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Together,
Travelling
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循道衛理楊震社會服務處
YANG MEMORIAL METHODIST SOCIAL SERVICE

2023-2024
年度服務報告 ANNUAL REPORT

同探索·同遊歷

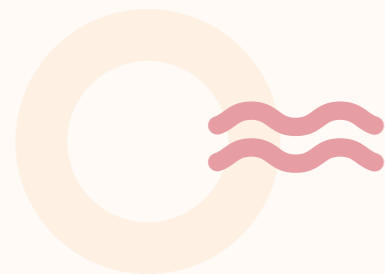
Exploring Together,
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Exploring Life's Precious Treasures –
Journeying Together Through the Years

2023 – 2024

年度服務報告 ANNUAL REPORT

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歷史 History

循道衛理楊震社會服務處成立於一九六七年，是一間多元化的社會福利服務機構。

早於一九五三年當衛理公會在香港開展教會工作時，美國的衛理公會海外救濟委員會也同時開始在香港提供多類型的服務。該委員會在香港及世界四十多個國家及地區提供緊急救濟、現金援助及徙置等工作，並與多個世界性及不分宗派的福利機構緊密合作，其中包括美國基督教世界服務會，及瑞士普世教會協會。當香港早期還缺乏曾接受訓練的社會工作人員時，衛理公會海外救濟委員便與當時多個福利機構在港從事多項緊急援助服務。待衛理公會建立了一班專業社會工作人員後，委員會的事工於一九六七年正式轉交至由衛理公會安素堂贊助及成立的「楊震社會服務中心」，以紀念安素堂第一位主任楊震牧師。楊震中心與安素堂位於窩打老道之新大樓於一九六七年十月廿九日正式奉獻啟用。

香港衛理公會與循道公會於一九七五年正式合併為「循道衛理聯合教會」，一九九零年「楊震社會服務中心」也正式改名為「循道衛理楊震社會服務處」。

Yang Memorial Methodist Social Service is a multidisciplinary social service agency organized by the Ward Memorial Methodist Church and established in 1967.

In 1953, the Methodist Committee for Overseas Relief (MCOR) came to Hong Kong with the Wei Li Kung Hui (The Methodist Church). MCOR is an international welfare organization sponsored by the United Methodist Church, USA. It serves over 40 countries around the world with basic programmes of emergency relief, cash assistance resettlement. MCOR also works through other international and denominational organizations, such as Church World Service of USA and the World Council of Churches, Geneva, Switzerland. During those early years when trained social work personnel was almost completely unavailable, MCOR worked along with other agencies to meet the needs of Hong Kong on an emergency basis. When the Wei Li Kung Hui was in a position to develop its own local casework and relief programmes, MCOR was ready to establish the Yang Social Service Centre (YSSC), which was managed by the Ward

Memorial Methodist Church in 1967, in memory of Rev Chester Yang, the founding pastor of the Ward Memorial Methodist Church. The new building of the YSSC and the Ward Memorial Methodist Church situated at the Waterloo Road were dedicated to open on October 29, 1967.

The Wei Li Kung Hui and the Chinese Methodist Church united in 1975 and formed the new Methodist Church, Hong Kong. In September 1990, YSSC was renamed as the Yang Memorial Methodist Social Service.

機構宏觀方向 Strategic Direction



總幹事報告 Director's Report

擁抱轉變，勇於前行

本年度楊震社會服務處面對多項轉變：高級管理層作出多項變動、服務於疫後回復頻繁、抗疫期間轉變了的服務提供形式變得恆常、社會政治經濟環境轉變亦豐富了福利界別的協作模式。感恩機構同工上下同心，努力適應和克服轉變。在服務上，本處致力以專業回應服務需要，提倡實證為本介入手法、設立創新基金、線上線下全天候與服務使用者及照顧者同行；在運作上引入科技，電子化工作流程，加快行政程序，改善六萬二千多位服務使用者的體驗；對外我們聯絡不同持份者、業界、捐助人，豐富我們的服務，為一百一十六萬人次服務提供穩定資源；對內我們透過不同領袖訓練、完善培訓制度，培訓一千多位同工成為業界內更優秀的一份子。

專業委身，成果豐碩

在各項服務上，本處積極開拓新領域。不少服務隨著社會福利政策以及社會需要更新與變化，不論是開展新服務或是在現有服務的基礎上作出重整和部署，本年都取得不少成果，當中包括：到校學前康復服務恆常化第一層支援服務，以跨專業服務團隊和校本綜合模式為不同程度特殊學習需要的學前兒童提供全面支援；開展深水埗護養院暨日間護理中心第三個五年服務合約，並榮獲香港安老院舍評審計劃之評審證書和表揚院舍有良好照顧項目之「良好措施獎」；推動國際功能、殘疾與健康分類系統 (ICF) 在復康服務的應用，提升服務使用者的康復自主權利和服務評估的客觀度；開展幼稚園駐校社工服務隊 (大埔及北區) 服務，成為本處於新界北區首個服務單位；關顧在職照顧者，舉行在職照顧者百人應援團年午宴，倡議社會和僱主關心在職照顧者等等。除以上外，不論是青少年精神健康的培育、長者照護食、晚晴生活的質素

提升和寧養支援、基層醫療與健康、困居戶家庭服務等等，都見到楊震的身影，為實現公義關愛社會，作社區美好的見證。

落實第三年策略計劃，推動持續發展

第三年發展策略，努力回應運作和服務上的需要，以及為恆常化策略工作作出準備。各工作小組籌辦年度大型機構活動—照顧者身心靈補給站，使區內外和持份者更認識本處服務，組織2024句照顧者打氣說話更創下世界紀錄！為鼓勵同工將實證為本、專業精神、創意更新等價值呈現於服務上，設立傳「楊」傑出計劃比賽及嘉許禮，嘉許傑出服務計劃；針對日常活動運作需要，提升效率以及掌握服務數據，設計電子活動管理系統「eAIA2」。所有項目都在計劃內完滿落實之外，更重要的是為未來工作打下基礎，使到機構的價值，創新的服務思維，高效和專業，融入機構運作的肌理之中。各工作小組已準備好，在未來一年，在機構不同層面和架構，建立發展策略所強調的數碼高效、人材培育、服務發展的氛圍，加強推動機構發展的力量。

Embracing Change: Forging Ahead with Conviction

Yang Memorial Methodist Social Service (YMMSS) has navigated significant transitions this year. From managerial leadership changes to post-pandemic service restoration, we have successfully adapted our service models and fortified our partnerships to meet evolving socioeconomic needs. Throughout these changes, our staff has demonstrated remarkable unity and resilience.

Our commitment to professional excellence continues to light our path. We have implemented evidence-based interventions, launched an innovation fund, and maintained round-the-clock support for service users and caregivers across both digital and physical platforms. Digital transformation has enhanced our service delivery to over 62,000 users, while strategic partnerships have helped us reach 1.16 million beneficiaries. Our investment in comprehensive training has equipped more than 1,000 colleagues to better serve the community and strengthen the social service sector.

Excellence in Action, A Year of Achievements

This year has marked significant growth in our service portfolio as we have adapted to meet evolving social welfare needs. In particular, we have standardized our On-site Pre-school Rehabilitation Services, providing comprehensive support through expert teams for children with special learning needs by TIRE-1 services. Our Sham Shui Po Nursing Home cum Day Care Centre has entered its third five-year contract, earning both RACAS certification and the "Best Practice Award" for excellence in elderly care.

We have integrated the International Classification of Functioning, Disability and Health (ICF) into our rehabilitation services, empowering service users with

greater autonomy in their recovery journey while ensuring more measurable service assessments. We have expanded our reach with new Social Work Services in Pre-primary Institutions in Tai Po and Northern District.

We continue to champion caregiver support, hosting community events and advocating for better societal and employer backing. Our services now span youth mental health, care food for elderly, end-of-life support, primary healthcare, and assistance for families in poor housing. Through these initiatives, YMMSS remains committed to social justice and community wellbeing.

Strategic Vision: Milestone Progress in Our Third Year

In our third strategic year, we have focused on strengthening operational and service needs while establishing our strategic initiatives for the long term. A highlight of the year was our Caregiver Wellness Station event, which not only raised community awareness but also set a world record with 2,024 collected messages supporting caregivers.

We launched the Yang Excellence Awards to recognize outstanding service initiatives and promote evidence-based practices. To streamline daily operations and better track service data, we developed "eAIA2", our custom electronic activity management system.

Beyond successfully implementing all planned initiatives, we have laid the foundation for the future by embedding our core values, innovative mindset, and professional excellence into our organizational culture. Looking ahead, our teams are focused on boosting digital capabilities, developing talent, and driving service innovation across all levels, paving the way for sustainable growth.

總幹事報告 Director's Report

善用資源，共渡時艱

有豐年也有荒年，隨著本港經濟環境不景，社會福利開支縮減，本處亦需要為應對未來削減撥款和捐助減少作出準備。感恩本處在整筆過撥款下有穩健的儲備，加上透過不同的措施，管理團隊努力維持服務開支，盡力緩衝社會經濟衰退對弱勢社群的衝擊。人力資源方面，本年度董事會繼續同意所有以中薪點 (Mid-point) 為頂點的同工，其頂薪點均獲增加一點。強積金福利方面，我們將繼續將部份盈餘按比例發放給同工，以提升同工的歸屬感，穩定士氣。

數算主恩，與主同行

感謝上主帶領，感恩有董事會、教會、社會各界和持份者對楊震的支持，機構的服務繼續得以拓展，成為讓同工感到自豪的機構。城造在山上、燈放在臺上，有賴全體同工在過去一年努力工作，同心同德，務實委身，使楊震的服務得以被看見。未來一年，本處將繼續秉行基督信仰價值，推動社會福利政策和提升服務專業水平，實踐機構使命，實現公義關愛社會。

Prudent Stewardship in Dynamic Times

In light of Hong Kong's economic challenges and reduced social welfare funding, we are taking proactive measures to prepare for potential funding and donation adjustments. We are thankful for our healthy reserves under the Lump Sum Grant, and through various measures, our management team is working diligently to sustain service expenditure while striving to buffer vulnerable groups from the impact of economic downturn.

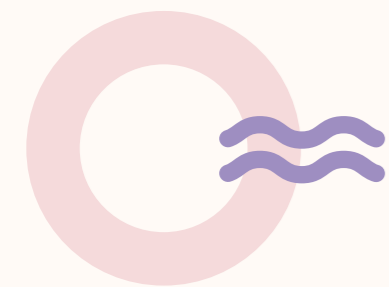
Our Board of Directors has approved a one-point increase to the maximum pay point for staff positions with mid-point salary caps. We maintain our practice of sharing surplus funds to enhance staff MPF benefits, fostering team morale and workplace loyalty.

Guided by Faith, Advancing with Gratitude

We are deeply grateful for God's guidance and the unwavering support of our Board of Directors, churches, community partners, and stakeholders, who have helped YMMSS become an organization that inspires pride. Like a city on a hill and a lamp on a stand, our services shine brightly through our staff's dedication and unity.

Looking ahead, we remain steadfast in upholding our Christian values while advancing social welfare policies and professional excellence. Our mission endures: to build a just and caring society for all.

策略小組總結及延續 Advancing Strategic Initiatives



策略小組一&四：加強機構效率及機構數碼化 Strategic Groups 1&4: Digital Transformation to Enhance Organizational Efficiency

策略小組一及四一直致力體現機構與時並進的精神，協助機構進行數碼化以加強機構效率。

為減省繁瑣的行政工作手動流程及解決紙本文件管理不便的情況，我們着手規劃創建機構內部系統——「活動預算 / 收支及草擬書 / 檢討報告系統」，以提升機構整體運營效率、數據管理能力和服務質量。

「活動預算 / 收支及草擬書 / 檢討報告」系統 The New Program Planning, Budgeting and Reporting System

建立統一的系統預期為機構的長遠發展奠定堅實基礎，靈活應對未來需求，支持持續創新和發展：

Strategic Groups 1 and 4 have joined forces to spearhead our organization's digital transformation, focusing on operational excellence.

At the heart of this initiative is our new Program Planning, Budgeting and Reporting System, designed to streamline workflows and replace paper-based processes.

This unified system will strengthen our organizational framework while ensuring adaptability to future demands:

機構層面 Organizational Benefits:

- 通過自動化及標準化流程，減少重複性工作及手動錯誤的風險
- Automate workflows that minimize manual errors
- 確保資料準確性和一致性，完善數據管理及運用
- Enhance data integrity and management
- 強化不同部門間的合作機制及透明度，提升內部資源管理與行政安排的效率
- Improve cross-departmental collaboration and resource management
- 提供統一平台便利各級部門及不同層級之間進行申請、批改和活動進度管理
- Centralize activity and application management across all departments and levels

服務使用者層面 User-Focused Improvements:

- 更精準的數據分析與收集，幫助我們深入了解服務使用者需求
- Data-driven insights into user needs
- 促進更高效的資源配置，使機構更彈性地滿足需求變化
- Optimize resource allocation to meet changing demands
- 減輕同工行政工作量，從而專注提供更具價值及質量的服務
- Reduce administrative burden, allowing more focus on quality service
- 實現更到位及時的回饋機制，進一步提升服務使用者滿意度
- Responsive feedback mechanisms to enhance user satisfaction

階段性成果

本年度，小組通過對系統開發需求的分析，完成制定一系列詳細的技術規格及一套完整的系統標準化與優化流程。我們亦與供應商緊密合作，成功開發關鍵系統功能，並在開放給小組及內部持份者進行測試之同時，收集問題及意見反饋以作修改，從而完善整個系統運作及用戶體驗。

新系統預計會於2024年下旬正式推出。

團隊心聲

策略小組一及四於本年度正式合併為一個小組，一起為建立新系統而努力。

記得合併初期，兩個小組的組員均帶著迷惘的心情，一起摸索該如何合作使這個與同工日常及機構未來運作息息相關的系統能順利誕生。

幸而各組員帶著來自服務單位的經驗，發揮彼此配搭的精神；小組成員亦再細分成不同的專責小組，負責執行不同範疇以持續推動系統開發工作，分別有：項目開發管理、協調與測試、機構內部推廣、製作內部運作指引和培訓等工作；再經過與系統開發商經過多次會議溝通，系統終於慢慢建立起來。

小組冀盼系統在正式推出後，能得到機構同工的支持，更能回應到同工日常運作之需要。

Key Achievements

This year, our team conducted system needs analysis and developed comprehensive technical specifications and processes. Working closely with vendors, we developed core functionalities for stakeholder testing and incorporated feedback to enhance operations and user experience.

The system is scheduled for launch in late 2024.

Team Reflection

Strategic Groups 1 and 4 merged this year to develop this new system, which is crucial for the organization's daily operations and future development.

Though initially uncertain about the direction, our team members leveraged their diverse experiences and organized into specialized subgroups covering project management, coordination and testing, internal communications, guideline development, and training. After extensive consultation with the system developer, the system began to take shape.

We hope that upon launch, the system will receive strong support from colleagues and effectively address their operational needs.



同工正在進行系統開發分析
The team is currently conducting a system development analysis

策略小組二：建立楊震品牌 Strategic Group 2: Building the YMMSS Brand

策略小組二持續以各個活動與項目建立楊震品牌，向社會傳遞我們的願景、使命與重要的八大價值(簡稱:VMV)。本年度小組積極為機構服務發展和推廣努力，並用心推動兩大項目：

1. 「照顧者身心補給」系列

現今社會越發關注精神健康議題，尤其針對在職及全職照顧者所面臨的壓力。小組期望透過「照顧者身心補給系列」的活動與大眾共同體現及實踐楊震以人為本、關愛同行的精神。

Strategic Group 2 continues to strengthen the YMMSS brand through various initiatives that communicate our VMV (vision, mission, and eight core values) to the community. This year, the group has focused on two major projects:

1. “Caregiver Wellness” Series

The group launched the “Caregiver Wellness Series” to support working and full-time caregivers’ mental health needs and demonstrate YMMSS’s caring approach.

活動：共創世界紀錄為照顧者打氣！

為增加大眾對一班無名照顧英雄的關注，同時響應政府積極推動社會關愛氣氛的呼籲，我們集結全港市民力量，通過活動收集了合共2024句為照顧者打氣的句子；更獲世界紀錄協會頒發「最多打氣句子齊為香港照顧者加油」的世界紀錄證書，與大眾一起共創世界紀錄，為照顧者於2024年帶來支持與鼓勵。

Activities: Creating a World Record to Support Caregivers

We collected 2,024 encouraging messages for caregivers from the public, earning a World Record certification for “Most Encouraging Messages Supporting Hong Kong Caregivers”, creating a meaningful tribute to caregivers while supporting government social care initiatives.



活動：以微電影呈現照顧者真實處境

我們首次於全港中學及大專院校舉辦照顧者微電影比賽，盼望透過3分鐘以內的微電影，讓大眾更理解照顧者真實的處境和挑戰，以提升大家對照顧者的支援和體諒。

Activities: Capturing Caregivers’ Reality Through Short Films

We launched our first citywide short film competition for secondary and tertiary students to showcase caregivers’ challenges through 3-minute documentaries.



活動：「照顧者身心補給站」機構大型標誌活動

小組在本年度正積極籌備機構大型標誌活動，同時亦是「照顧者身心補給」系列的重要旗艦項目：為期一連兩日的「照顧者身心補給站」，呼籲全港照顧者參加。目的讓照顧者明白在照顧家人的同時，也要好好照顧自己。活動將於2024年4月份啟動。

Activities: “Carer, We Care!” Flagship Event

The group is coordinating a two-day flagship event, the “Carer, We Care!”, inviting caregivers from across the city to participate. Launching in April 2024, the event emphasizes the importance of self-care while tending to family members.



收集照顧者打氣說話後製作成打氣卡，為照顧者打打氣
Collected messages were transformed into personalized support cards for caregivers



策略二小組成員
Members of strategic group 2



愛和希望利是封
Love and hope red packet

2. 機構品牌識別物品

小組定期設計獨特的感恩禮物，運用創意設計令人動容的禮物，在送上心意的同時，亦展現機構的服務理念。

「為你遮風擋雨」傘

小組協助設計及生產本年度的感恩禮物—「為你(衛理)遮風擋雨」傘。除了印上機構服務代表卡通—「楊火子」的頭象，雨傘亦融入充滿寓意的設計，代表著同工們像火把般一直緊守崗位，與服務使用者同行，在他們人生的不同階段為其遮風擋雨、給予支持、帶來希望及散發正能量。

「愛和希望」利是封

小組邀請了香港插畫家 alohawasa 設計祝福利是封。有別於傳統，是次利是封採用溫暖的色調，並印上祝福語：「帶著愛和希望一起前行」。鼓勵大家充滿愛心和希望去迎接新一年不同挑戰，亦代表楊震不同類型的服務持續與社會大眾同行。利是封背後亦加設英文字句，為不同國籍的人士送上祝福。

▶ 團隊心聲

小組很开心和榮幸能與全港市民一起創造世界紀錄創舉，將楊震的品牌和VMV延伸至社會大眾。

除此之外，在繁忙的日常服務工作中，團隊同事們依然肩負著機構一系列大型活動的籌備責任，實屬不易！感恩有了過去一年的籌備經驗，今年度小組成員之間的默契明顯提升，在合作中充分展現了「彼此配搭」的團隊精神！

2. Branded Souvenirs

The group regularly produces unique appreciation gifts that creatively reflect our organizational values.

“Sheltering You” Umbrella

This year’s appreciation gift—the “Sheltering You” umbrella—features our beloved mascot and incorporates thoughtful design elements that represent our dedicated staff, who, like beacons of light, stand firmly beside our service users through life’s challenges.

“Love and Hope” Red Packets

The team partnered with Hong Kong illustrator alohawasa to design our Lunar New Year red packets. These packets feature warm colors and the message “Moving Forward with Love and Hope”, which reflects YMMSS’s inclusive services and inspires optimism. English text on the back extends our blessings to people of different nationalities.

▶ Team Reflection

We are proud to have partnered with Hong Kong citizens to achieve this world record, bringing YMMSS’s brand and values to a broader audience.

It is no small feat for our team members to organize multiple large-scale events alongside demanding daily responsibilities. The past year’s experience has strengthened our team bonds, demonstrating the power of mutual support and seamless coordination.

策略小組三：凝聚人才 Strategic Group 3: Building Team Unity

凝聚人才是策略小組三的首要任務。本年度推出兩大工作項目，目標為提昇同事對機構 VMV 的認識，同時加強將機構八大價值融入於同工日常工作中。

八大價值突顯隊

小組成立「八大價值突顯隊」，並分成五隊突擊走訪機構 25 個來自不同服務及區域的單位，超過 150 位不同職級的同工隨機受訪，應對與機構八大價值相關的挑戰。同工在對答過程中表現踴躍及投入，並積極分享單位如何將機構 VMV 應用於服務中。調查顯示 100% 受訪同事表示活動有助理解機構 VMV，並傳達正面訊息。

遊戲月

「遊戲月」緊接於「突顯隊」活動後進行，小組連續四個星期於機構內聯網推出跟機構八大價值相關的問題，各單位需按要求以「快、準、團隊合作、精美及創意」等準則取分，累積最高分的單位勝出。是次活動共超過 40 個單位參與，同工們反映活動設計生動有趣，有利加深對機構核心價值的認知。

Strategic Group 3 focuses on strengthening our team culture through two key initiatives: promoting staff understanding of our VMV and bringing our eight core values to life in daily operations.

Core Values Champions

Our five Core Values Champion teams made surprise visits to 25 centers across various services and districts. Through random interviews with 150 staff members, we assessed core values implementation in the organization. Staff eagerly shared their VMV practices, and all participants reported a deeper understanding of our VMV.

Game Month

Building on this success, we launched a four-week online competition focused on our eight core values. Over 40 units competed through our intranet, taking on challenges that tested speed, accuracy, teamwork, presentation, and creativity. Staff reported that this engaging format effectively reinforced their understanding of our organizational values.

團隊心聲

在走訪不同單位的過程中，我們發現到很多單位自發揮創意，製作各種精美 VMV 展示版以加強服務受眾對機構八大價值的認識，感到非常欣慰。

而在籌備「遊戲月」時，小組設計了一定程度的難度，挑戰包括「睇片答問題」、設計富有 VMV 元素的「楊火子」、提議八大價值記憶法、拍攝有彼此配搭元素的單位相片等。小組很高興見到各單位同心協力，且持續踴躍地參與，提出了許多富創意的方案和作品，體現出同事對機構活動的熱忱支持；是次活動的參與單位數量亦超出小組預期，實在十分難得。我們將繼續努力增強同工的歸屬感，致力凝聚人才！

Team Reflection

During our unit visits, we were delighted to discover teams creating innovative VMV display boards, making our organization's core values more relatable to service users.

Our "Game Month" working group designed diverse challenges including video quizzes, VMV-themed mascot creation, core values mnemonics, and team collaboration photos. The response was extraordinary – teams demonstrated remarkable creativity and unity throughout the initiative. Their enthusiasm and engagement surpassed our expectations, reinforcing our commitment to building a stronger sense of belonging and team spirit.

「八大價值突顯隊」正式出動！Core Values Champions in action!



總幹事到單位頒發遊戲月獎項，獎品是由總幹事林俊明先生親筆題字的墨寶

Director Mr. Patrick Lam awarded the winning unit with his personal Chinese calligraphy.



單位製作精美展板向服務使用者展示機構八大價值

Service units' creative display boards bring our core values to life for users.



策略小組五&六：增加跨跨服務的協同效應及以實證為本推動服務發展

Strategic Groups 5 & 6: Enhancing Service Synergy with Evidence-Based Development

本年度策略小組五及六進行合併，加強了跨部門單位合作及參與度，推展更多「實證為本」(Evidence-based practice, EBP) 項目。小組亦透過一系列策略性項目，增強同事推動服務協作與實證為本服務實踐的能力與信心，建立重視協同效應與實證為本為導向服務的機構文化。

增加跨部門協作及推行實證為本服務的動力與信心

小組在本年度舉辦了一系列培訓工作坊，幫助同工學習提昇項目展示能力和爭取資源的機會，並在內聯網建立實證為本資料庫，記錄各部門的實踐經驗和資料，促進部門間的思維碰撞。工作坊主題包括：

- 如何說好創效故事
- 撰寫撥款計劃書的實用技巧
- 活動設計、執行、檢討及評估

促進跨部門協作及實證為本服務的實踐

小組積極開展「實證為本服務計劃實踐基金」遴選活動。由機構提供種子基金，鼓勵同工提交計劃書。小組在本年度共收到接近50份計劃書，經過實證為本顧問委員會的評審，獲選的計劃由基金資助，支持開展成實證為本項目。通過此機制，推動實證為本項目在機構的持續發展。

This year, Strategic Groups 5 and 6 merged to strengthen cross-divisional synergy and Evidence-Based Practice (EBP). Our combined team launched strategic initiatives that built staff confidence and fostered a culture of collaboration and evidence-based service delivery.

Building Capacity and Confidence

We enhanced cross-divisional collaboration and EBP through a series of training workshops on:

- Impact Storytelling
- Grant Writing
- Program Development and Evaluation

To support knowledge sharing, we created an intranet database showcasing EBP implementation experiences across divisions.

Driving Implementation

Through our new EBP Service Implementation Fund, we invited staff to submit project proposals for seed funding. From nearly 50 submissions, our Advisory Committee selected promising projects for implementation. This funding has helped drive EBP service development across our organization.



長者、復康、青年、家庭服務部門攜手合作編織創意

Collaborative innovation across Senior Citizen, Rehabilitation, Youth and Family Service Divisions



楊震創意力量交流會發揮協同效應推動「實證為本」

Yang Innovation Exchange Forum fostered synergy in Evidence-Based Practice



嘉許努力付出的同工為機構設計創新的服務

Recognizing staff excellence in innovative service design

建構跨服務合作及實證為本文化

通過舉辦「傳『楊』傑出計劃」比賽與頒獎禮，小組鼓勵及表揚傑出的跨部門及實證為本服務，並舉行「楊震創意力量交流會」，成功建立一個分享創新實踐的平台。通過得獎計劃的分享，激發同事的創新熱情，建立彼此之間的學習和支持網絡。

團隊心聲

在本年度，經歷實證為本策略小組與協同效應策略小組的合併，喜見機構內越來越多同工能夠擁抱實證為本的服務推動態度，建立跨單位、跨服務協作的文化。

小組成員一直相信「1+1>2」。透過不同單位的協作，互相交流學習，建構創意，有效運用資源，定能產生協同效應！這兩年間，我們一起舉辦傳「楊」傑出計劃嘉許禮，當中遇到不少困難，但藉着我們「彼此配搭」，發揮所長，跨越困難，成功營造協作氛圍！參賽的服務計劃由18個增至29個！超過500位同事參與投票選出「楊火子最喜愛計劃」獎！

過去的工作成果，反映楊震同工對推動機構服務使命—「社會服務實驗室」有更多在地的實踐。機構在未來會繼續增強同工的知識及技巧，為服務使用者帶來更多的協作及實證為本計劃，使服務更精準地發展，滿足社區需要。

Nurturing a Collaborative EBP Culture

The “Yang Excellence Project Awards” recognized outstanding cross-divisional and EBP initiatives. Our “Yang Innovation Exchange Forum” provided a platform for sharing these successful practices, inspiring creativity and fostering peer learning across the organization.

Team Reflection

This year, we merged the Strategic Groups on EBP and cross-service synergy. We are delighted to see a marked increase in evidence-based approaches and cross-unit collaboration across the organization.

Our team’s guiding principle—that synergy creates exponential impact—has proven true. The “Yang Excellence Project Awards” have exemplified this success, with project participation growing from 18 to 29 entries, and over 500 colleagues engaging in the “Most Popular Project” vote. Despite challenges, our collaborative spirit helped us leverage collective strengths and foster a culture of organization-wide synergy.

These achievements have reinforced our position as a “Social Service Laboratory” with real-world impact. Moving forward, we remain committed to enhancing staff expertise and developing targeted, evidence-based initiatives that precisely address community needs.

一系列培訓工作坊
A series of training workshops



願景、使命與價值 Vision, Mission and Values

— ✦ 願景 Vision ✦ —

秉行基督信仰價值，實現公義關愛社會。
Uphold the value of Christian faith, while bringing social justice and care for the society.

— ✦ 使命 Mission ✦ —

凝聚多元人才，委身社福，成為「社會服務實驗室」，
提供創新、專業及多元化的社會服務。
We aim to gather a diversified team who are committed to social welfare, creating a "social services laboratory" that provides innovative, professional, and diversified social services.

— ✦ 價值 Value ✦ —



我們的信念、使命宣言 The Creed & Mission Statement

我們的信念 The Creed

我們相信

天地間存有仁愛與公義
萬物有開始與結束
在我們有限的知識中
有一種力量維持宇宙秩序
並賦予人生的意義

我們相信

四海之內皆為兄弟
各人有彼此照顧的責任
人人皆有與生俱來的價值和權利
以實現自尊與豐盛的人生

我們相信

不計較報酬的服侍他人
本身已是快樂的泉源
服務香港社會必須群策群力
仁愛是服務的出發點
公義與和平是服務的最終目標

We Believe

that love and justice exist through the heaven
that all things have a beginning and an end
that in the midst of the unknown
there is a power which established order in the universe
and gives meaning to life

We Believe

that all men "within the four seas are brothers"
that each man has a responsibility to care for one another
that every man has innate worth and the inherent right
to self-respect and fullness of life

We Believe

that service to others which seeks no reward
is itself a source of happiness
that to serve Hong Kong society is to deal effectively with
the needs of the people through team effort and
that service begins with love and ends in justice

使命宣言 Mission Statement

我們相信

上帝公義及和平的國度
讓我們共同見證基督所彰顯的愛

我們參與

上帝的工作
關懷及服務有需要的人
充實他們的生命
追求實現一個公義和平的社會

因此

我們重視
人性的尊嚴
全人的照顧
公民參與
貧乏者的自力更生和充權
與服務使用者同行

我們致力

凝聚有熱誠及能力的人才
同心建立靈活的組織架構和服務模式
連結社會不同的持份者彼此配搭
提供適切與專業及多元化的社會服務
回應社會的需要

我們的服務基於

熱誠關懷
創意更新
承擔委身
前瞻倡導

We trust in

God's righteous and peaceable Kingdom
bearing witness to the love manifested by Christ.

We participate in

God's mission to care for and serve people
in need for the flourishing
of their lives aspiring to actualize
a just and peaceful society.

Therefore

We value
human dignity
holistic care for people
civic engagement
self-reliance and empowerment of the deprived
and companionship with our service users.

We strive to

unite people with passion and skills
establishing a flexible organization and service delivery
with one heart
bringing together different stakeholders in the
community as collaborators
providing suitable and professional and diverse social
services in response to the needs of our society.

We offer services founded upon

passionate care
creative renewal
responsible commitment
visionary advocacy.

機構年度 重點項目分享 Annual Project Highlights

過去一年，本處的四大服務本著同承擔同委身的專業精神，與時並進，陸續在社區上開展不同的服務計劃，回應社區人士及服務對象需要，與他們同行作出適切的支援。

In the past year, our four major services of the Divisions were carried out in the spirit of professionalism and commitment, and we have continued to develop different service projects in the community to respond to the needs of the community and service users, and to provide them with appropriate support.

長者服務
Senior Citizen
Service



復康服務
Rehabilitation
Service



青少年服務
Youth Service



家庭服務
Family Service



專責服務
Specialized Service



家庭服務部 Family Service Division

循道衛理楊震社會服務處（家庭服務）的服務範疇包括幼稚園駐校社工服務、臨床心理服務、綜合家庭服務中心等，為家庭提供協助。

The service areas of Yang Memorial Methodist Social Service (Family Service) include kindergarten resident social work service, clinical psychological service, and integrated family service center to provide assistance to families.



旺角綜合家庭服務中心 Mongkok Integrated Family Service Centre

旺角綜合家庭服務中心於2004年6月1日成立，為居民提供一站式的整合服務，包括預防、支援和補救服務。中心以「兒童為重、家庭為本、社區為基礎」的服務路向，採取多元化的工作手法及運用社區資源，促使家庭發揮內在的能力，鞏固家庭關係和凝聚力，並協助個人或家庭有效地預防和應付各種問題和挑戰。

Since June 1, 2004, our Centre has provided one-stop preventive, supportive, and remedial services to district residents. We maintain a child-centered approach while engaging families and the community. By leveraging diverse methods and local resources, we help families reach their full potential, strengthen their bonds, and effectively tackle life's challenges.

項目名稱 Project Name

「照住您」照顧者家庭生活平台

LIGHT Community Cares Zone

對象 Audiences

- 居住於油尖旺區、太子、大角咀
- 有照顧壓力的照顧者
- Yau Tsim Mong District, Prince Edward, and Tai Kok Tsui residents
- Stressed caregivers

目標及設計理念 Project Objectives

「照住您」照顧者家庭生活平台計劃的誕生源於幾位家庭服務中心的社工看到照顧者的默默付出，但卻經常成為被忽略的重要角色，他們同時更缺乏自己的私人及休息時間。因此計劃決定從兩個方向制訂目標以支援照顧者：

Initiated by social workers who recognized the unsung heroes of family care, this project supports caregivers who often neglect their own well-being while caring for others. Key objectives include:

照顧者及被照顧者

- 提升照顧者自我關顧意識
- 建立照顧者同行群體
- 提升照顧者對社區資源的認識
- 協助建立正面家庭關係

For Caregivers and Care Recipients

- Enhance caregivers' self-care awareness
- Build peer support networks among caregivers
- Improve caregivers' knowledge of community resources
- Foster positive family relationships

社區人士

- 培訓義工以支援照顧者支援服務
- 聯繫社區伙伴組織照顧者支援網絡
- 提升社會大眾對照顧者角色的肯定及關注

For the Community

- Train volunteers to support caregiver services
- Connect with community partners to establish caregiver support networks
- Raise public awareness and recognition of caregivers' contributions

項目內容

承蒙精神健康諮詢委員會贊助，由 2022 年 4 月起我們開展為期兩年的「照住您照顧者家庭生活平台」計劃，讓照顧者身、心、社、靈獲得喘息的空間。

通過沙氏負荷量表 (ZBI) 調查及深入訪談後，我們發現大部份照顧者均表示：

- 很多時候因需要照料被照顧者而感到「困身」
- 缺少屬於自己的私人時間
- 被過份的依賴為他們身心靈都帶來負擔

為回應以上需要，計劃設計多元化的服務及小組活動以提供不同程度的支援：

- 及早識別高危照顧者
 - ⇒ 透過評估工具及面談進行照顧壓力評估
- 創造照顧者的喘息空間
 - ⇒ 成立 Light Bulb 暫託服務照顧站，照顧者只需於一個工作天前通過 WhatsApp 聯繫便可輕鬆預約服務，更彈性地支援各種突發情況及需要
- 提升自我關顧的意識及擴闊支援網
 - ⇒ 每月定期舉辦照顧者活動及聚會、鼓勵照顧者自我關顧及凝聚正面同行力量
- 促進家庭和諧
 - ⇒ 推出多元家庭活動增進照顧者與被照顧者的關係親密度
- 建立區內支援照顧者文化
 - ⇒ 舉辦大型社區活動以推廣關注照顧者的精神健康及肯定他們的付出，包括：照顧者關顧嘉年華、照顧者物資支援分享平台
 - ⇒ 培訓「街坊 Lighter」義工培育社區人士支援照顧者
 - ⇒ 連結社區協作伙伴提供支援

Project Details

With funding from the Advisory Committee on Mental Health, we launched the two-year “LIGHT Community Cares Zone” project in April 2022, creating space for caregivers’ physical, mental, social, and spiritual respite.

Through the Zarit Burden Interview (ZBI) survey and in-depth interviews, we found that most caregivers reported:

- Feeling “trapped” due to caregiving responsibilities
- Lacking personal time
- Experiencing physical and emotional burden from excessive dependence

In response, we designed diverse services and group activities offering various levels of support:

- Early Identification of High-Risk Caregivers
 - ⇒ Assessed caregiver stress through assessment tools and interviews
- Creating Respite Opportunities
 - ⇒ Established the “Light Bulb Care Station”, where caregivers can book respite care just one working day in advance via WhatsApp, providing flexible support for various emergencies and needs.
- Enhancing Self-Care Awareness and Support Networks
 - ⇒ Regular monthly caregiver support groups and activities to encourage self-care and build positive peer support
- Promoting Family Harmony
 - ⇒ Diverse family activities to strengthen bonds between caregivers and care recipients
- Building a Caregiver-Supportive Culture
 - ⇒ Community events promoting caregiver mental health awareness, including Carers Care Carnival and Material Sharing Platform
 - ⇒ Training “Kaifong LIGHTERS” volunteers to expand community support
 - ⇒ Establishing partnerships with community organizations for comprehensive caregiver support



為照顧者舉辦定期聚會，互相支援及學習放鬆
Stress relief and stretching sessions for caregivers



舉辦義工培訓，以培訓照顧站之暫託員
Care Station volunteer training to build our respite care team

服務使用者心聲 Service User's Story

「照住您、照住我」

我需要獨自照顧中風的先生及9歲大的兒子。每日除了趕在兒子放學前完成家務，亦要接送先生出入復康訓練。晚上更要幫兒子溫習功課。有時連坐下來的時間也沒有，晚飯只好在廚房邊煮邊吃。

辛苦做到最好，卻收到家人的埋怨，使我感到委屈、自責和非常無力。我很希望有人能站在我的角度去理解我，與我傾訴分擔，讓我感到自己不是獨自一人面對……

我很感謝中心的「照住您」計劃真的照住了我。除了提供陪診接送、兒童託管等實際的服務減輕我的照顧壓力，亦定期安排照顧者聚會活動讓我認識到其他同行者，增加了我向前行的動力。

非常感謝楊震姑娘和其他照顧者陪伴了我走這一段路。只要有人同行，互相鼓勵，多點溝通便不再孤單徬徨！

家晴上



Finding Support in the Caregiving Journey

I juggle caring for my stroke-affected husband and 9-year-old son alone. My days are spent rushing between household chores, my husband's rehabilitation, and helping with my son's homework. Often, I eat while cooking, unable to pause.

Despite my efforts, criticism from family left me feeling guilty and exhausted. I longed for understanding and someone to share my burden.

The Center's LIGHT support program became my lifeline. Beyond practical help like medical escorts and childcare, their caregiver gatherings connected me with others facing similar challenges, giving me strength to carry on.

My heartfelt thanks to the social workers from YMMSS and fellow caregivers who have walked this path with me. Having companions who understand and encourage me has made all the difference.

Ka Ching





與地區伙伴 One Sky 合作，為兒童提供活動，以讓照顧者有喘息機會
Partnering with One Sky to provide children's activities, offering caregivers vital breaks

團隊分享

過去兩年接觸了二百多位照顧者，聽他們分享自己的日常經歷，深感照顧角色毫不容易！

其實照顧者需長時間留在家中照顧家人，難以與朋友或他人見面，這種被世界隔絕的孤獨感該如何適應？常常一人分飾數角處理大小事情；因照顧家人而要放棄本來的工作或興趣；還要隨時面對突發事情，精神長時間處於繃緊狀態……在外工作不易，而在家的照顧工作亦同樣不簡單，我們希望照顧者付出的精神、心力或時間，與及當中的犧牲能被看見和肯定。當家人之間願意多一點體恤和欣賞，這種小改變便會為家中帶來更多不一樣的色彩。

特別想藉此機會感謝社區裡的有心人，他們同樣看到照顧者的付出，願意奉獻時間或借出場地支援「照住您」的工作。期望每位社會大眾都能踏出一小步，彼此支持，守望相助。

「照住您」計劃經理

項目成果

計劃為 289 名參加者以照顧者壓力問卷進行前後測，以評估計劃的服務成效。包括計劃是否能有效地為照顧者降低照顧壓力、改善他們的精神健康及心理狀況等。

抑鬱焦慮壓力量表 21 (DASS-21) 是一項有效評估抑鬱、焦慮及壓力三種情緒狀況的自我報告量表，透過這項心理健康評估工具，讓照顧者了解自己的心理狀況。

團隊反思

Our two-year journey alongside over 200 caregivers has revealed the often-invisible challenges they face.

Caregivers experience profound isolation, juggling multiple responsibilities while sacrificing careers and personal interests. Their constant vigilance for emergencies creates unrelenting stress. Home-based caregiving demands as much—if not more—dedication as any professional role.

Our mission is to highlight caregivers' emotional labor, time investment, and personal sacrifices. Small gestures of family understanding and appreciation can transform household dynamics.

We are grateful to our community partners who recognize this vision, volunteering time and resources to support our LIGHT program. Together, we can build a more supportive society that truly values caregiving.

Project Manager, "LIGHT Community Cares Zone"

項目成果

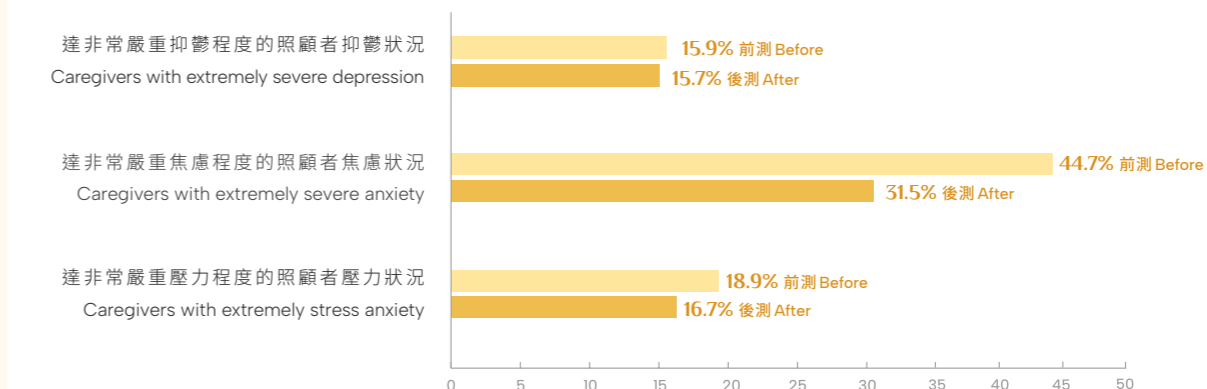
We evaluated service effectiveness through pre and post-test assessments of 289 participants, focusing on caregiver stress reduction and mental health improvement.

The Depression Anxiety Stress Scale-21 (DASS-21) is a validated self-report measure assessing depression, anxiety, and stress levels, helping caregivers understand their psychological state.

DASS-21 評估數據 Assessment Data

數據顯示，照顧者於 DASS-21 的抑鬱、焦慮及壓力指數於參加「照住您」服務後有所改善：

Data shows **improvements** in caregivers' DASS-21 scores after participating in the LIGHT Community Cares Zone services:



計劃問卷調查及深入訪談結果 Survey and In-depth Interview Results

計劃參加者 Program Participants



Light Bulb 暫託服務預約程序方便及簡單
Convenient and straightforward booking process of the Light Bulb respite care



享有個人的安靜及放鬆時間
Allowed personal quiet time and relaxation



提升他們對自己身體及心靈的關注及愛護
Increased awareness of physical and mental self-care



有助平和心情
Fostered peace of mind



能及時地提供託管支援
Timely respite care support



了解到照顧者自身的需要及喜好同樣重要
Reinforced that caregivers' needs and hobbies are equally important



有助滋潤家庭成員之間的關係
Nurtured family relationships



創造一家人美好回憶
Created precious family memories

同行伙伴

計劃連結社區內不同持分者成為協作伙伴，包括教會、社會服務機構、小店等，為照顧者提供「社區空間」作不同用途，共同支援區內照顧者。

同行心聲

當初收到「照住您」計劃的邀請，希望我們可借出教會的部分空間作託管服務，而照顧者則可以去放鬆一下，做一些自己喜歡的事情。我們認同照顧者的壓力應該要有更多關注，也看見近年很多關於照顧者壓力「爆煲」事件，所以教會十分願意與計劃合作，共同為街坊提供方便託管的空間。除此之外，教會亦提供場地讓計劃進行不同活動，例如安排營養師講座、物理治療師評估等服務，吸引照顧者參加並提升對自我照顧的意識。這樣互相配搭去提供服務，能夠彼此豐富，亦使更多街坊受益。

中國基督教播道會天泉堂 傳道同工陸少芬姑娘

Community Partnerships

We collaborate with churches, social services, and local businesses to create welcoming spaces for caregivers, strengthening our community's caregiving support network.

Community Partner Testimonial

When the LIGHT Community Cares Zone approached us about using our church space for respite care services, allowing caregivers some personal time, we immediately agreed. We understand the growing concern about caregiver stress and have witnessed recent incidents of caregiver burnout. Our church gladly partners with the project to provide convenient respite care spaces. We also offer venue for the program to host various activities, including nutritionist talks and physiotherapy assessments, encouraging caregivers to prioritize self-care. This collaboration enriches both parties and benefits more community members.

Ms. Luk, Pastor, EFCC Tin Chuen Church

幼稚園駐校社工服務 (大埔及北區) Social Work Services in Pre-primary Institutions (Tai Po & Northern District)

根據立法會 2023 年 6 月發表的數據透視，大埔區的幼兒服務名額嚴重短缺，令區內家長照顧壓力甚高。我們的幼稚園駐校社工服務 (大埔及北區) 亦於同年 8 月 1 日開展服務，成為第一批恆常地區化服務隊之一，同時亦是區內唯一橫跨大埔與北區的社工隊。

我們掌握社區脈絡並發揮校本特色，致力以提供專業的家庭及幼兒支援為首要任務；期望運用「社區—學校—社會服務」的合作支援模式，陪伴家庭與幼兒成長同行。

Data from the Statistical Highlights of Legislative Council (June 2023) revealed a critical shortage of early childhood services in Tai Po District. In response, we established our Social Work Services for Pre-primary Institutions in Tai Po & North District on August 1, 2023—pioneering the first stage of subvented district-based team serving both districts.

We deliver professional family support through an integrated “Community-School-Social Services” approach, helping local families navigate their children’s early development stages.

項目名稱 Project Name	「生命樹小組」	Tree of Life Therapeutic Group
對象 Audiences	學童家長	Parents of School Children
目標及設計理念 Project Objectives	駐校社工透過定期舉行「生命樹小組」，以治療性小組形式協助家長以正向方式減壓及重啟生活連結，展開溫暖的自我療癒旅程。	Through therapeutic group sessions, school-based social workers guide parents to manage stress and rebuild life connections, fostering self-healing.

為照顧者舉辦定期聚會，互相支援及學習放鬆
Stress relief and stretching sessions for caregivers



親子活動，參觀新雅童書館
Parent-child activity visiting the Sun Ya Children's Bookstore



透過物質平台，家庭能得到其所需物資
Resource sharing platform distributed essential family supplies



項目內容

全職幼兒照顧者的困難常被忽視，別人看似逍遙自在，其實家長卻要在幼稚園生上學的 3 小時內馬不停蹄處理好各樣家務。在職照顧者的疲憊亦同樣需被看見重視。

幼稚園駐校社工們除了以個案跟進外，亦透過「生命樹小組」與家長們作集體敘事治療。家長們藉着「繪畫生命樹」而回顧自己的經歷，通過圖畫訴說生命故事的時候，亦學習從客觀的角度看待問題及現況，使其再次肯定自我的價值與信念；同時建立在逆境時的意志和能力感。

小組亦透過各種活動協助家長們將「自己」與生活、興趣、歷史、文化及關鍵的人際關係重新連結，令家長們通過細味周圍的新事物，再次延展及盛放屬於自己的生命樹。

Project Details

Full-time child caregivers face hidden pressures, juggling multiple tasks during brief school hours, while working parents battle their own exhaustion.

Our social workers at pre-primary institutions facilitate narrative therapy through the “Tree of Life” approach. Parents create personal “tree”, sharing their stories through art. This process helps them gain perspective on their challenges while strengthening their values and resilience.

Group activities reconnect parents with their core identity, interests, and relationships, enabling them to embrace new experiences and personal growth.

► 團隊分享

留一刻讓自己喘息

常常聽到家長反映：「每日要趕收工，又要趕接送，真係好吃力！」

作為幼稚園駐校社工，我們深深明白家長的無力感，同時亦盼望家長們認知到，需要先照顧好自己，為自己充電，才能更有力量關顧孩子。

想起有次帶隊前往大埔綠匯學苑，讓空曠清涼的大自然環境成為照顧者舒壓的社區客廳，並與家長們一起體驗呼吸練習：吸氣，感受溫暖的太陽；呼氣，感謝這個願意停下來，好好享受寧靜的自己。

聽到家長們當下忍不住訴說，長期崩緊的精神從沒這樣放鬆過；有的更表示從沒想過原來「休息」也值得被讚賞；及後更有家長們分享自此經驗起會常常自我提醒：每天留一刻讓自己喘息。

很珍惜每個與家長們走出學校，踏進社區的機會，期待往後與家長們開拓更多身心靈啟迪歷程。

► Team Reflection

Take a Moment to Breathe

"It's so exhausting rushing from work to pick up the kids every day!" is a common refrain we hear from parents.

As pre-primary social workers, we understand their exhaustion and stress the importance of self-care in effective parenting.

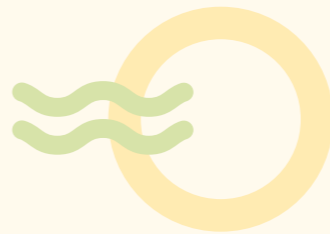
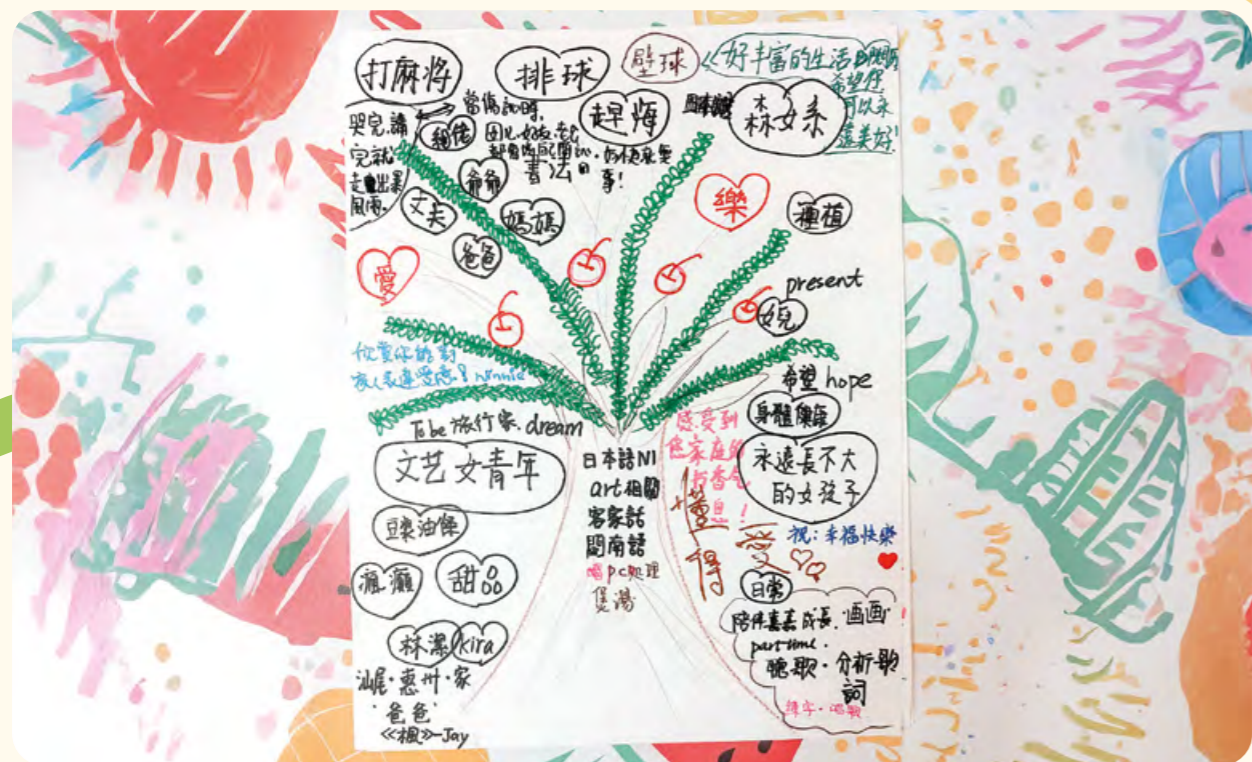
During a recent visit to Tai Po Green Hub, we transformed its serene environment into a communal sanctuary. Parents practiced mindful breathing exercises, soaking in the sunlight and embracing moments of peace.

Many participants expressed surprise at how deeply relaxed they felt, with some noting they had never considered rest to be praiseworthy. Several parents shared that they now often remind themselves to take a moment to breathe.

These community outings create valuable opportunities for physical and spiritual renewal, and we look forward to creating more such experiences.

家長常因照顧子女而埋藏自己的夢想。透過生命樹敘事，連結興趣，寫下對生活的盼望

Through "Tree of Life", parents rediscover dreams put aside during childrearing and express their hopes for the future



項目成果

由校本「關愛」出發 成就正向社區

我們深信一個關愛互助的社區能成為孩子正面的成長環境及家庭強大的支援網絡，因此團隊致力透過不同項目凝聚社區。

留意到北區鄉郊的村民多見獨居及行動不便的長者，而我們所服務的其中一所幼稚園正正位於北區鄉郊。因此駐校社工設計以校本「關愛」為主題，組織小組家長與幼兒一同成為義工，透過身體力行，於佳節探訪區內長者，送上溫暖與祝福。

長者收獲到久違的關懷與歡樂、幼童能藉義工服務體會愛與被愛、家長們亦藉此經歷學習正面欣賞幼童充滿活力及熱情的特性，盼望這份積極的氣氛繼續延展，帶動社區正向發展。

Project Outcomes

Building a Positive Community Through School-Based "Care Actions"

A supportive community fosters both child development and family wellbeing. Our team works to strengthen community bonds through targeted initiatives.

In the rural North District, where many elderly residents live alone with limited mobility, our school-based social workers launched a "Care Actions" project, organizing parent-child volunteer groups to make festive visits to these seniors, sharing warmth and companionship.

These visits brought joy to elderly residents, taught children the value of giving, and helped parents appreciate their children's natural compassion. This ripple effect of caring continues to build a stronger community.



生命影響生命，社工和家長到達大埔綠匯學苑，以「樹葉」隱喻想說的話，重繫生命中的「重要伙伴」，或遠或近，讓微風傳揚心意
At Tai Po Green Hub, social workers and parents gathered to use fallen leaves to express their feelings and reconnect with their loved ones

同行伙伴

合作式個案管理 優化幼兒福利計劃

傳統學校社工以服務校內學生為主，而新發展的恆常地區幼稚園駐校社工服務則是創新家庭服務模式。

我們團隊的專業社工們透過發揮優秀協調能力，與家庭、學校、不同服務單位合作，建立共同目標，扶助區內服務使用者(學童及其家庭)，應付不同的福利需要或危機。

通過運用「社區—學校—社會服務」的合作式個案管理優化幼兒福利計劃：

Community Partnerships

Collaborative Case Management for Early Childhood Welfare

Our new district-based social work services in pre-primary institutions extends beyond traditional student-focused support to embrace a comprehensive family service model.

Our social workers work collaboratively with families, schools, and various service units to establish shared goals and support service users (children and their families) in addressing diverse welfare needs and crises.

Implementation of Collaborative Case Management through “Community-School-Social Services” Partnership:

駐校社工擔任主責社工

School-based Social Workers as Case Managers



福利計劃概括多個層面：

- 鞏固家庭關係：訂立家庭正向說話清單、個案輔
- 促進學校支援：建議學校借出校內玩具促進親子溝通
- 連繫社區提供相關服務(如暫托服務)

我們同時也會成為綜合家庭服務中心主責社工的伙伴，共同會見家庭成員，透過個案協作，排解家庭的照顧困難，同步預防疏忽照顧風險。

Welfare Programs address multiple dimensions:

- Strengthening family relationships: Developing positive family communication checklists, providing case counselling
- Enhancing school support: Facilitating toy lending from schools to promote parent-child communication
- Linking families with community services (such as respite care)

We also partner with Integrated Family Service Centres' case workers, conducting joint family meetings to address caregiving challenges and prevent neglect risks through collaborative case management.

青少年服務部 Youth Service Division

循道衛理楊震社會服務處(青少年服務)的服務範疇包括外展服務、深宵外展服務、駐校社工服務、綜合發展中心、南亞裔服務等，為青少年提供幫助。

The service areas of Yang Memorial Methodist Social Service (Youth Services) include outreach services, late-night outreach services, school-based social work services, integrated development centers, and South Asian services for youth.



九龍城區青少年外展社會服務中心 Kowloon City District Youth Outreaching Social Service Centre

青少年 Youth

中心主要由專業社工組成，透過多元化的專業服務手法、多層面的介入及嘗試提供和締造不同形式的機會和支援，讓青少年透過自身的參與及體驗，發展所長，學習成為愉快、自信、成熟及對社會有貢獻的一群。

The center is staffed by professional social workers who use diverse intervention strategies to help young people develop their talents and grow into confident, positive contributors to society.

項目名稱 Project Name

MOM年輕媽媽支援計劃

Young Mother Support Program

對象 Audiences

24歲或以下的年輕媽媽

Young mothers aged 24 or below

目標及設計理念 Project Objectives

本項目源於社工於外展地區工作中發現一班共同需要的年輕媽媽，因此聚集她們及建立年輕媽媽小組。而從小組組員的傾談和回饋中可見，她們除了都想做好媽媽的角色外，亦期望有能力工作和發展。因此，小組除了舉辦相關活動和聚會以支援組員逐漸學習承擔母親角色以照顧小朋友外，亦讓她們有機會構思和創立產品品牌，發掘及展現年輕媽媽的能力。

Through our outreach work, we discovered young mothers in the community shared common goals – they wanted to excel as parents while pursuing personal and professional growth. In response, we developed a program that combines parenting support activities with opportunities to create a product brand, helping them realize their potential.

項目內容

計劃分成兩個部分：小組及產品售賣。年輕媽媽透過參與小組不同的活動和聚會，交流和互助，以減輕家庭和育兒的壓力，並讓小朋友和媽媽們一同成長。組員亦在社工的推動下學習技能，共同創立和發展MOM品牌。

Project Details

The program combines peer support groups with product development. Young mothers meet regularly to share experiences and reduce parenting stress, while working together under guidance to develop the MOM brand.

服務使用者心聲 Service User's Story

風雨中的堅持

呀怡於十七歲的時候意外懷孕。當時的她離開校園生活不久，加上與男朋友的感情並不穩定，令她對前路加倍迷惘。她亦曾想到同齡朋友都在自由自在地玩樂，她卻要變成養胎和被管制而感猶豫。雖然仍有擔心，但最後與社工傾談及慎重考慮後，於男友和其家人表示會支援下決定生育。

而自從決定成為人母後，呀怡的生活發生了翻天覆地的變化。由以往隨心所欲的生活，變成要肩負責任的照顧者。呀怡表示最難捱的是兒子出生後的第一年，由完全不懂得照顧嬰兒，變成掌握兒子的衣食住行。而當初表示會支援她的男友和家人亦因衝突和意見不合等原因而愈行愈遠。

呀怡表示在最不知所措時參加了楊震九龍城區外展社會服務中心的年輕媽媽小組，認識到與自己處境相近的年輕媽媽。

現在呀怡的兒子已經三歲了，她表示這三年在感情和生活上都出現了很多變化，但唯一沒變的是她仍堅持留在兒子身邊。呀怡在小組中積極帶兒子參加親子活動及小組聚會，更與組員和社工們一同構思和發展品牌，並參與花茶、縫紉及市集的工作以賺取生活費及連結社區。

呀怡表示與其他組員的相處過程並非一直順利，但小組和社工陪她渡過了許多困難的時刻，亦讓她能做好媽媽的角色之餘，也有自己的能力發展。

呀怡

Rising Above Challenges

At seventeen, Ah Yee faced an unexpected pregnancy while out of school and in an unstable relationship. As her peers enjoyed their youth, she struggled with her future path. After counseling, she decided to keep the baby with support from her boyfriend's family.

After becoming a mother, Ah Yee's life shifted from carefree to constant caregiving. She struggled through her first year of parenting, learning infant care while support from her boyfriend's family diminished.

Ah Yee found support at YMMSS Kowloon City Youth Centre, where she connected with other young mothers.

Three years on, Ah Yee remains devoted to her son despite changes in her relationships and lifestyles. She actively works with other mothers to develop the MOM brand through crafts and sales, earning income while building community connections.

Despite occasional tensions within the group, Ah Yee values how the program has helped her grow both as a mother and as an individual.

Ah Yee



定期聚會讓媽媽們交流生活和照顧小朋友的困難，及商討小組和品牌發展
Regular gatherings where mothers share parenting experiences and discuss brand development





宿營活動：讓媽媽們及小朋友們一同經歷和成長
Camp activities: Building memories and growth opportunities for mothers and children



親子工作坊
Parent-child workshops

項目成果

我們近年與「Social Ventures Hong Kong」聯繫，獲邀請出席渣打銀行「International Women's day 2024」等活動，亦得到不少機會與相關理念的伙伴網絡聯繫。

我們亦持續與舉辦市集的團體合作，參與擺賣活動讓 MOM 品牌及年輕媽媽的能力呈現給公眾人士。例如參與香港家庭福利會舉辦相關家庭主題的市集；參與 HANDMADE HONG KONG 舉辦的愉景灣市集等。

Project Outcomes

Our partnership with Social Ventures Hong Kong has opened doors to events like Standard Chartered Bank's "International Women's Day 2024".

Meanwhile, the MOM brand maintains a strong presence at various market fairs, including events by the Hong Kong Family Welfare Society and HANDMADE HONG KONG, showcasing our young mothers' capabilities.

團隊分享

今年最大的感受是見到媽媽們和小朋友的成長。年輕媽媽組不知不覺已經運行了數年，部分組員由新手媽媽轉化成有經驗及投入穩定的好幫手，而部分小朋友亦漸成為會照顧 BB 的哥哥姐姐。我們希望推動這些組員發展自己之餘，亦於小組中擔當更多榜樣和帶領的角色，有助小組及媽媽經驗較淺的組員更快地投入小組和媽媽角色。

因此，今年我們嘗試增加宣傳以擴展小組，吸納更多的媽媽加入，讓新舊組員互相學習和成長。我們亦嘗試聯繫更多相關的團體和組織等，發掘適合的伙伴網絡和資源，並宣傳 MOM 品牌，讓更多人看得見年輕媽媽的能力。

雖然宣傳和聯繫並非我們社工最擅長的事，而擴大和維持小組活動亦同時令我們的工作量增加，要兼顧本位的外展和個案工作並不容易。但過程中都遇到不少有心的團體，讓媽媽和品牌能呈現於更多人前，便覺得付出都是值得的。

Team Reflection

The highlight this year has been seeing our young mothers grow from beginners to confident mentors, with their children also thriving. We are now training these experienced members to become group leaders who can guide newcomers through motherhood.

We expanded our program by welcoming new mothers, fostering mentor relationships, and building partnerships to promote the MOM brand and strengthen our support network.

Despite challenges in balancing new publicity work with our regular duties, strong community support has helped our mothers and their brand gain recognition.

生日聚會：讓小朋友們有更多機會一起相處和成長

Birthday celebrations: Creating social connections among children

戶外親子活動：增加媽媽與小朋友正面的親子和相處經歷

Outdoor activities: Strengthening mother-child bonds through positive interaction

家福會市集活動

Market Fair at Hong Kong Family Welfare Society



青少年服務部 Youth Service Division

青少年 Youth

本處青少年服務的服務範疇包括外展服務、深宵外展服務、駐校社工服務、綜合發展中心、南亞裔服務等，為青少年提供幫助。而青年音樂會「Starry Night」由當中的沙田青少年綜合發展中心、油尖旺青少年綜合發展中心、何文田青少年綜合發展中心及九龍城區青少年外展社會服務中心合辦。

Our Youth Services division encompasses outreach programs, overnight street outreach, school-based social work, integrated youth centers, and services for South Asian youths. The “Starry Night” youth concert was jointly organized by four of our centers, including our Integrated Centres for Youth Development in Shatin, Yau Tsim Mong, and Homantin, and the Kowloon City District Youth Outreaching Social Service Centre.

項目內容

青年音樂會「Starry Night」於 2024 年 3 月 17 日成功舉行，共 250 張門票在活動前全部售罄，現場氣氛熱烈，為青少年提供了一個難得的自我表達及夢想實現的機會。

參加者通過歌唱技巧、歌曲創作、Band 隊訓練等專業指導，提升了音樂技巧，同時通過團隊建立活動，培養了合作精神和友誼。為了進一步提高音樂會的整體質素，活動設置了多方面的準備工作，如錄音、街頭演唱、試行迷你音樂會，以及精心製作音樂會內容。這些環節讓青少年在排練中打磨技藝，並最終在正式舞台上充分展示他們的熱情與才華，實現自我突破，朝夢想邁進。

Project Details

The sold-out “Starry Night” youth concert on March 17, 2024, attracted 250 attendees, creating a dynamic platform for young talent to shine.

Participants received professional training in vocals, songwriting, and band performance, while team activities fostered teamwork and friendships. The journey to the stage included recording sessions, street performances, and intensive rehearsals. This thorough preparation enabled young performers to refine their skills and achieve personal breakthroughs in pursuit of their dreams.

團隊分享

音樂夢想與堅持的力量

在「青年音樂會 Starry Night」中，這群年輕人展現了追夢的勇氣與堅持。對他們而言，音樂不僅僅是舞台上的表演，更是他們心靈深處的一種表達方式。每位參與者都有不同的故事和背景，然而他們共同的目標是透過音樂實現自我。他們為了這個舞台不斷努力，克服了學業、工作及生活中的種種挑戰，讓夢想不再只是一個遙不可及的想法，而是付諸行動的真實旅程。

這些青年人經歷了無數次的排練與磨練，學會了如何面對困難並堅持下去。儘管過程中可能遇到過挫折，甚至曾一度懷疑自己是否能夠實現夢想，但他們從未放棄。每一次的努力、每一個音符，都見證了他們追尋夢想的堅韌與毅力。在音樂會當晚，觀眾的掌聲不僅是對他們表演的肯定，更是對他們努力過程的讚賞。這讓他們感受到自我價值的實現，也促使他們不斷向前。

通過這次活動，他們不僅在音樂表演方面取得了進步，還在心態上變得更加堅定。這次音樂會成為了他們追夢路上的一个重要里程碑，幫助他們在未來的旅程中，勇敢面對更多挑戰，無論前路如何艱難，他們都將繼續走在音樂的道路上，追尋屬於自己的夢想與方向。

團隊反思

Music, Dreams, and Determination

At the “Starry Night” youth concert, young performers showcased more than talent—they demonstrated the power of pursuing one’s passion. For them, music became their voice, transcending diverse backgrounds to achieve shared dreams. Despite juggling studies, work, and personal challenges, they turned aspirations into reality.

Through countless practice sessions, each performer learned vital lessons in persistence. When doubts surfaced and obstacles emerged, their dedication never wavered. The audience’s applause celebrated not just their performance, but their transformative journey, boosting their confidence and drive to excel.

This experience fostered growth beyond musical skills, building resilience and self-belief. The concert stands as a milestone in their development, equipping them with strength for future challenges as they continue their musical journey.

項目名稱 Project Name

「Starry Night」青年音樂會

“Starry Night” Youth Concert

對象 Audiences

此次活動吸引了眾多年輕音樂愛好者參與，5 位獨唱表演者和 2 支樂隊在舞台上展示了他們的音樂才華。

The event attracted numerous young music enthusiasts, featuring five solo performers and two bands.

目標及設計理念 Project Objectives

「Starry Night」旨在通過音樂，為青少年提供一個表達自我、展現想法與夢想的舞台。活動讓年輕人有機會追夢，更為他們提供了一個被看見與被肯定的機會。通過這個活動，參加者能夠在專業的音樂訓練下提升自己的音樂水平與能力，幫助他們朝著夢想邁進，從而實現自我成長與突破。

“Starry Night” created a platform for youth to express themselves through music, gain recognition, and develop their talents. Through professional music training, participants enhanced their musical abilities, supporting their journey toward personal growth and achievement.



青年音樂會「Starry Night」在兆基創意書院舉行
The "Starry Night" youth concert was held at the HKICC Lee Shau Kee School of Creativity



音樂會嘉賓「陳健安」先生上台演唱「繼續繼續」，鼓勵年青人追夢
Guest performer Mr. On Chan performing "On and On" to encourage youths to pursue their dreams



獨唱表演者「伊伊」台上演出「樹仔」
Solo performer "YiYi" performing "Tree Baby"



Hangover樂隊台上演出「在生」
The band "Hangover" performing "The Lovers" on stage

服務使用者心聲 Service User's Story

在這次的「Starry Night」音樂會中，我們的樂隊表演了幾首關於夢想的歌曲。或許每個人心中都有或多或少的夢想或目標。即使你現在沒有明確的夢想，也許有些你喜歡的事情，或者一些想嘗試的目標。然而，當面對這些選擇時，是否曾經感到停滯不前或猶豫不決？也許是因為別人的評論，或是懷疑自己的能力，讓我們退縮。

我們的樂隊在成立之初，對音樂的了解其實不深。最開始組樂隊的決定，讓我們感到彷徨不安，甚至懷疑這是一個錯誤的選擇。可我們心中都渴望著音樂的熱情，認為不妨試一試，畢竟人生還有很多時間去探索和嘗試。於是，我們堅持了一年，直到今天站在這裡與大家分享我們的音樂。

我們希望透過這次分享告訴大家，不論外界的評價或自身的能力，只要心中有熱愛的事情，就勇敢去追求。堅持下去，我們終將能夠走出屬於自己的音樂之路，實現自己的夢想。

Hangover 樂隊

At "Starry Night", our band performed songs celebrating dreams and aspirations. Everyone has goals, whether grand or modest. Even without a clear dream, you may have interests to explore or ambitions to chase. But what holds you back? Is it others' opinions or self-doubt?

When we started, we were musical novices. Though uncertainty clouded our beginning, our passion for music drove us forward. We decided to take the chance, knowing that life offers plenty of time for exploration and growth. That decision led us through a year of development to this moment of sharing our music with you.

We want to convey that, regardless of others' judgment or your starting point, you should pursue what you love. With dedication, we can all forge our own musical paths and realize our dreams.

The Band "Hangover"



項目成果

「青年音樂會 Starry Night」不僅提供了音樂表演的平台，更促進了參與者的自我成長與轉變。對於許多年輕人來說，音樂不僅是一種表達方式，更是追夢的途徑。通過參與活動，參與者有機會與其他音樂愛好者交流，這大大增強了他們的自信心和表達能力。

在活動的籌備過程中，參與者面對排練的壓力和挑戰，學會了如何克服挫折，提升了他們的音樂技巧，同時也培養了更堅韌的心態。樂隊成員 Blander 的經歷就是最好的例子，他們在繁忙的工作與學業中，努力追求音樂與生活的平衡，並最終呈現了精彩的表演。

觀眾的支持和鼓勵讓參與者感受到他們在音樂中的價值，並激勵他們繼續向更高的目標邁進。「青年音樂會 Starry Night」不僅是一場音樂盛會，更是一段心靈的旅程，幫助每位參與者找到屬於自己的夢想與熱情。

Project Outcomes

The "Starry Night" youth concert was more than a musical showcase—it was a catalyst for personal transformation. For the young performers, music offered both creative expression and a path to realizing their dreams. The event fostered connections among musicians, building their confidence and social skills.

The rigorous rehearsal process challenged participants to overcome obstacles, strengthening both their musical abilities and resilience. The band "Blander" exemplified this dedication, balancing work and studies while preparing for their standout performance.

Enthusiastic audience response validated the musicians' efforts and inspired them to aim higher. "Starry Night" evolved beyond a simple concert into a journey of self-discovery and passion.



觀眾、表演者、嘉賓及工作人員大合照
Group photo of audience, performers, guests, and staff

同行伙伴

「Starry Night」音樂會的籌備和舉辦過程中，我們採用了多方協作的模式，結合歌唱導師、舞台監督、攝影師、樂手、化妝師、設計師、音樂工程師等多方專業人士，為青年提供全面的支持。這些專業人士不僅在技術上給予指導，還幫助年輕人掌握造型設計、舞台表現等多方面的技能。這種跨界別的合作創造了協同效應，促進了服務提供者之間的交流，並提升了活動的專業水平。

其中，一位舞台監督特別分享了他的感受，他表示自己被年青人和工作團隊的熱情所深深打動，這種投入和熱忱令他自己也重新燃起了對工作的熱情。他讚揚了年輕人們的努力，並指出他們的活力感染了他，讓他在參與這次合作中感受到極大的鼓舞。

這樣的多方協作不僅為青年人提供了專業技能的培訓，還通過導師們的分享和指導，讓他們在追夢的過程中得到更廣泛的支持和啟發，激勵他們勇敢前行，建立更廣泛的人脈和專業能力。

獨唱表演者參與歌唱技巧訓練班
Solo performers attending vocal technique training sessions



Community Partnerships

“Starry Night” thrived through collaborations with vocal coaches, stage directors, photographers, musicians, makeup artists, designers, and sound engineers. These professionals provided both technical guidance and performance expertise to our young participants. This cross-sector collaboration created synergy among service providers, and raised the professional standards of the event.

One stage director remarked how the young participants' passion reinvigorated his own enthusiasm. Their infectious energy and dedication inspired him throughout the project.

Beyond skills training, these partnerships offered valuable mentorship and guidance. Participants gained professional networks and capabilities while building the confidence to pursue their dreams.

Blander 琴手「阿恒」接受訪問，表示表演前心情愉快，以平常心應對
Blander's guitarist "Ah Hang" shared in a pre-show interview that he was feeling relaxed and positive



復康服務部 Rehabilitation Service Division

循道衛理楊震社會服務處（復康服務）的服務範疇包括社區支援服務、到校學前康復服務、家居照顧服務、自閉症人士支援服務、肢體傷殘人士家居服務、院舍支援服務、院舍住宿照顧服務、職業復康服務等，為殘疾人士提供輔助。

The service areas of Yang Memorial Methodist Social Service (Rehabilitation Service) include community support service, school-based pre-school rehabilitation service, home care service, autistic support service, home service for the physically handicapped, residential support service, residential care service, vocational rehabilitation service, etc. to provide assistance to the disabled.



深水埗區晉晴支援服務中心 Sham Shui Po District Support Centre

復康 Rehabilitation

楊震晉晴中心為殘疾人士地區支援服務中心，專為 6 歲或以上居住在深水埗區的復康人士及其照顧者提供一站式及多元化的支援服務，包括：個人/小組訓練、社交康樂活動、個人發展服務、專業治療服務及家屬支援服務等，協助殘疾人士提升生活能力，發揮其潛能；並協助照顧者建立支援網絡，舒緩壓力。

Our centre provides one-stop support services for persons requiring rehabilitation services aged 6 and above in the Sham Shui Po district. We offer individual/group training, social activities, personal development and professional therapy services, thereby enhancing the independence of people with disabilities while helping their caregivers build networks and manage stress.

項目名稱 Project Name	藝創無限計劃	Art Infinity
對象 Audiences	智障人士及其照顧者、義工及公眾人士	Persons with intellectual disabilities, their caregivers, volunteers, and the general public.
目標及設計理念 Project Objectives	期望讓智障人士接觸多元藝術、學習不同的技巧及發掘潛能，並透過藝術的傳遞，建構及促進社會共融的平台。	To introduce persons with intellectual disabilities to diverse art forms, develop their skills, and uncover their potential. The project creates a platform for social inclusion through artistic expression.

項目內容

計劃由伊利沙伯女皇弱智人士基金 (Queen Elizabeth Foundation for the Mentally Handicapped) 資助，透過舉辦不同形式的藝術小組，讓殘疾人士認識及學習不同種類之藝術，提供平台給他們發揮所長。計劃涵括 9 個不同元素之藝術小組，包括：

Project Details

Funded by the Queen Elizabeth Foundation for the Mentally Handicapped, this project offers art groups that introduce various creative forms to persons with disabilities and showcases their talents. The project includes 9 artistic elements:



計劃亦同時透過舉辦大型活動及展覽，讓殘疾人士透過表演及分享作品，向公眾展示藝術成果；加上義工的推動，讓社會大眾了解及肯定殘疾人士之才能：

- 「藝術展才華」花藝/繪畫共融工作坊 (2 場)
- 表演同樂日 (1場)
- 機場亞洲博覽會展覽及工作坊 (1場)
- 賽馬會創意藝術中心「藝術成果展覽」(2場)
- 於港鐵屯馬線美孚站的社區畫廊作藝術展覽

Through large-scale events and exhibitions supported by volunteers, the project highlights participants' artistic achievements and raise awareness:

- "Artistic Talent Showcase" Floral Art/Painting Inclusion Workshops (2 sessions)
- Performance Fun Day (1 session)
- Airport AsiaWorld-Expo Exhibition and Workshop (1 session)
- Jockey Club Creative Arts Centre "Art Achievement Exhibition" (2 sessions)
- Art Exhibition at MTR Tuen Ma Line Mei Foo Station Community Gallery

服務使用者心聲 Service User's Story

自信綻放的時刻

計劃參加者多為輕度至中度之智障人士，有一些更伴隨著自閉症。礙於智力及溝通上的障礙，他們日常大部份時間較著重於個人自身及生活上的訓練，因此較少有機會參加藝術性的活動。

透過參加「藝創無限」計劃，殘疾人士有機會接觸不同種類的藝術活動，從而發掘自己對於某種藝術的天賦和熱情，例如有自閉症的智障會員，充分利用其高度的專注力，描繪出不少出色的繪畫作品；一班難以透過言語表達情感需要的殘疾人士，亦在藝術創作的過程中，學習利用創作媒介去抒發自己的感受及情緒。他們更將作品化為與其他人溝通交流的重要橋樑，逐步學習建立正向的人際關係與友誼。

每次用心的創作和精彩的表演、每次大眾熱烈的掌聲及讚賞、每次所收穫滿滿的自豪和成就感，成就了每位參加者生命中自信綻放的珍貴時刻。

Moments of Blossoming Confidence

Most participants have mild to moderate intellectual disabilities, and some are on the autism spectrum. Their daily routines typically focus on basic life skills, leaving little opportunity to explore artistic expression.

Through the "Art Infinity" project, participants discovered various art forms, uncovering their hidden talents and interests. For instance, our autistic members applied their intense focus to create remarkable paintings, while those with verbal challenges found new ways to express their emotions. Their creative work has become a bridge for connecting with others, fostering meaningful relationships.

Each creation, performance, and moment of recognition helps build confidence, marking significant milestones in their personal growth journeys.



▶ 團隊分享

作為負責統籌「藝創無限」的同事，我深深感受到計劃對殘疾人士帶來的積極影響。在計劃初期，很多參加者表現得很害羞和缺乏自信，但經過一段時間的耐心指導和鼓勵，他們逐漸掌握技巧，更積極投入活動，並展現出無限的創意和才能。

最讓我感動的是在藝術共融工作坊上，參加者能在導師的帶領下，自信地向觀眾表演。看著他們從最初的羞澀、到最後自豪地展現自我，我深深感受到藝術的力量。不僅能激發他們的潛能，更能幫助他們建立自信和滿足感、融入社會。

「藝創無限」不單造福了參加者，亦為社區帶來正面的影響。通過欣賞殘疾人士的藝術作品，提升公眾人士對他們的認識和接納，進而締造更包容、共融的社會氛圍。

高級復康工作員—池彩儀姑娘

▶ Team Reflection

As “Art Infinity” coordinator, I have witnessed the project’s transformative power on our participants. Many started timid and unsure, but through gentle guidance, they have discovered their creative abilities and developed new skills.

My most moving moments came during our inclusive workshops, watching participants confidently perform for audiences. Their journey from hesitation to proud self-expression powerfully demonstrated the power of art, helping them build confidence and social connections.

“Art Infinity” reached beyond its participants to touch the wider community. As the public encountered these artistic works, they gained a deeper understanding and appreciation of persons with disabilities, helping create a more inclusive society.

Ms. CHEE CHOI YI, Senior Rehabilitation Worker



成果展覽吸引不少公眾人士體驗「酒精墨水畫」工作坊

The Achievement Exhibition visitors participating in the “Alcohol Ink Art” workshop

「花姿藝術」的參加者與作品合影

“Floral Art” participants posing with their creative arrangements



會員在專注地製作黏土

Members immersed in their clay art creations



「創意繪畫班」的參加者展示自己的作品

“Creative Painting Class” participants displaying their artwork



項目成果

「藝創無限」有逾 100 名殘疾人士參與其中，參加者不僅在藝術技巧上有所進步，更重要的是自信心及自我價值均有明顯提升。

在計劃的大型展覽和表演活動中，參加者們的藝術作品及練習成果獲得了熱烈的掌聲和讚賞。我們收到了大量正面的反饋，許多人表示對殘疾人士的藝術才能感到驚嘆，並希望能提供更多交流和展示的機會。

計劃也為深水埗區帶來了積極的社區效益。通過舉辦公眾活動，我們培養了區內居民對殘疾人士的同理心和接納度，促進了社區共融。

我們期望未來能夠持續推廣這個計劃，讓更多有需要的人受益。

Project Outcomes

“Art Infinity” has engaged over 100 persons with disabilities, enhancing both their artistic abilities and, crucially, their self-confidence and sense of worth.

The project’s exhibitions and performances drew enthusiastic public response, with audiences expressing genuine admiration for participants’ talents. Many called for additional showcase opportunities.

These public events have also fostered greater understanding and acceptance of persons with disabilities among residents in Sham Shui Po.

We look forward to continuing this project in the future, benefiting more people in need.

同行伙伴

計劃得以順利實施，離不開各方合作夥伴的鼎力支持。

首先，我們十分感謝伊利沙伯女皇弱智人士基金的撥款資助，以令計劃得以開展。在推行期間，中心聘請了專業的藝術導師定期到中心為參加者進行藝術小組。

此外，我們更廣邀各區的義工參與，協助參加者的創作過程，增進了雙方的交流和理解。於交流活動中，亦感謝香港樂心會及朱壽祥護養院接受邀請，參加藝術共融工作坊，促進跨單位之交流。

此外，中心亦與機場亞洲博覽會展覽館及賽馬會創意藝術中心合作，在他們的場地舉辦大型展覽，讓殘疾人士的作品於公眾得到更廣泛的曝光。

我們深信透過各方通力合作，能攜手為殘疾人士創造更多發展機會，促進社會共融。

Community Partnerships

The success of this project would not have been possible without our partners.

We are grateful to the Queen Elizabeth Foundation for the Mentally Handicapped for their funding support. The project also benefited from professional art instructors who led regular art workshops for participants.

Volunteers from various districts enriched the creative process through their support and engagement. Special thanks to the Life Commitment Charity Club and Chu Sau Cheung Nursing Home for participating in our inclusive art workshops and fostering inter-organization exchange.

Our partnerships with the AsiaWorld-Expo and the Jockey Club Creative Arts Centre enabled us to showcase participants' artworks to wider audiences through large-scale exhibitions.

These collaborations help create opportunities for persons with disabilities while promoting social inclusion.

牽晴計劃—嚴重肢體傷殘人士綜合支援服務計劃 Integrated Support Service for Persons with Severe Physical Disabilities (ISS)

牽晴計劃—嚴重肢體傷殘人士綜合支援服務計劃主要為生活在社區內的嚴重殘疾人士，提供一系列綜合到戶支援服務，滿足在社區居住的嚴重肢體傷殘人士的個人照顧、護理及康復訓練需要，減輕家屬/照顧者的壓力，改善生活質素支援他們在社區生活；同時透過為家屬/照顧者提供訓練及支援，以提升他們的照顧能力。

因應服務使用者的需要，單位更設有到戶式生死教育服務及「完美一天」外出服務項目，希望為服務使用者的晚期生活作規劃，並珍惜當下的相處時刻，改善生活質素。

Through providing a series of integrated home-based care services, ISS helps meet the care requirements of severely disabled persons living in the community; at the same time, we help mitigate the stress experienced by their family members/carers; improve their quality of life; and provide support for them in community living.

Our unit also offers home-based life and death education services and the "A Perfect Day" program, helping service users plan for end-of-life care while making memories with loved ones, thereby enhancing their current quality of life.

項目名稱 Project Name

《圓途有您》安寧照顧服務計劃

"Be Engaged" End-of-Life Care Service

對象 Audiences

社區內的嚴重殘疾人士，包括四肢癱瘓、依賴呼吸機為生或一些有極高護理需要和高功能缺損人士及其家屬

Community members with severe disabilities and their families, including Tetraplegia patients, Respiratory Support Medical Equipment (RSME) dependents, and individuals with high care needs or significant functional impairments.

目標及設計理念 Project Objectives

我們希望讓殘疾人士及照顧者更能夠：

- 認識生死教育，藉此學習珍惜當下的相處時刻，改善生活質素
- 了解預設醫療指示，加強溝通及減輕照顧者在面對醫療抉擇時的壓力

Supporting individuals with disabilities and their caregivers to:

- Engage with life-and-death education, enhancing appreciation of present moments and quality of life
- Understand advance medical directives, improving communication and reducing caregiver stress during medical decision-making

在「深晴舞團」中，大家擺 POSE 都顯得有模有樣！
Participants striking professional poses!



非洲鼓表演令現場氣氛升溫
African drumming performance energized the crowd



項目內容

我們相信，面對生死的選擇，每個人都應該有權利和能力去制定符合自己意願的計劃，讓生命的結束同樣充滿意義。同時，參與者亦可慢慢理解各人在生活中擁有多重角色，不應只著眼於殘疾人士的身份。因此計劃設計了不同項目，讓參加者通過重新認識自己的想法和強調多重角色的價值，重拾生活的動力與意義：

生命故事製作

參加者分享各式各樣的人生故事、價值觀和心願，並協助整理和記錄這些故事，製作屬於自己的生命故事冊

安寧照顧及未來規劃

了解安寧照顧的選擇及其重要性，包括選擇合適的晚期照顧方式、在家離世意願及支援、訂立遺囑安排等

「完美一天」計劃

鼓勵參加者與家人共同設計「完美一天」，選擇自己最想做或最想和家人一起完成的活動或到訪的外出地點，增強家庭間的情感聯繫

園藝治療

透過種植植物體會生死的歷程，提升對生命的感知，並在照顧植物的過程中找到心靈的平靜

靜觀練習

以呼吸練習增強心靈的平靜與安定，以面對生死帶來的情緒挑戰

緩痛治療

使用新式醫療儀器和專業護理，緩解和改善晚期病人的常見疼痛問題

生死教育季刊

介紹安寧服務的各種選擇及過來人故事分享

同工培訓

通過同工培訓提升團隊的專業能力，確保為每位參加者提供高質素的服務，使其在生命的每一階段感受到尊重與關懷

Project Details

We believe everyone deserves to make meaningful end-of-life choices aligned with their wishes. Our project helps participants recognize their multiple life roles beyond their disability identity to rekindle their life purpose and meaning. The project's key components include:

Life Story Production

Participants share and document their life experiences, values, and wishes in personal life story books

End-of-Life Care Planning

Understanding palliative care options, including end-of-life care choices, home death arrangements, and will preparation

"A Perfect Day" Program

Supporting participants to design and experience meaningful moments with family members, strengthening bonds through chosen activities

Horticultural Therapy

Exploring life's cycles through gardening, fostering awareness and inner peace

Mindfulness Practice

Using breathing techniques to build emotional resilience when facing life and death matters

Pain Management Therapy

Providing professional care and modern equipment to address terminal patients' pain

Life and Death Education Quarterly Magazine

Sharing end-of-life care information and personal stories from similar experiences

Staff Training

Developing professional expertise to ensure respectful, high-quality care at every life stage

服務使用者心聲 Service User's Story

運動神經元患者的圓滿之旅

一名運動神經元病的服務使用者多年來因身體限制而無法自由行動，她只好將對拜祭父母和哥哥的渴望藏心底長達20年，一直不敢與人分享。

而每當她想起自己自病發後多年未能拜祭疼愛自己的親人，人生便感到非常遺憾。因此當同工問及「你心目中完美的一天希望怎樣度過？」，她便鼓起勇氣分享希望可以像中心其他輪椅使用者一樣，與家人一起前往墳場掃墓。

在籌備過程中，我們發現薄扶林墳場有山路有樓梯，一般情況下輪椅實在難以通行。而另一方面，由於她的頭部無法長時間抬起，加上其他身體部位亦乏力支撐整個行程等，種種原因讓行程充滿挑戰。使她和家人在討論能否成功實現計劃時亦感到懷疑。

但這個日思夜想20年心願怎能在這刻放棄呢？

我們同工努力與參加者和她的家人溝通，構思種種可行方案及安排每個細節，同時決定聯繫消防義工隊尋求協助。在與團隊治療師及其家人的商討下，最終由消防義工隊負責用擔架床輔助上山路程，團隊更多帶一部輪椅，讓她能在墳前坐下進行拜祭。

當抵達墳前那一刻，她的眼淚止不住地流下，心中隱藏多年的愧疚和思念在此刻找到了釋放的出口。她親自獻上鮮花，表達對親人的感恩與懷念。同時感謝計劃團隊重視她的心願並不遺餘力地讓它終於成真。當天陪伴在側的家人也同樣感受到這刻的珍貴，憶起彼此相伴的美好時光。

即使身體有障礙，夢想也不應該被放棄。透過《圓途有您》中「完美一天」這個平台，幫助嚴重肢體傷殘人士及家人重拾夢想，完成心願，讓生活不再因遺憾而停滯不前，而是帶著意義充實人生每個階段。

A Motor Neuron Disease Patient's Journey to Fulfillment

For 20 years, a service user with motor neuron disease carried a silent wish: to visit her parents' and brother's graves.

The thought of being unable to visit her beloved family members' graves since her diagnosis filled her with profound regret. When asked about her "perfect day", she expressed her wish to visit the cemetery with her family.

The challenge seemed daunting—Pokfulam Cemetery's hillside location, with its steep paths and stairs, posed significant accessibility issues. Her limited head control and physical weakness added to the complexity. Both she and her family had doubts about achieving this goal.

Yet we couldn't dismiss a wish held for two decades.

Our team collaborated with the participant, her family, and the Hong Kong Fire Services Department Volunteer Team to make it possible. The solution involved carrying her up the hill by stretcher, with a wheelchair available at the graves.

At the graveside, tears flowed as she finally offered flowers and expressed her love. This profound moment released years of pent-up emotion. She thanked the team for taking her wish seriously, while family members present cherished this precious reunion.

Through the "A Perfect Day" initiative, we demonstrated that physical disabilities should not prevent dreams from coming true. We helped severely disabled individuals and their families fulfill meaningful wishes, replacing regret with purpose.



▶ 團隊分享

在過去的幾年裡，我們留意到每年大約有 20% 的服務使用者因病離世。這讓團隊明白到疾病和死亡是生命中不可逆轉的現實，對於嚴重肢體傷殘人士帶來的感受尤其明顯。

然而每當我們看到每位服務使用者努力積極的生活，儘管身體上有限制，他們仍抱著堅韌的生命力去改善自身的生活質素；加上照顧者們全心的付出和投入，所以牽晴計劃決定落實提供安寧照顧及相關未來規劃、完美一天等項目，引導參加者重拾生活意義及自主性。

涉及生死的話題常讓人難以啟齒。然而，透過同工培訓和與服務使用者的深入接觸，彼此亦漸漸更開放地討論生死，同工亦能體會到這項服務的深刻意義。

縱使身體狀況幾乎無法改善，但透過《圓途有您》的各項活動，讓服務使用者重新拉近與家人的距離，重新意識到自己的能力，重新投入參與自己的人生，這些寶貴的歷程讓團隊共同見證了生命的價值。

▶ Team Reflection

About 20% of our service users succumb to illness each year, highlighting how death particularly affects those with severe physical disabilities.

Inspired by our users' determination to live fully despite physical limitations and their caregivers' dedication, ISS launched end-of-life care, future planning, and the "A Perfect Day" project to help participants reclaim life's meaning and control.

While discussions about mortality are challenging, staff training and genuine user engagement have helped facilitate these conversations, deepening our appreciation for this essential work.

The "Be Engaged" program has fostered family connections and self-discovery, even when physical conditions cannot be reversed. These journeys reveal life's true value to both users and staff alike.

項目成果

共 33 位殘疾人士參加了安寧服務，顯著改善了參加者的生活質素和心理健康。

Project Outcomes

33 persons with disabilities participated in the end-of-life care service, showing significant improvements in their quality of life and psychological well-being.



整體生活質素顯著提升 Overall Quality of Life Significantly Improved

服務前後評分增幅達 69.75%，反映出安寧服務在提升生活質量方面的顯著成效

Average scores increased by 69.75%, demonstrating the service's significant impact on enhancing quality of life.



身體狀況有所改善 Physical Well-being Enhanced

90% 的參加者表示有正面轉變，計劃讓他們明白到即使在限制中，亦能找到善待自己的方法。

90% of participants reported positive changes. The program helped participants find peace and ways to care for themselves despite limitations.



負面情緒明顯減輕 Negative Emotions Substantially Reduced

服務使用者的抑鬱和悲傷的評分分別顯著下降，相信是透過預設照顧計劃減輕對未來的擔心

Service users showed significant improvement in both depression and grief scores, likely due to reduced anxiety about the future through advance care planning.



促進正向發展 Fostering Positive Development

服務使用者對於存在意義的認知也有了明顯提升，他們對人生的重新認識與肯定。同時促進了參加者的支援網絡家庭之間的聯繫。

Participants' sense of life meaning increased significantly, with renewed understanding and affirmation of life, and strengthened support networks and family connections.

總體而言，是次安寧服務計劃不僅提升了嚴重肢體傷殘人士的生活質素，還改善了他們的家庭關係，帶來了更好的生活體驗。

Overall, this program enhanced both quality of life and family relationships for persons with severe physical disabilities, leading to better life experiences.

服務使用者外出參與完美一天活動
Service user enjoying an outdoor "A Perfect Day" activity



服務使用者本為特技人，受傷後在漫畫家協助下，以畫作完成未圓的電影夢
Former stuntman realized film aspirations through art collaboration with a comic artist



與服務使用者講解預設照顧計劃
Explaining advance care planning to a service user



同行伙伴

在內部合作方面，團隊透過多專業合作來實現願望。

由社工首先與參加者進行深入訪談，以了解其心中所願。隨後由治療師針對其的身體狀況評估適合的工具，設計安全的實現方案。護士在整個過程中細心照顧，確保其健康和安寧。我們同時與機構長者服務部緊密配合，提供安寧照顧服務的相關培訓，幫助前線同事在外出服務或日常照顧中，能更自信地討論生死話題。

外間合作方面，我們為參加者不同的需要聯繫相關持分者。

如與律師合作，提供平安紙的法律講座，並為有需要的服務使用者免費制作平安紙，確保他們的意願得到法律保障；如消防義工隊，尋求專業支援；如毋忘愛團隊，在需要時分享後事安排和在家離世的注意事項，並轉介有需要的服務使用者，提供後事支援。

感謝《圓途有您》每名同行伙伴及單位的支援，讓每名嚴重肢體傷殘的參加者人生再次精彩綻放。

Community Partnerships

Our team fulfilled participants' wishes through multiple internal collaborations.

Social workers conducted interviews to understand participants' needs. Therapists evaluated their physical conditions and created safe implementation plans. Nurses monitored health throughout the process. We also collaborated with our elderly services team on palliative care training, enabling staff to address end-of-life topics confidently.

Externally, we connected participants with relevant stakeholders based on their specific needs.

For instance, our partner lawyers arranged legal seminars and free will-making services for users in need; the Fire Services Department Volunteer Team offered professional support; and the Forget Thee Not team offered guidance on funeral planning and home death arrangements, and referred bereavement services for users in need.

We thank all partners in the "Be Engaged" program who helped participants with severe physical disabilities rediscover life's meaning.

長者服務部 Senior Citizen Service Division

循道衛理楊震社會服務處（長者服務）的服務範疇包括地區綜合服務及鄰舍中心、社區照顧服務、家居照顧服務、日間護理服務、護老者支援、院舍住宿服務等，為長者提供支援。

The service areas of Yang Memorial Methodist Social Service (Senior Citizen Services) include District Integrated Services and Neighbourhood Centres, Community Care Services, Home Care Services, Day Care Services, Carer Support, Residential Services, etc. to provide support to the elderly.



服務使用者在同事及消防義工協助下第一次到元朗拜祭十多年前離世的父親

Service user visiting father's grave in Yuen Long for the first time after more than a decade, supported by staff and Fire Services volunteers



服務使用者在同事協助下，與家人第一次到海洋公園

Service user visiting Ocean Park with family for the first time, assisted by our staff



彩虹長者綜合服務中心 Choi Hung Community Centre for Senior Citizens

長者 Senior Citizen

彩虹長者綜合服務中心及其附屬中心嘉峰臺中心透過不同類型的個人、家庭、社區支援及護理服務，協助長者發展潛能，促進稱心之家庭/人際關係，解決個人或家庭困擾，從而使不同身體狀況的長者可於熟悉的社區自主地生活。

Through various personal, family, community support, and nursing services, the Choi Hung Community Centre for Senior Citizens and its sub-base Kingsford Terrace Centre help senior citizens develop their potential, and build strong relationships, enabling them to live independently in their familiar community.



由時間銀行籌委及成員演出時間銀行相關的舞台劇—金夢劇團2.0: 時間沙漏
Time Bank organizing committee members and participants performing in Time Bank-themed drama "Golden Dream Theatre 2.0: Hourglass"

項目名稱 Project Name

「時時分享」時間銀行計劃

"Timely Sharing" Time Bank Project

對象 Audiences

長者、退休人士、婦女及社區人士

Senior Citizens, retirees, women, and community members

目標及設計理念 Project Objectives

「時時分享」時間銀行計劃獲社區投資共享基金資助開展「樂伴新蒲崗」社區支援計劃，實踐社會資本社區介入策略，建立跨年齡層資本力量，創造時間銀行平台讓社區人士參與義務工作及貢獻社區，以強化社區人士之間的聯繫及對社會資本的認識，提升長者居家安老的可能性。計劃設有兩大目標：

The "Timely Sharing" Time Bank Project, funded by the Community Investment and Inclusion Fund, launched the "Joyful Connection in San Po Kong" Community Support Project. This program builds cross-generational connections through social capital intervention strategies. By creating a time bank platform, community members can participate in the volunteer work and strengthen local bonds, increasing the possibility for the seniors to age in place. The project has two key goals:

- 建立「時間銀行」服務平台，建立一個互惠、信任與尊重的社區文化。
- 提倡共享共學理念，發揮鄰舍互助自助精神，共建富人情味的社區，促進長者於社區居家安老的持續性。

- Establish a "Time Bank" service platform to build a community culture of reciprocity, trust, and respect.
- Promote the concept of co-learning and sharing, foster neighborhood mutual assistance to build a caring community, and enhance the sustainability of aging in place for the senior

項目內容

第一階段：於區內發掘有潛質核心成員，籌組「時間銀行籌委會」，籌委與職員由下而上共同討論及策劃時間銀行的架構。

第二階段：中心先在新蒲崗及瓊富區小區試行「時時分享時間銀行」，定期舉行「時間銀行簡介」招募成員外，鼓勵成員發揮所長，按其才能舉行一系列共學活動(如手藝製作、煮食等)。同時也為區內有需要街坊提供配對義務支援服務(如護送、家居小維修等)及物資兌換共享項目(如二手物品捐贈)。鞏固「時間銀行委員會」的架構，建立「時間銀行」時分交換制度。

第三階段：透過累積試行及小區實際運作經驗後，時間銀行分別推廣至彩虹、彩雲等其他社區，恆常化時間銀行的運作，持續發展「共學、共享及互助」的服務。

Project Details

Phase One: Identify potential core members within the district to form a "Time Bank Organizing Committee". Develop the Time Bank structure through collaborative planning and bottom-up input.

Phase Two: Pilot the "Timely Sharing" Time Bank in San Po Kong and King Fu districts. Host introduction sessions to recruit members and encourage co-learning activities (such as handicrafts, cooking). Provide matching services for community needs (such as escort services, minor home repairs) and facilitate resource exchanges. Establish time credit system and strengthen committee structure.

Phase Three: Expand operations to Choi Hung and Choi Wan based on pilot success. Regularize Time Bank operations with ongoing focus on "Co-learning, Sharing, and Mutual Assistance".

與「仁人友福」合作跨時間銀行共享活動之一
參觀M+博物館活動
Cross Time Bank visit to M+ Museum in
collaboration with Blessing Community



時間銀行成員試驗推行期間以設計思維檢討及交流運作狀況
Time Bank members reviewing and exchanging operational
experiences using design thinking during the pilot period

長者服務部部門主管向時間銀行的籌委致謝
Head of YMMSS Senior Citizen Service Division expressing gratitude
to organizing committee members from "Timely Sharing" Time Bank

服務使用者心聲 Service User's Story

細味退休的助人生活

年過七旬的法蘭叔叔是新蒲崗老街坊，惟過去大部分時間於內地工作，鮮有機會停下來細味社區。直至數年前中風，便回港開展退休生活。法蘭叔叔坦言退休初期無所事事，想找點細藝，卻不知道從何入手。一天，他與太太在街站認識計劃，自此開展第二人生。法蘭叔叔笑言：「計劃有不同技能學習班，例如橡筋操、芬蘭木棋、魔力橋等。以前為了糊口，只有返工這個『興趣』，現在不但學會新技能，亦認識很多街坊，生活充實得多！令我最開心的是，在持續參與運動班後，連本來因為中風而提不起的左手也靈活了呢！」

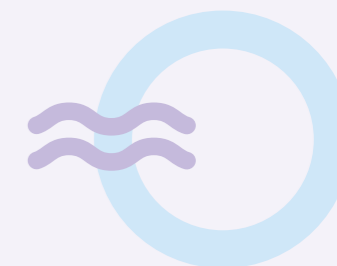
有感受惠於計劃，為了回饋社區，法蘭叔叔及太太雙雙受訓成為義工，「夫妻檔」教授其他長者玩魔力橋、走訪學校教小朋友打芬蘭木棋等。此外，曾擔任裁縫的他，早前亦發揮所長，於計劃的市集義務為街坊縫補衣物。他分享那次擺檔的經驗：「有位婆婆帶著一條穿了十幾年、珍而重之的牛仔褲來換橡筋，看到她一臉開心地接過成品，沒想過一個舉手之勞，也能為別人帶來意義。」



Finding Purpose in Retirement

After suffering a stroke, Uncle Frank, who is in his 70s, returned to San Po Kong following decades of work in mainland China. Having spent little time in his community, retirement initially felt empty. Everything changed when he and his wife discovered the project at a street booth. "The project introduced me to activities like resistance band exercises, Molkky, and Rummikub," says Uncle Frank. "Before, work was my only focus. Now, I've gained new skills and friendships - my life has completely transformed. Best of all, the exercise classes have helped improve mobility in my stroke-affected left hand!"

The experience inspired Uncle Frank and his wife to become trained volunteers themselves, teaching Rummikub to seniors and Molkky to schoolchildren. Using his tailoring background, he recently offered free repairs at the project's market fair. "When an elderly lady brought in her decade-old jeans for an elastic replacement," he recalls, "seeing her joy at the finished work showed me how even small acts can make a meaningful difference."



團隊分享

推行時間銀行是一個文化的建立。「時時分享」時間銀行於社區及中心已運作兩年多，見證人人平等，無論是哪個年齡、身體有限制也可參與，令街坊突破受助者及助人者的角色定形限制，

職員在推動過程改變傳統義務工作模式，把能力為本的信念持續在地發展，令更多街坊有機會參與社區。「時分」成為量化社區參與的參考指標之一，更能立體地看見社區參與、居民互動。

社區資訊透過手機程式傳遞，產生時分流通，藉時間銀行凝聚社區力量，拉近人與人彼此之間互信關係，促進建立一個富人情味的社區。

Team Reflection

After two years of operation, the "Timely Sharing" Time Bank Project has proven that everyone can contribute, regardless of age or ability. This model breaks down traditional helper-recipient roles, establishing a more equitable community dynamic.

Our staff has moved beyond conventional volunteering approaches, fostering capacity-based engagement at the local level. Time credits now serve as a measurable indicator of community participation, offering clear insights into community interaction and engagement.

Mobile technology facilitates information sharing and credit circulation, while the Time Bank strengthens community bonds and trust, creating a more connected and caring neighborhood.

項目成果

截至 2024 年 3 月，時間銀行成員人數有 428 人，產生 657,696 時分，1 時分等於 1 分鐘，即代表義工服務已累積接近 11,000 小時，分別進行 126 次個人協助，包括關懷服務，如上門探訪、電話慰問等、生活支援，如簡單維修、縫補、護送等及中心支援，如活動籌備、行政工作等。

由時間銀行成員付出時間推動社區互助為主的服務，如街站、中心服務支援、社區活動等，便曾舉行 726 個項目（加分義工服務）。另外，時間銀行成員以時分報名，參與互學課程、工作坊及特色社區交流活動，便舉行 93 個項目，累積扣減 56,130 時分。

現設有 3 間時間銀行分行（彩虹、嘉峰臺及新蒲崗），共有 24 位街坊組成籌委會，由下而上共同定期討論時間銀行分行運作及推廣時間銀行的策略。

Project Outcomes

As of March 2024, the Time Bank has grown to 428 members, generating 657,696 time credits (1 credit = 1 minute), equivalent to 11,000 hours of volunteer service. Members have provided 126 personal assistance services, including home visits, concern calls, repairs, sewing, escort services, and center support activities.

Members have launched 726 mutual-assistance service, encompassing street stations, center support, and community activities. They have also organized 93 co-learning initiatives where members used time credits to join courses, workshops, and community exchange activities, redeeming 56,130 credits.

The Time Bank now operates three branches (Choi Hung, Kingsford Terrace, and San Po Kong), guided by a 24-members organizing committee. This committee meets regularly to shape operations and promotion strategies using a bottom-up approach.



時間銀行籌委教授長者使用「手牽守」時間銀行 APPS

Time Bank organizing committee members teaching the seniors to use the "HIN Care" Time Bank mobile app



時間銀行成員共同學習咖啡拉花活動

Time Bank members learning coffee latte art together



由時間銀行成員提供小修小補維修服務

Minor repair services offered by Time Bank members

時間銀行推廣節活動前，時間銀行成員大合照（地點：新蒲崗保良局陳南昌夫人小學）

Group photo of Time Bank members in Time Bank Promotion Campaign (Venue: Po Leung Kuk Mrs Chan Nam Chong Memorial Primary School)



同行伙伴

時間銀行於社區建立結構性社會資本，將社區內及外的團體組織及機構，例如：保良局陳南昌夫人小學、循道衛理聯合教會主恩堂、九巴之友等連結起來。善用團體的資源網絡，包括人力、地方、資金或物資等支援，建構特色活動及服務，增加不同背景的社區人士參與時間銀行。

另外，計劃邀請企業團隊如屈臣氏集團、日本命力等組成連結型社會資本，透過活動合辦，將時間銀行的文化、價值觀及運作模式進一步推廣至社會上不同的持分者。

Community Partnerships

The Time Bank builds structural social capital by connecting local and external organizations like Po Leung Kuk Mrs Chan Nam Chong Memorial Primary School, Grace Methodist Church, and Friends of KMB. These partnerships provide a resource network—including manpower, venues, funding, and materials—enabling diverse activities that attract broad community participation.

The project also creates linking social capital through corporate partnerships with A S Watson and Meiriki Japan. These activity collaborations help promote the Time Bank's culture and model to various stakeholders in society.

香港基督教循道衛理聯合教會 循道衛理楊震社會服務處深水埗護養院暨日間護理服務

The Methodist Church, Hong Kong Yang Memorial Methodist Social Service Sham Shui Po Nursing Home cum Day Care Service

長者 Senior Citizen

我們透過提供膳食、住宿、起居照顧及護理服務，建立一個溫暖、近似「在家」又具環保、智能的小家舍，讓服務使用者從個別照顧中，感到舒適及私隱得到尊重，透過不同的設施、活動、服務及跨專業的合作，以回應體弱服務使用者的需要，加強其安全、健康及生活的質素。

We provide a warm, smart, and eco-friendly home environment with personalized care, meals, and nursing services. Our intimate residential setting ensures privacy and comfort for each resident. Through diverse amenities and coordinated professional care, we safeguard our residents' wellbeing while enriching their daily lives.

項目名稱 Project Name	重標成功 躍進新10年	Contract Renewal Success – Leaping into a New Decade
對象 Audiences	65歲或以上長者	Elderly persons aged 65 or above
目標及設計理念 Project Objectives	「重標成功 躍進新10年」，以愛建家為理念，本着基督的愛，旨在為體弱長者提供一個有「在家」感覺的服務居所；我們以尊重長者尊嚴及私隱為信念、提供專業護理服務。使每一位使用本院的長者，其身、心、社、靈都能得到照顧，藉以體驗一個有質素的晚年生活。	With our renewed contract, we will continue creating a nurturing home for seniors over the next decade. Guided by Christian principles, we offer personalized care that honors each resident's dignity and privacy. Our comprehensive nursing and support services help residents thrive in their golden years.

項目內容

透過提供住宿、膳食、起居照顧及護理服務，建立一個溫暖、似「在家」溫馨的小家舍，讓服務使用者從個別照顧中，感到舒適及尊嚴得到尊重。

透過不同的設施、活動、服務及跨專業的合作，以回應體弱服務使用者的需要，加強其安全、健康及生活的晚年質素。

透過連結社區人士、義工及服務使用者家屬，讓服務使用者縱使在體弱情況下，感到被關愛。

Project Details

We offer a warm, home-like residential setting with personalized care, meals, and nursing services. Each resident receives attentive care that preserves their comfort and dignity.

Our various facilities, activities, and inter-professional collaboration address the needs of our frail service users while enhancing their well-being and quality of life.

By connecting with community members, volunteers, and service users' families, we ensure our residents feel cherished and supported, even in their frail condition.

服務使用者心聲 Service User's Story

人本照顧傳遞愛

五年前，九十三歲的家母因病住院多個月，及後被要求接回家照料。在此之前，作為兒子希望她能一直在家生活，並沒有給她申請過護養院。雖然家中也有外傭，但經過評估後，年邁的家母需要鼻飼，並不適合在家照顧。本人當時十分彷徨，實地查看了十多所護養院，在舊同事的推薦下，成功申請到深水埗（楊震）護養院三樓的非資助宿位。當時的主要考慮，就是這裡營運機構是具有愛心的正規機構，護理人員也比較負責。

近年亦輪候到政府資助宿位轉到二樓，幾年來隨著年齡的增加，老人的身體狀況日漸衰弱，一些親身的經歷，愈發使人感到當時的選擇沒有錯。

記得在疫情最嚴重的期間得知家母染疫確診，在四次檢測中均為「陽性」。當時院內員工亦有人染疫，面對突然而至的壓力，各位醫護人員盡忠職守、齊心協力、不顧個人安危、盡全力照顧院友，令人感動。尤其是在本港第五波疫情高峰期間，貴院能將患病的家母留在護養院中得到妥善的照料至痊癒，同時又減輕了公立醫院急症室的壓力，這種認真負責的精神令人敬佩！

還有就是家母曾多次因疥瘡入住明愛醫院及去看私家醫生，有一次發現她又身體痕癢向二樓醫護人員反映，就立即得到安排看了到院醫生，並安排了有關的醫治擦藥事宜，效率非常之高。

此外，家母亦曾多次參加了護養院定期舉辦的外出參觀活動，非常開心。

在護養院成功得到政府有關機構續約之時，衷心希望院舍越辦越好，將過往的愛心奉獻精神發揚光大。祝各位醫護和管理人員工作順利。

Delivering Care with a Human Touch

Five years ago, I faced a difficult decision when my 93-year-old mother needed care after hospitalization. While I had hoped to care for her at home, her tube feeding requirements made this impossible. After visiting numerous facilities, a former colleague recommended the non-subsidized unit on the third floor of the Sham Shui Po (YMMSS) Nursing Home. I chose it for its reputation for compassionate care and responsible nursing staff.

We later secured a government-subsidized place on the second floor. As my mother's health declined, we became increasingly certain of our choice.

During the peak of the pandemic, my mother tested positive four times. Even with some staff members also falling ill, the medical team showed extraordinary dedication, working tirelessly to care for residents. What particularly impressed me was their ability to care for my mother through recovery at the nursing home during Hong Kong's fifth wave, helping reduce the strain on public hospitals.

They have been outstanding in responding to health issues. When my mother developed scabies multiple times and reported itching symptoms, the medical staff quickly arranged doctor visits and treatment.

My mother has also thoroughly enjoyed the regular outings organized by the nursing home.

Now that their government contract has been renewed, I hope they continue to thrive and build upon their legacy of dedicated, loving service. My best wishes to the medical and management teams.



服務使用者心聲 Service User's Story

伍刻演與梁潔儀的故事

作為一名照顧者，我覺得自己更加幸福

刻演與潔儀是日間中心的「神仙眷侶」，刻演亦照顧了太太潔儀十六年。十六年前，太太潔儀患上認知障礙症，剛剛退休的刻演便承擔起照顧太太的責任，每天到日間中心接送太太。一年前，刻演因身體漸弱，一同進入我們日間中心服務。他感受很歡喜，因為又可以24小時照顧太太。他笑稱太太為「大bb」，當問到刻演怎樣堅持到現在，刻演表示，「當初結婚時，就宣誓無論生病或貧窮，都要對對方不離不棄。既然講到，就要做到。我覺得有時作為一個照顧者，自己更加幸福。」說到此處，刻演流露出幸福深情的微笑。他每一天都帶著不同時期的夫妻合影，有機會就讓潔儀看看，刻演說，希望每天都能喚醒太太心中的美好記憶，這也是刻演對太太最長情的告白。

The Story of NG HAK YIN and LEUNG KIT YEE

As a Caregiver, I Find Even Greater Happiness

Known as our day care center's "celestial couple", Hak Yin has been caring for his wife Kit Yee since her dementia diagnosis 16 years ago. Upon retirement, he devoted himself to her care, accompanying her daily to our center. Last year, when his own health declined, they both became our center members—an arrangement that delighted him as it meant constant togetherness. He calls Kit Yee his "big baby". When asked about his unwavering dedication, Hak Yin simply says, "We vowed to stay together through sickness and poverty. A promise made is a promise kept. Being a caregiver actually brings me even greater happiness." His tender smile reflects this contentment. Daily, he brings their old photographs, showing them to Kit Yee to spark precious memories—his enduring expression of love.



刻演與潔儀開心中秋節合照
Hak Yin and Kit Yee shared a happy moment during Mid-Autumn Festival



香凝與丈夫慶祝生日
Xiang Ning celebrated her birthday with her husband



錦珠與兒子一起參觀屯門爬蟲館
Kam Chu visiting the Tuen Mun Reptile House with her son

服務使用者心聲 Service User's Story

余香凝的故事

感謝日間中心，感謝職員的關懷

香凝是一位來自武漢的長者，剛剛來到香港時，香凝對陌生的環境與生活不太習慣，和丈夫兩個人相依為命。自從今年來到日間中心，在眾多職員的關懷下，香凝慢慢適應了香港的生活，亦熟悉了日間中心的環境。香凝講普通話，中心職員亦很貼心地同香凝用普通話溝通，慢慢地，香凝逐漸感受到如家一般的溫暖與歸屬感，亦感受到對於長者溫暖地接納與包容。日間中心每天需要服務很多長者，照顧工作亦十分繁重，職員們仍能夠貼心照顧每一位長者的飲食起居，香凝都一一看在眼里，接受服務，亦對服務增加了信心與信任。香凝的丈夫亦加入了日間中心的服務，現在夫妻二人成為日間中心一對開心的服務使用者。

The Story of YU XIANG NING

Grateful for the Center and Staff's Care

When Xiang Ning first moved from Wuhan to Hong Kong with her husband, she faced significant adjustment challenges. After joining our day care center, she found her footing through our staff's attentive support, particularly their willingness to communicate in her native Mandarin. The center's welcoming atmosphere helped her develop a genuine sense of belonging. She particularly appreciates our staff's dedication to meeting each resident's unique needs, despite serving many elderly people daily. This consistent care has built her trust in our services. Now, both she and her husband have joined the center, finding joy in their shared experience.



院友及家屬、職員共慶端午節，齊齊包粽

Residents, families, and staff celebrated Dragon Boat Festival together by making rice dumplings



黃興在家人及親友的支持和見證下，選擇在院舍接受安素堂牧師的洗禮和祝福

With family and friends as witnesses, Wong Hing received baptism and blessings from the pastor of the Ward Memorial Methodist Church at the nursing home





義工定期剪頭髮，幫助長者維持乾淨儀容
Regular haircuts by volunteers help residents maintain a neat appearance

項目成果

院內受洗服務

院友黃興未入住院舍前，雖有陪同太太返教會，但仍未信主。但入住楊震深水埗護養院後，院舍提供基督教信仰服務，院牧會經常床邊關懷院友，每星期六院舍會舉行崇拜活動。

在院舍的生活中，黃興更加多的機會接觸和認識神，最後，在家人及親友的支持和見證下，黃興選擇在院舍接受安素堂牧師的洗禮和祝福。

現時逢星期六，黃興都會在太太的陪同下，參加院舍崇拜活動，享受一個充滿愛和祝福的晚年。

同行伙伴

我們邀請社區不同團體參與義工活動，例如Sunny義工團義剪，定期到院為院友剪髮。

我們亦積極參與業界活動，例如深水埗區民協職業訓練中心及仁愛堂職業訓練中心，定期與職業訓練中心舉行院舍參觀及分享，培育護理界新力軍。

Project Outcomes

Baptism Service in the Nursing Home

Wong Hing, who previously accompanied his wife to church without embracing the faith, was exposed to our Christian faith services after moving into our nursing home, including bedside pastoral care and weekly Saturday worship services.

The supportive environment helped nurture his spiritual journey, ultimately leading to his baptism by the Ward Memorial Methodist Church pastor at our facility, witnessed by family and friends.

Now, every Saturday, Hing attends the nursing home's worship services with his wife, enjoying his golden years filled with love and blessings.

Community Partnerships

We engage various community groups in volunteer activities, such as the Sunny Volunteer Team who regularly provides haircuts for our residents.

We also partner with vocational training centers, including The Hong Kong Association for Democracy and People's Livelihood (Sham Shui Po District) and Yan Oi Tong. Through facility visits and knowledge sharing, we help develop future healthcare professionals.

專責服務 Specialized Service

秉承「社會服務實驗室」的使命，因應公眾對社會服務的不同需求而設立的各項服務。

Echoing the mission of the "social services laboratory", various services have been established to meet the different needs of the public.



恩童計劃 Amazing Start Project

專責 Specialized

專責自資計劃 Specialized Self-financing Program

恩童計劃致力提供優質及專業的早期幼兒介入服務。計劃於2023年設立家庭社區聚腳點「童喜點@油尖旺」，服務區內有需要的家庭，計劃承蒙周大福慈善基金及利希慎基金贊助。

The Amazing Start Project delivers early childhood intervention services through our community hub "FocalPoint@Yau Tsim Mong", established in 2023 with support from the Chow Tai Fook Charity Foundation and Lee Hysan Foundation.

對象 Audiences

服務油麻地、尖沙咀、旺角區內育有0-3歲嬰幼兒之家庭

Families with children aged 0-3 in Mong Kok, Yau Ma Tei, and Tsim Sha Tsui districts.

目標及設計理念 Project Objectives

計劃以「愛你1000日」理念設計嬰幼兒親子服務，亦通過以兒童為本的遊戲介入手法及感知教養方式，促進嬰幼兒的成長發展及家長之教養能力，使家庭能夠於教養過程中滋養孩子，並建立正面親子關係：

Based on the "Love@1000 Days" concept, our child-centered, play-based intervention approach delivers parent-child services that facilitate children's development while enhancing parenting capabilities. We focus on:

- 協助建立親子安全依附關係
- 提供寶寶月齡相符的優質刺激
- 促進家長實踐感知教養
- 提升家長身心靈健康
- 家庭社區網絡建立
- 推動業界培訓及政策倡議

- Enhancing secure parent-child attachment
- Providing quality stimulation via age-appropriate practice
- Enhancing responsive parenting
- Enhancing parents' wellness
- Weaving social networking
- Promoting field training and policy advocacy

項目內容

父母是寶寶生命中第一位老師，計劃專業團隊希望陪伴父母以兒童為本遊戲介入方式，從零歲開始按月齡建立寶寶五大範疇的能力。因此，「童喜點@油尖旺」以寶寶發展5大範疇為場地設計概念，分別設有五個區域：

Project Details

Recognizing parents as children's first teachers, our professional team supports parents through five specially designed zones at FocalPoint@Yau Tsim Mong, each targeting key developmental domains:



五個區域 Five Zones

- 親親寶堡 Kissy Castle
- 扭扭實驗室 Jolly Lab
- 笑笑海灣區 Harmony Bay
- 抱抱森林 Cuddly Forest
- 漫漫心遊 Comfy Deep-Sea



五大範疇能力 Five Development Domains

- 溝通 Communication
- 粗大動作 Gross Motor Skills
- 精細動作 Fine Motor Skills
- 問題解決 Problem-Solving
- 社會適應 Person-Social Skills

服務使用者心聲 Service User's Story

以愛「童」行

恩童計劃與有需要的家庭及孩子們，在不經不覺間彼此同行了一個年頭，我們很慶幸在這一年間見證著每個家庭的變化及改善。

在林立種種的個案中，我們注意到大部份需同時照顧多名孩童的家長，很多時缺乏充足的時間、心力和正確的方式陪伴幼兒溝通玩樂，對於與幼兒的互動亦往往感到吃力。媽媽說：「我又要顧大，又要顧細，BB成日發脾氣，我真係唔識同佢玩。」

當寶寶1歲多開始來到中心時，他鮮少以任何形式去表達自己的需要，情緒容易波動，聽取指令的能力亦較弱。「參加計劃後，我逐漸學識以感知教養方式回應BB的訴求同反應，建立更加正面的親子關係。」媽媽說。現在孩子的情緒狀態愈趨穩定，亦更願意去表達自己的情感和需要。

而一些居於劏房的家庭，因為居住環境不容許孩子隨處玩樂，所以孩子習慣對未曾接觸的事物感到抗拒。在遊戲介入中，同工積極鼓勵家長讓寶寶放膽嘗試，在每次的啟發中，了解到如何引導孩子探索新事物。

有受情緒困擾的家長則由於自己亦較少外出，因此表示孩子亦較少機會接觸其他小朋友。透過參加計劃的嬰兒按摩或遊戲小組活動，為家長及孩子們提供珍貴的社交機會以彼此交流，使家長和孩子愈見開朗，有益於孩子的成長。

家長們分享很喜歡每次小組中不同的主題和元素，讓孩子可以在安全及有指導的情況下作出各種新嘗試，令他們非常放心。同時感謝同工的細心指導，還他們將正確的互動方式帶回家中，持續與孩子遊戲、引導孩子正向成長、發展各項能力。

Walking with Love for Children

The Amazing Start Project has accompanied families in need for a year, and we are grateful to witness the positive changes in each family during this time.

We noticed that parents with multiple children often struggle to give quality attention to each child. As one mother expressed, "Managing both older and younger children is challenging, and when the baby throws tantrums, I don't know how to engage with him properly."

This one-year-old baby initially struggled with communication and emotional regulation. "After joining the program, I learned to use sensory techniques to better respond to my baby's needs," the mother shared. The baby now shows significant improvement in both areas.

For families living in subdivided units, where living space restricts children's play, children often resist unfamiliar experiences. Our play interventions help parents guide their children to embrace exploration and discover new things.

Parents dealing with emotional challenges tend to stay home more, limiting their children's interactions with peers. Our infant massage and playgroup sessions create social opportunities for both parents and children to develop connections.

Parents shared that they value our diverse group activities, where their children can safely explore new experiences. They are also grateful for our guidance, which enables them to continue positive parenting practices at home.

► 團隊分享

每個人也是寶貴的，無論任何家庭背景，我們也值得愛與被愛－這就是恩童計劃團隊的信念。我們深信每名孩子的誕生也是一個恩典的開始 (Amazing Start)。而孩子成長的頭一千日尤其重要，因此我們以愛滋養孩子，期望愛可滲進家庭。所以我們不止關顧孩子，更關顧家庭。

曾經有一位媽媽來到中心，在介入過程中她與寶寶躺在地板上，激動的跟我們說：「我從來都無見過天花板！」因她長期居於劏房，每每從碌架床的下格中只看到上格的「床下底」，因此這個空間對她和孩子來說也彌足珍貴。這讓我們深受感動，更相信恩童計劃的出現，能讓更多家庭感受到溫暖的曙光。

當回顧恩童計劃首年的點滴，翻看相片，當中充滿了歡笑和感恩。孩子0至3歲的成長速度實在讓人嘆為觀止：他們的每個進步，每次學習能力的累積與發揮，每個喜悅的笑容……能夠見證他們發展提升的歷程，讓我們感到十分恩喜，亦為我們的工作帶來滿滿的滿足感。

我們有幸陪伴家長及孩子們同行，在未來亦決心積極拓展服務，期望可讓更多家庭受惠，讓計劃如繁花般繼續開展。

► Team Reflection

Everyone deserves love, regardless of their background – this is the core belief of our project team. We see each child’s birth as an Amazing Start and focus on the critical first thousand days. Our care extends beyond the children to encompass their entire families.

Once, during an intervention session, a mother lay on the floor with her baby. She exclaimed, “I’ve never seen the ceiling before!” Living in a subdivided unit with a bunk bed, she had only ever seen the bottom of the upper bunk. Her reaction deeply moved us and reinforced our belief in bringing light to families in need.

Reflecting on our program’s first year through photographs, we see moments filled with laughter and gratitude. The remarkable speed at which children develop from birth to age three is truly amazing. Witnessing their developmental journey brings us immense joy and satisfaction in our work.

We are honored to support these families and are committed to expanding our reach, helping more families flourish under our care.

家長向孩子示範如何用印章在畫紙上蓋印，創作出一幅五彩繽紛的畫作，孩子則認真地學習模仿

Parent shared stamp art techniques, creating a vibrant artwork while the child observed and learned intently



寶寶坐在飛船上與家長互動，家長積極回應增強了寶寶在陌生環境中的安全感

Baby explored a play spaceship as the parent’s encouragement built confidence in the new environment



幼兒工作人員邀請寶寶參加小任務，家長在一旁鼓勵並輔助寶寶順利完成

Early childhood worker guided a baby through simple tasks as the parent offered support



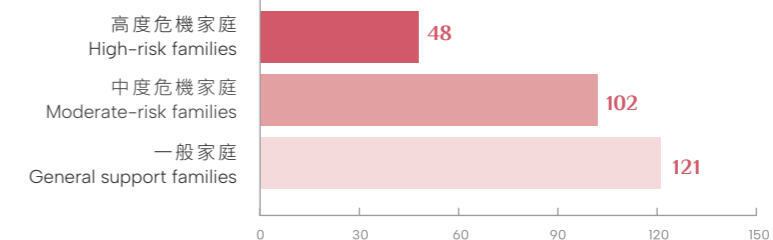
項目成果

喜見服務數字及成果已超越首年服務承諾，恩童計劃團隊將繼續全力以赴支援更多有需要的家庭。

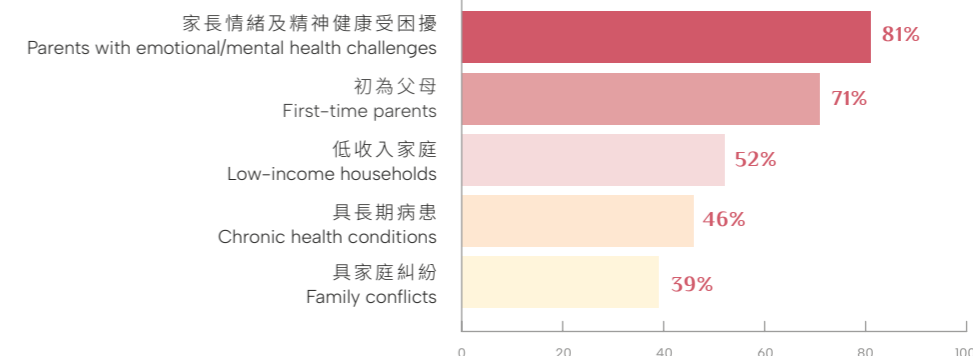
Project Outcomes

We are delighted that our service metrics and outcomes have exceeded first-year targets. We will continue our mission to reach more families in need.

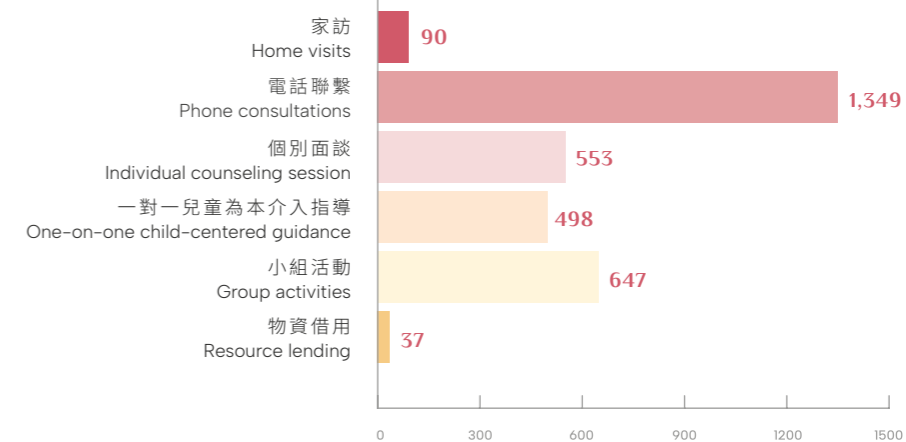
服務家庭 Families Served



個案背景 Case Profiles



介入方法 Intervention Methods





在親子遊戲小組中，幼兒工作人員帶領家長反覆舉起和放下彩虹傘，讓躺在地上的寶寶體驗彩虹傘的升降變化

During parent-child playgroup, staff led parents in parachute play, creating a sensory experience for babies lying beneath.

同行伙伴

計劃承蒙周大福慈善基金及利希慎基金贊助，亦與香港小童群益會合作，為楊震首個以此合作模式運作之計劃。現時恩童計劃於油尖旺、觀塘及屯元天均有服務據點，而此3區均為虐兒指數較高的地方，期望當區家庭得到及早兒童為本優質介入服務後，讓家庭及嬰幼兒可在愛之下茁壯成長。

周大福慈善基金及利希慎基金到訪參觀

Visit from Chow Tai Fook Charity Foundation and Lee Hysan Foundation.



Community Partnerships

The Amazing Start Project is jointly funded by Chow Tai Fook Charity Foundation and Lee Hysan Foundation, working alongside The Boys' & Girls' Clubs Association of Hong Kong. This pioneering collaboration by YMMSS focuses on Yau Tsim Mong, Kwun Tong, and Tuen Mun/Yuen Long – districts with elevated child abuse rates. Our goal is to help families and young children flourish through early, targeted intervention services.

九龍區醫管局聯網醫生、護士及心理學家到訪恩童計劃

Visit from Kowloon Cluster Hospital Authority doctors, nurses, and psychologists to the Amazing Start Project.



天水圍家庭成長軒

Tin Shui Wai Family Education & Support Centre

專責自資計劃 Specialized Self-financing Program

天水圍家庭成長軒主要為區內有需要的人士及家庭提供家庭支援、就業及培訓服務、以及為2-9歲懷疑或被診斷為特殊學習需要兒童及其家庭提供跨專業及多元的訓練和支援服務，以提昇兒童言語、認知及社交能力。

The Tin Shui Wai Family Education & Support Centre provides family support and job training for district residents. We focus on helping children ages 2-9 with suspected or diagnosed special educational needs, offering programs that enhance speech, cognitive, and social skills while supporting their families.

項目名稱 Project Name

互助「童」盟－支援有特殊學習需要家庭計劃

Mutual Support Alliance for Families with Special Educational Needs

對象 Audiences

為來自低收入家庭而育有2-12歲有特殊學習需要的兒童及其家長提供一系列的訓練及支援工作

Children aged 2-12 with special educational needs (SEN) from low-income families and their parents

目標及設計理念 Project Objectives

在攜手扶弱基金的資助下，中心於2023年10月至2024年12月推行此計劃，旨在為上述對象提供一系列的訓練及支援工作。計劃希望增強兒童於應對學習及生活上能力，以及提升家長在管教和照顧有特殊學習需要兒童上的信心和技巧。

Funded by the Partnership Fund for the Disadvantaged (PFD), this program runs from October 2023 to December 2024. It provides a series of training and support services to enhance children's learning and life skills while empowering parents to better support their children with special needs.

項目內容

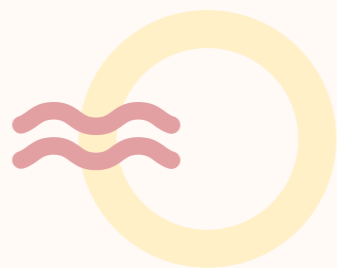
計劃內容包括(1)成長訓練小組/或功課輔導，為2-6歲有特殊學習需要幼兒提供每週一次的成長訓練，包括情緒社交、專注力訓練、社交訓練等，而6-12歲就讀小學的特殊學習需要兒童則提供每週三次的小班功課輔導，以減低他們的學習困難，同時亦減少家長在訓練及管教子女功課上的磨擦；(2)家庭支援服務，為同樣育有特殊學習需要兒童的家庭連結在一起，以提供平台讓參加者互相認識、分享及鼓勵，加強家長支援網絡，減低其無助感，及舒緩照顧上的壓力；(3)家長學堂，為育有特殊學習需要兒童之家長提供訓練服務，以改善家長管教及溝通模式、提昇家居訓練技巧等，以加強家長在家訓練幼兒的信心。

Project Details

The program consists of three main elements: (1) Integrated Training for SEN children aged 2-6 with weekly developmental sessions for emotional, social, and attention skills, and small-group tutoring three times per week for primary students aged 6-12 to address learning needs and reduce homework stress; (2) Family Support Service that creates a network for families with SEN children to share experiences and provide mutual encouragement, reducing isolation and stress; (3) SEN Parent Seminars to equip parents with practical strategies and home techniques for enhancing their confidence in teaching young children at home.



家長和孩子正在玩「拍數字」，增進親子間的感情
Parents and children strengthened their bond through number-tapping games



服務使用者心聲 Service User's Story

從焦慮到欣慰：希希與媽媽的成長故事

幼兒希希(化名)剛開始到中心時，言語表達、寫字能力、社交能力都較同齡孩子弱，工作人員推薦媽媽及希希參加了計劃裡的「成長訓練小組」及「家長學堂」。「成長訓練小組」是一個針對幼兒訓練需要的小組，因應著希希的需要，幼兒先後參加了合共12節的筆順訓練小組及社交訓練小組。期間，希希在小組中學習基本的筆順，透過反覆的練習，希希逐漸掌握了基本的筆順技巧，提高了書寫能力；同時，希希亦在社交訓練小組中學習到基本的社交技巧，能與同齡孩子進行簡單的互動。

希希媽媽亦透過參加「家長學堂」，除了更了解幼兒各方面的發展需求外，亦能在「家長學堂」中製作不同的教具，方便媽媽在家中進行針對性的家居訓練，減輕了媽媽平日照顧及管教兒子的無力感。媽媽感恩能夠參加計劃，讓希希在針對性的訓練小組中，循序漸進地練習，一點一滴地提升了自己，希希的進步亦令媽媽感到欣慰。而對希希媽媽來說，從最初的無助和焦慮到後來參與製作教具，這個過程不僅增強了自己的管教及訓練技能與信心，更重要的是，她內心的負擔及壓力也因此而減輕。

From Anxiety to Relief: The Growth Story of Hayden and His Mother

When Hayden (pseudonym) first arrived at the center, his verbal, writing, and social skills lagged behind his peers. Our staff enrolled both him and his mother in the "Integrated Training for SEN Children" and "SEN Parent Seminar" programs. Through 12 sessions of Chinese stroke order and social skills training, Hayden learned basic Chinese character writing and developed fundamental social interaction abilities to connect with his peers.

In parallel, at the SEN Parent Seminar, Hayden's mother gained crucial insights into her child's developmental needs. She learned to create teaching materials for home training, transforming her initial helplessness into confident action. She is grateful for the program's structured approach, which has enabled Hayden's steady progress. Her journey from anxiety to active participation has not only improved her parenting abilities but also significantly lightened her emotional burden.



團隊分享

作為一位家長，在面對孩子有特殊學習需要的路上，往往充滿挑戰及困難，且容易讓人感到無助及焦慮。作為推動計劃的一位社工，給予有需要家庭合適的支援及訓練是首要的任務，當兒童得到適切的支援後，往往看到他們正在一點一點地克服困難，表現亦逐步改善。

而家長學會了一些有效訓練方法後，許多時內心亦踏實了，而且對孩子特殊學習需要的焦慮及自責次數也可以逐步減少。另外，透過家長互助小組，我們亦看到許多家長在互相分享、鼓勵的過程中，慢慢地走出了孤獨無助，重拾教養孩子的信心。

作為社工，我們希望能透過計劃，全面支援有特殊學習需要的兒童及其家庭，讓兒童能在成長過程中茁壯成長，也讓家庭功能得以發揮正面影響。

Team Reflection

As social workers supporting families with SEN children, we witness parents struggling with helplessness and anxiety. Our mission focuses on providing targeted support and training to these families. We consistently see children progress when given appropriate assistance, showing steady improvements in their capabilities.

Parents who master effective training techniques feel more confident and less anxious about their children's challenges. Through our support groups, parents break free from isolation by sharing experiences and mutual encouragement, rebuilding their parenting confidence.

Our program aims to provide comprehensive support to both SEN children and families, promoting healthy development while empowering parents to positively guide their children's growth journey.

透過製作馬賽克作品，家長在育兒路上得到喘息的機會
Parents finding respite from parenting demands through mosaic art-making



小朋友正在努力地進行仿砌遊戲，希望改善視覺空間感
Children engaged in block-copying activities to develop spatial awareness



項目成果

來自低收入而育有特殊學習需要兒童的家庭往往因為缺乏家庭資源，欠缺足夠的訓練及支援，讓家長容易感到無助及焦慮，久而久之，家長對自身教養孩子的能力亦產生疑惑，甚至欠缺自信。「互助『童』盟-支援有特殊學習需要家庭計劃」正正是針對這個群組的家庭而進行的計劃。對於參與計劃的家長而言，透過提供針對性的成長訓練小組，讓兒童得到有效的訓練之餘，亦讓家長不再感到孤單及無助，同時，透過家長互助小組，讓面對共同處境的家長走在一起，互相交流，彼此給予力量，這不僅大大減輕了家長的照顧壓力，亦增強了他們在管教及照顧孩子上的信心和能力。

Project Outcomes

Low-income families raising SEN children often lack access to essential training and support, undermining parental confidence and causing anxiety. The “Mutual Support Alliance” program addresses these challenges directly. The program provides targeted integrated training that support both children and parents. Through support groups, families connect with others facing similar challenges, sharing experiences and building resilience. This approach has effectively reduced caregiving stress while boosting parents’ confidence and ability to nurture their children.

家長和孩子正在玩「二人三足障礙賽」，增加他們的互動時光

Parents and children enjoying quality time during the “Three-Legged Obstacle Race”



小朋友用心地製作小手工，藉以加強小手肌能力

Children carefully creating handicrafts to enhance fine motor skills



小朋友正在專心地學習，練習「疊加圖」，希望改善視覺空間感

Children focused on “Pencil Control Maze Copying Worksheet” exercises to improve spatial awareness

**健憶長者認知訓練中心****Senior Citizens Cognitive Training Centre****專責自資計劃 Specialized Self-financing Program**

健憶長者認知訓練中心為全港少數針對認知障礙症服務使用者而設立的單位，單位除了日間訓練活動中心外，同時提供上門照顧服務。從而希望透過多樣化的服務及訓練，提升認知障礙症服務使用者在社區的生活質素及為其照顧者提供喘息空間。

The Senior Citizens Cognitive Training Centre is one of the few specialized facilities in Hong Kong dedicated to serving individuals with dementia. We provide both day training and home care services, enhancing community-based dementia support while offering respite for caregivers.

**項目名稱
Project Name**

認知障礙症照顧者支援計劃

Dementia Caregiver Support Program

**對象
Audiences**

居於九龍西的認知障礙症人士的照顧者

Caregivers of people with dementia in West Kowloon

**目標及設計理念
Project Objectives**

在「居家安老」的政策方針下，照顧者無疑是最主要的人力資源。而認知障礙症的照顧者，除了需要面對被照顧者的身體及認知退化外，更常面對的是患者在家中的精神行為症狀(BPSD)，從而使照顧者的壓力更為沉重，甚至出現焦慮、抑鬱等徵狀。

Under the “Aging in Place” policy, caregivers are our most vital resource. Dementia caregivers face challenges beyond physical care and cognitive decline, they must also manage their recipients’ Behavioral and Psychological Symptoms of Dementia (BPSD) at home. This often results in heightened caregiver stress, potentially leading to anxiety and depression.

近年，照顧者的壓力成為關注的話題，社區也為他們提供了不同的服務，但專為照顧者提供在家學習的指引則不多。而是次計劃是針對服務缺口而構思的填補方案，計劃相信倘若照顧者可以自發地學習照顧自己身心靈的需要及掌握相關疾病的知識及照顧技巧，能有效地減低照顧壓力，從而以正向心態面對照顧生涯。

Despite increased community support and group activities for caregivers, practical home-learning resources remain scarce. Our program addresses this gap by providing tools for independent learning. We believe empowering caregivers with self-care strategies and dementia care knowledge creates a more positive caregiving experience.

計劃會通過由職業治療師及社工輯製的「認知障礙症照顧者手冊」，推動照顧者在家使用手冊及計劃所提供的工具進行訓練，從而減輕照顧者的壓力及提升對認知障礙症的知識及技巧。

Through the “Dementia Carer Handbook” compiled by occupational therapists and social workers, the program encourages caregivers to utilize the manual and provided tools for at-home training, thereby reducing stress while enhancing caregiving techniques.

項目內容

本計劃透過輯製的「照顧者自我訓練手冊」，鼓勵照顧者在熟悉的地方(家中)訓練，藉以舒緩緊張照顧壓力之餘，又可掌握照顧及訓練長者技巧，以提升他們照顧長者信心，達至居家安老的理念。

Project Details

Through our “Caregiver Self-Training Manual”, we encourage caregivers to practice in the comfort of their homes, so as to reduce their stress while building essential eldercare skills. This approach boosts caregiver confidence and supports aging in place.

服務使用者心聲 Service User's Story

因瞭解而親近

陳小姐為一名在職照顧者，現與患有認知障礙症的媽媽及傭人同住。陳小姐除了需面對媽媽的身體及認知退化外，更需處理媽媽大叫及遊走的精神行為症狀。

而在是次的計劃中，單位也主動邀請陳小姐參與。完成訓練後，陳小姐有以下轉變：

陳小姐：「我參加完『認知障礙症照顧者手冊』計劃之後，對於認知障礙症有更多的認識。以前唔理解為何媽媽會突然發脾氣，我經常以為她故意與自己作對，所以經常吵架，經過講解後了解到原來是病症的影響。

現時媽媽出現情緒問題或者有其他問題，如果不是構成嚴重的干擾，我都會選擇體諒態度去處理，最多自己先迴避等她冷靜下來再作處理。我覺得調整自身的心態後，照顧變得較為輕鬆，不用再以對立的態度面對媽媽。

另一方面，手冊都教會我和傭人要接受自己的情緒及壓力，並且用不同的方法去調節，例如舒壓訓練等，令我們和媽媽的關係不再緊張。」



Understanding Brings Us Closer

Ms. Chan, who works full-time, lives with her mother who has dementia and their domestic helper. She struggles with managing her mother's behavioral symptoms, including shouting and wandering, alongside physical and cognitive decline.

When invited to participate in this program, Ms. Chan experienced the following changes:

Ms. Chan shares: “The ‘Dementia Carer Handbook’ program helped me understand dementia better. I used to think my mother's sudden anger was deliberate opposition, leading to arguments. The program taught me these were symptoms of her condition.

Now, when my mother has emotional outbursts that aren't severe, I respond with patience. I'll step away until she calms down before addressing issues. Caregiving has become easier with this new mindset, as I've stopped viewing our interactions as confrontational.

The handbook has taught both me and our helper to recognize our own stress and use coping techniques like relaxation exercises. This has significantly improved our relationship with my mother.”

認知障礙症照顧者支援手冊
Dementia Carer Support Handbook



團隊分享

在服務的過程中，工作人員看見缺乏照顧知識和技巧是照顧者最常見的問題。照顧者時常向工作人員表示不理解為什麼被照顧者會出現「不聽話」和「刻意與自己作對」的情況。而當照顧者長期累積不理解及照顧壓力時，被照顧者一旦出現精神行為症狀時，便十分容易出現衝突和矛盾，這些情況都促使雙方處於崩潰的狀態。

而現時社區所提供的服務很多時候都未能配合在職照顧者的時間安排，而在過去一年，單位發現「認知障礙症照顧者手冊」可以讓照顧者按自己的步伐，在空閒的時間自行安排學習相關的知識及聆聽自己的需要，有助減低照顧壓力。

Team Reflection

The primary challenge we have observed among caregivers is their limited understanding of dementia care. Many misinterpret their loved ones' symptoms as deliberate defiance. This misunderstanding, combined with accumulated stress, often leads to conflict when behavioral issues arise.

Traditional support services rarely fit working caregivers' schedules. Our “Dementia Carer Handbook” offers a flexible solution, allowing caregivers to learn independently and manage stress effectively by studying at their own convenience.

項目成果

量化成效：

於第一階段已輯製「認知障礙症照顧者手冊」，並印製 100 本的手冊，並已派發 86 本手冊。

於第二階段計劃，透過咖啡小組提供喘息空間，將照顧者發展成為同路人互助網絡，減輕因照顧認知障礙症長者時的壓力。

於計劃完成後，印製 60 本的手冊派發給有需要人士，建立認知障礙症人士照顧者持續自我支援的能力。

Project Outcomes

Quantitative Results:

In Phase One, we produced and printed 100 copies of the “Dementia Caregiver Handbook”, with 86 copies distributed.

In Phase Two, we provided respite through coffee groups, developing a peer support network among caregivers to reduce the stress of caring for elderly people with dementia.

Upon project completion, we printed and distributed 60 additional handbooks to those in need, building sustainable self-support capabilities among dementia caregivers.

質化成效 Qualitative Results:

是次問卷調查，合共收回 80 份 Total of 80 questionnaires collected

	參與計劃前問卷調查 Pre-Program Survey	參與計劃後問卷調查 Post-Program Survey
照顧者人數 Number of Caregivers	40	38.5
平均每星期花費 Average Weekly Hours Spent	59.93 小時 hours	57.22 小時 hours
沙氏負擔訪問 Zarit Burden Interview Score	22.85	19.96

參與計劃前 Pre-Program Results	參與計劃後 Post-Program Results
大部分照顧者為被照顧者的子女或配偶，在 80 份照顧者的有效問卷中，平均每星期花費 59.93 小時照顧長者。在沙氏負擔訪問中，平均得分為 22.85。	在 38.5 份照顧者的有效問卷中，平均每星期花費 57.22 小時照顧長者。在沙氏負擔訪問中，平均得分為 19.96；有約 13% 壓力程度下降。
Most caregivers were adult children or spouses of care recipients. Among 80 valid questionnaire responses, caregivers spent an average of 59.93 hours per week on caregiving. The average Zarit Burden Interview score was 22.85.	Among 38.5 valid questionnaire responses, caregivers spent an average of 57.22 hours per week on caregiving. The average Zarit Burden Interview score decreased to 19.96, showing approximately 13% reduction in stress levels.

活動內容

在家自主訓練

追憶咖啡小組 (互助小組)

分享會
照顧者最常見的問題

沉重的心理負擔 **缺乏照顧知識和技能**

照顧者分享：
在日常生活中，他們不理解為什麼對方「不聽話」和「特意同自己作對」，基於對於病症的不理解和長期照顧而累積的照顧壓力，當患有認知障礙症的父母或配偶出現行為問題（例如不願洗澡、遊走等）便容易出現衝突和矛盾。

照顧者心聲分享 Caregivers sharing their stories

同行伙伴

本計劃獲香港東區崇德社 Zonta Club (HKE) 支持「認知障礙症照顧者手冊」的印製成本，在此衷心致謝。

Community Partnerships

We extend our sincere gratitude to the Zonta Club of Hong Kong East for funding the “Dementia Carer Handbook” printing costs.

疲憊漏斗(照顧者自我省察工具)
The Exhaustion Funnel (Caregiver Self-reflection Tool)

憂慮日記(照顧者自我省察工具)
Anxiety Journal (Caregiver Self-reflection Tool)

照顧者 壓力處理

疲憊漏斗

所有這備
耗精
耗神
耗氣
耗力
耗神
耗精

疲憊漏斗的圖解代表生活圓滿平衡的情況，當越來越忙時，我們通常會放棄一些事情，把時間精力集中在處理「重要」的事情上，當讓我們最先放棄的事情，往往是對我們的心智健康最有影響，可以放鬆的活動。

1. 你現在的生活是怎樣？
2. 分析生活所欠缺的活動
3. 欠缺而產生對家人和自己的愧疚？
4. 選擇最優先的實行
5. 計劃和實行

其他 Tips

憂慮日記

- 設定現實的目標，接受幫助，將某些工作分派給其他人，不要獨自承擔。
- 不要忘記自己，為自己留出時間，即使只有一個小時。
- 請記住照顧好自己並不是一種奢侈，照顧好自己是每個有效的照顧者，這是絕對必要的。
- 與專業人士交談。
- 了解你的情緒，利用照顧者輔導自己休息。
- 對你的親人的疾病保持樂觀一點，特別當他們好轉時。
- 用訓練來幫助處理日常壓力。
- 接受自己的感受，如恐懼的感嘆、沮喪、憤怒，這是正常的，這並不代表你是一個壞人或一個不好的照顧者。
- 找到你信任的人，如朋友或同事，並尋求他們的建議。
- 請考慮尋求專業協助，如諮詢、輔導、藥物治療。
- 請考慮尋求專業協助，如諮詢、輔導、藥物治療。

屯門朗逸居 Tuen Mun Independent Living Hostel

專責自資計劃 Specialized Self-financing Program

專責 Specialized

屯門朗逸居透過院舍服務，包括度身訂造的「個人獨立生活計劃」及生活化的「小組課程」等，按舍友需要透過「V-RICH」模式評估及設計個人化訓練，提升智障人士的獨立生活能力及自決能力，並以協助舍友獨立生活或在家過更獨立生活為目標；同時加強舍友對社區認識及協助他們融入社區，鼓勵並支援有獨立生活能力的舍友離開院舍於社區獨立生活或回家居住。

The Tuen Mun Independent Living Hostel offers residential services with tailored training programs based on "V-RICH" model for people with intellectual disabilities. Our aim is to develop their self-reliance and independent living skills. We emphasize community integration and support capable residents in transitioning to independent housing or returning home.

「V-RICH」模式五大範疇 Five key areas of the "V-RICH" model:



項目名稱 Project Name	蝴蝶友善花園	Butterfly-Friendly Garden
對象 Audiences	宿舍舍友/義工	Hostel Residents/Volunteers
目標及設計理念 Project Objectives	<p>通過蝴蝶友善花園讓舍友：</p> <ul style="list-style-type: none"> • 培養責任感 • 體會生命的價值與珍貴 • 提升舍友學習興趣 • 加強人際關係 	<p>Our garden helps residents:</p> <ul style="list-style-type: none"> • Develop a sense of responsibility • Value and respect life • Enhance learning interests • Strengthen interpersonal relationships

項目內容

屯門朗逸居坐落於綠樹環繞的優美天然環境。同工與舍友們一起善用周邊豐富的自然資源，在宿舍球場的綠化空間種植了各式蝴蝶寄主植物和蜜源植物，如柑橘、馬利筋、龍船花、假馬鞭等，為蝴蝶建立了理想的棲息環境，讓其覓食及繁衍生長。

舍友們透過親自照顧蝴蝶，並定期為植物澆水除草，從中培養生活中的責任感。從觀察蝴蝶的生長過程中，進行生死教育，同時學習尊重生命。通過在自然環境中親身的探索及經驗，提升舍友對周遭事物的好奇心，促進學習動機。

這個重要的保育空間也為社區注入新活力。透過社區義工隊的合作，義工們與舍友一起清理花園、種植、交流與人生種種話題；舍友亦會化作小導師，到訪學校和機構分享蝴蝶知識及蝴蝶成長歷程，有助舍友建立自信，融入社區。

Project Details

Nestled among trees, the Tuen Mun Independent Living Hostel has transformed its courtyard into a butterfly sanctuary. Staff and residents have planted host and nectar plants—including citrus, butterfly weed, Chinese Ixora, and snakeweed—creating an ideal habitat for butterflies to thrive.

Daily garden maintenance and butterfly care foster residents' sense of responsibility. Through observing the growth process of butterflies, they engage in life and death education while learning to respect life. This hands-on experience sparks curiosity and eagerness to learn.

The garden serves as a community hub where volunteers and residents work together, sharing gardening tasks and meaningful conversations. Residents also build confidence by leading tours for schools and organizations.

服務使用者心聲 Service User's Story

令生命發光發亮

宿舍部份為較年輕的舍友們，偶爾會因為與家人及朋友爭論、在工作上遇到困難等不如意事等而感到灰心，又或因為社會上一些負面的輿論與標籤而感到自卑與退縮。

然而在建設蝴蝶友善花園的過程中，從種植及建構花園，到照顧蝴蝶幼蟲直到蝴蝶成長，舍友們均表現得十分認真投入；而每當看到幼蟲化蝶破蛹、振翅高飛時，他們的興奮與雀躍溢於言表，在整個過程當中找到快樂和滿足感。

但在喜悅以外，亦曾遇過蝴蝶截翼，甚至夭折的情況。舍友們亦坦言感到無比難過和惋惜，甚至非常自責。在同工的鼓勵及引導下，一點一點培養他們的責任心，亦從中認識生命的歷程。

舍友們分享：

「我明白到成長必會對不同困難，我會從蝴蝶身上學會堅毅不屈的精神，一起努力令生命發光發亮」
「我會跟隨蝴蝶學習以正面的態度去面對現實生活的挑戰」。

人生從來也不會是一帆風順。蝴蝶友善花園正期望透過每個活動讓舍友認識生命，體會人生。

Making Lives Shine

Some of our younger residents occasionally feel discouraged by conflicts with family and friends, workplace challenges, or social stigma, which can lead to feelings of inferiority and withdrawal.

The butterfly-friendly garden project has transformed these experiences. From building the garden to raising butterflies, residents have shown remarkable commitment. They find excitement and joy in watching butterflies emerge and take flight.

The journey includes difficult moments, like dealing with injured or dying butterflies. While residents initially blamed themselves, staff guidance helped them understand natural cycles and develop a sense of responsibility.

Resident Reflections:

"I understand that growth comes with various challenges. I'll learn from butterflies about perseverance and work together to make our lives shine." "I'll follow the butterflies' example and face life's challenges with a positive attitude."

Life is never without its challenges. The butterfly-friendly garden continues to help residents understand and experience life through each activity.

團隊分享

昆蟲，在不少人眼中並不是吸引的物種，部分人甚至會感到害怕。

部分舍友由最初對蝴蝶幼蟲感到抗拒，至後期堅持每天為植物澆水、悉心照顧新發現的幼蟲。當蝴蝶成長甫飛出網的一刻，舍友會向其揮手，甚至大聲向蝴蝶道出最真摯的祝福：「你(蝴蝶)要開開心心、幸福快樂啊！」。

在很多人眼中，宿舍的舍友是被照顧的一群。但在養蝶過程中，同工見證到舍友在歡笑與淚水中急促的成長、願意承擔、同時可建立能力擔任一個「小管家」的角色，與蝴蝶一同成長飛舞。當中所展現出的可愛與真誠，還有自豪感，令同工們為舍友感到驕傲。

同工冀盼舍友們繼續保持這純真的心！繼續努力和進步，過更獨立及開心快樂的生活！

Team Reflection

Many people find insects unappealing or even frightening.

Yet our residents, despite initial hesitation toward caterpillars, now eagerly tend to the garden daily and care for new larvae. When butterflies emerge, residents wave goodbye with touching blessings: "Be happy and blessed!"

Though often regarded as care recipients, our residents have become capable caretakers themselves. Through nurturing butterflies, they have grown emotionally and developed responsibility. Their genuine care and pride inspire our staff daily.

May they keep their pure hearts and continue flourishing on their journey to independence and joy!



舍友在花圃前展露燦爛的笑容
Residents beaming with joy in front of the garden



你已成功由毛毛蟲變成美麗的蝴蝶了！是時候要展開成長的新一趟旅程了！振翅高飛吧！
You've successfully transformed from a caterpillar into a beautiful butterfly! Time to begin your new journey of growth - spread your wings and soar!

項目成果

除了舍友的進步及笑容外，我們更希望將蝴蝶友善花圃的正向影響擴展至社區。

- 蝴蝶友善花圃持續擴建中，包括種植更多不同的蝴蝶寄主植物及蜜源植物，推動為蝴蝶保育工作
- 在花圃添置由舍友及家長親手製作的藝術作品，讓舍友發揮潛能之餘亦增進家庭和諧
- 宿舍歡迎不同界別的朋友到訪交流，一同推動生命教育，及為綠化社區而努力

同行伙伴

我們衷心感謝各學校及各機構的支持。歡迎舍友們前往分享，將蝴蝶保育的訊息帶到更多地方，促進生命教育在社區的傳播。

同時，宿舍亦開放予社區不同界別到訪及參與活動。我們積極邀請各界義工隊伍，如傳承教育義工隊及香港專業教育學院職員義工隊等，一同參與花圃的建設與管理工作。在互動交流過程中，舍友可擴闊社交圈子，汲取更多知識；其他參與者亦能對舍友有更正面的了解，同時體驗義工服務的意義。

我們希望花圃能促進不同人士的交流合作，共同建設一個關愛生態與和諧共存的社區，在協助舍友成長的同時，提升大眾對生命尊重的認識。

Project Outcomes

Beyond our residents' growth and happiness, we aim to extend the positive impact of the garden to the wider community.

- The butterfly-friendly garden continues to expand, with more host and nectar plants being added to support butterfly conservation efforts
- The garden features artistic creations made by residents and their parents, nurturing residents' talents while strengthening family bonds
- The hostel welcomes visitors from various sectors to promote life education, and contribute to community greening efforts

Community Partnerships

We are grateful for support from schools and organizations that welcomed our residents to conduct sharing sessions on butterfly conservation and life education in the community.

Our hostel is also open to visitors and volunteers, such as volunteers from Legendary Education and the Hong Kong Institute of Vocational Education staff team who joined our gardening activities. These interactions broaden our residents' social circles while helping volunteers develop a positive understanding of our service users.

We envision this garden as a bridge between diverse groups, fostering both ecological awareness and social harmony, promoting respect for all lives while supporting our residents' personal growth.

花圃綻放出美麗的太陽花，蝴蝶停留在花上，宿舍的環境得以美化
A butterfly resting on blooming sunflowers, adding beauty to our hostel environment



蝴蝶終於出世了，欣賞生命的美好
Witnessing the beauty of life as a butterfly emerged



舍友表現積極，每天為花田澆水，讓植物得以健康生長
Residents showing dedication through daily watering to maintain healthy plant growth



為您「家」油 · 健康社區計劃 Yanger Health – Community Health Service

專責 Specialized

專責自資計劃 Specialized Self-financing Program

本計劃是機構跨服務的協助計劃，成員來自家庭、復康、青少年及長者服務的同工，同工來自不同專業背景。機構期望透過計劃，把健康的訊息帶給油尖旺區內不同層面的服務對象。

This is a cross-service initiative involving staff from our family, rehabilitation, youth, and elderly er service divisions, representing various professional backgrounds. Through this program, our organization aims to promote health awareness among different service recipients in the Yau Tsim Mong district.

項目名稱 Project Name

為您「家」油 · 健康社區計劃

Yanger Health – Community Health Service

對象 Audiences

油尖旺區居民、在職人士及企業

Residents, working individuals, and enterprises in different industries in the Yau Tsim Mong district

目的/目標 Purpose

運用多元化的健康介入手法，增加大眾的健康行為、提升他們對預防疾病及識別健康風險的意識。

To promote healthy behaviors and enhance awareness of disease prevention and health risk identification through diverse health intervention approaches.

目標及設計理念 Project Objectives

建設健康的社區，由個人的健康意識及行為起步。將個人良好的健康習慣，帶到家庭，再擴展至社區。在健康的路上，我們陪伴著您，為您「家」油！「為您」二字，與機構名稱循道衛理楊震社會服務處中的「衛理」二字讀音相同。計劃同工希望此計劃能成為機構推展基層醫療服務的重要起步，讓社會大眾留下深刻印象。

A healthy community starts with individual awareness of the wellness. Good health habits ripple from individuals to families and into the broader community. We are here to support your wellness journey! The name 'Yanger' reflects our organization's commitment to developing primary healthcare services and creating lasting community impact.

項目內容

- 基層醫療第一層預防：健康諮詢、教育及推廣服務
- 基層醫療第二層預防：健康風險評估、主題健康篩查項目，包括：「Oh My『肝』！護肝健康計劃」、「Oh My Guts之『腸』救行動！」
- 成為企業及社群的健康策略伙伴：「健康生活規劃師」為您提供度身訂造的健康規劃方案
- 為您「家」油 · 健康社區計劃於2023-24年度之重點項目之一，為 Oh My「肝」！護肝健康計劃。計劃於2023年4月至12月推行，目的為提升油尖旺區人士對脂肪肝的認識並及早減低其風險。計劃為97位油尖旺區居住或上班人士提供免費肝纖維化掃描 FibroScan®，再邀請當中10位脂肪肝風險最高的參加者進入為期160天健康生活規劃服務，通過定期營養師諮詢及飲食班、健身教練運動班、中醫會診並提供針灸及耳穴治療，以及社工全程跟進作情緒支援，透過跨專業協助並協助參加者建立健康生活模式，目標為減低脂肪肝風險。計劃於12月完結前再次邀請曾參與 Fibroscan® 的參加者進行第二次檢查，當中包括健康生活規劃服務參加者。

Project Details

- Primary Healthcare Prevention Level 1: Health consultation, education, and promotion services
- Primary Healthcare Prevention Level 2: Health risk assessment and targeted health screening programs, including "Oh My Liver! Liver Health Program" and "Oh My Guts Colorectal Health Program"
- Establish strategic Health Partnership with businesses and communities: "Healthy Lifestyle Planners" providing tailored made health planning solutions
- The Yanger Health – Community Health Service launched "Oh My Liver! Liver Health Program" as its flagship 2023-24 initiative. From April to December 2023, this program aimed to raise awareness about fatty liver disease and promote the concept of early prevention in the Yau Tsim Mong district. We conducted free FibroScan® liver assessments for 97 local residents and workers. The 10 participants at highest risk were enrolled in a 160-day wellness program, which included nutritionist consultations, dietary classes, trainer-led exercises, Traditional Chinese Medicine treatments (acupuncture and auricular therapy), and emotional support by social worker. This cross-disciplinary approach helped participants develop healthy habits. We invited all participants, including those in the lifestyle program, for final FibroScan® assessments before the program concluded in December.

服務使用者心聲 Service User's Story

跨專業協作 關顧「全人」健康

參加者嚴女士：「如果是自己一個人可能好快就想放棄。但這計劃有一班參加者一起訓練、互相提醒、打氣和交流心得，令這個體驗絕不漫長且更有動力堅持！與過往我所參加的健康活動非常不同，除了有營養師、更有健身教練和中醫三管齊下去幫助我。社工們亦好關心我們的心情，常常支持我們。好開心經歷這接近半年的時間，我可以由脂肪肝高風險變成低風險！重整一個更健康及適合自己的飲食與運動習慣。」

Holistic Health Through Multi-disciplinary Collaboration

Ms. Yim shares: "Group support made this journey manageable – we encouraged each other and shared experiences, making it far more motivating than going solo. The program's unique three-pronged approach combining nutrition, fitness, and Chinese medicine set it apart from other health initiatives. With social workers providing emotional support, I've transformed my fatty liver risk from high to low in just six months, and developed healthy diet and exercise habits that fit to me"



團隊分享

為您「家」油·健康社區計劃開展至今，已有兩年時間。計劃的同工在這兩年間就著不同的健康議題，包括：肝臟健康、少數族裔人士大腸健康、婦女骨質疏鬆、血管健康及口腔衛生等，推出相應服務，以回應油尖旺區居民和在職人士的需要。在過程中，計劃同工需要時常緊貼健康議題並和社區內的持份者和合作伙伴保持溝通，兩年多來，同工的健康意識亦提昇了不少。

而且，在推廣健康生活模式方面，計劃同工嘗試應用讓運動變得「遊戲化」的概念，鼓勵油尖旺區居民和在職人士在狹少的空間也要「動起來」，讓運動不再局限於場景和時間，這個概念亦深深植根在計劃同工的心中，潛移默化地改變大家的健康行為。

Team Reflection

The Yanger Health - Community Health Service has spent two years addressing the diverse health needs of residents and workers in the Yau Tsim Mong district. Our initiatives have covered liver health, colorectal health for ethnic minorities, women's osteoporosis, vascular health, and oral hygiene. Through constant monitoring of health trends and stakeholder engagement, we have also noticed an increase in our own health awareness.

Our innovative approach includes exercise "gamification", enabling residents and workers to stay active despite space limitations. This flexible model has transformed our team's perspective on health, fostering sustainable healthy habits throughout the community.



Oh my肝! - 護肝健康計劃(護肝飲食講座)
Oh My Liver! Liver Health Program (Liver-friendly diet seminar)



Oh my肝! - 護肝健康計劃(提供免費肝纖維化掃描FibroScan®)
Oh My Liver! Liver Health Program (Free FibroScan® liver examination)



與企業義工合作(Anytime fitness 健身教練團隊)到幼稚園推廣蝴蝶式兒童伸展運動
Collaboration with corporate volunteers (Anytime Fitness trainer team) promoting butterfly stretching exercises at kindergartens



參與香港婦女聯合協進會，世界子宮頸癌關注月「有效預防子宮頸癌 - 不可不知 HPV 關注日」
Participation in Hong Kong Federation of Women's "World Cervical Cancer Awareness Month - HPV Awareness Day: Essential Knowledge for Effective Prevention"

項目成果

截至 2024 年 3 月，為您「家」油·健康社區計劃累積服務人數已超過 1700 人，其中 730 人接受健康風險評估後，有 182 人有高血壓或糖尿病相關健康風險而未有公營或私營醫療系統定期跟進，被建議接受高血壓或糖尿篩查計劃作進一步檢查，比率約為 25%。

Oh My「肝」! 護肝健康計劃在 6 月及 12 月進行了兩次 FibroScan® 肝纖維化掃描活動，發現區內約 5 成參加者患有輕微至嚴重的脂肪肝風險，部分更同時患有肝硬化風險。在 12 月的檢查中發現約有 1 成半參加者比 6 月進行檢查時增加了患有脂肪肝風險。由此可見，社區內對肝臟健康支援服務有一定的需求。

此外，10 位脂肪肝風險最高的參加者參與健康生活規劃服務後，八成參加者脂肪肝風險指標均比參加前有下降，其中兩成參加者更從嚴重脂肪肝風險變成沒有風險；最大變化的參加者，其嚴重脂肪肝風險指標 (313 CAP (dB/m)) 下降到正常水平 (222 CAP (dB/m))，可見規劃服務成效顯著。

同行伙伴

我們與香港房屋協會、油尖旺區私人屋苑會所、公司、果欄商販、學校、教會、兒童及青少年、家庭、長者、少數族裔及無家者服務單位舉行不同社區健康活動，提昇油尖旺區居民及在職人士的健康意識。同時，計劃亦邀請到醫生及輔助醫療職系的專業同工，提供健康相關的講座活動。計劃開展至今，已與 33 個團體建立伙伴協助關係，冀盼透過緊密的地區協作，把健康訊息深入傳遞給油尖旺區居民及在職人士，提昇他們個人健康意識及健康管理，並及至家庭，攜手締造油尖旺健康社區。



與長者服務單位合作，為長者舉行中醫講座
Chinese Medicine talks for elderly in partnership with elderly service division

Project Outcomes

As of March 2024, Yanger Health - Community Health Service has served over 1,700 individuals. Among the 730 people who underwent health risk assessments, 182 (25%) were found to have unmonitored hypertension or diabetes risks and were referred for further screening.

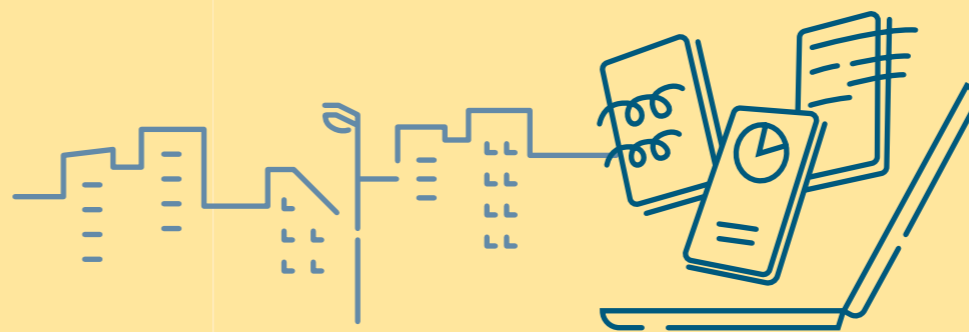
Results from the Oh My Liver! Liver Health Program's FibroScan® assessments in June and December showed that 50% of participants in the district had mild to severe fatty liver risk, with some showing signs of cirrhosis. The December follow-up revealed that around 15% of participants had increased fatty liver risk compared to June, underscoring a clear need for liver health services in the community.

Among the 10 highest-risk participants who joined the healthy lifestyle planning service, 80% showed reduced fatty liver risk indicators after completion. Notably, 20% of participants progressed from severe to no risk, with one achieving a remarkable improvement from 313 to 222 CAP (dB/m), demonstrating the program's effectiveness.

Community Partnerships

We partner with diverse organizations across the Yau Tsim Mong district to promote health awareness, including the Hong Kong Housing Society, private estate clubhouses, companies, fruit vendors, schools, churches, and service units serving various community groups. Healthcare professionals have been invited to conduct educational talks and seminars. Our network of 33 partner organizations helps deliver health messages effectively throughout the district, fostering better health awareness and management at both individual and family levels as we build a healthier community together.

機構專業與創新
Excellence in Research
and Innovation



研究與發佈
Research and Publication

彩虹長者綜合服務中心 Choi Hung Community Centre for Senior Citizens

彩虹長者綜合服務中心自1995年服務黃大仙區長者，為長者及護老者提供促進身心健康服務。

Since 1995, the Choi Hung Community Centre for Senior Citizens has served elderly residents in the Wong Tai Sin district, enhancing both physical and mental well-being for seniors and their caregivers.

研究項目名稱 Research Project Title

社區長者幸福感調查

Survey on the Well-being of Older Adult in the Community

背後理念 Background

在2023年疫情過後，香港的長者生活模式大致回復正常，疫情期間長者的身體健康及物質生活狀況備受關注。然而，社會人士又是否留意到長者的心理質素？人際互動是否已經復常？後疫情長者的幸福感，是否只滿足於豐衣足食？社會人士又可以如何促進長者的幸福？

As Hong Kong emerged from the pandemic in 2023, seniors largely resumed their normal lifestyle. While their physical health and material needs received significant attention during the crisis, questions remain about their psychological health and social connections. Beyond ensuring basic necessities, how can our society better support seniors' overall well-being in the post-pandemic era?

研究對象及內容 Research Target and Components

2023年4月至8月期間進行長者幸福感調查。調查分為兩個部分，第一部分邀請了437位居於黃大仙區60歲或以上長者參與調查，透過運用WHO-5幸福感指標量表，了解長者整體心理幸福感。第二部分調查邀請了15位分別來自幸福感分數高、中、低的長者，進行質性研究訪問，深入了解促進長者幸福感的因素。

A well-being survey was conducted between April and August 2023. The study comprised two parts: The first part involved 437 respondents aged 60 or above from Wong Tai Sin district, using the Five Well-Being Index (WHO-5) to assess their overall psychological well-being. The second part consisted of qualitative interviews with 15 selected elderly participants representing high, medium, and low well-being scores, to gain deeper insights into the factors contributing to elderly well-being.

研究成果

受訪長者中，女性長者佔78%，年齡介乎60-74歲佔54%，69%的長者患有1-3種長期病患，當中60%受訪者表示並沒有確診新冠肺炎。他們維持身心健康信心平均為6.95分。

香港樹仁大學社會工作學系周愛華教授表示調查發現受訪長者幸福感指標平均分為66.52分，周教授表示超過47%的長者幸福感問卷分數達72分或以上，反映心理感覺幸福。33%為52-71分屬於可接受的水平，20%受訪長者則只有51分或以下屬於不理想水平。調查亦發現長者患有長期疾病越少、與人接觸的時數越高、維持身體健康信心越多，他們的幸福感分數越高。

第二部分研究邀請了15位分別來自幸福感分數高、中、低的長者進行質性訪問，運用正向心理學PERMA MODEL五個範疇作為訪談框架—人際關係、生活意義、全情投入、成就感及正向情緒。從他們的WHO-5幸福感指標量表數據得出以下分析結果：

長者與人接觸每多1小時便增加0.875分的幸福感

隨著香港人均壽命延長，加上嬰兒潮出生的人士逐步進入退休階段，周教授建議退休人士應及早建立社交網絡、保持人際互動及互通資訊，為自己晚年能夠保持幸福感作好準備。社會人士不應單純看見長者人口增加就只會帶來人口老化問題，退休人士和長者本身就是社會資本，如果能夠好好善用這個群體的時間，相信對社會有需要的人士有所幫助。

Research Findings

Among the respondents, 78% were female, 54% were aged 60-74, and 69% had 1-3 chronic conditions. 60% reported no previous COVID-19 infection. Their average confidence level in maintaining physical and mental health was 6.95.

Professor Esther Chow Oi-wah from the Department of Social Work, Hong Kong Shue Yan University, reported that the average WHO-5 Well-Being Index score was 66.52. Over 47% of respondents scored 72 or above, indicating positive psychological well-being. 33% scored between 52-71, considered acceptable, while 20% scored 51 or below, indicating a suboptimal level. The study found that fewer chronic illnesses, more hours of social interaction, and higher confidence in maintaining health were associated with higher well-being scores.

The second phase involved qualitative interviews with 15 elderly participants representing high, medium, and low well-being scores. The interviews were structured around the PERMA Model's five domains of positive psychology: relationships, meaning, engagement, achievement, and positive emotions. Analysis of their WHO-5 scores revealed the following:

Each additional hour of social interaction raised elderly well-being scores by 0.875 points

Given Hong Kong's rising life expectancy and the baby boomer generation entering retirement, Professor Chow recommends retirees to establish social networks and maintain interpersonal interactions and information sharing early on to ensure well-being in later years. Rather than viewing the aging population solely as a demographic challenge, society should recognize retirees and elderly as valuable social capital whose time and experience can benefit those in need.

調查於2023年9月26日在本處總部舉行了新聞發佈會
Press conference held at our headquarters on September 26, 2023 to release survey findings



9月27日本處在NOW新聞台分享調查結果
Survey results featured on NOW TV News Channel on September 27



建議：人人都是陪伴者，長者滿滿幸福感

本處鼓勵社區內每一位人士成為長者的陪伴者，通過不同的陪伴角色，協助長者實踐促進幸福的生活習慣。

服務推動

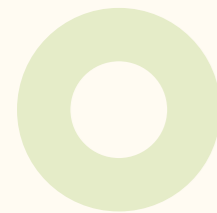
本處正在發展「時時分享」時間銀行，持續在社區上推動「人人都是陪伴者」。社區人士及長者在社區上運用自身的技能服務有需要的長者，例如陪診、家居維修、代購便可以賺取時分，累積的時分便可以換取自己想得到的服務或物品。透過這個互動循環令長者及社區人士的社會資本得以持續在地區增值。

Recommendations: Everyone Can Be a Companion, Enhancing Elderly Well-being

We encourage community members to become companions to the elderly, supporting them in developing habits that promote well-being through various accompanying roles.

Service Implementation

Our organization is developing the “Timely Sharing” Time Bank Project to promote the concept of “everyone as a companion”. Community members and seniors can earn time credits by offering services such as medical escort, home repairs, and shopping assistance to elderly in need. These credits can be exchanged for desired services or items, creating an interactive cycle of community support and social capital enhancement.



提出促進長者幸福的實質行動建議
Proposing actionable steps to enhance elderly well-being

周愛華教授分享調查結果
Professor Esther Chow Oi-wah presented survey findings

長者分享促進幸福感心聲
Elderly residents sharing their thoughts on promoting well-being



**油尖旺青少年綜合發展中心
Yau Tsim Mong Integrated Centre for Youth Development**

油尖旺青少年綜合發展中心主要由專業社工組成，運用多元化而整合的社會工作專業手法，從多層面接觸青少年，為他們提供機會及支援，鼓勵他們參與及體驗不同類型的活動，各展所長，成為愉快、自信、成熟、獨立及對社會有貢獻的一群。

The Yau Tsim Mong Integrated Centre for Youth Development is staffed by professional social workers who use comprehensive approaches to engage young people. The Centre provides opportunities for youth to develop their talents and grow into confident, mature individuals who contribute positively to society.

**研究項目名稱
Research Project Title**

100人的聲音—勤有功，戲無益？

100 Voices—Learning through Play?

**研究對象
Research Target**

6-24歲兒童及青少年以及其家長

Children and youth aged 6-24 and their parents

**研究目的
Research Objectives**

提倡兒童遊戲時間權利，為兒童營造健康有利的生活環境。

To advocate children's right to play and foster an environment that supports their healthy development.

**背後理念
Background**

根據聯合國的《兒童權利公約》第31條，兒童擁有休閒及餘暇之權利；有從事適合其年齡之遊戲和娛樂活動之權利，以及自由參加文化生活與藝術之權利。遊戲是兒童的本能，通過遊戲兒童可以獲得快樂，有助於調節情緒和釋放壓力。再者，遊戲是兒童與世界溝通的語言，在遊戲中加強和整理對自己及外界的認知，有助於兒童全面發展。因此，遊戲與兒童的身心健康發展有著莫大的關連，期望通過是次研究提倡兒童每天應有足夠的玩樂時間，並鼓勵親子增加相聚遊戲的時間，以利兒童的全面發展。

The UN Convention on the Rights of the Child (Article 31) guarantees children's right to play, rest, and participate in recreational activities. Play is essential for children—it brings joy, helps manage emotions, and relieves stress. It is their natural way of engaging with the world, building self-awareness, and understanding their environment. This research advocates for sufficient daily playtime and increased parent-child play to support children's overall development, recognizing play's crucial role in their physical and mental well-being.





「勤有功，戲無益」？問卷調查
"Learning through Play?" Questionnaire Survey

研究內容

探討受訪者對玩樂的理解，包括：玩樂的重要性和其定義兩個面向。

因研究而延伸的服務

中心於2023年3月至8月期間，聯同14名親子共同設計了一副「法師平衡之巔」的桌上遊戲，鼓勵兒童平衡讀書和玩樂時間之餘，亦鼓勵親子增加相聚玩樂的時間，以建立正面且和諧的親子關係。另外，於研究發表後，中心隨即於2024年5月舉行了「勤有功，戲有益」分享會，除了提倡玩樂的重要性，鼓勵家長給予孩子足夠的玩樂時間之餘，亦向家長分享如何提高玩樂時間的質素，共有18名家長及社區人士出席。

Research Components

The study examined participants' understanding of play through two aspects: the importance of play and its definition.

Service Development Based on Research

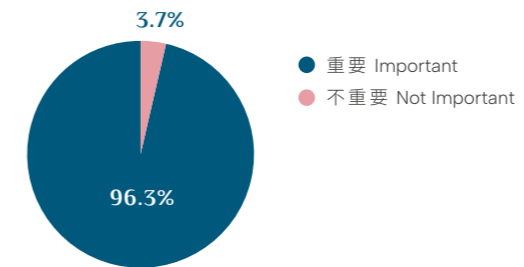
From March to August 2023, the Centre collaborated with 14 parent-child pairs to create the "Mage's Harmony Quest", a board game encouraging children to balance study and play time while promoting quality parent-child interactions to build healthy family relationships. Following our research presentation, we hosted a "Learning through Play" Sharing Workshop in May 2024, where 18 parents and community members learned to enhance both the quantity and quality of children's play time.

邀請6-24歲兒童及青少年及以及其家長參與問卷調查
Survey for children and youth aged 6-24 and their parents



研究成果 Research Findings

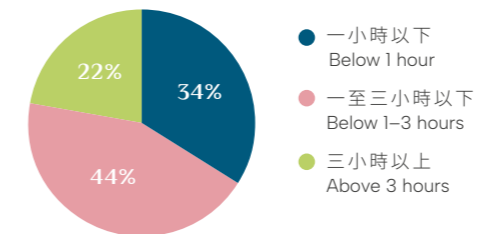
1. 你認為玩樂重不重要？ Do you consider play important?



有超過96%受訪者認為玩樂是重要的，這項壓倒性數據顯示受訪者對此題目有強烈的共識。

Over 96% of respondents considered "play" is important, demonstrating overwhelming consensus on this topic.

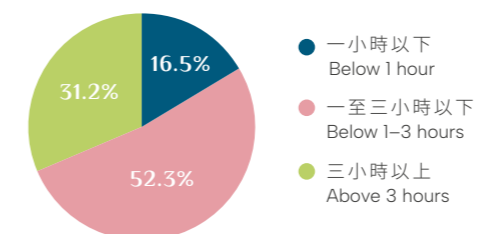
2. 你/子女每天有多少玩樂時間？ How much playtime do you/your children have daily?



有34%受訪者表示每天只有不足1小時的玩樂時間，44%受訪者則表示每天有1至3小時進行娛樂活動，更有22%受訪者表示每天的玩樂時間超過3小時。此反映仍有兒童未能達到聯合國《兒童權利公約》提倡每日要讓兒童最少有1小時「自由遊戲」的時間。

Daily playtime distribution revealed that 34% of respondents spent less than 1 hour, 44% spent 1-3 hours, and 22% spent more than 3 hours on recreational activities. This indicated that some children still fell short of the UN Convention on the Rights of the Child's recommendation of at least 1 hour of "free play" daily.

3. 你期望你/子女一天可以有多少玩樂時間？ What is the desired amount of daily playtime for you/your children?



有52.3%受訪者希望每天可以投入1至3小時進行娛樂活動，更有31.2%受訪者希望每天有超過3小時的玩樂時間，可見受訪者對遊戲時間的殷切。

Regarding desired playtime, 52.3% of respondents wished for 1-3 hours of daily recreational activities, while 31.2% desired more than 3 hours, indicating a strong appetite for play time.



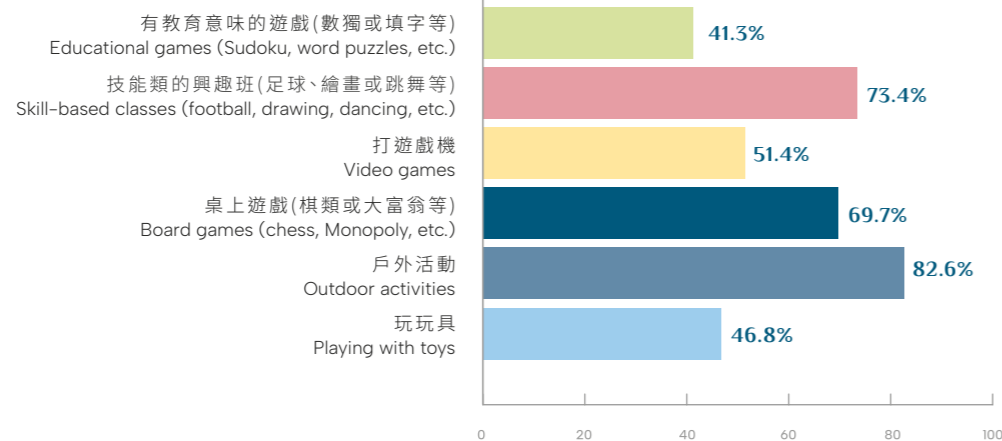
「勤有功，戲無益」？問卷調查結果發佈
Presentation of "Learning through Play?" Survey Results



家長及社區人士進行討論及分享
Discussion and sharing session with parents and community members

4. 你認為哪項算是玩樂？(最多選4項)

What activities do you consider to be play?
(Select up to 4)



於定義「玩樂」活動方面，問卷提供不同的活動類別選項，(詳細選項見圖4)。獲得最多投票的活動為，共有82.6%受訪者認為戶外活動較符合個人對「玩樂」的定義；其次有73.4%受訪者選擇技能類的興趣班(如：足球、繪畫或跳舞等)，第三個較多受訪者選擇的項目為桌上遊戲(如：棋類或大富翁等)，共有69.7%受訪者投票。而打遊戲機、玩玩具、含教育意味的遊戲(如：數獨、填字等)則較少有受訪者選擇。

總括而言，受訪者較不追求純玩樂的活動種類(如：打遊戲機和玩玩具)，他們傾向支持寓學習於娛樂的活動(如：能夠接觸大自然的戶外活動、能夠有效訓練社交及思維能力的桌上遊戲，以及屬技能類別的興趣班)。

Regarding the definition of "play" activities, the questionnaire provided various activity categories for selection (Figure 4). Outdoor activities ranked highest, with 82% of participants considering them as "play". Skill-based interest classes (e.g. football, drawing, or dancing) ranked second at 73.4%, while board games (e.g. chess and Monopoly) came third at 69.7%. Video games, toys, and educational games (e.g. Sudoku or word puzzles) received fewer votes.

In summary, respondents showed less preference for pure entertainment activities (e.g. video games and toys) and instead favored activities that combine learning with recreation (e.g. outdoor activities that connect with nature, board games that develop social and cognitive skills, and skill-based interest classes).

喜晴計劃家居照顧服務 Kowloon(1) Regional Home Care Service

喜晴計劃家居照顧服務透過由跨專業團隊組成提供一系列的綜合到戶服務，滿足居住社區中的合資格殘疾人士的個人照顧、護理及康復訓練需要，減輕其家屬/照顧者的壓力，改善他們的生活質素，支援他們在社區生活。

The Kowloon(1) Regional Home Care Service delivers comprehensive in-home support through a multi-disciplinary team. We provide personal care, nursing, and rehabilitation services to eligible disabled community members, improving their quality of life while easing caregiver burden.

研究項目名稱 Research Project Title

應用 ICF 核心集於在社區復健的中風人士及其照顧者

Application of ICF (with Core Set and qualifiers for Stroke) for Persons with Stroke and Their Carers in Community Rehabilitation

備註：ICF 為「國際功能、殘疾和健康分類系統」

Note: ICF stands for "International Classification of Functioning, Disability and Health"

研究對象 Research Target

曾中風之服務使用者及其照顧者

Stroke survivors receiving our services and their caregivers

研究目的 Research Objectives

- 以實證為本的方式定出適用於居住社區的中風人士之 ICF 核心集
- 提升殘疾人士及其照顧者的生活質素
- 推動及深化 ICF 在復康服務的應用

- To develop evidence-based ICF Core Sets applicable to stroke survivors living in the community
- To enhance the quality of life for persons with disabilities and their caregivers
- To promote and strengthen ICF implementation in rehabilitation services

背後理念 Background

承接於 2020 年在應用 ICF 框架作為介入策略的「實證與實踐：家居防跌研究計劃」中得到參加者及服務團隊正面評價，有效促進服務使用者由個人身心以至社會活動及參與層面都得到全面關顧；並引證以 ICF 框架能作為跨專業團隊於個案管理時一個共通語言平台。

Building on the positive feedback from both participants and service teams in the 2020 "Evidence and Practice: Home Fall Prevention Research Project" that utilized the ICF framework as an intervention strategy, the approach proved effective in providing comprehensive care from personal well-being to social participation. It also validated ICF's effectiveness as a common communication platform for multi-disciplinary case management.

背後理念
Background

喜晴計劃秉承機構「社會實驗室」的價值，於2023年起以實證為本的方式研究進一步應用ICF的可行性，而促成了是次研究項目，就著中風是本服務主要的服務使用者類型，藉此以這對象作研究。研究前期，先讓同事們透過進行深化培訓作好裝備，更深入認識ICF知識。在具備一定經驗及知識後，通過德爾斐調查法制定家居中風核心集，及應用作設計個案的復康計劃及策略。檢視施行相關策略後個案的階段性狀況及表現改變，繼而檢視服務成效。

研究結果於2024年9月24日與業界發佈，承蒙社會福利署助理署長(康復及醫務社會服務)梁綺莉女士擔任主禮嘉賓，也誠邀3位對治療界別的學者就ICF編碼、限定值及應用等方面作專業分享，及喜晴團隊作個案交流。團隊相信以本研究作試驗，透過實證及數據分析、再轉化為服務實踐應用。未來期望可以將ICF應用層面擴大，收集到更多的數據再加以運用，發揮ICF以人為本的優勢，對服務使用者及其照顧者提供更適切的服務支援；及對業界推動ICF實施作出貢獻。

In line with our organization's "Social Laboratory" philosophy, the Home Care Service launched this evidence-based research study in 2023 to explore ICF applications further. Stroke survivors, who comprise our main service users, were selected as the study's target group. The preliminary phase focused on intensive staff training to deepen ICF expertise. Once the team gained sufficient experience, they employed the Delphi method to develop core sets for home-based stroke cases and applied them in creating rehabilitation plans and strategies. The project then evaluated case progress and performance changes to assess the effectiveness of these interventions.

The research findings were presented to the industry on September 24, 2024, with Ms. Maggie Leung, Assistant Director (Rehabilitation and Medical Social Services) of the Social Welfare Department, as the officiating guest. Three scholars in the therapeutic field were invited to share professional insights on ICF coding, qualifiers, and applications, alongside case sharing by the Home Care Service team. The team believes this pilot study, through evidence and data analysis transformed into practical applications, will pave the way for broader ICF implementation. Future goals include expanding ICF applications and collecting more data to leverage ICF's person-centered advantages, providing more targeted support for service users and their caregivers, while contributing to the industry's ICF implementation.

研究內容

- 專業顧問為團隊作培訓
- 利用德爾斐調查法編訂專屬中風ICF核心集
- 跨專業團隊在服務中實踐應用

因研究而延伸的服務

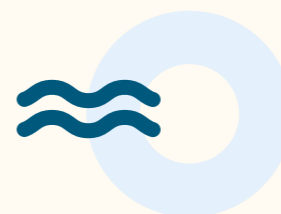
ICF除了是一個分類系統亦是一種整全的價值觀。對跨專業服務團隊在評估、提供及設計服務目標和手法上也能更全面實踐「以人為本」的服務理念，同時有效促成跨專業跨服務的共同協作溝通。

Research Components

- Professional consultants providing team training
- Development of stroke-specific ICF Core Sets using the Delphi method
- Implementation by multi-disciplinary teams in service delivery

Service Development Based on Research

ICF serves not only as a classification system but also represents a holistic value framework. It enables multi-disciplinary service teams to better implement person-centered service principles in assessment, service provision, and goal setting. Additionally, it effectively facilitates collaboration channels across professional disciplines and services.



顧問楊志強博士就ICF為跨專業服務團隊進行內部培訓
Our consultant Dr. CK Yeung conducting internal training on ICF for our multi-disciplinary service team

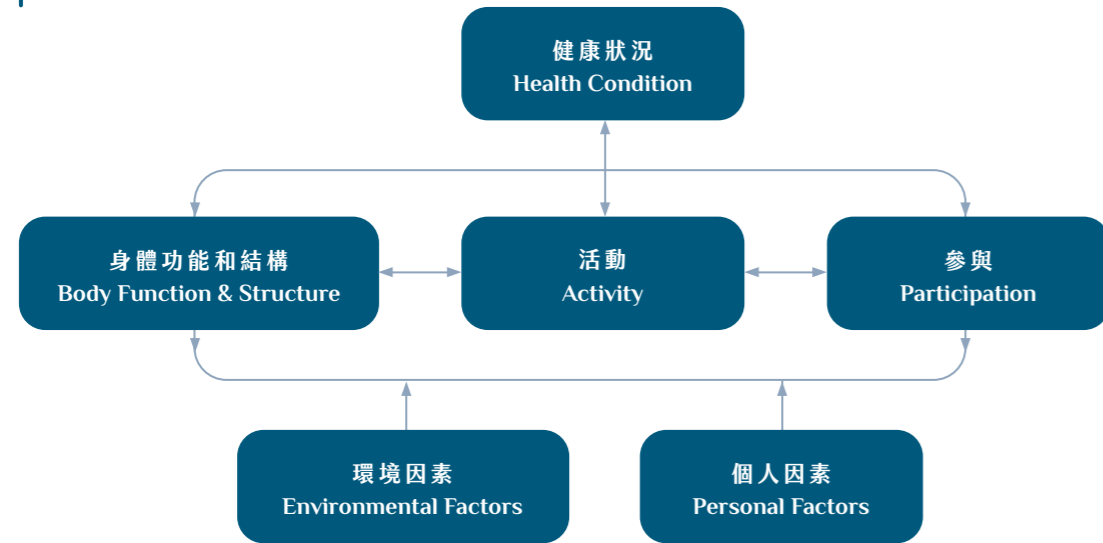
跨專業服務團隊就復康情況以ICF個案管理模式作討論
Multi-disciplinary service team discussing rehabilitation progress using the ICF case management model

研究參加者在能夠自行點餐，目標達成
Research participant achieving the goal of ordering meals independently



研究成果 Research Findings

ICF的架構：互動模式
ICF Framework: Interactive Model



參考資料 Source:
世界衛生組織網頁 World Health Organization website
<https://www.who.int/classifications/international-classification-of-functioning-disability-and-health>

同行伙伴

研究計劃邀請 ICF 的專家學者楊志強博士擔任顧問，為專業團隊提供培訓外，亦在個案會議中提供諮詢，從理論層面到應用層面支援專業團隊將 ICF 中風核心集作試驗和應用。

Research Partner

This research project engaged Dr. CK Yeung, an ICF expert and scholar, as a consultant. In addition to delivering training to our professional team, Dr. Yeung provided guidance during case conferences, supporting our team in both theoretical understanding and practical application of ICF Core Sets for stroke cases.

顧問楊志強博士與喜晴計劃團隊的大合照

Group photo of consultant Dr. CK Yeung with the Home Care Service team



機構家居照顧服務單位獲邀出席「Glocalization of WHO's ICF in Clinical Practice: Worldwide Experience Sharing」作學術交流

Our Home Care Service teams were invited to participate in the academic exchange event "Glocalization of WHO's ICF in Clinical Practice: Worldwide Experience Sharing"



青少年服務之精神健康推廣：
循道衛理楊震社會服務處青少年服務經驗分享整合
Youth Mental Health Promotion at Youth Services: Experience Sharing by Yang Memorial Methodist Social Service

本會承香港心理衛生期刊編輯邀請，為青少年精神健康推廣工作撰文，並刊於四十九卷第一期二零二三冬期刊內，分享循道衛理楊震社會服務處青少年服務之青少年精神健康工作歷程及嘗試，摘要如下：

Grateful for the invitation of the Hong Kong Journal of Mental Health editors, we published an article about youth mental health promotion in the Volume 49 No.1 2023 Winter issue. The article details YMMSS's journey and initiatives in developing youth mental health programs. The abstract is as follows:

香港心理衛生期刊
四十九卷 第一期 二零二三冬
青少年服務之精神健康推廣：循道衛理楊震社會服務處青少年服務經驗分享整合

Hong Kong Journal of Mental Health
Volume 49 No. 1 2023 Winter
Youth Mental Health Promotion at Youth Services: Experience Sharing by Yang Memorial Methodist Social Service

摘要

青少年精神健康自 2015 年起一直為香港公共健康關注之議題，此年齡層之學童自殺問題上升及隱藏情緒健康問題更特別得到關注 (Yang and Yip, 2021)。大量資源投放於以治療及復康為主之基層及專科健康服務，此舉當然有相當重要性，但此年齡層對求助及服務尋求不具動力，因應此獨特性，早期偵測及教育成為青少年精神健康工作之首要任務。本文章藉分享循道衛理楊震社會服務處青少年服務之青少年精神健康工作歷程及嘗試，以總結當中所學。

Abstract

Youth mental health has been under the spotlight of Hong Kong public health since 2015, especially with the rising concern of students' suicide problem and hidden mood problems among the population (Yang and Yip, 2021). Injecting resources for primary and secondary care which focused on treatment and rehabilitation are important. However, young people have low motivation in reaching out to services when compares to other age groups. Thus, early detection and health education are the forefront work for youth mental health. Youth services' trials and experience of Yang Memorial Methodist Social Service will be shared in the article, together with insight gained through the process.



香港心理衛生期刊
Hong Kong Journal of Mental Health

青少年精神健康備受社會關注，但青少年之求助動機並未因不斷增加之服務而相應提高，世衛組織建議普及精神健康推廣及介入，本會亦致力推動，融入主流服務以更貼近服務組群。總結過往經驗，以下範疇之工作對推動青少年精神健康及推廣尤其重要並與國際不同文獻所講不謀而合：

1. 校園精神健康心理教育之重要
2. 情緒教育及建立分享平台以正常化情緒表達
3. 社交網絡建立為精神健康防火牆：文中以運動及藝術系列活動作例
4. 表達的需要：堅定及掌控感之建立

總結過往精神健康工作之歷程與業界分享既讓公眾對相關工作有更深認識，更讓筆者及同工們有整理集結的機會，回顧並反思所學所做，如文內所說，立於青少年精神健康推廣工作之最前沿，除尋找更創新之介入手法外，更期望能逐步建立相應工作融入主流服務，共建無障礙不被污名化之服務提供。

Youth mental health has become a major social concern, yet young people's help-seeking behavior hasn't kept pace with expanded services. In line with WHO guidelines on universal mental health promotion and intervention, we have integrated mental health initiatives into our mainstream services to better reach and support our target groups. Our experience, supported by international literature, highlights several key areas that are crucial for youth mental health promotion:

1. Mental health education in schools
2. Emotional education and creating sharing platforms to normalize emotional expression
3. Social networks as mental health safeguards (exemplified through sports and arts programs in the article)
4. Addressing expression needs by developing assertiveness and sense of control

This published review of our mental health initiatives enhances public understanding while allowing our team to reflect on and consolidate our work. As mentioned in the article, being at the forefront of youth mental health promotion, we strive not only to develop innovative intervention methods but also to integrate these approaches into mainstream services, working toward barrier-free, stigma-free service delivery.

FACT-ST 課程：讓前線同工成為家庭的同路人 FACT-ST Program: Transforming Frontline Workers into Family Companions

為支援特殊健康需要兒童家庭的輔助專職人員而設的「聚焦接納與承諾治療技巧培訓」(FACT-ST) 課程：

Focused Acceptance and Commitment Therapy Skills Training (FACT-ST) program for paraprofessionals serving families of children with special health care needs:

服務成效評估研究

鑑於特殊健康需要兒童家長的精神健康需求日增，香港中文大學針對服務特殊健康需要兒童家庭的輔助專職人員，開展了一項聚焦接納與承諾治療技巧培訓 (FACT-ST) 課程的研究。作為本地非政府機構，我們深感榮幸能參與這項極具意義的研究。現時，幼稚園已提供全面的支援服務，特殊健康需要兒童可在兒童體能智力測驗中心接受評估，並在校內獲得學前康復服務。然而，種種挑戰仍然存在。家長面對漫長的兒童康復訓練輪候時間，無疑加重了他們的心理負擔。此外，坊間針對特殊健康需要兒童家長而設的精神健康支援服務，不僅求助渠道有限，服務類型亦未夠全面。

為回應社會對特殊健康需要兒童家長精神健康支援與日俱增的需求，FACT-ST 課程應運而生。是次研究旨在評估完成 FACT-ST 課程的輔助專職人員的滿意度和實施意向，並評估他們在接受培訓三個月後的心理靈活度有否提升。

A service evaluation study

In the view of mental health needs among parents of children with Special Health Care Needs (SHCN). The Chinese University of Hong Kong conducted a study on Focused Acceptance and Commitment Therapy Skills Training (FACT-ST) program for paraprofessionals serving families of children with special health care needs. As part of the local non-governmental organization, we are delighted to take part in this meaningful study. We observed that there is comprehensive supporting services provided in kindergarten. Children with SHCN can receive assessments in Children Assessment Centre and receive OPRS service in school. However, challenges still exist. Parents face lengthy waiting times for child rehabilitation and training, which increased the psychological burden of the parents. In addition, there is a lack of easily accessible and comprehensive mental health support specially designed for the SHCN children's parents.

In response to the growing need for community-based mental health support for parents of children with SHCN in Hong Kong, a new training program called the Focused Acceptance and Commitment Therapy Skills Training (FACT-ST) program was developed. The study aimed to evaluate the satisfaction and implementation intention of the paraprofessionals who had completed the FACT-ST program, and to assess whether their levels of psychological flexibility improved at three months after the training.

作為前線同工，我們經常接觸特殊健康需要兒童的家長。照顧特殊健康需要兒童確實充滿挑戰。有見及此，我們致力尋找實證為本的方法來協助家長。這項研究結果為發展有效的社區精神健康支援服務提供了方向，以幫助本港有特殊健康需要兒童的家長。

我們透過參加密集培訓課程及與有需要的家長進行面談，積極投入是次研究。鑑於疫情期間本地特殊需要兒童家長對心理支援的迫切需求，即時介入的需要或會影響 FACT-ST 課程的系統性發展和實施。家長期望能盡快獲得解決當前困境的方法。同事初時發現運用這個框架頗具挑戰性，因為這與家長的期望有所出入。再者，部分家長需要處理日常家務或工作，難以抽空參與活動。經過與家長溝通後，他們明白箇中原因並願意嘗試參與。完成活動後，同事表示使用者逐漸領會 FACT 的理念，長遠對他們有莫大裨益。至於同事方面，他們嘗試將從 FACT-ST 學到的技巧應用於日常工作中。

As the frontline responders, we encountered SHCN children's parents often. Handling SHCN children from day to day is not an easy task. Regarding to the situation, we hoped to find some means, with evidence based, to help our parents. Findings arising from the study provided directions in advancing the development of effective community-based mental health support for parents of children with SHCN who face unique challenges in Hong Kong.

We took part in the study by joining the intensive training course and conducting interviews with the parents in need. In view of the urge for scalable psychological support for local parents of children with special needs during the COVID-19 pandemic, the immediate requirement for effective interventions for those parents may overshadow the systematic development and implementation of the FACT-ST program. Parents hoped to have speedy responses towards the situation they faced. Colleagues found it challenging in using such framework, as it was not parallel to parents' expectations initially. In addition, some parents were engaged to daily chores or work. It was hard to offer time to join sessions. Upon discussing with the parents, they understand the intention behind and tried to join. After sessions, colleagues shared that that the users started to understand message under FACT, which is beneficial to them in long run. For colleagues, they tried to abstract some skills the learnt from FACT-ST and make use of those skills in the daily practice.

作為輔助專職人員，我們很高興能學習新方法來幫助有精神健康需要的家長。FACT-ST 結構清晰，易於掌握和實踐。這種參與模式反映了同儕主導服務提供者的獨特潛力，透過提供 FACT 作為實證為本的心理治療介入，善用他們的親身經歷來理解同路人的困境和需要。研究結果顯示，參加者不僅對課程感到滿意，更具持續實踐的意願，心理靈活度亦有顯著提升。這反映 FACT-ST 課程，特別在督導實習的配合下，在本地輔助專職社群中切實可行且備受歡迎。

這項研究凸顯了在香港推行 FACT-ST 課程予服務特殊健康需要兒童家長的輔助專職人員的可行性和接納度。作為香港的本地非政府機構之一，我們很榮幸能參與這項饒富意義的研究。展望未來，我們將繼續善用專業知識，為有需要的家長提供更全面的服務。

Secondly, as a paraprofessional, we are happy to learn new ways to help the parents with mental health needs. FACT-ST was a structured but easy way to learn and implement. This engagement reflects the unique potential of peer-led service providers by providing FACT as an evidence-based psychotherapeutic intervention, leveraging their lived experiences to comprehend the vulnerabilities and corresponding requirements of their peers. With the high satisfaction levels, sustained implementation intention, and enhanced psychological flexibility among the participants, our findings suggest that the FACT-ST program, particularly when augmented with the supplementary supervised practice, is both viable and well-received within the local paraprofessional community.

The study underscores the feasibility and acceptability of implementing the FACT-ST program for paraprofessionals serving parents of children with SHCN in Hong Kong. As one of the local non-governmental organisation in Hong Kong, it is our pleasure to take part in such a meaningful study. In long run, we will continue to make use of our professions and provide more comprehensive service to the parents in need.



香港心理衛生期刊
Hong Kong Journal of Mental Health



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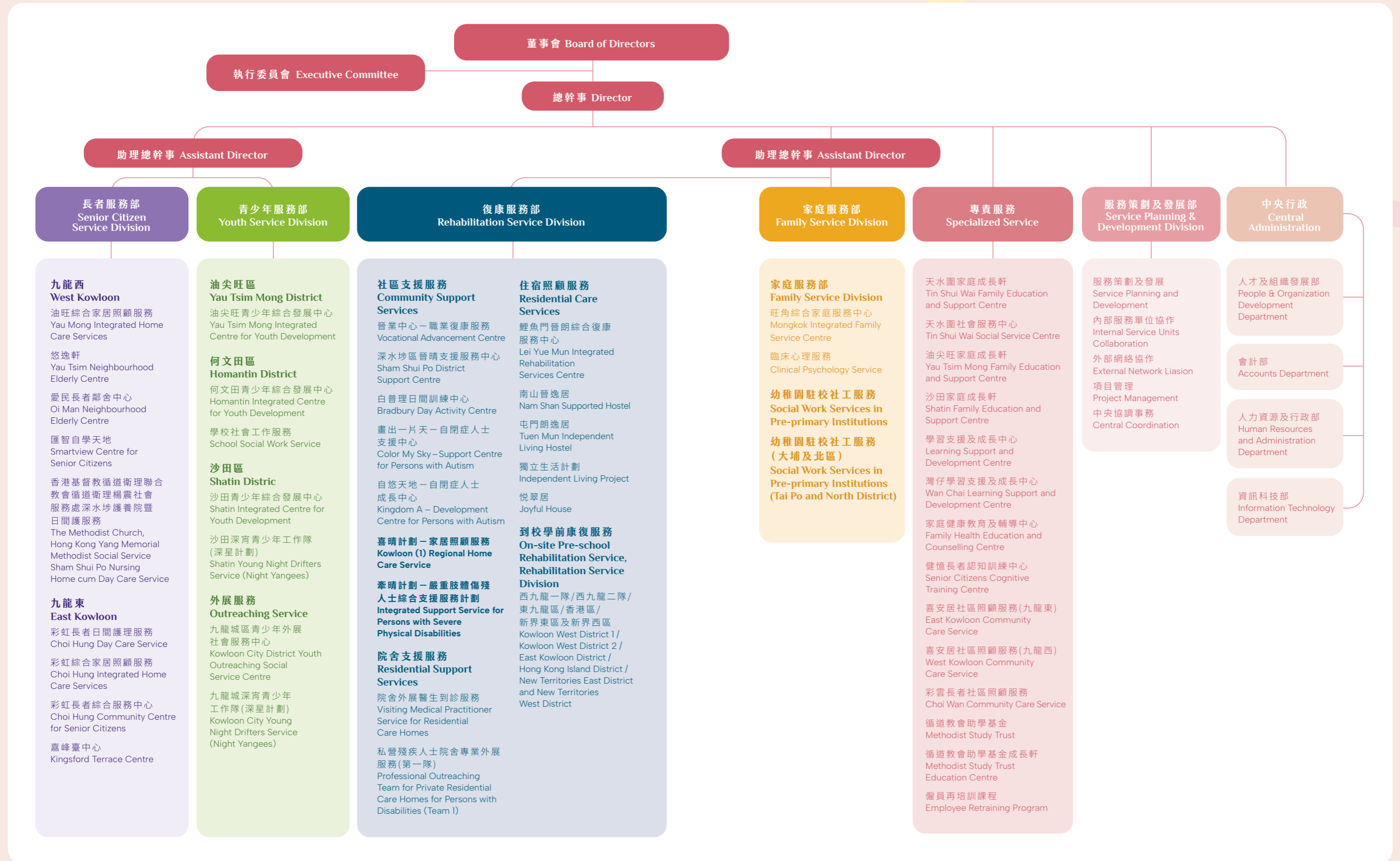
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機構核心運作—機構管治
Core Operations – Governance

組織架構圖 Organization Chart



總幹事、助理總幹事、部門主管、督導主任及單位主任名單

Name List of Director, Assistant Directors, Division Heads, Supervisors and Unit in-charges

(截至二零二四年三月三十一日 As at 31 March, 2024)

中央行政 Central Administration	
總幹事 Director	林俊明先生 Mr. LAM Chun-ming, Patrick
助理總幹事 (長者及青少年) Assistant Director (Elderly and Youth)	呂如香女士 Ms. LUI Yu Heung, Terri
助理總幹事 (復康及家庭) Assistant Director (Rehabilitation and Family)	鍾姬爾女士 Ms. CHUNG Craier, Carrie
財務部主管 Head of Finance	黃小華女士 Ms. WONG Siu-wah, Viola
人力資源及行政部主管 Head of Human Resources and Administration	張綺慧女士 Ms. CHEUNG Yee-wai, Anthea
資訊科技部主管 Head of Information Technology	馬志豪先生 Mr. MA Chi-ho, Machi
人才及組織發展部主管 Head of People and Organization Development	謝鳳燕女士 Ms. TSE Fung-yin, Jeckalen
服務策劃及發展部主任 Division In-charge of Service Planning and Development	林晴滔先生 Mr. LIN Ching-to, Steven
家庭服務部 Family Service Division	
旺角綜合家庭服務中心及臨床心理服務主管 Head of Mongkok Integrated Family Service Centre & Clinical Psychology Service	馮杏蓮女士 Ms. FONG Ran-lins, Shirley
旺角綜合家庭服務中心服務經理 Service Manager of Mongkok Integrated Family Service Centre	黃慧欣女士 Ms. WONG Wai-yan
幼稚園駐校社工服務主管 Head of Social Work Services in Pre-primary Institutions	林淑霞女士 Ms. LAM Shuk-ha, Priscilla
幼稚園駐校社工服務 (大埔及北區) 主管 Head of Social Work Services in Pre-primary Institutions (Tai Po and North District)	馮耀中先生 Mr. FUNG Yiu-chung, Kenny
復康服務部 Rehabilitation Service Division	
社區支援服務主管－白普理日間訓練中心 深水埗區晉晴支援服務中心 晉業中心 Head of Community Care Service – Bradbury Day Activity Centre Sham Shui Po District Support Centre Vocational Advancement Centre	莊麗琴女士 Ms. CHONG Lai-kam, Connie
白普理日間訓練中心單位主任 Unit In-charge of Bradbury Day Activity Centre	曾翠明女士 Ms. TSANG Chui-ming
深水埗區晉晴支援服務中心單位主任 Unit In-charge of Sham Shui Po District Support Centre	黃敏婷女士 Ms. WONG Man-ting, Shirley
晉業中心單位主任 Unit In-charge of Vocational Advancement Centre	梁平平女士 Ms. LEUNG Ping-ping, Pinki
喜晴計劃－家居照顧服務主管 Head of Kowloon (1) Regional Home Care Service	凌彩華女士 Ms. LING Choi-wa, Flora
喜晴計劃－家居照顧服務署理督導主任 Acting Supervisor of Kowloon (1) Regional Home Care Service	鄭嘉文先生 Mr. CHENG Ka-man
牽晴計劃－嚴重肢體傷殘人士綜合支援服務計劃主管 Head of Integrated Support Service for Persons with Severe Physical Disabilities	梁煥球先生 Mr. LEUNG Wun-kau, Dennis

到校學前康復服務及自悠天地－自閉症人士成長中心主管 Head of On-site Pre-school Rehabilitation Service & Kingdom A-Development Centre for Persons with Autism	梁淑貞女士 Ms. LEUNG Suk-ching, Arena
到校學前康復服務督導主任 Supervisor of On-site Pre-school Rehabilitation Service	林凱雯女士 Ms. LAM Hoi-man, Tiffany
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	廖可茵女士 Ms. LIU Ho-yan
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	麥家愷女士 Ms. MAK Ka-yan, Tracy
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	潘梓欣女士 Ms. POON Tsz-yan, Shirley
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	曾樂意女士 Ms. TSANG Lok-yi, Maggie
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	謝棹南先生 Mr. TSE Cheuk-nam, Lefrierko
到校學前康復服務服務經理 Service Manager of On-site Pre-school Rehabilitation Service	黃詠瑤女士 Ms. WONG Wing-you, Yoyo
住宿照顧服務主管－獨立生活計劃 悅翠居 鯉魚門晉朗綜合復康服務中心 南山晉逸居 屯門朗逸居 Head of Residential Care Service – Independent Living Project Joyful House Lei Yue Mun Integrated Rehabilitation Services Centre Nam Shan Supported Hostel Tuen Mun Independent Living Hostel	陳凱艷女士 Ms. CHAN Hoi-yim, Christine
悅翠居服務經理 Service Manager of Joyful House	劉時華女士 Ms. LAU Sze-wa
鯉魚門晉朗綜合復康服務中心服務經理 Service Manager of Lei Yue Mun Integrated Rehabilitation Services Centre	陳秋婷女士 Ms. CHAN Chau-ting
鯉魚門晉朗綜合復康服務中心服務經理 Service Manager of Lei Yue Mun Integrated Rehabilitation Services Centre	蘇進曦先生 Mr. SO Chun-hei
南山晉逸居服務經理 Service Manager of Nam Shan Supported Hostel	陳杏雅女士 Ms. CHAN Hang-nga
院舍支援服務主管－私營殘疾人士院舍專業外展服務 (第一隊) 畫出一片天自閉症人士支援中心 院舍外展醫生到診服務 (九龍西(2)) Head of Residential Support Service – Professional Outreaching Team for Private Residential Care Home for Persons with Disabilities (Team 1) Support Centre for Persons with Autism Visiting Medical Practitioner Service for Residential Care Homes (Kowloon West (2) Cluster)	羅小禎女士 Ms. LAW Siu-ching
私營殘疾人士院舍專業外展服務 (第一隊) 服務經理 Service Manager of Professional Outreaching Team for Private Residential Care Home for Persons with Disabilities (Team 1)	勞國偉先生 Mr. LO Kwok-wai
私營殘疾人士院舍專業外展服務 (第一隊) 服務經理 Service Manager of Professional Outreaching Team for Private Residential Care Home for Persons with Disabilities (Team 1)	謝佩玲女士 Ms. TSE Pui-ling
私營殘疾人士院舍專業外展服務 (第一隊) 服務經理 Service Manager of Professional Outreaching Team for Private Residential Care Home for Persons with Disabilities (Team 1)	黃貴強先生 Mr. WONG Kwai-keung, Daniel
院舍外展醫生到診服務 (九龍西(2)) 服務經理 Service Manager of Visiting Medical Practitioner Service for Residential Care Homes (Kowloon West (2) Cluster)	鄧文灝先生 Mr. TANG Man-ho, Chris

總幹事、助理總幹事、部門主管、督導主任及單位主任名單

Name List of Director, Assistant Directors, Division Heads, Supervisors and Unit in-charges

(截至二零二四年三月三十一日 As at 31 March, 2024)

長者服務部 Senior Citizen Service Division	
長者服務 (九龍東) 主管 – 彩虹長者綜合服務中心 彩虹長者綜合服務-嘉峰臺中心 彩虹長者日間護理服務 Head of Senior Citizen Service Division (East Kowloon) – Choi Hung Community Centre for Senior Citizens Choi Hung Community Service for Senior Citizens – Kingsford Terrace Centre Choi Hung Day Care Service for Senior Citizens	麥麗娥女士 Ms. MAK Lai-ngor, Alice
彩虹長者綜合服務中心單位主任 Unit In-charge of Choi Hung Community Centre for Senior Citizens	張駿成先生 Mr. CHEUNG Chun-shing
彩虹長者綜合服務中心服務經理 Service Manager of Choi Hung Community Centre for Senior Citizens	朱家詠女士 Ms. CHU Ka-wing, Terri
彩虹長者綜合服務 – 嘉峰臺中心單位主任 Unit In-charge of Choi Hung Community Service for Senior Citizens – Kingsford Terrace Centre	陳松齡女士 Ms. CHAN Chung-ling, Karon
彩虹長者綜合服務 – 嘉峰臺中心服務經理 Service Manager of Choi Hung Community Service for Senior Citizens – Kingsford Terrace Centre	林清滢女士 Ms. LAM Ching-ying
彩虹長者綜合服務 – 嘉峰臺中心服務經理 Service Manager of Choi Hung Community Service for Senior Citizens – Kingsford Terrace Centre	黎曉彤女士 Ms. LAI Hiu-tung, Winnie
長者服務 (九龍西) 主管 – 愛民長者鄰舍中心 油旺綜合家居照顧服務 悠逸軒 Head of Senior Citizen Service (West Kowloon) – Oi Man Neighbourhood Elderly Centre Yau Mong Integrated Home Care Services Yau Tsim Neighbourhood Elderly Centre	陳振興先生 Mr. CHAN Chun-hing, Paul
愛民長者鄰舍中心單位主任 Unit In-charge of Oi Man Neighbourhood Elderly Centre	詹婷婷女士 Ms. CHIM Ting-ting
愛民長者鄰舍中心服務經理 Service Manager of Oi Man Neighbourhood Elderly Centre	黃卿蘋女士 Ms. WONG Hing-ping, Apple
油旺綜合家居照顧服務單位主任 Unit In-charge of Yau Mong Integrated Home Care Services	陳鴻珍女士 Ms. CHAN Hung-chun
油旺綜合家居照顧服務服務經理 Service Manager of Yau Mong Integrated Home Care Services	譚棋今先生 Mr. TAM Kei-kam
悠逸軒單位主任 Unit In-charge of Yau Tsim Neighbourhood Elderly Centre	陳情文女士 Ms. CHAN Ching-man
悠逸軒服務經理 Service Manager of Yau Tsim Neighbourhood Elderly Centre	張詠敏女士 Ms. CHEUNG Wing-man, Marjoree
長者家居照顧服務 (九龍東) 主管 – 彩虹綜合家居照顧服務 Head of Senior Citizen Home Care Services (East Kowloon) – Choi Hung Integrated Home Care Services	黎春妙女士 Ms. LAI Chun-miu, Miu
彩虹綜合家居照顧服務單位主任 Unit In-charge of Choi Hung Integrated Home Care Service	何穎熹女士 Ms. HO Wing-hei, Perdy
深水埗護養院暨日間護理服務院長 Superintendent of Sham Shui Po Nursing Home cum Day Care Service	伍美喬女士 Ms. NG Mei-kiu, Jojo

青少年服務部 Youth Service Division	
青少年服務 (何文田區) 主管及學校社會工作服務主任 Head of Youth Service (Homantin District) & In-Charge of School Social Work Service	陳艷寧女士 Ms. CHAN Ying-ling, Constant
青少年服務 (外展服務) 主管 Head of Youth Service (Outreaching Service)	何建欣女士 Ms. HO Kin-yan, Yan
九龍城區青少年外展社會服務中心 (日間及深宵服務) 督導主任 Supervisor of Kowloon City District Youth Outreaching Social Service Centre	陶少穎女士 Ms. TO Siu-wing
九龍城區青少年外展社會服務中心 (日間及深宵服務) 督導主任 Supervisor of Kowloon City District Youth Outreaching Social Service Centre	李倩盈女士 Ms. LEE Sin-ying
青少年服務 (沙田區) 主管 Head of Youth Service (Shatin District)	梁慧潔女士 Ms. LEUNG Wai-kit, Kitty
青少年服務 (油尖旺區) 主管 Head of Youth Service (Yau Tsim Mong District)	嚴欣樂女士 Ms. YIM Yan-lok, Tina
專責服務 Specialized Service	
家庭健康教育及輔導中心單位主任 Unit In-charge of Family Health Education and Counselling Centre	滕琴子先生 Mr. TANG Kam-tsz, Eric
學習支援及成長中心主管 Head of Learning Support and Development Centre	梁淑貞女士 Ms. LEUNG Suk-ching
循道教會助學基金及成長軒中心主任 Centre In-charge of Methodist Study Trust and Education Centre	林晴滔先生 Mr. LIN Ching-to, Steven
健憶長者認知訓練中心督導主任 Supervisor of Senior Citizens Cognitive Training Centre	陳鴻珍女士 Ms. CHAN Hung-chun
沙田家庭成長軒中心主任 Centre In-charge of Shatin Family Education and Support Centre	曾泳淇女士 Ms. TSANG Wing-ki
天水圍家庭成長軒中心主任 Centre In-charge of Tin Shui Wai Family Education and Support Centre	郭健玲女士 Ms. Kwok Kin-ling, Kimmy
油尖旺家庭成長軒中心主任 Centre In-charge of Yau Tsim Mong Family Education and Support Centre	余詠琪女士 Ms. YU Wing-ki

職員數目 Number of Staff

員工總人數 Number of Staff

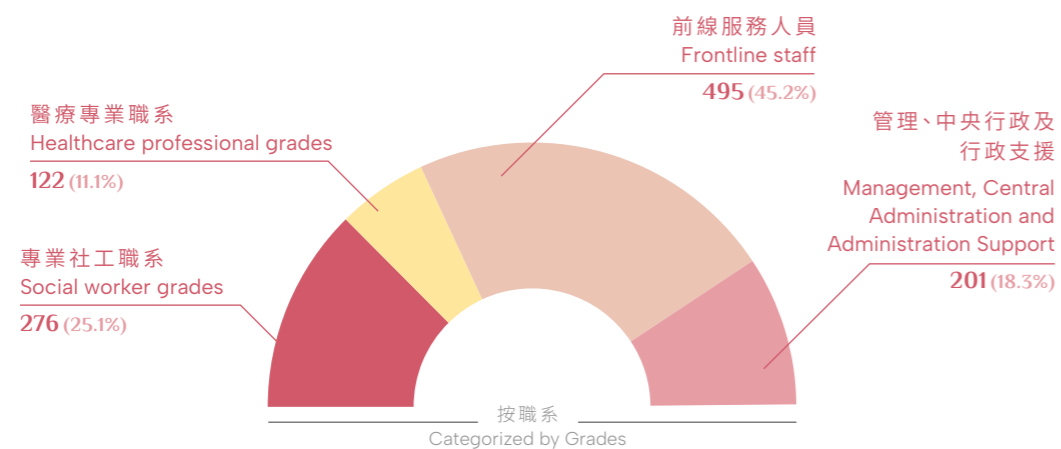
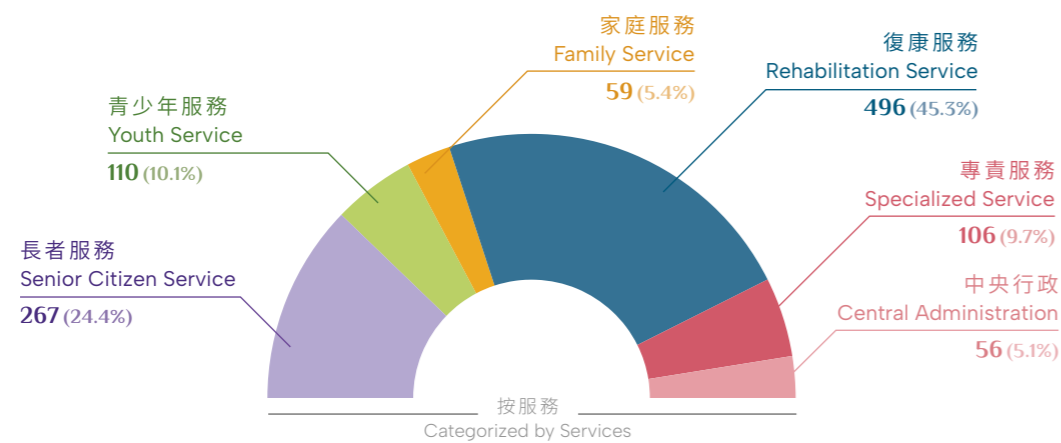
1,094



919 / 資助員工
Number of Subvented Staff



175 / 非資助員工
Number of Non-Subvented Staff



3,552 / 義工人數
Number of Volunteers



425 / 合作伙伴數目
Number of Partners

服務概覽 Service Overview

1. 服務單位 Service units

46

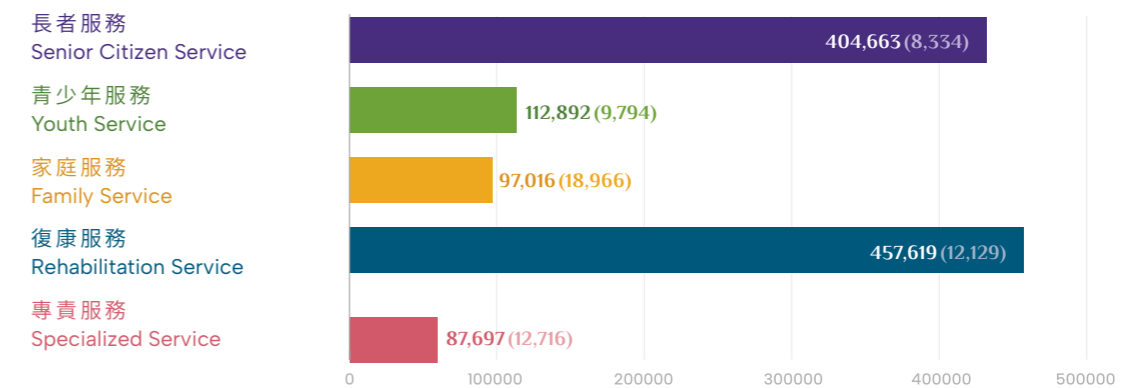
9 / 長者服務 Senior Citizen Service
6 / 青少年服務 Youth Service

4 / 家庭服務 Family Service
15 / 復康服務 Rehabilitation Service
12 / 專責服務 Specialized Service

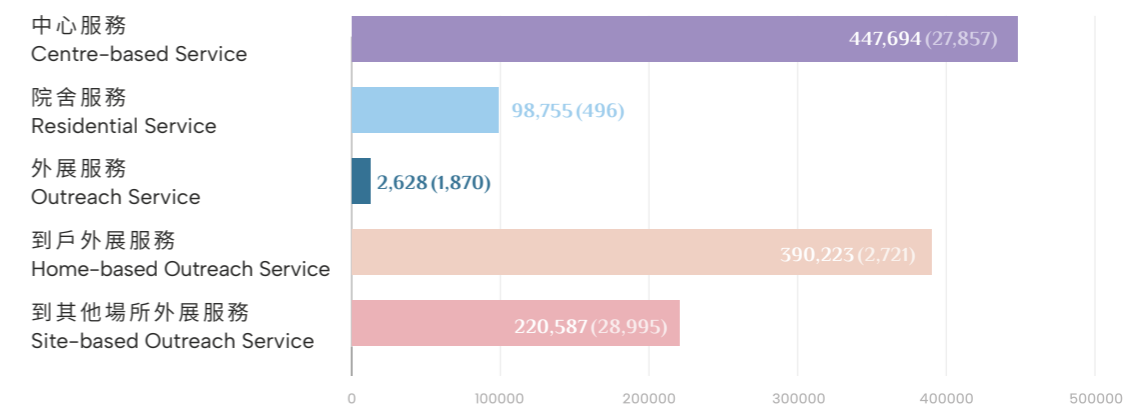
2. 總服務人次 Number of service user attendances (總服務人數 Number of service user benefited)

1,159,887 (61,939)

2.1 按服務類別
Categorized by Services



2.2 按服務介入手法
Categorized by Service Intervention Strategies



資訊科技部 Information Technology Department

為提升機構工作效率和網絡安全，資訊科技部實施了一系列措施，確保服務在安全穩定的環境中運作，使服務與時並進。

- 建立了中央化的用戶檔案系統，支持多平台整合，保障資料安全與準確。
- 開發全新技術支援平台，以提高技術支援管理效率，增強與各單位的溝通。
- 推出數碼化流程管理平台，協助部門處理離職流程，並開發自動化離職系統帳戶管理，提升資訊查閱便利性。
- 面對日益增長的網絡攻擊風險，機構更新伺服器 and 電腦的防毒軟件，降低風險，並委託第三方進行滲透測試，採取相應的跟進措施。
- 為加強敏感資料的保護，舉辦數據私隱保護講座，並在新入職員工培訓中強調網絡安全知識，在內聯網上發布網絡安全風險教育資訊。

▶ 團隊分享

在我們的系統開發專案中，成功的推展和持續發展依賴於各部門之間的緊密合作。團隊通過系統化的管理制度，清晰地分工並協同工作，確保每個階段的目標都能按時達成。這種合作不僅提升了工作效率，還加強了團隊之間的信任與關係，使我們能夠共同應對系統開發過程中的各種挑戰。

The Information Technology Department enhanced operational efficiency and cybersecurity through strategic implementations that modernized our digital infrastructure while maintaining robust protection.

- Established a unified user profile system with cross-platform integration for improved security and data integrity.
- Developed a new technical support platform to improve efficiency and strengthen communication with other units.
- Launched a digital process management platform to assist departments with HR processes, including automated offboarding process.
- Strengthened cybersecurity through updated antivirus protection and commissioning third-party penetration testing with appropriate follow-up measures.
- Enhanced sensitive data protection through staff training, new staff orientation programs, and publishing cybersecurity education materials on the intranet.

▶ Team Reflection

The success and continuous development of our system development projects stem from strong interdepartmental collaboration and clear project management protocols. This systematic approach ensures efficient project delivery while building trust among teams, enabling us to tackle complex technical challenges effectively.



資訊科技部團隊
Team of the Information Technology Department

人力資源及行政部 Human Resource & Admin Department

人力資源及行政部於2024年2月至3月舉辦了首個給同工與親友一同參與的活動《楊震·家友好戲「Fun」》電影欣賞會。希望同工感受到機構的關愛，連親友們都可以一同分享同工於機構工作的喜悅。

由於正值農曆新年，機構選擇了賀歲片《飯戲攻心2》，為大家帶來觀樂的笑聲。

最後我們於在香港島、九龍及新界舉辦共14場電影欣賞會，多於450名同工帶同1100名以上的親友參與是次活動，反應十分熱烈。

另外我們於2023-2024接手員工優惠的管理，現時有超過10間不同類型的商戶提供優惠給機構員工包括醫療服務、電子用品店、髮型屋等。

我們於內聯網製作人力資源及行政部專頁亦於2023年9月開放給同工使用，讓同工們更容易獲取員工優惠及其他相關資訊。專頁內更有不同常用表格，讓同工更容易處理工作，減輕行政壓力。

▶ 團隊分享

作為活動的團隊很高興能參與此電影欣賞會，平時在總部上班沒有太多機會與其他單位同工交流，是次活動見到很多單位同工更可加深認識。

參與活動的親友由小朋友至長者都有，看見同工們親切地帶同親友到場，一起享用爆谷及飲品，親友亦感受到機構的關愛，氣氛十分溫馨。

而等待電影開場前的時間，部份同工亦互相介紹自己的親友，相信同工間亦加深了認識。

In February and March 2024, the Human Resources and Administration Department organized its first-ever “Yang’s Fun Movie Night”, inviting staff, their families and friends to have fun together, showcasing our commitment to employee well-being.

We hosted 14 screenings of the Lunar New Year comedy “Table For Six 2” at various locations across Hong Kong,

with more than 450 staff members bringing over 1,100 family members and friends.

We also took over the management of staff benefits in 2023-24, securing exclusive staff discounts from more than 10 merchants including medical service provider, electronics retailer, and hair salon.

In September 2023, we launched the HR and Admin intranet page, making it easier for staff to access benefits information and administrative forms, improving efficiency for all staff.

▶ Team Reflection

As organizers, we thoroughly enjoyed hosting these movie screenings. Working at headquarters often isolates us from other units, so this event offered an opportunity to connect with colleagues across the organization.

The screenings drew a diverse crowd spanning all generations. Watching colleagues share snacks with their families and friends created a warm, intimate atmosphere that showcased our organization’s welcoming spirit.

Before the movie started, many colleagues took the opportunity to introduce their family members to one another, deepening connections among our staff community.



總幹事正在簡介活動並感謝同工及親友出席活動讓同工及親友們一起渡過一個輕鬆的時光

Our Director introducing the event and thanking staff, family members, and friends for attending this relaxing gathering

服務策劃及發展部 Service Planning and Development Division

我們就著社會需要，實踐機構「社會服務實驗室」之信念，發展創新服務和協調不同項目，與社會內持份者連繫並發掘更多服務可能性。以下為我們於今年度重點工作項目：

- 參與推行為您「家」油·健康社區計劃
- 推行「Oh My『肝』! 護肝健康計劃」
- 管理循道教會助學基金成長軒
- 管理成人教育資助計劃
- 參與及支援機構策略小組工作

此外，今年度是我們以下三項服務重要的發展里程碑：

1. 拓展－循道教會助學基金

循道教會助學基金成立於1984年，現時由我們負責管理，並即將邁向40周年。我們旨在為正就讀中四或以上肢體傷殘或有經濟困難的學生提供有關學業開支上的財政援助，使他們能發揮潛能，實踐學業的理想。我們每年均會邀請各持份者轉介申請並進行審批，同時透過年度午宴讓受助學生與捐款人交流，從中鼓勵及關心受助學生。由於此服務經費主要來自捐款，我們每年均舉辦「攜手慈善步行日」，盼能獲得大眾捐款支持。

We operate as a “Social Services Laboratory”, developing innovative programs and building community partnerships to address societal needs. Our key initiatives this year include:

- Supporting the Yanger Health-Community Health Service
- Implementing the Oh My Liver! Liver Health Program
- Managing the Methodist Study Trust Education Centre
- Administering the Adult Education Subvention Scheme
- Engaging in the Organization’s Strategic Groups

Our three notable service milestones this year:

1. Development of the Methodist Study Trust

Established in 1984 and currently under our management, the Methodist Study Trust is approaching its 40th anniversary. The Trust provides financial aid for academic expenses to physically disabled and financially disadvantaged students at Form 4 and above. We annually invite stakeholders to refer applications for review and organize an Annual Lunch where beneficiaries can interact with donors. Also, we organize a yearly Sponsored Walkathon to sustain this donation-funded initiative.

循道教會助學基金—於山頂舉行「攜手慈善步行日」
Methodist Study Trust – Sponsored Walkathon held at The Peak



隨著近年拓展宣傳網絡，帶來更多公眾人士及團體例如學校及社會服務機構的認識，申請數量亦有上升趨勢。來年將會是我們的40周年，期望能獲得更多社區人士支持。

2. 總結－兒童發展基金計劃

我們由2020年開始管理由勞工及福利局撥款支持的兒童發展基金(第八批)－「同行啟前路」計劃，並於2023年8月完結，期間與5個家庭及青少年服務單位一同以跨部門合作模式協調。計劃於過去三年為九龍城及油尖旺區來自基層家庭的兒童及青少年(導生)提供服務，包括透過不同訓練計劃為他們建立健康正面的人生觀和自信心，師友計劃推行義工友師與導生同行及規劃人生目標，以及儲蓄計劃和個人發展計劃讓導生於三年內實踐目標。

面對社區需要，機構透過計劃與以下95位不同需要的導生同行：

Our expanded outreach in recent years has increased awareness among schools, social service agencies, and the public, driving up applications. As we approach our 40th anniversary next year, we look forward to gaining even more community support.

2. Conclusion of the Child Development Fund Project

Our management of the Labour and Welfare Bureau’s Child Development Fund – Walk Alongside Project (8th Batch), which began in 2020, concluded in August 2023. Through collaboration with five family and youth service units, we supported children and youths from low-income families in Kowloon City and Yau Tsim Mong districts. The program combined training, mentorship, and personal development plan with targeted saving to help participants build confidence, positive values and achieve personal goals.

In response to community needs, we supported 95 mentees from various backgrounds:

導生類別 Mentee Background

一般基層家庭兒童 General low-income families	49
居住於板間房/劏房之兒童 Living in subdivided flats	15
多元族裔兒童 Ethnic minority	22
輕度殘障兒童 Mild disabilities	9

參加者人數 No. of Participants

2023-2024年度受助學生之學業背景 2023-2024 Beneficiary Students by Academic Level

學業背景 Academic Level	學生人數 No. of Students
中學 F.4-F.5 Secondary Education	47
高中 F.6 Post-secondary Education	30
大專 Tertiary Education	10
合計 Total	87

2023-2024年度撥款總額 2023-2024 Total Approved amount of MST

種類 Category	金額 Amount
清貧/有特別困難的學生 Students with special financial needs	HK\$251,050.4
肢體殘障的學生 Students with physical disability	HK\$28,699.6
合計 Total	HK\$279,750

服務策劃及發展部 Service Planning and Development Division

同時我們十分感謝 50 位友師一直以來的協助。

就著計劃完結，團隊於 2023 年 7 月舉行了閉幕禮，共 191 人參加，包括導生、家長及友師，活動讓他們聚首一堂，並透過各服務單位導生代表於台上分享目標實踐之成果，讓大家一同回顧及肯定導生 3 年以來的參與，期望導生、家長及友師於計劃完結後繼續承傳著當中精神，在導生生活目標上繼續前行。

我們期望於未來繼續承辦兒童發展基金計劃，繼續為更多有需要兒童及家庭同行。

We thank our 50 dedicated mentors for their invaluable support.

The project concluded with a closing ceremony in July 2023, bringing together 191 mentees, parents, and mentors. Mentee representatives shared their achievements, celebrating three years of growth and development. The event highlighted the program's impact and encouraged ongoing support for mentees' future aspirations.

We look forward to continuing our involvement with the Child Development Fund to support more children and families in need.

循道教會助學基金－透過年度午宴讓受助學生與捐款人交流
Methodist Study Trust－Annual Lunch facilitating interaction between beneficiary students and donors



「同行啟前路」計劃閉幕禮－各服務單位導生代表與友師一同於台上分享計劃成果
Walk Alongside Project Closing Ceremony－Mentee representatives and mentors from various service units sharing project achievements on stage



3. 啟動－在職照顧者關懷服務

機構多年以來透過不同服務單位推行照顧者服務，並觀察到在職照顧者需同時處理工作壓力及照顧工作重擔，實在心力交瘁，因此機構於今年度就著加強對在職照顧者的支援而啟動一系列服務，我們亦參與其中。

首先，機構於 2023 年 12 月推行《在職照顧者的心聲》問卷調查探討在職照顧者的生活情況及其支援需要，合共 113 位受訪者。調查結果顯示在職照顧者壓力甚大，希望於生活上有喘息空間，並於職場上得到支援，顯示僱主建立正面氛圍以提供支持是十分重要。

第二，機構透過網站中「照顧者支援服務」專頁整合各服務單位的照顧者服務資訊以及製作在職照顧者心聲沙畫片段，希望能與公眾分享與他們同行的足跡，亦讓他們有效地獲得服務資訊。

第三，我們參與推行於 2024 年 1 月舉行的「撐撐撐 咚咚撐」在職照顧者應援團午宴，從中進行調查結果發佈，與在職照顧者及其被照顧者一同團聚，以及在職照顧者代表分享，並邀請傳媒參與報導，藉此提高社會對在職照顧者之關注。

我們來年度將繼續透過不同創新服務，持續推廣《照顧，不必硬撐》的訊息，與在職照顧者同行。

3. Launch of the Working Caregivers Support Service

Building on our organization's established caregiver services, we recognized that working caregivers face both work-related stress and caregiving responsibilities, so we initiated a series of support services this year specifically targeting their needs.

Firstly, our organization conducted "The Voice of Working Caregivers" survey in December 2023, which gathered insights from 113 respondents on their life situation and support needs. Results confirmed high stress levels among working caregivers and highlighted the crucial need for workplace support and respite care.

Secondly, our organization centralized caregiver resources on our website's "Caregiver Support Services" page and created sand-art videos featuring working caregivers' stories, thereby sharing their journeys with the public while providing easy access to service information.

Thirdly, we co-hosted the "Stand Strong Together" Lunar New Year Luncheon for working caregivers in January 2024. The event featured survey findings, brought together caregivers and care recipients, and sharing sessions by working caregiver representatives. Media coverage helped highlight the challenges working caregivers face.

In the coming year, we will continue to develop innovative services to promote the message "Caregivers, You're Not Alone".

在職照顧者關懷服務－「撐撐撐 咚咚撐」在職照顧者應援團午宴
Working caregivers Support Service－"Stand Strong Together" Lunar New Year Luncheon for working caregivers



人才及組織發展部 People and Organization Development Department

我們致力於提升員工的技能及知識，以確保機構在充滿不確定和複雜 (VUCA) 的環境中仍能保持可持續發展。今年，PODD 於機構內部進行了培訓需求分析 (「TNA」)，以收集及辨識員工的學習和發展需求，並制定適切的年度培訓計劃。機構導向的培訓計劃主要透過多元化的培訓項目以增強高級管理人員、督導管理人員和一般職級員工的能力，旨在為機構培育及維持充足的人才儲備。

我們為高級管理人員舉辦了「領導力系列」課程和「變革推動」工作坊，以增強他們的領導才能和帶領、推動變革的能力，使其與我們機構的策略和未來發展方向相一致。與此同時，我們推出了督導管理課程 (SMC)，旨在培育第二梯隊的督導人員，提高其個人及團隊管理能力，以支持機構的未來發展。在一般職級員工層面，我們的培訓重點是提高個人效率，以提升工作效率。

此外，過去一年中，屬於「專業知識與實踐」類別的培訓課程仍然是部門導向培訓的焦點所在，顯示機構各單位在持續提升員工的專業知識和技能，使整個團隊邁向專業化。

We are committed to building the capabilities of our workforce to ensure the Agency's sustainable development in the VUCA world. This year, PODD has implemented a structured Training Needs Analysis (TNA) approach to solicit staff learning and development needs for training plan formulation through internal efforts. The Agency-wide training plan primarily focuses on enhancing our staff's capabilities at management, supervisory, and general staff levels through a variety of training programs, aiming at developing multiple workplace competencies.

At management level, we organized the Leadership Essentials Series and Change Enablement Workshop for senior management to strengthen their leadership skills and ability to drive change in line with our Agency's strategies and future development. At supervisory level, we launched the Supervisory Management Curriculum (SMC) to develop the next generations of leaders who can lead teams effectively in support of our future development. At general staff level, our training focus is on enhancing personal effectiveness to improve the quality of work.

Additionally, the Divisional-wide training programs focused on "Professional Knowledge and Practice" have played a crucial role in fostering employees' professional development by enhancing their knowledge and job competence over the past year.

2023-2024 機構年度培訓數據 2023-2024 Organizational Training Statistics (1 April 2023 – 31 March 2024)

培訓類別 Training Category	出席人數 No. of Participants	培訓時數 (小時) Training Hours
合規訓練 Compliance Training	813	1,685
探索與學習、創新更新培訓 Explore & Learn, Creativity & Innovation	104	387
領導力培訓及督導管理課程 Leadership & People Management	255	1,408
入職導向課程 Orientation Program	262	1,900
專業知識與實踐及個人效能 Professional Knowledge & Practice, Personal Effectiveness	3,692	15,185
職員退修及團隊建設 Staff Retreat & Team Building	210	1,634
合計 Total	5,336	22,198

團隊分享

機構首個電子互動網上學習課程《預防和管理職場性騷擾》已於今年推出，讓員工可以按照自己的步伐和時間完成學習！這是 PODD 與人力資源及行政部共同創建的一個全新電子學習課件，旨在幫助員工更容易掌握機構在預防和管理性騷擾方面的政策及相關處理程序，並輕易使更多員工能接受培訓，提升相關意識。

能夠參與這個項目對於 PODD 團隊來說是一個難能可貴的經驗。在製作過程中，我們掌握了編寫故事情節大綱的關鍵要素，並學會了如何有效地融入多種學習元素，以加深學員對課程內容的理解。

Team Reflection

Our first interactive eLearning program on Anti-Sexual Harassment have come into live this year to let our staff learn at their own pace and time!

This is an enriching experience for PODD in collaboration with HR/ADM in co-creating a new e-Learning courseware to facilitate all staff members to digest and understand our Agency's requirements and management approach with wider coverage.

We are able to acquire the technical know-how in crafting the storyline, and embrace different learning elements to check the learners' understanding.

同工使用 Thinkertoys® 創意思維工具作分析，產出 23 個針對服務創新、品牌和流程改進的新穎點子
Participants used Thinkertoys® tools to generate 23 novel ideas for service innovation, branding, and process improvement



同工透過「無障礙服飾體驗工作坊」更了解相關服飾的設計特點及作為照顧者的日常挑戰
Broadened participants' perspectives on designing adaptive clothing and deepened their understanding of caregiving challenges through an experiential workshop



機構首個電子互動網上學習課程《預防和管理職場性騷擾》已於本年度推出
Our first interactive eLearning program on Anti-Sexual Harassment have come into live this year



推動可持續發展－藍天計劃 Blue Sky Project Promoting Sustainable Development – Blue Sky Project

社會對減碳及保護環境的關注日益提高。楊震深感可持續發展的重要性，並秉承與時並進的精神，持續推行機構數碼化計劃，務求實踐環保目標。

除此以外，我們更同時參與了由利希慎基金及擇善基金會共同贊助，為期兩年的「藍天計劃」，期望透過科技節省能源、改善轄下單位空氣質素，同時為環保出一分力。

透過是項計劃，我們希望能有效提升機構 10-12% 能源效益，同時目標吸引約近 7000 名位同工及市民支持推動可持續發展，共同建設清澈藍天。

項目內容

我們共有二十多個服務單位參與是次計劃。各單位安裝由向藍天科技有限公司提供的傳感器及空氣監測儀，實時監控用電數據及室內空氣質素，如室內溫度、濕度、二氧化碳含量等。

為進一步落實計劃，每個參與單位各委派一名代表擔任「藍天達人」，負責定期推動機構環保措施、參與計劃每週環保挑戰、提交機構節能減廢建議書及宣傳點子、參與環保工作坊及論壇、評估計劃措施成效、並於對內及對外推廣環保節能知識。

YMMSS embraces sustainable development as environmental concerns grow. Through digitalization, we are actively pursuing our environmental commitments.

Our participation in the “Blue Sky Project”, sponsored by Lee Hysan and ZeShan Foundations, focuses on tech-driven energy conservation and air quality improvement.

We aim to boost our energy efficiency by 10-12% while engaging 7,000 colleagues and citizens in sustainable practices for cleaner skies.

Project Details

More than 20 of our service units participate in this initiative, each using Blue Sky Technology Limited’s sensors to monitor electricity consumption and indoor air metrics (temperature, humidity, and CO2 levels) in real time.

Each unit’s designated “Blue Sky Expert” leads environmental initiatives, including weekly eco-challenges and sustainability workshops. These champions propose conservation measures, evaluate outcomes, and share green practices internally and externally.

項目成果

「藍天達人」於過去一年已提交超過 48 份建議書，以不同方式提醒同工及服務使用者有關環保節能措施，精彩點子有：

· 慳電「三 go!」

於各中心透過以下三項行動進行有關節約能源及慳電的推廣，宣傳不同的慳電方法：創作電子海報及標語、為服務使用者開設環保節能小組及工作坊、定期推出知識問答小遊戲，以提高同工及中心服務對象的環保節能知識，並更了解環保節能對自身關係。

· 沉浸式「藍天」體驗

在職員例會中增設 Blue Sky 時間，分享藍天計劃資訊及重要性，培養同工環保意識，同時亦可讓每一位同工參與其中，提出有益於機構及社會發展的藍天點子。

· 慳電節能小先鋒

以尋寶形式，尋找中心日常會使用到的電器，同工與服務使用者一起制定有效的節能使用手冊

· 楊火子：藍天小教室

由機構服務代表卡通楊火子化作小講師，每月定期於機構各大社交平台分享不同環保主題及小貼士。主題包括：消費與環境的平衡、節日環保大法、垃圾分類你要知、低碳生活等。

Project Outcomes

Over the past year, “Blue Sky Experts” have submitted over 48 proposals to boost environmental awareness. Key initiatives include:

· Energy-Saving “Triple Go!”

Promoting energy conservation in our centres through digital campaigns, environmental workshops, and knowledge quizzes. These activities help participants understand how their individual actions impact energy savings.

· Immersive “Blue Sky” Experience

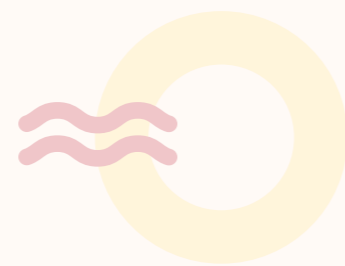
Staff meetings now include a Blue Sky session, sharing project updates and encouraging team members to propose eco-friendly initiatives that benefit both our organization and society.

· Energy-Saving Pioneers

A treasure hunt-style activity where staff and users collaborate to identify electrical appliances in the centres and develop energy-saving guidelines.

· Blue Sky Classroom

Our mascot delivers monthly environmental education via social media, topics included sustainable consumption, eco-friendly holiday practices, waste classification guidelines, and low-carbon living.



楊火子：藍天小教室
Blue Sky Classroom



藍天楊火子
YMMSS Blue Sky Ambassador



楊震 x 藍天計劃線上平台
YMMSS x Blue Sky Project Online Platform



階段成果

我們很高興通過23位藍天達人在各中心推動超過877項環保行動，使計劃在第二階段累計節省超過118,932度電力消耗，相當於種植3,390株樹木的碳吸收量。

Phase 2 Results

Our 23 Blue Sky Experts have implemented 877 environmental initiatives across our centers, achieving electricity savings of 118,932 kWh—equivalent to the carbon absorption of 3,390 trees.



23
藍天達人
Ambassadors



877
環保行動
Environmental initiatives



節省 Saving
118,932 度 kWh
電力 Energy



節省 Saving
3,390 棵
樹 Trees

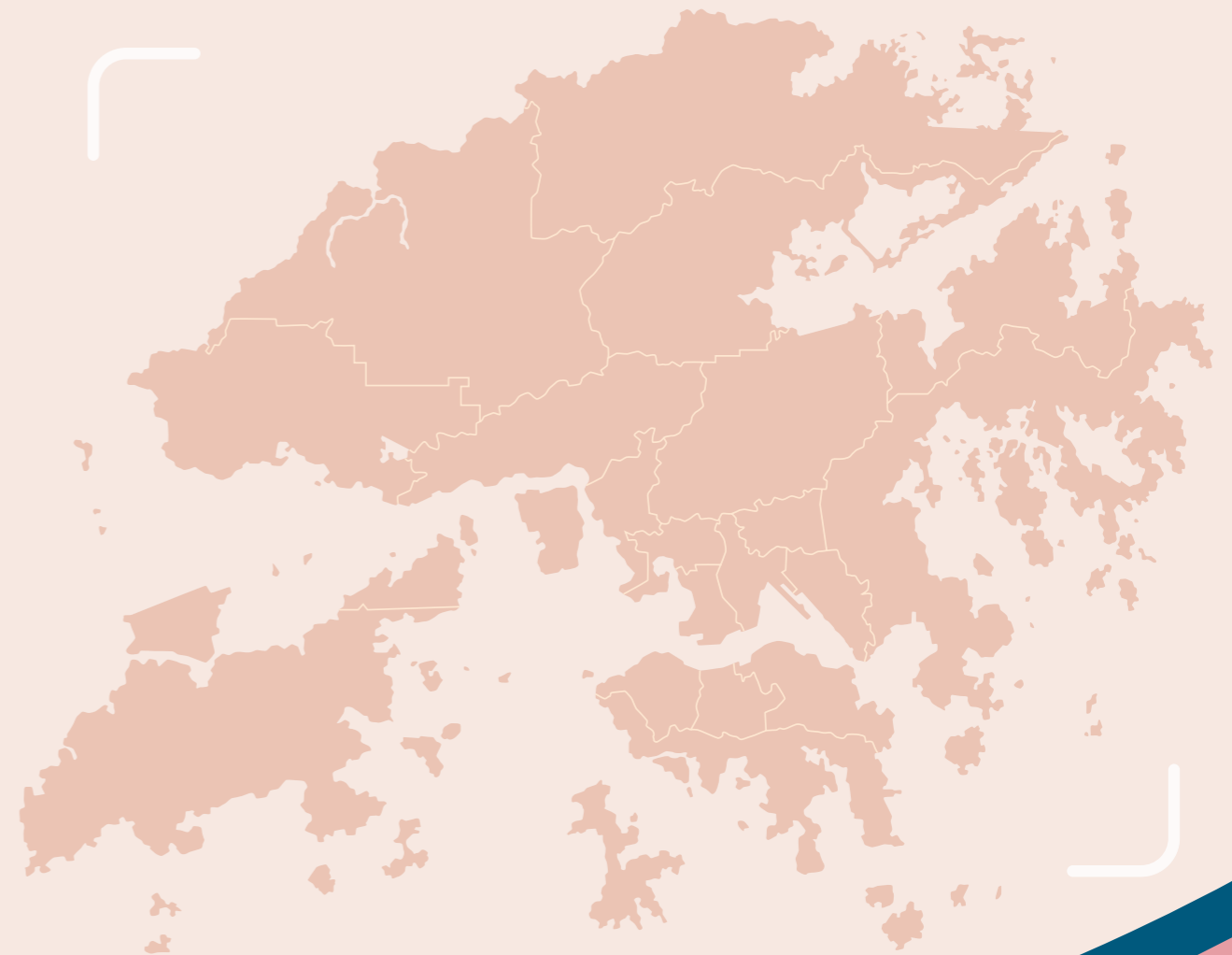


節省 Saving
71,359 噸 Tons
二氧化碳 CO2

於機構社交平台分享不同環保小貼士
Delivers monthly environmental education via social media



藍天達人每週環保挑戰
"Blue Sky Expert" 's Weekly eco-challenges



服務單位總覽
Directory of Service Units

服務單位總覽 Directory of Service Units

總辦事處 Headquarter

總辦事處 Headquarter

九龍窩打老道 54 號 2 樓
2/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0888 | 傳真 Fax: 2770 1417
電郵 E-mail: yang@yang.org.hk

人力資源及行政部 Human Resources and Administration Department

九龍窩打老道 54 號 2 樓
2/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0888 | 傳真 Fax: 2770 1417
電郵 E-mail: hradmin@yang.org.hk

會計部 Accounts Department

九龍窩打老道 54 號 2 樓
2/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0888 | 傳真 Fax: 2770 1417
電郵 E-mail: accountoffice@yang.org.hk

資訊科技部 Information Technology Department

九龍旺角登打士街 56 號家樂坊 1812-13 室
Room 1812-13, 18/F, Gala Place, 56 Dundas Street, Mongkok, Kowloon
電話 Tel: 3841 7565 | 傳真 Fax: 2770 1417
電郵 E-mail: yangit@yang.org.hk

人才及組織發展部 People & Organization Development Department

九龍旺角登打士街 56 號家樂坊 1812-13 室
Room 1812-13, 18/F, Gala Place, 56 Dundas Street, Mongkok, Kowloon
電話 Tel: 33841 7563 | 傳真 Fax: 2770 1417
電郵 E-mail: podd@yang.org.hk

服務策劃及發展部 Service Planning and Development Division

九龍旺角登打士街 56 號家樂坊 1812-13 室
Room 1812-13, 18/F, Gala Place, 56 Dundas Street, Mongkok, Kowloon
電話 Tel: 3841 7809 | 傳真 Fax: 2770 1417
電郵 E-mail: spdd@yang.org.hk

長者服務部 Senior Citizen Service Division

油旺綜合家居照顧服務 Yau Mong Integrated Home Care Services

九龍窩打老道 54 號 1 樓
1/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0818 | 傳真 Fax: 2770 2730
電郵 E-mail: ymihcs@yang.org.hk

悠逸軒 Yau Tsim Neighbourhood Elderly Centre

九龍柯士甸道西 1 號 1 樓 103 室
Room 103, 1/F, 1 Austin Road West, Kowloon
電話 Tel: 3149 4123 | 傳真 Fax: 3149 4033
電郵 E-mail: ytnecc@yang.org.hk

愛民長者鄰舍中心 Oi Man Neighbourhood Elderly Centre

九龍愛民邨嘉民樓 401-404 室
Room 401-404, Ka Man House, Oi Man Estate, Kowloon
電話 Tel: 2715 8677 | 傳真 Fax: 2761 4144
電郵 E-mail: omnec@yang.org.hk

匯智自學天地 Smartview Centre for Senior Citizens

九龍愛民邨嘉民樓 509-511 室
Room 509-511, Kar Man House, Oi Man Estate, Kowloon
電話 Tel: 3499 1262 | 傳真 Fax: 3499 1403
電郵 E-mail: omnec@yang.org.hk

香港基督教循道衛理聯合教會 循道衛理楊震社會服務處 深水埗護養院暨日間護理服務 The Methodist Church, Hong Kong, Yang Memorial Methodist Social Service Sham Shui Po Nursing Home cum Day Care Service

九龍深水埗窩仔街 100 號石硤尾邨二期服務設施大樓 2 樓及 3 樓
2/F and 3/F, Ancillary Facilities Block, Shek Kip Mei Estate Phase 2,
100 Woh Chai Street, Sham Shui Po, Kowloon
電話 Tel: 2342 3220 | 傳真 Fax: 2342 3660
電郵 E-mail: nhssp@yang.org.hk

彩虹長者綜合服務中心 Choi Hung Community Centre for Senior Citizens

九龍彩虹邨金漢樓地下 106-115 室
Room 106-115, G/F, Kam Hon House, Choi Hung Estate, Kowloon
電話 Tel: 2329 6366 | 傳真 Fax: 2329 6758
電郵 E-mail: chcc@yang.org.hk

彩虹長者綜合服務—嘉峰臺中心 Choi Hung Community Centre for Senior Citizens—Kingsford Terrace Centre

九龍牛池灣瓊東街 8 號嘉峰臺地下
G/F, 8 King Tung Street, Kingsford Terrace, Ngau Chi Wan, Kowloon
電話 Tel: 2711 0333 | 傳真 Fax: 2711 3122
電郵 E-mail: chcc@yang.org.hk

彩虹綜合家居照顧服務 Choi Hung Integrated Home Care Service

九龍彩虹邨金漢樓地下 106-115 室
Room 106-115, G/F, Kam Hon House, Choi Hung Estate, Kowloon
電話 Tel: 2326 1331 | 傳真 Fax: 2329 6758
電郵 E-mail: chihcs@yang.org.hk

服務單位總覽 Directory of Service Units

長者服務部 Senior Citizen Service Division

彩虹長者日間護理服務 Choi Hung Community Centre for Senior Citizens – Day Care Service

九龍彩虹邨金漢樓地下172-178室
G/F, Room 172-178, Kam Hon House, Choi Hung Estate, Kowloon
電話 Tel: 2329 9232 | 傳真 Fax: 2322 0122
電郵 E-mail: chdcs@yang.org.hk

青少年服務部 Youth Service Division

油尖旺青少年綜合發展中心 Yau Tsim Mong Integrated Centre for Youth Development

九龍旺角西海泓道海富苑海欣閣2樓
2/F, Hoi Yan House, Hoi Fu Court, Hoi Wang Road, Mongkok West, Kowloon
電話 Tel: 2332 0969 | 傳真 Fax: 2332 0969
電郵 E-mail: yic@yang.org.hk

何文田青少年綜合發展中心 Homantin Integrated Centre for Youth Development

九龍何文田邨恬文樓地下
G/F, Tim Man House, Homantin Estate, Kowloon
電話 Tel: 2718 1330 | 傳真 Fax: 2716 2524
電郵 E-mail: hic@yang.org.hk

學校社會工作服務 School Social Work Service

九龍何文田邨恬文樓地下
G/F, Tim Man House, Homantin Estate, Kowloon
電話 Tel: 2718 1330 | 傳真 Fax: 2716 2524
電郵 E-mail: ssw@yang.org.hk

沙田青少年綜合發展中心及沙田深宵青少年工作隊 (深星計劃) Shatin Integrated Centre for Youth Development and Shatin Outreaching Service Team for Young Night Drifters

新界沙田愉翠苑服務設施大樓2樓
2/F, Ancillary Facilities Block, Yu Chui Court, Shatin, New Territories
電話 Tel: 2609 1855 | 傳真 Fax: 2602 7115
電郵 E-mail: sic@yang.org.hk

九龍城區青少年外展社會服務中心及九龍城深宵青少年工作隊 (深星計劃) Kowloon City District Youth Outreaching Social Service Centre and Kowloon City District Outreaching Service Team for Young Night Drifters

九龍愛民邨嘉民樓 506-508室
Room 506-508, Kar Man House, Oi Man Estate, Kowloon
電話 Tel: 2395 3101 | 傳真 Fax: 2715 3335
電郵 E-mail: kcyor@yang.org.hk

復康服務部 Rehabilitation Service Division

晉業中心 Vocational Advancement Centre

九龍慈雲山慈正邨正怡樓地下
G/F, Ching Yi House, Tsz Ching Estate, Tsz Wan Shan, Kowloon
電話 Tel: 2327 7116 | 傳真 Fax: 2327 7181
電郵 E-mail: vac@yang.org.hk

深水埗區晉晴支援服務中心 Sham Shui Po District Support Centre

九龍長沙灣道391號長沙灣郵服務設施中樓二樓201室
Unit 201, 2/F, Ancillary Facilities Block, Cheung Sha Wan Estate, 391 Cheung Sha Wan Road, Kowloon
電話 Tel: 2710 8070 | 傳真 Fax: 2788 3817
電郵 E-mail: dsc@yang.org.hk

白普理日間訓練中心 Bradbury Day Activity Centre

九龍窩打老道54號5樓
5/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0870 | 傳真 Fax: 2770 0231
電郵 E-mail: dac@yang.org.hk

畫出一片天—自閉症人士支援中心 Colour My Sky – Support Centre for Persons with Autism

九龍九龍灣宏開道16號德福大廈14樓1408及1411室
Room 1408 & 1411, 14/F, Telford House, 16 Wang Hoi Road, Kowloon Bay, Kowloon
電話 Tel: 2748 0318 | 傳真 Fax: 2748 0016
電郵 E-mail: spa@yang.org.hk

喜晴計劃—家居照顧服務 Kowloon (I) Regional Home Care Service

九龍城及將軍澳區 (Kowloon City and Tseung Kwan O)
九龍深水埗白田邨潤田樓地下C翼
G/F, Wing C, Yun Tin House, Pak Tin Estate, Sham Shui Po, Kowloon
電話 Tel: 2337 9966 | 傳真 Fax: 2337 9060
電郵 E-mail: khcs@yang.org.hk
深水埗及油尖旺區 (Sham Shui Po and Yau Tsim Mong)
九龍深水埗南山邨南泰樓地下29-32室
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電話 Tel: 2512 0877 | 傳真 Fax: 2337 9060
電郵 E-mail: khcs@yang.org.hk

服務單位總覽 Directory of Service Units

復康服務部 Rehabilitation Service Division

牽晴計劃—嚴重肢體傷殘人士綜合支援服務計劃 Integrated Support Service for Persons with Severe Physical Disabilities

九龍區 (Kowloon)
九龍深水埗麗安邨麗德樓地下6-10號
Units 6-10, G/F, Lai Tak House, Lai On Estate, Sham Shui Po, Kowloon
電話 Tel: 3959 1700 | 傳真 Fax: 3425 4994
電郵 E-mail: iss@yang.org.hk

港島及離島區 (Hong Kong Island and Island District)
香港柴灣興華(二)邨安興樓5樓501-502室
Units 501-502, 5/F, On Hing House, Hing Wah (II) Estate, Chai Wan, HK
電話 Tel: 3959 1700 | 傳真 Fax: 3425 4994
電郵 E-mail: iss@yang.org.hk

院舍外展醫生到診服務 Visiting Medical Practitioner Service for Residential Care Homes (Kowloon West (2) Cluster)

新界葵涌興芳路223號新都會廣場二期45樓4507A&B室
Unit 4507A & B, Level 45, Metroplaza Tower II, 223 Hing Fong Road, Kwai Chung, New Territories
電話 Tel: 2337 9433 | 傳真 Fax: 2337 9446
電郵 E-mail: vmmps@yang.org.hk

私營殘疾人士院舍專業外展服務試驗計劃 The Pilot Scheme on Professional Outreach Team for Private Residential Homes for Persons with Disabilities

新界葵涌興芳路223號新都會廣場二期45樓4507A&B室
Unit 4507A & B, Level 45, Metroplaza Tower II, 223 Hing Fong Road, Kwai Chung, New Territories
電話 Tel: 2337 8300 | 傳真 Fax: 2337 8555
電郵 E-mail: pot@yang.org.hk

鯉魚門晉朗綜合復康服務中心 Lei Yue Mun Integrated Rehabilitation Services Centre

九龍觀塘鯉魚門邨鯉隆樓地下低層
Lower G/F, Lei Lung House, Lei Yue Mun Estate, Kwun Tong, Kowloon
電話 Tel: 2246 5255 / 2246 5355 | 傳真 Fax: 2246 5177
電郵 E-mail: irsc@yang.org.hk

南山晉逸居 Nam Shan Supported Hostel

九龍深水埗南山邨南逸樓地下33-48號
Units 33-48, G/F, Nam Yat House, Nam Shan Estate, Sham Shui Po, Kowloon
電話 Tel: 2778 3876 | 傳真 Fax: 2778 3880
電郵 E-mail: nssh@yang.org.hk

復康服務部 Rehabilitation Service Division

悅翠居 Joyful House

九龍荔枝角道608號麗翠苑麗翠商場1字樓
1/F, Lai Tsui Shopping Centre, Lai Tsui Court, No.608 Lai Chi Kok Road, Kowloon, Hong Kong
電話 Tel: 2327 1881 | 傳真 Fax: 2327 1813
電郵 E-mail: jh@yang.org.hk

到校學前康復服務 On-site Pre-school Rehabilitation Service

總辦事處 (Main office)
九龍荔枝角長沙灣廣場第二期8樓806室
Unit 806, 8/F, Tower II, Cheung Sha Wan Plaza, Lai Chi Kok, Kowloon
電話 Tel: 2171 4022 | 傳真 Fax: 2171 4033
電郵 E-mail: oprs@yang.org.hk

香港區 (Hong Kong Island)
香港灣仔皇后大道東271號衛斯理大樓10字樓
10/F, Wesleyan House, 271 Queen's Road East, Wan Chai, Hong Kong
電話 Tel: 2318 1002 | 傳真 Fax: 2318 1016
電郵 E-mail: oprs@yang.org.hk

西九龍區 (Kowloon West)
九龍荔枝角長沙灣廣場第二期8樓806室
Unit 806, 8/F, Tower II, Cheung Sha Wan Plaza, Lai Chi Kok, Kowloon
電話 Tel: 2343 3966 | 傳真 Fax: 2171 4033
電郵 E-mail: oprs@yang.org.hk

東九龍區 (Kowloon East)
九龍油麻地彌敦道466-472號恩佳大廈2樓
2/F, Yun Kai Building, 466-472 Nathan Road, Yaumatei, Kowloon (Temporary Office)
電話 Tel: 2177 3100 | 傳真 Fax: 2177 3183
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新界東區 (New Territories East)
新界火炭山尾街18-24號沙田商業中心16樓1612室
Unit 1612, 16/F, Shatin Galleria, 18-24 Shan Mei Street, Fotan, New Territories
電話 Tel: 2617 6900 | 傳真 Fax: 2617 6338
電郵 E-mail: oprs@yang.org.hk

新界西區 (New Territories West)
屯門屯喜路2號屯門栢麗廣場20樓2009室
Unit 2009, 20/F, Tuen Mun Parklane Square, 2 Tuen Hi Road, Tuen Mun, New Territories
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服務單位總覽 Directory of Service Units

復康服務部 Rehabilitation Service Division

自悠天地—自閉症人士成長中心 Kingdom A—Development Centre for Persons with Autism

九龍荔枝角長沙灣廣場第二期5樓512室
Unit 512, 5/F, Tower II, Cheung Sha Wan Plaza, Lai Chi Kok, Kowloon
電話 Tel: 2743 2555 | 傳真 Fax: 2743 2999
電郵 E-mail: kingdom-a@yang.org.hk

屯門朗逸居 Tuen Mun Independent Living Hostel

新界屯門青松觀路及青麟路交界青麟山莊2E及2F座
Blocks 2E & 2F at The Junction of Tsing Lun Road & Tsing Chung
Koon Road, Tuen Mun, New Territories
電話 Tel: 2463 5022 | 傳真 Fax: 2463 5581
電郵 E-mail: tmh@yang.org.hk

獨立生活計劃 Independent Living Project

新界沙田禾輦邨康和樓地下127-131室
Units 127-131, G/F, Hong Wo House, Wo Che Estate, Shatin,
New Territories
電話 Tel: 2681 1772 | 傳真 Fax: 2681 1909
電郵 E-mail: ilp@yang.org.hk

家庭服務部 Family Service Division

旺角綜合家庭服務中心 Mongkok Integrated Family Service Centre

九龍旺角彌敦道736號中匯商業大廈地下
G/F, Central Commercial Tower, 736 Nathan Road,
Mongkok, Kowloon
電話 Tel: 2171 4001 | 傳真 Fax: 2388 3062
電郵 E-mail: ifsc@yang.org.hk

臨床心理服務 Clinical Psychology Service

九龍旺角彌敦道736號中匯商業大廈地下
G/F, Central Commercial Tower, 736 Nathan Road,
Mongkok, Kowloon
電話 Tel: 2171 4001 | 傳真 Fax: 2388 3062
電郵 E-mail: cp@yang.org.hk

幼稚園駐校社工服務 Social Work Services in Pre-primary Institutions

香港灣仔皇后大道東271號衛斯理大樓10樓
10/F, Wesleyan House, 271 Queen's Road East, Wan Chai, Hong Kong
電話 Tel: 2219 0050 | 傳真 Fax: 2219 0001
電郵 E-mail: ppi@yang.org.hk

家庭服務部 Family Service Division

幼稚園駐校社工服務—大埔及北區隊 Social Work Services in Pre-primary Institutions (Tai Po & Northern District)

新界大埔廣福道152-172號大埔商業中心8樓A室
Unit A, 8/F, Tai Po Commercial Centre, 152-172 Kwong Fuk Road,
Tai Po, Hong Kong
電話 Tel: 3580 8378 | 傳真 Fax: 3753 2223
電郵 E-mail: ppitpn@yang.org.hk

專責服務 Specialized Service

健憶長者認知訓練中心 Senior Citizens Cognitive Training Centre

九龍窩打老道54號1樓
1/F, 54 Waterloo Road, Kowloon
電話 Tel: 2251 0890 / 2251 0818 | 傳真 Fax: 2770 0667 / 2770 2730
電郵 E-mail: emsc@yang.org.hk

喜安居社區照顧服務（九龍西） West Kowloon Community Care Service

九龍深水埗窩仔街100號石硤尾邨二期服務設施大樓2樓及3樓
2/F and 3/F, Ancillary Facilities Block, Shek Kip Mei Estate Phase 2,
100 Woh Chai Street, Sham Shui Po, Kowloon
電話 Tel: 2361 9211 | 傳真 Fax: 2361 9944
電郵 E-mail: wkccs@yang.org.hk

喜安居社區照顧服務（九龍東） East Kowloon Community Care Service

九龍彩虹邨金漢樓地下106-115室
Room 106-115, G/F, Kam Hon House, Choi Hung Estate, Kowloon
電話 Tel: 2326 1331 | 傳真 Fax: 2329 6758
電郵 E-mail: ekccs@yang.org.hk

彩雲長者社區照顧服務 Choi Wan Community Care Service

九龍黃大仙牛池灣清水灣道45號彩雲商場A409-A409A室
Shop No. A409-A409A, Choi Wan Shopping Centre, 45 Clear
Water Bay Road, Ngau Chi Wan, Wong Tai Sin, Kowloon
電話 Tel: 2323 7065 | 傳真 Fax: 2323 6806
電郵 E-mail: cwccs@yang.org.hk

服務單位總覽 Directory of Service Units

專責服務 Specialized Service

天水圍家庭成長軒 Tin Shui Wai Family Education and Support Centre

新界天水圍天澤邨服務設施大樓6樓604室
Room 604, 6/F, Ancillary Facilities Block, Tin Chak Estate, Tin Shui Wai, New Territories
電話 Tel: 3147 9277 | 傳真 Fax: 3147 9270
電郵 E-mail: tswfesc@yang.org.hk

天水圍社會服務中心 Tin Shui Wai Social Service Centre

新界天水圍天華邨華逸樓B翼地下
G/F, Wing B, Wah Yat House, Tin Wah Estate, Tin Shui Wai, New Territories
電話 Tel: 3147 9177 | 傳真 Fax: 3147 9147
電郵 E-mail: tssc@yang.org.hk

油尖旺家庭成長軒 Yau Tsim Mong Family Education and Support Centre

九龍油麻地上海街396號5樓
5/F, 396 Shanghai Street, Yaumatei, Kowloon
電話 Tel: 2781 2921 | 傳真 Fax: 2781 2123
電郵 E-mail: ytmfesc@yang.org.hk

沙田家庭成長軒 Shatin Family Education and Support Centre

新界沙田新田圍邨欣園樓地下
G/F, Yan Wai House, Sun Tin Wai Estate, Shatin, New Territories
電話 Tel: 2605 7155 | 傳真 Fax: 2602 1424
電郵 E-mail: fesc@yang.org.hk

家庭健康教育及輔導中心 Family Health Education and Counselling Centre

九龍油麻地彌敦道466-472號恩佳大廈2樓
2/F, Yun Kai Building, 466-472 Nathan Road, Yaumatei, Kowloon
電話 Tel: 2171 4111 | 傳真 Fax: 2385 5547
電郵 E-mail: fhe@yang.org.hk

學習支援及成長中心 Learning Support and Development Centre

九龍油麻地彌敦道466-472號恩佳大廈2樓
2/F, Yun Kai Building, 466-472 Nathan Road, Yaumatei, Kowloon
電話 Tel: 2171 4171 | 傳真 Fax: 2385 5547
電郵 E-mail: lsdcc@yang.org.hk

灣仔學習支援及成長中心 Wan Chai Learning Support and Development Centre

香港灣仔皇后大道東271號衛斯理大樓10字樓
10/F, Wesleyan House, 271 Queen's Road East, Wan Chai, Hong Kong
電話 Tel: 2318 1015 | 傳真 Fax: 2318 1016
電郵 E-mail: wclsdc@yang.org.hk

循道教會助學基金成長軒 Methodist Study Trust Education Centre

九龍黃大仙下邨龍達樓地下109-110室
Room 109-110, G/F, Lung Tat House, Lower Wong Tai Sin Estate, Kowloon
電話 Tel: 2351 7393 | 傳真 Fax: 2353 0054
電郵 E-mail: mstec@yang.org.hk



財政報告 Financial Report 2023/24

財政報告
Financial Report 2023/24

收入來源 Source of Income

	HKD
社會福利署 Social Welfare Department Subvention	\$515,725,022.83
公益金捐款 Community Chest	\$3,404,002.46
服務收入 Fee and Programme Income	\$55,513,221.62
賣旗籌款及捐款 Flag Selling and Donation	\$1,879,762.88
其他基金 Non-Recurrent Grant Income	\$9,245,735.36
其他收入 Other Income	\$1,544,997.33

總金額 Total Amount

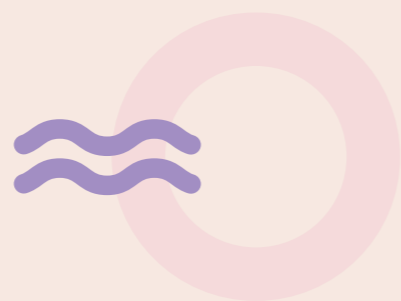
\$587,312,742.48

支出分佈 Expenditure Allocation

專責服務 Specialized Service	\$30,576,509.00
行政開支 Central Administration Support	\$46,485,396.58
家庭服務 Family Service	\$36,557,083.00
復康服務 Rehabilitation Service	\$288,644,344.00
長者服務 Senior Citizen Service	\$107,642,852.00
青少年服務 Youth Service	\$70,477,093.00

總金額 Total Amount

\$580,383,277.58



社區連結－鳴謝
Community Engagement
－ Acknowledgement



鳴謝

Acknowledgement

— 精神健康諮詢委員會 — Advisory Committee on Mental Health

獲贊助之服務單位 Sponsored Service Units

家庭健康教育及輔導中心
Family Health Education and
Counselling Centre

獲贊助之服務計劃 Sponsored Service Programs

第二期精神健康項目資助計劃：
「戶動有晴」—家庭精神健康支援計劃
Phase 2 of the Mental Health Initiatives
Funding Scheme: WONDERMENT – Family
Mental Health Support Project



獲贊助之服務單位 Sponsored Service Units

家庭健康教育及輔導中心
Family Health Education and
Counselling Centre

獲贊助之服務計劃 Sponsored Service Programs

恩童計劃
Amazing Start

各大合作夥伴 Our Partners *排名不分先後 Listed in no particular order



新地義工 Team力量
SHKP Volunteer Team

中國基督教播道會天泉堂
EFCC Tin Chuen Church

Pastime 咖啡室
Pastime Café

香港社會創投基金
Social Ventures Hong Kong

伊利沙伯女皇弱智人士基金
Queen Elizabeth Foundation for
the Mentally Handicapped

香港樂心會
Life Commitment Charity Club

朱壽祥護養院
Chu Sau Cheung Nursing Home



機場亞洲博覽會展覽館
AsiaWorld-Expo

賽馬會創意藝術中心
Jockey Club Creative Arts Centre

保良局陳南昌夫人小學
Po Leung Kuk Mrs Chan Nam Chong
Memorial Primary School

循道衛理聯合教會主恩堂
Grace Methodist Church

九巴之友
Friends of KMB

屈臣氏集團
A S Watson

日本命力
Meiriki Japan

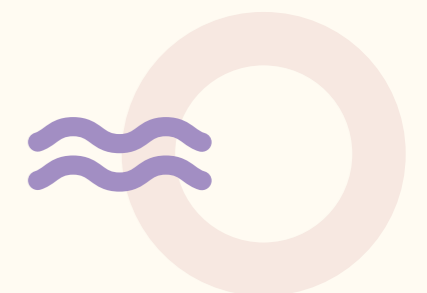


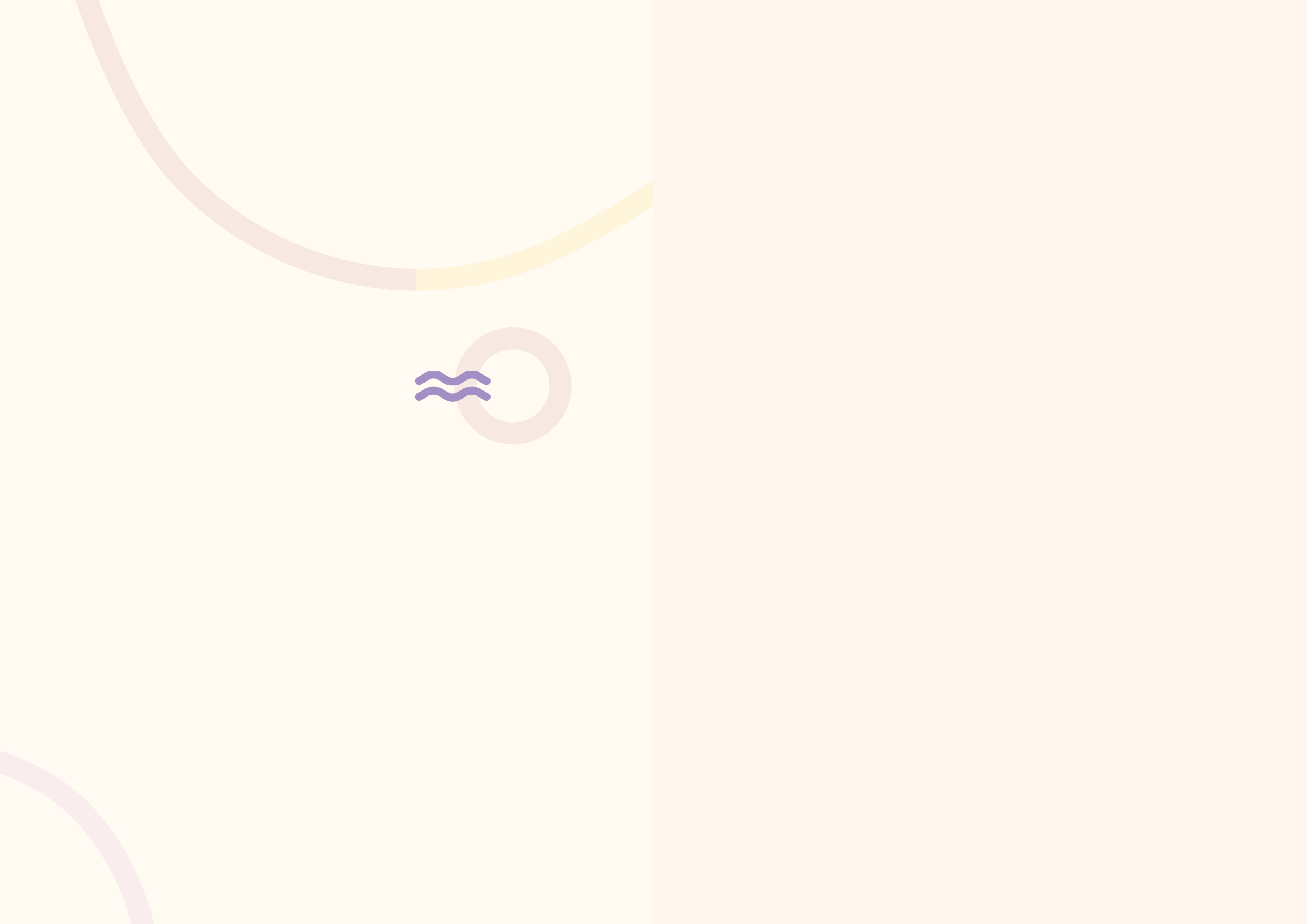
Sunny 義工團
Sunny volunteer team

傳承教育義工隊
volunteers from Legendary
Education

香港專業教育學院職員義工隊
Hong Kong Institute of
Vocational
Education staff team

香港東區崇德社
Zonta Club (HKE) Zonta Club
of Hong Kong East







循道衛理楊震社會服務處
YANG MEMORIAL METHODIST SOCIAL SERVICE

✉ yang@yang.org.hk

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☎ 2770 1417

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🌐 www.yang.org.hk



社會福利署資助服務
Subsidised Services by
the Social Welfare Department



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER
AGENCY



好僱主約章
GOOD EMPLOYER CHARTER 2024