉此增加參與人士對運動及精神健康的認識。

「行出健康遠足比賽」得以順利推行，實有賴一眾義工團體及康復機構同工的積極推動，和社區人士的鼎力支持，期望這些成功的經驗，能為服務使用者和家屬，以及社區人士注入正能量，同時也為我們的工作注入更大的動力。



The 4th "Hiking for Health" Competition



The 4th "Hiking for Health" Competition was held on 30 March 2019 at No. 1 Playground Shek Pai Wan Estate, Aberdeen and at Aberdeen Country Park. Since its inauguration in 2010, this activity was held twice in 2013 and 2016 respectively. The purpose of the competition is to enable service users of rehabilitation organizations and the wider community to enjoy hiking together while promoting the idea of companionship and social inclusion.

The Society was honored by the presence of Ms. IP Siu Ming, District Social Welfare Officer (Central Western, Southern and Islands); Mrs. Dorothy MA, JP, District Officer (Southern); Dr. CHAN Kwok Ling, Chief of Service, Department of Psychiatry, Queen Mary Hospital, Hong Kong West Cluster, Hospital Authority; Mr. Chung Kin Man, MH, Hong Kong Mountaineering Expert; Mr. Kyran SZE, MH, Chairman of Fu Hong Society and Dr. CHUI Mo Ching, Chairman of Advisory Panel on Community Mental Health Services of Fu Hong Society to officiate at the kick-off ceremony.

The event attracted 450 athlete participants and 120 community volunteers as assistants. That day's pleasant weather and environs allowed participants to relax and ease their minds. The biggest blessing was that all athlete participants successfully completed their choice of hiking trails safely with their companions, thereby realizing the meaning of hiking for health.

In addition to the three categories: the Challenge Group (9 km), the Hiking Group (5 km) and the Experiential Group (2 km), three themed booths about mental health services, hiking fun and stretching exercises were set at the finishing line to provide information and knowledge on exercise and mental health.

The smooth implementation of this event was due to the concerted drive of all volunteer organizations, rehabilitation organizations and the support of community members. We hope that this success will inject positive energy into our service users / their family and members of the community, and motivate them to take more part in healthy sport activities and increase their interest in our work.