

青年服務

Youth Services



服務方向 Service Orientation

我們為青年人提供全面而多樣化的服務，並緊貼青年和社會變化而不斷更新，務求能掌握青年脈搏，回應他們不同的需要。我們亦同時提供參與和發揮才能的機會，讓青年人得到最適切的關懷與服務，健康愉快地成長。

The aim of our Youth Services is to stay informed and accommodate the ever-evolving needs of young people by offering comprehensive and diverse services that keep up with their pace and the societal changes. We also afford them opportunities to get involved and unleash their full potential, so that young people can receive the most-needed care and services while enjoying their wholesome teenage years.

與年青一代同步成長

去年發生的社會事件衍生額外的服務需求，我們為受社會事件影響的青年提供危機介入，處理情緒困擾、被捕、與家人及朋輩關係、校園衝突等共3,305人次；當中不少個案需提供臨床心理輔導、轉介至精神科服務及法律支援。



- ◀ 「緣聚•同FUN•社區畫廊」由藝術家帶領參加者發揮創意，參與社區設計，加強對社區的歸屬感。
In an artist-led activity, the participants let their creativity run free and gained a stronger sense of belonging through participation in community design.

YOU CAN—潛能發展中心一直運用「4E」，以藝術鼓勵青年人經驗(Experience)創作的過程，藉此表達(Express)、探索(Explore)各項的人生課題，並與其他人交流(Exchange)所想所感，以達至與自己及他人聯繫。我們以藝術介入手法推行活動的成效與質素亦開始得到外界的認同。



- ◀ 團隊訓練日—提升學生面對困難的能力及抗逆力，協助學生建立朋輩互助網絡。
Team Building Training Day: students were trained to face up to difficulties while building their resilience and peer support networks.

去年獲香港社會服務聯會及凱瑟克基金贊助的「開放藝術工作室」計劃，依據上述架構，與兩間中學合作，在學校建立一個讓學生自由參與的藝術創作空間。學生在表達式藝術治療師及社工團隊的引導下，抒發埋藏內心的喜、怒、哀、懼，從而更了解自己的需要，並在這平台與人分享。計劃得到贊助單位及學校非常正面的評價，因此，再獲多一年的贊助。



Keeping up with the Times

In light of the additional demand for services arising from the social movement last year, we have begun providing crisis interventions to young people affected by the social incidents. We have handled over 3,305 attendance of emotional distress, arrests, discord with family members and peers, and campus conflicts, among other issues. Many of these cases have required clinical psychological services, psychiatric referrals and legal aid.

YOU CAN - potential exploration unit has continued to promote art interventions and encourage young people to practice the 4E's - to experience the creative process and express, explore and exchange their feelings and thoughts about the challenging issues in their lives. The project aims to help young people connect with themselves and others. Our art intervention activities have begun to gain public recognition owing to their effectiveness and quality.

Last year, the "Open Studio at School" project funded by The Hong Kong Council of Social Services and The Keswick Foundation applied the 4E's framework to its partnerships with two secondary schools and set up an open space for students to create art at each school. The goal was to allow students to release their suppressed emotions into artwork under the guidance of expressive art therapists and our social work team, which would allow them to understand themselves better and to share their feelings through art. The project received overwhelmingly positive feedback from our partnership schools and sponsors. As a result, we were given a grant to run the project for another year.



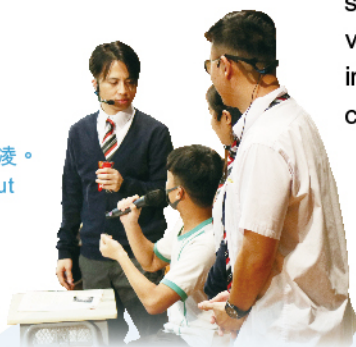
◀ 農曆新年舉行的「開放藝術工作室」活動。
The "Open Studio at School" activity was held during the Lunar New Year.



此外，戲劇教育亦是本單位採用的介入手法之一。今年，獲香港公益金贊助一項為期3年，名為「撐得“喜”——共建和諧校園計劃」，計劃每年服務共10所中學，透過互動課堂及戲劇教育，與學生、老師及家長以設身處地的方式，經驗及排演面對校園欺凌時，各人在人際關係上如何自處及面對。

Drama education is another intervention method that we have in place. This year, a three-year anti-bullying project titled "Hand in Hand - To Co-create Harmonious School Environment Project" was funded by the Community Chest of Hong Kong. The project intends to cover 10 secondary schools per year, and to encourage students, teachers and parents to empathise with the victims of school bullying and envisage ways to confront interpersonal conflicts through a combination of interactive classes, simulations and role play.

▶ 學生參與戲劇活動更了解校園欺凌。
Students understand more about school bullying through participating drama activities.



我們一直都希望把累積的經驗與業界分享。因此，於去年暑假，舉辦了一系列創意藝術 X 社工的培訓，包括表達式藝術治療體驗、心靈拼貼、戲劇教育及一人一故事劇場訓練等等，與業界同工分享及交流心得。

Having garnered years of experience in art intervention, we were proud to share our insights with our peers in the industry. In July 2019, we organised a series of train-the-trainer workshops that included taster workshops on the expressive arts, soul collage®, drama education and playback theatre training. Valuable discussions were held at these events.

「隔代同行計劃」

Grand Generations Bridging Project

臻善軒繼續獲「香港賽馬會社區資助計劃」的贊助，推行第三年的「隔代同行計劃」。服務對象主要來自寶達邨、秀茂坪邨、安達邨及安泰邨的家庭。此計劃主要為「隔代照顧家庭」及「特殊需要家庭」提供全面及多元化的支援服務。今年是計劃進入最後一年，報名情況十分踴躍，本年度接近100位中、小學生在新一年計劃開始前已留名表示有參加的需要，當中有66個家庭受惠，可見區內家庭對計劃有很大的需求。

Cherish House relaunched the "Grand Generations Bridging Project", sponsored by The Hong Kong Jockey Club Community Project Grant. The project is on its third and final year, and it aims to provide multi-generational and special needs families from Po Tat Estate, Sau Mau Ping Estate, On Tat Estate and On Tai Estate with comprehensive support services. We received an overwhelming amount of applications. Around 100 secondary and primary students pre-registered before enrolment was open, and a total of 66 families benefitted this year, which demonstrates the fact that there is still enormous demand in the community for the services included in the project.



▲ ◀ 參加者參與「十八區•樂遊蹤」，認識社區及擴闊生活體驗。
Participants explored the communities and gained new life experiences during a tour across the 18 districts.

為期三年的「隔代同行計劃」為區內 209 個家庭合共 429 位參加者提供服務，而計劃亦已得到參加者及社區人士的支持及認同，能為參加者提供整全支援及鞏固參加者的家庭關係。總括而言，參加者各方面包括：行為指標、態度指標、關係指標、知識指標均得到改善及提升，而對計劃的整體滿意度為 89%。



The three-year “Grand Generations Bridging Project” has served a total of 429 participants from 209 families in the community, and gained support and recognition from both the participants and members of the community. The project was acclaimed for being able to provide all-round support for the participants and consolidate their family relationships. In summary, the participants demonstrated an improvement in all aspects including their behaviour, attitude, condition and knowledge indicators, while reporting an overall satisfaction rate of 89%.

「Smart Goal 計劃」

青少年正處於自我探索的階段，透過新嘗試探索自我價值及未來方向。「Smart Goal」秉承著「Play hard work hard」的精神，為青少年提供一連六星期學術新知課堂，以及富挑戰性的戶外及運動訓練，協助青少年探索自我。2019 年度的主題為「Tchouk Youth」，透過接觸新興運動巧固球 (Tchouk Ball)，為青少年帶來新體驗。本計劃除了招募 20 名參加者外，亦邀請往年的參加者擔任義工，將自己於活動中的經驗及得著傳承下去。

Smart Goal Project

Young people go through various stages of self-exploration as they try to seek self-identity and aspirations by exploring new ventures. Upholding the spirit of “Play hard work hard”, a six-week training programme named “Smart Goal”, which included academic classes, outdoor activities and sports training, was organised to guide young people through their self-discovery journey. The theme for 2019 was “Tchouk Youth”, which was about immersing oneself in new experiences by trying out an emerging sport called Tchouk Ball. In addition to the 20 participants that had been recruited, ex-participants were also invited to help out as volunteers and pass on their experiences and insights to the newcomers.

▼ 參加者熱身準備挑戰「抱石」。
The participants did some warm-ups before bouldering.



▲ Smart Goal 勝出者獲得豐富的禮物。
A reward was given to the champion of the Smart Goal Programme.

童創 A 級工房：繪本創作及學校巡迴

兒童時期，品格教育是相當重要的，賽馬會跳躍青年坊經過前三年的經驗，以6A品格教育為主題，今年繼續與小朋友一起創作第四本繪本「我夢想的暑假」。小朋友從探索及討論的過程中，逐步建立良好的品格，當收到自己有一份創作的繪本，都感到很有成功感。



◀ 小朋友專心創作繪本。

Children focused on making their picture book.



Class A Workshop: Picture Book Creation and School Tour

Character education plays a pivotal role in childhood. Learning from its previous three years of experience, Jockey Club Youth Leap adopt “6A character education” as its theme this year and co-created a fourth picture book, titled “My Dream Summer Vacation”, with a group of children. Through exploration and discussions, the participants learned to develop good characters one step at a time. They all felt a great sense of accomplishment upon receiving a copy of the finished product.

◀ 小朋友一起創作的繪本「我夢想的暑假」。

Children co-created the picture book “My Dream Summer Vacation”.



本活動獲民政事務總署贊助，印製繪本於區內幼稚園、小學等地方派發。同時為學校提供巡迴分享，親身到學校與小朋友互動講故事，讓小朋友知道品格教育的重要性。

With the sponsorship of the Home Affairs Department, the picture book was printed and distributed in kindergartens, primary schools and other parts of the community. A tour was also held to visit different schools, where the pupils were invited to an interactive story-telling session to learn about the importance of having a good character.

Y-Concept 樂隊合輯灌錄計劃 2019

Y-Concept 是賽馬會跳躍青年坊轄下的重點服務之一，當中「獨立起義」計劃更每年為青年樂隊完成「出碟」夢想。本年度我們喜獲「華人永遠墳場管理委員會」捐助下進行計劃。5 隊被選中的樂隊於錄音室 F HOUSE 進行專輯錄音的同時，亦為區內基層兒童及青年義教樂器，達致「取之社會，用之社會」的雙贏目標，藉以把經驗傳承。本年度之專輯除了印刷實體CD以外，更為每隊樂隊拍攝 MV，留下美好回憶。

Y-CONCEPT Indierises 2019

“Y-Concept” has been one of the key initiatives under the Jockey Club Youth Leap. As part of this initiative, the “Indierises” project is aimed at helping young indie artists realise their “Album Recording” dream. Thanks to a generous donation from the Board of Management of the Chinese Permanent Cemeteries, this year’s project was a huge success. Five selected bands recorded their songs at our partner studio “Focal Fair” and gave free musical instrument classes to underprivileged children and youths in the community, by which a “win-win” outcome was achieved and their stories were passed on to other aspirants. In addition to having their albums released, each of the bands also had the opportunity to shoot a memorable music video for their own composition.



▲ 樂隊為本區基層兒童教授樂器。
The bands gave ukulele classes to underprivileged children.



▲ Satori Bloom 樂隊於 Focal Fair 錄音室錄音。
Satori Bloom recorded their song at the Focal Fair Studio.



未來發展 Outlook

在 2020-2021 年，我們會特別關注青年人的情緒健康、就業情況及代際矛盾；並訂定兩大重點工作：

1. 提升專業—從服務、研究及人才管理等方面提升專業水平，深化對青年的專業支援。
2. 全力創新—運用創新思維和角度看待青年工作，研發新項目以應對社會環境急促轉變；鞏固團隊創新文化，廣納同工創意，從中找到發展契機，把創新意念實踐。

In 2020-2021, our Youth Services will place great emphasis on emotional health, youth employment and intergenerational conflicts. We have set our sights on two major priorities:

1. Promoting professionalism – to demonstrate professionalism in every aspect of our work, from services and research to talent management, and enrich our professional support for young people.
2. Striving for innovation – to approach youth work with innovative thinking and develop new projects to cope with rapid changes in the social environment, to consolidate the team's innovation culture, and to seek opportunities in the collective creativity of the industry and put creative ideas into practice.

2019-2020 服務統計 (截至2020年3月31日) Service Statistics (as at 31st March, 2020)

