



推出全港首本
認知訓練食譜
《我「析」煮》
並成立全港首支探訪
認知障礙症患者之企業義工隊

Hong Kong's First Cognitive Training Cookbook
and Corporate Volunteer Team to
Visit Elderly People with MCI Symptoms



煤氣
Towngas

低碳能源 清新空氣
Greening up your life

煤氣公司與香港聖公會福利協會聯手推出 全港首本認知訓練食譜《我「析」煮》 並成立全港首支探訪認知障礙症患者之企業義工隊

Towngas and Hong Kong Sheng Kung Hui Welfare Council Limited
Jointly Announced First Cognitive Training Cookbook and
Corporate Volunteer Team to Visit Elderly People with MCI Symptoms

煤氣公司與香港聖公會福利協會(福利協會)去年開始合作舉辦「煮播」計劃，透過烹飪為認知障礙症長者進行認知訓練。今年計劃再進一步，推出全港首本認知訓練食譜—《我「析」煮》，以及成立全港首支專門探訪認知障礙症患者的企業義工隊，冀助病人家屬更適當地照顧患病長者，從而紓緩他們在生活上承受的壓力。

香港中文大學醫學院內科及藥物治療學系研究助理教授及臨床心理學家黃沛霖博士指：「不少認知障礙症照顧者或家人因為對患者病情不了解，加上長期照顧面對沉重的心理及精神壓力，或會出現情緒問題。企業可動員義工定期探訪這些家庭，為患者及照顧者提供持續的支援和關懷，有助減輕護理壓力，提升生活質素。」

為將服務推展至全港，「煮播」計劃推出全港首本認知訓練食譜《我「析」煮》。食譜揉合職業治療元素及烹煮技巧，除了教授以程序學習方法烹調多款家常菜式外，還提供實用溝通小貼士，有效促進照顧者及義工與患者間之良好溝通。

Towngas and the Hong Kong Sheng Kung Hui Welfare Council Limited (Welfare Council) jointly launched the “Chef Anchor” programme last year to conduct cognitive training through cooking for elderly people with Mild Cognitive Impairment (MCI). This year, the programme is enhanced with the launch of Hong Kong's first cognitive training cookbook, “I Can Cook”, and the establishment of the first corporate volunteer team to visit elderly people with MCI, aiming to alleviate the pressure suffered by families and carers.

Dr Adrian Wong, Research Assistant Professor and Registered Clinical Psychologist (DCP, HKPS), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK, said, “Many MCI carers and family members may develop emotional problems as they do not have sufficient knowledge about the disease and they have to cope with the stress associated with the demands of daily care. Regular visits by corporate volunteers can provide much needed support and care for MCI patients and their families.”

To further enhance the “Chef Anchor” programme, the first cognitive training cookbook, “I Can Cook”, has been released. This is a specially designed cookbook with occupational therapy elements and practical tips highly recommended by the healthcare and social welfare sectors.



香港中文大學醫學院內科及藥物治療學系研究助理教授及臨床心理學家黃沛霖博士(中)、煤氣公司企業事務總經理楊松坤(右)，以及香港聖公會福利協會助理總幹事岑家雄合照。

Dr Adrian Wong, Research Assistant Professor and Registered Clinical psychologist (DCP, HKPS), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK (centre), Isaac Yeung, Towngas Corporate Affairs General Manager (right) and Joe Sham, Assistant Director of Welfare Council at the ceremony.



福利協會一級職業治療師雷慧珊(右一)、煤氣公司義工發哥(中)及Rita(右二)與參加者甘女士(左二)分享參加「煮播」計劃的感受。

Stephanie Lui, Occupational Therapist I of Welfare Council (1st from right), Leung Chun Fat and Rita, Towngas volunteers and elderly participant Ms Kam (2nd from left) shared their experience on how the “Chef Anchor” programme helps them in different ways.



「煤氣「煮播」義工隊」正式成立，將探訪曾參與計劃的長者，透過遊戲和觀察，記錄長者的反應和進度，再交給社工跟進。

“Towngas Chef Anchor Volunteer Team” is established to pay home visits to programme elderly participants. Through games and observations during the visits, volunteers will record the progress of participants and provide reports for social workers' follow-up work.

煤氣公司榮獲

「工業獻愛心－至尊關懷大獎」及 「2016-18最佳企業義工計劃比賽」亞軍

Towngas honoured with **Grand Caring Award by FHKI** and **First Runner-up in 2016-18 Best Corporate Volunteer Service Project Competition**

煤氣公司榮獲香港工業總會(工總)主辦的「工業獻愛心」計劃2018企業組別的「至尊關懷大獎」, 以及「最具創意獎」。同時, 煤氣公司亦獲社會福利署推廣義工服務督導委員會頒發「2016-18最佳企業義工計劃比賽」亞軍, 表揚我們在推廣義工服務的貢獻。

煤氣公司獲工總頒發「工業獻愛心－至尊關懷大獎」及「最具創意大獎」, 代表我們除了實現商業效益外, 更關注環保、促進與各持份者的關係, 以及締造共享價值等各方面取得優秀成績。而與雅麗氏何妙齡那打素醫院合作推出的熱電聯供系統, 不但實踐了「轉廢為能」的環保概念, 其創意也為我們贏得了「最具創意大獎」。

社會福利署推廣義工服務督導委員會的2016-18最佳企業義工計劃比賽以「創新・遠見・持續」為題, 鼓勵企業義工隊利用專長, 策劃創新及持續性的義工服務計劃。煤氣公司的溫馨義工隊為回應香港認知障礙症患者日益增多, 推出創新義工計劃「煮播」。義工以一對一的方式跟進患者學習程序記憶法的煮食過程, 希望延緩患者的退化速度, 有助政府推動居家安老的政策。



社會福利署署長葉文娟(左五)及工商機構義務工作推廣小組召集人劉健華(左六)頒發最佳企業義工計劃比賽亞軍予煤氣溫馨義工隊代表。
Director of Social Welfare Carol Yip (5th from left), Convenor of Sub-Committee on Promotion of Corporate Volunteering Dr Kevin Lau (6th from left) presented the Best Corporate Volunteer Service Project Competition First Runner-up award to Towngas Volunteer Service Team representatives.



政務司司長張建宗(左)與工總主席郭振華(右)頒發「至尊關懷大獎」予煤氣公司執行董事暨公用業務營運總裁黃維義。
Chief Secretary for Administration Matthew Cheung (left), Chairman of FHKI Jimmy Kwok (right) presented the Grand Caring Award to Towngas Executive Director & Chief Operating Officer - Utilities Business Peter Wong.

Towngas was awarded the "Grand Caring Award" and the "Most Innovative Award" under the Corporate Category of the "Industry Cares Recognition Scheme 2018" organised by the Federation of Hong Kong Industries (FHKI). Towngas was also the First Runner-up of 2016-18 Best Corporate Volunteer Service Project Competition by Social Welfare Department's Steering Committee.

FHKI recognised Towngas with the "Grand Caring Award" for its effort, achievement and dedication to community care, creating shared values, building good relationship with stakeholders, and improving the environment while sustaining business growth. Towngas has won the "Most Innovative Award" for launching the green concept of "turning waste into energy", with its Combined Heat and Power Generating System in collaboration with Alice Ho Miu Ling Nethersole Hospital.

The 2016-18 Best Corporate Volunteer Service Project Competition has continued with its theme of "Innovation・Vision・Sustainability", aiming to encourage corporate volunteer teams to develop innovative and sustainable volunteer projects. In response to the increasing number of elderly people suffering from Mild Cognitive Impairment (MCI), Towngas Volunteer Service Team launched its innovative "Chef Anchor" programme. Towngas volunteers conduct cognitive training through cooking for elderly people with MCI, hoping to alleviate the symptoms.

煤氣愛心義賣行動

Charity Sale of Towngas Plush Toy



煤氣公司一直致力回饋社會, 關愛社群。我們特別推出「煤氣愛心義賣行動」, 由10月至12月期間, 我們將於每月推出不同造型的公仔進行義賣, 每隻售價為港幣20元, 所有收益將全數撥捐兒童癌症基金。如有興趣支持活動, 可以親臨任何一間煤氣客戶中心購買。

As a socially responsible company, Towngas spares no effort to serve our community. From October to December, we will launch different themes of Towngas plush toy monthly for charity sales at HK\$20 each and all proceeds will go to Children's Cancer Foundation. Interested parties can visit any Towngas Customer Centres to support the campaign.



客戶中心地址
Customer Centres Address

* 出發前請留意各個客戶中心的營業時間
Please take note to the service hours of the customer centres before your visit

** 數量有限, 售完即止
Towngas plush toy is only available while stock last



更多活動資訊, 請留意煤氣公司「煤氣公司Towngas」Facebook專頁。

For more activities, please visit our Facebook fanpage "煤氣公司Towngas".

