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New Life Psychiatric Rehabilitation Association (New Life) and the Institute of Textiles and Clothing (ITC) of The Hong Kong Polytechnic University (PolyU) co-organized the exhibition "1 empowerful 2019" for the 3rd year. Ten People-in-Recovery (PIRs) and over 70 students from the PolyU worked closely for a month, from designing to completing a unique outfit, to experience a journey which can facilitate mutual understanding and acceptance.

"Empowerment" has always been promoted in the recovery journey to foster self-actualization and one of the prerequisites to build an environment which can truly nourish mutual respect. With this in mind, the theme of the programme "1 empowerful", therefore, aims to enhance self-confidence and self-expression of the participants through introducing changes to their dressing styles.

New Life is dedicated to providing innovative and people-focused community mental health services. Through this interactive program, students were not only given chances to have direct contacts with PIRs, but also an opportunity to encourage cross sector collaboration to foster social integration of able-bodied and PIRs.

Taking this opportunity, I would like to express my sincere gratitude to the Institute of Textiles and Clothing of the PolyU and all sponsoring organizations for providing such a memorable and precious experience for all the participants. I hope we are all empowered after joining this meaningful event!

Ms. Amy FUNG Dun-mi, MH
Chief Executive Officer
New Life Psychiatric Rehabilitation Association

新生精神康復會(新生會)與香港理工大學紡織及服裝學系第三年舉辦「時裝型動力2019」服裝設計活動，讓10位復元人士與70多位學生攜手合作，由設計到縫製，嘗試將每位參加者最有活力的一面展現出來。透過復元人士和學生的互動，讓學生重新檢視對復元人士的看法，促進彼此瞭解和接納。

復元工作一直提倡「充權」，期望每個人都能加強自我實現的能力，而其中一個先決條件，乃是建立一個互相尊重及包容彼此差異的空間。是次活動協助參加者從衣著上開始改變，從而增強表達自己的信心。

新生會於過去半世紀一直為精神康復者提供社區服務，秉持「以人為本」的服務宗旨，勇於創新。是次活動一方面以「親歷體驗」，加深學生對復元人士的瞭解；另一方面以「跨界別合作」模式，促進創新思維，在社區攜手推動共融。

在此衷心感謝香港理工大學紡織及服裝學系，以及活動贊助機構的鼎力支持，令整項活動得以順利完成，讓大家留下一次充滿正能量的體驗！

馮丹蓮女士, MH
新生精神康復會行政總裁

We are honored to jointly organize the "1 empowerful" Exhibition with Institute of Textiles & Clothing of The Hong Kong Polytechnic University and New Life Psychiatric Rehabilitation Association for the first time. Throughout the process of designing and completing an outfit, 10 Hong Chi trainees coming from Hong Chi District Support Centre (Kwun Tong West) were thrilled to have worked with the Polytechnic's design team to bring their creative ideas into existence. This meaningful collaboration not only showcases our trainees' artistic talents, it also reveals their openness in seeking new experiences and playful characters.

We are deeply impressed by the power of mutual care, support and solidarity that has been created through this project. During the preparation period, the Polytechnic students actively communicated with our trainees, assisted them in sourcing fabric and materials, as well as sharing their valuable advice on trainees' pieces, all these have brought our trainees' designs to the next level.

"Children come first" has always been our service motto. It is our firm belief that people with intellectual disabilities can realize their full potentials with appropriate education, training and opportunities given. This project has enhanced Polytechnic's students understanding about people with intellectual disabilities. We will continue to seek support from the general public in assisting people with intellectual disabilities to fully integrate into society and to lead a meaningful life.

In closing, I thank this opportunity to express my sincere gratitude and appreciation to students from Institute of Textiles & Clothing of The Hong Kong Polytechnic University for putting in full effort to bring our trainees' dreams come true.

Mr. Edwin M. W. Lam, PDSM
General Secretary
Hong Chi Association

匡智會很榮幸能夠首次與香港理工大學紡織及服裝學系及新生精神康復會合辦「1 empowerful 時裝型動力」展覽。由籌備至今，10位來自匡智地區支援中心(觀塘西)的匡智學員一直懷著興奮雀躍的心情，期望在這個充滿活力的時裝舞台上，與理工設計團隊合作展示富創意又帶玩味的時裝，展現智障人士的美態才藝，亦讓大眾認識他們喜歡新嘗試又愛玩的一面。

參與今次的時裝展，讓我們深深感受到團體互助及協作的力量，在準備的過程中，理工大學生與我們的學員積極交流，將學員次馬行空的设计意念付諸實行，更為學員提議合適物料和給予意見，讓學員的作品水平大大提升。

一如匡智會秉承「以孩子的需要為先」的服務理念，我們相信只要給予適切適切的教育、訓練及機會，智障人士也可以盡展所長。這個別具意義的活動不但加深了學生對智障人士的了解，我們更期望社會各界繼續與我們一起匡扶智障，鼓勵他們融入社會，展翅高飛。

再次感謝香港理工大學紡織及服裝學系師生們的助力，讓智障人士可以在舞台上實踐夢想。

林文斌先生, PDSM
匡智會總幹事



Organisers 主辦機構
THE HONG KONG POLYTECHNIC UNIVERSITY 香港理工大學
INSTITUTE OF TEXTILES & CLOTHING 紡織及服裝學系
匡智會
New Life Psychiatric Rehabilitation Association 新生精神康復會

Sponsor (Materials) 物料贊助
Strategic Partner & Sponsor 策略夥伴及贊助
Hair & Make-up Sponsor 髮型及化妝贊助

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The Institute of Textiles and Clothing (ITC), the Office of Service-Learning (OSL), Hong Chi Association and New Life Psychiatric Rehabilitation Association (NLPA) are co-organising an exhibition entitled, "1 empowerful 2019". The exhibition showcases 20 expressive textile arts and fashion prototypes generated from the Service-Learning subject, "ITC2S02 Community engagement through expressive textile arts and fashion", which is supported by the Esquel - Y.L. Yang Education Foundation and Lee Hysan Foundation funding.

This service-learning project aims at training students to adopt fashion creativity and expressive textile arts as a caring medium. In this project, students and participants jointly create expressive fashion prototypes that will be showcased at the styling presentation session and the static exhibition. Emphasis is placed on using colours, textures and patterns for creating expressive textile arts design as an interpretation of participants' memories and personal narratives to self-discovery and healing. Through the interactive co-design process, the service participants are able to rebuild a satisfactory identity by their creativity expression and their self-confidence can be further enhanced.

I would like to express my deepest gratitude to the donors of this project, "Esquel - Y.L. Yang Education Foundation" as the material sponsors of the project, "Lee Hysan Foundation" as the strategic partner and sponsor of the project, "Make Up For Ever Academy" as the hair and make-up sponsor of the project. My heartfelt thanks also go to our collaborating partners, "Hong Chi Association", "New Life Psychiatric Rehabilitation Association" and the "Office of Service-Learning" as well as my project team members, Dr Joe Au, Ms Man Cheung, Ms Sonia Cheung, Ms Sarah Chung, Dr Kitty Lam, Ms Nico Liu and Dr Kawai Lo.

Last but not least, I would like to thank you, the audience, for your tremendous support and encouragement to our event participants. I truly believe that we are able to raise public awareness of building a harmonious and inclusive society. I hope all of you enjoy this fashion extravaganza!

Dr. Jin Lam (BA, MA, PhD, FRSA)
Project Leader - "1 empowerful 2019"
ITC2S02 Service-Learning Subject Leader
Institute of Textiles and Clothing
The Hong Kong Polytechnic University

「時裝型動力2019」展覽由香港理工大學紡織及服裝學系、服務學習事務處、匡智會及新生精神康復會合作舉辦，並由連達耀元龍教育基金及利希基金贊助。是次展覽將展出服務學習科目「ITC2S02 Community engagement through expressive textile arts and fashion」中製作的20套紡織表達藝術時裝之造型照片。

透過學生和服務參與者的互動，「時裝型動力2019」既是一個讓學生發揮創意的良好機會，亦能作為一個表達關懷的媒介，以紡織表達藝術協助服務參與者發揮創意並建立自信及創建新形象。各位可透過展覽欣賞學生與服務參與者共同設計的紡織表達藝術時裝造型，活動為服務參與者提供抒發情緒的機會並鼓勵他們從學習中成長，以創作出表達藝術設計作為主題，服務參與者運用顏色、織物的質感和圖案的创新配搭，刻劃心路歷程，追尋自我，以新角度欣賞自己，繪畫出精彩的未來。

謹此感謝連達耀元龍教育基金提供物料贊助，利希基金作為策略夥伴及贊助，亦感謝「非常作 Make Up For Ever Academy」為髮型及化妝提供協助。衷心感謝連達耀元龍教育基金、利希基金、新生精神康復會及服務學習事務處，以及項目合作機構：啟亮全博士、張嘉敏小姐、張曉賢小姐、鍾卓靈小姐、林麗怡博士、廖紹堯小姐及盧嘉惠博士。

最後，衷心感謝各位的支持和鼓勵，希望大家從「時裝型動力2019」展覽中得到一點啟發，為創建和諧共融社會出一分力。

林枝衍博士
項目統籌 - 「時裝型動力2019」
ITC2S02 服務學習科目負責人

香港理工大學紡織及服裝學系

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