



綜合家庭支援服務

Integrated Family Support Services

服務方向

去年，綜合家庭支援服務在制訂服務方向時，注意到社會發展與服務使用者的關係，期望加強服務對社會的影響。家庭服務方面，主要透過創新手法回應家庭暴力和貧窮問題；青年服務嘗試應用正向心理學，在校園和特定的社區推動正面青年發展；社區發展服務方面，則透過政策回應和社區協作，以紓緩基層的住屋問題和舊區老化等現象。

Service Orientation

In last year's exercise of service planning, our Integrated Family Support Services could see the impact of social development upon our service users and the continuum intended to increase its social impact. Our family services mainly employed innovative strategies to react to family violence and poverty. Meanwhile, the youth services attempted to apply concepts of positive psychology in promoting positive development of young people in schools and in selected communities. In addition, policy advocacy and community collaboration were adopted by the community development services in responding to housing problems and old urban decay.

CFSC

服務摘要

家庭服務

「心寧廚房」計劃

保護婦女及兒童免受家暴傷害是恬寧居的核心工作。我們於2012年10月獲「愛心聖誕大行動2012」之捐助，舉行「心寧廚房」計劃，以「廚藝治療」為介入模式，為受家庭關係問題困擾的婦女紓緩壓力。計劃透過烹飪帶來的啟發和滿足感，重建婦女們的自信心和積極人生觀，並向大眾宣揚「零暴力」訊息。計劃活動內容豐富，包括：治療小組營養健康講座、原野烹飪日營、烹飪比賽、食物嘉年華、出版書刊、微電影製作及分享會、閉幕禮暨嘉年華等，讓更多人關注身、心、家庭和諧的訊息。計劃於2014年3月圓滿結束，參與及受惠人數合共超過6,000人次，更以出版《嚐在心》書刊作總結，透過電影工作者、單親媽媽、受虐婦女、西餐廳老闆、花茶及蛋糕導師、四代同堂家庭、永續農耕及剩食回收者的採訪，分享如何從「食物」及「烹調」去體味人生，並帶出人與人之間的情誼及食物與社區之間的連繫，向讀者傳遞正面能量。



一眾「愛回家」演員出席「心寧廚房」計劃總結暨頒獎典禮，分享與家人相處的心得。

Actors and actresses from TV programme 'Come Home Love' shared their tips in keeping good family relationship in the closing ceremony of project 'Cook with Hope'.

Service Highlights

Family Services

'Cook with Hope' Project

We have always committed to protecting women and children from domestic violence. Funded by 'Operation Santa Claus 2012' and commenced in October 2012, Serene Court employed concepts of 'Cooking Therapy' to organise the 'Cook with Hope' project to help ease the stress of women suffering from family relationship problem. The participants' self-confidence and positive attitude towards life were enhanced through the inspiration and satisfaction of cooking. Message of zero tolerance of domestic violence was also conveyed. Besides the therapeutic group, we also conducted health talks, wild cooking day camps, cooking competition, food fair, publication of book, micro-film production and sharing seminar to arouse concerns on body, mind and family harmony. The whole project was successfully completed in March 2014 and the total number of participants and beneficiaries were over 6,000. Lastly, we have published a book named 'Taste in Heart' to consolidate the core messages of the project. The book is about 10 people's stories including the film makers, single mothers, victims of domestic violence, restaurant boss, scented tea and cupcake instructor, family in 4 generations, sustainable agriculturalist and kitchen waste recycler. They shared their experiences from cooking, eating and the relationship with food. From their touching stories, we could taste the love and care among peoples and deliver positive energy to the readers via the links between food and the community.



《門外門內》微電影放映禮暨處理及預防家暴工作經驗分享會
'The Other Side of the Door' Screening show cum Sharing session on Frontline Services on Working with Domestic Violence

反家暴微電影—《門外門內》

遏止家暴，建造和諧家庭的工作是一個漫長而曲折的旅程。故此，恬寧居會繼續以不同方式摯誠地推廣「零暴力」訊息。去年，我們邀得香港電影金像獎2011最佳編劇獎得主麥曦茵導演及2011年鮮浪潮大獎得主阮智謙導演合力製作一齣名為《門外門內》的反家暴微電影。電影內容改編自真實家暴個案，描繪夫婦因不信任、猜疑及操控，演變成家庭暴力的情境。影片呈現施虐者與被虐者之內心世界，以及家暴對每個家庭成員所帶來的傷害。我們希望藉此微電影提升公眾人士對家庭暴力的警覺性，以及對目睹家暴的兒童的關注，宣揚「零暴力」的訊息。《門外門內》於2013年11月24日，即「國際消除對婦女的暴力日」的前一日作公開放映，而恬寧居亦於2014年2月21日舉辦「門內看家暴—《門外門內》微電影放映禮暨處理及預防家暴工作經驗分享會」，聯同專門處理家暴個案的業界同工，向關注家暴的人士分享其創新的服務計劃及寶貴的工作經驗。

Anti-Violence Micro-film – 'The Other Side of The Door'

Ending domestic violence and promoting family harmony is a long and winding journey. Serene Court will continue using different effective ways to promote 'Zero Violence' earnestly. This year, it is our honour to have Director, Ms. Mak Hei-yan, awardee of Hong Kong Film Awards 2011, and Director, Mr. Yuen Chi-him, Winner of 'Fresh Wave Award' of Fresh Wave 2011 to co-produce an anti-violence micro-film named 'The Other Side of The Door'. The film was adapted from a true domestic violence story, illustrating how mistrust, suspect and manipulation between a couple were ended up in violence. The film reveals the inner world of abuser and victim and how the domestic violence does harm to the family members. We hope that the film could arouse public's concern to domestic violence and the harm to children witnessing violence. We had the first public launch of the micro-film on 24th November, 2013, the day before the 'International Day for the Elimination of Violence Against Women'. Serene Court also conducted another micro-film viewing and sharing seminar on 21st February, 2014 for frontline workers working with the victims of domestic violence.



《嚐在心》
Taste in Heart



《門外門內》微電影記者招待會
Press conference on micro-film 'The Other Side of the Door'

「抗貧展愛」—2013-2014 年度計劃

活力家庭坊（綜合家庭服務）於 2013-14 年度以「抗貧展愛」為服務主幹，分為兒童、家庭、婦女及社區系列，目的是透過不同類型活動，緩減基層家庭在不利環境下被剝削的無奈，並提升社區人士對其需要的關注。兒童系列除了與「一團火義工隊」協作，讓區內基層兒童到中心補習，亦發展兒童興趣及藝術的活動；家庭系列有家庭拍攝、親子旅行等活動；而婦女系列主要培訓基層婦女，攜手舉辦「活力觀塘服務日」，以其受訓所得的技能服務社群，活動包括自製茶餐廳食品及派發自製環保袋、小童義剪等；社區系列則安排送贈端陽糉子予基層家庭、探訪長者等。整體計劃受惠人數多於 650 人。



「抗貧展愛」社區系列—「活力觀塘茶餐廳」開張大吉。
Community series in 'Anti-poverty and Love Giving' Project - Welcome to our Hong Kong style restaurant.

「婦女及其他弱勢社群家庭就業支援服務」

翠屏社區服務處獲社會福利署資助於 2014 年 2 月展開為期一年的「婦女及其他弱勢社群家庭就業支援服務」，為區內有志求職人士提供就業支援服務。服務包括為求職者提供求職講座、招聘會、實務的面試技巧訓練、職業輔導、工作配對、工作實地探訪及個案輔導等。此外，更會提供家庭生活教育，為求職人士於工作之餘，同時「做好自己，顧好屋企」。

'Anti-poverty and Love Giving' – Service Theme of the Year of 2013-2014

With the year service theme as 'Anti-poverty and Love Giving', Family Energizer (Integrated Family Service) aimed to alleviate the distress of the grassroots families living under the disadvantaged environment and promoting community care for them, by launching different series of service for children, family, woman and community. For the children series, we worked with a religious volunteer organisation to provide free tutorial service and interest and art activities for the deprived children. For the family series, grassroots families enjoyed much in photo-taking and outing activities. For the woman series, grassroots women were trained to launch a service day to serve the community with their acquired skills. DIY Hong Kong style foods, DIY tote bags, and free hair cut for children were served in the service day. For the community series, rice dumplings were given to grassroots families and visits to elderly home were arranged. Over 650 grassroots people were benefited from the whole project.



「抗貧展愛」兒童系列之「小丑豆丁展愛行動」在老人院。
Children series of 'Anti-poverty and Love Giving' Project – Funny Magic Play at elderly home.

'Employment support service for women and other deprived families'

Being funded by the Social Welfare Department, Tsui Ping Community Service has started a 1-year project 'Employment support service for women and other deprived families' since February 2014 in Kwun Tong. The service included career talks, Job Expo, interview skills training, career counselling, job matching, workplace site visit and individual counselling. Family life education was provided as well to help the participants keep a good balance between their work life and family life.



求職講座
Interview skills training workshop

小白兔信箱

活力家庭坊（綜合家庭服務）獲蘇豪香港扶輪社在過去兩年贊助及協助下，推行小白兔信箱服務。蘇豪香港扶輪社的義工除了定期透過書信關懷及支援地區上貧困小朋友外，還與參加小白兔信箱的小朋友一起歡度節日。期間，更為基層家庭舉辦一項日營活動，鼓勵小朋友接觸大自然及與家人共享家庭樂。義工們身體力行，與參加者一起進行集體遊戲及燒烤，場面溫馨又熱鬧。



蘇豪香港扶輪社社長葉浩文博士於「小白兔信箱」日營活動中頒發獎品予幸運兒。

Dr. Kirk Yip, President of Rotary Club of SoHo Hong Kong gave a present to a child in the 'Bunny Mail' day camp activity.

青年服務

社區為本的青年工作—「動感 90 後」計劃（香港賽馬會社區資助計劃）

「動感 90 後」是一個配合寶達邨社區發展而推行的青少年培育計劃。寶達邨於 2001 至 2003 年入伙，邨內的兒童已逐漸步向青春期，能捉緊這關鍵時刻讓他們接受多元化的培訓，對他們建立自信心和正面價值觀影響深遠。由本會臻善軒推行的「動感 90 後」自 2012 年起得到香港賽馬會的資助，計劃涵蓋視覺藝術、表演藝術及運動的專門訓練、成長小組和社區服務。計劃至今已經惠及 265 位來自基層家庭的兒童及青少年。在朋輩的支持及推動下，學員學習新技能時皆培養出積極的態度和毅力，繼而透過小組集會持續練習，為自己定下更高的目標；他們甚至自發地定下小組規範如守時、認真及如何分擔責任等，足見他們對學習的投入。「寶達星光大道」更是一個讓學員展現實力的好機會，雖然在排練當中會產生壓力，但他們的家人反而給予安慰和鼓勵，令親子關係變得更為密切。



「動感 90 後」計劃的青少年在老人院舍表演雜耍，為長者帶來歡樂。

'Youngsters in Motion' participants performed variety entertainment in elderly home to cheer up elderly people.

Bunny Mail

With both financial and volunteer support from the Rotary Club of SoHo Hong Kong in the past 2 years, Family Energizer (Integrated Family Service) has launched a 'Bunny Mail' service for children in need in the community. Besides replying letters to children regularly through 'Bunny Mail', volunteers of Rotary Club of SoHo Hong Kong also participated in festival celebration with the children. In the year, they launched a day camp for the children, providing them with a chance to get close to the nature and have a quality time with their family members. Great fun in group games and barbecue was shared amongst the volunteers and participants.

Youth Services

Community-based Youth Work – 'Youngsters in Motion' (Supported by the Hong Kong Jockey Club Community Project Grant)

'Youngsters in Motion' was a youth enhancement scheme designed to meet the community needs of Po Tat Estate. Since most children who moved in the estate between 2001 and 2003 have gradually stepped into their puberty, the project aimed at enhancing their self confidence and building up positive personal values during this critical period. Since 2012, the Hong Kong Jockey Club Community Project Grant supported our Cherish House to launch this project, which covered visual art training, performance art training and sports training as well as peer support groups and community services. There were 265 beneficiaries who came from low income families in Po Tat and estates nearby. Participants have built up patience and endurance in the learning process where they were strongly supported and encouraged by their peers. Participants even formulated their group norms and set their own learning objectives through group gatherings, all these reflected their strong involvement in the activities. 'Stage of Po Tat', a variety show that was taken place in Po Tat Estate, was undoubtedly a good chance for participants to show off what they had learnt in the project. Although they might be stressful during preparation, parents' unconditional support to them did improve their parent-child relationship.



「動感 90 後」計劃街頭推廣活動。
Road Show of 'Youngsters in Motion' project.

優質教育基金「喜樂的藝術—至『正』校園文化推廣計劃」

傳統的心理學多以問題出發，但正向心理學則著重探討達致快樂生活的途徑。在優質教育基金贊助下，本會 YOU CAN—潛能發展中心已在九龍東 10 所中學展開「喜樂的藝術—至『正』校園文化推廣計劃」。計劃為期兩年，以正向心理學的理論為基礎，再以視覺藝術和戲劇作為介入手法，旨在鼓勵中學生發掘自己的強項，協助老師培養積極樂觀的學生，一同建立校園內互相欣賞的文化。

計劃內容包括「至正的一課」（課堂）、「至正生命小組」（成長小組）、「至正生命大使」（領袖訓練）、「至正週會」（互動戲劇）及「至正展覽」（校本展覽）5 部分，除了提升同學對正向心理的認識外，更讓他們在藝術活動中經歷正向心理學中的「神馳」（Flow）狀態。此外，對於一些在情緒或行為上有較大需要的學生，他們能透過活動發掘自己的強項，並增強內在的動力。在「夢想實現劇場」當中，同學更互相激勵，分享及展現自己的未來。最後，同學在「至正的一課」及「至正生命小組」的繪畫和集體拼貼創作，亦在各校的展覽中展出。同學都非常重視自己的創作，很多同學都特意來找回自己的作品，互相欣賞。



至正小組—同學製作面具代表自己的個人品格強項，並以零食砌畫總結經驗。

Visual Art Group – Students made their own masks to represent their character strength and consolidate their learning through creating snack pictures.

‘Stay Positive – Positive Psychology Education through Expressive Art Project’ (Supported by the Quality Education Fund)

Unlike traditional psychological approaches which pay attention to human problems, positive psychology focus on exploring effective ways to enhance people’s happiness. Having been supported by the Quality Education Fund, our YOU CAN – Potential Exploration Unit started a ‘Stay Positive – Positive Psychology Education through Expressive Art Project’ for 10 secondary schools located in Kowloon East. By applying concepts of positive psychology and making use of expressive art, this 2-year project aimed at facilitating students’ self awareness of their personal strengths and supporting teachers to enhance students’ positiveness, in turn to create an enabling environment for students’ growth and development. Deliverables of the project included class lessons, growth groups, leadership trainings, interactive dramas as well as art exhibitions.

The project not only educated students what positive psychology is, but also led students to have an experience of ‘flow’, which was mentioned in the positive psychology, by means of visual art learning. Besides, to those students who have emotional and learning difficulties, they were successfully encouraged to search for their personal strengths and to energise their inner self. Finally, the art works made by students in growth groups and class lessons were exhibited in various schools. Students were very excited to have this opportunity and they eagerly invited their peers to share the sense of achievement.

「正能量青年選舉」鼓勵「強項品格」

經過 3 年多的努力，「正能量青年選舉」已成為社區上表揚積極生活青年人的平台。今年，大會繼續得到觀塘區廿多所中學的支持，提名學生參選。大會除了得到社會福利署觀塘區福利專員吳庭光先生、觀塘區議會副主席蘇麗珍女士 MH, JP 和本會總幹事郭烈東先生 JP 擔任選舉的評判，更邀得 4 位熱愛生命的嘉賓現身說法，向現場觀眾分享自己的生命故事，包括基督教正生書院校長陳兆焯博士、「唇讀」女狀元曾芷君、抗癌勇士陳偉霖及學民思潮召集人黃之鋒。本會青年服務的其中一個重點就是「促進青年人的正向發展」，所以，我們希望把「正能量」塑造成一個青年人正向發展的符號，當青年朋友想起「正能量」，就很自然聯想到積極正面的人和事。為提升選舉的客觀性和持續性，大會更參考正向心理學的「強項品格」，以確立「正能量青年選舉」的評審準則，為選舉展開新的一頁。

Character Strengths as Criterion of Positive Youth Election

After being launched for 3 years, the ‘Positive Youth Election’ (the Election) became a platform in our community to recognise young people who stayed positive in their life. This year, the Election continued to receive nominations from more than 20 secondary schools in Kwun Tong. Members of the Election Panel were Mr. Ng Ting-kwong, District Social Welfare Officer (Kwun Tong) of Social Welfare Department, Ms. So Lai-chun, MH, JP, Vice-chairman of Kwun Tong District Council, and Mr. Kwok Lit-tung, JP, Chief Executive of CFSC. Besides, 4 special guests were invited to share their life stories in the award presentation ceremony, they were Dr. Chan Siu-cheuk, Principal of the Christian Zheng Sheng College, Miss Tsang Tze-kwan, Mr. William Chan and Mr. Joshua Wong, leader of the Scholarism. As promotion of positive development of young people is one of work focuses of our youth services, we hoped the ‘Positive Energy’ would one day be a symbol reminding young people to behave in an optimistic manner throughout their growth and development. In order to strengthen the sustainability and objectivity of the election, we have incorporated the character strengths of positive psychology into the criterion of the Positive Youth Election. This indeed is a milestone of the Positive Youth Election.



「正能量青年選舉 2014」— 4 位特別嘉賓向青年人分享生命故事。
‘Positive Youth Award 2014’ – special guests who shared their life stories to young people.