



繪出溫暖和諧

The colour of warmth and harmony

為了釋放生活上的壓力，近年不少人愛上用藝術放鬆心情。扶康會家庭支援服務項目主任獲得和諧粉彩準指導師認證，希望透過和諧粉彩簡單而直接的繪畫方式，利用溫暖柔和的色調，配合最簡單的美術工具 - 手指頭，在紙上隨心創作，讓服務使用者家屬可以忘卻當下煩憂，達致心靈治癒。

「愛·共行」家庭支援先導計劃聯乘扶康家長會，於2019年8月7日至8月30日舉行兩期的和諧粉彩畫班，每期四節合共17名服務使用者家屬參與。透過繪畫及聆聽輕音樂，讓家屬們於創作過程中感受創作的成功感，並舒緩生活上的各種壓力，放鬆情緒，提升他們要關愛自己的意識。當中有幾幅作品，還用作本會社工代表參與第三屆「賽馬會社工創新力量」計劃，於英國進行學習及交流時作為到訪英國牛津大學及參觀倫敦社福機構及企業時的紀念品。

In recent years, art has been increasing in popularity to become many people's favourite activity aimed at relieving stress. Our Family Support Service Officer, who is a certified associate instructor in Pastel Nagomi Art, introduced this simple art form to enable the family members of our service users to leave their worries behind and seek restoration through spiritual healing. They were encouraged to draw freely in soft, warm colours using their fingers - the most convenient art tool.

In collaboration with Fu Hong Parents' Association, By Your Side - Family Support Project ran two Pastel Nagomi Art courses between 7 to 30 August 2019, with four sessions per course and a total of 17

family members of service users participated. Through painting and listening to light music, the family members were rewarded with the satisfaction produced by unleashing their creativity. They found that involvement in art also reduced their stress, promoting an awareness of self-love. Some of the paintings were given away by representatives of our social workers as souvenirs to Oxford University and various welfare NGOs and social enterprises in London during an exchange tour organised by the 3rd InnoPower@JC Fellowship for Teachers and Social Workers.



和諧粉彩簡介：

和諧粉彩藝術是一門療癒系的粉彩指繪藝術，主要以手指沾著彩色粉末在畫紙上揉揉抹抹，畫上簡易的構圖和線條，再加上粉彩獨特的柔和與半透明質感，繪畫過程中能帶來平靜心靈、抒減壓力的效果。

Introducing Pastel Nagomi Art:

Pastel Nagomi Art is a healing pastel art form involving people using their own fingers to stick coloured powder on drawing paper in simple lines and compositions. The soft texture and translucent colours of pastel helped by bringing peace of mind and alleviating stress.