



BLIND SPORTS HONG KONG LIMITED

香港失明人健體會有限公司

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週年年報 (2018-19)

關於我們

香港失明人健體會有限公司（下稱「健體會」）是根據《稅務條例》第 88 條註冊為獲豁免繳稅的慈善機構，致力為視障人士提供有系統的健體運動，如體能訓練、步行及長跑等，使不同年齡的視障及長期病患人士能有健康的體魄，進而確立積極的人生態度，更有信心地迎接每一天的新生活。

使命及宗旨

1. 透過專業義務教練團隊及義工的協助，為視障人士提供適切的體能訓練，改善視障人士的體能；
2. 透過參與體能訓練，社區服務及慈善活動，讓視障人士改善心理健康，增強自信，及以正面態度建立積極人生；
3. 透過舉辦不同活動，擴闊視障人士生活圈子，使其能參與社會，增進社會融和；
4. 藉著義工參與領跑，與視障運動員相互影響，推廣社會共融，生命影響生命，達至正面影響香港各階層的效果；及
5. 發掘更多機會讓視障人士參與非牟利服務或慈善活動，以提倡平等機會。

組織架構

由 7 名資深教練及義工義務擔任主席及董事，主席兼總教練林威強先生是前港隊田徑跨欄代表及曾是本港跨欄紀錄保持者，亦是國際田聯五級教練、香港田總三級教練，有豐富教授體育運動經驗；健體會並邀請多名社會賢達包括眼科專科醫生、大律師及專業會計師等擔任義務顧問，詳情請參考本會網頁：www.bshk.org

發展歷史

健體會原為香港路德會社會服務處石硤尾失明者中心下轄的活動小組，於 2012 年正式成立。由於健體會活動內容豐富多元，規模已跟路德會石硤尾失明者中心下轄的活動小組不同，因此在路德會建議及支持下，健體會於 2018 年 4 月正式註冊成為慈善團體。



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工作報告

團隊人數

健體會的服務有賴義工們無私付出，現已登記的義工人數已超過 600 人，當中義務教練團隊人數接近 30 人，為超過 160 名視障運動員提供協助，讓他們能參與健體、跑步及其他活動。

恆常健體及跑步訓練

健體會在本港四個地區提供恆常健體及跑步訓練，包括石硤尾、屯門、沙田及將軍澳，每周共提供 6 節，每節 2 小時的訓練，每月練習時數超過 50 小時。練習由義務教練指導及領跑員協助下跑步或健行，改善體能。每月出席練習的視障運動員超過 600 人次。

其他運動訓練

健體會除了提供恆常健體及跑步訓練，更邀請不同界別專業教練，舉辦非定期訓練班，教導視障運動員及義工其他運動項目，本年度曾開辦的訓練包括：

- 舒緩生活五常痛伸展班
- 太極體驗班
- 太極研習班
- 室內賽艇訓練班



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多元化的運動賽事

本地賽事

健體會在過去一年，統籌及安排視障運動員參加本地多項不同類型運動賽事及活動，並獲 Golf for Vision 贊助比賽或活動報名費及交通費用，包括：

- 國慶長跑比賽（10 公里）
- 苗圃行動「挑戰 12 小時」共融組 12 公里比賽
- 元朗區體育節—元朗街跑博愛挑戰賽（5 公里）
- 香港先進田徑錦標賽 2018（2 公里）
- 北區豐盛人生健樂長跑比賽（10 公里）
- 毅力十二愛心跑 2018（4 小時接力跑）
- 全城街馬香港街馬長跑（8 公里及半馬拉松）
- 渣打香港馬拉松 2019 比賽（10 公里、半馬拉松及馬拉松）
- 沙田節迎春跑 2019（10 公里及半馬拉松）
- 西貢區新春長跑比賽（10 公里）
- 香港室內賽艇錦標賽暨慈善長途接力賽 2019
- Samsung 香港體育節室內短途賽艇比賽
- 警察周年室內賽艇邀請賽（共融杯）

海外賽事

在香港 100 越野賽的贊助下，健體會於 12 月中帶領超過 150 名視障運動員及義工，參加台灣嘉義嘉楠集團慈善馬拉松賽事的 6 公里、12 公里、半馬拉松和馬拉松項目，透過參加挑戰性較大的運動，激發視障人士突破自我，突破障礙的積極生活態度。



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活動及服務

除參加體育運動賽事之外，健體會還為視障運動員及義工籌辦多元化的活動，當中包括：

義工訓練、視障體驗活動及交流

健體會各隊定期為有意參加視障義工服務的人士提供義工訓練，內容包括各類不同視障及其特點、與視障人士溝通技巧、領路法和領跑法，並須要進行實習。

除了領跑法訓練，健體會更舉辦不同訓練班讓義工參加，以吸收更多不同界別的知識，讓義工在自己的生活圈子及在不同範疇為社會提供更多義工服務，關懷社會。本年度曾經舉辦或統籌舉辦以下訓練或工作坊：

- 義工分享工作坊
- 擊活人心-公眾人士使用除顫器課程（由消防處合資格導師教授）
- 「生命與聆聽」共融工作坊（共3班）
- 義工訓練提升版

公眾教育活動

為推動公眾人士認識如何幫助視障人士，健體會亦樂意為各社區團體及私營機構提供視障體驗活動，讓公眾人士能夠認識視障人士的需要和幫助他們的技巧。本年度曾經為下列組織提供視障體驗及訓練：

- 香港公益青年服務團
- 油尖旺民政事務署 Running Crew
- 視障人士福音中心運動慈善嘉年華



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內地組織交流

內地視障組織茂明心 Shine 跑團及新會盲人協會彩虹微跑團於本年度到訪屯門隊及將軍澳隊，視察健體會的訓練情況，並互相交流。

教練訓練課程

健體會更舉辦「教練訓練課程」，讓本會獲甄選的義工參加，由健體會主席兼總教練林威強先生主教，內容包括教練基礎理論入門、跑步技巧、訓練計畫擬訂及實習，目的是增加教練團隊人數，以配合不斷增加的服務人數，逐步將本會務擴展至更多不同地區。

社會服務

為讓視障人士融入社會，推動社會上的傷健共融風氣，健體會亦為視障人士及義工籌辦服務活動，包括社區服務、體育運動賽事的支援等等，活動包括：

- 參與鄰舍輔導會主辦傳承愛「深」 - 關懷探訪計畫
- 越野賽康宏圖騰跑 2018 第二檢查站（基維爾營）支援服務
- 香港 100 越野賽 2019 第三檢查站（白沙澳）支援服務
- 越野賽掙水一戰終點站支援服務
- 「點滴是生命」港島區賣旗籌款
- 「點滴掙水行」步行籌款

文娛活動

除上述活動之外，健體會鼓勵視障人士外出與社群接觸，擴闊視障人士生活圈子，使其能參與社會，增進社會融。本年度獲不同機構邀請及送贈免費音樂會、演唱會及電影門票，讓視障人士與義工一起欣賞以下節目：



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- 《超越幻想的世界》音樂會
- 「無限亮」舞蹈表演及舞台劇
- 八鄉歷險喜洋洋（與少年警訊永久訓練中心合辦）

跑鞋獎勵計畫

合適的跑鞋為參與跑步運動的基本用具，而視障人士因視障緣故，求職困難，因此大多為社會的低下階層，當中更多是依靠社會福利署公共援助維持生計，難有餘錢購買合適跑鞋。這一方面造成視障人士參與體育活動的困難，削弱他們的參與；另一方面不合適的運動鞋也容易令他們的足底筋腱或足踝受傷。

健體會獲 Golf for Vision 贊助推行跑鞋獎勵計畫，讓出席指定次數恆常練習的視障運動員，獲得上限港幣 600 元的資助購買跑鞋，以鼓勵他們的積極參與，計畫由 2019 年 1 月 1 日開始，為期 1 年。

未來展望

健體會未來仍繼續秉承一貫以來的宗旨，竭誠服務視障人士，為他們提供更多元化的活動，幫助他們鍛鍊強健的體魄及健全的心靈，突破個人障礙，融入社會，推動和諧共融。

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About Us

Blind Sports Hong Kong Limited (“BSHK”) is a charitable organisation which is exempted from tax under section 88 of the Inland Revenue Ordinance for charitable purposes. BSHK aims to provide running and physical training for the visually impaired, such as fitness enhancement exercises, walking and distance running. Irrespective of the age groups, BSHK aspires to enhance the physical mobility, general health and well-being of the visually impaired and to deliver positive influence to the visually impaired and the individuals suffering from long term illnesses.

Mission and Vision

1. Improve the physical health of visually impaired by providing opportunities to them to participate in physical training and activities with the support from coaches and guide runners on voluntary basis;
2. Improve psychological health, build up self-confidence and positive attitude towards life of visually impaired by providing them opportunities to participate in physical training, social services and charitable activities;
3. Embrace social inclusion by organising diversified activities through which to extend the social circle of visually impaired;
4. Promote social integration by encouraging interaction among volunteers and visually impaired to achieve a positive influence to all levels of the Hong Kong community; and
5. Promote equal opportunity for everybody by providing and exploring chances for visually impaired to participate in non-profit making social services or charitable activities.

Organisation Structure

The Board of Directors of BSHK consisted of 7 directors who are all on voluntary basis. Mr. Galen Lam, Chairman and Head Coach of BSHK, is a Level 5 Track & Field coach of International Association of Athletics Federations and a Level 3 coach of The Hong Kong Amateur Athletic Association. Mr. Lam has rich experience in teaching sports. BSHK also invited dignitaries of the



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community such as Specialist in Ophthalmology, barrister, accountant, etc. to be honorary consultants. Please visit BSHK website for details: www.bshk.org

How BSHK Evolved

BSHK was formerly one of the leisure activity groups set up in 2012 under the Hong Kong Lutheran Social Services, Shek Kip Mei Lutheran Centre for The Blind (“HKLSS”). The mission of BSHK was to provide running and physical training for the visually impaired. Given the diverse nature and increasing scale of BSHK’s activities, BSHK was recommended and supported by HKLSS to register as a charity independently in 2018.

Services Report

Team Members

BSHK’s service attributed to the support from volunteers. BSHK had over 600 volunteers in which 30 of them were coaches to assist more than 160 visually impaired athletes to participate in physical training, running and other activities.

Regular Physical and Running Training

BSHK arranged regular physical and running training in 4 districts, included Shek Kip Mei, Tuen Mun, Sha Tin and Tseung Kwan O. There were six 2-hour sessions weekly or 50+ hours monthly. All the training were conducted and assisted by voluntary coaches and guide runners to improve the health of visually impaired athletes. The number of attendees was over 600 times per month.

Other Sports Training

BSHK invited coaches of other professions to hold irregular training for the visually impaired and guide runners including:

- Stretching
- Tai-Chi elementary
- Tai-Chi advanced
- Indoor rowing

Diversified Races

Local



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With the sponsorship from Golf for Vision, BSHK coordinated visually impaired athletes to participate in different types of races and activities as follow:

- National Day Run (10km)
- Sowers Action Challenging 12 Hours (12km for Disabled)
- Yuen Long District 5km Challenge
- Hong Kong Masters Athletics Championships (2000 metres)
- Northern District Fun Run (10km)
- Run With Your Heart (4-hour relay)
- RunOutCity Streetathon (8km and half-marathon)
- Standard Chartered Hong Kong Marathon (0km, half-marathon and marathon)
- Sha Tin District Chinese New Year Run (10km and half-marathon)
- Sai Kung District Chinese New Year Run (10km)
- Hong Kong Indoor Rowing Championships
- Festival of Sport – Indoor Rowing Sprint Challenge
- Police Annual Indoor Rowing Competition

Overseas Races

With the sponsorship from HK100, over 150 volunteers and visually impaired athletes joined BSHK to participate in the Chia Nan Charity Marathon at Chiayi of Taiwan in December 2018. The visually impaired athletes joined 6km, 12km, 21km and 42km distances categories. By joining the races, visually impaired runners had a breakthrough and developed a more positive attitude towards life.

Social Activities and Services

In addition, BSHK organised a varies of social activities and services as follow:

Training for Volunteers

BSHK conducted regular induction training for volunteers to learn the different types of visual impairment, tips on communication with the visually impaired, method of guiding and guide running techniques.



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Furthermore, BSHK organised other types of courses to enrich the knowledge and skills of volunteers in other aspects. Volunteers could then apply the knowledge and skills learned to provide social services to the community. The following courses have been arranged:

- Experience sharing by volunteers
- "Press to shock - Save a life" CPR & AED Course (by Hong Kong Fire Services Department)
- In-depth understanding and communication with visually impaired
- Advanced training for volunteers

Public Education

To promote public awareness in assisting the visually impaired, BSHK offered training and activities to social or private organizations. BSHK conducted training for the following organisations:

- Community Youth Club Senior Members Service Group
- "Running Crew" programme organized by Home Affairs Department of Yau Tsim Mong District
- Fun Fair of Christian Ministry to Visually Impaired Persons

Exchange with Similar Organisations in Mainland China

Two Mainland China organisations came to visit BSHK to share experiences in guide-running for visually impaired.

Coach Training Courses

BSHK organised training courses for selected volunteers to become coaches. The courses covering theories and skills of coaching were conducted by Mr. Galan Lam, Chairman and Head Coach of BSHK. By training more coaches BSHK could then set up more teams in different districts.

Social Services

To promote social integration by encouraging interaction among persons with or without disabilities, BSHK organised different activities including social services, support to sports events as follow:



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- Visit elderly programmes organised by the Neighbourhood Advice-Action Council
- Check point support for trail race - Convoy Totem Run at Gilwell Campsite
- Check point support for trail race - HK100 at Pak Sha O
- Check point support for trail race – Race for Waters
- Flag selling for a Drop of Life
- Fund raising for Walk for Water

Entertainment Programmes

BSHK encouraged visually impaired people to get in touch with others in the community to extend their social circle. Free tickets of different concerts and movies were offered to BSHK's volunteers and visually impaired athletes to enjoy the following programmes:

- Cantabile - "The World Beyond Imagination" music concert
- Hong Kong Arts Festival - "No Limits" dance performance and drama
- Co-organised with Junior Police Call Permanent Activity Centre – Fun Fair

Sponsorship of Running Shoes for Visually Impaired Athletes

A pair of running shoe is an essential tool of running. Most of BSHK's visually impaired athletes lost their jobs when they lost their sight or already retired. They do not have much spare money for a new pair of running shoes or this is not the top priority compared with other daily life needs. Without a pair of suitable shoes would lower the wills to participate in running. Running with a pair of torn or unsuitable running shoes would increase the chance of injury.

With the sponsorship from Golf for Vision, BSHK was able to subsidize each of its visually impaired athletes a maximum of \$600 to buy a pair of decent running shoes by attending a minimum attendance rate of training. The programmed commenced from 1 Jan 2019 for a year.

Vision for the Future

BSHK strived to uphold its vision and mission to serve the visually impaired by organising more diversified activities so as to improve their physical and psychological health, embrace social inclusion and promote social integration.

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