

第八屆香港傑出義工獎得獎者

The 8th Hong Kong Volunteer Award Winner



香港失明人健體會

Blind Sports Hong Kong

提名人 : 馮康醫生
Nominator : Dr FUNG Hong

香港失明人健體會成立於 2012 年，由義工組成，義工團隊人數已超過 700 人。團隊深明不少視障人士做運動時遇到種種困難，因此組織義工成為領跑員，在專業教練指導下為視障人士提供有系統的健體運動訓練，從健步到馬拉松，再擴展到室內划艇、太極和潛水等運動。

團隊除了鼓勵義工與視障人士一同練習及參加本地以及海外的長跑比賽；亦安排義工與視障人士一同投入不同社會服務，包括探訪獨區長者及安老院、為其他慈善機構賣旗等；更一同參與文娛活動，包括欣賞電影、音樂會及演唱會等，使視障人士能有健康的體魄，突破視力障礙，增強自信，建立積極的人生態度及平等共融的關係。

香港失明人健體會致力照顧視障人士在身體、心靈與社交三方面的健康發展，每當看到視障人士積極生活及融入社會，就是團隊最大的滿足及在義務工作上的最佳回饋。

Established in 2012, Blind Sports Hong Kong (BSHK) is a group of volunteers with more than 700 members. BSHK fully understands the difficulties faced by the visually impaired in doing sports exercises, BSHK organizes volunteers to be guide runners. Under the guidance from professional coaches, the guide runners assist the visually impaired to receive systematic sports training, which ranges from walking to marathon and extends to indoor rowing, tai chi and diving.

BSHK encourages volunteers and the visually impaired to practise together and take part in both local and overseas long distance races. Furthermore, BSHK arranges volunteers and the visually impaired to take part in social services includes visit to elderly living

alone and elderly home, and flag selling for other charities. BSHK also organizes volunteers and the visually impaired to enjoy entertainment programmes such as watching movies and concerts. The general health of the visually impaired is improved, the abilities to overcome hurdles caused by visual impairment are also strengthened. The visually impaired become more self-confident, embracing a positive life outlook and building a relationship of equality and integration.

BSHK strives to take care of the wellness of the visually impaired in physical health, mind and social life. Seeing the visually impaired live positively and integrate into society is the biggest satisfaction and the best reward for the organization for its volunteering.