



青年服務

Youth Services

服務方向 Service Orientation

青年服務相信每位年青人都擁有個人特質和潛能，在他們成長和發展的過程中，透過不斷的體驗探索，發揮這些特質及潛能。我們透過多元的服務，邀請跨界別合作為青年人開拓發展空間，鼓勵他們熱愛生命，關心他人，並積極參與社區。今年，我們以「夢想」為主題，打造了「Y-Concept Stage 2.0」舞台，以音樂介入手法，鼓勵青年人「自主」、「自強」、「自愛」，並實踐理想。

Youth Services believe that every youth has their own personal attributes and potential. Through continuous exploration and exertion in their growth and development process, one can develop these qualities and potentials to the full. Through multidimensional services, we have invited cross-sectoral cooperation to develop different platforms for young peoples, encouraging them to love life, care for others, and actively participate in the community. This year, with 'Dream' as the theme, we created our music platform 'Y-Concept Stage 2.0' and use music to encourage young people to have 'autonomy', 'self-reliance' and 'self-love' and to realise their dreams.

夢想

服務摘要 Service Highlights

旗艦服務「Y-Concept Stage 2.0」 利用音樂作介入及培育

本計劃運用音樂作介入的媒介，向青年人提供原音樂隊及獨立樂隊訓練、後台管理訓練、歌詞賞析工作坊以及不同的演出機會；用音樂介入他們的生命，透過音樂反思自身對生命的態度，找回自我價值和肯定。今年，青年服務設置了一個正式的音樂表演舞台，亦提升了燈光音響設備。升級的Y-Concept Stage期望日後可以提供一個更理想的平台，讓各樂隊繼續「做自己」的音樂，實踐夢想！

新設置的Y-Concept 舞台於2017年1月正式啟用。
The New Stage of Y-Concept officially opened in January 2017.



Y-Concept 獨立起義樂隊
合輯發佈會於2016年12月順利舉行。
Y-Concept INDIERISES album
successfully released in December 2016.

第六屆「正能量青年選舉」

「正能量青年選舉」自2011年舉辦至今已踏入第六屆，本屆獲來自全港94間中學，提名共332位學生參加，此成果亦反映到本計劃逐漸被學界肯定。本屆的活動以「信・堅持」為主題，繼續一貫精彩及多元化的活動，先以「信・堅持」分享會揭開序幕，今年，我們邀請了企業家鍾玲小姐、原創品牌Chocolate Rain創作人麥雅端小姐以及花式足球冠軍施寶盛先生，分享他們如何透

Flagship Programme 'Y-Concept Stage 2.0' Use music for intervening and nurturing

Using music as a medium of intervention, the programme provides acoustic and independent band training, backstage management training, lyric writing workshop and various performance opportunities to adolescents. With music involved in their lives, young people can reflect their attitude towards life and retrieve self-worth and affirmation. This year, a formal music performance stage was set up with the theme of 'Be Yourself'. With the upgraded lighting and sound control system, Y-Concept aimed to provide a more professional platform for the youth to produce their music and actualise their dreams!



Y-Concept本年度加強發展街頭樂隊工作，並與本機構的環保單位舉辦音樂會。
Y-Concept strengthened the development of street bands this year and co-organised music show with Green Services of CFSC.

The 6th Positive Youth Award

'Positive Youth Award' has already entered its sixth year since 2011. This year, we have received 332 nominations from 94 secondary schools in Hong Kong, which reflected the gradual recognition of the scheme among schools. With 'Trust and Persistence' as the theme of this year, the scheme continues to launch a series of splendid and diversified activities. Kicked off by a sharing workshop where Ms. Candy Chung, enterpriser; Ms. Prudence Mak, the founder of Chocolate Rain; and Mr. Lyson Sze, the Champion of Hong Kong Fancy Football, shared how persistence and perseverance paved the way to their success, the 'Positive Youth Award Presentation Ceremony' has undertaken the tradition of the past and created a platform for the adolescents to perform and expert their talents. Meanwhile, our positive youth Ambassadors cum TVB Artist,



正能量同學會成員與張彥博分享他的「信·堅持」故事。
Members of the Alumni association learned more about Mr. Bob Cheung's story of 'Persistence'.



媒體報導
Media Coverage



「正能量青年選舉頒獎禮」當日，整個禮堂充滿正能量氣氛。
The ceremony was packed with positive atmosphere.

過毅力與堅持，實踐自己的夢想。而「第六屆正能量青年選舉頒獎禮」秉承以往的傳統，除了頒發獎項外，亦打造一個讓年青人表演各方面才能的平台；此外，典禮上更安排了今年擔任「正能量大使」的無線電視藝人張彥博先生與年青人對談及對唱，共同分享充滿正能量的人生故事，勉勵年青人積極為自己的理想奮鬥。

Mr. Cheung Yin-po Bob, shared his enlighten stories through dialogues and singing with the youth in the ceremony to encourage them to strive for their dreams.

有「情」同行—支援受情緒困擾青少年多專業研討會

Seminar on 'How to support adolescents with emotional problem'

青少年受情緒困擾的情況日益增加，隨著中學學制的改革，加上社會經歷改變，使青少年在學業、社交及家庭所承受的壓力日益增加。為了加強老師及社工對此議題的關注，我們於2016年12月8日舉辦「有『情』同行—支援受情緒困擾青少年多專業研討會」，當日過百名老師及社工到場出席活動。我們很榮幸邀請到香港中文大學醫學院香港健康情緒中心一級執業臨床心理學家郭碧珊小姐講解青少年的需要及行為，並以個案剖析如何面對受情緒困擾的青少年。同時學校社會工作部督導主任黃佩儀姑娘以實務角度建議學校應以何種態度支援受情緒困擾青少年。而迦密主恩中學林瑞美校長與過來人一起分享如何透過

The emotional problems of adolescents are kept increasing. The reform of the secondary school system and social changes have increasing pressure on young people in school, social and family aspect. In order to raise concern of teachers and social workers on this issue, we organised a seminar – 'How to support adolescents with emotional problem' on 8th December 2016, with over 100 teachers and social workers participated in this seminar. We cordially invited Ms. Kathleen Kwok, Clinical Psychologist of Hong Kong Mood Disorders Center of the Chinese University of Hong Kong to analyse the needs and behaviours of young people in a psychological way, and how to deal with adolescents with emotional distress through case sharing. Ms. Regina Wong, Supervisor of School Social Work Unit, also shared her practical experience to support adolescents with emotional problems in school settings. Last but not least, Principal Lam Sui-mei of Carmel Divine Grace Foundation



林校長與學生分享校方如何透過不少支援讓學生可以渡過難關。
Principal Lam and her student exchanged views towards school policy which helped the youth go through difficulties.



分享會上不同專業的嘉賓及青年分享者合照。
Photo taking among professionals and adolescents.

社工、校方及社區的支援，克服情緒病所帶來的陰霾。

「動感 90 後」計劃

臻善軒繼續獲香港賽馬會社區資助計劃的贊助，於秀寶區內推行「動感90後」計劃。透過體藝培訓及義工服務，培育青少年的潛能、增強他們的自信心，並讓他們保持積極及樂觀的生活態度。透過為期一年的培訓，鼓勵青少年接觸社群，擴展他們的生活體驗，以及鞏固他們的朋輩支援網絡。本年度，「動感90後」計劃更邀請到基督教聖約教會堅樂第二小學、香港聖公會何明華會督中學及兒童之家，支持本計劃，共同協助青少年重拾自信，重新訂立個人成長目標。



「動感 90 後」計劃：6 位活潑的小朋友，於長者中心進行採訪及義工服務，積極參與社區活動。

6 energetic primary students of 'Youngster in Motion' project actively participated in community activities and volunteered in the elderly centres.

Secondary School and some adolescents with previous emotional problems shared with the participants on how to overcome the shadow through social workers, schools and community support.

'Youngsters in Motion' Project

Cherish House has gained continuous support from the Hong Kong Jockey Club Community Project Grant to implement the 'Youngsters in Motion' Project at Sau Po district for developing youngsters' potential and volunteer services, enhancing their self-esteem and nurturing them with positive and optimistic attitudes towards life challenges. The 1-year project also encouraged youngsters to have community participation, to enrich their life exposure and to establish good support network in the society. This year, we were delighted to have 3 collaborators, The Mission Covenant Church Holm Glad No. 2 Primary School, HKSKH Bishop Hall Secondary School and a Small Group Home, to join hands in helping the youngsters to strengthen their self-confidence and re-establish their personal growth goals.



「動感 90 後」的青少年於台上載歌載舞，展現自我。

Participants of 'Youngster in Motion' performing on the stage with great enjoyment.

童創A級工房：「我的曲髮同學」繪本創作

兒童時期的品格教育是相當重要的。本會賽馬會跳躍青年坊結合繪本創作及「6A品格教育」，從第一個A「接納Acceptance」開始，教育小朋友，建立良好的品格。計劃共招募了24位小朋友，共同創作「我的曲髮同學」繪本。小朋友從中深入探索及討論「接納」的意義，並分工創作繪本內的每幅圖畫。參與的小朋友最後收到自己親手製作的繪本，顯得十分雀躍及有成功感。本活動更獲青年事務委員會贊助，印製繪本於社區內派發，讓品格教育宣揚出去。



由24位小朋友共同創作的繪本，於區內派發及推行品格教育。
Picture book created by 24 children distributed to public for character education.

Our Class A Workshop : 'My Curly Hair Classmate' picture book creation

Conduct education is crucial in childhood. Start with the first 'A – Acceptance', our Jockey Club Youth Leap integrated the picture book creation and '6A conduct education' to help children establishing good conduct. We recruited 24 children to create 'My Curly Hair Classmate' picture book. During the process, children had an in-depth exploration and discussion on the meaning of 'Acceptance', and took their own role to create different pictures for the book. When the children finally received their own hand-made drawings, they were all very excited and fulfilling. The project was also sponsored by the Commission on Youth to promote the conduct education to the community through disseminating the picture books.



共同創作「我的曲髮同學」繪本。
Creating 'My Curly Hair Classmate' picture book.

未來發展 Outlook

本會青年服務將繼續以正向心理學為基礎，重視青年人的正向發展，鼓勵年青人能夠為自己目標出發，尋找充實、有意義及快樂的人生。我們亦會特別為面對困難的青年人尋覓新視野，提供學習及訓練，以協助他們持續裝備自己。在服務手法上，我們將專注於運用創意藝術手法去支援成長中的青少年。音樂、視覺藝術、舞動及戲劇等元素是我們常用的媒介幫助青少年探索和表達自己的情緒和想法，增加他們的自我覺察能力，建立新的角度和方法來面對問題，促進個人成長。

Our Youth Services will continuously adopt positive psychology as guiding principle from which we identify positive and healthy development of young people as direction. We encourage young people to develop their engaged, meaningful and pleasant lives as for their life goal. We will also provide trainings and learnings to those with life difficulties so as to well equip themselves continuously. In the service approaches, we will focus on the use of creative art to support the youth development. Music, visual arts, dancing and drama and other elements would be used to facilitate the youth to explore and express their emotions and ideas, to increase their self-awareness, to establish new perspectives to face problems and promote personal growth as a whole.

2016-2017服務統計 (截至2017年3月31日) Service Statistics (as at 31st March, 2017)

接受輔導的青少年個案數目
No. of youths counselled



1,117

2,817



接受諮詢服務的人次
No. of attendance of consultation service

激勵青少年成長的活動節數
No. of youth development programme sessions



2,072

498



提供參與及服務社區的服務節數
No. of serving community programme sessions

發展人際社交能力、體藝能力的活動節數
No. of developing social, sports and art skills programme sessions



1,070