



DAILY INFORMATION BULLETIN

ISSUED BY GOVERNMENT INFORMATION SERVICES
BEACONSFIELD HOUSE, HONG KONG. TEL: 5-233191

SUNDAY, AUGUST 20, 1978

CONTENTS

PAGE NO.

POPULARITY OF PHYSICAL FITNESS CLASSES GROWING	1
IMPORTANT ROLE OF MEDICAL SOCIAL SERVICE	2
COMMERCIAL COMPLEX IN TAI HING ESTATE TO BE ENLARGED .	3
NEW LAI CHI KOK SAND DEPOT	4
WATER CUT	4

SUNDAY, AUGUST 20, 1978

- 1 -

POPULARITY OF PHYSICAL FITNESS CLASSES GROWING
* * * * *

EVERY MORNING AND EVENING DURING WEEKDAYS, IRRESPECTIVE OF WEATHER CONDITIONS, A LARGE NUMBER OF PEOPLE WOULD DROP THEIR ROUTINE WORK, DON THEIR GYM-TIGHTS AND RUSH TO THE HUNG HOM CAR PARK SPORTS CENTRE.

IT IS ALL BECAUSE OF A GROWING PASSION FOR PHYSICAL FITNESS CLASSES ORGANISED BY THE RECREATION AND SPORT SERVICE OF THE EDUCATION DEPARTMENT.

THE CENTRE, WHICH WAS RECENTLY OPENED TO THE PUBLIC, IS EQUIPPED WITH THE LATEST INDOOR GYMNASIUM FACILITIES, INCLUDING AN EXPENSIVE PHYSICAL TRAINING SYSTEM IMPORTED FROM THE UNITED STATES.

THE SYSTEM COMPRISES 16 +EXERCISE STATIONS+ OF WEIGHTS, PULLEYS AND SPRINGS TO ENABLE FULL BODY EXERCISE.

THERE ARE AT PRESENT 14 CLASSES BEING RUN BY THE SERVICE AT THE CENTRE. EACH CLASS COMPRISES ABOUT 30 PEOPLE AND IS HELD THREE TIMES WEEKLY, WITH EACH SESSION LASTING AN HOUR.

PARTICIPANTS CAN CHOOSE EITHER THE MORNING OR EVENING SESSIONS WHICH ARE CONDUCTED BY QUALIFIED AND EXPERIENCED INSTRUCTORS.

+BASICALLY, THE FITNESS TRAINING PROGRAMME COMPRISES 10 FORMS OF EXERCISE, SUCH AS SIT-UP, LEG PRESS, CHEST PRESS, SHOULDER PRESS, LOW BACK LIFT AND SIDE BEND,+ EXPLAINED ONE OF THE INSTRUCTORS, MISS DOE KIT-YING.

+BEFORE A COURSE STARTS, EACH PARTICIPANT IS REQUIRED TO SET OUT HIS OWN GOAL,+ SHE SAID, +THIS IS BECAUSE OF DIFFERENT REQUIREMENTS OF PEOPLE.+

+FOR INSTANCE,+ SHE ADDED, +SOME MAY WISH TO GET RID OF EXCESS FAT AROUND THEIR WAIST WHILE OTHERS MAY WANT TO STRENGTHEN THEIR ARM OR LEG MUSCLES.+

DURING THE FIRST FEW LESSONS, PARTICIPANTS WILL BE TAUGHT THE TECHNIQUES OF USING THE GYM-MACHINES AND ALSO THE PROPER PROGRAMME OF THE 10 DIFFERENT FORMS OF EXERCISE.

AFTER THAT, EACH PARTICIPANT WILL THEN CONCENTRATE ON CERTAIN EXERCISES TO ACHIEVE HIS AIM.

SINCE THE TRAINING PROGRAMME STARTED IN MID-JULY THIS YEAR, ALL CLASSES HAD BEEN FILLED. THE SERVICE IS PLANNING TO OPEN NEW CLASSES IN EARLY SEPTEMBER. FURTHERMORE, OTHER CLASSES WILL ALSO BE OPENED FOR THOSE WHO HAD ALREADY COMPLETED THE BASIC TRAINING COURSE BUT WOULD LIKE TO CONTINUE EXERCISING.

/MR. DAVID MAK,

- 2 -

MR. DAVID MAK, TECHNICAL AND PLANNING OFFICER OF THE SERVICE, NOTED THAT IT HAS ALWAYS BEEN THE INTENTION OF THE RECREATION AND SPORT SERVICE TO PROMOTE PHYSICAL FITNESS SINCE THE PROGRAMME WAS STARTED ABOUT THREE YEARS AGO WITH TAI CHI CLASSES.

HE STRESSED THAT THE GOOD EFFECTS OF THE FITNESS COURSE ARE MANIFOLD. +BESIDES GIVING A SLIMMER FIGURE, THE EXERCISE, WHICH IS NEITHER VIGOROUS NOR DIFFICULT, TONES UP THE MUSCLES AND HEART, AND IMPROVES BLOOD CIRCULATION,+ HE SAID.

- - - - 0 - - - -

MEDICAL SOCIAL SERVICE GROWING
* * * * *

THE MEDICAL SOCIAL SERVICE OF THE MEDICAL AND HEALTH DEPARTMENT IS PLAYING AN INCREASINGLY IMPORTANT ROLE IN THE REHABILITATION OF PATIENTS DURING AND AFTER ILLNESS.

THIS IS REFLECTED BY THE GROWING NUMBER OF CASES HANDLED BY THE SERVICE WHICH WAS SET UP TO HELP PATIENTS TO MAKE THE BEST USE OF MEDICAL CARE AND TO OVERCOME THEIR EMOTIONAL OR PERSONAL PROBLEMS ARISING FROM THE ILLNESS.

IN THE FINANCIAL YEAR 1977/78, MEDICAL SOCIAL WORKERS ATTENDED TO MORE THAN 400,000 CASES -- AN INCREASE OF ABOUT 16 PER CENT COMPARED WITH THE PREVIOUS YEAR.

MISS PEGGY CHAN, PRINCIPAL MEDICAL SOCIAL WORKER IN CHARGE OF THE SERVICE SAID TODAY: +OUR SERVICE IS TO COMPLEMENT HOSPITAL AND CLINICAL CARE BY PROVIDING PRACTICAL ASSISTANCE, COUNSELLING AND SOCIAL REHABILITATION TO PATIENTS WHO ARE UNDER MEDICAL CARE IN HOSPITALS OR CLINICS OR ARE CONVALESCING AT THEIR OWN HOMES.

+IT NOW HAS A STAFF ESTABLISHMENT OF 137 PROVIDING GENERAL REGIONAL SERVICE IN THREE MAIN DIVISIONS -- HONG KONG ISLAND, KOWLOON AND THE NEW TERRITORIES. IN ADDITION, IT ALSO PROVIDES SPECIALISED SERVICES IN THE FIELDS OF MENTAL HEALTH, TUBERCULOSIS AND SKIN DISEASES, AND NARCOTICS.+

MISS CHAN SAID THAT AMONG THE SERVICES PROVIDED, THE GREATEST DEMAND IS FOR PRACTICAL ASSISTANCE SUCH AS AIDS IN CASH OR IN KIND, FINDING SUITABLE ACCOMMODATION FOR THE SICK AND DISABLED, CARE FOR CHILDREN WHEN MOTHER FALLS SICK, AND AMONG OTHER THINGS, ADVISING A PATIENT'S FAMILY TO CLAIM COMPENSATION FOR INJURIES IN TRAFFIC OR INDUSTRIAL ACCIDENTS.

- - - - 0 - - - -

/3

SUNDAY, AUGUST 20, 1978

- 3 -

COMMERCIAL COMPLEX IN TAI HING ESTATE TO BE ENLARGED
* * * * *

THE PUBLIC WORKS DEPARTMENT IS INVITING TENDERS FOR THE CONSTRUCTION OF A TWO-STOREY BUILDING AT TAI HING ESTATE IN TUEN MUN TO PROVIDE MORE COMMERCIAL AND COMMUNAL FACILITIES THERE.

THE BUILDING IS A CONTINUATION OF THE STAGE I COMPLEX ALREADY BUILT IN THE ESTATE SO THAT, ON COMPLETION, RESIDENTS THERE CAN MAKE USE OF ALL THE COMMERCIAL AND COMMUNAL FACILITIES UNDER ONE ROOF.

THE STAGE I COMPLEX, WHICH IS ALSO A TWO-STOREY BUILDING, HOUSES A POLICE STATION, A NURSERY, A BANK, A CLINIC, AN ASSEMBLY HALL, A LIBRARY, A MARKET AND ACCOMMODATION FOR WELFARE AGENCIES.

THE COMMERCIAL AND COMMUNAL FACILITIES TO BE PROVIDED IN THE NEW TWO-STOREY BUILDING IN THE STAGE II OF THE COMPLEX INCLUDE A MARKET FOR 20 LARGE STALLS AND 54 SMALL STALLS, 37 ARCADE SHOPS, A SUPERMARKET, A DEPARTMENT STORE, BANK, CAFE, POST OFFICE AND THE ESTATE OFFICE.

THE OPEN ROOF DECK IN THE STAGE II OF THE COMPLEX WILL BE JOINED TO THAT OF STAGE I TO FORM AN ELEVATED LANDSCAPED PROMENADE RIGHT ACROSS THE CENTRE OF THE ESTATE. LINKS BY MEANS OF FOOTBRIDGES ARE ALSO PROPOSED TO GIVE EASY ACCESS TO THE COMPLEX FROM ALL DOMESTIC BLOCKS AND TO SEPARATE PEDESTRIANS FROM VEHICULAR TRAFFIC.

CONSTRUCTION WORK ON STAGE II OF THE COMPLEX WILL COMMENCE IN OCTOBER, AND IS EXPECTED TO BE COMPLETED IN 11 MONTHS.

- - - - 0 - - - -

/4

SUNDAY, AUGUST 20, 1978

- 4 -

NEW LAI CHI KOK SAND DEPOT
* * * * *

THE PUBLIC WORKS DEPARTMENT IS CALLING FOR TENDERS FOR THE CONSTRUCTION OF A GOVERNMENT SAND MONOPOLY DEPOT AT LAI CHI KOK.

THE NEW DEPOT WILL REPLACE THE EXISTING ONE AT CHEUNG SHA WAN WHICH WILL BE CLOSED AT THE END OF THIS YEAR TO MAKE WAY FOR RECLAMATION THERE.

THE NEW DEPOT WILL INCLUDE MARINE SAND STORAGE BAYS TOGETHER WITH SITE ROADS AND AN OFFICE FOR THE STAFF.

THE PROJECT HAS BEEN DESIGNED AND CONSTRUCTION WILL BE SUPERVISED BY THE MATERIALS DIVISION OF THE GEOTECHNICAL CONTROL OFFICE OF THE P.W.D.

- - - - 0 - - - -

WATER CUTS
* * *

THE WATER SUPPLIES DEPARTMENT ANNOUNCED TODAY THAT FRESH WATER SUPPLY TO A NUMBER OF PREMISES IN WONG TAI SIN AREA WILL BE TURNED OFF FOR SIX HOURS FROM MIDNIGHT MONDAY (AUGUST 21) TO 6 A.M. ON TUESDAY TO FACILITATE LEAKAGE TESTS.

THE AREA TO BE AFFECTED IS BOUNDED BY LUNG CHEUNG ROAD, CHING TAK STREET, TUNG TAU TSUEN ROAD AND SHA TIN PASS ROAD INCLUDING BLOCK NOS. 6-10 AND 19 OF LOWER WONG TAI SIN ESTATE AND BLOCK NOS. 1-12 OF UPPER WONG TAI SIN ESTATE.

MEANWHILE, FRESH WATER SUPPLY TO THE AREA BOUNDED BY HATTON ROAD, PO SHAN ROAD AND HOUSE NOS. 39-57 AND 60-70 OF CONDUIT ROAD IN THE MID-LEVELS WILL BE ALSO CUT OFF FOR SEVEN HOURS FROM 11 P.M. ON TUESDAY (AUGUST 22) TO FACILITATE LEAKAGE TESTS.

- - - - 0 - - - -