

百人共融 創28.5米塗鴉牆

Check in @ 28.5m graffiti wall #KCH

葵涌醫院日間復元中心地下有新「打卡位」！逾100名精神病復元人士、住院病人、照顧者、醫院同事、醫院義工、朋輩支援工作員、中學生及老師，一起將28.5米長、1.2米高的石屎圍牆，繪成七彩繽紛的塗鴉藝術牆，冀打破社會對精神病的標籤，宣揚「關愛共融，有你有我」的訊息。

這幅塗鴉藝術牆前期準備歷時半年，包括招募參加者、設計草圖和安排藝術導師指導等。籌劃人兼精神科資深護師**梁兆基**說：「塗鴉曾經背負壞名聲，與精神病患者一樣常被標籤，被誤解為暴力人士，會為社會帶來問題。故我們希望藉著活動，打破大家對塗鴉和精神病患者的負面形象。」

葵涌醫院日間復元中心會根據復元人士的不同需要，透過跨專業團隊並以復元理念為基礎，提供全面及個人化的復康服務。中心為復元人士設計「復元五部曲」，包括為他們作綜合評估、協助了解復元旅程、選擇適合的復元課程、復元計劃檢討和進行卒業會議。復元人士可發揮自己的強項，在同行者、朋輩工作員及照顧者的支援下，制定個人目標和復元計劃，重拾有意義的人生。



復元人士梁小姐（中）及媽媽（左）
Ms Leung, person-in-recovery (centre) and mother (left)

梁太：「平時我和女兒因各持己見而影響關係，但當塗鴉時卻能合作和忍讓。這項活動令我們知道，互相合作共融可令世界充滿色彩，多謝醫院的構思，令我們母女關係更和諧。」

Mrs Leung says, "Usually, we have divergent views which affect our relationship. Unexpectedly, we cooperated well and tolerated with each other when we were painting graffiti! In the exercise, I experienced a world filled with colours with different people standing shoulder to shoulder. I am grateful to the hospital for organising this great event."

It is time to check in at the ground floor of Day Recovery Centre at Kwai Chung Hospital! Destigmatising psychiatric patients in a less conventional manner, over 100 persons-in-recovery, inpatients, carers, healthcare workers, hospital volunteers, peer support workers, college students and teachers painted an aesthetic graffiti art wall 28.5m long, 1.2m high, promoting an inclusive society.

It took six months for preparation including recruitment of participants, design of sketch and provision of art instruction. "Graffiti is often tagged with a bad reputation, as psychiatric patients are misunderstood to be violent and problematic to society. We hope to remove the stigma through this activity," says the event coordinator cum Advanced Practice Nurse (Psychiatric) **Leung Siu-kei**.

The Centre's integrated day recovery service provides personalised and comprehensive service in multi-disciplinary approach to person-in-recovery (PIR) of varying needs underpinned by recovery model. The centre develops a five-step approach for PIR's recovery journey in which goes through comprehensive assessment, understanding of recovery journey, selection of recovery programmes, review of plans and graduation. PIR can unleash their strengths, set personal goals and recovery plans with the support of peer workers and caregivers so as to regain a meaningful life.

復元人士郭先生（右）及女兒
Mr Kwok, person-in-recovery (right) and daughter

郭爸爸：「活動提醒我關心身邊的人。我最感動是女兒見我蹲下噴畫噴得太久時，主動扶起我，用毛巾幫我抹面，這份關愛令人難忘。」女兒補充，除藥物外，復元活動對精神病患者也重要，看到父親這麼開心，自己也受感染。

Mr Kwok says, "This activity reminds me of love and care. I was deeply moved by my daughter – she wiped my sweating face when I was squatting down to paint for a long time." His daughter adds, apart from medication, recovery activities are also crucial to mentally-ill patients. She was delighted to see her father sparkling with smiles on his face.



塗鴉活動增進參加者之間的互信和關懷，展現社會多元共融。
Graffiti enhances the bonding and trust among participants, promoting an inclusive society.



開心購物「著數」雙響炮

Happy share on Staff Co-op Shop's new double joys

好消息，HR 又有著數同大家開心 share！著數第一炮係職員合作社嚟緊因應新合約會有一連串升級服務，包括：

- 由明年1月開始，買滿\$500就可以免費送貨
- 新增一個自取貨品點喺銅鑼灣
- 引入更多貨品種類，如大型電器，仲會提供唔同主題嘅禮物籃，任君選擇
- 定期到醫院擺放展銷攤位

詳情請留意 HR App 或員工福利內聯網站。

著數第二炮就係由今年12月1日起，員工造影計劃會由依家嘅三項服務：電腦掃描、磁力共振掃描同埋乳腺造影服務，再新增兩項，分別為超聲波造影同冠狀動脈電腦掃描造影，合共提供五項造影服務。另外，現行合約將會喺今年11月30日完結，同事記住必須喺呢日或之前完成你已預約嘅造影服務。詳情可瀏覽人力資源內聯網站或致電熱線2300 7508查詢。



最新「員工造影計劃」安排
Updates of the
Staff Radi Programme

Good news to all fans of HA Co-op Shop! A new service contract with Staff Co-op Shop will bring you the following new items and services. Happy shopping!

- Free delivery service for any purchase over HK\$500 starting from January 2020
- An additional self pick-up point in Causeway Bay
- Variety of new merchandises, such as large electrical appliances and hearty hampers for special occasions
- Promotional booths regularly set up in hospitals

Check out details of these exclusive privileges in HR App or the staff welfare homepage.

Besides, starting from 1 December this year, the Staff Radi Programme will be extended to Ultrasound (USG) and Computed Tomography Coronary Angiogram (CT Coro), on top of the current services, namely Computed Tomography (CT), Magnetic Resonance Imaging (MRI) and Breast Imaging (BI), to provide more comprehensive radiological services for eligible users. Moreover, colleagues using Staff Radi Programme should complete your appointment on or before 30 November this year as the current contract will end that day. For details, please visit the Human Resources Intranet website or call the hotline at 2300 7508.



最美的生日回憶

醫護人員不是魔術師，不能一眨眼間變走病痛，但能盡力在病人的治療旅程中施點快樂的魔法。

綜合復康中心投入服務不久，陸續迎接不少年紀輕輕的「客人」，其中一位是來自腫瘤科病房的小女孩萱萱。只有一歲多的她因患有腦腫瘤而經歷過好幾次大大小小的手術，又因半邊身體未能活動自如而轉介到中心跟進。

經過醫生護士的悉心治療，以及我們物理治療師、職業治療師和義肢矯形師團隊的協作和努力，例如為萱萱進行肌肉及活動訓練、加強集中和協調能力，並度身訂造輔助器具等，兩個多月後她終於能夠自己支撐著身體坐起來，慢慢從遊戲中學習。

同時，醫務社工為母女提供心靈上的支援。職業治療師、心理學家及言語治療師亦提供方法誘導萱萱表達自己的情感，協助她與外界溝通。

不知不覺，萱萱快將兩歲了。媽媽希望帶她離港度生日，但因需定時接受治療而擱置。於是，醫務社工提議在醫院綜合復康中心內的感覺統合訓練室為她舉行生日派對。那裡色彩繽紛，是個不一樣的遊戲室。

籌備期間，媽媽逐一問我們：「萱萱的生日快到了，可以邀請你參加她的生日會嗎？」

「當然可以。」我笑著回答，仍記得萱萱媽媽臉上欣喜的笑容。

她接著說：「我想為女兒的童年留下更多美好回憶。」

生日會當天，曾經照顧萱萱的一眾醫護人員紛紛前來到賀。萱萱的媽媽更親手烹調了美食，說是要感謝大家。快樂的魔法，終於在萱萱的臉上呈現，甜美的笑容把我們的心融化了。

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萱萱兩歲生日，醫護一起為壽星女慶生。



1分鐘自由講

Minute Talk