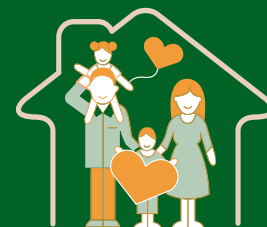


# Children and Family Services



## Service Orientation

Last year, the number of cases processed by the Family Energizer (Integrated Family Service) increased by 9% compared to the previous year. Among them, 37% involved those seeking help for issues with family relationships; 24% needed help with economic, unemployment and housing issues; and 17% were related to emotional problems, indicating that our service users were facing significant pressure in their lives. In light of this, Children and Family Services reached out to the community proactively to identify and support families with hidden needs. Relaxing and fun activities were also organised to support the diverse needs of service users.



Learn more about our Children and Family Services

## Service Highlights

### Identifying and Supporting Individuals Affected by Family Issues through Outreach

#### Collaborating with Local Schools to Promote Parent Education

The Family Energizer has been running the “Stormy Days – Parents Support Scheme” parent support programme since 2021, aiming to improve the relationships between parents and their children who are going through the rebellious growth phase. In addition to organising seminars and parent support groups, we collaborated with four



Through collective art creation, parents reflected on and explored ways to improve parent-child relationships.

local secondary schools and two local primary schools to strengthen parent-child communication and relationships, by educating parents on parenting concepts that are rooted in humanistic-existential theories. The service has now reached more than 1,200 beneficiaries.



Art therapy gave parents an opportunity for self-discovery and personal growth.



Led by artists, a group of children and teenage volunteers created chalk art on the floor of the Tsui Ping Estate basketball court.

### Early Identification of High-Conflict Families through Outreach Activities

Last year, the police recorded 9.5% more cases of domestic violence compared to the previous year, which highlights the growing severity of this issue. To raise public awareness of the support services that are available, the Serene Court (Refuge Centre for Women) actively engaged with different stakeholders in the community to introduce our services and referral mechanisms and conducted outreach activities in Yuen Long, a district with a high prevalence of domestic violence, to provide early assessments and case consultations. Over the last year, we connected with more than 100 community members to provide timely identification and support for families at risk of domestic violence.

### Encouraging Families to Play Together – Strengthening Family Bonds through Laughter

To help disadvantaged families from deprived backgrounds stay involved in society and improve their everyday lives, the Family Energizer chose “play” as this year’s theme, encouraging family members to play together as a simple, direct way of improving family interactions. Using games, sports, music and other activities, the team aimed to improve physical, mental and spiritual health in underprivileged families, thereby promoting family communication and enriching spousal and parent-child relationships.



## “Home-Cooked Love” Programme: A Fun Platform for Strengthening Family Bonds

The Family Energizer continued to cooperate with the Hong Kong and China Gas Company and co-organised the “Home-Cooked Love” programme last year. We reached out to underprivileged families in the community through a series of activities designed to promote parent-child communication and interaction, such as the “Memory Board Game Challenge” and a parent-child cook-off. The activities attracted a total of 177 participants, many of whom were fathers and grandfathers, who are usually less present in family life than their female counterparts, which underscored the importance of diversity in the activities we offer.



Parents teamed up with their children to whip up delicious dishes, practising communication and teamwork during the cook-off.



Despite it being his first time, a young participant confidently explained his dish to the judges in the company of his grandfather.



32 parent-child teams became the first to try out our original tabletop game “Family Delights – Brain Challenge” as they competed in a knockout-style competition and put their memories to the test in a heart-warming atmosphere.

## Uniting Families with Dragon Boat Training

The Family Energizer organised Hong Kong’s first introductory dragon boat programme, designed for children aged 7-12 to nurture the next generation of dragon boat talent. Under the instruction of a coach, ten children learned how to paddle and trained to compete as a team in a sport that helps to foster their physical fitness, confidence and team spirit. Meanwhile, the parents pitched in with unwavering enthusiasm and support, cheering on the sidelines as their children trained diligently.



Members of the junior dragon boat team worked together and moved towards their goal in unison.



Members of the junior dragon boat team participated in a beach clean-up, collecting over 20 kilograms of waste.

## Enhancing Marital Relationships through Activities

Parents are the pillars of a family, and a harmonious marital relationship lays the foundation for a nurturing environment in which children can grow, develop and prosper. To strengthen marital communication and interaction and to bring couples closer together, the Family Energizer launched the “Sleep Better Tonight” couples’ group. Led by social workers and professional instructors, the sessions allowed couples to find moments of relaxation in their busy schedules through couples’ stretching and learning to care about each other. This group has become a regular programme offered by the Family Energizer, recording a total of 53 participants and 223 attendances since its inception.



Parents learned different couples’ stretching exercises to show their care for each other and improve their physical and mental well-being.

## Enhancing Parent-Child Interaction through Play Therapy

Through its “Happy Fridays” activities, the Jockey Club Smart Family Link provided training in play therapy to more than 40 parents of children aged 6-12. This was followed by a series of four “Play Days”, where the parents had an opportunity to put their newfound skills to practice by playing chess and video games with their children. After each event, social workers reviewed their performance with the parents, and shared tips on how to better leverage play to strengthen their parent-child interactions and instil good values from a young age. The events were attended by 40 pairs of parents and children, with 272 attendances recorded in total.



Have you ever played hopscotch on this scale?

## Outlook

Underprivileged families struggling to make ends meet can be too preoccupied with the practicalities of everyday life to recognise the importance of issues such as parent education and improving marital relationships. Our Children and Family Services will continue to incorporate these elements into our activities and adopt a playful and diverse approach to create more unforgettable memories for families in need and establish a nurturing environment where children can grow happily.

## Service Statistics 2023-2024 (as of 31<sup>st</sup> March 2024)



**152**

No. of sessions of children’s development programmes



**77**

No. of sessions of family harmony programmes

**1,554**

No. of cases receiving support in family functioning



**183**

No. of cases receiving domestic violence support

