



青年服務 Youth Services



服務方向 Service Orientation

為了滿足兒童和青少年的發展需求及在關鍵發展階段出現的問題，我們的青年服務為青少年提供了多元化的預防，教育，發展和補救服務。本年度為青年服務的發展設定了以下重點：

1. 培養青年的潛力，幫助他們適應不斷變化的環境；
2. 培養積極及正向心理，促進青少年心理健康發展；
3. 提升青少年的適應力和促進良好的人際關係。

In response to the developmental needs of children and adolescents and the problems that arise during critical developmental stages, Youth Services provides a diversified set of preventive, educational, developmental, and remedial services to this target group. We established the following focuses for developing youth services this year:

1. Develop the potential of adolescents and help them to adapt to the changing environment;
2. Cultivate positive psychology and facilitate the healthy psychological development of young people;
3. Promote resilience among adolescents and foster interpersonal skills.

第七屆「正能量青年選舉」

「正能量青年選舉」已推行了七年，累積至今約有300名年青人獲得嘉許。今年的「第七屆正能量青年選舉」以「信•希望」為主題，旨在表彰具有積極發展和健康生活的年青人。我們收到了來自79所中學的251個提名。本會希望繼續透過年青人的勵志故事，將「正能量」的精神感染社區內的每一個人。

The 7th Positive Youth Award

Our 'Positive Youth Award' has been granted for 7 years over which approximately 300 young individuals have received this honour. The theme of the '7th Positive Youth Award' was 'Believe with Hope'; recipients were recognised for positive development and living. We received 251 nominations from 79 secondary schools this year. We hope that the spirit of 'Positive Development' will spread to everyone in the community.



▲ 媒體報導兩位金獎得主的正能量故事。
The media reported the positive life stories of the two golden prize winners.



▲ 「第七屆正能量青年選舉頒獎典禮」嘉賓合照。
Group photo of honourable guests at the '7th Positive Youth Award Ceremony'.

「擴翼高飛—學生抗逆能力培育計劃」

近年，不少青少年因面對超出自己應付能力的逆境，最終導致不幸事情的發生。為回應此問題，YOU CAN—潛能發展中心獲優質教育基金資助全新服務計劃「擴翼高飛—學生抗逆能力培育計劃」，計劃目的是培育學生抗逆能力，自我效能感、正面情緒和正面思考的方式，並擴闊其支援網絡，幫助他們面對成長路上的挑戰。更有專業社工及藝術治療師運用「戲劇教育」及「表達式藝術」等介入手法，結合正向心理學及藝術介入手法，為10間來自九龍東、將軍澳及土瓜灣的中學服務，不少老師表示十分欣賞此類具創意的介入手法。

'The Road to Resilience - Enhancing Students' Abilities to Face Life Challenges'

In recent years, the inability of some young people to cope with adversities has resulted in numerous tragic incidents. 'The Road to Resilience - Enhancing Students' Abilities to Face Life Challenges' is a newly launched 2-year project funded by a grant from the Quality Education Fund to the YOU CAN - potential exploration unit in response to the urgent problem of adolescent suicide. The project aims to enhance students' resilience by increasing their self-efficacy, helping them to generate positive emotions and adopt an optimistic outlook as well as enlarging their support network to help them face future challenges. The project was implemented in a total of 10 secondary schools, chiefly at Kowloon East, Tseung Kwan O, and To Kwa Wan. Trained social workers and art therapists provided their expertise in expressive art and applied drama to enhance students' resilience through positive psychology. Positive feedback was received from school personnel who cooperated with us. Our efforts and knowledge concerning the use of art as an intervention strategy earned further acknowledgment.

「隔代同行計劃」

本年度臻善軒獲「香港賽馬會社區資助計劃」的贊助，展開為期三年的「隔代同行計劃」。此計劃目的是提升照顧者的管教及照顧能力；同時增強隔代溝通，促進彼此的親密關係。我們提供的多元化支援服務，包括：學習支援、個人及社交培訓、親子教育、義工服務及個案支援等，不少參加者表示計劃能有助其減輕照顧孫子女的壓力。



- ▲ 參加家庭共同創作藝術作品，以紀錄家庭生活及表達對家人的感受。
Art work through which participants recorded their memories and expressed their feelings about their families.

Y-Concept - AMP Project SEASON 1-3

Y-Concept是賽馬會跳躍青年坊轄下的重點服務之一，由去年開始，和不同與音樂有關的團體及公司合作，舉辦一系列「AMP Project」活動，為想學習創作源音歌曲的「新手」樂隊，提供不同的音樂訓練、舞台演出機會及灌錄合輯的經驗，以提升年輕人自行創作及錄製歌曲的能力。活動至今已超過二十隊青年樂隊參與，他們都積極參加訓練，並十分珍惜舞台演出的機會。

'Grand Generations Bridging Project'

This year, Cherish House launched a 3-year project called the 'Grand Generations Bridging Project' sponsored by the Hong Kong Jockey Club Community Project Grant. The project aims to strengthen the child care capabilities of caregivers and enhance the quality of communication among multiple generations in families. Through the project, we offer multigenerational and special-needs families comprehensive services, such as programmes on learning support, personal and social development, child care training, volunteer training, and counselling. Many participants have expressed that the project has helped relieve the stress of taking care of grandchildren.



- ▲ 「隔代同行計劃」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，以促進祖父母與孫兒的溝通。
The 'Grand Generations Bridging Project' offered comprehensive services to multigenerational and special-needs families to foster communication between grandparents and grandchildren.

Y-Concept - AMP Project SEASON 1-3

'Y-Concept' is one of the focal services of the Jockey Club Youth Leap, which has offered various means of support for the development of young indie bands. 'Y-Concept' has collaborated with various groups and companies since 2017 to organise the 'AMP Project', which targets new bands that have composed original songs. A series of workshops and performances is offered to improve the ability of the new bands in producing and recording original songs and to help them achieve success in their band development. So far, more than 20 bands have participated in the 'AMP Project'. All the participants have enjoyed their training and the opportunities for onstage performances.



▲ Season 1唱片發佈會邀請了樂隊「Band Aid」為演出嘉賓。
Guest band 'Band-Aid' performing at the Season 1 CD release show.



▲ 音響公司Behringer 贊助了Season 3的錄音工作坊。
Recording equipment was provided by Behringer, the sponsor of the technical workshop for Season 3.

青年就業服務—「展翅青見計劃」

由學業進展到就業是每位青年的必經階段。本會賽馬會跳躍青年坊和勞工處「展翅青見計劃」合作，為青年提供一站式就業輔導計劃，包括求職指導、工作培訓、在職支援，以協助青年找到屬於自己的就業方向。另外，本會每年亦會舉辦招聘會，邀請來自不同界別的公司/機構參與，為青年提供就業機會。



▲ 招聘會邀請了來自不同界別的公司 / 機構參與，為青年提供就業機會。
The Jockey Club Youth Leap invited various companies to collaborate on Recruitment Day to provide more job opportunities for youths.

童創 A 級工房：「我的 100 分家庭」繪本創作

兒童時期的品格教育是相當重要，本會賽馬會跳躍青年坊經過去年的經驗，今年以「讚賞 Appreciation」為主題，繼續與小朋友一起結合繪本創作及品格教育，教導小朋友，逐步建立良好的品格。計劃共招募了 26 位小朋友，共同創作「我的 100 分家庭」繪本。小朋友從中深入探索及討論「讚賞」的意義，並分工創作繪本內的每幅圖畫。最後，小朋友收到自己親手製作的繪本，十分雀躍及很有成功感。本活動獲青年事務委員會贊助，印製繪本於社區內派發，讓品格教育以繪本故事宣揚出去。

Youth Employment Services: 'Youth Employment and Training Project'

Every adolescent must face the process of transitioning from education to employment. Our Jockey Club Youth Leap collaborated with the Labour Department on the 'Youth Employment and Training Project' to provide one-stop comprehensive employment support services, including job seeking, job training, and on-job support, to help adolescents define their career paths. Moreover, every year we have invited different companies and organisations to collaborate for our Recruitment Day to provide more job opportunities for young people.

Our Class A Workshop: 'My 100 Marks Family' Picture Book Creation

We believe that character education is critical during childhood. On the basis of past experience, the Jockey Club Youth Leap used the second 'A' term, 'appreciation', from the '6A Character Education' programme for the main theme this year. We continued to work with children to create a picture book while emphasising the concept of 'appreciation' during the process to help children gradually develop their characters. This year we recruited a total of 26 children to cocreate the 'My 100 Marks Family' picture book. After exploring and discussing the meaning of 'appreciation', the children created the pictures for the story books by themselves. When they received their own picture book creations, they were happy and pleased. The project was sponsored by the Commission on Youth, and the story picture books were printed and distributed in the community to disseminate character education to additional children.

▼ 參加「童創A級工房」的小朋友一起製作手工。
Children in the 'Our Class A Workshop' made their own handicrafts.



▲ 「我的100分家庭」繪本封面。
'My 100 Marks Family' picture book cover.



▲ 參加「童創A級工房」的小朋友在課堂為圖畫上色。
Children in the 'Our Class A Workshop' coloured their own pictures.

與青年同行—「心·連線」體驗工作坊

為了滿足青少年心靈輔導的需要，我們舉辦了「與青年同行—『心·連線』體驗工作坊」，向老師及社工介紹「靜觀」及「禪繞」的工作手法。此體驗工作坊有近90名老師及社工出席，當日除了邀請到臨床心理學家胡美心女士介紹「靜觀」的理論與應用；福建中學的吳宏基校長、曾蔚茵老師、學校社工鄭佩莉小姐及一位中五學生更分享了在校內推行「禪繞」活動的效用。是次活動得到老師及社工的認同，從中得到啟發，從而協助年青人面對不同的情緒輔導需要。



▲ 舉辦「與青年同行—『心·連線』體驗工作坊」，向老師及社工介紹「靜觀」及「禪繞」的工作手法。
Youth Services implemented the 'Walking with Adolescents with Hearts' Experiential Workshop for teachers and social workers to share the strategies of 'Mindfulness' and 'Zentangle' for handling adolescents' emotional needs.



▲ 福建中學吳校長、學校社工鄭姑娘及年青人分享以身心靈的方法處理情緒。
Principal Ng of Fukien Secondary School, Ms. Cheng, and adolescents shared various spiritual methods for managing emotions.

'Walking with Adolescents with Hearts' Experiential Workshop

In order to increase efforts to support adolescents' well-being, our Youth Services has implemented a sharing workshop for teachers and social workers to share the strategies of 'Mindfulness' and 'Zentangle' for handling adolescents' emotional needs. In the workshop, a clinical psychologist, Ms. Doris Woo, shared the theory behind 'Mindfulness'. The principal of Fukien Secondary School, Mr. Ng Wang-kee; guidance counsellor, Ms. Christy Tsang; and school social worker, Ms. May Cheng, together with F.5 students described the effectiveness of 'Zentangle' in student counselling work in a secondary school setting. We collected positive feedback from the 90 participants to gain insights into means by which to address adolescents' emotional problems.

未來發展 Outlook

我們將繼續致力提供專業和優質的青年服務，以滿足兒童和青少年的需求。我們的專業社工會以創新的工作手法，為所服務的學校和社區，設計及安排適切的服務。而各青年服務單位亦會鞏固社區內各界別人士的夥伴關係，以推動積極的青年發展，創造更強大的社區迴響，以滿足兒童和青少年的新需求。

We will continue to provide professional, high-quality youth services to meet the needs of children and adolescents. Our professional social workers will use innovative methods to tailor appropriate services to the host schools and communities. The youth service units will also strengthen their partnerships with various stakeholders in the community to promote positive youth development and strengthen community bonds to meet the emerging needs of children and young people.

2017-2018服務統計 (截至2018年3月31日) Service Statistics (as at 31st March, 2018)

