



Heep Hong Society
Hoi Fu Parents Resource Centre
Newsletter Issue no. **03**
(Summer edition – July to August)

Come and join us for a fun and fruitful summer!

रमाइलो र फलदायी गर्मी मौसममा को लागी हामीसँग सामेल हुनुहोस्!!

آو اور ایک لطف اندوز اور نتیجہ خیز موسم گرما میں ہمارے ساتھ شامل



Application deadline: 30/06/2021

Center Introduction

Hoi Fu Parents Resource Centre aims to provide diverse and comprehensive supportive services to parents of children with special needs and developmental delays. With the help of Parents Resource Centre, parents can acquire resources which help deal with their parenting difficulties as well as foster the growth of their children. Moreover, through mutual support and encouragement among parents, parents can be empowered.

Scope of Services

● Hotline Service	● Training / Interest classes	● Toy Library
● Individual counselling	● Support group	● Community Education
● Talk/ Workshops/ Seminars	● Family activities	●

Eligibility for membership and application procedures

Membership types	Parent membership	Affiliate membership
Eligibility	Applicants have to be the parents or guardians of the person with special needs	Anyone who is interested in rehabilitation services <i>OR</i> wishes to use our library services
Fee	Permanent (\$500)/ 3-Year (HK\$100)/ 1-Year postal (\$50)/ 1-Year electronic (\$21)	1-Year (\$50)
Newsletter	Free of charge	N/A
Application method	Please visit Hoi Fu Parents Resource Centre to register. You may ask for the application form and pay the membership fee with cash or by cheque. *Renew your membership to keep access to our programs and activities.	

Opening Hours

Tuesday to Thursday	9am – 6pm
Friday and Saturday	9am – 7:30pm
Sunday, Monday and Public holiday	Closed

Centre location and contact number

Address: 1/F, Hoi Yan House, Hoi Fu Court, Hoi Wang Road, Mongkok, Kowloon



Contact number:	2777-5588
Fax number:	2784-1194
Email:	hfc@heephong.org

How to get there

MTR: Olympic Railway Station (Exit D) > 10-minute walk to Hoi Fu Court
Bus: 2E, 10, 12, 16, 33A, 52X, 68X, 265B, 287X, 887, 914
Minibus: 43M, 79K

Service Quality Standards and Criteria

Hoi Fu Parents Resource Center has the following service quality standards policy documents. If you wish to read them, please contact our centre staff. We accept feedbacks in the form of written documents, telephone calls and case interviews to our centre-in-charge. Parents are welcome to make suggestions to facilitate our service quality enhancement. The service quality standards policy documents are as follows:

SQS 1 The service unit ensures that a clear description of its purpose, objectives and mode of service delivery is publicly available.

SQS 2 The service unit should review and update the documented policies and procedures describing how it will approach key service delivery issues.

SQS 3 The service unit maintains accurate and current records of service operations and activities.

SQS 4 The roles and responsibilities of all staff, managers, the Management Committee and/or the Board or other decision-making bodies should be clearly defined.

SQS 5 The service unit/agency implements effective staff recruitment, contracting, development, training, assessment, deployment and disciplinary practices.

SQS 6 The service unit regularly plans, reviews and evaluates its own performance, and has an effective mechanism by which service users, staff and other interested parties can provide feedback on its performance.

SQS 7 The service unit implements policies and procedures to ensure effective financial management.

SQS 8 The service unit complies with all relevant legal obligations.

SQS 9 The service unit takes all reasonable steps to ensure that it provides a safe physical environment for its staff and service users.

SQS 10 The service unit ensures that service users have clear and accurate information about how to enter and leave the service.

SQS 11 The service unit has a planned approach to assessing and meeting service users' needs (whether the service user is an individual, family, group or community).

SQS 12 The service unit respects the service users' right to make informed choices of the service they receive as far as practicable.

SQS 13 The service unit respects the service users' rights in relation to private property.

SQS 14 The service unit respects the service users' rights for privacy and confidentiality.

SQS 15 Each service user and staff member is free to raise and have addressed, without fear of retribution, any complaints he or she may have regarding the agency or the service unit.

SQS 16 The service unit takes all reasonable steps to ensure that service users are free from abuse.

Membership Particulars Update Form

In order to keep our members posted, please fill out the form below to update any changes of your particulars. You may hand this in in person, by post or fax to Hoi Fu Parents Resource Centre. Thank You!

- Membership Particulars Update Form -	
*Parent's Name:	*Membership No.:
Types of SEN of child:	E-mail:
Contact no.(home):	Address:
Contact no.(work):	Others:



Centre service arrangement during COVID-19

In view of the current COVID-19 pandemic, Hoi Fu Parents Resource Centre has made a few arrangements as of the notice issued by Social Welfare Department as of 14 September.

1. To avoid crowds, large scale activities, toy library, resource corner and walk-in service will be suspended until further notice from Social Welfare Department. Please make an appointment in advance if you wish to visit us.
2. Please follow our infection control measures whenever you attend any of our activities or appointment.
3. Depending on the COVID-19 pandemic situation, the centre may consider using Zoom to replace face-to-face activities. Participants will be notified for the changes by then.
4. Our Centre will ensure adequate cleaning and disinfection work for all the activities.
5. All visitors are required to put on a mask, measure their body temperature, clean their hands and comply with the instructions from our centre staff. For any participants who cannot keep their masks on, he/ she will not be allowed to join our activities and no refund will be made.
6. If any of the visitors are suspected or diagnosed with COVID-19, he/ she has to consult medical support immediately. They are not allowed to join any of the activities on that day. As for the upcoming events, it will depend on the medical condition of the person.
7. For any family members or persons who are in close contact with people who had travelled, please stick to the quarantine requirements and visits to our centre are not allowed.
8. If any family members or people who you had close contact with are found to have COVID-19, please inform us as soon as possible.
9. For any families who have difficulty in getting masks, please contact our staff for further assistance.
10. Please stay tuned for the latest news by paying attention to your phone calls, whatsapps or emails.

Self-Introduction

I am Akhtar Sohail, the program worker. 15 years ago, I came from Pakistan 🇵🇰. I love reading book and doing art work. My favorite hobby is cooking. I also love to answer calls on our hotline service of Hoi Fu Parents Resource Centre.

My name is Dhuman Shweeta. My hobbies include sketching and reading books. I am from Nepal 🇳🇵. I speak 3 languages which include Nepali, English and Hindi.



Hello everyone! This is Miss Joy 😊 Nice to meet you all! It is always happy to see both new and old faces here in Hoi Fu Centre! Please come and join us for some activities with your family! I am recently reading poetry books and love travelling.

Toy Library

In Toy Library, you can borrow toys and books. There are educational learning toys, which you can give training at home. There are training toys ranging from sensory training for young age to social skills learning for older kids. There are also story and picture books in different languages such as Urdu, Nepali and Hindi etc. for you!



Tell Me More

My child is **five** years old, but is still very dependent on us. Although the teacher says he can wear and take off clothes, shoes and socks, once he is home, he always **asks me to help him**. What can I do to encourage him to **do it on his own**?



To help children **develop the habit** of dressing themselves independently, parents should make sure their children understand that it is the children's own **responsibility**. Parents should **give more room for practice** instead of doing this for them.

Parents can set up a **reward scheme** with their children for dressing by themselves and set targets together. Every time the children are able to achieve a target, they will get a reward they want.




A **small reward** such as a sticker will be given when the child can change his uniform independently **each day**.

A **big reward** such as a snack or stationery will be given when the child can change the uniform independently for a week.



Bad Weather Arrangement

Based on the weather report from the Observatory **2 HOURS BEFORE** the activities, we will have the following arrangement. We will **NOT** notify the participants individually. Should you have any questions, please call Hoi Fu Parents Resource Centre at 2777-5588 or whatsapp at 5510-8114.

		 T 1 Amber 黃	 3 Red 紅	Typhoon Signal No. 8 OR  Black 黑
Centre Operation		☺	☺	✕ #1
Indoor activities	Activities with preschoolers	☺	✕ #2	✕
	Activities with primary school children or above		☺ #2	
	Activities with parents ONLY		☺ #2	
Outdoor activities	Activities with preschoolers or above	☺	✕ #2	✕
	Activities with parents ONLY			
☺ The activities will carry on.		✕ The activities will be canceled or postponed.		

#1: The Centre will resume service within 2 hours once the signal is lowered. However, if the signal is lowered after 2PM (Tue to Thur) or 3PM (Fri and Sat), the service will NOT be resumed.

#2: Depending on the weather, special activities may be carried on or canceled.

Water Sports Activities

All water sports activities will be canceled if the thunderstorm warning signal is issued.

When the weather condition changes within 2 hours before the activities

If the signal is lowered within 2 hours before the activities, the activities will still be canceled.

If a stronger signal is expected within 2 hours before the activities, the activities will be canceled.

During the activities

If the weather event gets worse during the activities, the Centre will either dismiss or keep the participants under a safe circumstance.

Special arrangement

Apart from the factors above, the Centre may also make special arrangement depending on the weather condition, location as well as the nature of activity. We shall notify participants 2 hours before the activities. Parents should also decide whether to attend the activities as appropriate.

Rules and Responsibilities

1. Participants have to be punctual. Late comers will not be entertained.
2. Parents with no-shows for more than two times in a quarter will automatically be placed in the waiting list for the next quarter of activities enrollment.
3. Once accepted to the activity, no change of participants is allowed, unless a valid ground is given.
4. Parents should not leave their child(ren) unattended anywhere. Parents can only leave when the activity starts and return once the activity ends.
5. Parents who have to bring two children alone to attend activities can ask for special permission for inviting a relative to help. Discretion will be applied to special condition such as single-parent family or pregnancy.
6. Family members from the extended family (relatives) will be only considered to be accepted for the activities if there are still quotas left after all registration. If the relatives wish to take up the original quota due to the unavailability of the parents, special request should be made to the centre-in-charge.

Guidelines on Enrollment

1. Fill out the enrollment form.
2. Calculate the total fee for the activities.
3. Pay to Hoi Fu Parents Resource Centre by
 - 1) Crossed Cheque:
 - i. Payable to 'Heep Hong Society';
 - ii. Write the exact payment amount. (See below)

The Hongkong and Shanghai Banking Corporation Limited Bonham Strand Office: 35 Bonham Strand, HK 文咸東街分行 香港文咸東街文華大廈		香港上海匯豐銀行有限公司 Member HSBC Group • 豐集團成員	
<h1 style="margin: 0;">Heep Hong Society</h1>		8 / 11 / 2020 日 Day 月 Month 年 Year 或持有人 or bearer	
祈付 Pay 港幣 HK Dollars ONE HUNDRED DOLLAR ONLY		<div style="border: 1px solid black; padding: 5px; display: inline-block;">\$ 100-</div>	
Mary Ahmed		Mary	
"826527" 004""459": 105128"001""			

SAMPLE

- 2) Cash:

You may pay in person or authorize others to pay the amount in our centre.
4. Submit the enrollment form before the deadline
 - 1) by post:
 - i. Send us the enrollment form together with the crossed cheque to our centre (DO NOT mail us the cash).
 - ii. Write "Activity Enrollment" on the envelope to specify.

- iii. Make sure there is enough stamp fee.
- 2) in person in Hoi Fu Parents Resource Centre

5. All activities are on **first-come, first-served basis**. Registration status will be confirmed once the application form is submitted.

Activity enrollment schedule (Issue no.3)	
Application deadline:	30/06/2021
The next newsletter (Issue No. 4) will be published on 28 July 2021.	

Remarks:

1. We do not accept application via telephone calls, whatsapp or fax.
2. No change of participants once you are accepted into the program. If you wish to withdraw from the activity, there will be no refund. No make-up classes will be offered in any circumstances. Please inform our centre staff if you encounter any difficulties.
3. In case of any bounced checks, all registrations will be canceled.
4. Please keep the receipts until the end of all activities. Receipt is needed if a refund is arranged by our centre.
5. Hoi Fu Parents Resource Centre offers fee reduction to families on CSSA or with financial difficulty. Please contact our social workers for further details.

Program Change, Refund and Cancellation Policy
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1. Please refer to the “Bad Weather Arrangement” in case of any extreme weather condition. The centre will decide whether to carry on or cancel the activity depending on the weather condition.
2. If the participant cannot join the activity due to the cancellation or postponement of activity by the Centre, a refund will be offered.
3. The Centre will arrange make-up classes if the activity is affected by the extreme weather. Yet no refund will be given if the participant cannot join the make-up classes. If no make-up classes can be arranged, refund on a pro-rata basis will be given.
4. For any refunds, participants have to visit our Centre in person together with the receipt **within a month** after the announcement of result. Late request will not be entertained and considered as donation without prior notice.
5. There will be photo-taking during the activities for our internal record. Please inform us if you do not wish your pictures to be taken.
6. For any joint programs with our parties, the Centre may disclose certain information such as name, sex and age to them, depending on the nature of activity.

Primary 1 adjustment group

Date: 4, 6, 11, 13, 18, 20 August 2021 (Every Wed & Fri)

Time: 3-4PM

Venue: Hoi Fu Centre

Target: K3 students with special needs who are going to the MAINSTREAM school in 2021/22

Capacity: 4

Fee: \$60

Content: Kindergarten students are going through a big change from kindergarten to primary schools. Children are expected more in terms of independence, self-care skills and social skills etc. Join us to let your get more prepared for the BIG CHANGE!



Primary 1 adjustment group

تاریخ: 4 ، 6 ، 11 ، 13 ، 18 ، 20 اگست 2021 (ہر بدھ اور جمعہ)

وقت: 3-4

مقام: ہوئی فو سنٹر

ہدف: 3 طلباء جو خصوصی ضرورت کے حامل ہیں

22/2021 میں مین اسٹریم اسکول جارہے ہیں

گنجائش: 4

فیس: 60

مواد: کنڈرگارٹن کے طلباء کنڈرگارٹن سے پرائمری اسکولوں میں ایک بڑی تبدیلی سے گزر رہے ہیں۔ آزادی، خود کی دیکھ بھال کرنے کی مہارت اور معاشرتی مہارت وغیرہ کے لحاظ سے بچوں سے زیادہ توقع کی جاتی ہے۔

प्रायमरी १ समायोजन समूह

मिती: ४, ६, ११, १३, १८, २० अगष्ट २०२१ (बुधवार र शुक्रवार)

समय: दिउसोको ३- ४

ठाउँ: होइ फु सेन्टर

लक्ष्य: K3 विद्यार्थीहरू विशेष आवश्यकताको साथ जो २०२१/ २०२२ मा MAINSTREAM स्कूल जाँदैछन्

सिट: ४

शुल्क: \$ ६०

विषय: किनडरगारडान विद्यार्थीहरूले किनडरगारडान बाट प्रायमरी स्कूलमा ठूलो परिवर्तन हुनेछ । बच्चाहरूले स्वतन्त्रता, आत्म-देखभाल कौशल र सामाजिक सीपहरूको सर्तमा बढी अपेक्षा गरिन्छ । ठूलो परिवर्तनको लागी थप तयार हुनको लागी हामीसँग सामेल हुनुहोस्!

Beauty box DIY

Date: 8 & 15 July 2021 (Thursday)

Time: 10-11:15AM

Venue: Hoi Fu Centre

Target: Parents with kids of special needs

Capacity: 6-8

Fee: \$50

Content: Be kind to yourself! All mommies deserve to be pretty and take good care of yourself! Come and make your own self-care box! We will make a self-care box with candles, organic facial masks and cheer-up cards!



Beauty box DIY

تاریخ: 8 اور 15 جولائی 2021 (جمعرات)

وقت: 10-11:15 بجے

مقام: ہوئی فو سنٹر

ہدف: والدین جن کے بچے خاص ضرورت کے حامل ہیں

گنجائش: 6-8

فیس: 50

مشمولات: اپنے آپ سے شفقت کر میں تمام مائیں خوبصورت ہیں۔ اور اپنی دیکھ بھال رکھنے کی مستحق ہیں۔ ائیں اور اپنا خود کی دیکھ بھال رکھنے کا ڈبہ بنائیں۔ ہم موم بتیاں، نا میاتی چہرے کے ماسک اور خوش مزاج کارڈوں کے ساتھ ایک خود کا خیال رکھنے کا ڈبہ بنائیں گے

आफै ब्राउ -सौन्दर्यको बक्स

मिती : ८ & १५ जुलाई २०२१ (बिहीबार)

समय: बिहानको १०- ११:१५

ठाउँ: होइ फु सेन्टर

लक्ष्य: विशेष आवश्यकताको बच्चाहरूको अभिभावक

सिट: ६- ८

शुल्क: \$५०

विषय: आफु प्रति नम्र हुनुहोस् ! सबै आमाहरू सुन्दर हुन र आफूलाई राम्रो हेरचाह गर्न योग्य छन् !

आउनुहोस् र आफैले बनाएको सेल्फ-केयर बक्स बनाउनुहोस् ! हामीले मेनबत्तीहरू, जैविक अनुहारको मास्क र खुशी बनाउनु कार्डहरूको साथ एक सेल्फ-केयर बक्स बनाउनेछौं !

Smart snacking 101

Date: 20 & 27 July 2021 (Tuesday)

Time: 3-4 PM

Venue: Hoi Fu Centre

Target: Parent and their child with special needs

Capacity: 6 pairs

Fee: \$40 (including ingredients fee)

Content: Children always crave for food and snacks. But how can we fill their tummy with healthy and simple-to-make snacks to keep them fit and strong? Let us learn to make different snacks with nutritious ingredients with SUPER SIMPLE RECIPE!



Smart snacking 101

تاریخ: 20 اور 27 جولائی 2021

(منگل)

وقت: 3:4 بجے

مقام: ہوئی فو سنٹر

ہدف: والدین جن کے بچے خاص ضرورت کے حامل ہیں

گنجائش: 6 جوڑے

فس: \$40 (اجزاء کی فیس سمیت)

مشمولات: بچے ہمیشہ کھانے اور نمکین کے خواہاں رہتے ہیں۔ لیکن ہم ان کے پیٹ کو صحت مند اور آسان تر بنائے ہوئے ناشتے سے کیسے بھر سکتے ہیں تاکہ انہیں فٹ اور مضبوط رکھیں۔ آئیے ، متناسب اجزاء کے ذریعہ مختلف نمکین بنانا سیکھئے جس کی مدد سے آسان نسخہ حاصل

Smart snacking 101

میتھی: ۲۰ ر ۲۷ جولائی (منگلبار)

سमय: दिउसोको ३- ४

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा

सिट: ६ जोडी

शुल्क: \$४० (सामग्री शुल्क सहित)

विषय: बच्चाहरू सधैं खाना र खाजाको लागि तृष्णा गर्दछन् । तर हामी कसरी उनीहरूको स्वस्थ र सजिलो तरिकाले खाजा बनाउने जस्तै उनीहरूलाई फिट र मजबूत राख्ने ? पौष्टिक तत्वहरूका साथ विभिन्न खाजा बनाउनको लागि एकदम सजिलो परिकार बनाउन सिकाउँ !

Eid Fun Day

Date: 30 July 2021 (Friday)

Time: 2-4PM

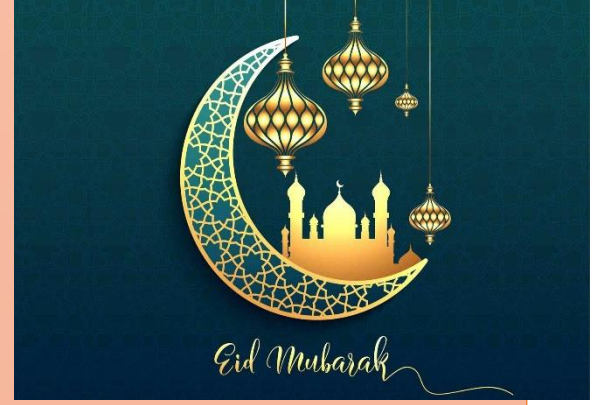
Venue: Hoi Fu Centre

Target: Parent and their child with special needs

Capacity: 8 pairs

Fee: \$10/ pair

Content: Come and join us to celebrate the Eid in July! We will make beautiful art work and have some fun games together to know more about Eid. Do not miss the lucky draw too!



Eid Fun Day

تاریخ: 30 جولائی 2021 (جمعہ)

وقت: 2-4

مقام: ہوئی فو سنٹر

ہدف: والدین اور ان کا بچہ خصوصی ضرورتوں کے ساتھ

گنجائش: 8 جوڑے

فیس: \$ 10 / جوڑے

مشمولات: آئیں اور ہمارے ساتھ جولائی میں عید منانے کے لئے شامل ہوں! ہم عید کے بارے میں

مزید جاننے کے لئے خوبصورت آرٹ ورک تیار کریں گے اور ساتھ ہی کچھ تفریحی کھیل رکھیں

گے۔ قرعہ اندازی

!بھی مت چھوڑیں

ईदको रमाइलो दिन

मिती: ३० जुलाई २०२१ (शुक्रबार)

समय: दिउसोको २- ४

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा

सिट: ८ जोडी

शुल्क: \$ १० / जोडी

विषय: आउनुहोस् र जुलाईमा ईद मनाउन हामीसँग सामेल हुनुहोस् ! ईदको बारेमा अझ बढी जान्ने र साथमा एक सुन्दर कला बनाउने र रमाइला खेल्हरु खेल्ने । लक्की ड्र नछुटाउन होस् !

STEM buddies

Date: 5, 12 August 2021 (Thursday)

Time: 3-4PM

Venue: Hoi Fu Centre

Target: Parent and their child with special needs

Capacity: 6 pairs

Fee: \$20/ pair

Content: The idea of STEM is getting very popular as it improves creativity and boost curiosity among children. We will make STEM toys for this summer!



STEM buddies

تاریخ: 5 ، 12 اگست 2021 (جمعرات)

وقت: 3-4

مقام: ہوئی فو سنٹر

گنجائش: والدین اور ان کا بچہ خصوصی ضرورتوں کے ساتھ

صلاحیت: 6 جوڑے

فیس: \$ 20 / جوڑے

مواد: اسٹیم کا خیال بہت مشہور ہو رہا ہے کیونکہ اس سے تخلیقی صلاحیتوں میں بہتری آتی ہے اور بچوں میں تجسس کو فروغ ملتا ہے۔ ہم اس موسم گرما میں اسٹیم کے کھلونے بنائیں گے

STEM buddies

مिती: ५ , १२ अगष्ट २०२१ (बिहीबार)

समय: दिउसो को ३- ४

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा

सिट: ६ जोडी

शुल्क: \$ २० / जोडी

विषय: STEM को विचार धेरै लोकप्रिय भैरहेको छ किनभने यसले बच्चाहरूको सृजनात्मकता र उत्सुकतामा सुधार गर्दछ। हामी यस गर्मी मौसममा STEM खेलौना बनाउनेछौं ।

Physical fitness challenge (Primary section)

Date: 24, 31 July, 7, 14 August 2021 (Saturday)

Time: 2:30-3:30PM

Venue: Hoi Fu Centre

Target: Parent and their child with special needs studying in **mainstream primary school (Age from 6-11)**

Capacity: 6 pairs

Fee: \$20/ pair

Content: Move your body together during this hot summer! Learn how to train up your body and have fun as a family pair at the same time! This group will be led by experienced physical fitness coach in Hong Kong!



Physical fitness challenge (Primary section)

اریخ: 24 ، 31 جولائی ، 7 ، 14 اگست 2021 (ہفتہ)

وقت: 2-30 : 3-30

مقام: ہوئی فو سنٹر

ہدف: مرکزی دھارے کے کنڈرگارٹن میں تعلیم حاصل کرنے والی خصوصی ضروریات والا بچہ اور والدین

(6-11 سے عمر)

گنجائش: 6 جوڑے

فیس: 20 / جوڑے

مواد: اس گرمی کے دوران اپنے جسم کو ساتھ رکھیں! اپنے جسم کی تربیت کرنے کا طریقہ سیکھیں اور ایک ہی وقت میں خاندانی جوڑی کی طرح تفریح کریں۔ اس گروپ کی قیادت ہانگ کانگ میں ایک تجربہ کار جسمانی فٹنس کوچ کریں گے

शारीरिक क्षमताको चुनौती (Primary section)

मिती: २४, ३१ जुलाई, ७, १४ अगष्ट २०२१ (Saturday)

समय: दिउसोको २:३०- ३:३०

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा र **Mainstream Primary School** अध्ययन गरिरहेका (उमेर ६- ११)

सिट: ६ जोडी

शुल्क: \$ २० / जोडी

विषय: यो तातो गर्मी को समयमा आफ्नो शरीर सँगै सार्नुहोस्! तपाईंको शरीरलाई कसरी तालिम दिने र एकै समयमा पारिवारिक जोडीको रूपमा रमाइलो गर्ने सिक्नुहोस्! यो समूह हड्कङ्को अनुभवी शारीरिक फिटनेस कोचको नेतृत्वमा हुनेछ!

Physical fitness challenge (Kindergarten section)

Date: 24, 31 July, 7, 14 August 2021 (Saturday)

Time: 3:45-4:45PM

Venue: Hoi Fu Centre

Target: Parent and their child with special needs studying in mainstream kindergarten (Age from 3-6)

Capacity: 6 pairs

Fee: \$20/ pair

Content: Move your body together during this hot summer! Learn how to train up your body and have fun as a family pair at the same time! This group will be led by experienced physical fitness coach in Hong Kong!



Physical fitness challenge (Kindergarten section)

تاریخ: 24 ، 31 جولائی ، 7 ، 14 اگست 2021 (ہفتہ)

وقت: 3:45-4:45

مقام: ہوائی فو سنٹر

ہدف: مرکزی دھارے کے کنڈرگارٹن میں تعلیم حاصل کرنے والی خصوصی ضروریات والا بچہ اور والدین (3-6 سال کی عمر)

گنجائش: 6 جوڑے

فیس: \$ 20 / جوڑے

مواد: اس گرمی کے دوران اپنے جسم کو ساتھ رکھیں! اپنے جسم کی تربیت کرنے کا طریقہ سیکھیں اور ایک ہی وقت میں خاندانی جوڑی کی طرح تفریح کریں۔ اس گروپ کی قیادت ہانگ کانگ میں ایک تجربہ کار جسمانی فٹنس کوچ کریں گے

शारीरिक क्षमताको चुनौती (Kindergarten section)

मिती: २४, ३१ जुलाई, ७, १४ अगष्ट २०२१ (शनिबार)

समय: दिउसो ३:४५- ४:४५

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा र Mainstream kindergarten मा अध्ययन गरिरहेका (उमेर ३- ६)

सिटः: ६ जोडी

शुल्क: \$ २० / जोडी

विषय: यो तातो गर्मी को समयमा आफ्नो शरीर सँगै सार्नुहोस्! तपाईंको शरीरलाई कसरी तालिम दिने र एकै समयमा पारिवारिक जोडीको रूपमा रमाइलो गर्ने सिक्नुहोस्! यो समूह हड्कङ्को अनुभवी शारीरिक फिटनेस कोचको नेतृत्वमा हुनेछ!

Fludiart Painting (Primary section)

Date: 10 July 2021 (Saturday)

Time: 2:30-3:30pm

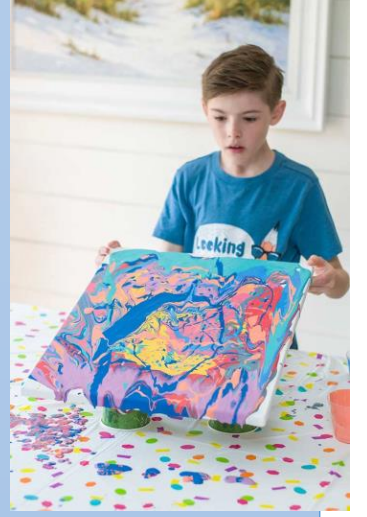
Venue: Hoi Fu Centre

Target: Parent and their child with special needs (Age from 6-11)

Capacity: 6 pairs

Fee: \$10/ pair

Content: In fludiart, we pour paint onto canvas to make a very unique piece of art work. Children and parents have lots of freedom in creating your own art work while making fun!



Fludiart Painting (Primary section)

تاریخ: 10 جولائی 2021 (ہفتہ)

وقت: 30 - 3:30 بجے

مقام: ہوئی فو سنٹر

ہدف: مرکزی دھارے کے کنڈرگارٹن میں تعلیم حاصل کرنے والی خصوصی ضروریات والا بچہ

اور والدین (6-11 سال کی عمر)

گنجائش: 6 جوڑے

فیس: 10 / جوڑے

مشمولات: غیر منقولہ طور پر ، ہم آرٹ ورک کا ایک بہت ہی منفرد ٹکڑا بنانے کے لئے کینوس پر

پینٹ ڈالتے ہیں۔ بچوں اور والدین کو لطف انوز ہوتے ہوئے خود کے اپنے فن کا کام تخلیق

کرنے میں بہت زیادہ آزادی حاصل ہے

فلوڈی چترکلا (Primary section)

مिती: १० जुलाई २०२१ (शनिवार)

समय: दिउसोको २:३०- ३:३०

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा

सिट: ६ जोडी

शुल्क: \$ १० / जोडी

विषय: फ्लुडि चित्रकला हामी क्यानभासमा रङ्ग बगाएर एक अद्वितीय टुक्रा बनाउन सकिन्छ ।

बच्चाहरू र आमाबाबुसँग रमाईलो गर्दा तपाईंको आफ्नै कला कार्य सिर्जना गर्न धेरै स्वतन्त्रता हुन्छ!

Fludiart Painting (Kindergarten section)

Date: 10 July 2021 (Saturday)

Time: 4-5pm

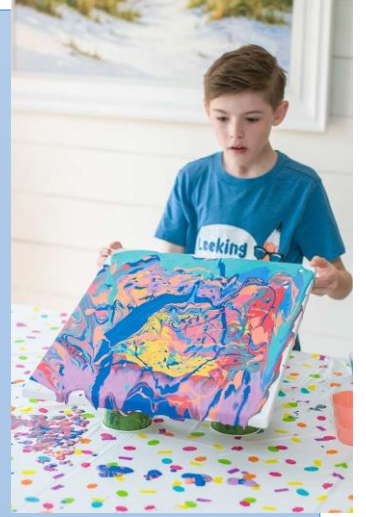
Venue: Hoi Fu Centre

Target: Parent and their child with special needs (Age from 3-6)

Capacity: 6 pairs

Fee: \$10/ pair

Content: In fludiart, we pour paint onto canvas to make a very unique piece of art work. Children and parents have lots of freedom in creating your own art work while making fun!



Fludiart Painting (Kindergarten section)

تاریخ: 10 جولائی 2021 (ہفتہ)

وقت: شام 4-5 بجے

مقام: ہوئی فو سنٹر

دف: والدین اور خصوصی ضروریات والا ان کا بچہ (3-6 سال کی عمر)

گنجائش: 6 جوڑے

فیس: 10 / جوڑی

مشمولات: غیر منقولہ طور پر ، ہم آرٹ ورک کا ایک بہت ہی منفرد ٹکڑا بنانے کے لئے کینوس پر پینٹ ڈالتے

ہیں۔ بچوں اور والدین کو لطف انوز ہوتے ہوئے خود کے اپنے فن کا کام تخلیق کرنے میں بہت زیادہ آزادی حاصل

ہے

فلوڈی چترکلا (Kindergarten section)

میتھی: ۱۰ جولائی ۲۰۲۱ (شनिवार)

समय: ४- ५

ठाउँ: होइ फु सेन्टर

लक्ष्य: अभिभावक र विशेष आवश्यकता भएको बच्चा

सिट: ६ जोडी

शुल्क: \$ १० / जोडी

विषय: फ्लुडि चित्रकला हामी क्यानभासमा रङ्ग बगाएर एक अद्वितीय टुक्रा बनाउन सकिन्छ ।

बच्चाहरू र आमाबाबुसँग रमाईलो गर्दा तपाईंको आफ्नै कला कार्य सिर्जना गर्न धेरै स्वतन्त्रता हुन्छ!

City Hunt @ Ma On Shan Park (Sunday team)

Date: 15 Aug 2021 (Sunday)

Gathering venue: Hoi Fu Centre

Dismissal venue: Hoi Fu Centre

Target: Parent and their child with special needs

Fee: \$10/ pair

Content: Visit the family-friendly park in Ma On Shan and enjoy the day with fun and exciting activities. We will also take public transport to try out different transportation!

Remarks: Please bring your own lunch.

Gathering time: 9:30am

Dismissal time: 2pm

Capacity: 12-13 pairs

City Hunt @ Ma On Shan Park (Sunday team)

تاریخ: 15 اگست 2021 (اتوار)

جمع وقت: صبح 9:30

اجتماع کا مقام: ہوائی فو سنٹر

برخاستگی کا وقت: دوپہر 2 بجے

برخاستگی کا مقام: ہوائی فو سنٹر

ہدف: بچے خصوصی ضرورتوں کے حامل اور ان کے والدین

گنجائش: 12-13 جوڑے

فیس: \$ 10 / جوڑی

مشمولات: ما آن شان میں خاندانی دوست پارک کا دورہ کریں اور تفریح اور دلچسپ سرگرمیوں کے ساتھ دن کا لطف اٹھائیں۔ ہم مختلف نقل و حمل کی کوشش کرنے کے لئے عوامی نقل و حمل! بھی لیں گے

ریمارکس: براہ کرم خود اپنا لنچ لائیں

City Hunt @ Ma On Shan Park (Sunday team)

میتھی: ۱۵ اگست ۲۰۲۱ (آدھتبار)

بھڈنے ٹاؤن: ہوی فو سینٹر

بھڈنے ٹاؤن: ہوی فو سینٹر

لکھ: اہمبھاک ر ویشہ آواسھکٹا بھکو بھوا

شولک: \$ ۱۰/ جوڈی

ویسھ: ما آن شانکو پاریرارک-آنوکول پارک بھمھن گرنھوس ر رماڈلو ر روماڈھک گتیریرھیرھو منورنھن گرنھوس . ہامی ویربھنر یاتاياتا ھروگ رن ساروھنرک یاتاياتا ھنر لیرنھو!

ٹیرھنی : کھپیا آاھنو آان لیرر آاونھوس ।

بھڈنے ساه: بھان ۹:۳۰

بھڈنے ساه: دیرسوکو ۲

سیر: ۱۲- ۱۳ جوڈی



City Hunt @ Ma On Shan Park (Thursday team)

Date: 19 Aug 2021 (Thursday)

Gathering venue: Hoi Fu Centre

Dismissal venue: Hoi Fu Centre

Target: Parent and their child with special needs

Fee: \$10/ pair

Content: Visit the family-friendly park in Ma On Shan and enjoy the day with fun and exciting activities. We will also take public transport to try out different transportation!

Remarks: Please bring your own lunch.

Gathering time: 9:30am

Dismissal time: 2pm

Capacity: 12-13 pairs

City Hunt @ Ma On Shan Park (Thursday team)

تاریخ: 19 اگست 2021 (جمعرات)

جمع وقت: صبح 9:30

برخاستگی کا وقت: دوپہر 2 بجے

گنجائش: 12-13 جوڑے

فیس: 10 / جوڑی

مشمولات: ما آن شان میں خاندانی دوست پارک کا دورہ کریں اور تفریح اور دلچسپ سرگرمیوں کے ساتھ دن کا لطف اٹھائیں۔ ہم مختلف نقل و حمل کی کوشش کرنے کے لئے عوامی نقل و حمل بھی لیں گے

ریمارکس: براہ کرم خود اپنا لنچ لائیں

City Hunt @ Ma On Shan Park (Thursday team)

میتھی: 19 اگست 2021 (بیہیبار)

بہدنے ٹاؤن: ہوی فو سینٹر

خودنے ٹاؤن: ہوی فو سینٹر

لکھ: अभिभावक र विशेष आवश्यकता भएको बच्चा

शुल्क: \$ 10/ जोडी

विषय: मा अन शानको पारिवारिक-अनुकूल पार्क भ्रमण गर्नुहोस् र रमाइलो र रोमाञ्चक गतिविधिहरू मनोरञ्जन गर्नुहोस् . हामी विभिन्न यातायात प्रयोग गर्न सार्वजनिक यातायात पनि लिनेछौं! **टिप्पणी :** कृपया आफ्नो खान लिएर आउनुहोस् ।

बेदने समय: बिहान ९:३०

खुदने समय: दिउसोको २

सिट: १२- १३ जोडी



