



## 屯元區「同行十載情 一起成長的日子」 Tuen Mun and Yuen Long Districts – “We’ve been together for 10 years”



「扶康屯元之友」是一個在2003年由十數位熱心人士組成的義工團隊，主要協助服務單位。經過多年的發展，現時已有300多名義工登記，每年為屯元區單位服務的時間更多達6,500小時。

為慶祝義工團隊成立十周年這個重要日子，本隊獲得「伊利沙白女皇弱智人士基金」贊助「同行十載情 一起成長的日子 - 全賴有你」計劃。本計劃製作了一本名為「一起成長的日子」的義工紀念冊用作公眾教育，加強社區人士對智障人士特性的了解及與他們相處的技巧等資料，從而提升社區人士對他們的認識及溝通。

2014年9月25日，「扶康屯元之友」於屯門龍逸社區會堂舉行社區教育活動暨新書發佈會，分享義工經驗。當日有過百位義工、會員及照顧者參加。此活動除了提供一個機會讓智障人士展現才華，更促進智障人士、義工及社區人士一同參與，增加彼此的了解，進而宣揚義務工作精神，建立共融歡樂的社區。

“Friends of Tuen Yuen” was set up in 2003 by a team of volunteers consisted of some 10 enthusiastic members. Its main duty is to provide assistance to service units. After years of development, there are now over 300 registered volunteers who dedicate about 6,500 hours every year to serve the service units in Tuen Mun and Yuen Long districts.

To celebrate the team's 10th anniversary, Queen Elizabeth Foundation for the Mentally Handicapped granted and sponsored the “We’ve been together for 10 years” project, through which a commemorative album of our volunteers was produced. The main purpose of the “We’ve been together for 10 years” album is to educate the public. By enhancing the public's understanding of the characteristics of persons with intellectual disabilities and passing on information like the skills in interacting with this group of people, it is hoped that it could strengthen the public's knowledge about them and to boost communications between the two.

“Friends of Tuen Yuen” held a Community Educational Activity cum Book Launch on 25 September 2014 at Lung Yat Community Hall in Tuen Mun, in which over 100 volunteers, members and caregivers shared their volunteer experiences. Not only did the event provide an opportunity for persons with intellectual disabilities to show their talents, it also encouraged persons with intellectual disabilities, volunteers, and community members to join together and to know more about each other. What is more, it promoted the spirit of volunteering, which is crucial in building an inclusive and happy community.

