



NEW LIFE

Psychiatric Rehabilitation
Association

新生精神康復會

2018/2019

ANNUAL REPORT 年報

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The background of the entire page is a light, textured green. In the center, there is a large, irregular watercolor splash. This splash is composed of various shades of blue and green, with darker blue in the center and lighter green towards the edges. There are also smaller, scattered watercolor splatters of these colors around the main central splash.

FROM
RECOVERY

從復元

FOUNDER 創立人

Dr. Stella LIU 劉曼華醫生

New Life Psychiatric Rehabilitation Association, originally called the New Life Mutual Aid Club, was formed by Dr. Stella LIU and a group of people in recovery (PIR) of mental illness in 1959. Dr. LIU joined the Mental Health Service of Department of Health as Assistant Medical Officer in 1952. In 1958, Dr. LIU started a group psycho-therapy for patients in the hospital. This group therapy was very successful that the participants wished to continue receiving her service all hospitalization. The idea of forming a "Mutual Aid Club" was born in response to patients' demand. After several preliminary meetings, a preparatory general meeting took place at the Hong Kong Psychiatric Centre, gathering altogether 55 basic members and 5 observers from the hospital. During the meeting, "New Life Mutual Aid Club" was adopted and Committee members of New Life Mutual Aid Executive were elected amongst the basic members. In July 1965, the Executive Committee decided to re-organize due to membership diversification and service expansion. The name was changed to the New Life Psychiatric Rehabilitation Association and Dr. Raymond Wu was elected as the first Chairman. Dr. LIU passed away on 3 April 1997 in London. Dr. Stella LIU Fund was established in memory of her valuable contribution to the Association.

新生精神康復會原稱「新生互助會」，由劉曼華醫生與一群精神病康復者於1959年創辦。劉曼華醫生早於1952年加入香港醫務衛生署屬下的精神健康服務擔任助理醫務主任。1958年在精神病院內籌組心理治療小組，成效十分理想，組員均希望離院後能繼續接受有關服務。基於院友對服務的需求，牽動劉醫生組織「互助會」的念頭。經過連次會議後，在55名基本會員的出席及5名醫務人員的見證下，「新生互助會」在香港精神衛生中心正式成立，並從基本會員中選出執行委員會委員。1965年7月，由於會務擴展及執委多類化，執行委員會召開大會就改組作出議決，「新生互助會」易名為「新生精神康復會」，鄔維庸醫生獲選為首屆主席。劉曼華醫生於1997年4月3日在倫敦離逝。本會設立劉曼華醫生基金，以紀念劉醫生對本會的寶貴貢獻。

HISTORY 歷史

The New Life Mutual Aid Club was formally registered with the authorities in 1961. In 1965, the name was changed to New Life Psychiatric Rehabilitation Association. The Association was incorporated under the Companies Ordinance Act in 1969, and joined The World Federation for Mental Health and The Hong Kong Council of Social Service in the same year. It became a member of The Community Chest of Hong Kong in 1970.

「新生互助會」1961年正式註冊。新生互助會於1965年改組後，易名為「新生精神康復會」。1969年，本會根據《公司條例》註冊為有限公司，同年成為世界心理衛生聯盟的聯會及香港社會服務聯會的會員，於1970年加入香港公益金為會員。

OUR VISION, MISSION AND CORE VALUES

我們的願景、使命及核心價值

VISION 願景

We strive to promote mental wellness for people in recovery of mental illness and for their families and the general public with the ultimate goal of equal opportunities, social inclusion, acceptance and full participation for all in the community.

本會致力倡導與促進精神病康復者、其家屬及公眾的精神健康與身心康泰，最終目標是為他們爭取平等機會，獲得公眾接納，達致融入和全面參與社會。

MISSION 使命

We are dedicated to pioneering and delivering people-focused, recovery-oriented, and evidence-based community mental health services with care and respect, innovation and continuous drive for excellence and professionalism.

本著從心關顧與尊重、勇於創新、持續追求卓越及恪守專業精神，本會致力開拓及提供以人為本、以復元為導向及以實證為基礎的優質社區精神健康服務。

CORE VALUES 核心價值

Care for People

- We treat people with respect, trust and fairness
- We recognize each other's merits and value their contributions

以人為本、從心關顧

- 我們以尊重、信任及持平待人
- 我們認同各人之所長，重視他們的貢獻

Excel for Quality

- We are committed to professionalism and innovation
- We drive for teamwork, partnership and synergy
- We uphold a learning culture for continuous improvement and organizational sustainability amid a changing environment

與時並進、追求卓越

- 我們恪守專業精神並勇於創新
- 我們追求團隊合作，創造跨界共事，發揮協同效益
- 我們秉持終生學習、精益求精；與時並進，持續發展



TO
WELL BEING

邁向
身心靈健康

PRESIDENT'S MESSAGE

會長獻辭

Professor CHEUNG Mui-ching, Fanny,
SBS, OBE, JP

張妙清教授，SBS，OBE，JP



It is my great honour and privilege to serve as the President of the New Life Psychiatric Rehabilitation Association. I am excited to maintain my link with the Association in this new capacity as the Association is striving ahead passionately with its effort to promote mental wellness for all people in Hong Kong.

I must thank Members of the Association tremendously for having elected me to take up this honourable position and for also having re-elected all the five long-serving Vice-Presidents at the last Annual General Meeting held on 7 September 2018. I am grateful for the exemplary service of my predecessor, Mr. HO Sai-chu, GBM, GBS, JP who had taken up the Presidentship since 1974. We really appreciate Mr. Ho for agreeing to be the Patron of the Association so that we can continue to benefit from his guidance.

I joined the Association 43 years ago as a volunteer in the New Life Subcommittee of Female Halfway House and as a member of the Executive Committee from 1977 to 1980, and then as the Vice-Chairperson from 1981 to 1996 until I became the Chairperson of the Equal Opportunities Commission for its first three years. I returned to serve on the Executive Committee from 1999 to 2007 and was elected to be the Chairperson from 2008 to 2017, and now as the President. I am grateful to our Founders for bravely setting up the Association, in the form of an admirable mutual aid committee, in the 1960's. Through the strenuous effort of many visionary Presidents, Vice-Presidents, Chairpersons and Members of the Executive Committee, our staff and also our service users and their families, the Association has grown into one of the most notable non-profit organizations in the field of mental health.

The Association now serves about 20,000 persons in recovery of mental illness and their families and over 58,000 members of the public

作為新生精神康復會（新生會）的會長，我深感榮幸。新生會紮根香港多年，摯誠竭力為香港大眾的整全精神健康提供服務，我得以會長的身份為本會繼續服務，倍感興奮。

在2018年9月7日去屆週年大會上，本會會員推選我出任會長，並推選所有五位長期為本會服務的副會長連任，我十分感激，亦很感謝何世柱先生，GBM，GBS，JP 自1974年以來出任會長一職，成為我工作的典範。我衷心感謝何先生應允出任本會的贊助人，繼續服務本會。

43年前，我加入新生會女性中途宿舍委員會擔任義工，於1977年至1980年成為執行委員會委員，1981年至1996年擔任副主席，隨後我在出任平等機會委員會首三年的主席時暫別執行委員會。1999年至2007年我重投執行委員會，並在2008年至2017年當選為主席，至今出任會長。我很欽佩及感謝本會的創立人，在1960年代以互助會形式毅然建立本會。有幸得到歷任高瞻遠矚的會長、副會長、主席和執行委員會委員的領導，各員工以及服務使用者及其家屬的努力，本會已發展成為香港一個重要的非牟利精神健康服務機構。

本會現在每年服務大約2萬名精神病康復者及其家屬，以及超過58,000名公眾人士。本會每年收入超過5億港元，其中約64%來自社會福利署，其餘來自服務收費、投資收入，以及多個慈善團體的撥款支持。本會共有超過1,000名不同職系和級別的員工無私地工作。

every year. Our annual income stands at over \$500 million, with about 64% of it coming from the Social Welfare Department (SWD) and the rest from fees, investment income as well as funding support from a number of charitable organizations. There are over 1,000 staff of different grades and ranks working selflessly in our service units.

In 2018/19, the Association continued to provide a wide range of quality and affordable services, including residential services, vocational services, community mental health, mental health promotion & prevention and work-integrated social enterprises. The Association consolidated its diversified services, on a solid foundation built by many wise leaders and staff and, at the same time, experimented with new services and projects, embracing innovation and creativity in the process. This dual-track approach guided us in an ongoing effort to deliver our mission to pioneering and delivering people-focused, recovery-oriented, and evidence-based mental health services with care and respect, and also with continuous drive for professionalism and excellence. We were also resolutely committed to making sustained efforts to attain our vision of providing people recovering from mental illness equal opportunities, social inclusion, acceptance and full participation in the community.

In the last Annual Report covering 2017/18, the Association mourned the loss of Mr. CHAN Sui-jeung, Vice-President and Founding Member, and Ms. Sania YAU, our long-serving Chief Executive Officer. Despite these great losses, 2018/19 was a year of intense activity and it shot through with many important events. A full account of the events that occupied the Association was set out in the 2018/19 Annual Report. I would perhaps highlight a few projects to showcase how the Association went about pursuing “recovery to mental well-being”, striding into new horizons of work while consolidating our experiences. These projects included the operation of a SWD-subvented Support Centre for Persons with Autism; the opening of the Community Green Station at Kwai Tsing District; the setting-up of a new farmfresh330 in Admiralty; and the implementation of e-Care System in some of our halfway houses. I should also mention the dayday330 programme formally launched on 30 March 2019 to promote 330 (3 for body, 3 for mind and 0 for spirit) well-being among every one of us in the community, through practising a micro-break every day. This public awareness programme is an important initiative, and I hope that the Association will continue to receive support from the Government and the community at large in taking this initiative forward to make Hong Kong a better place to live.

I am fully confident that the Association will continue to flourish, under the able leadership of Miss Annie TAM Kam-lan, GBS, JP, Chairperson of the Executive Committee with the staunch support and wise counsel of Members of her Executive Committee and her other Advisers. I also welcome the new Chief Executive Officer, Ms. Amy FUNG Dun-mi, MH who has assumed duty since April 2019. I wish the Association every success in its work, and look to the Government, our staff, our partners and our service users for continuing encouragement and support.

在2018至19年度，本會繼續提供一系列合宜的優質服務，包括住宿服務、職業服務、社區精神健康、心理健康推廣和預防，以及與就業融合的社會企業。在不同英明的領導和員工努力建立的穩固基礎上，本會整合不同的服務。與此同時，本會本著創新及創意的精神，探討及實驗新服務和新項目。這雙軌並行的工作方針引導本會推進我們一貫從心關顧與尊重、以人為本、以復元為導向，及以實證為基礎開拓及提供優質社區精神健康服務的使命。在過程中，本會持續追求卓越及恪守專業精神。我們同時為實現本會的願景而努力不懈，希望精神病患復者能得到平等機會及公眾接納，並能全面參與社會。

在上一份2017至18年度報告中，本會對副會長兼創會會員陳瑞璋先生，以及長期為我們服務的行政總裁游秀慧女士的離去深感哀悼。在沉澱哀傷的同時，本會進入了繁重的2018至19年度，展開了很多工作及重要的活動：有關詳情，已列於2018至19年報內。我試舉以下數個例子，以突出本會如何在鞏固服務的同時，昂然邁步進入新的工作里程，實現「從復元到整全身心靈健康」。這些例子包括推出由社會福利署資助的自閉症人士支援中心；開設葵青區社區綠化站；在金鐘開設新一家 farmfresh330有機零售店；以及在部份過渡期宿舍中實施電子護理系統。此外，2019年3月30日啟動的 dayday330行動計劃，旨在鼓勵每人每天用適合自己的方式進行「小休息」，增進自己的330（3代表身、3代表心、及0代表靈）健康。我希望這項有意義的公眾意識計劃能繼續得到政府和社會的支持；而我相信這項計劃的推展，將有助每個人增進自己的精神健康，使香港成為更適合大眾安居樂業的地方。

憑著執行委員會主席譚蘭蘭女士，GBS，JP 的卓越領導才能，及其執行委員會成員及其他顧問的支持及智慧，我深信本會將茁壯發展。我也歡迎自2019年4月起履新的行政總裁馮丹媚女士，MH。謹此祝願本會的工作事事順遂，並期待繼續得到政府、員工、合作夥伴及服務使用者的鼓勵和支持。

CHAIRPERSON'S REPORT 主席報告

Miss Annie TAM Kam-lan, GBS, JP
譚贛蘭女士，GBS，JP



It gives me unusual privilege to chair the Executive Committee of the New Life Psychiatric Rehabilitation Association. As a non-profit organization, the Association has, for over 50 years, been providing much valued rehabilitation services to persons recovering from mental illness as well as promoting mental well-being in the community.

Those who have read previous Annual Reports of the Association would, like me, greatly appreciate the enthusiasm, perseverance, strength and wisdom of our many predecessors whose contributions had laid such a solid foundation for the Association to carry on providing a multifarious range of quality services and worthwhile projects. I am truly inspired by the distinguished achievements of the Association in the field of mental health, made on the basis of an evidence-based approach and guided by a caring culture deep rooted in its tradition.

Much as I am impressed by the strenuous efforts that have been made by our Founders, all Presidents, Vice-Presidents and Members of the Executive Committee, I am also keenly conscious of the sterling work and collective endeavours put in by our staff, our productive partnership entered with the Government, as well as the generous support given to the Association by various supporting organizations and different quarters of the community.

The Year 2018/19 was a challenging one for the Association. For the period between April and September 2018, the Executive Committee was chaired by Professor Fanny CHEUNG Mui-ching, SBS, OBE, JP. I succeeded her in October 2018. The smooth transition that straddled these two periods would not have been possible without the strong and unfailing support given to me by well qualified Members on the Executive Committee and staff of all grades and ranks.

能夠擔任新生精神康復會（新生會）執行委員會主席，我感到特別榮幸。新生會是一個非牟利機構，於過去50多年來，一直致力為精神病康復者提供合適及具意義的服務，並同時為提升社區精神健康努力不懈。

如果大家有閱讀新生會過往的年報，相信也會和我一樣，十分敬佩多位前輩的熱心、堅持、魄力及智慧，他們的貢獻為新生會服務奠下穩固的基礎，使新生會可持續提供一系列多元化高質素服務及實踐很多有意義的計劃。新生會採用實證為本作為工作方針、堅守從心關顧的服務文化，在精神健康服務方面建立了不少卓越的成就，令我深受啟發。

我欽佩新生會創辦人、歷任會長、副會長及執行委員會委員所付出的心力，亦特別欣賞各員工的優秀表現及集體努力和新生會與政府建立的有效合作關係，也十分感謝眾多支持機構與社會不同界別人士對新生會的慷慨支持。

2018至19年度對新生會來說是充滿挑戰的一年。在2018年4月至9月，新生會的執行委員會主席是張妙清教授，SBS，OBE，JP，而我則於2018年10月接任。新生會可以平穩跨越這兩個時段，全賴執行委員會各委員及不同職位的同工不遺餘力的支持。

It gives me great pleasure to present our 2018/19 Annual Report. The Report gives an account of the services delivered by the Association in many different areas. It highlights how we moved forward in 2018/19 by consolidating, intensifying, enriching, improving and expanding our services. It was also a year in which we continued to prudently explore new horizons in the interest of better meeting the changing needs of our service users and the community at large. I would like to highlight five aspects in particular.

In 2018/19, the Association strictly adhered to an effective corporate governance framework which mirrored the Best Practice Manual prepared by the Social Welfare Department and the Guide to Corporate Governance for Subvented Organizations produced by the Efficiency Unit. The Association diligently complied with all the relevant processes and procedures in the applicable governance policies and guidelines. Conscious of the need to adapt to changing circumstances, the Association kept its policies, processes and procedures under review according to a pre-determined timetable, and suitable improvements were made. Members of the Executive Committee and staff upheld a high standard of conduct, consistence with the need to adhere at all times to the relevant rules on declaration of conflicts of interest, anti-corruption and data protection, etc.

Throughout 2018/19, we continued to place top priority on staff well-being, in keeping with the Association's fine tradition. We endeavoured to fortify a family-friendly employment environment. Various employee assistance programmes were put in place, and indeed a Staff Well-being Task Group was formed in mid-2018 with a view to supporting and promoting healthy living among our staff. The Executive Committee also agreed to extend the paternity leave for eligible staff from 3 days to 5 days as from 16 October 2018, and maternity leave from 10 weeks to 14 weeks as from 1 February 2019, both being well ahead of the statutory implementation dates. These were good examples of the various measures implemented by us in 2018/19 to re-affirm our resolute commitment to developing a caring culture among our staff.

The Association attached equal, if not greater, importance to fostering caring services for our service users and the community. We in the Association took initiatives to invite service users and their families to join various subcommittees and task forces which formed part of our policy-making structure. Participants of various projects, programmes and activities were invited to give honest feedback, and their opinions were respectfully acted on by the Association. We synergized with a number of partnering organizations to launch projects aimed at co-creating meaningful social values, particularly on social inclusion of persons in recovery of mental illness, and public education in mental well-being. I was deeply impressed by the passion of all those persons, within or outside the Association, who had spared time and efforts to drive and participate in our many caring projects in 2018/19.

我很榮幸向各位提交新生會2018至19年度的年報。這年報記錄了新生會於多個不同領域的服務，彰顯新生會在2018至19年透過鞏固、加強、提升、改善及擴展服務，持續穩步前行。這一年內，新生會亦繼續慎重地探索新領域，務求在不斷改變的環境中，與時並進，為服務使用者及整個社會提供更適切服務。我希望特別提及以下五個範疇的工作。

於2018至19年度，新生會恪守一個有效的機構管治架構，此架構呼應社會福利署的《最佳執行指引》及效率促進組的《受資助機構企業管治指引》。新生會亦嚴格執行所有適用的管治政策及指引內的相關程序及規程。我們深明有關工作必須適應環境變遷，所以按既定的時間表，審核相關政策、流程及規程，並作出合適的措施。另外，執行委員會委員及員工亦堅持任何時候均遵守相關的操守準則，包括申報利益衝突、反貪污及保護資料等。

在整個2018至19年度，新生會繼續秉承將員工整全健康放於首位的良好傳統。新生會致力加固一個家庭友善的工作環境，實施了不同的員工支援計劃，其中包括2018年中成立了一個員工健康工作小組，全心全意地支援及提升員工的健康生活。執行委員會亦同意於2018年10月16日起，合資格員工可享的侍產假由3天延長至5天；而產假則於2019年2月1日起，由10星期延長至14星期；這兩項福利的實施日期均較相關的法定實施日期為早。以上的例子可證明新生會在2018至19年度內堅定實踐構建關懷員工文化的承諾。

新生會也十分重視促進從心關顧服務使用者及整個社會的工作。我們主動邀請服務使用者及其家人加入決策架構層中的小組委員會及工作小組。我們也邀請不同計劃、項目及活動的參與者就服務各方面坦誠提出意見，並切實地作出跟進工作。新生會亦與不少合作機構開展協同計劃，旨在共同創造有意義的社會價值，尤其著重精神病康復者融入社會和精神健康公眾教育兩個範疇。不論是會內或會外，眾多熱心人士付出時間及心力，推動及參與新生會2018至19年度多項關懷計劃，我深受感動。

The Association of course did not lose sight of the need to make advances on the basis of consolidating the services. To consolidate our services, we critically reviewed the quality of our services from time to time, drawing reference from best practices elsewhere. We also inquisitively explored new horizons of work and experimented with new services, in an earnest effort to keep pace with the changing needs of the community we serve. In this spirit, we, in 2018/19, worked strenuously to better serve our older adults as we encountered a happy problem of our service users enjoying longevity. The Association also gladly welcomed the challenge of operating, under the sponsorship of the Social Welfare Department, a Support Centre for Persons with Autism. We opened our Kwai Tsing Community Green Station, funded by the Environmental Protection Department, to strengthen and complement our established community service network in Kwai Tsing area. I would like to mention also the dayday330 campaign, which was a year-round campaign launched by the Association in early 2019 to remind every one of us that we ourselves should be best placed to take charge of our own 330 (3 for body, 3 for mind and 0 for spirit) well-being. We encourage every one of us to make a personal pledge to promote our own 330 well-being every day, starting with practising simply a 330 (of at least 3 minutes and 30 seconds) micro break.

I now turn to long term planning. We in the Association are always vigilantly forward-looking in our approach. The Executive Committee is mindful that the growth of our services will be constrained, to a great extent, by physical space. The three sites now occupied by the Jockey Club Farm House, the Tuen Mun Long Stay Care Home and the New Life Building were granted via private treaty to the Association by the Government many years ago. These three buildings have been ageing, are no longer fit for optimal use by present-day standards, and would hardly leave any room for further service expansion. In 2018/19, the Association started to realistically review the viability and desirability of redeveloping these buildings and aimed to formulate a systematic plan ready for submission to the Government in 2019/20.

In 2018/19, the Association continued to firmly support the Government in implementing its two-pronged policy of providing quality, affordable and accessible mental health services to persons in need and of promoting mental health to the general public. It was a fruitful year, and our work was highly rewarding. Let me express once again, and I sincerely believe that it is worth repeating, my gratitude to our Founders, Presidents and Vice-Presidents, Executive Committee Members, staff, service users, the Government, partners and many others who have been walking together with us thus far in our road “from recovery to well-being”. Armed with the consolidated foundation that we have built and with your continuing support, I am sure that the Association could move forward with confidence, in promoting mental well-being in the community, which is vital to the pursuit of a healthy life for every one of us and the robust development of Hong Kong as a high-tempo, action-packed and densely-populated city.

新生會時刻謹記需要鞏固服務，以策進步。在鞏固服務方面，我們不時嚴謹審核服務質素，並參考其他相關的最佳服務指引。與此同時，我們亦以求知的態度探索新領域及恰當地試驗新服務，致力與社會不斷轉變的服務需要同步。舉例來說，我們樂見服務使用者越來越長壽，在2018至19年度竭力加強較年長康復者的服務。另外，新生會獲得社會福利署撥款資助，欣然迎接營辦朗程牽自閉症人士支援中心的新挑戰；同時亦開始營辦由環境保護署資助的「綠在葵青」，使我們在葵青區的社區服務網絡更穩固及更完備。新生會在2019年初推行「dayday330」運動，是一個新里程，這是一個全年舉行的行動，提醒每個人本身其實就是最有效促進自己330（3指身、3指心、0指靈）整全健康的人，並鼓勵每個人承諾自己每天關顧自己的330健康，由實踐一個簡單的330（即至少三分三十秒）小休息開始。

新生會一向採用務實前瞻的工作方針、未雨綢繆、重視長期計劃。執行委員會委員深明未來服務發展的前景，很大程度受地方空間所限。現時賽馬會農舍、屯門長期護理院及新生會大樓的所在土地均於多年前由政府以私人協約方式批予新生會，這些物業隨著時間老化，已不符合現時最佳土地運用標準，亦限制新生會進一步拓展服務的空間。於2018至19年度，新生會開始務實地評估重建這些物業的可能性及可取性，旨在制定適切的計劃，於2019至20年度向政府提交。

於2018至19年度，新生會努力支持政府雙管齊下的政策，一方面為有需要人士提供可負擔及容易獲取的優質精神健康服務，另一方面向市民公眾推廣精神健康。這是豐盛的一年，我們開展了很多有意義的工作。我衷心再次向新生會創辦人、會長及副會長、執行委員會委員、同工、服務使用者、政府，以及各合作機構致謝，十分感激您們一直在「從復元到身心靈整全健康」的路上與我們同行。我深信您們會繼續支持新生會的工作，使我們在已建立的鞏固基礎上滿懷信心向前邁進，持續推展身心靈整全健康的工作，令每個人能健康生活，讓香港這個人口稠密、活動頻繁及節奏急速的城市健壯發展。

CORPORATE GOVERNANCE STRUCTURE 企業管治架構

Office Bearer 理事

Patron	贊助人
The Hon. HO Sai Chu, GBM, GBS, JP (from 7 September 2018)	何世柱先生，大紫荊勳賢，GBS，JP（由2018年9月7日）
President	會長
Professor CHEUNG Mui Ching, Fanny, SBS, OBE, JP (from 7 September 2018)	張妙清教授，SBS，OBE，JP（由2018年9月7日）
The Hon. HO Sai Chu, GBM, GBS, JP (till 7 September 2018)	何世柱先生，大紫荊勳賢，GBS，JP（至2018年9月7日）
Vice-President	副會長
Mr. HSU Hsung, Adolf, SBS, ISO, JP (till 17 August 2018)	許雄先生，SBS，ISO，JP（至2018年8月17日）
Mr. LAU Ip Keung, Kenneth, MH, JP	劉業強先生，MH，JP
Dr. LEE Hay Yue, Lawrence, ISO	李熙瑜博士，ISO
Dr. WONG Kwok Yiu, Chris	王國耀醫生
Mrs. WU Maida Elizabeth	鄔伍錦貞女士
Professor YEOH Eng Kiong, GBS, OBE, JP	楊永強教授，GBS，OBE，JP
Advisor	顧問
Professor CHAN Siu Chee, Sophia, JP	陳肇始教授，JP
Dr. LAW Chi Kwong, GBS, JP	羅致光博士，GBS，JP
Dr. LEUNG Siu Fai, JP	梁肇輝博士，JP
Dr. Martin GITTELMAN	馬丁·席德曼醫師
Professor Norman SARTORIUS	諾文·桑多理教授
Honorary Auditor	義務核數師
F.S. Li & Co. Certified Public Accountants	李福樹會計師事務所
Honorary Legal Advisor	義務法律顧問
Mr. Angus FORSYTH	霍靈律師
Mr. HO Kai Tak, Eric	何啟德律師
Trustee	信託人
Mr. KWOK Lam Kwong, Larry, BBS, JP	郭琳廣先生，BBS，JP

Executive Committee 2018/2019 執行委員會

Chairperson	主席
Miss TAM Kam Lan, Annie, GBS, JP (from 7 September 2018)	譚贛蘭女士，GBS，JP（由2018年9月7日）
Professor CHEUNG Mui Ching, Fanny, SBS, OBE, JP (till 7 September 2018)	張妙清教授，SBS，OBE，JP（至2018年9月7日）
Vice-Chairperson	副主席
Mr. YOUNG Wai Tsing, Stephen (from 7 September 2018)	楊蔚菁先生（由2018年9月7日）
Dr. CHEUNG Hung Kin (till 7 September 2018)	張鴻堅醫生（至2018年9月7日）
Honorary Secretary	義務秘書
Dr. CHEUNG Hung Kin (from 7 September 2018)	張鴻堅醫生（由2018年9月7日）
Dr. YU Wai Tak (till 7 September 2018)	余偉德醫生（至2018年9月7日）
Honorary Treasurer	義務司庫
Mr. TSE Kam Keung (from 7 September 2018)	謝錦強先生（由2018年9月7日）
Mr. YOUNG Wai Tsing, Stephen (till 7 September 2018)	楊蔚菁先生（至2018年9月7日）
Member	委員
Ms. CHAN Siu Bing, Amy (till 16 August 2018)	陳小冰女士（至2018年8月16日）
Dr. LEE Chi Chiu	李子超醫生
Ms. LO Dak Wai, Alexandra, JP	羅德慧女士，JP
Professor MAK Wing Sze, Winnie	麥穎思教授
Ms. WOO Yuen Ling	胡婉玲女士
Dr. YEUNG Kwok Wah, Allen	楊國華博士
Dr. YU Chi Shing, Edwin, MH	余枝勝醫生，MH
Dr. YU Wai Tak	余偉德醫生
Dr. YUEN Cheung Hang, Henry	阮長亨醫生

Community Services Subcommittee 社區服務小組委員會

Dr. LEE Chi Chiu (Chairperson)	李子超醫生（主席）
Dr. CHOW Yat	周一醫生
Dr. CHUI Wing Ho	崔永豪醫生
Dr. Amy KWOK	郭佩玲博士
Miss LAI King (till 22 June 2018)	黎京小姐（至2018年6月22日）
Mr. LEUNG Kai Lok	梁啟樂先生
Ms. LI Yuet Ming	李悅明女士
Mr. WONG Kin, Kenny	黃健先生
Mr. WOO Chi Ching, Francis	胡子正先生
Dr. YIU Yuk Kwan	姚玉筠醫生
Staff Representative:	職員代表：
Mr. WONG Chung Bao, Terry (Professional Service Manager [Community Services])	黃宗保先生（專業服務經理（社區服務））

Residential Services Subcommittee 住宿服務小組委員會

Dr. CHEUNG Hung Kin (Chairperson)	張鴻堅醫生 (主席)
Ms. CHAN Siu Bing, Amy (till 16 August 2018)	陳小冰女士 (至2018年8月16日)
Dr. FAN Tak Wing	范德穎醫生
Miss FUNG Cheok Yin (from 19 July 2018)	馮卓賢小姐 (由2018年7月19日)
Dr. LEE Chi Chiu	李子超醫生
Mr. LEE Chi Kwong, Larry	李志光先生
Dr. NGUYEN Gia Hing, Desmond	阮家興醫生
Dr. SIU Wei Man, Bonnie (till 14 November 2018)	蕭慧敏醫生 (至2018年11月14日)
Ms. TANG Lai Wah, Fiona	鄧麗華女士
Ms. WONG Chui Ling, Grace	黃翠玲女士
Dr. WONG Ka Yee, Lydia	黃嘉怡醫生
Ms. WOO Chui Ping	胡翠冰女士
Ms. YAM Yuen Ping	任婉萍女士
Dr. YU Chi Shing, Edwin, MH	余枝勝醫生 · MH
Staff Representative:	職員代表:
Mr. LAW Ka Ping, Kenneth (Professional Service Manager (Residential Services))	羅家平先生 (專業服務經理 (住宿服務))

Work and Employment Subcommittee 工作與就業小組委員會

Dr. YU Chi Shing, Edwin, MH (Chairperson)	余枝勝醫生 · MH (主席)
Dr. CHAN Lap Kei, Edmond	陳立基醫生
Dr. LI Yuen Hung, Angel	李婉紅博士
Mr. TAM Yiu Nang, John	譚耀能先生
Ms. TANG Sau Wai, Betty	鄧秀慧女士
Dr. WAT Hong Yun, Karen (till 12 April 2019)	屈康欣醫生 (至2019年4月12日)
Ms. WOO Yuen Ling	胡婉玲女士
Dr. YIP Pui Lam, Isaac	葉沛霖醫生
Staff Representative:	職員代表:
Mr. CHU Sai Ming, Thomas (Professional Service Manager (Vocational Rehabilitation and Employment Services))	朱世明先生 (專業服務經理 (職業康復及就業服務))

Social Enterprises Subcommittee 社會企業小組委員會

Dr. YEUNG Kwok Wah, Allen (Chairperson)	楊國華博士 (主席)
Ms. FUNG Wai Yee, Katherine	馮慧儀女士
Dr. HONG Hing Cheung, Joe	康慶祥博士
Dr. HUNG Witman, JP	洪為民博士 · JP
Ms. LI Choi Fung, Virginia (from 25 January 2019)	李賽鳳女士 (由2019年1月25日)
Ms. MA Suqin, Susan (from 25 January 2019)	馬蘇芹女士 (由2019年1月25日)
Mr. WONG Che Hin, Kenneth	黃志軒先生
Dr. YUEN Cheung Hang, Henry	阮長亨醫生
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士 · MH (行政總裁) (由2019年4月1日)
Ms. LI Choi Fung, Virginia (Business Advisor) (till 31 December 2018)	李賽鳳女士 (業務顧問) (至2018年12月31日)
Ms. WONG So Kuen, Kris (General Manager (Social Enterprises))	黃素娟女士 (總經理 (社會企業))
Mr. CHU Sai Ming, Thomas (Professional Service Manager (Vocational Rehabilitation and Employment Services))	朱世明先生 (專業服務經理 (職業康復及就業服務))

Training, Research and Development Subcommittee 培訓、研究及發展小組委員會

Professor MAK Wing Sze, Winnie (Chairperson)	麥穎思教授 (主席)
Dr. CHIU Mei Lee, Teresa	趙美莉博士
Ms. Zion LAW	羅屏女士
Dr. LO Wai Fan, Alison	盧慧芬醫生
Dr. Christine WONG (till 2 November 2018)	黃惠菁博士 (至2018年11月2日)
Ms. YEUNG Sui Ling, Shirley	楊瑞玲女士
Ms. YIU Lai Fong	姚麗芳女士
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士·MH (行政總裁) (由2019年4月1日)
Ms. CHAU Suk Han, Janis (Training and Development Manager)	鄒淑嫻女士 (訓練及發展經理)
Dr. LING Yuet Man, Candy (Clinical Psychologist)	凌悅雯博士 (臨床心理學家)
Ms. YEUNG Tsui Yee, Gladys (Clinical Psychologist)	楊翠兒女士 (臨床心理學家)

Quality Assurance and Continuous Quality Improvement Subcommittee 持續優質管理小組委員會

Ms. WOO Yuen Ling (Chairperson)	胡婉玲女士 (主席)
Ms. CHAN Fung Man	陳鳳敏女士
Dr. CHEUNG Ching Ping (till 4 February 2019)	張正平醫生 (至2019年2月4日)
Mr. HO Yuk Loi	何玉來先生
Dr. LAI Kwok Hung	黎國雄博士
Staff Representative:	職員代表:
Mr. LAW Ka Ping, Kenneth (Professional Service Manager (Residential Services))	羅家平先生 (專業服務經理 (住宿服務))
Ms. WONG Lai Kuen, Vivian (Senior Occupational Therapist)	黃麗娟女士 (高級職業治療師)

Finance and Administration Subcommittee 財務及行政小組委員會

Mr. TSE Kam Keung (Chairperson)	謝錦強先生 (主席)
Ms. CHAN Po Chi, Cecilia	陳寶枝女士
Dr. CHOW Yat	周一醫生
Mr. Robert IP	葉鈞澤先生
Mr. KONG Yook Seng	江毓星先生
Ms. LO Dak Wai, Alexandra, JP	羅德慧女士·JP
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士·MH (行政總裁) (由2019年4月1日)
Mr. CHENG Chung Yan, Isaac (Director of Finance and Administration)	鄭頌仁先生 (財務及行政總監)
Ms. SO Kit Yu, Esther (Finance Manager)	蘇潔瑜女士 (財務經理)

Tender Assessment Subcommittee 標書評審小組委員會

Mr. Lawrence CHAN	陳國良先生
Mr. Terence LEE	李克正先生
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士·MH (行政總裁) (由2019年4月1日)
Ms. HUNG So Kiu, Celia (Executive Manager)	洪素嬌女士 (行政經理)
Ms. SO Kit Yu, Esther (Finance Manager)	蘇潔瑜女士 (財務經理)

Human Resources Task Group 人力資源專責小組

Ms. CHAN Siu Bing, Amy (till 16 August 2018)	陳小冰女士 (至2018年8月16日)
Mr. W K LAI, Edmond	黎永覺先生
Ms. WOO Yuen Ling	胡婉玲女士
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士 · MH (行政總裁) (由2019年4月1日)
Ms. FUNG Kit Yee, Betty (Human Resources Manager)	馮傑兒女士 (人力資源經理)

Information Technology Task Group 資訊科技專責小組

Mr. Eddy CHEN	陳龍盛先生
Dr. C C CHEUNG, Ray	張澤松博士
Mr. Eric YEUNG	楊全盛先生
Professor CHU Sung Chi, Alex (till 22 November 2018)	朱崇志教授 (至2018年11月22日)
Staff Representative:	職員代表:
Ms. Amy FUNG Dun Mi, MH (Chief Executive Officer) (from 1 April 2019)	馮丹媚女士 · MH (行政總裁) (由2019年4月1日)
Mr. CHENG Chung Yan, Isaac (Director of Finance and Administration)	鄭頌仁先生 (財務及行政總監)
Mr. NG Ka Ho, Andy (Information Technology Manager)	吳嘉豪先生 (資訊科技經理)

Working Group on Older Adult 康齡服務工作小組

Ms. Zion LAW (Convener)	羅屏女士 (召集人)
Mr. CHAN Kar Choi	陳加才先生
Dr. CHAN Wai Chi	陳偉智醫生
Dr. CHIU Mei Lee, Teresa	趙美莉博士
Dr. CHUNG Siu Kwan	鍾兆崑醫生
Professor Daniel LAI	黎永亮教授
Dr. LO Wai Fan, Alison	盧慧芬醫生
Dr. Elsie YAN	甄秋慧博士
Staff Representative:	職員代表:
Mr. LAW Ka Ping, Kenneth (Professional Service Manager (Residential Services))	羅家平先生 (專業服務經理 (住宿服務))
Mr. WONG Chung Bao, Terry (Professional Service Manager (Community Services))	黃宗保先生 (專業服務經理 (社區服務))
Mr. YAU Siu Biu (Superintendent of Long Stay Care Home)	邱少彪先生 (長期護理院院長)
Dr. CHAN Lung Fai, Christopher (Occupational Therapist)	陳龍輝博士 (職業治療師)
Mr. LAM Ming Wai, Raymond (Supervisor) (from 1 April 2018)	林銘偉先生 (督導主任) (由2018年4月1日)
Ms. CHAN Tsz Shan, Sara (Social Work Supervisor) (from 1 April 2018)	陳梓珊女士 (社會工作主任) (由2018年4月1日)
Ms. CHAN Tsz Man, Zoe (Manager, New Life Farm)	陳芷雯女士 (新生農場經理)
Ms. LEUNG Tsz Yan, Natalie (Mental Health Education Officer) (till 6 September 2017)	梁芷欣女士 (精神健康教育主任) (至2017年9月6日)

Autism Spectrum Disorder Advisory Committee 自閉症譜系障礙諮詢委員會

Ms. CHAN Kit Ping	陳潔萍女士
Dr. CHAN Won Shing, Raymond	陳穩誠博士
Ms. FAN Mui Ying (from 8 April 2019)	范梅英女士 (由2019年4月8日)
Dr. HUNG Se Fong	熊思方醫生
Dr. TANG Chun Pan	鄧振鵬醫生
Dr. TSANG Wai Kiu, Alfert	曾韋僑醫生
Staff Representative:	職員代表:
Mr. CHU Sai Ming, Thomas (Professional Service Manager (Vocational Rehabilitation and Employment Services))	朱世明先生 (專業服務經理 (職業康復及就業服務))
Ms. HON Yan Ting, Cecilia (Social Work Supervisor, iSPA, Project Co-ordinator and Head Coach, JC A-Connect)	韓欣庭女士 (朗程牽社會工作主任、賽馬會喜伴同行計劃 — 計劃統籌及首席導師)
Mr. CHAN Chun Chung, Joe (Centre Manager, iREACH)	陳進松先生 (賽馬會心志牽社交能力發展及就業支援中心 — 中心經理)



CARING CULTURE
AND MODERNIZED
MANAGEMENT

關顧文化
現代管理

CORPORATE GOVERNANCE 企業管治

In 2018/19, the Association continued to adopt a strong corporate governance structure and strived to ensure that sound corporate principles would continue to serve the best interest of the Association, our service users and the community as a whole. The Association also continuously modernized our management culture and practices to ensure that it remained a caring non-profit making organization which cared the needs of service users and community at large, providing the much-needed services in a most cost-effective and efficient manner.

2018至19年度，本會繼續堅守穩固的企業管治架構及致力確保健全的機構守則，目標為達致本會、服務使用者及社會整體的最佳利益。同時，本會不斷追求現代化的管理和實踐，發揮作為非牟利機構的關愛精神，關顧服務使用者及社區的整體需要，以最具成本效益和最有效率的方式提供適切的服務。

2017/18 ANNUAL GENERAL MEETING

The 2017/18 Annual General Meeting (AGM) was held on 7 September 2018. A total of 77 participants including 49 guests and 28 members of the Association attended. At the Meeting, the 2016/17 Annual Report and the Audited Statement of Accounts for the year 2016/17 were unanimously adopted. The Hon. HO Sai Chu, GBM, GBS, SBS, JP announced his retirement from the President of the Association after serving for close to 45 years. With deep appreciation to Mr. HO for his significant contribution and support in the past years, the Association invited Mr. HO to be the Patron and he kindly accepted the new position. Professor Fanny CHEUNG Mui-ching, SBS, OBE, JP, was elected, by a unanimous vote, as the 2018-20 President of the Association. The 5 Vice-Presidents were appointed, namely, Mr. Kenneth LAU Ip-keung, MH, JP, Dr. Lawrence LEE Hay-yue, ISO, Dr. Chris WONG Kwok-yiu, Mrs. Elizabeth Maida WU, and Professor YEOH Eng-kiong, GBS, OBE, JP. The Association extended gratitude to Mr. Adolf HSU Hsung, SBS, ISO, JP who retired from the office of Vice-President for his generous support for the Association since 1990.

At the 2017/18 AGM, F.S. Li & Co. Certified Public Accountants was appointed as Honorary Auditor while Mr. Angus FORSYTH and Mr. Eric HO Kai Tak were appointed as the Honorary Legal Advisors for the year 2018/19.

2017至18年度周年常務會議

2017至18年度周年常務會議於2018年9月7日舉行，獲77位人士出席，當中49位為嘉賓、28位為會員。會議上，2017至18年度的年報及審計報告獲一致通過。何世柱先生，大紫荊勳賢，GBS，SBS，JP宣佈退任接近45年的會長職位。何先生多年來對本會作出的重大貢獻和支持，本會深表感謝，並誠意邀請何先生擔任本會贊助人，獲何先生欣然應允。張妙清教授 SBS，OBE，JP獲一致通過出任2018至20年度的會長，5位副會長同時獲委任，分別是劉業強先生，MH，JP、李熙瑜博士，ISO、王國耀醫生、鄔伍錦貞女士，以及楊永強教授，GBS，OBE，JP。許雄先生，SBS，ISO，JP亦會退任副會長職位，謹此感謝許先生自1990年起對本會的慷慨支持。

2017至18年度周年常務會議上，李福樹會計師事務所獲委任為義務核數師，霍璽律師及何啟德律師獲委任為義務法律顧問，任期為2018/19年度。



Guest of Honor, Dr. Chui Tak Yi, JP, Acting Secretary for Food and Health, delivered a speech at the 2017/18 Annual General Meeting
主禮嘉賓署理食物及衛生局局長徐德義醫生，JP於2017至18年度周年常務會議上致辭



To express heartfelt gratitude to The Hon. HO Sai Chu, GBM, GBS, SBS, JP who had served as the President of the Association for the past 45 years, Professor Fanny CHEUNG Mui Ching, SBS, OBE, JP, representing the Association in her new capacity as President, presented a souvenir to The Hon. HO. The Hon. HO presented a souvenir to Mr. Hsu Hsung, Adolf, SBS, ISO, JP to thank Mr. Hsu's for having served as Vice-President for 28 years.

本會衷心感謝何世柱先生，大紫荊勳賢，GBS，SBS，JP 擔任會長45年，由張妙清教授 SBS，OBE，JP 以會長身份，代表向何先生致送紀念品。何先生代表向許雄先生，SBS，ISO，JP 致送紀念品，以感謝許先生擔任副會長28年。



The Association said a big thank you to Professor Fanny CHEUNG Mui Ching, SBS, OBE, JP, for having served as Chairperson since 2009. Professor CHEUNG has been elected as new president of the Association at the AGM.

本會衷心感謝張妙清教授 SBS，OBE，JP 自2009年起擔任主席。張妙清教授於周年常務會議上獲選為本會會長。

EXECUTIVE COMMITTEE

執行委員會

At the Annual General Meeting on 7 September 2018, 12 Executive Committee Members were elected, by an unanimous vote, for the year 2018/19. They were professionals of diverse backgrounds with rich experience and expertise in medical, para-medical, academic, social work, governmental work and management practices. At the first Executive Committee Meeting of 2018/19 held on 7 September 2019, Miss Annie TAM Kam-lan, GBS, JP, the former Permanent Secretary of Labour and Welfare Bureau, was elected as Chairperson of Executive Committee, Mr. Stephen YOUNG Wai-tsing as Vice-Chairperson, Dr. CHEUNG Hung-kin as Honorary Secretary and Mr. Tse Kam-keung as Honorary Treasurer. Other Executive Committee Members included Dr. LEE Chi-chiu, Ms. Alexandra LO Dak-wai, JP, Professor Winnie MAK Wing-sze, Ms. WOO Yuen-ling, Dr. Allen YEUNG Kwok-wah, Dr. Henry YUEN Cheung-hang, Dr. YU Chi-shing, MH and Dr. YU Wai Tak.

於2018年9月7日舉行的周年常務會議上，一致通過選出共12名2018至19年度執行委員會委員。委員們是來自醫護、輔助醫療、學術、社會工作、政界和管理等不同背景擁有豐富知識和經驗的專業人士。在2019年9月7日舉行的2018至19年度第一次執行委員會會議上，勞工及福利局前常任秘書長譚贛蘭小姐，GBS，JP 獲選為執行委員會主席，楊蔚菁先生獲選為副主席，張鴻堅醫生為義務秘書，以及謝錦強先生為義務司庫。

Ms. Amy CHAN Siu-bing retired from the Executive Committee, Residential Services Subcommittee and Human Resources Task Force. The Executive Committee thanked Ms. CHAN for her dedication and contributions to the Association in the past 10 years.

The Association put in place proper practices and procedures to help the Executive Committee to drive its strategic direction and to oversee its operation. The Executive Committee Members were required to serve with full integrity. They observed the 2-tier reporting system of Declaration of Conflicts of Interest, Policy of Corruption and the Rule of Confidentiality. For 2018/19 Executive Committee, 4 Executive Committee meetings were held, all complied with the quorum not less than two-fifths of the membership of Executive Committee. Members recorded an average attendance at 75%. During the year, the Chairperson and Executive Committee Members attended the meetings of Subcommittees, and met with staff and service users to acquire first-hand knowledge of the Association's work and the feedback of the service users.

陳小冰女士退任執行委員會委員、住宿服務小組委員會委員及人力資源專責小組成員。執行委員會感謝陳女士於過去10年對本會的支持和貢獻。

本會制定合適的政策和程序，以協助執行委員會推行策略方針及監察運作。執行委員會成員必須以誠信執行職務。2018至19年度執行委員會共舉行了4次執行委員會會議，所有會議均符合不少於執行委員會成員五分之二之法定人數，平均出席率為75%。執行委員會緊密關注就利益衝突申報的兩層匯報系統、賄賂政策和保密準則。年間，主席及執行委員會委員出席了小組委員會的會議，與職員及服務使用者會面，以取得機構第一手的工作資訊及服務使用者的意見。

SUBCOMMITTEES

In 2018/19, 8 Subcommittees, 2 Task Groups and 1 Working Group worked under and gave advice to Executive Committee in service development as guided by their respective Terms of Reference. A total of 39 meetings were held with members recording an average attendance rate at 75.43%. A full list of Subcommittee, Task Groups and Working Group Members is included in pages 12 to 15 of this Annual Report.

The Association enriched its committee membership by inviting individuals of diverse backgrounds as committee members. Last year, 2 professionals in the commercial sector with rich business expertise, Ms. Susan MA Suqin and Ms. Virginia LI Choi-fung, were invited to join as members of the Social Enterprises Subcommittee. With an aim to increase users' participation in mental health service development, a number of people in recovery and family carers joined various Subcommittees and Task Groups last year. Their lived experiences enhanced committees' understanding on the service need for development. To facilitate their participation, Chinese language was used for conducting the meetings and for meeting recordings.

小組委員會

於2018至19年度，8個小組委員會、2個專責小組和1個工作小組，按各自的職權範圍，向執行委員會提供服務發展意見。所有小組於年度內合共召開了39次會議，平均出席率為75.43%。有關小組委員會、專責小組和工作小組的委員名單，請參閱年報的第12頁至第15頁。

機構透過邀請來自不同背景的人士加入小組委員會，以豐富委員會的成員才晉。去年，本會邀請了馬蘇芹女士和李賽鳳女士加入社會企業小組委員會為委員，兩位委員均是擁有豐富商業知識和商界經驗的專業人士。為了加強服務使用者對精神健康服務發展的參與，去年，多位精神病復康者及家屬照顧者加入不同的小組委員會和專責小組；他們的親歷經驗提高了委員對服務發展需要的了解。為鼓勵他們的參與，會議以中文進行及記錄。

CHIEF EXECUTIVE OFFICER AND SENIOR MANAGEMENT

行政總裁及高級管理層

At the Executive Committee Meeting of 25 January 2019, it was resolved to appoint Ms. Amy FUNG Dun-mi, MH as the Chief Executive Officer as from 1 April 2019. The Executive Committee was grateful to Mr. Thomas CHU Sai-ming, Mr. Kenneth LAW Ka-ping and Mr. Terry WONG Chung-bao for having acted up as Acting Chief Executive Officers in rotation in the past year or so.

During 2017/18, the 3 Acting Chief Executive Officers took the management's role in leading the Association to achieve its mission and vision under the direction of the Executive Committee. Reporting to the Executive Committee, the Acting Chief Executive Officers assumed executive responsibility for the day-to-day operations of the Association and for caring our Association's strategic plan and priorities as agreed with Executive Committee.

The Acting Chief Executive Officers were assisted by members in their service management team, also supported by over 1,000 staff in different service units.

On 26 January 2018, the Executive Committee resolved to create the post of Internal Auditor, and the Association immediately followed up with the necessary recruitment work. The newly recruited Internal Auditor reported duty in mid-June 2018. The Internal Auditor reported to Finance and Administration Subcommittee on its functional roles while reporting to the Chief Executive Officer on administrative related matters. For the organization chart please refer to page 144 of this Annual Report.

於2019年1月25日的執行委員會會議，議決委任馮丹媚女士，MH由2019年4月1日起出任行政總裁。執行委員會感謝朱世明先生、羅家平先生及黃宗保先生，在過去一年輪流擔任署理行政總裁的職務。

2017至18年間，3位署理行政總裁擔起管理的角色，在執行委員會的指導下，帶領機構實踐其使命和願景。署理行政總裁向執行委員會匯報，並在執行委員會同意的策略計劃及優次，執行機構日常運作。

署理行政總裁得到其服務管理團隊，以及逾1,000名來自不同服務範疇同事的協助。

2018年1月26日的執行委員會會議議決增設內部審計經理職位，本會隨即展開所需招聘程序，其後內部審計經理於2018年6月中入職。內部審計經理向財務及行政小組委員會匯報其職務，同時向行政總裁報告行政相關事務。

有關組織架構請參閱本年報第144頁。

ACCOUNTABILITY AND TRANSPARENCY

問責性及透明度

Internal Audit

In June 2018, the Internal Audit Department of the Association was established to provide independent assessment and assurance to Executive Committee and management on the adequacy and effectiveness of internal controls of the Association. The Internal Audit Department operated independently and reported to the Finance and Administration Subcommittee directly.

In August 2018, Internal Audit Department established the Internal Audit Charter, and submitted it to the Finance and Administration Subcommittee and Executive Committee for approval. Subsequently, the Internal Auditor introduced the Internal Audit Charter, the roles and responsibilities of the Internal Audit Department to the management and the staff of the Association in different internal meetings.

內部審計

本會於2018年6月成立內部審計部門，向執行委員會及管理層就本會內部監控措施的適合性和有效性提供獨立評估。內部審計部獨立運作，直接向財務及行政小組委員會匯報職務。

於2018年8月，內部審計部草擬了《內部審計約章》並呈交財務及行政小組委員會及執行委員會審核。其後，內部審計經理亦透過不同內部會議，向本會管理層及員工介紹《內部審計約章》及內部審計部的角色和職責。

As at 31 March 2019, the internal audit reviews of “Corporate Governance” and “Human Resources Management” and their current relevant policies and procedures were completed. The audit results and recommendations were discussed with related departments and the management, and reported to the Finance and Administration Subcommittee and Executive Committee.

Standards of Conduct

In 2018/19, the Association continued to perform high standard of conduct at all levels. In addition to complying with relevant legal obligations including Companies Ordinance, Best Practice Manual and Lump Sum Grant Manual of the Social Welfare Department, the Executive Committee, management and staff were adhere to respective Policies and Guidelines which spelled out the rules covering conflicts of interest, anti-corruption, and safeguards of confidentiality. During the year, the Association proactively committed to environmental-friendly initiatives including the actions in green and energy saving support and promoting volunteerism among staff and service users. The Association also created a family-friendly workplace by enhancing paternity leave and maternity leave and implementing flexible work hours.

Service Quality and Continuous Improvement

To monitor the compliance of Service Quality Standards (SQS) set by the Social Welfare Department (SWD), the Association updated SQS requirements according to the laws and regulations, conducted internal audits at service units and cross-unit SQS audits, and completed self-assessment on SQS during 2018/19. Experience sharing sessions were organized among staff on SWD’s Special Visiting Program (SVP) of SQS. In addition, training workshops were regularly held to familiarize staff at all levels with “SQS” requirements and a SQS e-quiz was organized last year.

“Guidelines for Prevention of Suicide of Service Users” and the related assessment tools “Modified Scale for Suicidal Ideation” (MSSI) [Chinese version] were revised in 2018/19. At the same time, the practice of “Guidelines on Managing Violent and Aggressive Behavior” was enforced. Relevant data was collected to form the baselines of prevention and training strategy. “Guidelines on Prevention of Sexual Harassment” were formulated and promulgated. The Association also set out and implemented the Year Plan on Occupational Safety and Health. Regular safety audits in all service units were conducted, and the recommendations were followed up, with improvement actions taken.

截至2019年3月31日，內部審計部完成了《企業管治》及《人力資源管理》的審查以檢視本會的相關政策及程序，有關審查結果及建議，與有關部門及管理層討論後，已向財務及行政小組委員會和執行委員會匯報。

操守標準

於2018至19年度，本會各階層均秉持嚴謹的誠信和操守標準。除了遵守相關的法規包括《公司條例》、社會福利署的《最佳執行指引》和《整筆撥款手冊》外，執行委員會、管理層及全體員工都遵從相關政策和指引，當中涵蓋利益衝突、防止賄賂和保密準則。是年度，本會積極提倡環保，包括支持綠色和節能活動、向員工和服務使用者推廣義務工作。為營造家庭友善的工作環境，本會引入侍產假、增長產假和實施彈性工作時間。

服務質素及持續改善

為監察本會於遵從社會福利署訂明的服務質素標準，機構根據法規更新服務質素標準的要求，對服務單位進行內部審核、舉行跨部門服務質素標準審核，以及完成服務質素標準的自我評估。本會舉辦了職員經驗分享會以準備社會福利署就服務質素標準進行的特別探訪計劃。除此以外，本會更定期舉辦培訓工作坊，讓所有階層的員工熟習「服務質素標準」，去年更舉辦了認識服務質素標準網上測試。

本會於2018至19年度修訂了《防止服務使用者自殺指引》和相關的評估工具《經修訂的自殺意念量表》(中文版)；同時，機構落實執行《暴力及侵略行為管理指引》。本會通過收集相關數據，訂定預防和培訓策略的基線；另外，制定並發布了《防止性騷擾指引》；又落實職安健年度計劃，所有服務單位均定期進行安全審核，跟進所提出的建議，並實行改善措施。

Financial Control and Reporting

Senior management was responsible for preparing annual and mid-term budgets as well as annual financial reports which, after endorsement by Finance & Administration Subcommittee, were submitted to Executive Committee for approval. Periodic financial report was reviewed in each meeting session of Executive Committee and Finance & Administration Subcommittee.

In preparing its financial reports, the Association adopted the Hong Kong Financial Reporting Standard for Private Entities issued by the Hong Kong Institute of Certified Public Accountants and observed the applicable requirements of Companies Ordinance, Lump Sum Grant Manual and other rules. The financial reports were made available in the Association's website for public inspection.

Investment policy was established for prudent management of the Association's reserves. Investment performance and exposure were regularly reviewed by the Executive Committee and its Finance & Administration Subcommittee to ensure compliance with the investment policy.

Remuneration Policies

The Association's constitution stipulated that Members of the Executive Committee and other governing bodies would not receive any forms of remuneration for their service. Remuneration packages of senior management and other staff members were based on their qualification, experience and other relevant factors. Remuneration package for staff in the top three tiers was publicly disclosed pursuant to the government requirements.

財務監控及匯報

高級管理層負責準備年度和中期預算、年度財務報告等；報告經財務及行政小組委員會審閱後，提交執行委員會審批通過。執行委員會和財務及行政小組委員會於每次會議檢視定期財務報告。

本會採用香港會計師公會發布的香港私人公司財務報告準則，並遵照《公司條例》、《整筆撥款手冊》和其他規定的適用要求制作財務報告。所有財務報告均已上載於機構網站供公眾查閱。

為更謹慎管理機構的儲備，本會制定投資政策。執行委員會和財務及行政小組委員會定期檢視投資項目表現和報告，以確保遵從投資政策。

薪酬政策

本會章程規定執行委員會成員和其他管治成員不得因其服務而獲得任何形式的薪酬。高級管理人員和其他員工的薪酬待遇是根據其資歷、經驗和其他相關因素而定。根據政府規定，本會就最高三層員工的薪酬作出公開披露。

EXECUTIVE MANAGEMENT 行政管理

HUMAN RESOURCES

人力資源

The Association accorded priority to importance of staff well-being, in both physical and emotional aspects. In addition to offering employee assistance programs and flexible working hour (subject to the nature of individual service), the Association enhanced maternity and paternity leave benefits in 2018/19, well in advance of the government timetable. The Staff Well-being Task Group was formed in mid-2018, aiming to build a culture of health and well-being among staff in the Association. It supported and promoted healthy living. The Association offered staff with subsidized mindfulness sessions, medical check-up, flu shots, interest classes (such as office gym, acupressure therapy etc.), health eating tips and tailored well-being messages.

On top of civil service pay adjustment, the merit pay increases were tied to performance and structured to justly reward high performing employees, guided by specific performance metrics and established pay range. In addition to their MPF contributions, the Association encouraged staff to make voluntary contributions to build up our employees' retirement savings with the aim of enhancing their retirement benefits.

The Association had zero tolerance over sexual harassment and complaint procedure was adopted in 2018/19. A workshop was conducted to help better equip staff, identify and address sexual harassment issues and complaints.

The Association shared with staff their important events, the birth of a baby, an illness or the loss of a loved one. The Association sent out personal messages to the staff concerned. The Association also shared festive joy with staff. 70 staff members received long service awards at the Annual General Meeting held in September 2018. Their long service, ranging from 5 to 25 years, was greatly appreciated.

本會重視員工的身心靈整全健康，並置於機構工作的優先之列。除了推行員工支援計劃及彈性上班時間制度（按個別工作性質）外，本會更早於政府推行的時間表，率先引入侍產假及增長產假。2018年年中成立員工身心健康工作小組，旨在建立健康生活的機構文化，推廣員工身心健康。本會向員工提供資助參加靜觀工作坊、身體檢查、流感疫苗注射、各類興趣班（如辦公室運動、穴位按摩治療等）、健康飲食貼士及適時的身心靈健康資訊。

本會跟隨公務員薪酬調整，同時按既定的薪酬範圍，跟據工作表現及架構，增加員工薪酬，以嘉許表現優異的員工。除強制性公職金供款外，本會鼓勵員工投入自願性供款，以增加員工退休儲蓄，提升退休保障。

本會對性騷擾零容忍，而有關投訴程序亦於2018至19年度實行，並舉辦工作坊讓員工更能識別及處理性騷擾事件及投訴。

本會與員工分享他們的重要經歷，生育、疾病、痛失至親，都向有關員工送上個人信息。本會亦與員工分享節日喜悅。2018年9月舉行的周年常務會議上，70位服務本會10至25年的職員，獲頒發長期服務獎。



Staff Profile (as of 31 March 2019) 職員人事統計表 (截至2019年3月31日)

Type of Staff 職員類別

Professional Staff 專業職員

Professional Service Manager, Consultant, Clinical Psychologist, Occupational Therapist, Physiotherapist, Counsellor, Social Worker, Nurse

專業服務經理、顧問、臨床心理學家、職業治療師、物理治療師、輔導員、社會工作者、護士

Administrative Staff 行政職員

Executive, Clerical Staff

行政人員、文職人員

Business and Marketing 業務及市場拓展

Business Advisor, General Manager, Assistant Administration Manager, Retail Operation Manager, Business Officer,

Purchasing Officer, Designer, Shop Manager, Restaurant Manager
業務顧問、總經理、助理行政經理、零售經理、業務主任、採購主任、設計師、店舖經理、餐廳經理

Frontline Staff 前線職員

Mental Health Education Officer, Psychology Well-being Officer, Placement Officer, Case Worker, Project Officer, Instructor, Program Worker, Occupational Therapy/ Physiotherapy Assistant, Health Worker, Warden, Peer Support Worker

精神健康教育主任、心理健康主任、就業主任、個案工作員、項目主任、導師、活動工作員、職業 / 物理治療助理、保健員、舍監、朋輩支援工作員

Supporting Staff 支援職員

Foreman, Watchman, Artisan, Cook, Workman, Driver, Workshop Assistant, Program Assistant

管工、保安員、技工、廚師、職工、司機、工場助理、活動助理

No. of Staff 職員人數



Total 總數

985

FINANCE

財務

Funding

In financial year 2018/19, our funding came from grants, fees, donation and investment activities. The majority of grants were provided by the Social Welfare Department for delivering recurrent welfare services. Other grant-making bodies provided funding to support designated welfare service projects and initiatives which were mostly time-limited. Income was also received from service users regarding service provision. Investment income represented bank interest, dividend income and investment gain obtained from our investment activities as guided by the investment policy.

Financial Performance and Position

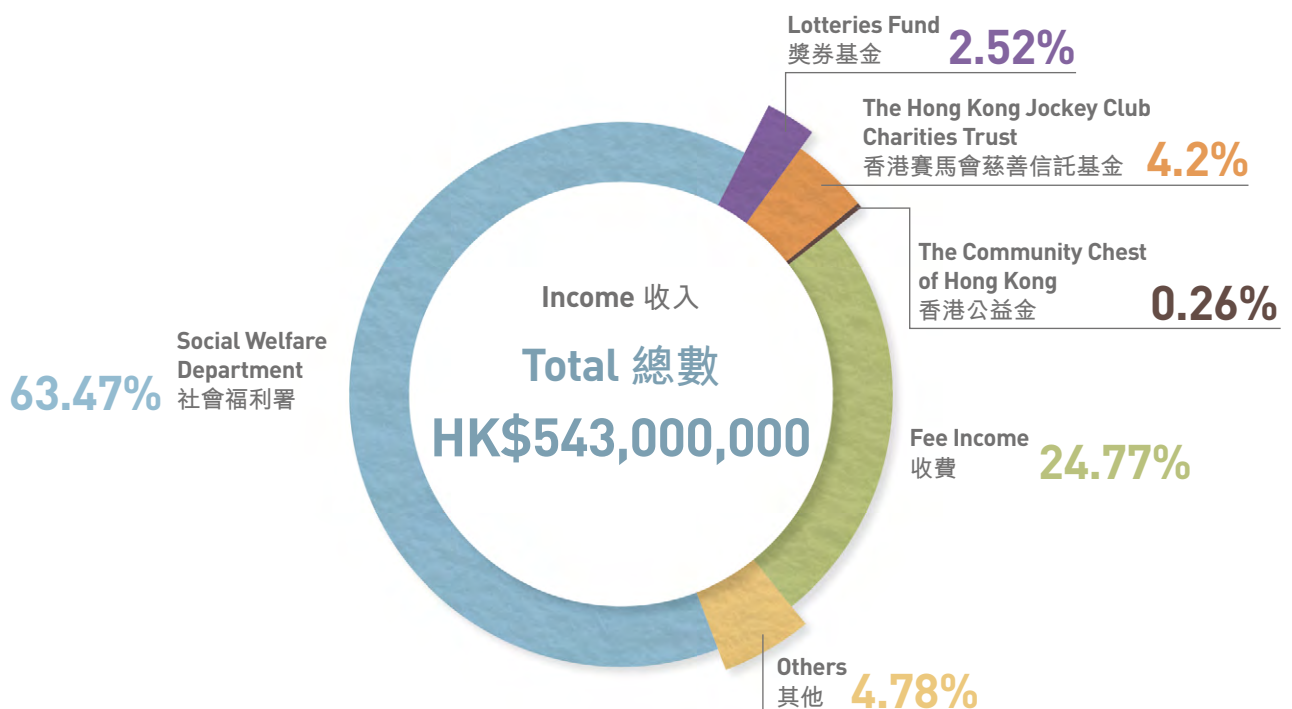
The Honorary Auditor audited and expressed unmodified opinion on the Association's 2018/19 financial report. The Association's total income for this financial year 2018/19 was HK\$543 million. The two major sources of income were Lump Sum Grant from the Social Welfare Department for delivering recurrent welfare services (63.47%) and the fee income received for providing welfare services (24.77%). Grants from The Hong Kong Jockey Club Charities Trust, Lotteries Fund and The Community Chest of Hong Kong made up about 4.20%, 2.52% and 0.26% of the total income, respectively. Donation, investment income and other income represented the remaining 4.78% of the annual income.

撥款

在2018至19財政年度，本會資金來自撥款、收費、捐贈和投資項目。機構財務主要來自社會福利署撥款，以提供恆常福利服務；其他撥款機構則提供資金以支援特定及具時限的福利服務計劃及活動。收費來自服務使用者及提供福利服務所收取的費用。投資收入是指根據投資政策，從投資活動中獲得的銀行利息、股息收入和投資收益。

財務表現及狀況

義務核數師已審核本會2018至19年度財務報告，並發出無保留的審計意見。在2018至19財政年度，本會的總收入為5億4千3百萬港元，兩大主要收入來源為社會福利署為恆常福利服務提供的整筆撥款（63.47%），以及福利服務收費（24.77%）。香港賽馬會慈善信託基金、獎券基金及香港公益金的撥款分別佔總收入約4.20%、2.52%及0.26%。捐款、投資收入及其他收入佔年度收入餘下的4.78%。



The total expenditure of the Association's operations for this financial year 2018/19 was HK\$539 million. Cost of service operation and service support represented 82.70% and 13.49% of the total expenditure respectively. Management and administration cost constituted about 3.81% of the annual expenditure.

在2018至19財政年度，本會營運的總開支為5億3千9百萬港元。服務營運成本及服務支援成本分別佔總開支的82.70%及13.49%。管理和行政成本佔年度開支約3.81%。



In financial year 2018/19, there was an overall surplus of HK\$4 million. As of 31 March 2019, the Association was in a net asset position. It was considered to be financially sustainable.

在2018至19財政年度，本會的整體盈餘為4百萬港元。截至2019年3月31日，本會的資產負債表處於淨資產水平，財務狀況穩健。

The Association's Financial Report, Annual Financial Report for services subvented by the Social Welfare Department, and Flag Day Audited Report can be retrieved from its website (www.nlpra.org.hk).

本會的財務報告、周年財務報告（社會福利署資助服務）及賣旗日審計報告可於本會網站（www.nlpra.org.hk）查閱。



Finance Audit

In financial year 2018/19, Finance Department conducted financial inspection to all service units of the Association pursuant to the financial control requirements stipulated in the Lump Sum Grant Manual and relevant guidelines. The nature of the financial inspection was compliance-oriented involving documentary review and staff interview.

The following key control areas were examined on a sampling basis:

1. Fixed asset and inventory count
2. Revenue collection and receipt
3. Safe custody of cash and payment reimbursement
4. Service user's money management

Inspection findings were communicated to the units concerned for implementation of improvement measures. Findings were reported to Executive Committee and Finance & Administration Subcommittee.

財務審計

在2018至19財政年度，財務部根據整筆撥款手冊及相關指引所載的財務監控規定，向本會的服務單位進行財務檢查。財務檢查透過合規導向的方式，以審閱財務文件及進行員工訪談。

財務檢查的主要範疇如下：（以抽樣形式進行）

1. 固定資產及庫存盤點
2. 收入及收據
3. 現金保管及付款報銷
4. 服務使用者的零用現金管理

服務單位已獲悉相關的檢查發現，並作出相應的改善措施。檢查發現亦經已向執行委員會及財務及行政小組委員會匯報。

ADMINISTRATION

行政

Review of Central Administration Policies and Guidelines

The Association continued to review and update the existing central administration policies and guidelines in the financial year 2018/19. With a view to strengthening accountability, setting out standards and enhancing efficiency, the Association put forward amendments and optimization recommendations with respect to procedures and implementation details for individual domains. Amendments to the Information Technology Policy and Guidelines were finalized.

中央行政政策及指引檢討

本會於2018至19財政年度繼續進行檢討及更新現有中央行政政策與指引的工作，為了加強問責性、制訂標準及提升效率，本會就不同範疇的程序和執行細節提出修訂及優化建議，其中已落實資訊科技政策和指引文件之相關修訂。

Continuous Quality Improvement (CQI) Projects

The Continuous Quality Improvement (CQI) projects 2018/19 themed "Inclusive Well-being 330" were successfully implemented in all services. The projects targeted at service users, carers, staff and the community. They were innovative and interesting covering a wide variety of activities namely Tai Chi, Yong Chun, ukulele learning class, interest classes, zentangle, mindfulness practice, gardening and music therapy. These activities promoted the physical, psychological and spiritual well-being of the target groups. The effectiveness of the projects was proven, by their high enrolment rate, regular attendance, participants' favourable feedback and level of involvement in the programs. The Association also collected positive results via the questionnaire evaluation.

持續優質改善計劃

2018至19年度「持續優質改善計劃」主題是「共融330」，對象是服務使用者、職員、家屬及社區人士；目的是透過各類活動，鼓勵建立健康習慣、培養正面及積極態度，達致身心靈健康。住宿服務、社區服務、長期護理院、職業康復單位、心志牽社交能力發展中心及喜伴同行計劃均有參與。各服務單位別出心裁，設計了多元化的活動，如太極、詠春、學習小結他、興趣班、禪繞畫、靜觀、園藝及音樂活動等，提升身心靈健康。從參與人數、出席情況、投入程度，參加者的正面反饋，足見計劃成效顯著。本會亦透過問卷調查收集到正面結果。



CQI project: Service users learning pastel painting

持續優質改善計劃：服務使用者學習粉彩畫



CQI project: Staff and service users in Halfway House practiced Tai Chi

持續優質改善計劃：職員及服務使用者於過渡期宿舍練習太極



CQI project: Service users in psycho-geriatric units involved in Music Therapy activities

持續優質改善計劃：老人精神服務的服務使用者參與音樂治療活動

Occupational Health and Safety

In 2018/19, 57 service units or projects had completed the OSH year plan and the twice-yearly safety audits. The working group collected and analyzed data on work injuries in staff and service users to evaluate the causes and to take necessary actions in the prevention of further injuries. 27 cases of work injuries in staff team were recorded, which was 20 % less compared to the previous year. The number of sick days from work injuries also greatly reduced.

The consultant appointed by the Association carried out worksite inspections, completed the "Occupational Safety and Health Manual" and also made recommendation to the set-up of "Occupational and Safety Management System" across the Association. Currently the system was on trial in 15 vocational rehabilitation units and 2 major kitchens. Those units were implementing the improvement plan as recommended. In addition, the safety guidelines had been incorporated into our existing SQS manual to ensure regular good practice in daily work.

More than 500 staff in 32 service units joined the exercise program in 2018/19. Various other activities were organized to increase awareness of OSH among staff.


職業安全及健康

2018至19年度，本會共57個服務單位及工作項目完成職安健年度計劃及每年兩次的職安審核。職安健工作小組收集職員／服務使用者工作受傷數據，檢討成因及推行預防工作。在所有同事努力下，本年度職員工傷數字有共27宗，比上年度減少20%，工傷病假日數亦大幅減少。


本會聘請的職安健顧問公司已完成針對本會需要的「職業安全及健康手冊」及多項工種的安全工作指引。現時於15個職業康復單位及2個大型廚房建立職業安全系統，並推行建議的改善措施。顧問公司訂定的安全守則已納入「服務質素」標準內，以確保恆常良好的安全指引得以應用於日常工作。

2018至19年度，超過500位同事及32個服務單位參加了伸展運動。本會同時舉辦不同類型的活動以提高同事對職安健的意識。



 Training workshop on OSH run by consultancy firm
顧問公司舉辦職業安全培訓工作坊



 Staff participated in regular stretching exercise in their own service units
同事恆常參與單位內舉行的伸展運動

Green Organization

Kwai Shing Sheltered Workshop and The Wellness Centre (Islands) won the Hanson Outstanding Award and Hanson Merit Award, by virtue of their support for energy saving. The Association also received the Hanson Supportive Group Award in the Energy Saving Championship Scheme 2017, which was organized by the Environment Bureau and Electrical and Mechanical Services Department.



「邁向綠色」機構

葵盛庇護工場及安泰軒(離島)於環境局及機電工程署合辦的「慳神有計大比拼2017」中分別榮獲「卓越慳神獎」及「優異慳神獎」，作為嘉許其節約用電，而本會同時獲頒「踴躍支持團體慳神獎」。

25 staff members and service users participated in Country Parks Hiking and Planting Day in April 2018. Participants not only planted the seedlings of native tree species that helped increase the forest coverage but they also enjoyed the beautiful scenery of the country parks which helped wellness of body, mind and soul.



25位職員及服務使用者於2018年4月一同參與由漁農自然護理署於西貢郊野公園內舉辦的「郊野公園遠足植樹日」。參加者除了為郊野公園種植原生品種樹苗，增加木林覆蓋率外，亦欣賞郊野公園的美麗景觀，藉以放鬆身心，對提升心靈健康亦有幫助。



38 students of Department of Sociology, Hong Kong Shue Yan University and staff members joined hands to clean the seashore at Lung Kwu Tan, Tuen Mun on 6 October 2018 in order to reduce the pollution by solid wastes and protect the marine ecosystem.



38位職員和樹仁大學社會學系學生於2018年10月6日一同前往屯門龍鼓灘清理岸邊垃圾，以減低固體廢物對海洋生態的污染，為保護環境盡一分力。

INFORMATION COMMUNICATION TECHNOLOGY

資訊及通訊科技

In the financial year 2018/19, the Association reviewed and updated the existing information technology policy and guidelines. Apart from that, the Association successfully accomplished and rolled out several IT system and infrastructure projects. In order to enhance the security, stability and adaptation of the trend of cloud computing, the organization email system was successfully migrated to Microsoft Office 365 cloud platform in which the collaborative features of the Office 365 could enhance the internal communication within the Association. Furthermore, an Enterprise Resource Planning (ERP) system was introduced to Vocational Rehabilitation and Supported Employment Services. The ERP system could centralize the control of sales, procurement, production, inventory, finance and human resources, which could provide a tight control and supervision of the above processes, thus enhancing the service quality of the service units.

在2018至19財政年度，本會重新審視資訊科技政策及指引。除此以外，本會完成多項資訊科技系統開發及創建項目。為了配合雲端運算的大趨勢，本會進行了 Office 365電郵服務整合工程，以進一步提升電郵服務的安全性及可靠性，同時透過雲端系統優秀的整合功能，加強全會內外溝通及聯繫。另外，本會為轄下的職業及康復服務單位引入了企業資源規劃系統 (ERP System)，加強銷售、採購、生產、庫存、財務及人力資源間的聯繫，運用嶄新的管理系統協助各庇護工場及綜合培訓中心加強管理及監督，從而提升服務質素。

CORPORATE COMMUNICATION

企業傳訊

Fund Raising Activities

InterContinental Hong Kong Annual Christmas Charity Acidities

This was the 10th year that the InterContinental Hong Kong supported the Association's fund-raising efforts at Christmas time. "Mind Jar" was sold at Hotel lobby with the purpose of arousing general public's awareness on mental well-being. Christmas hampers with healthy food chosen from farmfresh330 were also sold to raise funds. In total, around \$310,000 was raised to support newlife.330 program.



Mind Jar was sold at hotel lobby for raising fund
於酒店大堂銷售心靈樽為本會籌款

香港洲際酒店年度聖誕籌款活動

香港洲際酒店已連續10年為本會舉辦聖誕慈善籌款。本年度聖誕慈善籌款活動以「心靈樽」為主題，目的是希望可以喚起大眾對身心靈健康的關注。香港洲際酒店亦於本會farmfresh330精選一系列健康食品以製作聖誕禮物籃供客人選購。是次聖誕籌款合共籌得超過\$310,000，籌得款項將用作支持推行「新生・身心靈」(newlife.330) 整全健康身心靈計劃。

Territory-Wide Flag Day 2018/19

The Association held the territory-wide Flag Day on 19 January 2019 to support the holistic mental health program – newlife.330 program. Over 4,000 volunteers from schools, corporates, people in recovery (PIR) and carers etc. participated in this Flag Day and it raised over \$1,473,628.6 in total. For the audit report of Flag Day 2018/2019, please refer to <http://bit.ly/2G7N6eh>.

2018至19年度全港賣旗籌款

本會於2019年1月19日舉行全港性賣旗籌款以支持推行「新生・身心靈」(newlife.330) 整全健康身心靈計劃。是次賣旗籌款合共有超過4千名來自學校、企業、康復者及照顧者等義工參與並籌得\$1,473,628.6。有關是次賣旗日的收支結算表，請瀏覽 <http://bit.ly/2G7N6eh>。



Six designs of the flag sheet
6款賣旗活動貼紙



Highlights of Flag Day Activity
賣旗活動相片

Media Coverage

With a view to further promoting the importance of mental wellness and the message of anti-stigma, the Association continued to build up positive relations with the media. The monthly column in Ming Pao Daily went on, with the newly added bi-monthly column at AM730 (online version) launched for sharing the recovery stories of PIR and 330 well-being tips.

媒體報導

本會繼續與媒體建立正面的關係，以進一步推廣精神健康的重要性及反污名訊息。是年度繼續於明報設有每月的固定專欄，並於AM730網上版本新增設雙周專欄——「330手記」，與讀者分享康復者故事及有關330身心靈小貼士。

Media Coverage 2018/19 2018至19年度媒體報導

Topic 主題	No. of media coverage 報導次數
Interview with Senior Management and professional staff 專訪高級管理層及專業同工	25
Interview with Service Users 專訪服務使用者	21
Introduction of Services and Press Conferences 服務介紹及新聞發佈會	69
Public Education Programs / Initiatives / Partnership Projects 公眾教育項目 / 活動 / 伙伴合作	23
Social Enterprises 社會企業	8
Total 總數：	146

Wen Wei Po
Grand opening of iREACH
(Kowloon Centre)
文匯報
iREACH (九龍中心)
開幕盛況



Ming Pao
Sharing of recovery story
明報
復元故事分享



iCable
Interview with Clinical
Psychologist
有線電視
專訪本會臨床心理學家



East Week
Mitsubishi Electric (Hong Kong) x New Life Farm
"Share the Sunshine" Program
東周刊
三菱電機 x 新生農場「Sun Sun 學子種暖計劃」

- Organized “Mental Health and Ageing: The Way Forward” Symposium and Workshop

舉辦精神健康與老齡化的發展與前瞻
研討會及工作坊

8-9.6.2018

- farmfresh330 awarded with “Quality Organic Products Retailer”
farmfresh330獲「優質有機零售商」大獎

22.6.2018

- Official launch of Jockey Club iREACH Social Competence Development and Employment Support Center (Kowloon Center)

賽馬會心志牽社交能力發展
及就業支援中心（九龍中心）
開幕

28.4.2018

- Co-organized with The Chinese University of Hong Kong in the “Jockey Club TourHeart Project”
Inaugural Symposium on Stepped Care Services and Workplace Mental Health
與香港中文大學合辦「賽馬會心導遊
計劃開幕座談會：階梯式健康服務與
職場精神健康」

29.6.2018

- newlife.330 announced the research result of the effectiveness of mindfulness on insomnia
newlife.330發佈「靜觀21天
導航——失眠篇」研究成效

28.8.2018

APR
4月

MAY
5月

JUN
6月

JUL
7月

AUG
8月

SEP
9月

- Jointly organized 2018 Asia Pacific Accessible Art Festival with Asia Pacific organizations

與亞太地區機構合辦
2018亞太無障礙藝術節

18-20.5.2018

- Official launch of JC A-Connect Phase 2
賽馬會喜伴同行計劃第二期正式啟動

7. 2018

- Kwai Shing Sheltered Workshop and The Wellness Centre (Islands) won the Hanson Outstanding Award and Hanson Merit Award respectively, while the Association received the Hanson Supportive Group Award in the Energy Saving Championship Scheme 2017 organized by the Environment Bureau and Electrical and Mechanical Services Department
葵盛庇護工場及安泰軒（離島）獲環境局及機電工程署合辦的「恆神有計大比拼2017」頒發「卓越恆神獎」及「優異恆神獎」；機構獲頒「踴躍支持團體恆神獎」

7. 2018

- 2017/18 Annual General Meeting
2017/18周年常務會議

7.9.2018

HIGHLIGHTS OF THE YEAR

年度盛事

NEW SERVICES AND INITIATIVES

嶄新服務 屢創新猷

- Grand Opening of Kwai Tsing Community Green Station

綠在葵青正式開幕

4.3.2019

- Grand Opening of the 3rd farmfresh330 at Hong Kong Island – Admiralty

第3間 farmfresh330 進駐港島區 — 金鐘

5.3.2019

- New Life Farm Open Day

新生農場開放日

24.3.2019

- “dayday330” Experiential Day cum Launching Ceremony

「dayday330」體驗日暨「dayday330」

行動啟動禮

30.3.2019

**NOV
11月**

- MINDSET College Ceremony expressed appreciation to the 1st batch of graduated students

思健學院嘉許禮 — 表揚首屆學生

13.11.2018

**DEC
12月**

- “WE ENJOY” Sports Training Fun Day

WE ENJOY「齊喜動」運動訓練分享日

16.12.2018

- The Association awarded with Social Capital Builder (SCB) Logo by the Community Investment and Inclusion Fund (CIIF)

本會獲投資共享基金頒發社會資本動力標誌獎

18.12.2018

**JAN
1月**

- Jointly organized MINDSET Expression Finale 2019

聯合主辦「思健藝飛翔」藝術匯演嘉年華

12-13.1.2019

- Territory-wide Flag Day

全港賣旗日

19.1.2019

**MAR
3月**



RECOVERY AND
WELL-BEING

復元與整全
身心靈健康

RECOVERY 復元

The Association had dedicated to recovery work over a decade. In 2018/19, we consolidated on recovery-oriented practices, focusing on the theme of shared humanity. In particular, through learning from people in recovery as well as the co-production process, the Association promoted equality of human nature as well as valued social roles of every individual. The regularization of peer support services by the Social Welfare Department in 2018/19 was also a fitting recognition of the contribution of our people in recovery of mental illness.

秉承逾十年的復元工作及近期有關整全健康的推廣，本會繼續鞏固復元導向工作並重點發展全人共享的理念，向復元人士學習並與其「共建」，有助提倡人人平等和重視每個人的社會角色定位。去年度社會福利署正式將朋輩支援服務常規化，更認同了復元人士的經驗對社會的貢獻。

PEER SUPPORT

朋輩支援

Peer support service was regularized by the Social Welfare Department with the establishment of "Agency-based Peer Support Service" (ABPSS) in 2018/19. A total of 19 peer support workers (PSW) was employed by the Association. On-the-job training was arranged for PSWs to develop core competence through monthly group coaching. The training included "lived experiences" sharing, group work skill, communication skill and community resource, etc.. Followed by the regularization of ABPSS and to ensure the service quality, Service Quality Standards (SQS) System was established during the year.

社會福利署於2018至19年度正式將朋輩支援服務常規化，設立「駐機構朋輩支援服務」，連同其他資助計劃，本會合共聘請了19位朋輩支援工作員。朋輩支援工作員在職培訓方面，透過每月小組嚮導培訓，加強朋輩支援工作員的核心能力，當中包括親歷經驗分享、小組工作、溝通技巧、社區資源認識等。隨著駐機構朋輩支援服務恆常化，為了確保服務質素，本會建立了執行服務質素標準的系統。



Mentor Program for Peer Support Workers
朋輩支援工作員嚮導活動



On-the-job training for Peer Support Workers
朋輩支援工作員在職培訓

CO-PRODUCTION

「共建」

The Association devoted to promote equality and co-production. Two workshops were conducted to foster staff and service users' values, attitudes as well as enhance their knowledge and skills of co-production. Service units shared experiences, challenges and positive outcome of co-production. Service users shared the enhancement of self-confidence with co-planning and co-delivery of services or programs. A Co-production Manual would be produced to provide colleagues with reference of how to further promote co-production.



為推動平等機會及共建文化，機構舉行了兩次「共建」交流工作坊，以培養職員及服務使用者對「共建」的價值觀和態度，提升他們對「共建」的認識和技巧。服務單位分享推行共建的心得、挑戰及成效；而服務使用者則分享共同設計、共同推行服務及活動如何能提升自信。機構將製作「共建手冊」，以供同事參考如何進一步推行「共建」的工作。



Co-production Workshop – Service users and staff shared gains and experiences of co-production

「共建」工作坊 — 職員及服務使用者分享共建經驗及得著

MINDSET COLLEGE

思健學院

In 2018/19, MINDSET College recruited 469 students and co-produced 122 sessions with 1,231 attendance recorded. In addition to providing courses, services in different aspects were also deepened such as training for peer trainers, promotion of co-production and development of community-oriented courses. MINDSET College Award Ceremony was launched on 3 November 2018 and 120 students were awarded with certificates. A peer trainer course was organized in March 2019, which covered the concept of recovery and co-production, transformation of lived experience and teaching practice & skills.

“Co-production” is the core value of MINDSET College. Professional trainers and peer trainers collaborated to develop courses regardless of background or social status. The core value of co-production and practices were shared with professionals working in hospitals and NGOs. MINDSET College also served the community. In 2018/19, the College visited a member of schools to promote its program and also provided courses to them.

在2018/2019年度，思健學院成功招募了469學生，共建了122節課程及錄得1,231出席人次。除了提供課程外，各方面亦取得進步，包括訓練朋輩導師、向業界推廣共建理念及發展面向社區的課程。為肯定及表揚學生的參與，於2018年11月3日舉行了「思健學院嘉許禮」。今屆嘉許禮合共有120位同學獲取證書。本會於2019年3月舉行朋輩導師培訓課程，為有志參與思健學院的同學提供訓練，內容包括復元及共建理念、轉化親歷經驗及教學實務等。



MINDSET College Award Ceremony
思健學院嘉許禮

「共建模式」是思健學院的核心價值，透過實踐共建，讓專業人士及復元人士在平等的合作關係上建構課程，並曾向醫院及非牟利機構推廣及分享實務經驗。思健學院同時面向社區，過去一年，曾到學校推廣思健學院及提供課程。



Peer Trainer and Professional Trainer shared the tips of co-production
朋輩導師及專業導師分享共建心得



Staff from different services joined the courses of MINDSET College
來自不同服務的同事參與思健學院的課程



MINDSET College Team
思健學院團隊

HONEST OPEN PROUD (HOP)

The Association was authorized by Program Director, Mr. Patrick CORRIGAN to translate and localize the Honest Open Proud (HOP) Program. The localized version was produced to match local needs with local examples. Trained facilitators conducted HOP programs to enhance users' confidence and skills of disclosure as well as to reduce self-stigmatization. Two facilitator reunions were organized for sharing of experience and practice wisdoms of conducting HOP groups.

To promote sharing of lived experience and shared humanity, staff and service users were encouraged to share personal life, memorable moments and wishes in reunions and other platforms to enhance mutual support and connection with others.



「我故事·我話事·告別十五十六時」

本會獲 Honest Open Proud 計劃總監 Patrick CORRIGAN 先生授權翻譯及將有關課程本地化，編制了香港版的課程手冊，內容使用本土的例子，以切合本地需要。接受培訓的帶領員在服務單位舉辦課程，提升服務使用者選擇性披露的技巧及信心，並且減少自我污名。本會舉辦了兩次帶領員重聚日，促進集思廣益，交流帶領小組經驗及智慧。

為推動親歷經驗分享文化，並發展全人共享的理念，職員及服務使用者透過重聚日及不同的平台分享生活上的感受、難忘時刻和盼望，加深彼此支持及連繫。

Honest Open Proud – HOP (Hong Kong Version)
「我故事·我話事·告別十五十六時」— 披露親歷經驗課程（香港版）



Participants actively participated in Honest Open Proud (HOP) Facilitator Reunion
「我故事·我話事·告別十五十六時」參加者於披露親歷經驗課程帶領員重聚日上積極分享

EVIDENCE-BASED PRACTICE

實證為本實踐

In 2018/19, The Evidence-based Practice (EBP) Task Group continued its work to provide solid feedback on service quality and ensuring the fidelity of recovery and well-being-oriented practices based on relevant evidence. The Task Group also guided the development of quantitative and qualitative empirical evidence within the Association. Its responsibilities included:

- Routine appraisal of service outcomes on service users and carers across different service units;
- Measuring recovery and well-being-oriented outcomes;
- Evaluating the fidelity of staff practices and the daily operations, including fidelity to recovery-oriented practices, recovery and well-being-oriented services at an organizational level;
- Recommendation and advice on training needs in delivering recovery and well-being oriented services to the R330 Steering Committee.

在2018/19年，「實證為本實踐」事工小組繼續提倡發展量化及質化的實驗證據，建基於相關的實證，就服務質素提供紮實的反饋及確保復元及身心康泰導向實踐的保真度，其工作範疇包括：

- 運用復元及身心康泰導向的評估工具，為不同服務單位的服務使用者及家屬進行常規性服務成果評估；
- 量度復元及身心靈健康相關服務的成效；
- 檢視職員的實踐與日常運作對復元及身心康泰導向實踐精髓的保真度，包括從機構層面進行復元及身心康泰導向服務保真度評估；及
- 就復元和身心康泰導向服務的培訓需要向督導委員會作出建議。

Research Competition

In order to promote evidence-base practice among colleagues, the EBP Task Group organized an internal research competition to promote evidence-based practice among staff. Colleagues from different service units were encouraged to come up with innovative research ideas. In the first round of selection, 6 applications were selected with topics on ASD treatment protocols, peer support worker experience, women's health, and lifestyle of people in recovery. Research teams would conduct respective research and submit their research for the last round competition in March 2020.

「WANTED 創意 • 啟迪 • 先導」研究大賽

事工小組舉辦了是次研究大賽，於同工間提倡實證為本實踐的風氣，鼓勵各部門同事提出創新的研究概念。初賽評審團經審視後，已選出了6隊參賽隊伍入圍計劃，題目分別有關於自閉症治療方案、朋輩支援工作人員的經驗、婦女精神健康、康復者的生活方式等。入選的隊伍將在進行研究計劃後，於2020年3月份提交研究成果，進行決賽。



Research Collaboration

The working group received 17 collaboration requests via the research application online platform last year. The requests were from Oxford University, The University of Hong Kong, The Chinese University of Hong Kong, Kwai Chung Hospital, The Hong Kong Polytechnic University, and The Education University of Hong Kong.

研究合作

透過網上平台申請研究，事工小組於去年度收到並審議了共17份研究合作申請。申請分別來自英國牛津大學、香港大學、香港中文大學、葵涌醫院、香港理工大學，以及香港教育大學等。

Research Summaries

In order to review the conducted researches systematically, the EBP Task Group established an online research summary platform. As at 31 March 2019, there were 23 finished and ongoing researches recorded in its database. Research contents would be translated into Chinese, shared among colleagues and uploaded onto the recovery website.

研究總結

為了更有系統地回顧過往的研究，事工小組已設立了研究總結網上平台。截至2019年3月31日，已有23份已完成或進行中的研究獲記錄在資料庫中。研究內容亦會翻譯成中文，發佈與同工分享和上載至復元網站。

RECOVERY AND WELL-BEING R330 復元與整全健康

OUR BELIEF IN 330

The Association believes that mental well-being embraces the holistic health of body (3), mind (3) and spirit (0). In 2018/19, the Association continued with promoting a holistic 330 well-being with vigor and enthusiasm.

我們的330信念

本會一直相信透過身(3)心(3)靈(0)健康以達致整全身心靈的理念。在2018/19年度，本會繼續向公眾致力宣揚整全的330健康。

newlife.330

新生 • 身心靈

To further advance the implementation of evidence-based practice, a randomized controlled trial was conducted, in collaboration with The Chinese University of Hong Kong, to examine the effectiveness of the 21-day online mindfulness intervention on insomnia, diet and pain. Results showed that it was effective in improving pain, healthy diet, and insomnia. To further promote mindfulness and encourage people to practice it anytime and anywhere, the Association partnered with Cathay Pacific and Cathay Dragon to develop a new Cantonese-language podcast to help people relieve the stress of travelling through mindfulness. In parallel, different kinds of mindfulness-based workshops and training programs were offered to meet the needs of different segments, including corporate staff, university students, kids and parents, etc.

為進一步實踐實證為本的精神，本會與香港中文大學合作進行隨機對照試驗，研究靜觀與失眠、飲食及痛症的關係。研究結果發現，實驗組的參加者在睡眠、飲食及痛症各方面均有顯著的改善。為讓靜觀更廣為人認識，並使大家明白隨時隨地都可以練習靜觀，本會與國泰航空、國泰港龍航空攜手合作，製作全新的粵語播客節目，讓旅客透過靜觀練習舒緩旅途上的壓力。與此同時，本會繼續為不同層面的人士，包括企業員工、大學生、小朋友及家長，提供不同類型靜觀為本的工作坊及培訓課程，以照顧他們不同的需要。

Functional mindfulness audios

To address people's health concerns about insomnia, diet and pain, 3 separate low-intensity mindfulness interventions were specially designed to be delivered via internet and mobile app. A randomized controlled trial was conducted through WhatsApp to examine the effectiveness of those interventions. The results were presented by our clinical psychologist at the International Conference on Mindfulness (ICM) in Amsterdam in the Netherlands in July 2018. Press briefings in Hong Kong were arranged to announce the results in August 2018 and March 2019 respectively.

切合不同需要的靜觀聲音導航

針對都市人常見的失眠、飲食及長期痛症相關的困擾，本會推出首個「21天靜觀導航(失眠篇)、(飲食篇)與(痛症篇)」網上練習及手機程式，並透過 WhatsApp 進行隨機對照試驗，研究靜觀與失眠、靜觀與痛症、靜觀與飲食的關係。有關研究結果，由本會臨床心理學家於2018年7月在荷蘭阿姆斯特丹舉行的靜觀國際會議上發表。成效發布會分別於2018年8月及2019年3月在香港舉行。



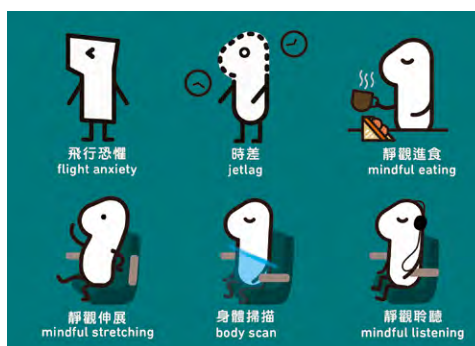
Research findings were presented in the International Conference on Mindfulness (ICM) 研究結果在靜觀國際會議上發表



Professor Winnie MAK of the Department of Psychology and the Associate Dean of Research at the Faculty of Social Science, The Chinese University of Hong Kong (right), Mr. Terry WONG, the then Acting Chief Executive Officer and Ms. Amanda LI, Clinical Psychologist, attended the press briefing 香港中文大學心理學系教授、社會科學院副院長(研究)麥穎思教授(右)、本會時任署理行政總裁黃宗保先生(中)及本會臨床心理學家李昭明女士出席成效發布會

Mindfulness podcasts for Cathay Pacific

As from September 2018, newlife.330 launched a new series of guided mindfulness audio exercises for passengers travelling with Cathay Pacific and Cathay Dragon. The 6 featured podcasts focus on passengers' needs covering inflight situations like flight anxiety, jetlag as well as simple mindfulness exercise including mindful eating, mindful stretching, body scan and mindful listening.



Audios of mindful exercise were designed for travelers who could practise in airplane seats 聲音導航專為飛機旅客而設，讓他們安坐機上也能做到靜觀練習

「newlife.330 x 國泰航空」靜觀練習

自2018年9月起，newlife.330為國泰航空推出一系列「newlife.330 x 國泰航空」靜觀練習，於國泰航空和國泰港龍航空的所有航線播放。一系列6節的聲音導航，包括飛行恐懼、時差、靜觀進食、靜觀伸展、身體掃描及靜觀聆聽，照顧乘客在飛機上不同的需要。

newlife.330 Kids & Parenting Well-being Program

With the funding support of the Community Chest of Hong Kong, a 3-year project titled "newlife.330 Kids & Parenting Well-being Program" was launched in July 2018. The project aimed to help disadvantaged parents and kids develop skills in managing emotions and enhancing their well-being through mindfulness.



Kid focused on watching the mind jar 小朋友專注地看著心靈樽



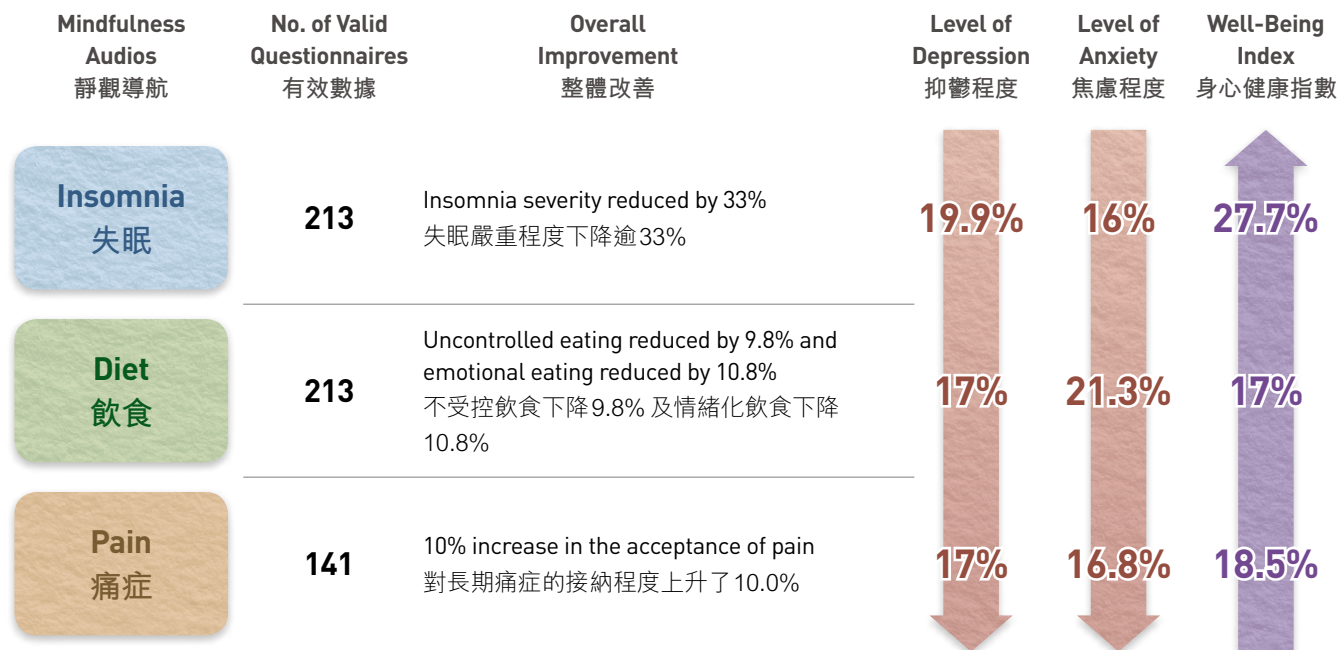
Parents joined their children to understand the learning of their children 導師邀請家長出席課程，親身了解孩子的學習



Parents learnt about 330 self-care in the mindful parenting workshop 家長透過參與靜觀教養工作坊學習照顧自己的身心靈

newlife.330 – Major Findings of 21-day Mindfulness Audios

新生 • 身心靈 — 21天靜觀導航主要研究數據



eGPS

情緒 GPS

Emotion GPS (eGPS) is a psychological well-being guided self-help program operated since 2016. Developed with reference to the Improving Access to Psychological Therapies Scheme from the United Kingdom, this program provides assessment and early intervention services, including guided self-help programs and psychoeducation groups, to people who are suffering from mood disturbance and not receiving any psychological support. The guided self-help model emphasizes self-directed learning. Psychological well-being officers collaborate with service users to select self-help tools according to the results of assessment, and provide one-to-one guidance to the service users on the effective use of the self-help tools. This project now forms part of the Hong Kong Jockey Club Charities Trust's funded JC TourHeart (JCTH) Project, a project the Association has collaborated with The Chinese University of Hong Kong since 2017. The Association now operates a JCTH service centre in Mong Kok to increase public access to psychological therapy. In addition to providing service to users from JCTH online platform, JCTH-eGPS also receives self-referral and referrals from other organizations.

「情緒 GPS」是一項心理健康自學支援計劃，於2016年投入服務。參考英國「心理治療普及化計劃」(Improving Access to Psychological Therapies, IAPT)，本計劃為有情緒困擾而未有接受任何心理支援的人士提供評估及早期介入服務，包括「指導式自助治療」和心理教育小組。指導式自助治療強調自主學習。心理健康主任會依據評估結果與服務使用者一起選擇適合的情緒自助工具，並提供單對單指導，幫助服務使用者有效學習使用情緒自助工具。自2017年起承蒙香港賽馬會慈善信託基金慷慨資助，本會和香港中文大學心理學系合辦賽馬會心導遊計劃，擴展「情緒 GPS」服務，並在旺角設立賽馬會心導遊服務中心。為了使心理治療普及化，「情緒 GPS」除了為賽馬會心導遊計劃的服務使用者提供服務外，亦接受有需要人士自行登記服務及接受其他機構的轉介。

- JCTH-eGPS Service participated in the Caring Company Exhibition in 2018. Psychological Well-being Officers were present to introduce the service. The service was also promoted in the Baptist University of Hong Kong and the UBS Hong Kong Community Fair.

- JCTH-eGPS Service continued to liaise with Hospital Authority's Integrated Mental Health Program (IMHP) to promote low intensity cognitive behavioral therapy. Sharing workshops were conducted in April and June 2018 to present the low-intensity psychological therapies for mental health professionals and medical general practitioners.

- In August 2018, a certificate training of low intensity cognitive behavioral therapy was conducted, which consisted of 12-day training and 36-hour skill-drilling supervision. A total of 12 individuals from various organizations including Hospital Authority, The Chinese University of Hong Kong and Tung Wah Group of Hospitals attended the course.

- Other than individual guided self-help program, eGPS Service also held psychoeducation groups of various topics including insomnia management, stress & anxiety management and Mindfulness-based Cognitive Therapy. Seven theme groups were held last year.

- 賽馬會心導遊「情緒 GPS」積極參與2018年舉行的「商界展關懷」展覽，心理健康主任在場為有興趣人士講解「情緒 GPS」的服務。本會亦於香港浸會大學和瑞銀香港社區攤位宣傳服務。

- 賽馬會心導遊「情緒 GPS」持續與醫院管理局「綜合心理健康計劃」合作，並分別在2018年4月和6月為精神健康專業人士和普通科醫生舉行講座以介紹低密度認知行為治療。



- 2018年8月，舉辦第一次的低密度認知行為治療證書課程，培訓為期12日全天課程和36小時技巧督導。課程內容涵蓋了低密度認知行為治療的提供與督導；共有12位來自不同機構的人員包括醫院管理局、香港中文大學及東華三院等參加該課程。

- 除了個人「指導式自助治療」服務外，「情緒 GPS」於去年度亦舉辦了7個不同主題的心理教育小組，包括失眠管理、壓力和焦慮管理，以及靜觀認知治療。

Effectiveness Analysis

From March 2018 to February 2019, eGPS Service offered 3,538 sessions of service to 587 individuals. An effectiveness study was performed on the 343 service users who had received at least 2 sessions of service. Significant differences were noted between pre- and post- depression and anxiety ratings, indicating that the intervention had been effective.

成效分析

截至2019年2月，「情緒 GPS」服務已經為587位人士提供了3,538節的服務。以數據分析在此期間曾接受至少兩節服務的343位服務使用者，比對他們在參與「情緒 GPS」服務前後的情緒狀況。研究結果指出服務使用者在接受「情緒 GPS」服務後，他們的抑鬱及焦慮症狀都有顯著的改善。


WELLNESS RECOVERY ACTION PLAN (WRAP®)

身心健康行動計劃

In 2018, the Association continued with WRAP® for the ninth year. WRAP® was originated from The Copeland Center for Wellness and Recovery of the United States. The Association started adopting WRAP® in 2010. In the past 9 years, more than 100 certified WRAP® facilitators and advanced-level WRAP® facilitators had been trained by the Association, including people in recovery and carers. To raise the awareness of mental illness and self-management of well-being among the general public, the Association promoted WRAP® to our service units and organized a series of training courses for a wide spectrum of target groups including the secondary and tertiary school students, women, carers, helping professionals and management groups through working with different social service agencies, charitable and non-profit organizations. Participants could cope with their life changes, maintain positive thinking and stay healthy by developing and applying their own “wellness toolbox” in everyday life. WRAP® promoted co-production and recovery-oriented practices, emphasizing on the participation and co-facilitation of people in recovery.

In 2018/19, the Association collaborated and facilitated the WRAP® programs in different organizations, such as The Chinese University of Hong Kong – “Jockey Club TourHeart Project” and team training in The Church of Christ in China Heep Woh College where WRAP® Basic and WRAP® facilitators training were provided to the students, teachers, and the public. The campaigns were popular and positive feedback was received from the participants. They found WRAP® helped them gain hopefulness, stay well and enhance their resilience in facing the challenges in life.

The Association would continue to promote WRAP® to people of all ages in the community. The Association planned to collaborate with the Faculty of Social Sciences of The University of Hong Kong to run a 3-year project “JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness”. Through introducing WRAP® as a practical self-designed wellness tool to the elderly people, it can enhance their mental health.

 Jockey Club New Life Institute of Psychiatric Rehabilitation organized a 12-hour WRAP® Basic training
賽馬會新生精神康復學院舉辦12小時 WRAP® 基礎訓練課程

本會自2010年由美國 Copeland Center 引入「身心健康行動計劃」WRAP®, 現正邁向第9個年頭, 接受 WRAP® 培訓的帶領員及進階帶領員已過百位(包括復元人士及其家屬)。為提升大眾對身心靈健康的關注及培養自我情緒管理技巧, 每年均積極在本會不同服務單位推動及舉辦 WRAP® 小組; 亦為公眾人士, 包括中學生、大學生、婦女、照顧者、專業輔導人員及管理層人員等舉辦相關課程及工作坊, 讓市民學習運用身心整全健康工具 (Wellness Toolbox), 應付生活中不同的變化, 保持積極思想, 維持良好的精神健康狀態。此外, 本計劃亦推動復元人士共同參與和帶領, 實踐「復元為本」及「共建」的理念。

在2018/19年度, 本會繼續與各大機構合作, 展開「WRAP® 身心健康行動計劃」, 包括與香港中文大學合辦的賽馬會「心導遊計劃」及為中華基督教會香港區會協和學校師生培訓等。當中舉辦的 WRAP® 工作坊、基礎課程及帶領員證書課程, 報名反應相當熱烈。參加者均認為課程有助他們維持正面的精神健康狀態, 保持樂觀思想, 鼓勵勇於面對挑戰, 以及協助他們適應學業、工作和生活上的變化。

為了將 WRAP® 廣泛推廣至社會不同年齡、類別的人士, 本會將繼續努力推動及發展計劃。本會計劃將與香港大學社會科學學院攜手主辦為期3年的「賽馬會樂齡同行計劃」, 支援及帶領更多長者使用 WRAP® 管理精神健康。





Student Basic WRAP® training for teachers and students in CCC Heep Woh College
為中華基督教會協和書院師生進行 WRAP® 基礎訓練



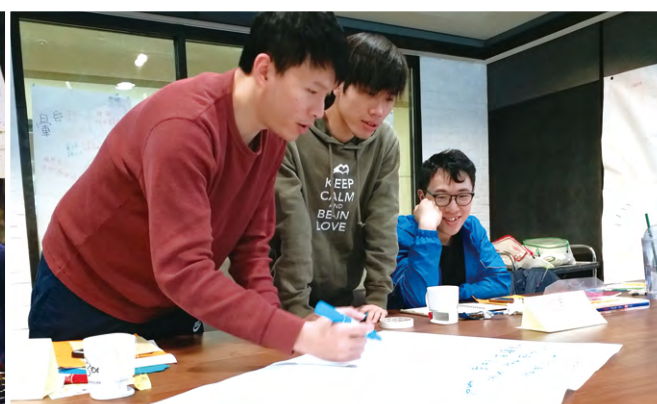
Using various activities to facilitate students to understand early signs of mental problems
帶領員透過不同形式的教學活動，以深入淺出的方法向學生講解身體的初期警號



Let's draft our Daily Health Maintenance Plan
一起策劃日常健康計劃



HKJC Tour Heart – WRAP® Facilitator Training
「賽馬會心導遊計劃」WRAP® 帶領員課程



Participants were encouraged to explore WRAP® through group discussions
通過小組討論，參加者進一步探索身心健康管理計劃

Wellness Recovery Action Plan (WRAP®) – Annual Output / Deliverables in 2018/19 身心健康行動計劃 — 2018至19年度服務統計

Service Target 服務對象	No. of Session 節數	No. of Attendance 參與人次
New Life's Service Unit 新生會服務單位	92	990
External Organization / Education Institute 外勤機構 / 院校	34	593
Jockey Club New Life Institute of Psychiatric Rehabilitation 賽馬會新生精神康復學院	54	786

MENTAL HEALTH EDUCATION 精神健康教育

Through various programs and media, positive well-being messages were brought to the general public, while an inclusive community environment was fostered by reducing stigma towards mental illness and the people in recovery (PIR).

透過多元的活動與不同媒介，向公眾宣傳正向身心靈健康訊息，同時通過減少對精神病康復者的污名，以促進共融的社區環境。

EVERYDAY 330

The program Everyday 330 funded by the Labour and Welfare Bureau, with the goal of promoting awareness, understanding and management of mental health by youth and general public, was launched in May 2018. Young people and general public learned how to deal with stress and adversity in a positive way by taking part in social inclusion activities and workshops on well-being. This project integrated mindfulness and experiencing learning approach into different activities, using the theme of well-being across 5 different categories: (1) well-being workshops; (2) social inclusion programs; (3) volunteer training and promotion; (4) PIR recovery stories sharing; and (5) well-being promotion activities. Through the project, young people and the general public strengthened their mental well-being while being guided to care for different communities. The program included 58 workshops and activities with 2,065 participants, including students from 4 secondary schools, 5 universities and colleges and 6 organizations.

天添 330

為促進青少年與大眾對精神健康的關注、認識和管理技巧，由勞工及福利局贊助的「天添330」計劃於2018年5月正式啟動。計劃透過共融活動及整全健康工作坊，讓年青人與大眾在面對生活壓力和逆境時，學習如何保持良好的生活質素。本計劃是以「全人健康」為主題的提升身心靈健康計劃，結合靜觀及體驗活動等工作坊，透過5個不同的系列：(1) 全人健康體驗；(2) 共融交流活動；(3) 義工訓練及服務推廣；(4) 親歷經驗分享；及(5) 全人健康承傳共享，把正面積極的人生觀及正向應對挑戰的技巧灌輸給年青人與大眾，提升他們身心健康的質素，並同時培養他們關心社群。計劃完成58節的工作坊及活動，共2,065名青少年與公眾人士參加，參與團體包括4間中學、5間大專院校及6個機構。



Participants enjoyed the workshop of "mindful" terrarium
參加者享受製作盆景植物的樂趣



Young people and PIR co-produced wooden chopsticks
青少年與康復者一起製作木筷子



PIR and students made "couplets cookies" for celebrating Lunar New Year
青少年與康復者一起製作「揮春曲奇」慶祝農曆新年



Participants expressed thanks and blessings to PIR after listening their recovery stories
參加者聆聽復元人士的親歷經驗分享後，向他們表達謝意及祝福



Our peer support workers shared their recovery stories
本會朋輩支援工作員分享親歷經驗

MENTAL HEALTH MONTH 2018 - "HOME, POWER"

2018 精神健康月 —「家 • 力量」

The Association was one of the co-organizers of Mental Health Month 2018, which aimed at arousing public awareness on the importance of family mental wellness. "Home • Power" carnival, the finale of 2018 Mental Health Month (MHM) was held on 8 December 2018 to recognize the participation of various parties and to wrap up the whole program. Dr. LAW Chi-kwong, GBS, JP, Secretary for Labour and Welfare, officiated the Ceremony. The renowned artist, Mr. KWOK Chun-on was the ambassador of Mental Health Month 2018 who joined the ceremony to promote family mental health and wellness. Over 500 participants from schools, community groups, corporates, and Integrated Community Centers for Mental Wellness attended.

本會是2018精神健康月籌委機構之一，「2018精神健康月」的壓軸活動「家 • 力量」滿FUN嘉年華的目的為喚起公眾人士關注家庭的精神健康。嘉年華於2018年12月8日舉行，以表揚各界的參與及總結整項活動，並邀得勞工及福利局局長羅致光博士擔任主禮嘉賓，而精神健康大使郭晉安亦有出席，宣傳關注家庭精神健康的訊息。當天活動獲逾500位來自社區團體、企業、學校及精神健康綜合社區中心的參加者出席。



Family mental well-being messages were shared through interactive booth
透過攤位向公眾人士分享保持家庭精神健康的訊息



Happy Chair Dance Workshop conducted by The Wellness Centre (Tuen Mun) to public audience
由本會安泰軒（屯門）為公眾人士提供的椅子舞工作坊

MINDSET EXPRESSION FINALE

「思健藝飛翔」藝術匯演嘉年華

“Arts x Wellness” MINDSET Expression Finale was held on 12-13 January 2019. Ms. Jessie TSUI, Executive Director of MINDSET, Mr. Charles LEUNG, Chief Social Work Officer of Rehabilitation and Medical Social Services Branch of SWD, and Dr. Lesley LAU, Head of Art Promotion Office, Leisure and Cultural Services Department were the officiating guests at the Opening Ceremony on 12 January 2019. The programs included experiential workshops and stage performance organized by the 4 operators including the Association. It was an effective platform to facilitate social inclusion and promotion of well-being.

由本會及4間機構合辦，以「藝術與身心靈健康」為主題的「思健藝飛翔」藝術匯演嘉年華於2019年1月12-13日舉行。思健執行董事徐敏姿女士、社會福利署康復及醫務社會服務總社會工作主任梁世昌先生，以及康樂及文化事務署藝術推廣辦事處總監劉鳳霞博士，於2019年1月12日舉行的開幕禮擔任主禮嘉賓。是次活動透過不同藝術工作坊及舞台表演，推廣共融和身心靈健康。



“Arts x Wellness” MINDSET Expression Finale
「思健藝飛翔」藝術匯演嘉年華



Puppet and Movement Theatre
performance “Home Sweet Home”
偶動劇場表演之愛回家



Interactive performance with audience
與觀眾互動演出

2018 ASIA PACIFIC ACCESSIBLE ART FESTIVAL

2018 亞太無障礙藝術節

Riding on the collaboration with Eden Social Welfare Foundation of Taiwan and Caritas Macau since 2016, the Association was honored to host the 3rd Accessible Art Festival in Hong Kong on 18-20 May 2018. Staunch support was received from the co-organizers from Hong Kong, Macau, Taiwan, Singapore, Thailand, Vietnam and Laos to collaborate in exhibitions, workshops and accessible cultural tours, framing this special occasion for artists with different abilities and backgrounds to share and exchange with regional horizons. In 2018, the Festival also provided a platform for local and overseas practitioners to exchange valuable experiences and views on “Accessible Art in an Inclusive Society” through a Round-table Sharing, thus enhancing connections and partnerships in practical perspective. In addition, a variety of art performance was presented by local and overseas community groups to embrace the heritage and culture of different countries.

The 3-day Art Festival recorded the participation of over 100 delegates from different places in the Asia Pacific region. There was an exhibition on over 100 pieces of art works, showcasing the talented works of artists with different abilities. Favorable feedback was also received from those who participated and attended the 9 art workshops and the 9 sessions of art performance.

建基於2016年與台灣伊甸社會福利基金會及澳門明愛的合作，本會榮幸成為第3屆無障礙藝術節的主辦機構，於2018年5月18至20日香港舉行，並得到來自香港、澳門、台灣、新加坡、泰國、越南及老撾等協辦機構的鼎力支持，攜手合辦藝術展覽、工作坊及無障礙文化旅遊，聚集擁有不同能力及背景的藝術家，構建一個具國際視野的交流平台。本會更邀得本地和海外業界人士出席圓桌會議，以「共融社會的無障礙藝術」為題，互相分享經驗和觀點，促進業界建立網絡及夥伴協作。此外，本地和海外社區團體作多元化的藝術表演，以展示不同國家的傳統文化。

在三天的無障礙藝術節內，一共有超過逾百位來自亞太不同地域的人士參與，展出超逾100件由不同能力的藝術家創作的藝術品，並進行了9個藝術工作坊及9場文化表演，均獲好評。



BiG-i EXHIBITION

Two service users, Mr. LO Yip Nang and Mr. SHOGO joined the exhibition jointly organized by The Centre for Community Cultural Development, Vessel and BiG-i, a national institute in Japan on art for the abled and disabled. Their artworks were displayed from 24 August to 9 September 2018.

BiG-i 展覽

本會兩位服務使用者，盧業能先生和 Shogo 先生參加了一個港日社區組織合作的殘疾人士藝術展覽，於2018年8月24日至9月9日期間展出他們的藝術作品。



Puppet workshop organized by Eden Social Welfare Foundation in Taipei and Taichung 參加伊甸社會福利基金會台北及台中舉行的手偶工作坊 24-26.7.2018



Puppet workshop for Caritas – Macau 為澳門明愛參觀者舉辦的手偶工作坊 28.7.2018

VOLUNTEER MOVEMENT

義工運動

To appreciate and recognize the contribution of our volunteers, The Steering Committee on Promotion of Volunteer Service of Social Welfare Department endorsed the development of the Volunteer Movement and presented a certificate to the Association with volunteer service hours exceeded 10,000 in 2018.



本會於2018年度創出逾10,000小時義工服務的佳績，喜獲社會福利署推廣義工服務督導委員會頒發獎狀，以表揚本會服務使用者的義工精神。

2018/19 Volunteer Award Scheme – Service Hours Statistics

2018至19年度義工嘉許計劃 — 服務時數統計

Awards 獎項	Requirement (Volunteer hours) 義工服務時數	Number of Volunteers awarded 得獎義工人數
Gold Award 金獎	> 70 hours 小時	26
Silver Award 銀獎	50-69 hours 小時	36
Bronze Award 銅獎	30-49 hours 小時	83
Total 總數：		145

EDUCATIONAL VISIT

教育性參觀

To enhance public understanding of mental health services and the integration of PIR into the community, the Association organized 185 educational visits for 1,961 visitors in 2018/19. Visitors came from various sectors including academies, NGOs, medical establishments, the general public, etc. Besides, 5 services of the Association participated in the “Joint Open Day of the Tuen Mun Rehabilitation Units” on 17 November to promote mental health and social inclusion in the community.

為讓公眾人士對精神健康服務及康復者重投社區生活有所了解，本會於2018至19年度共接待了185次教育性參觀，參觀人數共1,961人。參觀者主要來自學界、非政府機構、醫院及公眾人士等。於2018年11月17日，本會5個服務單位參與「屯門區康復服務單位聯合開放日」，藉此推廣精神健康及促進社區共融。




Mental health talk cum visit for volunteers
為義工安排精神健康講座及參觀


Community Mental Health facility tours and service briefing conducted by the Association's multi-professional staff team, including clinical psychologists, social workers, nurses and occupational therapists, were arranged to support the study of university students. In addition, the Association collaborated with the Faculty of Medicine of The University of Hong Kong for the 6th consecutive year to conduct interactive programs for medical students. Last year, the program was revised to better accommodate the learning objectives and academic focus of the students. Session of Recovery College, conducted by staff and people with personal experience in mental illness, was included in the visit program which provided an interactive learning experience to enhance students' understanding on the concept of recovery. Seven student visits was arranged.

為支援院校課程，本會安排學生參觀社區精神健康設施及跨專業團隊作服務簡介，包括臨床心理學家、社工、護士及職業治療師。本會更連續第6年與香港大學醫學院合作，為其醫學院學生舉辦互動參觀。對應課程目的及學術重點，今年的參觀內容有別於過往，加入了復元學院的課程。本會職員及擁有精神康復經歷的人士共建課程，透過互動學習模式，讓學生加深對復元概念的認識。本會為香港大學的醫科學生共安排了7次互動參觀。



 Joint Open Day of the Tuen Mun Rehabilitation Units
屯門區康復服務單位聯合開放日



 Students experienced the recovery story of PIR through Virtual Reality
將復元故事融入虛擬實景中，讓學生可以親身體驗復元人士的經歷

Educational Visit in 2018/19 2018至19年度教育性參觀

Nature of Visitors 參觀者類別	No. of Visitors (Attendance) 參觀者人數	No. of Visits 參觀次數
Government Department / NGOs 政府部門 / 非政府機構	785	52
Hospitals 醫院	154	23
Universities / Educational Institutes 大學 / 學院	511	32
Primary / Secondary Schools 中 / 小學	211	15
Corporations / Community Groups 公司企業 / 社區組織	64	8
Others (General Public etc.) 其他 (公眾人士等)	236	55

Total 總數：

1,961

185

WELL-BEING 整全身心靈健康

dayday330 CAMPAIGN

In its Mental Health Review Report published by the government in 2017, the government reaffirmed its established mission in promoting mental health to the general public. The dayday330 campaign, launched by the Association in 2018-19, is a year-round public mental well-being campaign. Embracing the Association's belief in fostering a holistic health on 330 (body (3), mind (3) and spirit (0)) well-being, dayday330 campaign adopted its first theme one simple 330 break – encouraging every one of us to take a micro-break of at least 3 minutes 30 seconds every day. There has been research evidence to show that taking a micro-break everyday can help reduce stress, relieve emotions and enhance well-being. We can choose to take a 330 break in different ways, such as having a mindful breathing exercise, listening to music, going for a walk, etc. We can take a longer micro break or more than one micro break a day and we can do different things at different days. The important message is to remind us, through taking a break, to love ourselves thus safeguarding our own 330 well-being. Individuals are encouraged to sign the dayday330 Charter to promise ourselves to take a daily 330 break. The Association has also invited corporations, organizations and schools as supporting organizations to jointly promote the Campaign. New Life Farm Open Day, "dayday330" Experiential Day (330 Day) were organized, in addition to, and a series of 330 programs organized in 7 Wellness Centres and our social enterprises, have launched. Up till the end of March 2019, a total of over 1,700 people signed the dayday330 Charter and over 50 supporting organizations had joined the Campaign.

dayday330 行動

於2017年政府公布的精神健康檢討報告中，政府重申了向大眾推廣精神健康的使命。本會於2018/19年度推出的「dayday330」行動，是一項全年的公眾精神健康活動。貫徹本會透過身(3)、心(3)、靈(0)健康以達致整全精神健康的理念，「dayday330」行動首次以330小休息為主題——鼓勵大家每天預留至少3分30秒，進行「小休息」(micro break)。有研究顯示，每日進行「小休息」，可舒緩情緒、減少壓力，並促進身、心、靈健康。我們可以以不同方式進行330小休息，例如進行靜觀呼吸練習、聽音樂、散步等，亦可以享用一個較長、或是每天享用多於一個330小休息，每一天也可以有不同的休息方法。藉著330小休息，我們可以自我提醒、努力保障自己的身心靈健康。本會亦鼓勵公眾人士簽署 dayday330約章，承諾每天最少抽出3分30秒關顧自己的身心靈；邀請企業、店舖、機構及學校作為支持機構，與本會攜手推廣身心靈健康；舉行 Fun 享身心靈 (330) —— 新生農場開放日及 dayday330 體驗日 (330日)，以及於7間安泰軒及本會社會企業進行各種身心靈活動。截至2019年3月，共有逾1,700人簽署 dayday330約章及逾50間支持機構參與計劃。





To officially kick-off the dayday330 Campaign, a launching ceremony was held on 30 March 2019 at E-Max, Kowloon Bay. The Ceremony was officiated by Mr. Matthew CHEUNG Kin-chung, GBM, GBS, JP, Chief Secretary for Administration. Other guests included Professor Sophia CHAN, JP, Secretary for Food and Health, Mr. WONG Yan-lung, GBM, SC, Chairman of Advisory Committee on Mental Health, Mr. YEUNG Kwok-ki, Anthony, BBS, JP, Chairman of Rehabilitation Advisory Committee, Mrs. Cherry TSE, Permanent Secretary for Home Affairs, Ms. Carol YIP, JP, Director of Social Welfare, The Honourable HO Sai-chu, GBM, GBS, JP, Patron, Professor Fanny CHEUNG Mui-ching, SBS, OBE, JP, President, and Miss Annie TAM, GBS, JP, Chairperson, of the Association, Mr. Ken KWOK, Assistant Programme Director, Commercial Radio Hong Kong and Mr. Jason CHAN, dayday330 Ambassador. The Ceremony was well attended by government officials including Mr. David LEUNG, JP, Commissioner for Rehabilitation, Mr. LAM Ka-tai, JP, Deputy Director of Social Welfare (Services), Mr. Chris FUNG, Principal Assistant Secretary for Food and Health (Health), Dr. Anne FUNG, Assistant Director (Health Promotion), Department of Health and Mr. KOK Che-leung, Assistant Director, Rehabilitation and Medical Social Services Branch, Social Welfare Department as well as representatives of the supporting organizations and the other partners. A series of well-being talks and experiential activities were held with total attendance of over 2,700.

「dayday330」體驗日暨「dayday330」行動啟動禮於2019年3月30日假九龍灣國際展貿中心 E-Max 舉行，邀得政務司司長張建宗先生，大紫荊勳賢，GBS，JP 作為主禮嘉賓，其他出席嘉賓包括食物及衛生局局長陳肇始教授，JP、精神健康諮詢委員會主席黃仁龍先生，大紫荊勳賢，SC、康復諮詢委員會主席楊國琦先生，BBS，JP、民政事務局長任秘書長謝凌潔貞女士，JP、社會福利署署長葉文娟女士，JP、本會贊助人何世柱先生，GBM，GBS，JP、會長張妙清教授，SBS，OBE，JP、執行委員會主席譚贛蘭女士，GBS，JP 及商業電台助理節目總監郭志仁先生、dayday330大使陳柏宇先生聯同主禮。勞工及福利局康復專員梁振榮先生，JP、社會福利署副署長（服務）林嘉泰先生，JP、食物及衛生局首席助理秘書長（衛生）馮品聰先生、衛生署助理署長（健康促進）馮宇琪醫生及社會福利署助理署長（康復及醫務社會服務）郭志良先生等一眾政府官員，以及本會合作伙伴均有出席支持。當日現場設有不同主題的身心靈健康講座及體驗活動，參與活動人次逾2,700人。

The background is a light purple watercolor wash. A large, thick, dark purple circle is centered on the page. To the left of the circle, there are splatters of purple and blue watercolor paint.

PARTNERSHIP
AND EXCHANGE

伙伴協作
業界交流

PARTNERSHIP 伙伴協作

Caring Company 2018/19

The Association's service vision received continuous support from the corporate partners. The Association successfully nominated a total of 65 companies and organizations in 2018/19 to receive the logos of "Caring Company" and "Caring Organization" awarded by The Hong Kong Council of Social Service. Companies or organizations successfully nominated for the Caring Company Scheme 2018/19 are listed in "Acknowledgement" section.

2018至19年度「商界展關懷」

本會服務理念獲得商界的 support，在2018至19年度，成功提名65間企業及機構獲香港社會服務聯會頒發「商界展關懷」或「同心展關懷」標誌。獲得「商界展關懷」/「同心展關懷」標誌的企業及機構名單詳列於鳴謝章節內。

CORPORATE PARTNERSHIP

The Association actively sought partnership with corporations and organizations, established close partnership to fulfil their goals of corporate social responsibility and jointly promote "330" well-being message.

企業伙伴合作

本會積極與不同的企業及機構開展各類型的合作計劃，並建立良好的伙伴關係，協助他們實踐企業社會責任，共同推廣330訊息。

Party Food Cooking Demonstration by InterContinental Hong Kong

Mr. Maxime LUVARA, Executive Chef and Mr. Calvin CHOI, Sous Chef, from InterContinental Hong Kong shared party food recipes and demonstrated cooking tips to the staff from delight kitchen on 28 September 2018.



香港洲際酒店星級料理教室

香港洲際酒店行政總廚 Chef Maxime LUVARA 連同副行政總廚 Chef Calvin CHOI 於2018年9月28日到訪 delight kitchen 分享及示範製作多款派對美食。



Cookies-making Event with Meiriki 2019

This was the 3rd year that Meiriki partnered with the Association to organize the cookies-making event. Nutritionists and volunteers from Meiriki as well as PIR at Chuk Yuen Integrated Work Centre made cookies together and shared with the beneficiaries of food sharing project.

日本命力愛心曲奇營全城2019

日本命力已是第3年與本會合作舉辦愛心曲奇營全城活動。本年度一眾營養師及義工到坊竹園綜合培訓中心與康復者共同製作愛心曲奇並分享予食物分享計劃受惠人士。



Zung Fu "Teddy Love Project"

Zung Fu Hong Kong and Mercedes-Benz HK jointly organized the "Teddy Love Project" for raising fund to purchase a new Vito van to the Association. The donated van would be used to carry and support people in recovery (PIR) to reach out to the community.

仁孚「Teddy Love Project」

仁孚與梅賽德斯 — 奔馳香港合作舉辦「Teddy Love Project」為本會籌款，購置一輛全新的平治 Vito 多用途客貨車捐贈本會。多用途客貨車將用作接載精神病康復者參與更多社區活動。



“Café de Coral X Food Grace Community Spring Feast”

The Association was invited as one of the collaborators to the “Café de Coral X Food Grace Community Spring Feast” event for the 2nd year. Co-organized with Café de Coral Twinkle Action and Food Grace, the Community Spring Feast was held on 18 March 2019 at Kwai Chung Shopping Centre. Forty beneficiaries including low-income families, elderly living alone and person in recovery joined the Feast. Positive feedback was received from the participants.



大家樂 X 食得好「區區開年飯」

本會連續第2年獲大家樂閃亮行動及食得好邀請參與「區區開年飯」。開年飯於2019年3月18日在葵涌商場舉行，本會邀請了40名低收入家庭、基層獨居長者及康復者參加。參加者對本活動甚表滿意。

Corporate Voluntary Services

The Association cooperated with different corporate partners including UPS, Goldman Sachs Group, Jardine Aviation Services Limited, Jardine Matheson Group, MINDSET, Pan Asian Mortgage Company Limited, Intercontinental Hong Kong and Hong Kong Disneyland to enhance social inclusion through different voluntary services to provide public understanding towards the people in recovery. The volunteer services included hostel visits, participation in the food sharing project, Christmas party, farm harvesting etc.

企業義工活動

本會一直以來積極與不同企業合作，希望透過各項義工活動讓企業對康復者有更深入的了解，從而達致共融。企業義工活動包括院舍探訪、參與食物分享計劃、聖誕聯歡活動及農場收割活動等。合作伙伴包括 UPS、高盛集團、怡中航空、怡和集團、思健、宏亞按揭證券有限公司、香港洲際酒店及香港迪士尼樂園等。





Sales Activities with Corporate Partners

The Association was invited by different corporate partners including Bank Consortium Trust Company Limited, City'super, Grand Yoho, HACTL, InterContinental Hong Kong, Jardine Matheson Group and YATA Department Store, etc. to arrange sales booths for promoting the message of "330" healthy diet and the contribution from PIR to the society.



企業展銷活動

去年度本會獲得多個合作夥伴邀請舉辦展銷會，以宣揚330健康飲食訊息及讓大眾了解精神病康復者對社會的貢獻。合作夥伴包括 BCT 銀聯集團、City'super、Grand Yoho、香港空運貨站——超級一號貨運站（HACTL）、香港洲際酒店、怡和集團及一田百貨等。



GLOBAL EXCHANGE AND KNOWLEDGE TRANSFER 國際網絡 知識交流

OVERSEAS EXCHANGE AND CONFERENCES

海外交流及會議

The Association sent staff delegations to participate in overseas exchange and conferences to gain knowledge on new service strategies and skills from practitioners all over the world. Staff could broaden their horizons, which ultimately benefited the Association's service development.

本會委派同工赴外地參與交流及會議，以了解及學習各地嶄新的服務策略及技巧；同工拓展視野之餘，亦對本會服務發展帶來裨益。

International Conference on Mindfulness 2018 (10-13 July 2018, Amsterdam, The Netherlands)

The Association submitted an abstract titled "Effectiveness of 21-Day Mindfulness-Based Intervention On Healthy Diet, Sleep, and Pain through Whatsapp: A Randomized Controlled Trial" co-authored by Professor Winnie Mak, our Executive Committee member, and our two Clinical Psychologists to the International Conference on Mindfulness 2018 held in Amsterdam, The Netherlands on 10-13 July 2018. Professor Mak is also Professor of the Department of Psychology of The Chinese University of Hong Kong.

2018靜觀國際會議 (2018年7月10-13日，荷蘭阿姆斯特丹)

由本會執行委員會委員、香港中文大學心理學系麥穎思教授及兩位本會臨床心理學家撰寫、標題為「運用 Whatsapp 軟件對健康飲食、睡眠、痛楚進行21天靜觀介入的有效性：隨機對照試驗」的論文，於2018年7月10至13日在荷蘭阿姆斯特丹舉行的2018靜觀國際會議中發表。



World Hearing Voices Congress (The Netherlands)

Our staff exchanged ideas with Marius Romme, the founder of hearing voices movement in the congress.



第10屆世界聽聲大會 (荷蘭)

本會同工與聽聲運動創始人馬里斯•羅蒙在會議中交流。

17th Annual International Mental Health Conference (1-3 August 2018, Thailand)

Invited by the Department of Mental Health, the Ministry of Health of Thailand, the Association sent staff representatives to attend the 17th Annual International Mental Health Conference themed on "Mental Health in the Workplace" held in Bangkok on 1-3 August 2018 and delivered a presentation titled "Enhancing Accessibility to Psychological Therapy for Working Adults: Implementation of Low-intensity Intervention for Common Mental Disorder in Hong Kong".



第17屆年度國際精神健康會議 (2018年8月1至3日，泰國)

獲泰國公共衛生部精神衛生局邀請，本會派代表出席2018年8月1至3日於曼谷舉行的第17屆國際精神健康會議，就該會議主題「職場的精神健康」，以「提升心理治療對在職成年人的可及度：運用低密度治療處理香港常見的情緒問題」作演說。

The CUHK Social Work 55th Anniversary International Conference (19 October 2018, Hong Kong), Asian Academy of Family Therapy 5th Annual Conference (25-28 October 2018, Taipei)

Invited by The Chinese University of Hong Kong, the Association participated in The CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact on 19 October 2018 and the Asian Academy of Family Therapy 5th Annual Conference on 25-28 October 2018 in Taipei and presented the initial findings of Multi-Family Group (MFG).

香港中文大學社會工作學系第55周年國際研討會(2018年10月19日，香港)、亞洲家庭治療學院第5屆會議(2018年10月25-28日，台北)

本會獲香港中文大學社會工作學系的邀請，分別參與於2018年10月19日舉行的香港中文大學社會工作學系第55周年國際研討會，以及2018年10月25-28日於台北舉行的亞洲家庭治療學院第5屆會議，並在會議上與香港中文大學社會工作學系團隊共同發表多元家庭小組的初步成果。

CONFERENCES & EXCHANGE ORGANIZED BY THE ASSOCIATION

主辦會議及交流項目

The Association is always delighted to share new initiatives and experience with local and overseas counterparts. Through mutual exchange for fruitful inspiration, the Association have joined hands with its counterparts to reach out to new developmental arena in mental health and psychiatric rehabilitation.

本會向來積極就最新的服務發展與本地及海外同業分享經驗，透過交流及共同切磋，為精神健康及康復界探討嶄新領域的發展。

Mental Health and Ageing: The Way Forward Symposium and Workshop (8-9 June 2018)

To further advance the mission in ageing service development in the mental health field, the Association organized a symposium and workshop, "Mental Health and Ageing: The Way Forward Symposium and Workshop" on 8-9 June 2018 in collaboration with the Polytechnic University of Hong Kong. The Symposium invited Professor Joel SADAVOY of University of Toronto and Professor Terry LUM of The University of Hong Kong as the keynote speakers on "Mental Health and Ageing: Challenges, Systems Collaboration and Services" and "An Economic Perspective in the Development of Mental Health and Ageing Policies", respectively.



「精神健康與老齡化的發展與前瞻」研討會及工作坊 (2018年6月8日至9日)

為進一步於精神健康範疇上推動老齡化服務發展，本會於2018年6月8至9日與香港理工大學合辦「精神健康與老齡化的發展前瞻」研討會及工作坊。會議邀得來自多倫多大學 Joel SADAVOY 教授及香港大學林

一星教授作主講嘉賓，分享「精神健康及老年化：挑戰、系統協作和服務」和「從經濟學角度探討精神健康與老齡化政策的發展」等要題。

"Jockey Club TourHeart Project" Inaugural Symposium on Stepped Care Services and Workplace Mental Health (29 June 2018)

With the launch of Stepped Care mental health system under the "Jockey Club TourHeart Project", the Symposium, co-organized with The Chinese University of Hong Kong on 29 June 2018, was to raise awareness about the stepped care model and how it might effectively reduce the burden of mental illness in the society. It also highlighted the importance of workplace mental health and how employers could play a key role in promoting mental wellness and reduce mental illness stigma at the workplace. The Jockey Club TourHeart Project comprised an online mental health portal and a series of offline events suitable for the public.



「賽馬會心導遊計劃開幕座談會：階梯式健康服務與職場精神健康」(2018年6月29日)

隨著「賽馬會心導遊計劃」——階梯式護理精神健康系統的開展，本會與香港中文大學於2018年6月29日合辦「賽馬會心導遊計劃開幕座談會：階梯式健康服務與職場精神

健康」，目的為提升認識階梯式護理模式，以及其如何有效降低社會對精神疾病的負擔。研討會同時指出職場精神健康的重要性，以及僱員如何於職場推廣精神健康及減少精神病標籤所扮演的重要角色。「賽馬會心導遊計劃」為公眾提供網上精神健康平台及一系列線下活動。

JC JoyAge International Symposium on Ending Loneliness: The Role of Social and Family Support in Elderly Mental Wellness (1 November 2018)

The Association joined the JC JoyAge International Symposium held on 1 November 2018 with the theme on “Social Isolation and Loneliness Epidemic: Challenges and Strengths of Chinese Societies”, and made a presentation namely “Ending Loneliness: The Role of Social and Family Support in Elderly Mental Wellness”.

賽馬會樂齡同行「結束孤獨：社交及家庭支持於長者精神健康扮演的角色」國際研討會（2018年11月1日）

本會於2018年11月1日在賽馬會樂齡同行「結束孤獨：社交及家庭支持於長者精神健康扮演的角色」國際研討會中，以「社會孤立及孤獨症：華人社會的挑戰和優勢」作分享。

Developing the Rehabilitation Social Service Platform in the Greater Bay Area

The collaborative publication project with the Institute of Social Service Development and other 5 NGOs since 2015, in which a series of 7 Practice Manuals on Rehabilitation Social Work was published, was launched in June 2018. These included a Practice Manual on Rehabilitation Social Work Basic Concept and Approaches written by the Association. Subsequently, the Association joined the platform collaborated by NGOs to discuss on the promotion of community mental health services in the Greater Bay Area through training, cooperation and exchanges on experience and practices of Hong Kong.



推動大灣區康復社會工作平台

本會與社會服務發展研究中心及5間非政府機構自2015起合作出版書刊，一系列共7冊的《康復社會工作實務手冊》於2018年6月推出並舉行發佈會；當中《康復社會工作基本理論與方法實務手冊》由本會撰寫。隨後本會更加入了新成立的非政府機構合作平台，探討透過培訓、協作及交流香港的經驗及實務，在大灣區推廣社區精神健康服務。

China Project – Training & Supervision at Psychiatric Hospital of Guangzhou Civil Affairs Bureau

The Association continued the collaboration with the Psychiatric Hospital of Guangzhou Civil Affairs Bureau on the supervision of agricultural rehabilitation in 2018/19. The project planned to launch an art book demonstrating the rehabilitation outcome of the participants in the Drawing and Calligraphy Group at the Hospital.



中國內地項目 — 為廣州市民政局精神病院提供培訓及督導

本會在2018/19年度繼續為廣州市民政局精神病院進行「農療康復訓練基地精神康復技術指導服務專案」，並籌劃由該院「精藝書畫舍」康復者的畫作結集成書的《寄情書畫》(暫名)，展現書法和繪畫對康復的成效。

STUDY VISIT

考察參訪

During 2018/19, the Association received a total of 21 visits with 238 visitors who were the mental health professionals, management, government officials, fieldwork practitioners, students and volunteers from various overseas countries and regions including Singapore, Thailand, Korea, Japan, Vietnam, Australia, the Mainland China, Macau and Taiwan. The Association was pleased to share our experiences and initiatives with the visitors, and to explore collaboration opportunities with them.

於2018至19年度期間，本會接待了21次參訪共238位參訪人士，他們來自多個海外國家及地區，包括新加坡、泰國、韓國、日本、越南、澳洲、中國內地、澳門及台灣等地；參訪者包括精神健康專業、管理人員、政府官員、前線人員、學生及義工等。本會樂意與他們分享服務及工作的經驗和計劃，並探討具意義的合作機會。

China and Overseas Visit – Statistics in 2018/19

中國及海外參訪 — 2018至19年度統計

Nature of Visit 參訪性質	Mainland China, Macau & Taiwan 中國內地、澳門與台灣		Overseas Countries 海外國家	
	No. of Visits 參訪次數	No. of Visitors 參訪人數	No. of Visits 參訪次數	No. of Visitors 參訪人數
Courtesy Visit & Exchange 參訪及交流	6	58	7	29
Learning/Training/Attachment 學習 / 培訓 / 研習	4	47	4	104
Total 總數：	10	105	11	133




Queensland University of Technology, Australia
澳洲昆士蘭大學
27.6.2018




Shanghai professionals
來自上海的同業
16.10.2018



 Lar Sao Luis Gonzaga, Caritas Macau
澳門明愛聖類斯公撒格之家
24.10.2018




 Shenzhen Pengxing Social Work Service
深圳市鵬星社會工作服務社
5.11.2018




 St. Andrew's Community Hospital, Singapore
新加坡聖安德烈社區醫院
28.11.2018




 Care-givers from Fu Hong Society Macau
澳門扶康會的照顧者
28.11.2018




 Annual Study Program for Somdet Chaopraya Institute of Psychiatry
Somdet Chaopraya 精神科學院的年度考察
4-7.12.2018




 MINDSET Singapore
新加坡思健
11-12.12.2018



 Professionals from the Netherlands
來自荷蘭的業界專才
19.2.2019



 Maeumsam Community Psychiatric Rehabilitation Center, Korea
韓國 Maeumsam 社區精神復康中心
25.2.2019

SECTOR EXCHANGE

業界交流

During 2018/19, a total of 116 delegates coming from the government departments, public organizations, NGOs, corporations, funding bodies, professionals and individuals visited the Association with fruitful sharing covering different topics and explored collaboration.

於2018至19年度共有116位來自政府部門、公營機構、非政府機構、公司企業、撥款團體、專業人員、社會人士等到訪本會，就不同議題分享交流，共磋商創新協作領域。

Visit by the Sector – Statistics in 2018/19

業界參訪 — 2018至19年度統計

Nature of Organization 機構性質	No. of Visits 參訪次數	No. of Visitors 參訪人數
Government Department / Committee 政府部門 / 委員會	8	72
Corporation / Funder / Public organization 公司企業 / 撥款團體 / 公營機構	6	39
Professional / Individual 專業人員 / 社會人士	4	5
Total 總數 :	18	116



Visit by Mr. WONG Yan Lung, GBM, SC, Chairman of Advisory Committee on Mental Health and colleagues from the Food and Health Bureau and Social Welfare Department to The Wellness Centre (Yau Tsim Mong)
精神健康諮詢委員會主席黃仁龍先生 GBM, SC 與食物及衛生局及社會福利署代表參訪安泰軒 (油尖旺)
11.6.2018



Visit by Dr. LAW Chi Kwong, the Secretary for Labour and Welfare to Tuen Mun Long Stay Care Home
勞工及福利局局長羅致光博士，GBS，JP 到訪屯門
長期護理院
28.8.2018



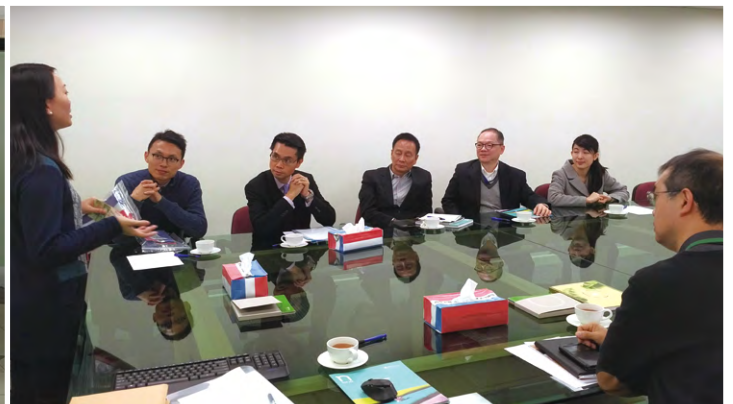
Exchange Visit by Hong Kong Family Welfare Society
香港家庭福利會參訪交流
5.9.2018



Visit by GS1
香港貨品編碼協會參訪
6.12.2018



Visit by Mental Health Review Committee & Food and Health Bureau
精神健康檢討委員會與食物及衛生局參訪
17.1.2019





PROFESSIONAL
SERVICES

專業服務

COMMUNITY SUPPORT 社區支援

INTEGRATED COMMUNITY CENTRE FOR MENTAL WELLNESS (ICCMW)

精神健康綜合社區中心

Service Overview

In 2018/19, the Wellness Centres (TWC) had served 6,933 members. A total of 2,669 were case referrals. Self-referrals of people in recovery (PIR) and referrals from their family members or carers remained the major source of referrals at 1,198 cases (44.9%). Other sources of referrals were 703 cases (26.3%) from the health sector and 688 cases (25.8%) from social service organizations. The remaining came from government departments (such as Housing Department) or district councilors.

Of the 6,933 members served, 5,147 (74.2%) were diagnosed with mental illness and 1,786 (25.8%) were suspected of having mental health problems. In all, 2,043 members had received casework services, of which 1,932 were new cases, including those suspected of having mental health problems (38.7%).

Acquisition of Premises

TWC performed a vital part in providing community-based support service. The service site of the centre was an icon, to allow residents in the community to learn about the Association as well as our services. The centre also provided a platform to PIR and the public to take care of their mental health and well-being. At the same time, the centre played an important role to link up different stakeholders to establish a harmonious and inclusive community. This year, Kwai Chung TWC and Sha Tin TWC successfully established the permanent site for providing the high-quality services at the district.

服務概覽

在2018/19年度，安泰軒的會員人數為6,933人。全年共接2,669宗個案轉介，主要為「自行求助」及「家屬或照顧者求助」，共佔1,198宗（44.9%），而醫療機構及社會服務機構的轉介則分別為703（26.3%）和688（25.8%）宗，其餘為政府部門（如房屋署）或議員辦事處轉介的個案。在6,933名會員中，5,147人（74.2%）為精神病康復者，1,786人（25.8%）為懷疑受精神問題困擾的人士；當中2,043名會員曾接受個案服務，而1,932人屬新個案，其中747人（38.7%）屬懷疑受精神問題困擾。

中心會址

安泰軒在推行社區為本的支援服務中擔當重要角色，而服務會址更是象徵性標示，讓區內人士得以接觸及認識機構服務，亦為精神病康復者及社區人士提供一個關顧身心靈健康的服務平台；同時，它連繫地區不同的持份者，共同協作建構和諧共融的社區。安泰軒（葵涌）及安泰軒（沙田）於本年度成功設立永久會址，繼續於區內提供優質精神健康服務。

The Wellness Centre (Kwai Chung)

With the continuous support from Social Welfare Department and different community partners, the Kwai Chung TWC started operation at its permanent premises in Fu On House, Tai Wo Hau Estate in April 2019. This TWC used well-being as the design theme of the centre. The centre helped gather PIR together through ongoing different activities to build up social support network and promote the well-being message.

The Wellness Centre (Shatin)

Shatin TWC continue to provide one-stop, district-based and integrated mental health service for Tai Wai residents. It targeted to adduce the concern of Tai Wai residence over physical and mental well-being. The timing of setting up a centre at Mei Wai House, Mei Lam Estate was delayed in order to gain support from neighbouring residents. With the support from Social Welfare Department and coordination with different parties, the new Mei Lam TWC would start operation in April 2019.

安泰軒 (葵涌)

得到社會福利署及地區團體的支持，安泰軒（葵涌）於2019年4月正式落戶大窩口邨富安樓。本會以身心靈作為中心的設計主題，期望透過舉辦多元活動，凝聚復元人士及於區內建立支援網絡，進一步於地區傳遞整全身心靈的訊息。

安泰軒 (沙田)

安泰軒（沙田）繼續為大圍區居民提供一站式綜合精神健康社區服務及致力關注區內居民關注「身、心、靈」健康。安泰軒（沙田）於美林邨設立會址一事一度延誤，以爭取鄰近居民的支持。經過多方協調及得到社會福利署的支持下，於2019年4月正式落戶美林邨美槐樓。



Three-tier Service Model

Primary Intervention:

Community Well-being and Public Education

TWC Mental Health Public Education Working Group worked on the "Your Dream Life 330" Women's Mental Health Promotion Program in 2018/19. A total of 18 roadshows as well as experiential workshops were held. Altogether 2,061 women benefited from learning a set of simple wellness tools to enhance their physical and mental wellbeing, as well as building their own ideal healthy life step-by-step. In addition, a women mental health survey was conducted to understand the factors affecting women's mental health. 458 women were successfully interviewed through the roadshows. Social support, weekly exercise frequency, and sleep quality were positively correlated to mental well-being from the survey findings. The result provided a preliminary direction for the working group to plan the women's mental health activities in the future. In order to raise the parents' awareness on pupils' mental health for providing the early intervention, TWC Mental Health Public Education Working Group incorporated a new series of seminars and workshops on "Physical and Mental Health for Parents and Children" in the 2018/19 School Project. A total of 84 secondary schools joined with 12,440 students and 314 parents benefited.



2018/19 Volunteer Award Ceremony
2018至19年度愛融義義工嘉許禮

In addition, TWC Volunteer Team involved 474 volunteers to assist in the implementation of various mental health education activities in the community. They helped to raise the public's concern for healthy body, mind, and spirit, as well as promoting community integration during 2018/19. The total number of volunteer service hours in the year was 9,704. Their selfless devotion and active participation was greatly appreciated.

三層介入服務模式

介入模式第一層：

社區身心靈健康及公眾教育

安泰軒精神健康公眾教育工作小組於2018至19年度全力策劃「妳想生活330」婦女精神健康推廣計劃，7間安泰軒合共舉辦18場街頭展覽暨體驗工作坊，當中合共向2,061名婦女介紹及推廣一套簡易自學的「身心健康」工具法寶，從中提升婦女的身心靈健康，建構屬於自己的理想健康生活。此外，計劃中亦進行一項有關婦女精神健康研究，以了解影響婦女精神健康的相關因素，透過街站活動成功訪問458名婦女，當中調查結果反映社交支援、每週運動次數和睡眠質素三者均與精神健康關係呈正關連，為工作小組日後籌劃婦女精神健康活動提供初步的介入方向。



"Your Dream Life 330" – Workshop in the Women's Mental Health Promotion Program

「妳想生活330」婦女精神健康推廣計劃 — 婦女身心自在工作坊

另一方面，為提升中小學生家長對子女精神健康的關注及覺察，以便能夠及早作出識別、介入及治療，安泰軒精神健康公眾教育工作小組於2018至19年度，在「好精神」校園計劃中，加入一系列有關「家長身心健康」講座及工作坊，7間安泰軒全年合共連繫84間中學參與，當中共12,440學生及314家長受惠。除此之外，安泰軒「愛•融•義」義工隊於2018至19年度共有474名義工參與在社區上協助推行各項精神健康教育活動，提升社會大眾對身心靈健康的關注，並促進社區共融。全年義工總服務時數更達9,704小時，各義工們的無私付出及積極參與精神，確實令人欣賞。

Secondary Intervention: Early Identification and Intervention

TWCs worked closely with the Social Welfare Department, Hospital Authority and community partners to provide proactive, comprehensive and intensive casework support services to people suspected of having mental health problems. In 2018/19, a total of 1,786 users were served where 776 of them were new referrals, similar to last year. After an initial assessment and continuous follow-up, 188 service users with suspected mental health problems or those who had dropped out from psychiatric treatment were successfully linked up to mental health services for intervention and treatment. 30 persons were admitted to Accident and Emergency Departments for acute psychiatric assessment and treatment; 22 were admitted to psychiatric hospitals; 23 were referred to community psychiatric services for psychiatric assessment; 65 were linked to psychiatric out-patient clinics; and others were connected to Integrated Mental Health Programs of the Hospital Authority, clinical psychologists of the Association, private psychiatrists and other mental health related services. To provide comprehensive care and support, 818 linkages to social services such as supported employment services, medical social services, family services, food banks, social security, social support services from other agencies etc. were made. In order to strengthen the carers' support service, TWCs started in the latter half year 2019/19 to provide counselling service, therapeutic groups and programs for family members who aged under 18 and a total of 80 children had been served during 2018/19.

介入模式第二層： 早期辨識及介入

安泰軒與社會福利署、醫院管理局及地區各協作伙伴保持良好及緊密的合作，為懷疑有精神健康困擾的人士及其家人提供適切的個案支援服務。在2018至19年度，安泰軒共跟進1,786位懷疑有精神健康困擾的人士，接收新轉介個案有776宗，與去年相約。經過評估及持續跟進後，其中188位獲連繫至精神健康服務作跟進及治療，當中30位接受急症室服務作緊急精神科評估及治療、22位入住精神科醫院接受治療、23位獲轉介到精神科社康服務作評估、65位連繫至精神科門診作跟進，其餘則轉介到醫院管理局綜合心理健康計劃、本會的臨床心理服務、私家精神科醫生或其他機構的精神健康服務。為全面照顧和支援康復者在社區復元的需要，安泰軒共協助康復者申請818項社會服務，包括輔助就業服務、醫務社工、家庭服務、食物銀行、社會保障及其他機構的社會支援服務等。於2018年下半年，各中心開展了支援18歲以下的家屬——「小家屬」服務，包括為有需要的小家屬提供輔導服務、舉辦治療小組及活動，共有80位小家屬在2018/19年內接受服務。

The Wellness Centre – Suspected Cases Linked-Up to Mental Health Services Follow-Up and Treatment in 2018/19

安泰軒 — 2018至19年度連繫懷疑有精神健康困擾的人士至精神健康服務跟進及治療統計

Mental Health Services Follow-Up and Treatment 精神健康服務跟進及治療	Number of Service User 服務人數	Percentage 百分比
Psychiatric Outpatient Clinic / Department 精神科門診 / 部門	65	34.57%
Accident & Emergency Department 急症室	30	15.96%
Community Psychiatric Service, Hospital Authority 醫院管理局臨床評估	23	12.23%
Psychiatric Hospital 精神科醫院	22	11.70%
Private Psychiatrist 私人執業精神科醫生	6	3.19%
E.A.S.Y. Program「思覺失調」服務計劃	6	3.19%
Clinical Psychological Service 臨床心理服務	2	1.06%
Others 其他	34	18.09%
Total 總數：	188	100

Tertiary Intervention: Person-centered Services

As at 31 March 2019, 7 TWCs arranged 128 evidence-based and recovery-oriented therapeutic group sessions and 3,520 wellness program sessions. With additional resources received from the Social Welfare Department to support children of parents with mental illness, 7 TWCs also conducted 3,818 outreaching visits or interview sessions for the families of PIR.

Exchange Learning and Application of Integrated Family and System Treatment

In May 2018, with sponsorship from the Association, Clinical Leaders of TWCs visited Ohio of the United States to conduct professional exchange with the founders of Integrated Family and System Treatment (I-FAST), namely Professor LEE Mo-yee and Mr. David GROVE. The visiting team also worked with different social service units in Ohio. In addition to the 3 Clinical Leaders of TWCs who had already passed the accreditation in the previous years, another 3 of our Clinical Leaders had successfully gone through the assessment of I-FAST supervision in July 2018, with the aim to provide continuous support to our caseworkers in TWCs in helping needy families.

Certification Course in Core Professional Competence of Mental Health Practitioner

To promote continuous learning and application, the Handbook of Core Professional Competence in Mental Health Practice was drafted by Dr. Raymond CHAN (a clinical psychologist) and clinical leaders of TWC. TWCs launched a one-year Certification Course in Core Professional Competence of Mental Health Practitioner conducted by Dr. Raymond CHAN and Clinical Psychologists of the Association. Officers-in-charge, Clinical Leaders and some of the caseworkers of 7 TWCs attended the course, with the aim to further strengthen their skills in case formulation and clinical intervention.

介入模式第三層： 以人為本服務

截至2019年3月31日，7間安泰軒合共舉辦了128個治療小組及3,520節身心靈活動。7間安泰軒亦獲得社會福利署增撥資源，以協助有需要的小家屬，並在家屬參與下提供了3,818節外展或面談服務，以支援復元人士的家庭。

「綜合家庭及系統治療」交流及實踐

為了進深學習及應用綜合家庭及系統治療，本會資助安泰軒個案督導於2018年5月到訪美國俄亥俄州與綜合家庭及系統治療的始創人李慕儀教授及 David GROVE 先生和當地社會服務單位進行專業交流。同年7月，本會有3位安泰軒個案督導通過了綜合家庭及系統治療督導考核，連同早前已通過考核的另外3位個案督導，以持續一同支援安泰軒同工的家庭個案工作。

「精神健康工作員核心專業能力證書課程」

為了讓本會安泰軒同工持續學習及應用由臨床心理學家陳穩誠博士及安泰軒個案督導編寫的《精神健康核心專業能力手冊》，安泰軒於2018年9月開展了為期一年的「精神健康工作員核心專業能力證書課程」，並由陳博士及本會臨床心理服務團隊擔任主講及督導。除了安泰軒中心主任及個案督導外，部份安泰軒的個案工作員亦有參與培訓，以進一步提升同工在個案分析及臨床技巧。

Vocational Planning and Development Service

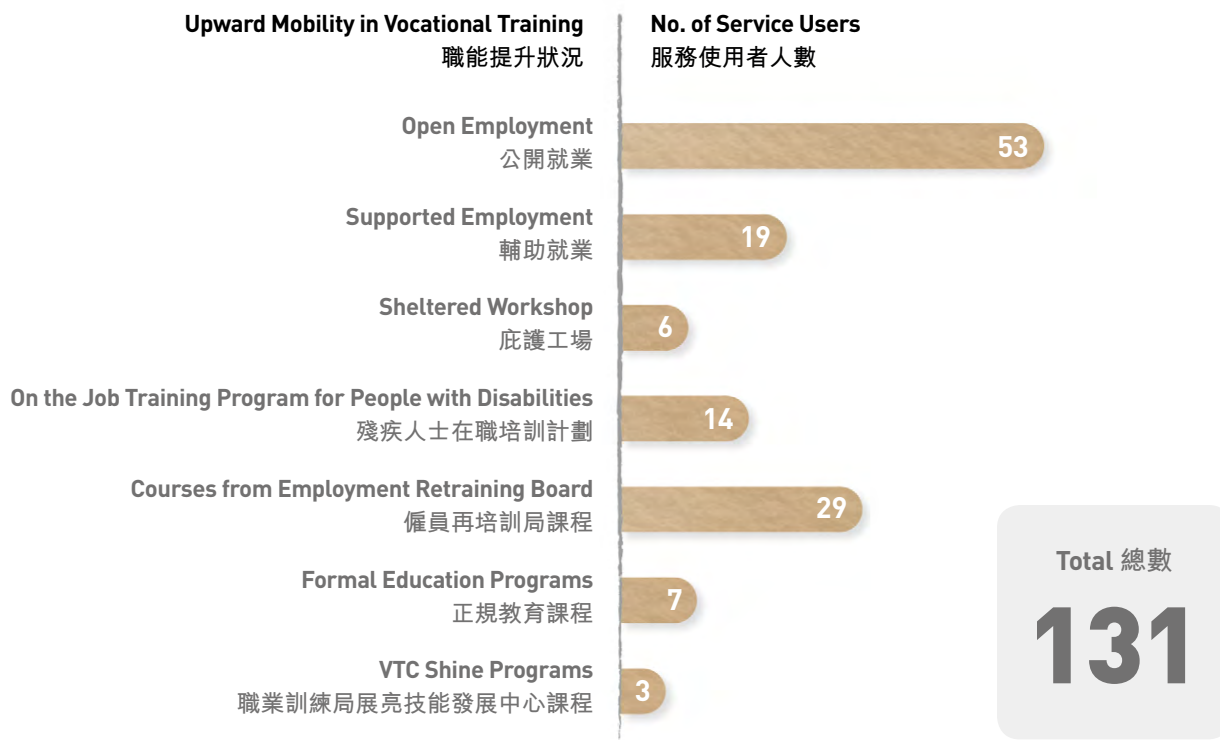
Occupational therapists at TWCs developed a protocol of computerized assisted cognitive remediation program for PIR with schizophrenia in 2014. This group of PIR had benefited in terms of cognitive domains and work outcomes after joining the program. Occupational therapists at TWCs submitted a funding application to S. K. Yee Medical Foundation in 2018 to solicit support for a computerized assisted cognitive rehabilitation program for people with depression. The application was approved in the early 2019. The occupational therapists would work on this 2-year project till 2021. Occupational therapists took an active role to provide early intervention programs to soon-to-be old and ageing PIR in order to minimize the impact of ageing on them. The programs included successful ageing therapeutic group, pain management service, multi-factorial cognitive rehabilitation programs for PIR with mild cognitive impairment, fall assessment and home modification, etc.

職業策劃及發展服務

安泰軒職業治療服務於2014年開始為患上精神分裂症的會員，建立了一套「腦有起動」電腦認知矯正訓練計劃，成效卓越。安泰軒的職業治療師於2018向余兆麒醫療基金申請發展一套電腦認知訓練課程予患有抑鬱症的會員，並於2019年初獲悉申請已被接納。職業治療師會於2019至2021年期間開展此項目，從而提升他們的就業潛力。於會員老齡化的層面上，職業治療師持續為中年或年長的會員提供早期介入服務，例如豐盛晚年小組、痛楚舒緩服務、多元認知訓練予患上輕度認知障礙的人士、跌倒風險評估及家居改裝等，服務效果理想。

The Wellness Centres – Upward Mobility of Service Users receiving Vocational Planning and Development Service (as at 31 March 2019)

安泰軒 — 接受職業策劃及發展服務後服務使用者的職能提升狀況（截至2019年3月31日）



Recovery Development

The Wellness Centre Recovery Working Group continued to promote “Lived Experiences” sharing culture, advocacy work and “Hearing Voices Movement” through various programs. In 2018/19, the Working Group conducted “Honest, Open, Proud (HOP)” groups, “Lived Experience” workshops and “Story Fair” programs to equip and prepare PIR to share their recovery stories for combating stigma. The Working Group also conducted “Self-advocacy Groups”, “Community Listening” programs for PIR and the Re-union Days of “Community Listening Ambassadors” to nurture those ambassadors who would help facilitate community participation of PIR.

To drive the “Hearing Voices Movement”, TWC staff and staff from halfway houses attended the 10th Hearing Voices World Congress in Netherlands. TWCs had planned to expand “Hearing Voices Groups” from 2 (Sham Shui Po TWC and Tuen Mun TWC) to 6 service units. The four new service units would be initiated at Tin Shui Wai, Islands, New Life Building Halfway House II and Shek Lei Halfway House.

推動復元

安泰軒復元工作小組致力透過不同活動來推動「親歷經驗」分享文化、倡議工作及「聽聲運動」。工作小組舉辦「我故事·我話事·告別十五十六時—分享親歷經驗」課程、「親歷經驗」工作坊及「故事大笪地」活動，以準備及培育康復者分享「親歷經驗」，推動反污名。工作小組舉辦「自我倡導小組」、聆聽康復者心聲的活動及「關愛大使」重聚日，培育「關愛大使」來聆聽康復者的需要，期望透過這些「關愛大使」來增強康復者的社區參與。

推動「聽聲運動」方面，安泰軒及過渡期宿舍共4位職員到荷蘭出席第10屆聽聲世界會議，並已計劃於來年度，將「聲音小組」由兩個服務單位，位於深水埗及屯門的安泰軒，加四個新服務單位（設於天水圍、離島、新生會大樓宿舍（II）及石籬宿舍），即合共六個服務單位。



PIR shared his recovery story through favorite music in “Story Fair”
「故事大笪地」：康復者透過喜愛的音樂分享個人復元故事



Re-union Day of “Community Listening Ambassadors”: Staff and ambassadors explored the development of future advocacy work
「關愛大使」重聚日：職員及「關愛大使」一起探討未來的倡導工作發展



The 10th Hearing Voices World Congress in Netherlands: Staff exchanged and learnt from foreign practitioners
荷蘭舉行的第十屆聽聲世界會議：職員與外國實踐者交流與學習

“Neighborhood of Well-being (NEW) So Uk 330”

Funded by the Community Investment and Inclusion Fund (CIIF), a 3-year project had successfully completed in March 2019. The social capital accumulated in the first phase became the important foundation for the second phase project, namely Social Capital.330@So Uk Elderly project. It was another 3-year project commenced in March 2019, serving the new residents and older adults of So Uk Estate Phase Two.

Around 100 “330 ambassador” volunteers were trained through 8 programs of “330 ambassador” volunteer training and “first-line respondent” training. “Mobile Mutual Support Hub” was continually organized by the “330 ambassador” volunteers to set up mental wellness information booth for provision of referral service and well-being information. Over 100 households registered at the booth and the booth served over 1,000 attendances. “Mutual Support Visit Program” was organized to conduct home visits for 184 households. Residents gained mutual support and sense of belonging. Well-being activities and feature programs such as “One-person-one-photo Competition” and “Play-forward Theatre” were organized to promote well-being among residents of So Uk Estate. The Association participated in the “So Uk Estate Partnership Program” initiated by the Social Welfare Department and collaborated with the Housing Authority, property management companies and other NGOs to organize programs or services to address the need of residents and prepare for the flat intake So Uk Estate Phase Two.



「新・里・情」共建蘇屋330

由社區投資共享基金資助，為期3年的「新・里・情」共建蘇屋330計劃踏入最後一年，並於2019年3月圓滿結束，亦為2019年3月開展的「蘇屋耆連330」計劃奠下穩固的基礎。該計劃為期3年，主要支援蘇屋邨第二期新入伙的居民及長者。

計劃舉行了8次「情牽330學堂」及「第一線支援者」培訓課程，合共培訓約100位「330大使」義工。計劃組織「330大使」持續運作「流動里情互助社」，提供服務轉介及身心靈健康資訊等服務，新增登記戶數超過100戶，間接參加者人數超過1,000。計劃舉辦「流動里情探訪您」家訪活動，成功探訪184戶家庭，關顧居民需要，延續鄰里守望相助的精神，體現蘇屋的人情味。計劃透過舉辦身心靈健康及特色活動，如「一人一相片比賽」及「展望劇場」，持續向蘇屋邨居民推廣身心靈健康。本會持續參與由社會福利署召集的「蘇屋邨協作計劃」，與各協作團體包括房屋署、物業管理公司及多個非牟利團體合作，共同策劃能回應邨

內居民需要之服務，為蘇屋邨二期入伙作好準備。



Home visit collaborated with Ying Wa Girls' School 流動里情探訪您——與英華女學校合作



Release of 330 photo competition results 「一人一相片」比賽結果公佈



Volunteer Appreciation Ceremony 義工嘉許禮

Chow Tai Fook Charity Foundation – Psychiatric Medical Subsidy Project

With the support of nearly \$20 million from Chow Tai Fook Charity Foundation, the Psychiatric Medical Subsidy Project was extended to end of August 2020, aiming to serve 1,200 persons. The Project subsidized the cost of psychiatric services for those who were waiting for out-patient service of public hospitals and had financial difficulties to access private psychiatrists for earlier treatment. Over 30 private psychiatrists and 20 clinical psychologists joined the Project. The Project was launched on 1 September 2016 and as at the end of March 2019, 1,072 referrals had been received. Most of them were suspected of having attention deficit hyperactivity disorder (ADHD), autism spectrum disorder or depression. There were more men (70%) than women (30%), and the youngest person was only 2-year-old. From July 2018 to March 2019, 4 seminars were conducted to service users and their parents by private psychiatrists and clinical psychologists, as well as 18 mental health and recovery course conducted by the Project social worker.

周大福慈善基金 — 精神科醫療資助計劃

本計劃由周大福慈善基金撥款近2,000萬港元，服務伸延至2020年8月底，目的為資助正輪候公立醫院精神科門診和有經濟困難的懷疑患有精神病人士，在輪候期間及早接受私家精神醫生診治，以免延誤病情，目標是令1,200人士受惠。目前已有超過30位私家精神科醫生及20位臨床心理學家參與計劃。計劃由2016年9月開始接收個案轉介，截至2019年3月底已接獲1,072宗申請，累積受惠個案接近970宗，受惠者男女比例約為7比3，年齡最小者為2歲，受惠人主要是疑患專注力不足 / 過度活躍症、自閉症譜系或抑鬱症等。由2018年7月開始至2019年3月為止，計劃提供了4次由精神科醫生及臨床心理學家主講的專題講座予受惠人士及家長，還有18次由計劃社工負責的精神健康及復元教育課。



Seminar on the treatment for ADHD

醫生講座：專注力不足 / 過度活躍症及治療方法

Jockey Club Mental Wellness Project for Women

The Jockey Club Mental Wellness Project for Women, a 3-year project funded by the Hong Kong Jockey Club Charities Trust, launched in March 2018. The Opening Ceremony held on 7 May 2018, was officiated by Professor Sophia CHAN Siu-chee, Secretary for Food and Health. The Project provided a tailor-made community program for women to improve the detection and help seeking in both common mental disorders (CMD) and severe mental illness (SMI). It aimed for early identification and intervention to improve mental health and prevent mental disorders in women.

Intervention programs for women at risk of CMD and SMI were conducted with different intervention strategies, including High-Penetration Community Public Awareness, Community Mental Health Screening for Women, Supportive Empowerment Programs, Strength-based Programs with Tangible Support and Case Consultation. Through street booths and health talks, an accumulation of 1,293 women were engaged in the past year. A total of 90 group work sessions were conducted with 392 participants who were mostly facing life stresses, such as physical condition deterioration, marital problems, parenting stress and adjustment as new immigrants, etc. There were 47 CMD and 54 SMI brief cases served in the year. Two interviews of this Project were invited to the Radio Program "Walking with You" at Radio Television Hong Kong. Apart from sharing mental health tips in facing insomnia as well as introducing the Project, 2 service users also shared their recovery stories and positive engagement in the Project.



Jockey Club Mental Wellness Project for Women (JCWOW)
Launching Ceremony
賽馬會思妍婦女精神健康計劃啟動禮

賽馬會思妍婦女精神健康計劃

本會獲香港賽馬會慈善信託基金捐助，自2018年3月起，開展為期3年的「賽馬會思妍婦女精神健康計劃」。計劃於2018年5月7日舉行了開幕禮，並獲食物及衛生局局長陳肇始教授出席擔任主禮嘉賓。該項目是為女性提供度身訂造的社區精神健康計劃，以鼓勵有情緒病或嚴重精神疾病風險的婦女及早辨識相關症狀及提升求助動機。計劃目的是以及早介入模式，改善婦女的心理健康和預防精神病。

計劃透過社區公眾意識推廣活動、婦女社區心理健康篩查、支持性充權活動、優勢為本活動及個

案諮詢等，以不同的介入策略為以上兩種情緒病及嚴重精神病風險的女性提供支援服務。在2018/19，計劃通過街站和健康講座，累計有1,293名婦女參與。小組共舉辦了90節，共有392人參加。服務使用者普遍面對生活的各種壓力，例如身體狀況衰退、婚姻問題、子女管教壓力及新來港適應等。本年度計劃共為47名有情緒困擾的婦女及54名有精神困擾的婦女提供個別諮詢。此外，計劃兩度獲邀出席香港電台第五台「有妳同行」電台節目，當中除了分享面對失眠的心理健康秘訣，並向公眾推廣及介紹該計劃，亦邀請了兩位服務使用者分享了他們的復元故事和在計劃中的正面經驗。



Participants established support network and enhanced well-being through joining Rubber Band Exercise Group
參加者透過橡筋操小組建立了支援網絡，並提升身心健康



Service users shared their recovery stories and positive experience of joining the Project in the Radio Program "Walking with You" at Radio Television Hong Kong 5
服務使用者在香港電台第五台「有妳同行」電台節目中分享復元故事和在計劃中的正面經驗

The Wellness Centres – Output Indicators and Achievements in 2018/19

安泰軒 — 2018至19年度服務指標及績效

Service Indicator 服務指標	Benchmark 指標	Achievement (Actual Figures) 績效 (實際數字)
Number of members served 服務會員人數	5,500 members 會員	6,933 members 會員
Number of new members 新會員人數	1,815 members 會員	2,513 members 會員
New / reactivated cases 新 / 重開個案	1,815 cases 個案	2,043 cases 個案
New / reactivated cases (involving families / carers) 新 / 重開個案 (有家屬參與)	440 cases 個案	785 cases 個案
Outreaching visits / office interview sessions* 外展探訪 / 辦公室面談次數*	15,510 sessions 次	25,253 sessions 次
Outreaching visits / office interview sessions (involving families / carers) 外展探訪 / 辦公室面談 (有家屬參與)	1,320 sessions 次	3,818 sessions 次
Outreaching visits 外展探訪次數*	11,440 visits 次	16,467 visits 次
Individual centre-based or outreaching needs assessment / training sessions of occupational therapy 中心內進行 / 通過外展形式提供的職業治療評估 / 訓練	8,250 sessions 次	9,960 sessions 次
Therapeutic groups 治療性小組	116 groups 小組	128 groups 小組
Interest classes / supportive groups 興趣班 / 支援小組	2,888 groups 小組	3,520 groups 小組
Linkage activities / public education programs 連繫活動 / 公眾教育活動	298 programs 活動	611 programs 活動
Participants in linkage activities or programs 連繫活動 / 公眾教育活動的參加者	15,813 persons 人	42,969 persons 人
Psycho-educational groups / programs for families / carers 為家屬及照顧者提供的心理教育小組 / 活動	149 sessions 節	175 sessions 節
Psycho-educational groups for families / carers 為家屬及照顧者提供的心理教育小組	12 groups 小組	15 groups 小組
Percentage of service users indicating satisfaction after receiving ICCMW service 服務使用者接受精神健康綜合社區中心的服務後表示滿意比率	75.0%	98.4%
Percentage of service users indicating enhancement of problem coping and solving capability after receiving ICCMW service 服務使用者同意服務有助改善他們面對及解決困難的能力比率	75.0%	96.0%
Percentage of service users indicating enhancement of community support after receiving ICCMW service 服務使用者同意服務有助加強對他們的社區支援比率	75.0%	94.9%
Percentage of children indicating ICCMW service helpful* 小家屬同意精神健康綜合社區中心的服務對他們有幫助*	75.0%	95.8%
Percentage of children indicating enhancement of mental health related knowledge after receiving ICCMW service* 小家屬同意接受服務後有助加強他們對精神健康方面的知識*	75.0%	84.4%

* ICCMW (Integrated Community Centre for Mental Wellness) started to serve children since 1 October 2019

精神健康綜合社區中心由2019年10月1日開始向小家屬提供服務

INTEGRATED MENTAL HEALTH PROGRAM

綜合心理健康計劃

The Association was commissioned by the Kowloon West Cluster of the Hospital Authority to implement the Integrated Mental Health Program (IMHP). The effectiveness of the Program was measured by an assessment tool, Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder Assessment (GAD-7). Based on an analysis of the results of One-way ANOVA, service users who completed IMHP reported a reduction in the scores of PHQ and GAD, meaning that the service interventions were effective in managing depression and anxiety symptoms with the effect of intervention last for a year.

本會獲得醫院管理局九龍西聯網的服務合約，提供綜合心理健康計劃。本計劃的成效評估採用一套自評問卷，包括病人健康狀態問卷 (PHQ-9) 及廣泛焦慮問卷 (GAD-7)，根據單因子方差分析 (One-way ANOVA) 結果顯示，病人健康狀態問卷 (PHQ-9) 及廣泛焦慮問卷 (GAD-7) 的評分在接受服務前及服務結束後有明顯改善，而效果亦能夠維持一年。

Integrated Mental Health Program – Summary of Service Achievements in 2018/19

綜合心理健康計劃 — 2018至19年度服務績效

Service Indicator 服務指標	Achievement (Actual Figures) 績效 (實際數字)
No. of Service Users served in the year 全年服務人數	2,169 persons 人
Individual Counseling 個人輔導服務	6,182 session 節
Workshops organized * 舉辦工作坊 *	153 session 節
Attendees of Workshops 工作坊出席人數	1,531 persons 人

* Including understanding of common mental disorders, emotional management and stress management etc.
包括對情緒病的認識、情緒管理、壓力管理等

RESIDENTIAL SERVICES 住宿服務

New Resources and Funding for Service Enhancement

In 2018/19, benefiting from various new resources and funding from the Social Welfare Department (SWD) and charitable funds, Residential Services were able to enhance service provision and facilities to meet the needs of service users.

Since November 2018, SWD allocated additional subvention to enhance the provision of Visiting Medical Practitioner Scheme in subvented residential units. On top of fulfilling all essential service requirements, service units were able to enhance the service content and increase service variety. Halfway houses arranged specialized medical check-ups and consultations for people in recovery (PIR) with special healthcare needs including dietetic consultation, retinal image analysis, visual test, dental check-up, bone density test, prostate examination for men and gynaecological test for women. The 2 long stay care homes arranged one-off podiatry service for most PIR to improve their foot and hand health condition. In addition to that, Tuen Mun Long Stay Care Home arranged visual tests and speech therapist service for the residents.

For the 2 Hostels for the Moderately Mentally Handicapped (HMMHs), the extra funding was used for the detection of osteoporosis and helicobacter pyloric of the older service users, so as to strengthen the preventive measures for falls and gastrointestinal health, enabling early identification and referrals. Moreover, as from December 2018, the SWD granted the 2 HMMHs additional subvention for regular speech therapy service. Such subvention enabled early identification, professional assessment, diagnostic service and individualized treatment for ageing service users with communication problems and dysphagia.

With the donation from the Heart Warming Fund, New Life Building Long Stay Care Home was able to install ceiling hoist systems in part of a female and a male group home to improve the care and training of the physically frail and disabled PIR. The same Fund supported Tuen Mun Long Stay Care Home to install a monitoring system to reduce the risk of cognitively impaired PIR wandering off the premises. It also agreed to finance the 3 self-financed supported hostels to undergo an extensive facilities enhancement project. Furthermore, through the support of the Bernard Van Zuiden Fund, Tuen Mun Long Stay Care Home had installed a new set of ceiling hoist in the physiotherapy unit to enhance the effectiveness of functional rehabilitation training for physically challenged PIR.

新資源及撥款優化服務

受益於社會福利署新增的撥款及不同慈善基金的捐贈，住宿服務於2018至19年度不斷優化服務及提升設施，以配合服務使用者的需要。

首先，社會福利署於2018年中增撥款項，強化院舍外展醫生到診服務。另一方面，服務單位能在基本服務上，增加服務內容和種類。過渡期宿舍為有特別需要的服務使用者額外提供醫療檢查及諮詢服務，包括營養師諮詢、遙距視網膜圖像評估、視力檢測、牙科檢查、骨質密度檢查、男士前列腺檢查及女士婦科檢查。兩間長期護理院則為服務使用者安排手足部治療，改善他們的手足健康狀況。另外，新生會大樓長期護理院安排營養師外展服務，檢視膳食安排及進行營養諮詢，而屯門長期護理院亦為服務使用者安排視力檢查及言語治療服務。

兩間中度智障宿舍將該資助運用於老齡化的服務使用者上，為他們進行骨質疏鬆及幽門螺旋菌檢測，在跌倒及腸胃健康方面做好預防工作，以助及早識別及作轉介跟進。另外，社會福利署於2018年底向中度智障宿舍新增恆常撥款，用於聘請言語治療師，為老齡化、患有溝通及吞嚥障礙的服務使用者提供早期識別、專業評估及診斷服務。

受惠於「送暖基金」的捐贈，新生會大樓長期護理院分別在一男一女家舍內安裝了天花轉移吊機系統，協助改善照顧和訓練肢體殘障的服務使用者。屯門長期護理院亦受惠於該基金的捐助，在睡房安裝防遊走監察系統，減低現有認知障礙的服務使用者自行離開院舍的風險。該基金亦已捐出款項給三間自資宿舍，包括悅和居、頤悅軒和思悅園，在2019年內進行大規模的設施改善計劃。此外，透過「萬瑞庭慈善基金」的捐助，屯門長期護理院在物理治療部增添一組天花轉移吊機系統，提升機能訓練及復康工作的效益。



Our Residential Services were dedicated to delivering people-focused service which made all hostels full of happiness and joy
「以人為本」的住宿服務，讓笑聲與歡愉滿溢宿舍

From Strength-based, Peer-led to Co-production

Residential Services continuously focused the work on strengths development, peer-led and promotion of co-production, to enhance the potentials of PIR in different areas and levels of participation. In 2018/19, aiming to assist newcomers to reduce their stress and better adjust to the new hostel life at Halfway Houses and Supported Hostels, a group of about 20 PIR, staff members and professional video producer co-produced an orientation video "The First Step We Make Together in New Life". PIR were actively involved in the whole process, from information collection, construction of ideas, script writing to video shooting. A video preview event was organized to share with other PIR and carers. The participants found this a meaningful impact and cherished the valuable experience.

「發展優勢、朋輩帶領、共建成果」

住宿服務持續以「發展優勢、朋輩帶領、共建成果」來推動康復者在不同層面及程度的參與。於2018至19年度，為了讓新入住過渡期宿舍及輔助宿舍的康復者盡早了解入住的生活，減低疑慮，共10多位康復者與職員以及專業導演一同合作拍攝了「新生同行第一步」舍友導向影片。整個過程包括資料搜集、撰稿及拍攝等幕前幕後的工作也由攝製團隊「共建」完成。之後舉辦了「試映會」，與家人其他康復者分享成果，參加者皆表示是次共建經驗極具意義。



Making of "The First Step We Make Together in New Life"
「新生同行第一步」攝製花絮



“WE Care” Voluntary Team

With concerted efforts of developing the service model of volunteer service in the past 5 years, volunteer team “WE Care” gradually shifted the work focus from staff-directed to peer-led. The scheme aimed to provide leadership training to volunteers in a holistic perspective, inspiring leaders on the awareness, attitude change, skillset, and creating opportunities to develop volunteers’ strengths. In 2018, peer volunteers started a peer-led team which conducted regular visits to local mental hospitals to share their lived experience and recovery stories with in-patients. At the same time, volunteer team co-produced community services with corporate partners with an aim to promote public understanding about people in recovery for a more inclusive community.



Interaction between peer volunteer and service recipient
朋輩義工與服務受助者交流互動



Service exchange between representative of corporate partners and volunteer leader
機構合作夥伴代表與義工領袖進行服務交流



Regular hostel visit program led by peer volunteers
朋輩義工帶領之定期院舍探訪活動


Art X 330

In 2018/19, Residential Services made use of “Art” as a medium to promote 330 to the PIR, carers and staff. Through Zentangle and “Pastel Nagomi Art”, more than 80% of staff in Residential Services and 50% of PIR expressed experience and reduction of negative emotion during the process of art creation. The “Zentangle leaves” handcrafted by participants were put together into a “ZENTANGLE TREE” which was exhibited in 2018 Asia Pacific Accessible Art Festival. After the program, a total of 288 questionnaires was received with 80% of the participants having expressed the view that the activities had promoted their well-being.


藝術 X 330

2018至19年度，宿舍服務以「藝術」作為媒介，向康復者、家屬及職員推廣身心靈健康。透過「禪繞畫」及「和諧粉彩」，讓超過百分之八十的住宿服務職員及半數的康復者體驗進行創作過程當中的專注、安靜平和以及情緒舒緩。參與者的作品最終合併為一幅展品「禪繞樹」，並於2018年亞太無障礙藝術節中展出。計劃完成後，共收回288份服務使用者的問卷，當中有超過八成的參加者同意活動有助提升其身心靈健康。




 Promoting "Zentangle" to the community
將「禪繞畫」推廣至社區人士



 Finalizing the art piece by staff and PIR
同心協力合併參加者作品



 The Zentangle art piece exhibited at Asia Pacific Accessible Art Festival
禪繞作品在亞太無障礙藝術節展出

With the support of MINDSET and Partnership Fund of SWD, a series of Photovoice 330 programs were delivered including training classes, outings for photo-taking, photo competition, album production and finale sharing session. It aimed at cultivating the interest of PIR and carers towards photography, sharing of their photo stories and lived experience and to learn positive psychology of mindfulness, savouring, hope and gratitude in the process of photography. Photographing was a unique experience for them to explore and articulate the perception of the people and the world around them. Upon completion of the project, 34 questionnaires were received and 79.4% of the participants were satisfied with the programs and reported a positive change in positive emotion like "Calm", "Excited", "Happy", "Comfort alike" and "Relaxed" in the Chinese Affective Scale.

此外，承蒙「思健」及社會福利署的「攜手扶弱基金」贊助，推行了一系列「相說330」活動，包括攝影班、戶外攝影、攝影比賽、相冊製作及作品分享會，以培養康復者及家屬對攝影的興趣，分享作品故事及個人復元經歷，更藉此認識靜觀、細味生活及欣賞身邊的人和事，建立對生活抱有希望及感恩的態度。活動後共收到34份問卷，79.4%的參加者滿意整體活動內容。而服務使用者的正向情感，如平靜、興奮、開心、舒服及輕鬆，在活動後皆有所提升。




 Photo pieces
攝影作品



 Photovoice 330 photography class
相說330攝影班



 Outing for photo-taking
進行戶外攝影



 Sharing session of Photography Competition
攝影比賽及作品分享會

RESPONDING TO THE UNIQUE NEEDS OF DIFFERENT POPULATIONS OF PIR

回應不同復元人士群體的獨特需要

Women Mental Health

“Sisters Camp” was a service project that addressed the specific needs of female PIR. Through a series of well-being programs coordinated by the Association including Playback Theatre, Growth Group, Sisters Alumni, Physical Exercise Experiential Day and Badminton Fun Day, the project helped participants broaden their social supportive network. The project also identified female PIR to be the committee members in co-producing programs and for serving the Sisters Alumni.



女性精神健康發展

「姊妹營」為一項針對女性康復者獨特需要的精神健康服務計劃。透過一連串的身心靈健康活動，包括一人一故事劇場、成長小組、姊妹同學會、運動體驗及共建羽毛球同樂日等，讓參加者擴闊社交支援網絡，並成功發掘女性康復者擔任籌委角色，協助共建活動及發展姊妹同學會。



Sisters Camp Committee Meeting
姊妹營籌委會議



Badminton Fun Day co-organized with
Sisters Camp Committee members
姊妹共建羽毛球同樂日



Physical exercise experiential day
姊妹營體適能運動體驗日

Youth Development

Young Adult Education and Support Project (YES) explored various opportunities for the personal growth of young adults and provided a platform to allow them to demonstrate their strengths and talents through co-producing programs. Among them, a group of young adult successfully passed Level 1 Mountain Craft Training Course and had organized hiking events for the others. Several young adults formed a co-production committee for the year's Youth Camp. The Football Teams won the Cup Champion, Shield Champion, Most Valuable Player (MVP) and Top Scorer of the Rehabilitation Soccer Champion of Hong Kong 2018. A group of young adults formed the Natural Sound, a passionate music band aimed to promote the ability of PIR.



Cup Champion of Rehabilitation Soccer Champion of Hong Kong, Ling Fung Football Team
本屆復康盃冠軍——凌峰足球隊

青年工作發展

「青年教育及支援計劃」(YES) 持續為年青康復者提供多元化的成長及發揮機會，同時提供空間讓年青人展示強項，共同設計及帶領活動。當中有多位年青人考獲一級山藝訓練證書後，協助帶領野外活動。期間亦讓年青人發揮創意和強項，與他們一起共建「青年大本營」，負責設計營衣及帶領活動。由青年人組成的足球隊在復康盃2018賽事中戰績彪炳，分別奪得復康盃冠軍、復康盾冠軍、最有價值球員及神射手等獎項。此外，去年新成立樂隊「NATURAL SOUND」(叻粗山) 向公眾展示康復者的力量，積極訓練及出席不同活動作表演嘉賓。

Work for PIR with Dementia

As ageing progressed, the number of PIR suffered from dementia significantly increased in the 2 Long Stay Care Homes. In response to this, the 2 Homes organized a series of cognitive training programs and activities to preserve their self-care abilities. The Homes also organized training for staff in cognitive assessment so as to carry out screening for all PIR above 60 years old for early identification of dementia and care planning. Moreover, to reduce risks arisen from dementia, both Homes reviewed their elopement prevention guidelines and strategies. Coupled with the use of new technologies, modification of daily routines, family support and various administrative measures, 2 homes aimed to reduce the risk of wandering-off of PIR with dementia.

認知障礙症患者工作發展

隨服務使用者老齡化，兩間長期護理院中受認知障礙症影響的服務使用者明顯增多。有見及此，兩間長期護理院在院內推行了一系列的認知能力訓練及活動，以助他們維持日常的自理能力。此外，亦為職員提供蒙特利爾認知評估訓練，為60歲以上院友進行評估，盡早識別疑患有認知障礙的院友並擬訂相應照顧計劃。為減低因認知障礙症衍生的相關安全風險，兩間長期護理院亦檢視了預防遊走及失蹤的指引及措施，配合創新科技、日程活動、家屬支援及行政措施，減低患有認知障礙症的遊走風險。

Work for PIR with Low Functioning Autism Spectrum Disorder

To enhance participation and promote normalization among the mild grade mentally handicapped users, in 2018, the 2 Hostels for the Moderately Mentally Handicapped adopted the Cognitive Behavioral Therapy – Context-based Social Competence for Autism (CBT-CSCA) initiated by iREACH. Through 15 sessions of training, service users learned communication skills and contextual responses and established positive social life within the hostels and in the community.

輕度自閉症人士工作發展

為提升輕度智障的自閉症服務使用者參與及推廣正常化，兩間智障人士宿舍於2018年起推行由賽馬會心志牽社交能力發展及就業支援中心(iREACH)研發之「社交達人」小組。透過十五節的小組訓練，促進服務使用者日常的人際溝通及情境回應，成功在宿舍內及社區建立正面社交生活。

MANAGEMENT AND ADMINISTRATION

管理及行政

Pilot of a Residential Service Management System

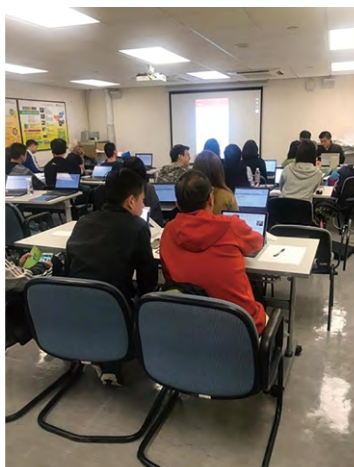
In 2018, Residential Services piloted an e-Care System in 4 different residential units requiring low to high care levels. The web-based electronic residential home management system provided a database of users and care delivered. This ensured an efficient, high quality and coordinated care and rehabilitation service for service users. It also encompassed different functions to meet the operational needs including wireless health monitoring devices, drugs and medical record automation, patrolling monitoring system as well as providing an accessible platform to enhance effective communication among management, professionals and frontline staff on clinical case intervention and data analysis. The system relieved frontline staff from time-consuming and repetitive tasks such as paper recording and counter checking accuracy of clinical and service database. A series of training workshops were organized for staff to ensure smooth implementation of the new home management system and the results of the pilot project would be reviewed prior to its full implementation in all residential units.

開展住宿服務管理系統

住宿服務於2018年在4間不同照顧程度的住宿單位進行「殘疾人士管理系統」的先導計劃。這套網上電子住宿管理系統可提供康復者資料庫，以提高康復護理服務效率、質素及優化協調工作。該系統的功能相對優越，能滿足運作上大部分的需要。除一般無線設備、醫療記錄自動化、巡邏監控等功能外，系統亦加強管理層、專業人員和前線員工之間在臨床照顧上的溝通和數據分析。前線員工亦可通過無線設備隨時取得相關數據，各先導單位已準備所有數據及完成資料轉移。同時，員工亦接受了一系列的培訓，以確保系統能順利運作。在全面實行前，「e-Care」系統將根據先導單位的成效作出檢討。



Staff training of e-care system
職員接受「e-Care」系統培訓



Staff measuring blood pressure for PIR with the blue tooth system
職員以藍芽裝置系統為康復者量度血壓

Progress on Licensing

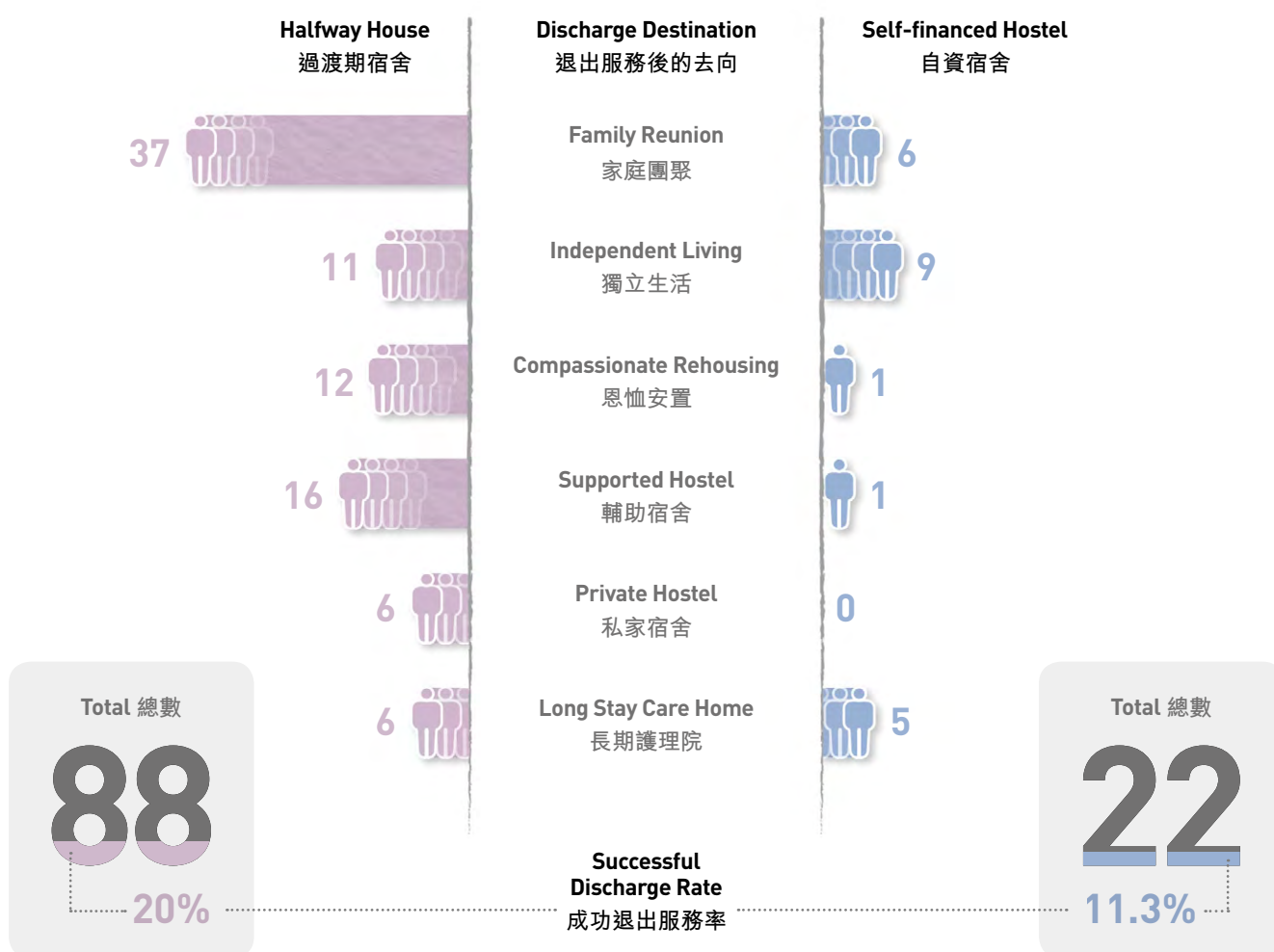
In addition to the 5 hostels already licensed, 4 more hostels were successfully licensed in 2018. The remaining 10 hostels were expected to be licensed before the end of 2019.

牌照申請進展

本會除原來已取得牌照的5間宿舍外，共有4間宿舍於2018年成功取得牌照；預計於2019年年底前可為餘下10間宿舍取得牌照。

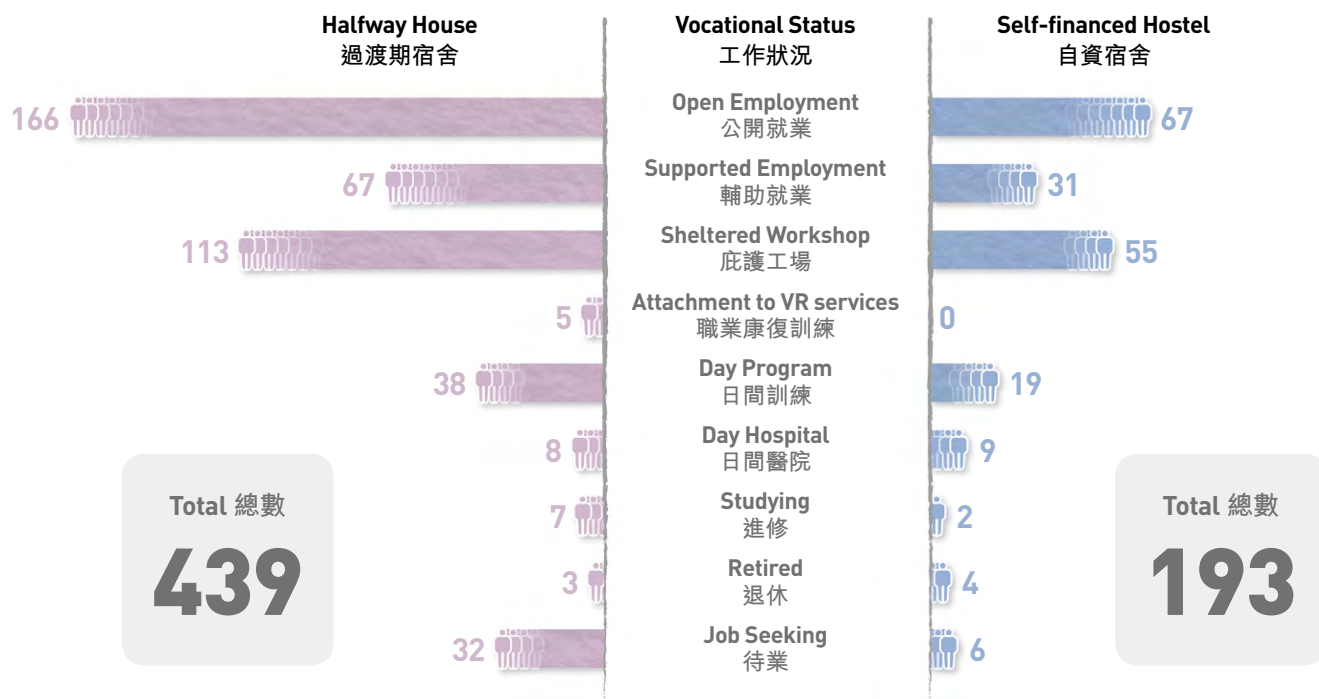
Distribution of Discharge Destination of People in Recovery (PIR) of Residential Services [As at 31 March 2019]

住宿服務康復者成功退出服務後去向分佈（截至2019年3月31日）



Vocational Status of People in Recovery (PIR) of Residential Service (as at 31 March 2019)

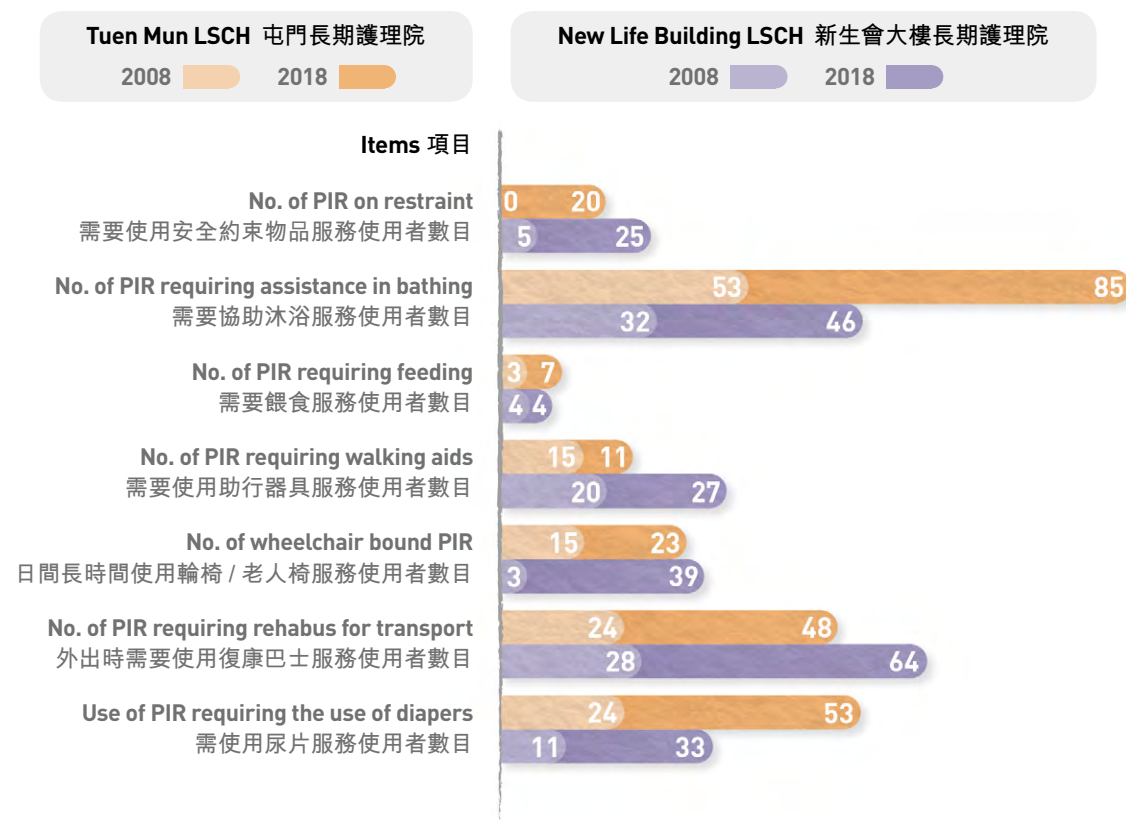
住宿服務康復者的工作狀況 (截至2019年3月31日)



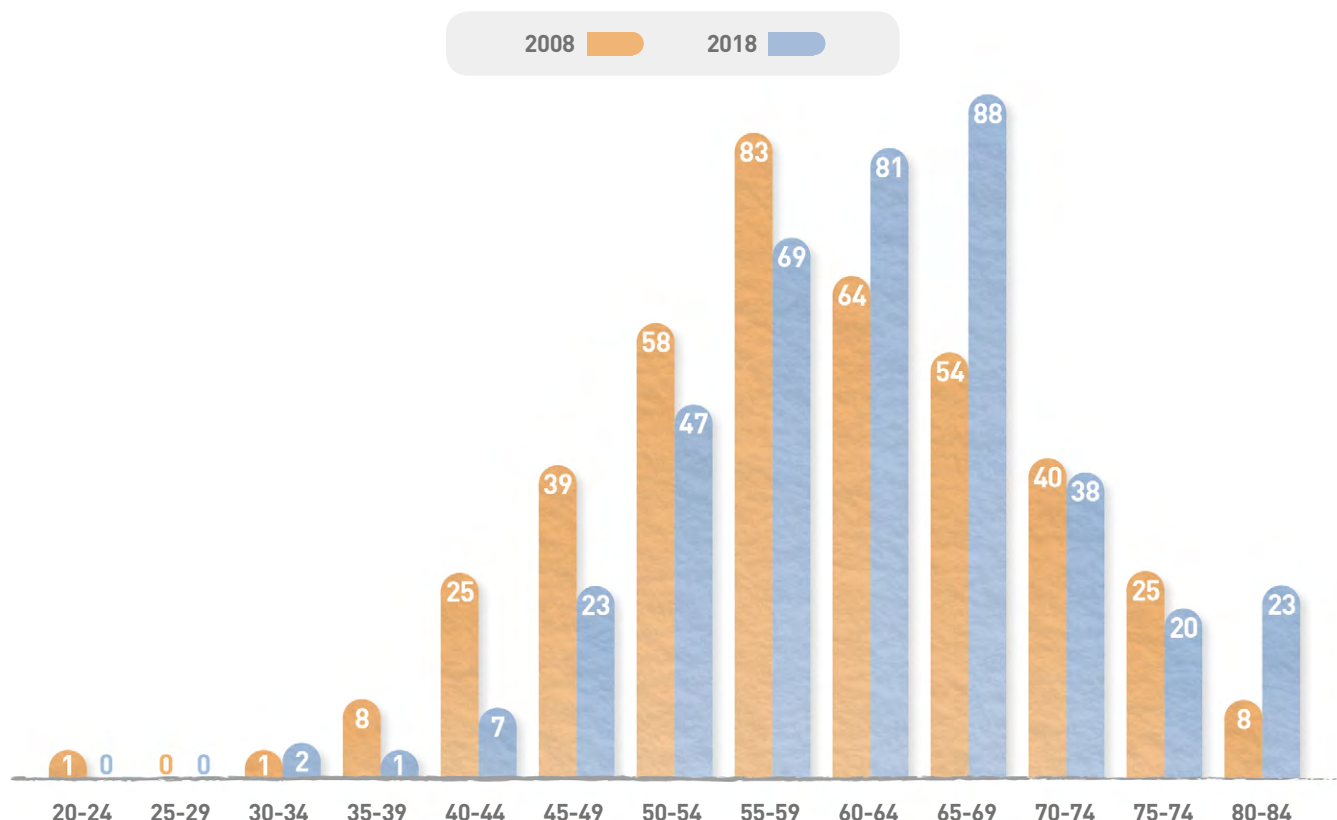
Long Stay Care Homes (LSCHs) –

Comparison of Conditions Showing Physical Deterioration of PIR (2008-2018)

長期護理院 — 服務使用者身體機能轉差指標狀況10年轉變比較 (2008-2018)



Long Stay Care Homes (LSCHs) –
Change of Age Pattern of PIR in between 2008 and 2018
長期護理院 — 2008至2018年間服務使用者年齡分佈轉變



WORK AND EMPLOYMENT SERVICES 工作與就業服務

SHELTERED WORKSHOPS AND INTEGRATED WORK CENTRES

庇護工場及綜合培訓中心

The Association operated 7 vocational rehabilitation service units, including 4 Sheltered Workshops, 2 Integrated Vocational Rehabilitation Service Centres and 1 Supported Employment Service Centre, serving 1,076 people in recovery (PIR) of mental illness and intellectual disabilities with different functioning levels as at 31 March 2019. In 2018/19, the Association focused on new products' development to promote well-being to the public. Besides, it actively prepared to replenish the training environment of Chuk Yuen Integrated Work Centre (CYIWC) to provide a safe venue with upgraded facilities to best cater the needs of polarized service users.

本會設有7個職業康復服務單位，包括4間庇護工場、2間綜合培訓工作中心及1間輔助就業服務中心。截至2019年3月31日，本會職業康復服務單位合共為1,076名不同能力的精神病康復者及智障人士提供職業康復訓練服務。於2018至19年度，本會繼續從多方面研發新產品，務求透過服務及產品同時向公眾人士推廣身心靈健康。此外，本會積極籌備為竹園綜合培訓中心申請進行裝修改善工程，為年齡兩極化的康復者提供合適設備及最適切的服务。

Modernization of Chuk Yuen Integrated Work Centre (CYIWC)

The Chuk Yuen Integrated Work Centre (CYIWC) had commenced its service since 1995. Facing the deterioration of the elderly service users in physical, cognitive and psychosocial aspects, the broad and the dilapidated structures of the 24-year old centre, a funding application to the Hong Kong Jockey Club Charities Trust was made to renovate and restructure the centre. A transformation from conventional integrated work centre to modernized 3-tier centre was proposed to upgrade the existing facilities and provide individualized and holistic care vocational service to PIR.

New Life Farm Redevelopment Plan

The New Life Farm had been operating since 1968 and the building structures were found deteriorating after these decades. A Farm Redevelopment Plan commenced during the year, including road expansion, reconstruction of drainage system, building of new green rooms and renovation of old buildings to enhance existing services as well as and to expand the scope for future development.

“dayday330” – New Life Farm Open Day

New Life Farm Open Day was held on 24 March 2019 to support “dayday330” in promoting a holistic health of Body (3), Mind (3) and Spirit (0), in the farm environment, taking a break from the hectic city life. The opening ceremony was officiated by Dr. LEUNG Siu-fai, Director of Agriculture, Fisheries and Conservation Department, Mr. KOK Che-leung, Assistant

Director (Rehabilitation and Medical Social Services Branch), Social Welfare Department, Miss Annie TAM Kam-lan, GBS, JP, Chairperson of Executive Committee together with other government officials and the management team of the Association. Various well-being activities were organized, including eco-tour, organic farming activities, workshops on puppetry, sand painting, herb cookies baking, music and Tai-Chi performance. The Open Day provided an opportunity for about 700 attendance to take a “330” break at New Life Farm and develop a habit of taking care of their “330” every day.



竹園綜合培訓中心優化計劃

竹園綜合培訓中心於1995年開始營運至今24年，中心內的裝修設備日見老化。因應不同年齡層的康復者需要及部份年長康復者身體機能、心理及認知方面的老化，本會向賽馬會慈善信托基金提出撥款申請。為配合不同康復者的需要，本會建議優化現時訓練模式，透過三層介入服務，為不同培訓需要的康復者提供更個人化及整全的職業康復服務。

新生農場優化計劃


新生農場早於1968年開始投入服務，開始出現老化及損毀情況。為配合長遠的服務需要及發展，讓服務使用者有更完善的設施及環境，新生農場現正進行農場優化計劃，包括擴闊路面、修築渠道、興建新環控溫室、為舊建築物進行翻新工程等，以改善基建，有助開拓多元化服務範疇。

「Fun 享身心靈 (330) 新生農場開放日」

新生農場於2019年3月24日舉行「Fun 享身心靈 (330) — 新生農場開放日」，響應「dayday330」行動，透過舉辦一系列身、心、靈 (330) 健康活動，讓市民大眾於環境清新的農場中學習如何好好利用「小休息」達致身、心、靈 (330) 健康。本會邀得漁農自然護理署署長梁肇輝博士、社會福利署助理署長 (康復及醫務社會服務) 郭志良先生、本會執行委員會主席譚贛蘭女士，GBS, JP

與政府官員及機構管理層擔任開幕禮的主禮嘉賓。當日農場接待了來自不同政府部門、公司、學校及地區組織約700人次參與各項活動，包括生態導賞團、農耕體驗、開心小木偶工作坊、沙畫表演、香草曲奇製作、音樂、太極等，讓市民大眾體驗一個330小休息，有助建立每天關顧自己身心靈 (330) 的習慣。



 Opening Ceremony and experiential activities at New Life Farm Open Day
「FUN 享身心靈 (330) 新生農場開放日」開幕禮及體驗活動

ECF Community Waste Reduction Projects “Food Waste No More”

New Life Farm had been awarded, for the 7th consecutive year, the Community Waste Reduction Program by the Environment and Conservation Fund (ECF). The 2-year program launched in 2019, “Food Waste No More”, aimed to encourage the public to bring food waste to the workshops at the Farm and upgrade the food waste to useful items and handicrafts so as to reduce wastage in the landfill. Food wastes from different locations were collected to produce organic fertilizers. In the first quarter of 2019, over 18,000kg of food wastes had been recycled to produce more than 5,000kg of compost. Besides, over 2,000 people visited the Farm’s composting zone; 400 participants joined workshops to learn about the uses of food wastes; and our 1,500 members of public participated in game booths of different environmental friendly activities.

環境及自然保育基金 社區減少廢物項目「不再廚餘」

新生農場接連第7年獲環境及自然保育基金撥款，於2019年開展為期2年的社區減少廢物項目，名為「不再廚餘」。項目旨在鼓勵參加者帶同廚餘參加環保工作坊，將定義為「廢物」的材料升級，製作環保工藝品或日常生活用品及甚至升級餐館，以減少廚餘投進堆填區。計劃亦會到不同地點收集廚餘，以製作有機肥料，僅是2019年第1季，廚餘的回收量已達至18,000公斤，並生產出超過5,000公斤的堆肥。農場亦多次舉辦及參與不同的公眾教育活動，當中包括超過2,000人次到廚餘處理區認識廚餘機的使用，400人次參與廚餘處理體驗工作坊及超過1,500名參加者參與環保攤位活動。



 Coffee-ground plant-pot workshop at Walk Up Jardine House 2019
本會參與「齊步上怡廈2019」，舉辦廚餘處理體驗工作坊



 Game booth in Hong Kong Flower Show 2019 teaching methods in making good use of food wastes
本會參與香港花卉展覽2019，透過攤位遊戲讓公眾認識善用廚餘的方法

“Reod” – New Products at Tin King Sheltered Workshop

The Tin King Sheltered Workshop adopted latest laser-engraving machines for developing a new product series named “Reod”, representing PIR encountered breakthrough over their limitation to integrate into the society. By participating in various sales booths, service users promoted their products to the public with positive feedback received.



田景庇護工場新產品「蝶木」

田景庇護工場運用新式數碼鐳射雕刻機，成功開發新產品系列，名為「蝶木」，寓意服務使用者透過製作木藝，突破個人限制，重新連接「世」界，蛻變成色彩繽紛的粉「蝶」。新系列以小件飾物為主，混合不同物料，令產品種類更豐富，色彩更璀璨。單位亦參與各類型展銷會，由康復者親身講解及推廣，獲得好評。



New product series “Reod” produced by service users from Tin King Sheltered Workshop
由田景庇護工場服務使用者製作的新產品「蝶木」系列

Shek Pai Wan Integrated Work Centre – Organic Grocery Series “原 • ORIGIN”

Shek Pai Wan Integrated Work Centre launched new package of Organic Grocery Series – “原 • ORIGIN” in January 2019. The new product was promoted in the Vegetarian Food Asia Exhibition held in February 2019, with positive feedback received. Products were available for sale at the social enterprises and e-shop of the Association as well as some healthy food stores in the market.

石排灣綜合培訓中心 — 有機副食品系列 “原 • ORIGIN”

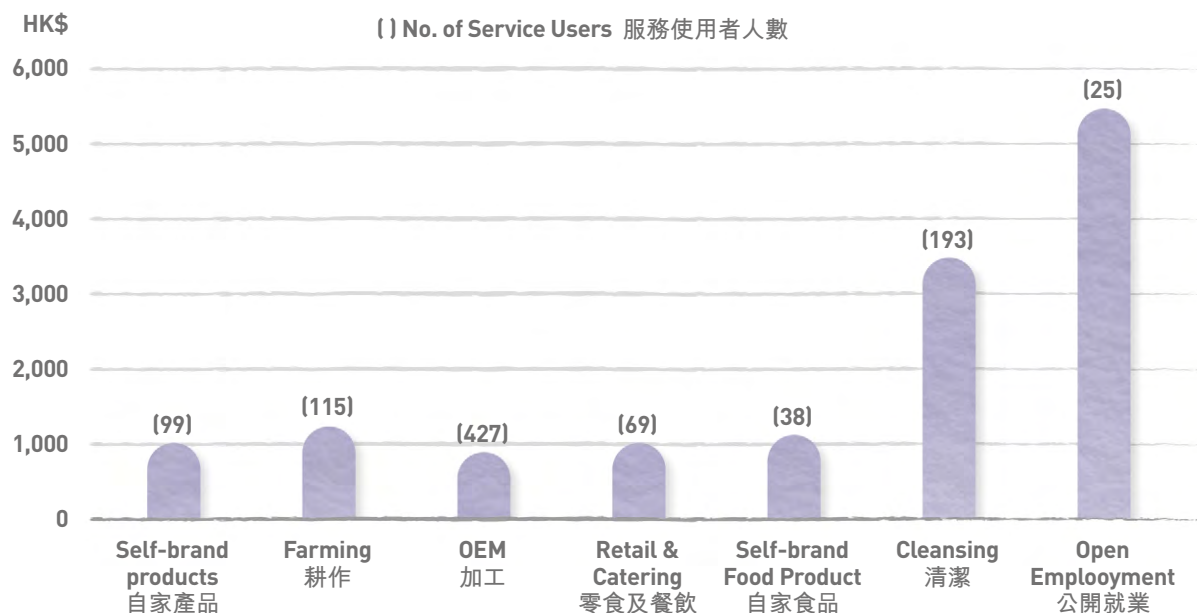
石排灣綜合培訓中心於2019年1月推出了全新包裝的有機副食品系列“原 • ORIGIN”。新產品並於2019年2月於「亞洲素食展覽2019」中展出，反應理想。產品現已在本會的社會企業、eshop 及部份外間健康食品專門店銷售。



Sheltered Workshop and Integrated Work Centre – Training Allowance received by Service Users in 2018/19

庇護工場及綜合培訓中心 — 2018至19年度服務使用者獲得訓練津貼狀況

Monthly Allowance
每月訓練津貼



SUPPORTED EMPLOYMENT SERVICE

During 2018/19, accumulated enrolment recorded 430 service users in Supported Employment Service (SES) and 54 users in the On-the-Job Training Project (JTP) for People with Disabilities respectively. Of which, a total of 53 were successfully discharged from the services. As at 31 March 2019, 319 service users were registered in SES. The Service continued to provide diversified vocational training to develop service users' work potentials and equip service users with vocational skills.

Bidding on Government Service Contract

This year, 8 service contracts were awarded to provide 450 training placements for PIR with vocational training needs in order to develop their work habits and job skills.

輔助就業服務

於2018至19年度，輔助就業服務及殘疾人士在職培訓計劃累積服務人數分別為430名及54名，當中成功就業並退出服務共有53名。截至2019年3月31日，合共319名精神病康復者在接受輔助就業服務名冊內。輔助就業服務持續發展多元化職業康復訓練，以發掘及加強康復者的職業技能。

政府服務合約

本會於本年度共投得8項服務合約，因應康復者不同的能力及需要，提供超過450個工作訓練名額，以培養工作習慣和提升工作技能。

Supported Employment Service – Government Service Contracts in 2018/19

輔助就業服務 — 2018至19年度政府服務合約

Government Department 政府部門	Service Contract 服務合約
Food and Environmental Hygiene Department 食物及環境衛生署	1 Health Education Exhibition and Resources Centre 衛生教育展覽及資料中心
	2 Shek Wu Hui Municipal Services Building 石湖墟市政大廈
	3 Tai Shing Street Market Building 大成街街市大廈
Leisure and Cultural Service Department 康樂及文化事務署	4 Leisure Venues in Kwai Tsing Districts 葵青區康樂場館
	5 Quarry Bay Municipal Services Building 鰂魚涌市政大廈
	6 Kowloon City Municipal Services Building 九龍城市政大廈
Agriculture, Fisheries and Conservation Department 漁農自然護理署	7 Tai Lung Veterinary Laboratory 大龍獸醫化驗所
	8 Tai Lung Experimental Station 大龍實驗農場

TRIAL SCHEME FOR AN ON-SITE TRAINING PROGRAM OF PEOPLE WITH DISABILITIES OF HOME AFFAIRS BUREAU

殘疾人士實地培訓試驗計劃 (民政事務局)

The 30-month pilot project of On-site Training Program funded by the Home Affairs Bureau (HAB) commenced from 1 October 2016 with aim to enhance the employability of people with disabilities. A wide spectrum of on-site training in social enterprises, including catering, retailing, food production, eco-tourism and office assistant, was provided to meet the vocational needs of 500 people with disabilities. The scheme was completed on 31 March 2019 and a total of 504 service users with different disabilities including PIR, mentally handicapped persons, persons with autism spectrum, physically handicapped, hearing impaired person, and people with chronic illness had enrolled in the program. Of them, 127 had sustained open employment for over 3 months. Over 90% participants were satisfied with the training program. Referrers and family carers also agreed that this program effectively strengthened participants' understanding of vocational rehabilitation services and the labour market trend, and additionally provided a chance for them to receive training in social enterprises.

為增加殘疾人士的在職培訓及就業機會，本會於2016年10月起獲民政事務局撥款開展為期30個月的「實地培訓試驗計劃」。計劃為500名不同類別的殘疾人士提供社會企業的職業培訓，當中包括餐飲、零售、文職、食品製作及生態旅遊。計劃於2019年3月31日完結，合共接納504位服務使用者，包括精神病康復者、智障、自閉症、肢體傷殘、聽障及長期病患人士，其中127名服務使用者就業超過3個月，成功退出服務。九成以上的參加者對計劃表示滿意，轉介人及家屬亦認同計劃有效協助參加者加強認識職業康復的培訓、就業市場的情況，以及嘗試在社會企業工作的機會。

Trial Scheme for an On-site Training Program for People with Disabilities (Home Affairs Bureau) (October 2016 – March 2019)

輔殘疾人士實地培訓試驗計劃（民政事務局）— 工作訓練及就業情況（2016年10月至2019年3月）

Job Training and Employment 工作訓練及就業	No. of Service Users 服務使用者人數
No. of Service Users 服務使用者人數	504
Completed 16-hour General Training and commenced 150-hour On-site Training 完成16小時培訓課程及已開始150小時實地培訓	378
Completed 150-hour On-site Training 完成150小時實地培訓	402
Open Employment 公開就業	151
Successful Employment (Stay in open employment for at least 3 months) 成功就業（公開就業超過3個月）	127

Integrated Employment Assistance Program for Self-reliance (IEAPS)

The 24-month Integrated Employment Assistance Program for Self-reliance (IEAPS) in Kwai Tsing district commissioned by the Social Welfare Department ran from 1 April 2017 to 31 March 2019. As at 31 March 2019, the Association provided employment assistance service including employment counselling and job acquisition training to 601 participants so as to enhance their work capacity. Starting from 1 February 2019, eligible age for elderly Comprehensive Social Security Assistance (CSSA) had been raised from 60 to 65. Target participants of this program included employable able-bodied CSSA recipients aged from 15 to 64 and child carers on CSSA with their youngest child aged 12 to 14.

自力更新綜合就業援助計劃

為期24個月「自力更新綜合就業援助計劃」，計劃期由2017年4月1日至2019年3月31日。截至2019年3月31日，已為601人提供就業援助服務，包括為參加者提供就業輔導及適切的就業訓練，以提升參加者的就業能力。由2019年2月1日起，因應合資格領取長者綜援的人士年齡由60歲上調至65歲，此計劃的服務對象包括15至64歲身體健全的失業綜援受助人，以及最年幼子女年齡介乎12至14歲的綜援單親家長和兒童照顧者。

Co-organized Courses with Employees Retraining Board

To equip PIR with necessary skills for open employment in a wide range of industries, the Association collaborated with the Employees Retraining Board (ERB) in 2018/19 to organize the first Standardized Foundation Certificate in Quality Assurance System for the Recognition Scheme of Security Training (Part-time) and Standardized Foundation Certificate in Retail Salesperson Training. Moreover, the first Foundation Certificate in Basic English Vocabulary II (Part-time) and Foundation Certificate in Vocational Putonghua I (Part-time) were organized to improve the skills of PIR in languages. Seven ERB courses were successfully conducted in this year. A total of 73 trainees enrolled in the courses and 61 of them completed the courses. Graduation rate reached 98.2%.

Vocational Training Council (VTC) Shine Skills Centre Training Courses

In 2018/19, the Association conducted 10 short-term courses in collaboration with VTC Shine Skills Centre to address the different vocational needs of PIR. A total of 145 PIR enrolled in the courses including Taiwan Coffee Shop Drinks & Snacks Preparation, English Afternoon Tea Pastries Making, Specialty Cakes and Cookies Making, Special Dessert Production, and Flower Arrangement & Stylish Handicrafts.

僱員再培訓局合辦課程

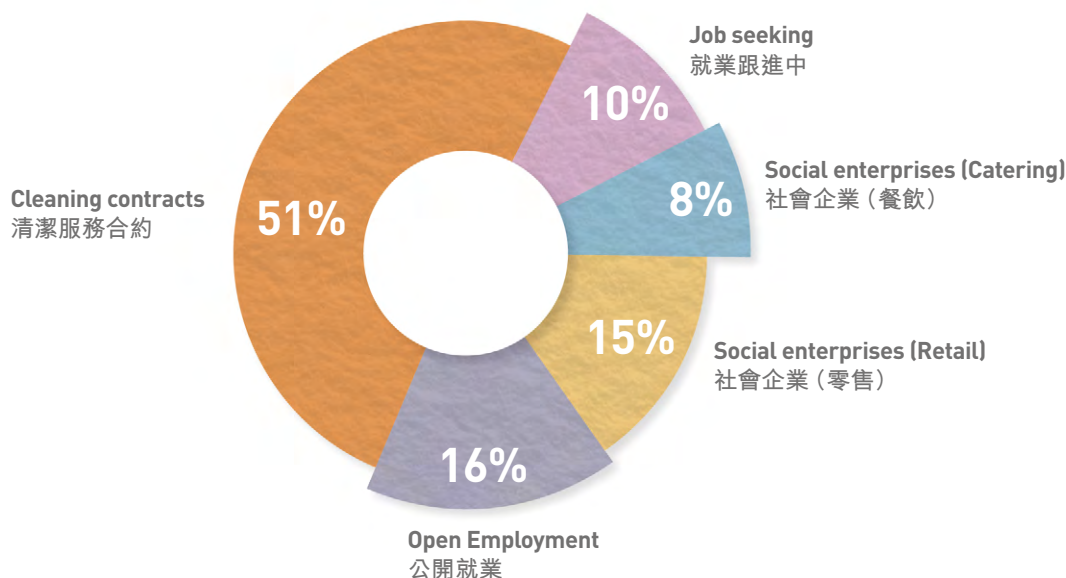
為協助康復者投身於不同行業工作，本會與僱員再培訓局合作在2018/19年度首辦標準化「保安培訓課程認可計劃 — 質素保證系統基礎證書（兼讀制）」課程及標準化「零售店務員基礎證書」課程。此外，本會亦首辦「常用英語詞彙 II 基礎證書（兼讀制）」課程及「職業普通話基礎證書（兼讀制）」課程，提升康復者掌握三文兩語的技能。本年度本會舉辦了7班再培訓課程，合共73名學員入讀，完成課程人數達61名，畢業率為98.2%。

職業訓練局展亮技能發展中心課程

在2018/19年度因應康復者不同的需要，本會與展亮技能發展中心合作舉辦共10個短期課程，共145名康復者參加，培訓課程包括台式咖啡店飲品及小食製作、英式下午茶糕點製作、特色蛋糕及曲奇製作、精選甜品製作、花藝及潮流手工藝等。

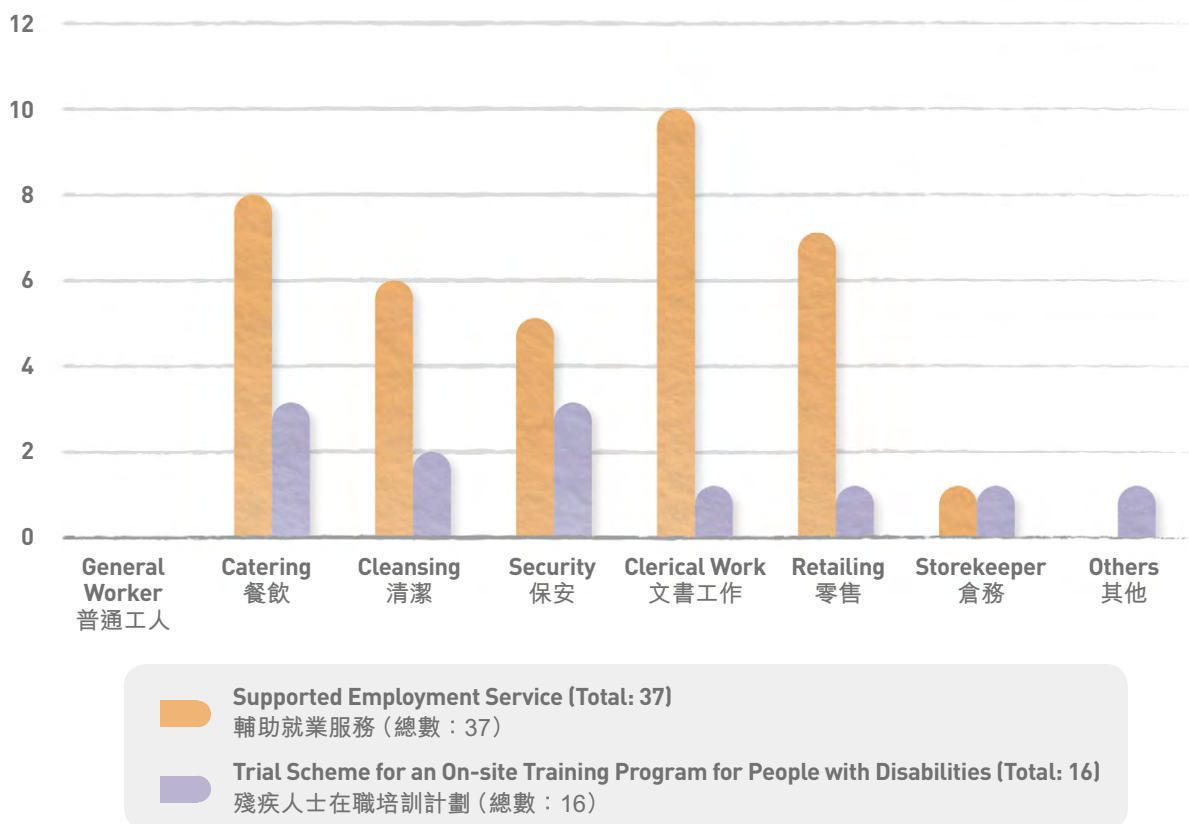
Supported Employment Service – Vocational Status of PIR (As at 31 March 2019)

輔助就業服務 — 康復者工作狀況（截至2019年3月31日）



Supported Employment Service – Distribution of Successful Discharge of PIR in 2018/19

輔助就業服務 — 2018至19年度康復者成功退出服務情況



GREEN PROJECTS

綠色環保工作

Kwai Tsing Community Green Station

With funding support from Environmental Protection Department, Kwai Tsing Community Green Station (CGS) was awarded a 3-year contract. The CGS was opened on 1 November 2018 to provide environmental education events as well as recycling service to the public. To strengthen the support for waste reduction and recycling at the district, the CGS proactively connected with the housing estates, schools and organizations in the district to establish an extensive service network, to enhance environmental education and to provide support to the local communities in practicing waste reduction, reuse and recycling in the community. Public place collection points were also set up in the district to enhance ways and flexibility of recycling. Moreover, collection vehicles were deployed to collect recyclables within the districts in order to provide support to the collection of recyclables in the community.


綠在葵青

在2018/19年，本會獲環境保護署委託營運「綠在葵青」，合約為期3年，並於2018年11月1日投入服務，提供環保教育活動及回收服務。為加強支援地區層面的減廢回收，「綠在葵青」積極聯繫區內屋苑、學校和組織，建立廣泛的地區服務網絡，推動環保教育，以宣揚惜物、減廢及重用的訊息。「綠在葵青」在區內設立流動回收站，增加回收途徑和靈活性，並派出環保回收車前往區內回收可重用及可回收物料。


A Kick-off Ceremony was launched at the Station on 5 March 2019. Mr. WONG Kam-sing, GBS, JP, Secretary for the Environmental, Miss Hinny LAM, Assistant Director of Environmental Protection Department, Mr. Kenneth CHENG, District Officer of Kwai Tsing, Mr. LAW King-shing, Chairman of Kwai Tsing District Council and Miss Annie TAM, GBS, JP, Chairperson of the Association officiated the Ceremony, marking the launch of full services at Kwai Tsing CGS. Partners and representatives from political, commercial, social welfare sectors, schools and institutions, recyclers also attended the ceremony. Facilities and services of the CGS were introduced to the guests with positive feedback received.

「綠在葵青」開幕典禮於2019年3月5日順利舉行，由環境局局長黃錦星先生，GBS，JP、葵青民政事務專員鄭健先生、環境保護署助理副署長林淑儀女士、葵青區議會主席羅競成先生及本會主席譚贛蘭女士，GBS，JP主持開幕儀式，標誌着「綠在葵青」正式為市民提供服務，推動市民實踐惜物減廢、乾淨回收，共建綠色社區。典禮獲政界、商界、學校及社福界代表及合作伙伴參與出席，並十分支持「綠在葵青」設施及提供之回收及教育活動服務。未來，「綠在葵青」將繼續積極於區內推動及舉行更多環保回收網絡和教育活動。



 Kwai Tsing Community Green Station Kick-off Ceremony
綠在葵青開幕典禮



 Collection vehicles were deployed to collect recyclables and reusable items within the district
綠在葵青環保回收車定期前往區內屋苑及團體回收可重用及可回收物料

Lunar New Year Fair 2019

Our Association was invited by the Environmental Protection Department and Environmental Campaign Committee Secretariat (ECC) for a service to promote green initiatives in Lunar New Year (LNY) Fair. The aim was to promote environmental awareness to stall operators and the public to support green initiatives by cherishing resources and to reduce waste during Lunar New Year Fair at Kwai Chung Sports Ground.



綠色年宵2019

本會獲環境保護署及環境運動委員會邀請，投得葵涌運動「綠色年宵」，鼓勵年宵市場檔主和市民共同響應環保，惜物減廢，避免浪費資源。「綠色年宵」於2019年1月30日至2月5日期間舉行，本會於場內設有環保宣傳攤位，向市民分享綠色新年小貼士及派發可重用利是封；同時即場派發二手環保購物袋，供市民購物使用，以減少使用即棄膠袋。



The Lunar New Year Fair was held from 30 January to 5 February 2019. A publicity and educational booth had been set up to promote green messages. Green sharing stands were set to distribute reusable red packets and shopping bags to the public so as to reduce the use of disposable plastic bags. During the event, over 50 volunteers including PIR, students from secondary schools and institutes, representative of other NGOs and district organizations were recruited as Green Ambassadors to evaluate the public and stall operators on how to practice proper waste separation and clean recycling on-site. Over 80% stall operators signed the “green stall pledge” to show their commitment to implementing green measures, including waste reduction at source, recycling and resource sharing. All the collected reusable items were distributed to the public in the featured event held in Kwai Tsing Community Green Station on 19 February 2019.

這活動招募了超過50名義工成為環保大使，當中包括精神病康復者、專上學院學生及中學生、區內市民及團體組織代表，協力教育市民及檔主正確的分類方法，以便進行乾淨回收。經過環保大使努力推動，超過八成檔主於「綠色年宵」主動簽署「綠色商戶」環保約章，承諾實踐源頭減廢，支持回收及共享資源。所有回收可重用物資於2019年2月19日「綠在葵青」舉行之年宵回收物資分享日派發予市民。

Environment and Conservation Fund – Food Sharing Project

The Food Sharing Project in Kwai Tsing and Tsuen Wan districts, had been sponsored by the Environmental and Conservation Fund (ECF) since June 2015. The second phase of the Project was launched in June 2017 for 2 years. In 2018/19, 108,044kg of food, including vegetables, fruits, bread and dried food, was collected. The collections were distributed to low-income people and others assessed in need in the district. A total of 30,824kg of food was distributed to 54,957 man-times. In addition, talks, workshops and outreach activities were held regularly to educate the concept of food waste reduction to students. Booths were held in the district to promote the project and the concept of food sharing in the community.



環境及自然保育基金「食得滿 FUN」

本會自2015年6月起獲得環境及自然保育基金撥款資助，開展社區減少廢物項目「食得滿 FUN」，在葵涌及荃灣區推行食物分享計劃，以推廣食物捐贈的訊息及協助弱勢人士減輕食物開支上的經濟負擔。本會於2017年6月再獲撥款，開展新一期計劃，為期兩年。本會在區內街市、食肆及本港不同的食物供應商，於2018至19年度回收了108,044公斤的食物，當中包括蔬菜、水果、麵包及乾貨等。收集食物後，本會將食物分發予區內低收入人士及其他經評估後的有需要人士。於2018至19年度，共向54,957人次派發了30,824公斤的食物。此外，本會亦有定期舉辦講座、工作坊及外展義工服務，教育區內學生珍惜食物；並於區內舉辦攤位活動，向社區人士介紹「食得滿 FUN」計劃及環保食物分享的理念。



The “Heathy Family Fun Day” was held to educate the community on food waste reduction 計劃舉辦「健康家庭同樂日」，透過攤位遊戲向區內人士講解珍惜食物

Food Sharing Project

With the continuous funding support from the Food Commons Foundation, the Association continued providing food assistance services in Wong Tai Sin and Tuen Mun Districts to promote food waste reduction. Since 2012, the project obtained over 100 corporate partners and food donors support, stable supply of a wide variety of food was received. In 2018/19, the projects distributed over 253,600kg surplus food to 65,055 recipients.

食物分享計劃

本會繼續獲得共享食物基金支持，鼓勵惜食減廢，於黃大仙及屯門區推行食物分享計劃，為有需要人士提供食物援助。自2012年開始，計劃與過百間企業和食物捐贈機構保持良好合作關係，讓本計劃有穩定的食物供應。本年度兩區合共派發超過253,600公斤食物，受助人數達65,055人次。

Food Sharing Project – Donated Food Distribution in Wong Tai Sin and Tuen Mun in 2018/19 食物分享計劃 — 2018至19年度黃大仙及屯門區捐贈食物分發情況

Donated Food Distribution 捐贈食物分發	Tuen Mun District 屯門區	Wong Tai Sin District 黃大仙區	Total 總數
Donated Food Distributed (approximate) 已分發的捐贈食物 (約)	64,700 kg 公斤	188,900 kg 公斤	253,600 kg 公斤
Beneficiaries 受惠人次	33,920 Beneficiaries 人次	31,135 Beneficiaries 人次	65,055 Beneficiaries 人次

VR – RECOVERY AND WELL-BEING

職業康復 — 從復元到整全身心靈健康

Service users experienced mutual support, learned wisdom from others and got closer with others through shared stories or experiences about personal growth in sharing groups. They had been equipped with knowledge and skills in selective disclosure of lived experience in Honest Open Proud groups. To enhance service users' participation, staff and users co-produced various programs including new users' orientation program, volunteer programs, community and social inclusion activities. Co-production programs promoted the strengths and confidence of service users, and also enhanced the quality of services. On "VR330 Interactive Fun Day", 32 staff and 35 service users enjoyed the well-being programs while experiencing equal opportunities and participation.

透過互相分享個人故事及成長經歷，服務使用者獲取智慧、支持及加強與人連繫。服務使用者參與「我故事 • 我話事」小組，提升了選擇性披露的技巧及信心。為加強服務使用者參與，職員及服務使用者共建新服務使用者導向活動、義工服務、社區認識及共融活動。共建不僅發掘服務使用者優勢及增加他們信心，並提升服務質素。在「VR330動感同樂日」，共有32位職員及35位服務使用者共同平等參與互動330活動，體驗共享樂趣。



Staff and service users enjoyed Dance and Movement together on VR330 Interactive Fun Day
職員與服務使用者在330動感同樂日一同體驗舞動身體帶來的鼓舞



"We 'R' Day" promoted experience sharing and self-caring culture
"We 'R' Day" 鼓勵分享關愛自己

“A – STAR” PROGRAM FOR PERSONS CHALLENGED BY AUTISTIC SPECTRUM DISORDER (ASD)

「星躍同行」支援患有自閉症譜系服務使用者計劃

The “A – STAR” Program for Persons Challenged by Autistic Spectrum Disorder (ASD) of 6 interrelated elements including (1) Enhancement of Social functioning; (2) Development of Strength; (3) Promotion of Well-being; (4) Structured Work Training; (5) Environmental Support; and (6) Caregiver Involvement were further developed in 2018/19 to meet the unique characteristics and holistic needs of users with ASD. Dance & Movement Therapy Group, Expressive Art Therapy Group and other diversified activities like rainbow bell, painting, and horticultural activities were organized to support users in expressing their emotions, learning to interact with others and to enhance well-being. In addition, family members were invited to interact with users with ASD in an open and respectful attitude in Family Dance and Movement group.



“A – Star Room” with individual work stations was set up in Tin King Sheltered Workshop. Users showed enhancement in work performance with tailor-made time schedule and visual strategies regarding users’ uniqueness

田景工場新設「星耀軒」，設置獨立工作站，以個人化的視覺策略，按服務使用者獨特性提升其工作表現

為支援患有自閉症譜系服務使用者獨特及全面需要，「星躍同行」計劃持續發展及推廣6個互相連繫的元素：(1) 社交功能訓練；(2) 發展個人優勢；(3) 身心靈健康；(4) 系統化工作訓練；(5) 環境支援；以及(6) 家屬參與。是項計劃舉辦舞蹈動作治療小組、表達藝術治療小組及其他多元化活動如彩虹鐘、園藝活動等，讓服務使用者透過繪畫、舞蹈、動作及不同媒介表達自己及學習相處，從而提升整全健康。此外，並邀請家屬透過參與親子舞蹈及動作治療小組，學習抱持開放及尊重態度與服務使用者相處。



SERVICES FOR PEOPLE CHALLENGED BY ASD 自閉症人士服務

SUPPORT CENTRE FOR PERSONS WITH AUTISM

自閉症人士支援中心

iREACH – Jockey Club iREACH Social Competence Development and Employment Support Centers

In 2018/19 the Association remained committed to providing and developing quality services to people with Autism Spectrum Disorder (ASD) and their family caregivers. We noted that family caregivers of ASD were facing different challenges and high level of stress which might lead to different mental problems such as depression and anxiety. Mindfulness training program and Transdiagnostic Cognitive Behavioral Therapy Treatment intervention were provided to reduce their parental stress and address their emotional needs. The participating family caregivers reported that the groups had significantly helped improve their parent-child relationship.

賽馬會心志牽社交能力發展及就業支援中心

在2018/19年度本會繼續致力提供及發展服務予受自閉症譜系障礙影響人士及其家屬或照顧者。本年度「心志牽」開辦「靜觀親職課程」和「整全認知行為情緒管理小組」，以回應家屬或照顧者於生活上的困難及壓力而形成的情緒問題，如焦慮、抑鬱等。以靜觀及整全情緒治療的概念，讓家屬或照顧者學習觀察情緒、思想、身體感受及行為之間的關係，改善情緒帶來的負面影響，促進身心靈健康。小組以不同的練習和分享使參加的家屬或照顧者增加覺察力及了解自己。完成小組的家屬或照顧者均表示小組能有助減低壓力和改善親子關係，並成效顯著。

i-SPA Support Centre for Persons with Autism

Funded by the Social Welfare Department, the i-SPA Support Centre for Persons with Autism commenced operation in Hong Kong Island in March 2019. The Centre aimed to enhance and develop the abilities of people with ASD to cope with the challenges during their transition into adulthood.

朗程牽自閉症人士支援中心

由社會福利署撥款資助的「朗程牽自閉症人士支援中心」於2019年3月起在港島區投入服務，為受自閉症譜系障礙影響的人士、其家長／照顧者及前線同工提供支援服務，以回應自閉症人士成長的需要。

To optimize the protocol of the parent social competence education group

In response to the needs of parents in supporting their children with ASD effectively, the training protocol of the parent social competence education group was revised in 2018/19. The new training protocol consisted of 2 parts. The first part emphasized the 4 roles of parents (observe, reinforce, empathize, accompany) which enhanced parents to become “co-facilitator” to continuously support their children at home. The second part cover the practice of social competence skills. All participating parents reported that they had acquired knowledge and skills on how to support their children’s social skills in the family context.

優化社交能力家長小組訓練

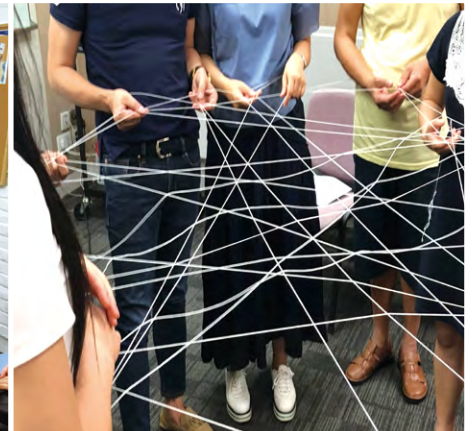
不少研究顯示，家長的支援對受自閉症譜系障礙影響的子女成長有著莫大的幫助。「心志牽」透過培訓家長成為家中訓練員，以持續支持子女於生活不同層面靈活運用社交技巧。團隊去年總結經驗，在2018/19年度設計分為兩部份的社交能力家長小組訓練。第一部份為讓家長認識及掌握觀察、獎賞、共情及同行4個角色的特點及基本技巧。第二部份為學習認知行為治療，情・理・行・實況社交能力訓練。新編制課程內容豐富，切合家長支援需要。參與課程的家長均表示學懂如何在家庭環境支援子女的社交能力。



Parents' sharing in the 4 roles of parents group
「觀・賞・情・行家小組」家長分享



Parents learned the attitudes and skills of observing, reinforcing, empathizing and accompanying, in order to have better communication with their children with ASD
家長學習當觀察者、獎賞者、共情者及同行者的態度及技巧，應對與子女相處的挑戰



Cooperative game to build supportive relationship among parents
家長於集體遊戲中互相了解，建立支援

Student Adjustment Program

iREACH collaborated with United Christian Hospital and Yau Ma Tei Child Psychiatric Center to tailor-make a special parallel adjustment program for Form 1 patients and parents in last summer. The program aimed to enhance students' smooth transition from Primary 6 to Form 1 through didactic teaching, visual cues materials, role-play rehearsal, videos and live modeling, discussion and review of homework assignments. The feedback from participants was positive and they concluded that their social competence skills had been significantly improved.



Briefing session at United Christian Hospital
於聯合醫院舉行講座



新增升中適應小組課程

「心志牽」聯同聯合醫院及油麻地兒童及青少年精神健康服務，設計「升中攻略勝一籌課程」青少年及家長平衡小組，讓他們能夠裝備自己，順利過渡升中階段，減低壓力。同時，家長也需要調節自身的角色以作出配合，了解子女於升中過渡期的困難及需要，並學習在適當時放鬆自己，支援子女渡過適應期。小組於去年暑假期間進行，透過小組活動、討論、角色扮演及體驗活動等強化他們的社交動機、社交認知、情緒管理、心智解讀及整體觀察能力。所有參加課程的青少年及家長均表示上述指標有顯著改善及進步。



Parents experienced mindfulness practice, which aimed to increase their emotion awareness and to support their children in going through adjustment challenges.
家長體驗靜觀練習，以保持平穩的心態支援子女升中的挑戰，亦讓家長有空間關顧自己



Participants learned to communicate and cooperate with others by applying the golden principle of "You are OK, I am OK" in the group exercise
組員通過遊戲學習與別人合作，做到「你 OK 我 OK」，給別人留下良好印象

The First Mentorship Program

The Mentorship Program was an extension of the iBuddy scheme, which aimed to support the adjustment challenges faced by members of iREACH. A series of intensive training was provided to iBuddies (neurotypical youth) to equip them with knowledge and skills to facilitate their support to members of iREACH. Mentors (iBuddies) exchanged ideas and experiences with respect to the needs of mentees (members of iREACH) through face-to-face and electronic contacts, with the guidance and support from the professional staff. All participating mentees reported that the program had not only enhanced their self-confidence and self-awareness, but had also improved their behavioral problems and emotion regulation.



Workshop of Mentorship Program
師友工作坊



第一屆「師友伙伴計劃」

「師友伙伴計劃」為「知心好友計劃」的延伸服務，針對受自閉症譜系障礙影響青年於適應期所面對的挑戰。專業同工為會員及師友建立一對一的伙伴關係，並持續提供協助。在計劃前期，中心提供一系列培訓予師友以提升他們的引導技巧，裝備他們成為一位理想的師友。透過定期的聯絡及小組見面等互動平台，

會員可從師友的引導下，就適應期所面對的挑戰進行意見及經驗交流，一起結伴同行，開拓視野及獲得情緒上的支援，以協助他們的生涯規劃及拓展人際網絡。參與會員表示，計劃不單提升其自信心和自我認知能力，亦在行為、社交和情緒層面有所幫助。



Mentorship Program meeting
師友計劃面見會



Mentorship Program launching day with interactive activities
師友計劃啟動及社交互動日

Jockey Club iREACH Social Competence Development and Employment Support Centers – Service Statistics in 2018/19

賽馬會心志牽社交能力發展及就業支援中心 — 2018至19年度服務統計

Service Items 服務項目	No. of Sessions 節數	No. of persons (Attendance) 人數 (人次)
Persons with Autism 自閉症人士		
Counseling Case 個案管理	1,337	97
Clinical Assessment 專業評估	62	16
Social Competence Training Group (Youth/Adult) 情、理、行、實況社交能力訓練小組 (青年 / 成人)	380	157
Topical Advanced Social Competence Group (Youth/Adult) 主題性社交能力進階小組 (青年 / 成人)	60	37
Interest Group 興趣小組	5	14
Alumni Activity 舊生會活動	58	[331]
iBuddy Program iBuddy 知心好友計劃	29	137
iSPARK Employment Support Service – Pre-vocational Training 「朗程」就業支援服務 — 職前訓練	223	52
iSPARK Employment Support Service – Placement and On-the-job Support Service 「朗程」就業支援服務 — 實習及在職支援	354	80
iSPARK Employment Support Service – Employer Support Service 「朗程」就業支援服務 — 僱主支援	295	69
Caregivers 家屬		
Social Competence Education Program (Caregiver) 情、理、行、實況社交能力訓練小組 (照顧者)	94	116
Caregiver Network Activity 照顧者網絡活動	34	[187]
Family Wellness Activity 親子活動	38	[228]
Peer Care Call Service「同行大使」溫馨來電服務	18	15
Mindfulness Training Program 靜觀親職課程	37	23
Community Members 社區人士		
Professional Training 專業培訓	20	35
Educational Workshop (Teacher, Community Members and Employers) 教育工作坊 (老師、社區人士及僱主)	21	79

JOCKEY CLUB A-CONNECT


賽馬會喜伴同行計劃

The 3-year JC A-Connect Project, which was jointly launched by The Hong Kong Jockey Club Charities Trust, The University of Hong Kong and the Education Bureau, completed on 31 July 2018. The outcomes of the training were encouraging. The program was extended for 3 years, commencing from 1 August 2018. The project team continued providing school-based coaching program for students challenged by ASD to address their developmental needs and to facilitate their adjustment in school life. Different family support services, including individual consultation, support group and workshop, were provided to enhance the effectiveness of parenting and develop mutual support network for parents.

Moreover, the project team also provided training and consultancy service to school personnel to enhance their understanding and inclusion of students with ASD. Peers activities and civic education workshops were held to create an inclusive environment in schools.

In order to enhance the effectiveness and skills of different professions for supporting students with ASD, the Educational Psychologists team from The University of Hong Kong, the Association and other 5 NGOs published the resource packages with primary and secondary school versions.

The resource packages included different training strategies, coaching program session plans and training material. The Association also published another resource package on "peer interaction" for primary and secondary schools, to facilitate peer support.

 Resource package (secondary and primary school versions) on ASD students
自閉特色學生小組訓練資源套（中學版及小學版）




The Association was invited to present in the Post-Conference Workshop of ASD Conference 2018. The topic of the presentation was "Schoolbased Group Training for Secondary School Students with ASD". The Association shared 3 evidence-based training strategies, including video modelling, reinforcement and naturalistic intervention. Besides, different cases illustrations, training material and experiences were shared with the aim to enhancing participants' understanding on the application of training to students. Feedback received was positive. Most participants liked the project's design of the "Graduation Project" which emphasized students' generalization of social skills in natural environment.

香港賽馬會慈善信託基金聯同香港大學及教育局於2015至16學年開展為期3年的「賽馬會喜伴同行」計劃已於2018年7月31日完成。因服務成效顯著，計劃獲延長3年，由2018年9月開始推行第二期計劃。計劃繼續為受自閉症障礙影響的學生提供校本訓練小組，支援他們的不同成長需要，並協助他們更順利融入校園生活。計劃亦透過家長工作坊，互助小組及個別諮商服務，提升親職效能，建立家長的互助網絡。

此外，計劃亦同時為教師提供訓練及諮詢服務，提升他們對受自閉症障礙影響的學生的認識及包容，協助學生於校園實踐社交技巧。計劃亦致力促進學生及朋輩的交流和接納，在校內舉辦不同的朋輩活動及共融工作坊。

為提升教育工作者及其他專業人士支援自閉症學生的能力，香港大學心理學系的教育心理學家團隊聯同本會及其他5間非政府機構，協作編撰《「賽馬會喜伴同行計劃」自閉特色學生小組訓練資源套》（小學版及中學版）。內容針對有自閉特色學生在校所需的適應技能，提供一系列具代表性的小組訓練建議及範例，以供教育工作者及專業人士參考。此外，

本會亦出版了兩本資源套，分別為「朋輩相處」（中學版）及「朋輩相處」（小學版），以支援朋輩相處學習。

 Introduction of Evidence-based Training Strategy – Visual Support
實證為本的社交訓練策略——視覺支援介紹

本計劃獲邀於2018自閉症研討會中的會後工作坊作出分享，題目為「社交訓練策略」，同工分享了3個實證為本的社交訓練策略，包括影片示範、自然介入及增強法。此外，同工亦分享了不同的個案實例，小組內容及教材，以提升與會者對加強訓練小組成效的了解。與會者對工作坊均給予正面的回應。尤為欣賞工作坊介紹的小組畢業任務，他們認為畢業任務可以提供一個平台讓學生於自然環境中實踐社交技巧。



Some students of the project participated in the 2018 Asia Pacific Accessible Art Festival. A student from one of our serving schools exhibited 2 of his paintings and 4 students from 2 other schools performed singing in the Festival. Their talents and strengths were recognized by the participants from Asia Pacific countries and regions.

本計劃的學生參加2018亞太無障礙藝術節的展出及表演。一位學生展出了兩幅油畫。另外，兩間中學的學生作出了歌唱表演。他們的才能及優勢得以展現給公眾及亞太國家及地區的參加者。



JC A-Connect – Service Statistics in 2018/19 賽馬會喜伴同行計劃 — 2018至19年度服務統計

Service Items 服務	Service Output 服務統計		No. of Service Users 人數
Coaching Program 社交訓練小組	1,760 Hours 小時 (103 Programs 組)	1,163 Sessions 節 (103 Programs 組)	514
Parent Support Service (Individual Consultation/ Workshop) 家長支援服務 (個別諮詢 / 工作坊)	287 Hours 小時	287 Sessions 節	397
Teacher Training Service (Individual Consultation/ Workshop) 教職員培訓服務 (個別諮詢 / 工作坊)	354 Hours 小時	702 Sessions 節	458
Peers Program (Peer Activity/ Integration Workshop) 朋輩活動 (朋輩活動 / 共融工作坊)	316 Hours 小時	110 Sessions 節	1,086
Total 總數：	2,717	2,262	2,455

FAMILY SUPPORT 家庭支援 / SELF-HELP 自助運動

JOCKEY CLUB LINKING H.O.P.E.S. PROJECT

賽馬會家牽希望計劃

With the support from The Hong Kong Jockey Club Charities Trust, a 3-year "Jockey Club Linking H.O.P.E.S. Project" commenced in October 2016. The Project adopted Integrated Family and System Treatment (I-FAST) as the overarching framework, with the aim to provide multifarious support to families with members challenged by mental illnesses. From October 2016 to March 2019, the Project received 231 referrals, of which 172 families had received family-based counselling. Children's emotional and behavioral problems and parent-child relationship difficulties were the major concerns of these families. Among a total of 110 closed cases, over 70% of them indicated that they may have accomplished the treatment goals.

The Project emphasized cross-disciplinary collaboration. Regular case meetings with Child & Adolescent Psychiatry Service of United Christian Hospital and Yau Ma Tei Child & Adolescent Psychiatry Service were conducted. In addition, the team continued collaboration with the Department of Social Work (SWK) of The Chinese University of Hong Kong (CUHK). The team received clinical supervision on the application of multi-family group (MFG) to further enhance service quality. Invited by CUHK, the team participated in The CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact held on 19 October 2018 and the Asian Academy of Family Therapy 5th Annual Conference held on 25-28 October 2018 in Taipei. The Association's team and CUHK team presented the MFG initial findings at the conference.

本服務計劃承蒙香港賽馬會慈善信託基金資助，旨在為受精神病或情緒困擾的人士、父母、配偶及其家庭成員提供家庭為本的支援服務。由2016年10月至2019年3月，合共收到231宗服務轉介，並為其中172個家庭提供家庭為本輔導，他們求助原因主要與親子關係和子女情緒行為問題有關，而在110個已結束的個案中，超過七成家庭認同輔導目標已達成。

本服務計劃重視跨專業合作，定期與聯合醫院兒童及青少年精神健康服務及油麻地兒童及青少年精神健康服務進行個案會議，以家庭為本的角度協助求助家庭；本服務計劃亦繼續與香港中文大學社會工作學系合作，推動以多元家庭小組協助受抑鬱症困擾的家長及其家庭，本服務計劃同工並持續接受該學系專業顧問提供臨床督導，進一步提升服務質素。本會獲香港中文大學社會工作學系的邀請，參與分別於2018年10月19日香港中文大學社會工作學系第55周年國際研討會及2018年10月25-28日於台北舉行的亞洲家庭治療學院第5屆會議，並在會議上與香港中文大學社會工作學系團隊共同發表多元家庭小組的初步成果。

Cross-disciplinary Collaboration

跨專業合作



Regular case meeting with Child & Adolescent Psychiatry Service of United Christian Hospital
與聯合醫院兒童及青少年精神健康服務定期舉行個案會議

Professional Training / Clinical Supervision

專業培訓 / 督導



Working with trans-generation families
跨代家庭工作坊



I-FAST Workshop on Marital and Divorce Counseling
綜合家庭及系統治療 — 協助面對婚姻問題及離異家庭工作坊



Basic I-FAST Training
綜合家庭及系統治療基礎工作坊

Multi-family Group

多元家庭小組



Clinical supervision on Multi-Family Group
多元家庭小組臨床督導



The first Multi-Family Group conducted in The Wellness Centre
首次於安泰軒舉辦多元家庭小組

Jockey Club Linking H.O.P.E.S. Project –
Sources of Referral for Family-based Intensive Counselling in 2018/19
賽馬會家牽希望計劃 — 2018至19年度家庭為本個案輔導轉介來源

Sources of Referral 轉介來源	Number of Family Cases 家庭個案數目
Medical sectors 醫療體系	57
New Life – The Wellness Centre 新生會 — 安泰軒	36
New Life – Other Service Units 新生會 — 其他服務單位	35
Self-approach 自行求助	24
Schools 學校	11
Integrated Family Service Center 綜合家庭服務中心	5
Integrated Community Centre for Mental Wellness 精神健康綜合社區中心	4
Total 總數：	172

Jockey Club Linking H.O.P.E.S. Project – Presenting Problem of Families receiving Family-Based Intensive Counseling (As at 31 March 2019)

賽馬會家牽希望計劃 — 接受家庭為本輔導的家庭主要面對的問題 (截至2019年3月31日)

Presenting problems 主要問題	* Number of Families presenting such problems * 面對相關問題的家庭數目
Parent-child Relationship 親子關係	109
Children's Emotion and Behavior 兒童情緒及行為	68
Children with Special Educational Needs 兒童面對特殊學習需要	55
Divorce and Separation 婚姻離異	17
Finance 財務	12
Couple Relationship 伴侶關係	12
In-law Relationship 姻親關係	7
Housing 房屋	7
Extra-marital Affair 婚外情	7
Parenting Issues 管教問題	5
Others 其他	29
Total 總數：	328

* A family might encounter multiple problems.
每個家庭可能面對多項問題

LOVING SELF, LOVING FAMILY

愛自己 • 愛家人

In 2018/19, the feasibility study with Jockey Club School of Public Health and Primary Care of The Chinese University of Hong Kong on "Self-compassion Group for Family/Carers" was completed. The study reflected that participants had reduced their score vis-a-vis "Over-identified their strain" according to Self-compassion Scale, their "Manageability" had raised in the "Sense of Coherence", and their "Observing Ability" was remarkably higher in the experiential group than the reference group according to the "Five Facet Mindfulness" questionnaire. The participants also reported that they had learnt to take care of themselves instead of solely taking people in recovery (PIR) as their priority, and they realized taking good care of themselves before they could take care of others. Learning "let go" also helped them have better mood and reduce conflicts with family members.

於2018至19年度，本會已完成與香港中文大學賽馬會公共衛生及基層醫療學院合作的「愛自己 • 愛家人 — 照顧者靜觀關懷課程先導研究計劃」。研究結果顯示，在「自我同理心問卷」中參加者於課程後減低了對其自身痛苦作出的「過份識別」；在「條理感問卷」反映出參加者的「處理能力」於課程後有所提升；而在「五維度靜觀」問卷的「觀察力」一項，實驗組較對照組參加者顯著為高。參加者表示相比於過往一直把家人放在第一位，學習到重視和照顧自己，明白只有照顧好自己才能照顧別人；同時亦學會了「放下」，發覺情緒有所改善，與家人的相處亦得到改善。

In promoting equality and shared humanity, R330 Family Task Group aimed to strengthen the participation and sharing of lived experience by family/ carers. A platform called “家news” was created for staff, family/ carers as well as PIR to share their stories or experiences about family matters, personal growth and touching moments related to family to enhance the connection with one another.



為促進平等及全人共享的精神，家屬事工小組致力推動參與家屬／照顧者的親歷經驗的分享，建立了一個內部分享平台「家news (料)」，鼓勵同事、家屬／照顧者及康復者分享家庭故事、個人成長及觸動時刻，以增進彼此的連繫。



家 News

FAMILY SUPPORT SERVICE

As at 31 March 2019, a total of 925 had carers registered as a member of Family Support Service (FFS). In 2018/19, a number of initiatives under the theme of “Promoting Recovery and Holistic Well-being” were launched. In the form of overnight camp, the Basic Course on Wellness Recovery Action Plan (WRAP®) was organized to let participants experience the key themes through various experiential activities. In addition, an expressive art therapeutic group, the “Five Flavors” was conducted to facilitate carers to relieve pressure of care through different art means.

To encourage carers to engage with young people and promote intergenerational integration, FFS joined the experiential program “Capstone Project” organized by the Department of Sociology of The University of Hong Kong. Through home visits, family activities and videotaping, the students were able to enhance the communication of family members to express their care and gratitude towards one another. Activities not only strengthened the cohesiveness of the family, but also helped students understand the family in recovery. In addition, FFS also co-organized the “Mountaineering Course and Wild Camping Activities” with YES to facilitate carers to take challenges and broaden their life experience with young people.

家屬支援服務

截至2019年3月31日，家屬支援服務共有925位家屬登記成為會員。於2018至19年度本服務以「促進復元及整全生活」為主題，推行多項創意活動，例如以宿營形式，舉行「身心健康行動計劃」基礎課程，並通過歷奇活動，讓參加者體驗課程重點。此外，亦舉辦「五味宴樂」表達藝術治療小組，通過不同的藝術手法，讓參加者釋放照顧壓力。

為鼓勵家屬多與年輕人接觸，促進跨代共融，與香港大學社會學系合辦名為「Capstone Project」的體驗計劃，讓學生透過家訪、參與復元家庭活動，以及短片拍攝，促進家庭成員相互表達愛與感謝的心聲。活動不單加強家庭的凝聚力，亦幫助學生對復元家庭的理解。此外，與青年學堂合辦「山藝課程及野營活動」，讓家屬挑戰自己，與年輕人一同拓闊生活體驗。

Wellness Recovery Action Plan

A 3-day camp was held in the Pak Tam Chung Camp for the WRAP® training. In addition to the basic course content, the main theme was brought through adventure games.



身心健康行動計劃

身心健康行動計劃三天課程在北潭涌渡假營內舉行，課程在基本的內容上，加插歷奇活動，帶出課程的核心概念，讓參加者加深印象。

Expressive Art Therapeutic Group

Through different means of expressive art such as music, ceramic clay, collage and body movement, the Expressive Art Group facilitated the carers to connect with themselves, acknowledge their needs, learn communication and release stress.



「五味宴樂」表達藝術治療小組

「五味宴樂」表達藝術治療小組通過不同的藝術手法，包括音樂、陶泥、拼貼及身體動作等，有助照顧者接觸自己的內心，看見自己的需要，學習溝通及釋放壓力。

Through resolving the entangled knots, the carers consolidated their experience of resolving difficulties
通過拆解糾纏的繩結，家屬整理在生活中解困的經驗

Capstone Project

In collaborating with The University of Hong Kong, the “Capstone Project” let the students understand more about the families in recovery. The students used “expressing gratitude” as the theme of the Project and they organized activities, such as cooking, writing cards and taking videos for the families. The Carers were touched when the PIR acknowledged their gratitude towards them.

Students and PIR showcased the project's result in HKU campus
活動完成後，學生與康復者於港大校園展示活動成果

Capstone Project 體驗計劃

與香港大學合作的 Capstone Project 體驗計劃，讓學生深入了解復元家庭的情況，從同行中互相認識及支持。學生以感恩作為主題，與各個家庭進行活動，包括買菜做飯、寫心意卡及拍攝等，協助康復者向家屬表達感恩之情，家屬收到康復者的心意均非常感動。



Mountaineering Course and Wild Camp

Family Support Service and Youth College jointly organized a series of wilderness activities, including mountaineering course (level 1), wild camp and self-directed hiking trip. Families under recovery and the young PIR gathered through hiking, setting tents, cooking and wild fire, to enhance communication and mutual understanding. Some caregivers commented that the wild camp had allowed them to revisit the good memories of their school days and they felt much younger.



山藝課程及野營

家屬支援服務與青年學堂合作，舉辦一系列的野外活動，包括一級山藝課程、野營及自組遠足遊，讓家屬與年輕的康復者增進交流和認識。活動包括遠足、紮營、野外煮食及野火會等，參加者均主動互相協助。不少家屬表示參加野營讓他們重溫學生時代的回憶，感覺回復年輕。

Family Support Service – 2018/19 Service Outputs

家屬支援服務 — 2018至19年度服務統計

Program Themes 活動主題	Program No. 活動次數	Session No. 節數	Attendance 出席人次
Education on Mental Health Recovery 精神健康社區教育	15	26	255
Sustainable Strengths and Skills Development 強項及技能發展	16	63	456
Enrichment and Wellness Programs 身心健康發展活動	111	116	1,035
Other Services 其他服務		Total Attendance 總人次	
Website hit counts 網頁瀏覽		1,320	
Service consultation 服務諮詢		19	
Care calls 電話關懷		362	

SELF-HELP

自助運動

Family Network

Family Network actively developed membership for future development and the number of members had reached over 800. In addition to the continuous sponsorship for the committee members in participating the NGO Governance Platform Project of The Hong Kong Council of Social Service and Jockey Club Capacity Building Project by the Hong Kong Society for Rehabilitation (HKSR) for self-help organizations, Family Network also invited the former senior management of another NGO to be the advisor in offering guidance on advocacy and self-help development of the Network.

With the support of new members, Family Network made an attempt to apply vacant flat from the Hong Kong Housing Authority as the centre venue. To promote the Network, committee members attended various media interviews with HK01, SCMP and D100 Radio. The Network also cooperated with other mental rehabilitation self-help organizations, and successfully updated new psychotic drugs on the Hospital Authority Drug Formulary through Public Complaints Office of the Legislative Council Secretariat. Family Network participated in the Rehab Tickets fundraising campaign for the first time in 2018/19 and the fund would support the operation cost and care visits to family members and rehabilitation centres.

 Meeting at Public Complaints Office of the Legislative Council Secretariat for new drugs put on Hospital Authority Drug Formulary
向立法會申訴爭取藥物納入藥物名冊




 Committee members actively participated in the training conducted by HKCSS
執委成員積極參與香港社會服務聯會舉辦的自助組織董事網絡對談系列培訓



 Mr. YAN Wai Hung, Chairman of Family Network was interviewed by HK01
家盟主席甄偉雄接受《香港01》專訪



 Invited Mr. LEUNG Kam Tao, the former Senior Manager of Hong Kong Society for Rehabilitation as the Advisor of Family Network
成功邀得前香港復康會高級經理梁錦滔先生成為家盟顧問

家盟

「家盟」努力為未來發展增加新力軍，會員人數已逾800人。除繼續資助執行委員會成員參與香港社會服務聯會「非政府董事會網絡計劃」及香港復康會賽馬會自助組織發展計劃的相關培訓課程外，也邀請了業內非政府機構的前高級管理人員加入顧問團，在倡議工作及自助組織上給予協助和意見。

在新力軍的支持下，「家盟」嘗試向房屋委員會申請空置單位作會址。為提高「家盟」的社會影響力，派代表接受《香港01》、《南華早報》及網上電台《D100》專題採訪，另與多個精神康復自助組織通過立法會秘書處公共申訴辦事處，向醫管局藥物建議委員會成功爭取新的精神科藥物列入藥物名冊。2018/19度家盟首次參與「復康券」籌款，籌得之善款除維持日常運作，亦會用於探訪會友及精神復康院舍。

Concord Mutual-aid Club Alliance

In 2018/19, Concord adopted 3 major directions for self-help development: Recovery through Sports, Advocacy, and Public Education. Concord understood that PIR might lose their motivation and self-confidence with drug-related side effects and unhealthy daily routines, which were barriers on their recovery journey, regular recovery exercises were therefore organized such as running, yoga, Tai Chi classes and hiking activities to enhance the well-being and motivation towards recovery by PIR.

Concord was keen to organize public education programs. Through collaboration with 2 comic authors and a social worker who was also a journalist, inspired by the challenges faced by PIR, created a comic book "Pride and Madness". Supplemented by sharing of lived experiences by PIR, mental health messages were promoted with positive feedback.

Concord also made efforts on Advocacy. The focus group held to address evening psychiatric clinic service was strived to explore appropriate consultation schedule to facilitate the employment of PIR and the escort services by carers. A research on current psychiatric clinic service and escort services was conducted during July and December 2018; followed by a press conference was held on 26 January 2019 to release the research findings with an aim to enhance public awareness.

康和互助社聯會

在2018/19，康和有3大發展方向，包括運動復元、倡導權益和公眾教育。在運動復元方面，康和了解到藥物副作用或不健康的生活習慣會令康復者失去動力和自信，成為復元路上的障礙，因此舉辦持續的「復元跑步訓練班」、「瑜珈班」、「太極班」和行山活動，希望幫助康復者建立運動習慣，改善身心靈健康和增加復元動力。

另外，康和主力舉辦一連串公眾教育活動，其夥拍兩位漫畫家何家超和何家輝先生，以及社工兼記者劉碩偉先生，就精神病人在香港面臨的困境思考和發揮創意，製作漫畫書《瘋起了》，加上由康復者親身分享真人經歷的「身心靈導賞團」，宣揚正面精神健康訊息，獲得受眾的好評。

倡導權益亦是康和主要的工作。去年，康和的「精神科夜診關注小組」，努力探討合適的覆診安排以便利康復者工作就業，以及方便家人或照顧者陪診；於2018年7月至12月期間，更進行了《精神科覆診及陪診的狀況》調查，並於2019年1月26日舉行發佈會發表有關調查結果，以喚起公眾人士的關注。

INITIATIVES FOR OLDER ADULTS 康齡服務

INITIATIVES FOR OLDER ADULTS

康齡服務

To address the ageing of the population and the service users, the Association proactively developed ageing services for promoting well-being of ageing PIR and aged people in the community.

本會為回應人口及服務使用者老齡化問題，積極開展康齡服務，提升長者的身心靈健康及促進年老康復者的復元。

JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness

In response to the depression problems of elderly in Hong Kong, the Association obtained the funding support from The Hong Kong Jockey Club Charities Trust to carry out a 3-year pilot project titled "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" (JC JoyAge), which was launched in collaboration with The University of Hong Kong and 2 other NGOs in Kwai Chung and Sham Shui Po since October 2016. As at 31 March 2019, JC JoyAge project had organized 60 public talks and 4 community events for the promotion of elderly mental wellness in Kwai Chung and Sham Shui Po. Through those activities, social workers conducted assessments on the mental state of the older adults, and provided corresponding therapeutic groups and programs to help those elderly adults who were depressed or at-risk for the early intervention. A total of 439 older adults with depression had been identified and served, and 21 cognitive-behavioral therapy groups with 126 sessions in total had been conducted. In parallel to these interventions, over 37,000 sessions of home visits and phone contacts had been provided by peer supporters and social workers. The mid-term evaluation results indicated that the depressive, anxiety symptoms and the sense of loneliness of those older adults were reduced.

賽馬會樂齡同行計劃

本會安泰軒為回應長者抑鬱問題，自2016年10月起獲香港賽馬會慈善信託基金贊助，聯同香港大學及其他2間社會服務機構，分別在葵涌及深水埗推行為期3年的試驗計劃。直至2019年3月31日，計劃社工在葵涌及深水埗區合共舉辦了60場公眾講座及4次大型社區活動。透過這些活動，社工為長者提供抑鬱風險評估，其後邀請抑鬱或具風險長者參加治療活動，以及早介入。計劃社工已合共為439名抑鬱長者提供專業個案輔導及舉辦了21個共126節認知行為治療小組。本計劃社工及樂齡之友亦緊密接觸長者，提供了超過37,000次的探訪及電話慰問。本計劃的中期成效檢討顯示長者的抑鬱、焦慮及孤獨感均有所降低。



Community Event in Sham Shui Po
「家•愛耆樂融融嘉年華」



Graduation Ceremony of Cognitive Behavioral Therapy Group
認知行為治療「友心情小組」畢業禮



Community Event in Kwai Chung
「葵涌耆社」同行嘉年華



Cognitive Behavioral Therapy Group
「開心加油站」認知行為治療小組

JC JoyAge – Service Statistics (As at 31 March 2019)


賽馬會樂齡同行計劃 — 服務統計 (截至2019年3月31日)

Program 服務項目	Kwai Chung 葵涌		Sham Shui Po 深水埗	
	No. of participants 人數	No. of sessions 活動節數	No. of participants 人數	No. of sessions 活動節數
Individual Psychotherapy 專業個案輔導	223 persons 人	NA 不適用	216 persons 人	NA 不適用
Public Talks on Mental Health 情緒健康公眾講座	1,126 persons 人	30 sessions 節	1,308 persons 人	30 sessions 節
Cognitive-behavioral Therapy Groups 認知行為治療小組	79 persons 人	66 sessions 節	53 persons 人	60 sessions 節
Outreach Engagements 外展接觸	NA 不適用	17,948 sessions 節	NA 不適用	19,839 sessions 節


JC 'Get, Set, Go' for a Healthier Life

To promote the physical wellness of people in recovery (PIR) aged 45 years or above and prevent them suffering from non-communicable chronic diseases, the Association obtained funding support from The Hong Kong Jockey Club Charities Trust to carry out a 3-year pilot project titled "Jockey Club 'Get, Set, Go' for a Healthier Life" in 7 TWCs. The project commenced in June 2017. As at 31 March 2019, the Project had served 1,141 PIR and had provided more than 1,500 sessions of individual health evaluation. A total of 325 sessions of various activities and close to 3,000 sessions of individual professional services to facilitate PIR to develop healthy lifestyle and apply self-management skills had been conducted. As part of the project, trained health ambassadors had been sharing their successful lived experience on individual health management in support groups to instill hope of PIR; provided outreaching visits and support, such as assistance on grocery shopping and escorting clients with mobility problems to reduce the adverse impacts on daily living caused by their chronic illnesses. The Project had also provided more than 400 sessions of individual and group support services. For those who were assessed to have needs on medical services yet not receiving any public medical services, they had been referred to private general outpatient clinics, dental clinics or relevant social services for further follow up. A total of 270 attendance had been recorded.




 Thank you Card from PIR to Health Ambassador
康復者送給健康大使的感謝卡



 Health Talk on Eye Care – understanding eye problems and fall prevention
眼睛護理講座 — 了解及預防視力問題導致跌倒



 Age-specific Exercise Program – fall prevention and weight management
運動課程 — 預防跌倒及體重管理

Jockey Club 'Get, Set, Go' for a Healthier Life – Service Statistics (As at 31 March 2019)

賽馬會康齡「身」世紀計劃 — 服務統計 (截至2019年3月31日)

Service Items 服務項目	No. of attendance 參與人次	No. of session 節數
Health Evaluation 個人健康評估	1,556	1,556
Activity (Health talk, Exercise program, Self-help group, Therapeutic group) 活動及小組 (健康講座、健體班、自務小組及治療小組)	3,565	325
Support Service (Support group, Health ambassador training, outreaching visit by health ambassador) 支援服務 (支援小組、健康大使訓練及外展探訪)	2,166	425
Service provided by health allies (Physiotherapist, Occupational therapist, Dietitian, Nurse) 專職醫療服務 (物理治療、職業治療、營養師及護士診所)	2,999	2,999
General practitioner and Dental clinic service 家庭醫生及牙科服務	270	270

We Enjoy

To promote healthy lifestyle, the Working Group on Older Adult organized and conducted a “We Enjoy” campaign from July to December 2018. The campaign included an experiential day held on 21 July 2018, covering 5 activities, namely Tai chi, Wing Chun, Chair Dancing, Laughing Yoga and Thai Boxing. During the implementation stage, a total of 407 sessions and 4,372 man-times had participated in their selected activities. The Campaign was concluded with a mass experiential day held in Wu Kai Sha Youth Village on 16 December 2018. A total of 475 participants from 34 service units, including service users, staff and carers, participated and enjoyed the day.

齊喜動

為推廣健康生活態度，康齡服務小組於2018年7至12月策劃及舉辦齊喜動活動。計劃於2018年7月21日舉行體驗日，讓服務使用者體驗5項運動項目，包括太極、詠春、椅子太極、愛笑瑜伽及泰拳。在計劃推行階段，參與單位合共舉辦407節運動項目，共4,372人次參與。於2018年12月16日，34個服務單位合共475位服務使用者、職員及家屬參與在烏溪沙青年渡假村舉行的大型齊起動活動，一起參與不同運動項目，為齊起動活動劃上完美句號。



Finale event officiated by Ms. Zion LAW, Convenor of Working Group on Older Adult, Dr. S.K. CHUNG, member of the Working Group and Mr. Kenneth LAW, Professional Service Manager
結幕禮由康齡服務小組召集人羅屏女士、委員鍾兆崑醫生及專業服務經理羅家平先生主持



Experiential Session on Tai chi
太極體驗環節



PIR performing in parents' meeting
康復者於家長會中表演

Responding to the Challenges from Ageing of Users

Facing the mounting care and rehabilitation demands, the two Long Stay Care Homes (LSCHs) expanded their physiotherapy service and invested in more sophisticated rehabilitative equipment such as low-magnitude and high-frequency whole-body vibration machine and therapeutic equipment with electrotherapy, ultrasound, laser and magneto therapy modules for pain management and muscle strengthening training. Both LSCHs also actively promoted regular exercise and fall prevention among all PIR, reviewed their fall management protocol, carried out assessment and formulated care plans for PIR at risk of falls to minimize falls and fractures. Both Homes also organized staff training courses that targeted at the ageing needs of PIR, such as manual handling, CPR (Cardiopulmonary Resuscitation) training and wound care.

Apart from facility and environmental enhancement, the 2 LSCHs also actively explored and developed suitable management and operational models in 2018/19. Meanwhile, Tuen Mun LSCH would implement a 3-tier operation model, with the hope that the Home could provide suitable and sustainable healthcare and recovery services for all PIR with different care and recovery needs under limited available resources.

In 2018/19, acting on the advice of the Older Adult Working Group, the 2 Hostels for the Moderately Mentally Handicapped (HMMHs) formulated a forward-looking strategic plan to address the ageing issues of users. Owing to multiple reasons, it was difficult to trace the ageing process of users in HMMHs. Their compromised speech and emotional expression abilities also made their mental health needs “unheard”. Thus, both Hostels explored the use of different media as therapeutic interventions, such as music, arts, horticulture and dance, to help users express themselves, thus promoting their mental health.

回應服務使用者老齡化的挑戰

為回應不斷增加的照顧及康復治療需要，兩間長期護理院在去年擴大了物理治療服務及新增康復設備，例如低幅高頻振動儀和四合一治療儀（激光、超聲波、磁療及電療），以助舒緩痛症和增加肌肉鍛煉。兩院亦積極推廣運動及預防跌倒措施，重新檢視預防摔跌管理指引，為有潛在跌倒風險的服務使用者提供評估及作出預防，減低院友跌倒及骨折的風險。兩院亦針對老齡化問題向職員提供訓練，例如扶抱技巧、心肺復甦法及傷口護理等。

除了改善環境及設施外，兩間長期護理院亦積極探索和發展相應的管理及運作模式。屯門長期護理院目前正試行三層架構照顧運作模式，期望在有限的資源下，能為不同照顧程度及復元需要的服務使用者提供合適及可持續性的復元和照顧服務。

過去一年，參考了康齡服務工作小組的專業意見，兩間中度智障宿舍亦為老齡化問題制訂前瞻性的發展策略。受多方面因素影響，宿舍的服務使用者較難追溯其老化進程，又因語言及情緒表達能力較弱容易令人不能「聽到」他們的精神健康需要。宿舍探討以不同媒介作為治療介入手法，當中包括音樂、藝術、園藝及形體舞蹈等，協助他們舒緩情緒，促進精神健康。

Mental Health and Ageing: The Way Forward Symposium and Workshop

On 8-9 June 2018, the Association organized the Mental Health and Ageing: The Way Forward Symposium and Workshop at the Hong Kong Polytechnic University. The aims were to help policy makers and field workers to better understand the needs of ageing people with long term mental illness, to explore the interplay between ageing and mental health and to advocate relevant policies to address the unique challenges arising from the ageing process of people with mental illness.

In the Symposium, the 2 Long Stay Care Homes presented the cross-sectional survey result on ageing of their PIR and explored possible actions to meet these challenges. The result of the survey projected that within 10 years, more than 60% of PIR in the 2 Homes would be over 70 years old.

精神健康與老齡化的發展前瞻研討會及工作坊

本會於2018年6月8-9日在香港理工大學舉辦了「精神健康與老齡化的發展前瞻研討會及工作坊」，目的為推動政府決策部門和業界認知患有長期精神病人土在老齡化過程上的需要，探討老齡化與精神健康間的互動，並倡議相關政策以回應老齡化對他們帶來的挑戰。

在研討會中，本會兩間長期護理院發表了關於服務使用者老齡化的調查報告，當中預視兩院在未來10年將有百分之60服務使用者年逾70歲。研討過程中，與會人士亦探討對長期護理院服務使用者老齡化的應對方法。

TRAINING, RESEARCH AND DEVELOPMENT 培訓、研究及發展

STAFF TRAINING AND DEVELOPMENT

員工培訓及發展

In 2018/19, training programs were organized by the Association, in partnership with local and overseas expert to achieve the goal of "Expanding and Enhancing Professional Skills, Advancing Recovery-oriented Practice". These training programs covered Person-Centered Care Planning (PCCP), Wellness Recovery Action Plan (WRAP®), Integrative Family and Systems Treatment (I-FAST), Co-production workshop, Flinders Program of Chronic Condition Self-Management, Core Competence in Mental Health Practice and Specific Intervention to Mental Disturbance. There were 31 central training courses conducted for 1,172 staff. Professional qualifications were accredited for 87 staff who were competent to provide training or supervision to our staff for professional service delivery. 45 staff were qualified to supervise PCCP, and there were 3 to become I-FAST supervisors, 35 WRAP® facilitators and 4 Improving Access to Psychological Therapies (IAPT) supervisors.

本年度員工培訓及發展主題是「提升專業技能、深化復元實踐」。本會聯同本地及外地專家，開展各項培訓以深化精神健康服務的知識和實務技能，支持員工提供與時並進的介入模式。培訓內容包括復元導向個人復元計劃（PCCP）、身心健康行動計劃（WRAP®）、家庭系統綜合介入模式（I-FAST）、共建（Co-production）交流工作坊、Flinders Program 慢性病自我管理方式、各類精神困擾的介入方式等。本會員工共參加了31項中央培訓項目，職員總參與人次為1,172人，訓練了員工運用相關的介入手法外，當中亦透過專門的訓練班，共培訓了87位員工具備專業或督導資格，當中包括45位同工裝備個人復元計劃督導技巧、3位 I-FAST 認可督導、35位身心健康行動計劃帶領員及4位心理治療普及化督導員。


Person-Centered Care Planning (PCCP) Training

In 2018/19, the Association invited two trainers from the United States to hold a training on application of Person-Centered Care Planning (PCCP) in Hong Kong for a week. This training enabled staff to better equipped to help people in recovery (PIR) to experience a holistic, strength-based and self-driven recovery plan, in which the PIR would be the center and key person to set personalized goals.


個人復元計劃（PCCP）培訓

本會在2018/19年度邀請了兩位美國導師專誠來香港為同工就個人復元計劃進行一連數天的內部培訓。此培訓裝備全會同工，幫助復元人士能體驗一個整全、以優勢為本及自主的復元計劃，在復元過程中復元人士擔當主角以訂立和成就個人化的目標。



 Colleagues divided into groups for discussion and presentation
參與課程的同事進行分組討論及匯報




 Two trainers brought new insights to colleagues
兩位導師在連日培訓中為同事引入新知識

Management Training for Officers-in-charge and Staff with Supervisory Role

In order to enhance the management skill of the newly promoted officer-in-charge and staff with supervisory role, the Association employed in 2018/19, a consultancy company to organize a series of training which covered various topics, including DiSC workplace behavioral and personality analysis + DiSC workplace application for team building; Legal awareness on ethical practice in people management; Performance management in practice and Employee engagement skills; and Essentials in selecting and hiring right people and interviewing skills. The course shared the manpower management knowledge of the industry. It inspired our staff via interesting games and interactions, and stimulated them to learn, think, explore and develop new management concept and skills.




 Inspiring participating colleagues through games
以遊戲方式引導參加同事思考

主管及督導人員管理培訓

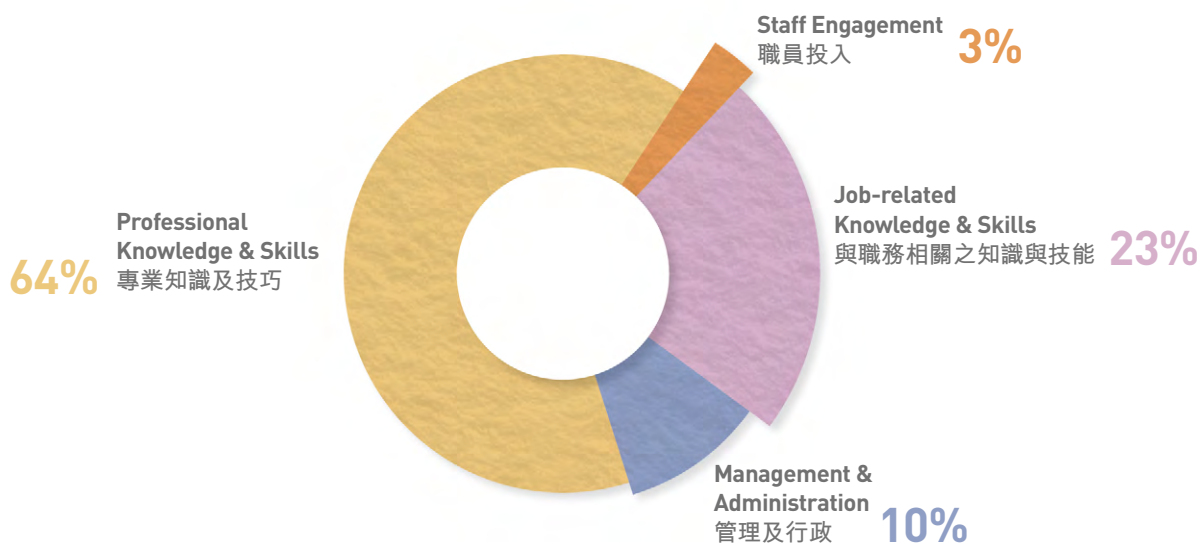
為提升新晉主管及督導人員的管理技巧，機構於2018/19年特別聘請外間培訓機構舉辦了一系列的管理培訓課程，涵蓋多個實用主題：如 DiSC 辦公室行為及人格分析 + 團隊建立應用技巧、人事管理的道德守則及法律意識、有效評估、激勵員工和回饋技巧，以及人力策劃和聘請面試技巧及須知。課堂上分享與行業相關的人事管理知識，並透過生動有趣的互動遊戲啟發同工，一同學習、思考、探索和發展管理的理念和新手法。



 Colleagues shared their views via case discussion
同事透過討論個案分享想法，互相學習

Staff Training and Development – Training Programs organized in 2018/19

職員培訓及發展 — 2018至19年度培訓課程



JOCKEY CLUB NEW LIFE INSTITUTE OF PSYCHIATRIC REHABILITATION

賽馬會新生精神康復學院

Building on the well-established regular courses on mental health and recovery concept, the Institute had launched brand-new programs to help nurture competent practitioners for the sector. New specialized training topics such as workshop on complex trauma and therapy, clinical therapy supervision class, training on CBT-context-based social competence training for adults with ASD, topical training on family intervention, motivational interviewing for mental health practitioners and advanced psychological treatment for comorbid mental disorders- Trans diagnostic Cognitive Behavioral Therapy in Group were held in 2018/19.

The Institute was also commissioned to organize training programs of positive psychology, mental health specialized training topics for half of the social services agencies, education sector, government departments and corporations. A total of 3,127 persons were trained, and the “trainees” received positive feedback.

建基於已確立的精神健康及復元概念的訓練基礎上，學院在2018/19年度開展全新的課程以培育業界同工的專業知識和能力，包括複雜創傷理論與治療工作坊、臨床心理治療督導班、自閉症人士情理行為實況社交訓練、家庭系統介入專題訓練、動機式訪談及整全認知行為情緒管理課程等。

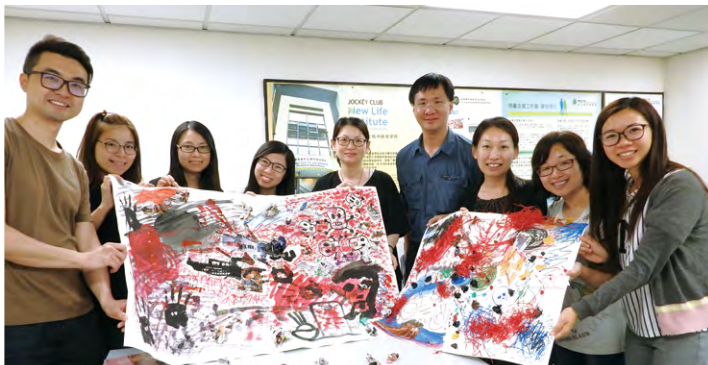
與此同時，本會亦為各社會服務團體、教育界、政府部門、公司企業等提供各項培訓服務。學院以正向心理、精神健康專題等訓練，共為3,127位學員提供培訓，課程均獲得正面回饋。

Experiential Learning

In 2018/19 the Institute organized trainings with experiential learning, such as “Exploring the basic concept and application of Art Therapy” and Wellness Recovery Action Plan (WRAP®), which gave the professional staff opportunities to use different creative ways to deal with the needs of service users.

體驗式學習

在2018/19年度，學院舉辦了體驗式學習課程，如「探索藝術治療基礎概念與應用」、身心健康行動計劃等課程。



Participants and their art works
參加者與其藝術成品



Participants' colourful artworks
參加者的作品色彩繽紛

The Course “Exploring the basic concept and application of Art Therapy” allowed the participants to make use of art elements that could activate their imagination and creativity. It helped strengthen the positive mental motivation and release stress and enabled the participants to enter into the inner world of themselves and the service users. This helped the participant to build up relationships with respect, acceptance and deeper understanding with the service users.

藝術治療以輕鬆的藝術元素，啟動參加者的想像力及創造力，加強正面的心理動力，有助釋放情緒，進入內心世界，改善情緒健康。讓參加者能夠更明白個人和服務對象的內心世界，有助與服務對象建立尊重、接納和深入理解的治療性關係。

Supervision / Skills Enhancing Courses

Classes to upgrade supervision skills and techniques were organized in 2018/19, such as Emotion-Focused Therapy (EFT) in working with anger, shame, fear & sadness, Transdiagnostic Cognitive Behavioral Therapy in Group – TCBT(G), Introductory Motivational interviewing Workshop for Mental Health Practitioners. Emotion-Focused Therapy (EFT) provided a roadmap and a set of interventions for mental health professionals to work with different types of anger, shame, fear, and sadness, including concepts from Emotionally Focused Couple Therapy and Emotionally Focused Therapy. This course aimed to offer participants an in-depth understanding of four core emotions that were frequently observed in counselling, namely anger, shame, fear and sadness. Participants were given opportunities to become aware of some of their own emotions during service delivery and learn to deal with them in a manner that promoted well-being of their clients and their own.

External and SWD Courses

In 2018/19, the Institute organized a total of 15 public courses for external participants, as well as 14 courses for NGOs, Social Welfare Department and other government departments. A total of 1,388 participants were trained. The trainings covered not only practical skills such as Breakaway, but also the knowledge on mental disorder, such as Autism, Childhood and Adolescence Disorders, etc.

督導 / 技巧提升班

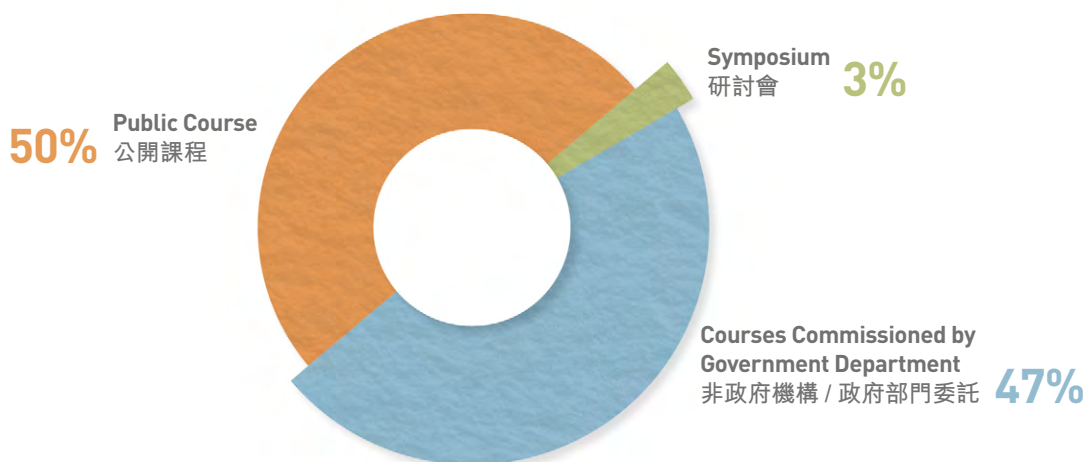
學院亦舉辦了提升督導技巧的課程，例如情緒取向治療 (EFT) — 處理憤怒、羞愧、恐懼及悲傷、TCBT、動機式訪談。情緒取向治療 (EFT) 為精神健康服務的專業同工提供處理不同形式的憤怒、羞愧、恐懼及悲傷的路線圖及一系列的介入方式，當中包括情緒取向伴侶治療及情緒取向治療。此課程讓參加者深入了解諮詢時常見的四種主要情緒：憤怒、羞愧、恐懼及悲傷，使他們在提供服務時，能意識到個人情緒及知道如何處理，從而提升個人及服務使用者的心身靈健康。

外間及社會福利署課程

學院過去一年舉辦了15個公開課程，以及為非政府機構、社會福利署及其他政府部門舉辦了14項專門課程，合共培訓了1,388名人員。課程除了實用的職場暴力危機應變訓練，亦涵蓋自閉症、兒童及青年心理問題綜合培訓等。

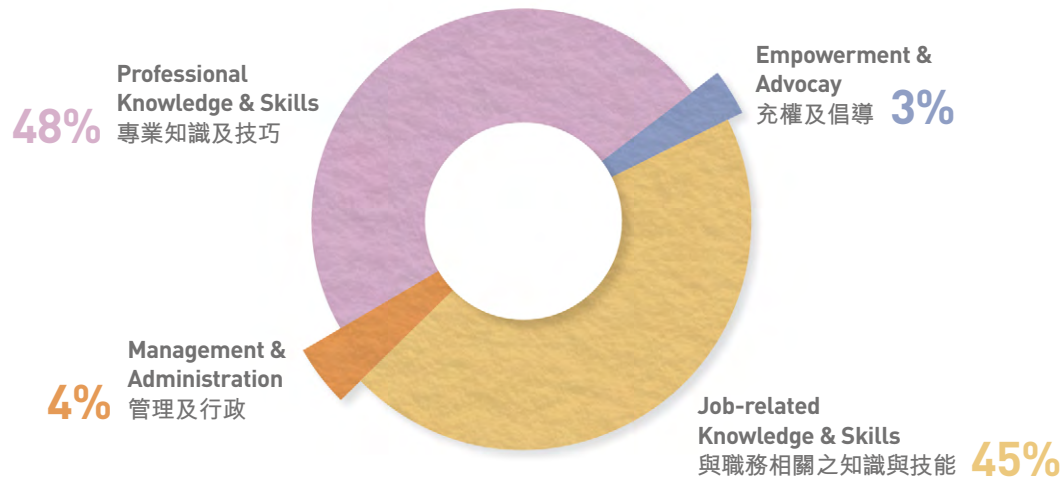
Jockey Club New Life Institute of Psychiatric Rehabilitation – Courses organized in 2018/19

賽馬會新生精神康復學院 — 2018至19年籌辦的課程



Jockey Club New Life Institute of Psychiatric Rehabilitation – Course Type in 2018/19

賽馬會新生精神康復學院 — 2018至19年籌辦的課程類別



RESEARCH

研究

To continue the implementation of evidence-based practice, the Association had been conducting researches. Researches that completed in 2018/19 mainly covered three categories: (1) pilot program localization and evaluation; (2) service evaluation and enhancement; and (3) application of scale. Most of the researches were conducted in collaboration with tertiary education institutes.

為了持續推行實證為本服務，本會一直進行各種研究，2018至19年度的研究主要涵蓋三大範疇：(1) 先導實驗計劃的本地化及評估，(2) 服務評估和改善及(3) 計量表的應用。當中的大部份研究均與高等院校合作。

Participatory Research

Supported by the Social Welfare Development Fund, the Association conducted a participatory design project with Professor Samson Tse and his team at the Faculty of Social Sciences in Department of Social Work and Social Administration at The University of Hong Kong. In this project, PIR were provided with training about research knowledge. They would then be responsible for designing and conducting a research on the topic of "Trauma-informed" to investigate trauma and resilience in PIR. This type of project design allowed PIR to participate in research at an enhanced level and ensured that the research could meet their needs.

參與式研究

本會申領了社會福利發展基金撥款，並與香港大學社會科學學院副院長（本科教育）和社會工作及社會行政學系謝樹基教授及其團隊，合作進行一項「參與式研究」計劃。本計劃給予精神病康復者設計和執行研究的相關訓練，之後康復者會負責設計和執行一個以「創傷知情」為題的研究，以探索精神病康復者的創傷和恢復力。這種設計讓精神病康復者於更高的層面參與研究，以確保研究切合他們的需要。

Internet Cognitive Therapy for Social Anxiety Disorder

As a part of the collaboration between the Association, The University of Oxford and The Chinese University of Hong Kong on the Internet Cognitive Therapy for Social Anxiety Disorder (iCT-SAD), the randomized controlled trial (RCT) was completed in 2018/19. 44 participants were randomly assigned to the active treatment group and wait-list control group. Data analysis indicated that participants in the active treatment group presented less anxiety symptoms after receiving treatments, compared with those in the wait-list control group.

網上社交焦慮治療計劃

本會與英國牛津大學和香港中文大學合辦的網上社交焦慮治療計劃 (iCT-SAD) 中，隨機對照試驗研究已於2018/19年完成，共有44位參加者獲隨機分配至實驗組和對照組。數據分析顯示，實驗組參加者接受治療後，和對照組的參加者相比，其焦慮徵狀明顯降低。

newlife.330

In 2018/19, newlife.330 completed 3 studies. One of the studies explored the effectiveness of 21-day mindfulness-based intervention on healthy diet, sleep, and pain through WhatsApp. Participants in mindfulness group performed better than those in wait-list control group in all 3 areas, which were healthy diet, insomnia and pain.

Other 2 completed newlife.330 studies were pilot studies that aimed to investigate mindfulness taster workshops for primary school students and adults through training non-professional ambassadors. Primary students self-rated themselves significantly improved in peace of mind and mood after joining the program till 3 months later. The teachers also rated the students significantly improved in hyperactivity and prosocial behaviours.

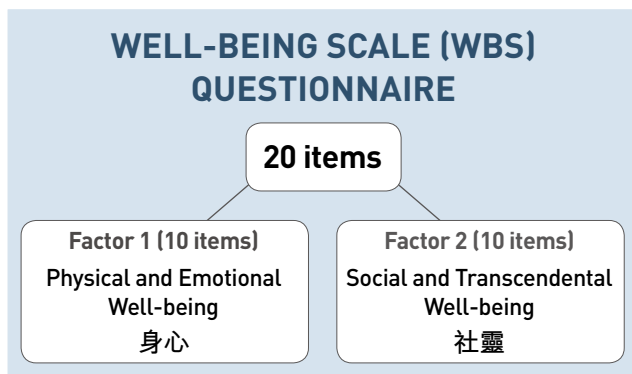
Results of the pilot study with adult participants showed that those who attended the public taster workshop significantly improved in all measure constructs, which were peace of mind, positive energy, relaxation, negative arousal, tiredness and state mindfulness.

Evaluation of the Women Mental Health Working Group

A 2-year study was conducted in 2018/19 to explore changes in self-esteem and life satisfaction scores for users who received training services provided by Women Mental Health Working Group. Results of the qualitative study indicated improvement in life satisfaction score in 2017 and 2018, and similar level of self-esteem was presented in 2016 and 2018. Findings in the study would be used to refine the training program, so as to meet the changing needs of different user groups.

Well-being of People in Recovery (PIR)

The Well-being Scale (WBS) had been validated successfully. With 10 questions in each domain (Physical and Emotional Well-being and Social and Transcendental Well-being), the scale was adopted in 2018 to evaluate the Association's work on well-being. The aim was to enhance PIR's understanding of their own well-being, as well as to facilitate worker's plan to improve PIR's well-being.



新生・身心靈

於2018至19年度，新生・身心靈完成了三份研究。其中一項研究的目標是探討一個透過 WhatsApp 進行為期21天針對健康飲食、睡眠和痛楚的靜觀計劃。結果顯示靜觀組的參加者比對照組的參加者於以上各方面都有明顯的改善。

另外兩項先導研究分別是探討靜觀大使帶領的靜觀體驗工作坊，給予小學生和成年人的成效。以小學生為參加對象的先導研究結果顯示，他們參加工作坊後的3個月內，自評心靈平靜和情緒均有明顯改善，而參與的老師亦評價學生的過份活躍和社會行為有顯著進步。

以成年人為對象的先導研究結果則顯示，參加過靜觀體驗工作坊的受試者於各範疇上都有顯註進步，包括心靈平靜、正面能量、放鬆、負面情緒激發水準、疲倦感和靜觀狀態。

婦女精神健康服務計劃的成效評估

婦女精神健康工作小組在2018/19年度進行了一項為期兩年的研究，探討小組訓練參加者的自尊感和生活滿意度。質性研究的結果顯示，參加者於2017年和2018年對生活的滿意度有所提升，而參加者於2016年和2018年的自尊感水平則大致相約。結果將用作改善訓練計劃，以切合不同群眾的需要。

精神病康復者的身心靈健康

身心靈健康量表 (WBS) 的適用性已被確認，並自2018年開始，獲本會採用作評估身心靈健康方面的工作成效。量表以各10條問題，針對調查精神病康復者的「身體和情緒整全健康」及「社交和靈性整全健康」這兩個範疇，目標是加強精神病康復者對自身整全健康的了解，以及促進同工制定計劃，以改善精神病康復者的整全健康。



Well-being Scale (WBS) Structure
身心靈健康量表 (WBS) 結構

STUDENT PLACEMENT

學生實習

In 2018/19, 133 students from different disciplines including Social Work, Nursing Studies, Occupational Therapy, Psychology and Clinical Psychology, Horticulture as well as master students in Expressive Art Therapy and Music Therapy completed their practicum at our 31 service units. Positive feedbacks were always sought from the students and fieldwork supervisors that the Association had provided comprehensive orientation to facilitate students' understanding on the person-centered service culture, and the supportive environment to facilitate their learning.

於2018/19年度，本會共接待了133位來自各大院校多個專業學系的學生，包括社會工作、護士、職業治療、臨床心理及心理學外，亦有園藝治療，以及表達藝術和音樂治療的碩士課程學生，分別在機構屬下31個服務單位進行實習。本會不僅為學生提供全面的導向活動，幫助學生盡快了解本會以人為本的服務文化，亦提供優良的支援環境以助他們學習，因此屢獲同學及實習督導的正面評價。

Student Placement in Services in 2018/19

2018至19年度學生實習服務統計

No. of Placement Students 實習學生數目							Total 總數
Study Area 學習範圍	Residential Service 住宿服務	Community Service 社區服務	Vocational Service 職業復康 服務	Clinical Psychological Service 臨床心理 服務	Service for ASD 自閉症 人士服務	Family Support Service 家屬支援 服務	
Social Work 社會工作	41	21	10		4		76
Para-medical (Nursing / OT) 輔助醫療 (護理 / 職業治療)	1	32	2				35
Psychology / Clinical Psychology 心理 / 臨床心理		1		6	3		10
Others (Expressive Art / Music Therapy / Horticulture) 其他 (表達藝術 / 音樂治療 / 園藝治療)	9					3	12
Total 總數 :	51	54	12	6	7	3	133

CLINICAL PSYCHOLOGICAL SERVICE 臨床心理服務

CLINICAL PSYCHOLOGICAL SERVICE

臨床心理服務

Highlights of Clinical Psychological Services

1. Providing evidence-based psychological intervention for services users of the Association, including individual assessment and psychotherapy, group psychotherapy etc.;
2. Providing consultation and training to professional and community workers;
3. Organizing psycho-educational talks for the general public;
4. Introducing and advocating overseas psychological knowledge and programs, translating and modifying the information in local context.

During this year, 242 people received psychological assessment and psychotherapy, which included 811 direct service hours to 145 people in recovery (PIR) in individual sessions, as well as delivering 137 therapeutic group sessions. The services held 4 public psycho-educational talks, which reached 216 people. Clinical psychologists also provided 355 sessions of consultation to 87 staff of the Association, and 80 sessions of training and talk to professionals of the Association and the community.

臨床心理服務的主要工作

1. 為本會服務使用者提供實證為本的心理介入服務，包括個人心理評估及治療、小組治療等；
2. 為專業及社區人士提供諮詢和培訓；
3. 舉辦各類心理學相關公眾講座；
4. 引入及推動海外心理學知識及課程，並作改良及翻譯成更符合本地需要的中文版資料。

臨床心理服務於本年度為合共242人提供心理評估及治療，當中包括為145位復元人士提供811小時的個人心理服務，以及為復元人士提供合共137節治療小組。本服務於本年共舉辦4個公眾講座，共有216人出席。臨床心理學家亦向本會共87位職員提供共355節諮詢、為會內職員或其他機構專業人員提供共80節培訓及講座。

Expansion of CPS Team

With the additional subventions from Social Welfare Department for Integrated Community Centre for Mental Wellness (ICCMW) since October 2018, 3 additional headcounts were added. Currently, there are 5 clinical psychologists, 3 research assistants and 1 psychological assistant in CPS.



擴展臨床心理服務團隊

獲社會福利署就「精神健康綜合社區中心」的額外資助，2018年10月起進一步擴展服務團隊，增加3名人手。本會臨床心理服務現共有5位臨床心理學家，3位研究助理及1位心理學助理。

“Mindful Parents, Happy Kids”

Funded by donor Mr. Michael WU, “Mindful Parents, Happy Kids” aimed to train up local Mindful Parenting facilitators and developed Chinese resources. Professor Susan BÖGELS from The University of Amsterdam was invited to hold professional trainings in October 2018 and March 2019 respectively, with around 90 helping professionals attending. It was expected that 600 parents would be benefited from the Mindful Parenting program.



「靜觀親職樂童心」計劃

獲吳秉霖先生贊助開辦「靜觀親職樂童心」計劃，訓練本地「靜觀親職」課程導師及開發相關中文資源。本服務邀請到荷蘭阿姆斯特丹大學 Susan BÖGELS 來港教授，分別於2018年10月及2019年3月舉辦專業培訓，共有約90名精神健康前線人員參加。參加者陸續在全港開辦相關課程，最終期望有600名家長能從「靜觀親職」課程中受惠。



Dialectic Behavioural Therapy

Since more individuals with personality disorders as well as self-harm intention were referred to CPS, more advanced and evidence-based psychological intervention techniques were needed to serve such population. Dialectic Behavioural Therapy was adapted in holding skill training groups of "Interpersonal Effectiveness", "Distress Tolerance" and "emotion regulation".



辯證行為治療

由於具自殘傾向及患人格障礙的服務使用者人數呈上升趨勢，臨床心理服務需要推行進階且實證為本的心理介入手法，以服務此類型服務使用者；當中引入「辯證行為治療」，並開辦相關技巧訓練的臨床心理服務小組，以「人際效能」、「痛苦耐受」及「情緒調節」為主題，培訓相關技巧。

Research and Dissemination of Innovative High Intensity Psychological Intervention

In order to further develop the research and dissemination of innovative high intensity psychological intervention, the Association had conducted the internet therapy for social anxiety disorders (iCTSAD) in collaboration with University of Oxford and The Chinese University of Hong Kong (CUHK), and "Transdiagnostic Cognitive Behavioural Therapy" (TCBT) in collaboration with CUHK. In both interventions, randomized controlled trials were completed with very large effect sizes.



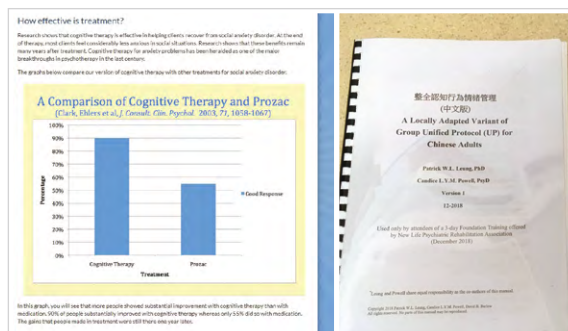
Professor Patrick LEUNG and Dr. Candice POWELL taught in the "Transdiagnostic Cognitive Behavioural Therapy" training
「整全認知行為情緒管理」培訓由梁永亮教授及凌悅雯博士主講

研究及推廣高密度心理介入方法

為進一步研究及推廣高密度心理介入方法，本會於年度內參與由香港中文大學及牛津大學合辦的社交焦慮網上治療臨床試驗，以及與香港中文大學合作的「整全認知行為情緒管理」。隨機對照試驗的研究結果顯示，上述兩種心理介入方法均具有實證成效。



Participants held personal account in internet therapy, and the content would be adjusted according to individual needs
每位參加者均有個人登入帳號，治療內容會根據不同人的需要作出微調



CPS aimed to develop and validate various protocols
本會臨床心理服務致力研發及驗證不同治療課程

Enhance Public Awareness of Mental Health

In order to enhance public awareness of mental health, CPS conducted different psycho-educational talks for public with the themes of "Caregiver's Pressure", "Knowing about Emotional Disorder" and "Physical-psychological Health" etc. In addition, CPS produced psycho-education videos to introduce symptoms of distress and related self-help aids during the year.

提升公眾對精神健康的關注

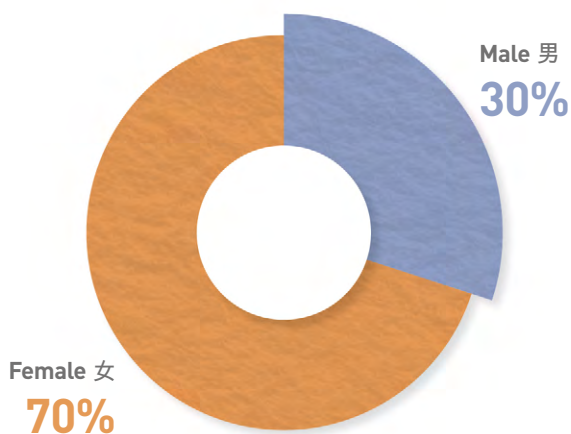
為提升公眾對精神健康的關注，本會臨床心理服務團隊舉辦公眾教育講座，主題包括「照顧者的壓力」、「認識情緒病」、「邁向身心靈健康」等。另外，本會於去年亦製作了公眾教育影片，以介紹各種心理困擾及相關自助技巧或工具。



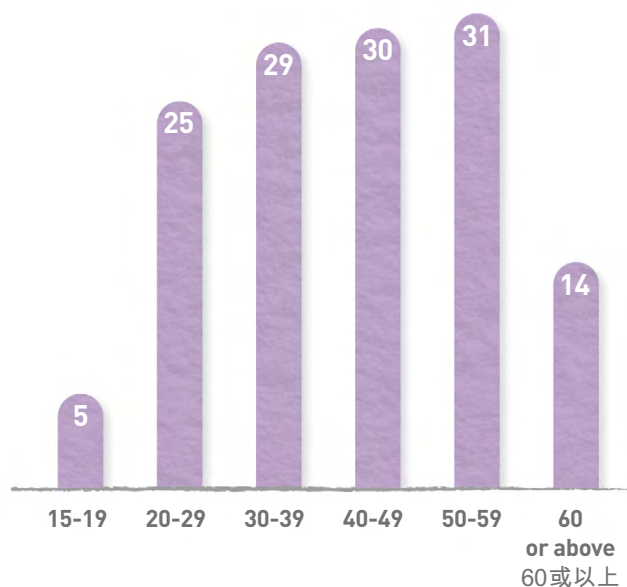
Clinical Psychological Service – Service Statistics in 2018/19

臨床心理服務 — 2018至19年度服務統計

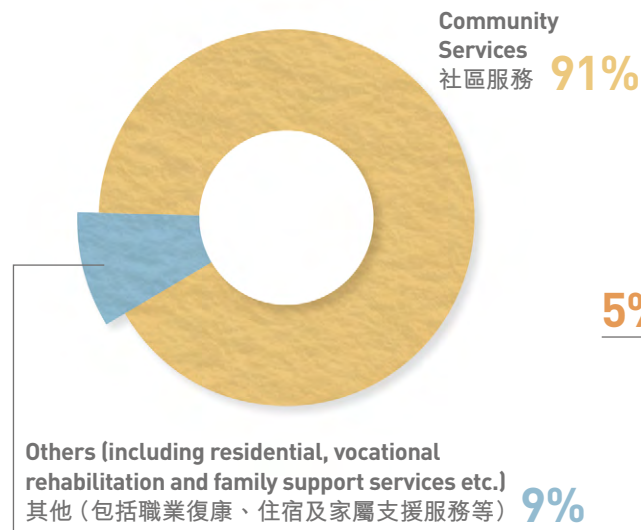
Demographic Information of Individual Clinical Session's Service Users – Gender
個人臨床心理服務使用者基本資料 — 性別



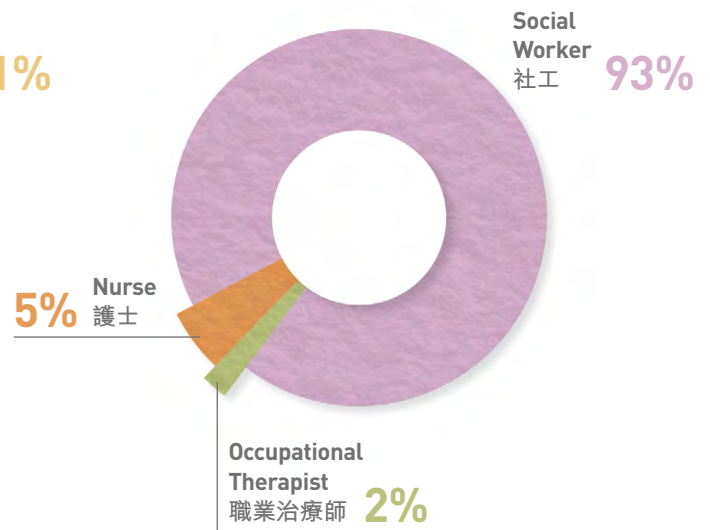
Demographic Information of Individual Clinical Session's Service Users – Age
個人臨床心理服務使用者基本資料 — 年齡



Source of Referral of Individual Clinical Session's Service Users
個人臨床心理服務轉介來源

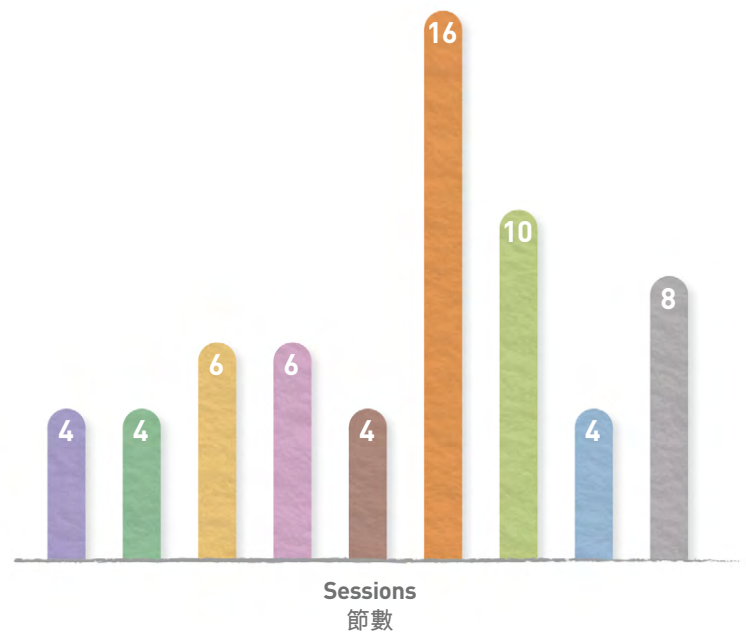


Position of Supervisees in Consultation
諮詢服務使用者的職位



Themes of Professional Training Workshops and Seminars
專業培訓工作坊及講座主題

- Assessment & Conceptualization
評估及概念化
- Risk assessment & Management
風險評估及管理
- Transdiagnostic Cognitive Behavioural Therapy
整全認知行為情緒管理
- Therapies for ADHD
專注力不足 / 過度活躍症心理治療
- Cognitive Behavioural Therapy (CBT)
認知行為治療
- Mindfulness Communal Retreat
靜觀社區退修
- Mindful Parenting
靜觀親職
- Post-Traumatic Stress Disorder
創傷後壓力失調
- Low-intensity CBT
低密度認知行為治療



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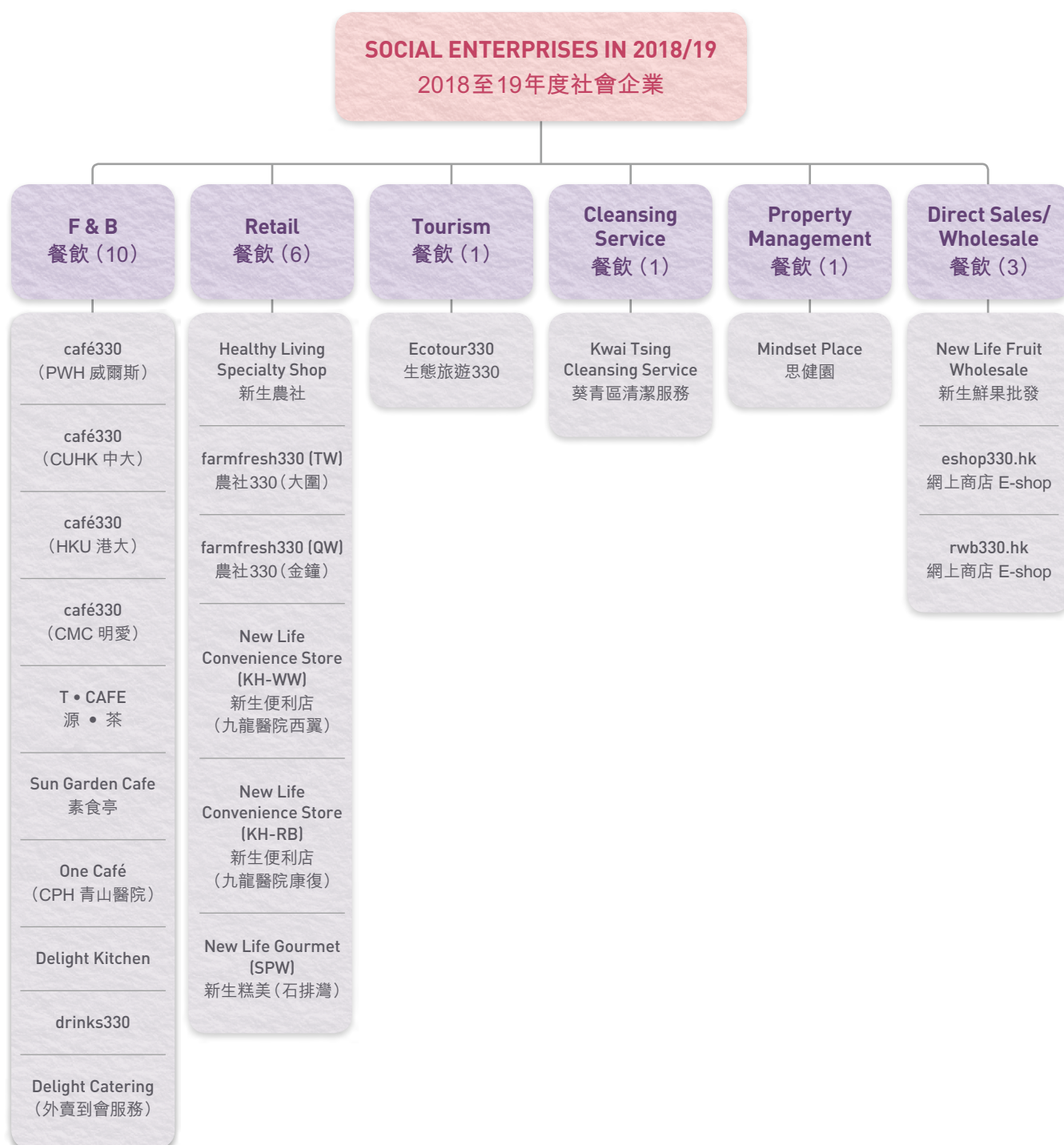
SOCIAL
ENTERPRISES

社會企業

SOCIAL ENTERPRISES 社會企業

In 2018/19, the Association operated 22 social enterprises employing 77 people in recovery (PIR). A total of 426 PIR received job training in the social enterprises of the Association; and 75 of them obtained employment in the open market thereafter.

於2018至19年度，本會營運了22項社會企業，聘用了77名精神病康復者，全年共426人在社會企業項目中接受工作訓練，當中有75人成功公開就業。



farmfresh330 (QUEENSWAY)

A new shop of farmfresh330 opened in January 2019 at Lab Concept in Admiralty to create training and employment opportunities for people in recovery (PIR). Featuring the themes of “Eat Well”, “Buy Social”, “Buy Fair Trade” and “Buy Local”, the shop provided more choices of organic and healthy products. Through selling self-branded products produced by PIR and fresh organic veggie daily delivered from New Life Farm, customers could have a better understanding on the capability of PIR.

The Opening Ceremony was held on 4 March 2019. Mr. Edward YAU Tang-wah, GBS, JP, Secretary for Commerce and Economic Development was invited to be the officiating guest; other guests included Mr. Aamir Sakhia, Chief Operating Officer, Lane Crawford, Miss Annie Tam, GBS, JP, Chairperson of Executive Committee of the Association, Dr. Allen Yeung, Chairperson of Social Enterprise Subcommittee, and Mr. Terry Wong, the then Acting Chief Executive Officer.

farmfresh330 金鐘店

farmfresh330 新店於2019年1月落戶金鐘廊 Lab Concept，為康復者提供更多工作和訓練機會。店舖圍繞四大主題為客人提供健康及優質產品，包括「食得健康」、「支持惠群產品」、「支持公平貿易」及「支持本土良品」，並透過售賣一系列自家品牌產品及新生農場每天新鮮直送的有機蔬菜，讓顧客了解康復者的能力。

開幕禮於2019年3月4日舉行，邀得商務及經濟發展局局長邱騰華先生，GBS，JP 擔任主禮嘉賓、其他嘉賓包括連卡佛載思集團首席營運官 Mr. Aamir Sakhia、本會執行委員會主席譚贛蘭女士，GBS，JP、社會企業小組委員會主席楊國華博士及時任署理行政總裁黃宗保先生。



dayday330 THEMED PRODUCTS

To support dayday330, social enterprise launched in market “dayday330 Floral Drip Coffee”. Exclusively designed for cafe330, the coffee was blended by coffee expert Mr. Ben Lam using locally roasted premium coffee beans and premium floral tea. Through brewing and tasting the Floral Drip Coffee, customers were encouraged to take a micro break amidst the busy life and take care of their well-being. Apart from selling the “Floral Coffee x 7 Days boxset” at social enterprise outlets, cafe330 in The Chinese University of Hong Kong (CUHK) and The University of Hong Kong (HKU) were offering dayday330 floral drip coffee for customers to enjoy the micro-break. The 2 shops also provide a dayday330 meal with the assortment of various healthy food choices.



dayday330 主題產品

配合 dayday330 主題推廣，社企推出全港首創「dayday330 日日花香掛耳式濾泡咖啡包」，由咖啡專家林宇澤先生以本地炒製的優質咖啡豆，拼配不同口味的花茶調製。透過沖調及細味花香咖啡，顧客能於繁忙生活中稍作休息，體現 dayday330 關顧自己身心靈健康的概念。除了一盒7包的零售禮盒裝，顧客更能於香港中文大學及香港大學的 cafe330 親身體驗手沖花香咖啡的樂趣。上述兩店並推出了 dayday330 套餐，選用健康食材，為客戶提供食得健康的選擇。

dayday330 floral drip coffee provided 7 flavors in one box: rose, jasmine lemongrass, chrysanthemum, roselle, osmanthus and original blend
dayday330 咖啡具7種不同香味以供選擇，包括玫瑰、茉莉、檸檬草、菊花、洛神花、桂花及原味



dayday330 floral drip coffee experience at cafe330 to provide customers a micro break of 3'30" amidst the busy life
於cafe330店內的dayday330花香咖啡手沖體驗，讓顧客在繁忙中細味3分30秒



dayday330 meal offered at cafe330 in CUHK and HKU
dayday330套餐於香港中文大學及香港大學cafe330提供



Video of dayday330
Floral Drip Coffee Experience
dayday330日日花香咖啡
體驗影片

PROMOTING SOCIAL ENTERPRISE IN TERTIARY INSTITUTIONS

於大專院校推廣社企

To enhance understanding of social enterprises and foster social inclusion, promotion of social enterprises at different tertiary educational institutes continued.

The Project Heart 330 Ambassador Program had been held for 5 years. In 2018/19, 37 HKU and CUHK students were enrolled in the program. After taking mental health courses and coffee class, 330 ambassadors could experience working at cafe330 with PIR. Through collaborating with The Association of Chartered Accountants in their Hong Kong Business Competition 2018/19, there were opportunities to promote the Association and social enterprises to the professionals and university students.

為了培育新一代對社企及社區共融概念的認識，社企去年加強與多間大專院校合作。

已舉辦了5年的“Project Heart 330大使計劃”繼續在香港大學及香港中文大學進行，2018至19年度共有37位學生參與。他們經過精神健康及咖啡課堂學習後，於cafe330擔任義工，體驗與康復者一同工作。去年，本會參與了特許公認會計師公會的全港大專生業務計劃書比賽，提供社企營商個案予大專生作研究及比賽用途，讓學生有機會透過參觀及研究本會社企，加深青年人對本會及社企營運的認識。




Project Heart coffee workshop at HKU
香港大學Project Heart咖啡班



Kris Wong, General Manager of Social Enterprises, participated as one of the judges in the ACCA Hong Kong Business Competition 2018/19
社企總經理黃素娟女士為特許公認會計師公會業務計劃書比賽2018/19擔任評判

The Association was invited by the International Food Safety Association to deliver a talk on "Career in Social Enterprises" in The Hong Kong Polytechnic University to the students of the food-related curriculum to enhance their interest in joining the industry. The Association also participated in the Capstone Project of a Master Course in HKU. Through the Project, students could deepen their understanding on the management, communication strategies and operation of social enterprises.



 Kris Wong, General Manager of Social Enterprises delivered a career talk in the Hong Kong Polytechnic University
社企總經理黃素娟女士到香港理工大學為學生進行就業講座

社企營運多項食品及餐飲業務，去年度曾應國際食品安全協會邀請，為香港理工大學修讀食品科目的同學提供職業講座，希望提升學生對相關工作的認識和興趣。同時，本會亦參與了香港大學一個碩士課程的 Capstone Project。研究生透過訪問社企不同職級的員工，了解社企的管理、營運、溝通模式及策略。


PARTNERSHIP

伙伴合作

Partnered with Urban Renewal Authority (URA) to promote social integration in Tung Yan Bazaar during the Chinese New Year, an inclusive program was lined up by URA at delight kitchen with the participation of the councilors of Kwun Tong District and merchant representatives of Tung Yan Bazaar. Participants experienced the packaging work with PIR at delight kitchen and the merchants launched a workshop to teach service users on making festive decoration. Through the program, merchants and customers could know more about social enterprises and extend their support to people in recovery through product redemption. Apart from URA, the Association also established partnership with the Logistic and Supply Chain MultiTech R&D Centre (LSCM) and GS1 Hong Kong to enhance the current operation of social enterprises through smart technology.

社企去年度與市區重建局(市建局)合作，於農曆新年期間為觀塘「同仁市集」進行社區共融推廣活動，推出一批「同仁市集」限定，由康復者包裝的自家品牌開心果供顧客於市集換購，向商戶和顧客推廣支持社企及康復者的概念；市建局更邀請多位觀塘區區議員與市集商戶代表到臨 delight kitchen 參觀，並與服務使用者一起包裝開心果。商戶代表亦於當日教授服務使用者製作賀年裝飾，預祝新年。此外，為提升業務運作的效率及引進電子化的運作模式，本會分別與物流及供應鏈多元技術研究中心和香港貨品編碼協會建立伙伴合作關係，透過科技優化本會餐飲業務及零售業務的運作。




 Chinese New Year celebration activity at Tung Yan Bazaar
同仁市集新春慶祝活動




 Service users of delight kitchen briefed the participants on food packaging technique
delight kitchen 服務使用者教導參加者包裝技巧



 Visit to Logistics and Supply Chain MultiTech R&D Centre
本會團隊參訪物流及供應鏈多元技術研究中心



 Visit to GS1
本會團隊參觀香港貨品編碼協會

Social Enterprises – Training and Employment Situation in 2018/19

社會企業 — 2018至19年度培訓及就業情況

Project Name 項目名稱	No. of Service Users Trained during the Year 全年培訓人數	Existing No. of Disabled Staff 現職殘疾 僱員人數	No. of Service Users engaged in Open Employment 公開就業人數	No. of Service Users Successfully Discharged from Service 成功完成服務人數
farmfresh330 (Tuen Mun) 農社330 (屯門)	10	2	5	1
farmfresh330 (Tai Wai) 農社330 (大圍)	26	5	13	1
farmfresh330 (Queensway) 農社330 (金鐘)	2	1	0	0
New Life Convenience Store (Kowloon Hospital) 新生便利店 (九龍醫院)	14	3	5	1
New Life Fruit Wholesale 新生鮮果批發	2	0	0	0
rwb330 紅白藍330	0	1	0	0
New Life Gourmet (Shek Pai Wan) 新生糕美 (石排灣)	7	1	0	0
café330 (HKU 香港大學)	17	5	4	0
café330 (CUHK 香港中文大學)	15	5	5	3
café330 (PWH 沙田威爾斯親王醫院)	9	4	5	1
café330 (CMC 明愛醫院)	13	3	5	0
T • CAFE 源 • 茶	9	3	1	1
New Life Restaurant (Closed in May 2018) 新生餐廳 (2018年5月結業)	12	0	6	3
Sun Garden Cafe 素食亭	11	0	0	1
One Café (CPH 青山醫院)	8	4	3	0
delight kitchen	12	5	5	2
delight catering	3	0	0	0
drinks330	12	7	2	1
Cleansing Service 清潔服務	233	23	13	7
Property Management (Mindset Place) 物業管理 (思健園)	0	2	0	0
ecotour330 生態旅遊330	11	3	3	2
Total 總數：	426	77	75	24

SERVICE STATISTICS 服務統計

Number of Service User served in 2018/19

2018至19年度服務人數

Service Type 服務類別	Male 男性	Female 女性	Total 總數	
Halfway House 過渡期宿舍	441	161	602	
Hostel for the Moderately Mentally Handicapped 中度智障人士宿舍	107	-	107	
Supported Hostel 輔助宿舍	26	20	46	
Long Stay Care Home 長期護理院	222	203	425	
Self-financed Hostel 自資宿舍	121	52	173	
Sheltered Workshop / Integrated Work Centre 庇護工場 / 綜合培訓中心	622	488	1,110	
Work Extension Program 職業康復延展計劃	86	56	142	
Supported Employment Service 輔助就業服務	289	141	430	
On-the-Job Training Program for People with Disabilities 殘疾人士在職培訓計劃	62	71	133	
Integrated Employment Assistance Program for Self-reliance (Kwai Ching) 自力更生綜合就業援助計劃（葵青）	244	185	429	
The New Dawn Project 欣曉計劃服務	5	14	19	
Agency-based Occupational Therapy Service 駐機構職業治療服務	34	14	48	
Integrated Community Centre for Mental Wellness 精神健康綜合社區中心				
• Member 會員	2,287	4,644	6,931	
• Family Member/Carer 家屬 / 照顧者	-	-	1,278	
Sub-total 小計：	2,287	4,644	8,209	
Clinical Psychological Service 臨床心理服務	235	624	859	
Jockey Club iREACH Social Competence Development Centre 賽馬會心志牽社交能力發展中心				
• Member 會員	118	28	146	
• Family Member/Carer 家屬 / 照顧者	24	122	146	
Sub-total 小計：	142	150	292	
Jockey Club Linking H.O.P.E.S. Project 賽馬會家牽希望計劃	186	223	409	
Family Support Service 家屬支援服務	223	662	885	
JC A-Connect: Jockey Club Autism Support Network 賽馬會喜伴同行計劃	448	66	514	
• Students/Family Member/Teacher/Peers Students 學生 / 家屬 / 老師 / 朋輩學生	-	-	1,941	
Sub-total 小計：	448	66	2,455	
Community Green Station (Kwai Tsing) 綠在葵青				
• Member 會員	-	-	507	
• Event/Program participants 活動參加者	-	-	2,664	
Sub-total 小計：	-	-	3,171	
Total 合計：	5,780	7,774	19,944	
Public Education 公眾教育			58,244	
Total 合計：	-	-	58,244	
Total number of service users served 服務總人數	Grand-Total 總數	5,780	7,774	78,188

* The total number of service users served included Students/Family Members/Teachers/Peers Students/Carers/Members & Participants of Community Green Station (Kwai Tsing)/Participants of Public Education activities.

總數包括未有獲得性別資料的學生 / 家屬 / 老師 / 朋輩學生 / 照顧者 / 綠在葵青會員及活動參加者 / 公眾教育活動參加者。

Number of Application, Admission & Discharge in 2018/19

2018至19年度申請、接納及離去人數

Service Type 服務類別	Application 申請	Admission 接納	Discharge 離去
Halfway House 過渡期宿舍	214	163	166
Hostel for the Moderately Mentally Handicapped 中度智障人士宿舍	7	7	11
Supported Hostel 輔助宿舍	7	4	4
Long Stay Care Home 長期護理院	24	17	19
Self-financed Hostel 自資宿舍	57	24	22
Sheltered Workshop / Integrated Work Centre 庇護工場 / 綜合培訓中心	163	137	148
Work Extension Program 職業康復延展計劃	43	43	14
Supported Employment Service 輔助就業服務	260	94	111
On-the-Job Training Program for People with Disabilities 殘疾人士在職培訓計劃	54	54	50
Integrated Employment Assistance Program for Self-reliance 自力更生綜合就業援助計劃	217	166	212
The New Dawn Project 欣曉計劃服務	16	11	3
Agency-based Occupational Therapy Service 駐機構職業治療服務	18	18	11
Integrated Community Centre for Mental Wellness 精神健康綜合社區中心	2,565	2,002	1,421
Total 總數：	3,645	2,740	2,192

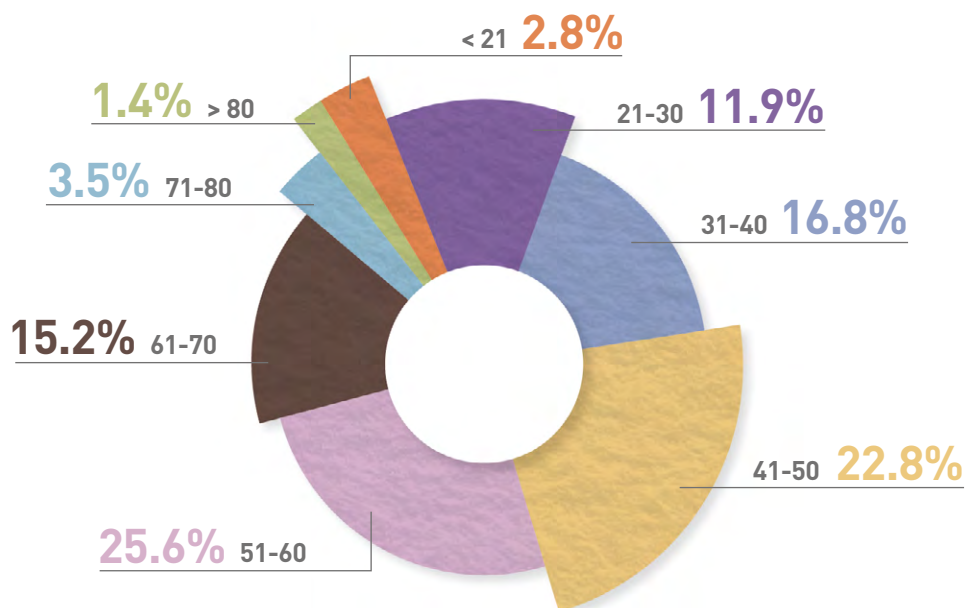
Successful Rate of Service User in 2018/19

2018至19年度服務使用者成功率

	No. of Formal Admission 正式接受服務人數	No. of Service User without Relapse within One Year 過去一年未有復發人數	Successful Rate 成功率
Halfway House 過渡期宿舍			
Chuk Yuen Halfway House 竹園宿舍	54	53	98.1%
Jockey Club Farm House 賽馬會農舍	48	46	95.8%
Lei Tung Halfway House 利東宿舍	56	56	100.0%
New Life Building Halfway House (I) 新生會大樓宿舍 (I)	55	55	100.0%
New Life Building Halfway House (II) 新生會大樓宿舍 (II)	56	54	96.4%
New Life Building Halfway House (III) 新生會大樓宿舍 (III)	59	59	100.0%
Pok Hong Halfway House 博康宿舍	51	50	98.0%
Sun Chui Halfway House 新翠宿舍	53	53	100.0%
Shan King Halfway House 山景宿舍	55	55	100.0%
Shek Lei Halfway House 石籬宿舍	53	52	98.1%
Tin Yuet Halfway House 天悅宿舍	62	61	98.4%
Hostel for the Moderately Mentally Handicapped 中度智障人士宿舍			
New Life Jubilee Hostel 新生銀禧宿舍	56	56	100.0%
Tin King Hostel 田景宿舍	51	49	96.1%
Supported Hostel 輔助宿舍			
Joyous Place (I) 思悅園 (I)	46	45	97.8%
Long Stay Care Home 長期護理院			
Tuen Mun Long Stay Care Home 屯門長期護理院	221	215	97.3%
New Life Building Long Stay Care Home 新生會大樓長期護理院	204	204	100.0%
Self-financed Hostel 自資宿舍			
Yuet Wo House 悅和居	28	27	96.4%
Yi Yuet Hin 頤悅軒	42	42	100.0%
MINDSET Place 思健園	41	41	100.0%
Joyous Place (II) 思悅園 (II)	62	61	98.4%
Sheltered Workshop / Integrated Work Centre 庇護工場 / 綜合培訓中心			
New Life Farm 新生農場	152	152	100.0%
Tin King Sheltered Workshop 田景庇護工場	175	172	98.3%
Chuk Yuen Integrated Work Centre 竹園綜合培訓中心	221	221	100.0%
New Life Building Sheltered Workshop 新生會大樓庇護工場	214	212	99.1%
Kwai Shing Sheltered Workshop 葵盛庇護工場	161	159	98.8%
Shek Pai Wan Integrated Work Centre 石排灣綜合培訓中心	187	187	100.0%
Total 總數：	2,463	2,437	98.9%

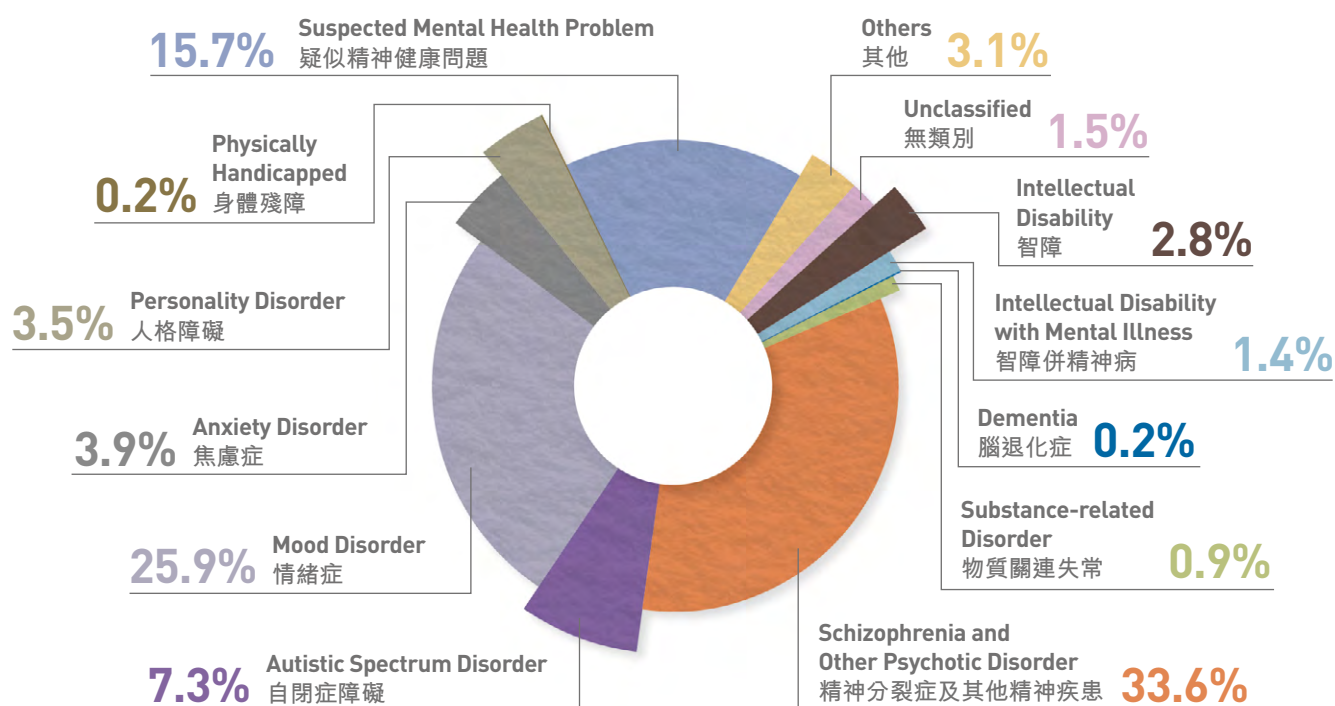
Age Distribution of Service User in 2018/19

2018至19年度服務使用者之年齡

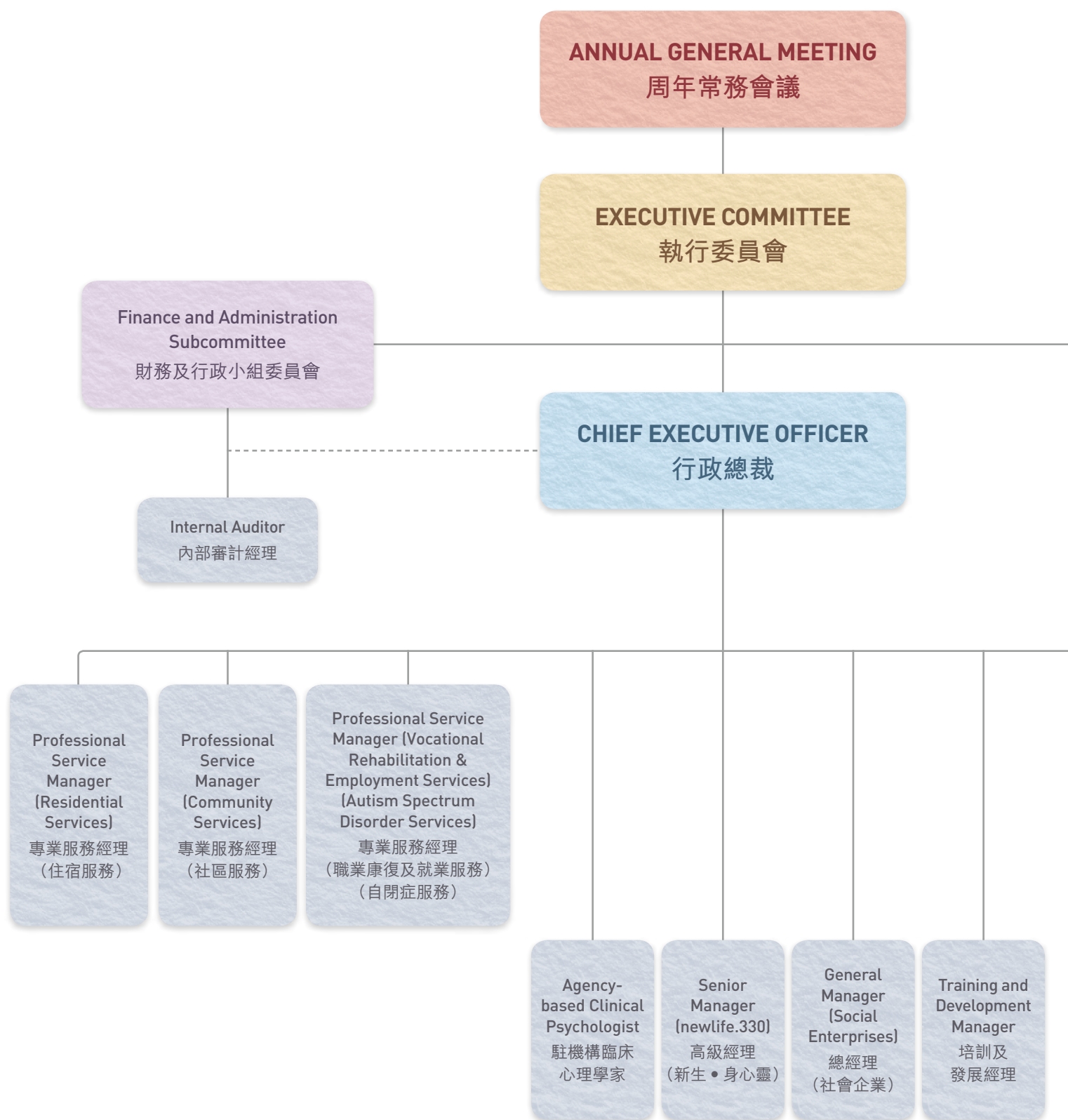


Diagnostic Category of Service User in 2018/19

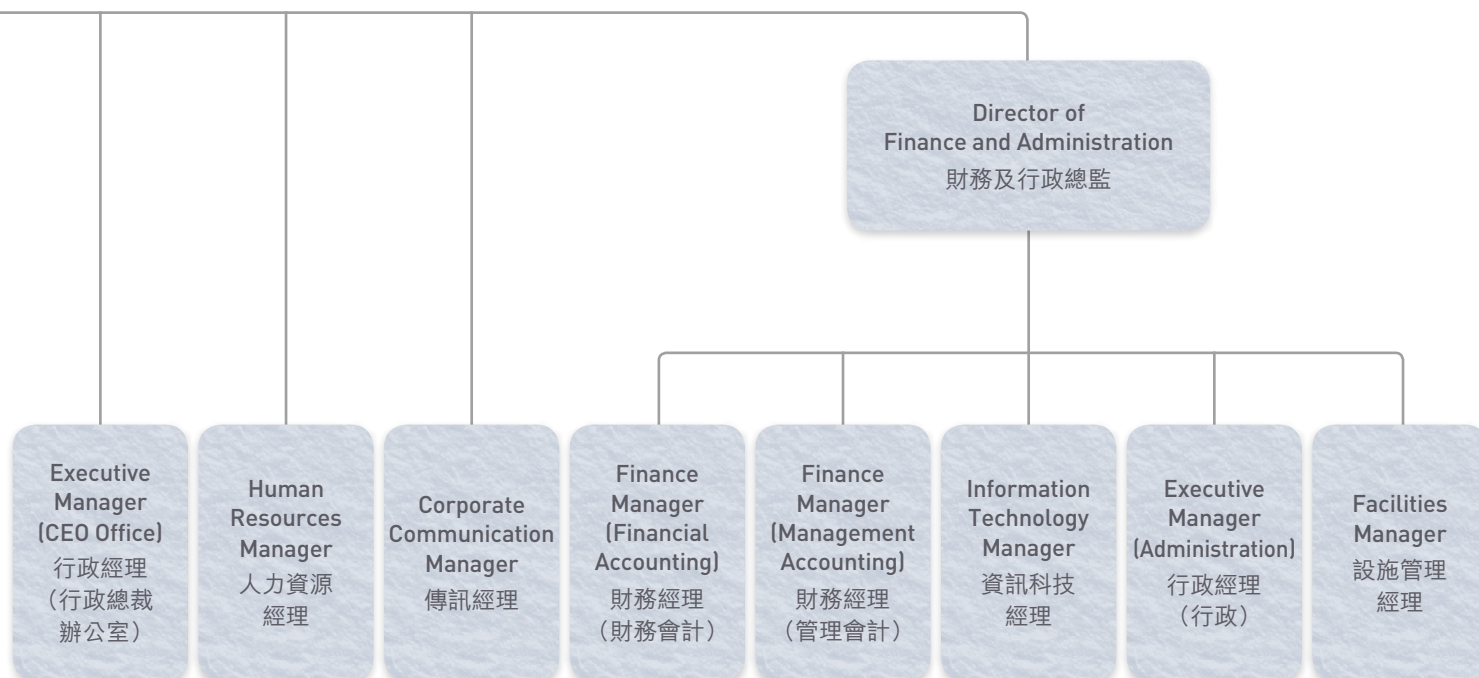
2018至19年度服務使用者的疾患診斷分類



ORGANIZATIONAL STRUCTURE 組織架構



- **Community Services Subcommittee**
社區服務小組委員會
- **Residential Services Subcommittee**
住宿服務小組委員會
- **Work and Employment Subcommittee**
工作與就業小組委員會
- **Social Enterprises Subcommittee**
社會企業小組委員會
- **Training, Research & Development Subcommittee**
培訓、研究及發展小組委員會
- **Quality Assurance & CQI Subcommittee**
持續優質管理小組委員會
- **Tender Assessment Subcommittee**
標書評審小組委員會
- **Human Resources Task Group**
人力資源專責小組
- **Information Technology Task Group**
資訊科技專責小組
- **Working Group on Older Adults**
康齡服務工作小組



STAFF 職員

As at 31 March 2019 截至2019年3月31日

Chief Executive Officer 行政總裁

Ms. FUNG Dun Mi, MH 馮丹媚女士 MH
(From 1 April 2019) (由2019年4月1日起)

Professional Service Manager
專業服務經理

Mr. CHU Sai Ming, Thomas
(Vocational Rehabilitation and Employment
Services) 朱世明先生 (職業康復及就業服務)

Mr. LAW Ka Ping, Kenneth
(Residential Services) 羅家平先生 (住宿服務)

Mr. WONG Chung Bao, Terry
(Community Services) 黃宗保先生 (社區服務)

Director of Finance and Administration
財務及行政總監

Mr. CHENG Chung Yan, Isaac 鄭頌仁先生

Social Work Supervisor 社會工作主任

Ms. CHAN Tsz Shan, Sara 陳梓珊女士

Ms. LEE Chiu Ping, Carol 李肖冰女士

Ms. YIU Yan Yee, Cindy 饒欣怡女士

Supervisor 督導主任

Ms. CHAN Fung Cheung, Alice 陳鳳翔女士

Mr. LAM Ming Wai, Raymond 林銘偉先生

Ms. WONG Kar Hing, Chris 黃嘉卿女士

Superintendent / Assistant
Superintendent – Long Stay Care Home
院長 / 副院長 — 長期護理院

Mr. SUN Chi Shing (Superintendent)
孫志成先生 (院長)

Mr. YAU Siu Biu (Superintendent)
邱少彪先生 (院長)

Mr. HO Kim Tak, Chris
(Assistant Superintendent)
何劍德先生 (副院長)

Ms. TONG Siu Sheung, Joanna
(Assistant Superintendent)
唐小嫦女士 (副院長)

General Manager / Assistant General
Manager – Social Enterprises
總經理 / 副總經理 — 社會企業

Ms. WONG So Kuen, Kris
(General Manager – Social Enterprises)
黃素娟女士 (總經理 — 社會企業)

Ms. CHAN Sum Wai, Joey
(Assistant General Manager – Social Enterprises)
陳心慧女士 (副總經理 — 社會企業)

Senior Manager – newlife.330
高級經理 — 新生 • 身心靈

Ms. POON Wing Ha, Loretta 潘詠霞女士

Advisor/ Consultant 顧問

Dr. CHAN Won Shing, Raymond (Clinical
Psychologist) 陳穩誠博士 (臨床心理學家)

Ms. YEUNG Kit Yu, Kitty (Education
Psychologist) 楊潔瑜女士 (教育心理學家)

Ms. CHOY Shan Shan (JC A-Connect)
蔡珊珊女士 (賽馬會喜伴同行)

Clinical Psychologist 臨床心理學家

Dr. CHEUNG King Sze, Amanda 張敬斯博士

Ms. LEUNG Nga Wing, Cecilia 梁雅穎女士

Ms. LI Chiu Ming, Amanda 李昭明女士

Dr. POWELL Ling Yuet Man, Candy 凌悅雯博士

Ms. TANG Leung Ying, June 鄧亮瀧女士

Mr. WONG Kwok Leung 黃國良先生

Ms. YEUNG Tsui Yee, Gladys 楊翠兒女士

Officer-in-charge (Halfway House)
主任 (宿舍)

Ms. CHAN Ka Yee 陳嘉儀女士

Ms. CHAN Sui Fong, Esther 陳瑞芳女士

Ms. CHENG Man Ting, Laelia 鄭敏婷女士

Mr. CHEUNG Sai Kit 張世傑先生

Mr. CHOW Wai Kit, Wilkie 周偉傑先生

Ms. FUNG So Han, Cynthia 馮素嫻女士

Mr. HO Kai Ming 何啟明先生

Mr. KAN Ho Yin, Simon 簡浩賢先生

Ms. KWOK Lim Yi, Sabina 郭念兒女士

Ms. LAM Wai Yin, Lilian 林惠賢女士

Ms. LUI Oi Man, Iris 雷靄雯女士

Mr. WONG Man Fai 黃文輝先生

Mr. WONG Yan Kuen 黃潤權先生

Mr. YAU Kin Cheung, Gary 丘建章先生

Mr. YEUNG Kwai Yin 楊桂然先生

Ms. YUEN Lai San, Emma 袁麗珊女士

Manager (Sheltered Workshop / Integrated
Work Centre / Supported Employment Service)
經理 (庇護工場 / 綜合培訓中心 / 輔助就業服務)

Ms. AU Ka Man, Carmen (Sheltered Workshop
Manager) 歐嘉敏女士 (庇護工場經理)

Ms. CHAN Tsz Man, Zoe (Sheltered Workshop
Manager) 陳芷雯女士 (庇護工場經理)

Mr. LO Kim Ho (Sheltered Workshop
Manager) 盧劍浩先生 (庇護工場經理)

Ms. LO King Sum, Charles
(Integrated Work Centre Manager)
羅景森先生 (綜合培訓中心經理)

Ms. LUK Wai Ting, Angel (Sheltered Workshop
Manager) 陸慧婷女士 (庇護工場經理)

Ms. MOK Chui Yin, Irene (Integrated Work Centre
Manager) 莫翠然女士 (綜合培訓中心經理)

Mr. SIN Ka Keung, Kevin (Sheltered Workshop
Manager) 冼家強先生 (庇護工場經理)

Ms. TAM Yee Ching, Ellen (Supported
Employment Service Manager)
譚以晶女士 (輔助就業服務經理)

Officer-in-charge (The Wellness Centre)
主任 (安泰軒)

Ms. CHENG Siu Kuen, Fiona 鄭少娟女士

Ms. CHU Kwai Man, Tammy 褚桂敏女士

Mr. HO Ka Chun, Peter 何家俊先生

Ms. LEUNG Ming Man, Anna 梁明敏女士

Ms. LEUNG Wai Ting, Zoe 梁蕙婷女士

Ms. LO Yin Ching 羅燕清女士

Officer-in-charge (Service Project)
主任 (服務項目)

Mr. CHAN Chun Chung, Joe (Jockey Club
iReach) 陳進松先生 (賽馬會心志牽)

Ms. HON Yan Ting, Cecilia (JC A-Connect)
韓欣庭女士 (賽馬會喜伴同行)

Mr. TAM Tsz Lun, Alan (Jockey Club Linking
H.O.P.E.S.) 譚子麟先生 (賽馬會家牽希望)

Senior Occupational Therapist
高級職業治療師

Ms. WONG Lai Kuen, Vivian 黃麗娟女士

Manager (Administration) 經理 (行政)

Ms. CHAU Suk Han, Janis (Training and
Development Manager)
鄧淑嫻女士 (訓練及發展經理)

Ms. CHU Ka Wing, Jojo
(Corporate Communication Manager)
朱嘉詠女士 (傳訊經理)

Ms. Betty FUNG (Human Resources Manager)
馮傑兒女士 (人力資源經理)

Ms. HUNG So Kiu, Celia (Executive Manager)
洪素嬌女士 (行政經理)

Ms. LEE Pik Ha, Clara (Executive Manager)
李碧霞女士 (行政經理)

Mr. LIU Chi Kit, Andy
(Finance Manager – Management Accounting)
廖智傑先生 (財務經理 — 管理會計)

Mr. NG Ka Ho, Andy (Information Technology
Manager) 吳嘉豪先生 (資訊科技經理)

Mr. NG Ka Luen (Internal Auditor)
吳家鑾先生 (內部審計經理)

Ms. SO Kit Yu, Esther (Finance Manager)
蘇潔瑜女士 (財務經理)

Mr. TAM Chi Fai, Joe (Facilities Manager)
譚志輝先生 (設施管理經理)

OFFICES • SERVICE UNITS • PROJECTS • SOCIAL ENTERPRISES

辦事處 • 服務單位 • 工作項目 • 社會企業

Head Office 332 Nam Cheong Street, Kowloon, Hong Kong 香港九龍南昌街332號
總辦事處 Tel 電話 : (852) 2332 4343 Fax 傳真 : (852) 2770 9345 Email 電郵 : ho@nlpra.org.hk Website 網址 : http://www.nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Residential Service 住宿服務				
Halfway House 過渡期宿舍				
1964 / 1986	Sun Chui Halfway House 新翠宿舍 Units 21-31, G/F, Low Block, Sun Chun House, Sun Chui Estate, Shatin, New Territories 新界沙田新翠邨新俊樓低座地下21-31號	2606 7456	2693 0172	schh@nlpra.org.hk
1972 / 1986	Pok Hong Halfway House 博康宿舍 Unit 10, G/F & Units 109-116, 1/F, Pok Yat House, Pok Hong Estate, Shatin, New Territories 新界沙田博康邨博逸樓地下10號及一樓109至116室	2646 1884	2632 7570	phhh@nlpra.org.hk
1975 / 2001	Tin Yuet Halfway House 天悅宿舍 G/F, Wings B, C & D, Yuet Wing House and G/F, Wing C, Yuet Tai House, Tin Yuet Estate, Tin Shui Wai, New Territories 新界天水圍天悅邨悅榮樓 B, C 及 D 翼地下及悅泰樓 C 翼地下	2459 8080	2452 4023	tyhh@nlpra.org.hk
1987	Shan King Halfway House 山景宿舍 Units C208-C212 & C301-C312, King Wah House, Shan King Estate, Tuen Mun, New Territories 新界屯門山景邨景華樓 C208-C212 及 C301-C312 室	2462 6481	2469 9545	skhh@nlpra.org.hk
1987	Shek Lei Halfway House 石籬宿舍 G/F & 1/F, Low Block, Shek Yat House, Shek Lei (I) Estate, Kwai Chung, New Territories 新界葵涌石籬(一)邨石逸樓低座地下及二樓	2426 7577	2425 3209	slhh@nlpra.org.hk
1988	Chuk Yuen Halfway House 竹園宿舍 Units 102-107 & 201-208, Mui Yuen House, Chuk Yuen (North) Estate, Kowloon 九龍竹園(北)邨梅園樓102-107及201-208室	2327 4926	2246 0945	cyhh@nlpra.org.hk
1988	Lei Tung Halfway House 利東宿舍 Units 111-114 & 209-216, Tung Yat House, Lei Tung Estate, Apleichau, Hong Kong 香港鴨脷洲利東邨東逸樓111-114及209-216室	2874 7770	2871 4729	lthh@nlpra.org.hk
1996	New Life Building Halfway House (I) 新生會大樓宿舍(I) 3/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓三樓	2776 7318	2777 3090	nlbhh1@nlpra.org.hk
1996	New Life Building Halfway House (II) 新生會大樓宿舍(II) 4/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓四樓	2776 8072	2788 1927	nlbhh2@nlpra.org.hk
1996	New Life Building Halfway House (III) 新生會大樓宿舍(III) 5/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓五樓	2776 1086	2994 9220	nlbhh3@nlpra.org.hk
1997	Jockey Club Farm House 賽馬會農舍 33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路33號	2461 2818	2469 9645	jcfh@nlpra.org.hk
Long Stay Care Home 長期護理院				
1990	Tuen Mun Long Stay Care Home 屯門長期護理院 2-6 Tsing San Path, Tuen Mun, New Territories 新界屯門青新徑2-6號	2454 3866	2454 0980	tmsch@nlpra.org.hk
1996	New Life Building Long Stay Care Home 新生會大樓長期護理院 G/F-5/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓地下至五樓	2776 2820	2779 7431	nlbsch@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Hostel for the Moderately Mentally Handicapped 中度智障人士宿舍				
1976 / 1991	New Life Jubilee Hostel 新生銀禧宿舍 G/F, Wings A & B, King On House, Shan King Estate, Tuen Mun, New Territories 新界屯門山景邨景安樓 A 及 B 翼地下	2463 7190	2465 8659	nljh@nlpra.org.hk
1994	Tin King Hostel 田景宿舍 Units 201-218, 1/F, Tin Lok House, Tin King Estate, Tuen Mun, New Territories 新界屯門田景邨田樂樓 201-218 室	2461 7115	2454 3529	tkh@nlpra.org.hk
Supported Hostel 輔助宿舍				
2013	Joyous Place (I) 思悅園 (I) G/F-1/F, 25 A Kung Kok Street, Ma On Shan, Shatin, New Territories 新界沙田馬鞍山亞公角街 25 號地下至一樓	2690 2239	2690 2001	jp@nlpra.org.hk
Self-finance Hostel 自資宿舍				
2005	Yi Yuet Hin 頤悅軒 Blocks 1, 2A & 2B, Greenery Villa, 8 Tsing Lun Road, Tuen Mun, New Territories 新界屯門青麟路8號青麟山莊第1, 2A 及2B 座	2467 3120	2454 0980	yyh@nlpra.org.hk
2005	Yuet Wo House 悅和居 7 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路7號	2797 0809	2797 0927	ywh@nlpra.org.hk
2010	MINDSET Place 思健園 2 Luen Cheong Street, Fanling, New Territories 新界粉嶺聯昌街2號	2675 7667	2675 9292	mp@nlpra.org.hk
2013	Joyous Place (II) 思悅園 (II) 2/F-3/F, 25 A Kung Kok Street, Ma On Shan, Shatin, New Territories 新界沙田馬鞍山亞公角街25號二至三樓	2690 2239	2690 2001	jp@nlpra.org.hk
Vocational Rehabilitation and Employment Service 職業康復及就業服務				
Sheltered Workshop 庇護工場				
1968	New Life Farm 新生農場 33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路33號	2461 8385	2456 3201	nlf@nlpra.org.hk
1970 / 1981	Kwai Shing Sheltered Workshop 葵盛庇護工場 Units 101-104, 106 & 108, Block 9 and Units 101-118, Block 10, Kwai Shing West Estate, Kwai Chung, New Territories 新界葵涌葵盛西邨第九座地下101-104, 106及108室， 第十座地下101-118室	2428 8711	2485 1833	ksw@nlpra.org.hk
1994	Tin King Sheltered Workshop 田景庇護工場 Units 9-24, G/F, Block 10, Tin Lok House, Tin King Estate, Tuen Mun, New Territories 新界屯門田景邨田樂樓第十座地下9-24號	2466 0068	2464 6960	tkw@nlpra.org.hk
1996	New Life Building Sheltered Workshop 新生會大樓庇護工場 2/F-3/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二至三樓	2778 6023	2776 7612	nlbsw@nlpra.org.hk
Integrated Vocational Rehabilitation Service Centre 綜合職業康復服務中心				
1978 / 2007	Shek Pai Wan Integrated Work Centre 石排灣綜合培訓中心 Unit 1, LG3/F, Pik Fai House, Shek Pai Wan Estate, Hong Kong 香港石排灣邨碧輝樓 LG3 樓一號	2552 4202	2814 7577	spwiwc@nlpra.org.hk
1995 / 2004	Chuk Yuen Integrated Work Centre 竹園綜合培訓中心 Units 101-108 & 117-124, G/F, Cheung Yuen House, Chuk Yuen (North) Estate, Kowloon 九龍竹園(北) 邨橡園樓地下101-108及117-124室	2324 9974	2328 5178	cyiwc@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Supported Employment Service 輔助就業服務				
1993 / 2007	Supported Employment Service Centre 輔助就業服務中心 G/F, Lai Yuen House, Chuk Yuen (South) Estate, Kowloon 九龍竹園(南)邨麗園樓地下	2320 3103	2306 1976	ses@nlpra.org.hk
Agency-based Occupational Therapy Service 駐機構職業治療服務				
1997	Units 9-24, G/F, Block 10, Tin Lok House, Tin King Estate, Tuen Mun, New Territories 新界屯門田景邨田樂樓第十座地下9-24號	2466 0068	2464 6960	abot@nlpra.org.hk
Kwai Tsing Community Green Station 綠在葵青				
2018	12 Tam Kon Shan Road, Tsing Yi 青衣担杆山路12號	3905 4840	3904 3643	kwtcgs@nlpra.org.hk
Work Extension Program 職業康復延展計劃				
2006	Units 101-104, 106 & 108, Block 9 and Units 101-118, Block 10, Kwai Shing West Estate, Kwai Chung, New Territories 新界葵涌葵盛西邨第九座地下101-104, 106及108室, 第十座地下101-118室	2428 8711	2485 1833	ksw@nlpra.org.hk
2006	Units 9-24, G/F, Block 10, Tin Lok House, Tin King Estate, Tuen Mun, New Territories 新界屯門田景邨田樂樓第十座地下9-24號	2466 0068	2464 6960	tkw@nlpra.org.hk
2015	33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路 33 號	2461 8385	2456 3201	nlf@nlpra.org.hk
2015	Units 101-108 & 117-124, G/F, Cheung Yuen House, Chuk Yuen (North) Estate, Kowloon 九龍竹園(北)邨橡園樓地下101-108及117-124室	2324 9974	2328 5178	cyiwc@nlpra.org.hk
2015	2/F-3/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街 332 號新生會大樓二至三樓	2778 6023	2776 7612	nlbsw@nlpra.org.hk
2015	Unit 1, LG3/F, Pik Fai House, Shek Pai Wan Estate, Hong Kong 香港石排灣邨碧輝樓 LG3 樓一號	2552 4202	2814 7577	spwiwc@nlpra.org.hk
Wellness Program for Older Adults 康盛生活計劃				
2014	33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路33號	2461 8385	2456 3201	nlf@nlpra.org.hk
2014	Unit 1, LG3/F, Pik Fai House, Shek Pai Wan Estate, Hong Kong 香港石排灣邨碧輝樓 LG3 樓一號	2552 4202	2814 7577	spwiwc@nlpra.org.hk
2014	Units 101-108 & 117-124, G/F, Cheung Yuen House, Chuk Yuen (North) Estate, Kowloon 九龍竹園(北)邨橡園樓地下101-108及117-124室	2324 9974	2328 5178	cyiwc@nlpra.org.hk
2014	2/F-3/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街 332 號新生會大樓二至三樓	2778 6023	2776 7612	nlbsw@nlpra.org.hk
On-the-Job Training Program for People with Disabilities 殘疾人士在職培訓計劃				
2004	G/F, Lai Yuen House, Chuk Yuen (South) Estate, Kowloon 九龍竹園(南)邨麗園樓地下	2320 3103	2306 1976	ses@nlpra.org.hk
Integrated Employment Assistance Program for Self-reliance 自力更生綜合就業援助計劃				
2013	Units 101-104, 106 & 108, Block 9 and Units 101-118, Block 10, Kwai Shing West Estate, Kwai Chung, New Territories 新界葵涌葵盛西邨第九座地下101-104, 106及108室, 第十座地下101-118室	2149 6109 / 2419 2650	2149 6127	leaps_kt@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Trial Scheme for an On-site Training Programme for People with Disabilities (Home Affairs Bureau) 殘疾人士「實地培訓試驗計劃」(民政事務局)				
2016	G/F, Lai Yuen House, Chuk Yuen (South) Estate, Kowloon 九龍竹園(南)邨麗園樓地下	2320 3103	2306 1976	ses@nlpra.org.hk
Food Sharing Project 食物分享計劃				
2012	Units 101-108 & 117-124, G/F, Cheung Yuen House, Chuk Yuen (North) Estate, Kowloon 九龍竹園(北)邨橡園樓地下101-108及117-124室	2324 9974	2328 5178	cyiwc@nlpra.org.hk
2013	Units 9-24, G/F, Block 10, Tin Lok House, Tin King Estate, Tuen Mun, New Territories 新界屯門田景邨田樂樓第十座地下9-24號	2466 0068	2464 6960	tkw@nlpra.org.hk
Community Waste Reduction Project - Food Sharing Project 社區減少廢物項目 — 食得滿 FUN				
2015	Units 101-104, 106 & 108, Block 9 and Units 101-118, Block 10, Kwai Shing West Estate, Kwai Chung, New Territories 新界葵涌葵盛西邨第九座地下101-104, 106及108室, 第十座地下101-118室	2428 8711	2485 1833	ksw@nlpra.org.hk
Food Waste Recycle - Green & Fun 廚餘再生 Green & Fun				
2017	33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路33號	2461 8385	2456 3201	nlf@nlpra.org.hk
Community Service 社區服務				
Integrated Community Centre for Mental Wellness 精神健康綜合社區中心				
2009	The Wellness Centre (Tin Shui Wai) 安泰軒(天水圍) Units 503-504, 5/F, Ancillary Facilities Block, Tin Chak Estate, Tin Shui Wai, New Territories 新界天水圍天澤邨服務設施大樓五樓503-504室	2451 4369	2486 3007	wellness@nlpra.org.hk
2010	The Wellness Centre (Tuen Mun) 安泰軒(屯門) <u>Tuen Mun – Wu King 屯門—湖景</u> Units 9-15, G/F, Wu Tsui House, Wu King Estate, Tuen Mun, New Territories 新界屯門湖景邨湖翠樓地下9至15號 <u>Tuen Mun – On Ting 屯門—安定</u> G/F, On Ting Yau Oi Community Centre, On Ting Estate, Tuen Mun, New Territories (sub-base) 新界屯門安定邨安定友愛社區中心地下(分址)	2450 2172	2441 5625	tmtwc@nlpra.org.hk
2010	The Wellness Centre (Kwai Chung) 安泰軒(葵涌) Units 21-22, G/F, Fu On House, Tai Wo Hau Estate, Kwai Chung, New Territories 新界葵涌大窩口邨富安樓地下21-22號	2652 1868	2652 1307	kctwc@nlpra.org.hk
2010	The Wellness Centre (Shatin) 安泰軒(沙田) Room 1-8, G/F, Mei Wai House, Mei Lam Estate, Shatin, New Territories 新界沙田美林邨美槐樓地下1-8室	3552 5460 / 2615 2820	3552 5354	sttwc@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
2010 / 2014	The Wellness Centre (Sham Shui Po) 安泰軒 (深水埗) 2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	ssptwc@nlpra.org.hk
2010	The Wellness Centre (Yau Tsim Mong) 安泰軒 (油尖旺) G/F-1/F, Flourish Mansion, 9 Cheung Wong Road, Mong Kok, Kowloon 九龍旺角長旺道9號長旺雅苑地下至一樓	2977 8900	3552 5353	ytmtwc@nlpra.org.hk
2010	The Wellness Centre (Islands) 安泰軒 (離島) <u>Islands – Yat Tung 離島—逸東</u> G/F, Luk Yat House, Yat Tung (I) Estate, Tung Chung, Lantau Island, New Territories 新界大嶼山東涌逸東 (一) 邨祿逸樓地下 <u>Islands – Cheung Chau 離島—長洲</u> Flat 101, Cheung Fu House, Cheung Kwai Estate, Cheung Chau, New Territories (sub-base) 新界長洲長貴邨長富樓101室 (分址)	2363 5718	3552 5355	islandstwc@nlpra.org.hk
Integrated Mental Health Program for Kowloon West Cluster of Hospital Authority 醫院管理局九龍西聯網綜合心理健康計劃				
2010	Lady Trench General Out-patient Clinic 戴麟趾夫人普通科門診診所 213 Sha Tsui Road, Tsuen Wan, New Territories 新界荃灣沙咀道213號	2614 4789	2416 5123	-
2010	West Kowloon General Out-patient Clinic 西九龍普通科門診診所 G/F, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road, Kowloon 九龍長沙灣道303號長沙灣政府合署地下	2150 7200	-	-
2012	Tsing Yi Town General Out-patient Clinic 青衣市區普通科門診診所 21 Tsing Luk Street, Tsing Yi, New Territories 新界青衣青綠街21號	2434 6205	2434 7024	-
Chow Tai Fook Charity Foundation – Psychiatric Medical Subsidy Project 周大福慈善基金 — 精神科醫療資助計劃				
2016	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	3552 5286	2784 5367	cttfunding@nlpra.org.hk
JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness 賽馬會樂齡同行計劃				
2016	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	-
2016	Units 101-104, Block 9, Kwai Shing West Estate, Kwai Chung, New Territories 新界葵涌葵盛西邨第九座地下101-104室	3552 5420	3552 5352	-
Jockey Club “Get, Set, Go” for a Healthier Life 賽馬會康齡「身」世紀				
2017	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	ssptwc@nlpra.org.hk
Neighborhood of Well-being (New) So Uk 330 「新•里•情」共建蘇屋330				
2016	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	ssptwc@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Family Service 家庭服務				
Family Support Service 家屬支援服務				
2009	1/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓一樓	3552 5250	3552 5351	fsp@nlpra.org.hk
Jockey Club Linking H.O.P.E.S. Project 賽馬會家牽希望計劃				
2016	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	3552 5253	3552 5391	linkinghopes@nlpra.org.hk
Service for People challenged by Autism Spectrum Disorder 自閉症人士服務				
Jockey Club iREACH Social Competence Development and Employment Support Centre (Hong Kong) 賽馬會心志牽社交能力發展及就業支援中心 (香港)				
2014	Unit 913-914, 9/F, Youth Square, 238 Chai Wan Road, Chai Wan, Hong Kong 香港柴灣柴灣道238號青年廣場9樓913-914室	2568 0011	2568 0073	ireach@nlpra.org.hk
Jockey Club iREACH Social Competence Development and Employment Support Centre (Kowloon) 賽馬會心志牽社交能力發展及就業支援中心 (九龍)				
2017	Unit 601, 6/F, Wofoo Commercial Building, 574-576 Nathan Road, Yau Ma Tei, Kowloon 九龍油麻地彌敦道574-576號和富商業大廈6樓601室	3101 2457	3101 2458	ireach@nlpra.org.hk
iSPA Support Centre for Persons with Autism 朗程牽自閉症人士支援中心				
2019	16/F, AT Tower, 180 Electric Road, North Point, Hong Kong 香港北角電器道180號百家利中心16樓	2294 9181	3475 0253	spahk@nlpra.org.hk
JC A-Connect: Jockey Club Autism Support Network 賽馬會喜伴同行計劃				
2015	1/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓一樓	3552 5285	-	aconnect@nlpra.org.hk
Clinical Psychological Service 臨床心理服務				
2008	4/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓四樓	2778 4503	3552 5383	cps@nlpra.org.hk
Emotion GPS 情緒 GPS				
2016	Unit C, 11/F, Sun Hing Steel Furniture Commercial Building, 55 Tong Mi Road, Mong Kok, Kowloon 九龍旺角塘尾道55號新興鋼具商業大廈11樓 C 室	3188 2550	3188 3648	egps@nlpra.org.hk
Peer Support Service 朋輩支援服務				
2016	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	-

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Mental Health Promotion & Prevention 精神健康推廣及預防				
space330				
2017	1/F, 194 Prince Edward Road West, Kowloon 九龍太子道西194號1樓	2782 2812	2782 1886	newlife330@nlpra.org.hk
WRAP® 身心健康行動計劃				
2010	2/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓二樓	2319 2103	2784 5367	-
Public Education 公眾教育				
-	G/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓地下	2332 4343	2770 9345	ho@nlpra.org.hk
Professional Training 專業培訓				
MINDSET College 思健學院				
2017	G/F-1/F, 332 Nam Cheong Street, Kowloon 九龍南昌街332號地下至一樓	3552 5290	3552 5393	recoverycollege@nlpra.org.hk
Jockey Club New Life Institute of Psychiatric Rehabilitation 賽馬會新生精神康復學院				
1997	G/F-1/F, 332 Nam Cheong Street, Kowloon 九龍南昌街332號地下至一樓	2332 4343	2770 9345 / 3552 5393	jcnlpr@nlpra.org.hk
Social Enterprise 社會企業				
2009	Social Enterprises 社會企業 Room B, 6/F, First Asia Tower, 8 Fui Yiu Kok Street, Tsuen Wan, New Territories 新界荃灣灰窰角街8號第一亞洲中心6樓B室	2327 4931	2351 7871	customer@nlpra.org.hk
Food Factory 食品工場				
delight kitchen				
2016	Unit 2B, 4/F, Wofoo Building, 204-210 Texaco Road, Tsuen Wan, New Territories 新界荃灣德士古道204-210號和富大廈4樓2B室	2231 7500	2628 6836	delightkitchen@nlpra.org.hk
drinks330				
2016	Unit 2A, 4/F, Wofoo Building, 204-210 Texaco Road, Tsuen Wan, New Territories 新界荃灣德士古道204-210號和富大廈4樓2A室	2231 7513	2628 6836	drinks330@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Catering Service 餐飲服務				
cafe330				
2011	1/F, Main Clinical Block and Trauma Centre, Prince of Wales Hospital, 30-32 Ngan Shing Street, Shatin, New Territories 新界沙田銀城街30-32號威爾斯親王醫院住院主樓暨創傷中心1樓	2637 3112	2637 3362	cafe330_pwh@nlpra.org.hk
2013	101A, 1/F, Yasumoto International Academic Park, The Chinese University of Hong Kong, Shatin, New Territories 新界沙田香港中文大學康本國際學術園1樓101A	2994 3932	2994 4135	cafe330_cuhk@nlpra.org.hk
2013	Room 203, 2/F, Chong Yuet Ming Amenities Centre, The University of Hong Kong, Pokfulam, Hong Kong 香港薄扶林香港大學莊月明文娛中心2樓203室	2794 3778	2336 2580	cafe330_hku@nlpra.org.hk
2016	4/F, Wai Shun Block, Caritas Medical Centre, 111 Wing Hong Street, Sham Shui Po, Kowloon 九龍深水埗永康街111號明愛醫院懷信樓4樓	2351 5611	2351 5779	cafe330_cmc@nlpra.org.hk
OneCafe				
2013	G/F, Block C, Tuen Mun Mental Health Centre, Castle Peak Hospital, 15 Tsing Chung Koon Road, Tuen Mun, New Territories 新界屯門青松觀路15號青山醫院 C 座屯門精神健康學院地下	2420 8270	2473 9362	onecafe@nlpra.org.hk
Sun Garden Café 素食亭				
2011	Kadoorie Farm & Botanic Garden, Lam Kam Road, Tai Po, New Territories 新界大埔林錦公路嘉道理農場暨植物園	2488 9945	2488 9945	ses@nlpra.org.hk
T • Cafe 源 • 茶				
2017	1/F, EEC Building, Sludge Treatment Facilities, 25 Nim Wan Road, Tsang Tsui, Tuen Mun, New Territories 新界屯門曾咀稔灣路25號污泥處理設施環境教育中心大樓1樓	6469 0232	-	tcafe@nlpra.org.hk
Delight Catering (Outside Catering Service 外賣及到會服務)				
2018	Unit 2, 4/F, Wofoo Building, 204-210 Texaco Road, Tsuen Wan, New Territories 新界荃灣德士古道204-210號和富大廈4樓2室	2231 7500	2628 6250	nlrskm@lpra.org.hk
Retail Business 零售業務				
farmfresh330 農社 330				
2005 / 2012	Shop No. 20-21, Station Concourse, Tai Wai Station, MTR Ma On Shan Rail Line, Shatin, New Territories 新界沙田港鐵大圍站大堂20-21號	2698 9555	2698 9591	hlsstw@nlpra.org.hk
2019	Shop No. B07, 1/F, Queensway Plaza, 93 Queensway, Hong Kong 香港金鐘道93號金鐘廊1樓 B07號舖	3101 4910	3101 4911	farmfresh330@nlpra.org.hk

Year of Establishment 成立年份	Service Unit / Project 服務單位 / 計劃	Tel 電話	Fax 傳真	E-mail 電郵
Healthy Living Specialty Shop 新生農社				
2004	Shop No. 45-46, Tuen Mun Station, MTR West Rail Line, Tuen Mun, New Territories 新界屯門港鐵屯門站大堂45-46號	2430 1423	2430 1412	hlsstm@nlpra.org.hk
New Life Gourmet (Shek Pai Wan) 新生糕美 (石排灣)				
2008	LG3/F, Pik Fai House, Shek Pai Wan Estate, Hong Kong 香港石排灣邨碧輝樓 LG3 樓	2294 9125	2814 7577	nlgpsw@nlpra.org.hk
New Life Convenience Store 新生便利店				
1997	G/F, West Wing, Kowloon Hospital, 147A Argyle Street, Kowloon 九龍亞皆老街147A 九龍醫院西翼大樓地下	2194 6992	2194 6116	nlcskh@nlpra.org.hk
2001	G/F, Rehabilitation Building, Kowloon Hospital, 147A Argyle Street, Kowloon 九龍亞皆老街147A 九龍醫院康復大樓地下	2194 6115	2194 6116	nlcskh@nlpra.org.hk
Eco-Tourism 生態旅遊				
ecotour330 生態旅遊 330				
2006	33 San Fuk Road, Tuen Mun, New Territories 新界屯門新福路33號	2461 1712 / 2461 8385	2461 1722	ecotour330@nlpra.org.hk
Cleansing Service 清潔服務				
Kwai Tsing Cleansing Service 葵青清潔服務				
1999	Units 101-118, Block 10, Kwai Shing West Estate, New Territories 新界葵盛西邨第10座101-118號	2428 8711	2485 1833	ktc@nlpra.org.hk
Property Management 物業管理				
MINDSET Place 思健園				
2010	G/F, New Life Building, 332 Nam Cheong Street, Kowloon 九龍南昌街332號新生會大樓地下	2332 4343	2779 0345	ho@nlpra.org.hk
Direct Sales 直接銷售				
2011	New Life Fruit Wholesale 新鮮果批發	2231 7500	2628 6836	purchasing@nlpra.org.hk
2011	E-Shop 網上商店	2231 7500	2628 6836	http://eshop330.hk http://rwb330.corecommerce.com
2012	rwb330 紅白藍330	2231 7500	2628 6836	rwb330@nlpra.org.hk

ACKNOWLEDGEMENT 鳴謝

Companies and organizations successfully nominated by the Association for the 2017/18 Caring Company Scheme
2017至18年度「商界展關懷」本會提名並成功獲得「商界展關懷」/「同心展關懷」標誌的企業及機構

Agriculture, Fisheries & Conservation Department
漁農自然護理署

Antalis (Hong Kong) Limited 近利(香港)有限公司

ARA Asset Management (Fortune) Limited – Fortune City One Plus
置富資產管理有限公司 — 置富第一城 • 樂薈

ARA Asset Management (Fortune) Limited – Jubilee Square
置富資產管理有限公司 — 銀禧薈

ARA Asset Management (Fortune) Limited – Ma On Shan Plaza
置富資產管理有限公司 — 馬鞍山廣場

ARA Asset Management (Fortune) Limited –
Metro Town Shopping Mall
置富資產管理有限公司 — 都會駅

Birdland (Hong Kong) Limited

Castle Peak Hospital 青山醫院

Chief Holdings (H.K.) Limited 致富集團(香港)有限公司

China Resources Property Limited 華潤物業有限公司

Chow Tai Fook Charity Foundation Limited 周大福慈善基金有限公司

Circle K Convenience Stores (HK) Limited 便利店有限公司

Coils Electronic Company Limited 高雅線圈製品有限公司

Composers and Authors Society of Hong Kong Limited
香港作曲家及作詞家協會

Concord Alliance Limited 康盟有限公司

Consumer Search Hong Kong Limited 精確市場研究中心有限公司

Deerhill Bay Management Limited 鹿茵山莊管理有限公司

Delifrance (HK) Limited

EMIX (HK) Limited 美特耐(香港)有限公司

Golden Resources Development Limited 金源米業有限公司

Goodwell Property Management Limited 高衛物業管理有限公司

Goodwell Property Management Limited – Oceanaire
高衛物業管理有限公司 — 天宇海

Goodwell Property Management Limited – Sausalito
高衛物業管理有限公司 — 嵐岸

Goodwell Property Management Limited – Sky Tower
高衛物業管理有限公司 — 傲雲峰

Goodwell Property Management Limited – The Victoria Towers
高衛物業管理有限公司 — 港景峯

Goodwell Property Management Limited – Jubilee Garden
高衛物業管理有限公司 — 銀禧花園

Goodwell Property Management Limited – Mont Vert
高衛物業管理有限公司 — 嵐山

Goodwell Property Management Limited – The Apex
高衛物業管理有限公司 — 雍雅軒

Goodwell-Prosperity Property Services Limited

Grandtag Financial Consultancy & Insurance Brokers Limited
廣達理財保險顧問有限公司

H.K. L.H.D. Motors Association Limited 香港左軚汽車商會有限公司

Health Addiction Company Limited 營健有限公司

InterContinental Hong Kong 香港洲際酒店

Island South Property Management Limited 南盈物業管理有限公司

Jardine Airport Services Limited 怡中航空服務有限公司

Kai Shing Management Services Limited – Apec Plaza Management
Services Office 啟勝管理服務有限公司 — 創貿廣場服務部

Kai Shing Management Services Limited – Grand Yoho
啟勝管理服務有限公司 — Grand Yoho

Kee Wah Bakery Limited 奇華餅家有限公司

Kenece International Limited 藝思國際有限公司

KML Engineering Limited 高明科技工程有限公司

Laguna Verde Property Management Limited
海逸豪園物業管理有限公司

Lane Crawford (Hong Kong) Limited 連卡佛(香港)有限公司

Little Duck Dance and Arts Academy 小鴨子舞蹈藝術學院

LSG Catering China Limited 德國漢莎膳食服務(中國)有限公司

Meiriki Japan Company Limited 日本命力健康食品有限公司

Millions Treasure Limited 萬寶園有限公司

New Life Support Enterprises Limited 新生會企業有限公司

NIKE 360 HOLDING B.V.

Nikkei Japanese Language School Limited 日經日本語學校有限公司

OPS Technology Limited

Pan Asian Mortgage Advisory Company Limited 按計劃有限公司

Parklane Rehabilitation Home 柏齡護理院

Pizza Hut Hong Kong Management Limited 香港必勝客管理有限公司

Portofino Management Limited

Prince of Wales Hospital 威爾斯親王醫院

Sanyiptong Company 山葉堂公司

Sui Hing Chemical Company Limited 兆興化學用品有限公司

Super Clean Agricultural Technology International Limited
富徹國際有限公司

Synergy Biz Group Limited 創想商業集團有限公司

The Paramount Management Limited 盈峰翠邸管理有限公司

TNT Production Limited

UPS Parcel Delivery Services Limited 聯合包裹運送服務公司

Vista Paradiso Property Management Limited

Win City Coffee Company 匯城咖啡貿易公司

Yummy House International Limited 美味棧國際有限公司

Corporation 企業

759 Store 759 阿信屋

A & W Food Service Limited 勁寶食品有限公司

AEON store (Hong Kong) Co. Limited. 永旺(香港)百貨有限公司

Amoy Food Limited 淘化大同食品有限公司

Andy Sports & Fitness 奧地運動健體會

ASM Pacific Technology Limited 香港先進科技有限公司

Bo Mark 寶隆食品

Café de Coral Holdings Limited 大家樂

Cana Rice 甘霖米

Cathay Pacific Airways Limited 國泰航空有限公司

Charles Development Ltd 美樂士多

China Resources Property Limited 華潤物業有限公司

Chung Hwa Book Company (HK) Limited 中華書局

Cigna Hong Kong 信諾環球人壽保險有限公司

Citistore 千色店

Classic Fine Foods

CoDesign Limited

Coils Electronic Company Limited 高雅線圈製品有限公司

Combo Food

Cook Asia Ltd

DCH Holding Limited 大昌行集團有限公司

Delifrance (HK) Limited

Ever Gain Company Limited 永得利有限公司

Family Farm Organic

Ferry Nostalgia Travel Limited 懷舊小輪旅遊有限公司

Foodgears Industrial International Ltd. 福基國際工業股份有限公司

Gai Fat Hong 佳發行

Gammon Construction Limited 金門建築有限公司

Gingko House 銀杏館

Golden Resources 金源米業

Good Idea Restaurant 好煮意

Grand YOHO Club

Green Common

HACTL Solutions Limited HACTL 方案有限公司

Hantin Food Company Limited 漢天食品有限公司

Health Generation Limited 康然健康食品有限公司

HealthAims 源生坊

Healthy Naturally Company Limited 康健一族有限公司

HKTDG Design Gallery 香港•設計廊

Ho To Tai 好到底麵家

Hoixe Cake Shop 凱施餅店

Hong Kong Aero Engine Services Limited 香港航空發動機維修服務有限公司

Hong Kong Air Cargo Terminals Limited 香港空運貨站有限公司

Hong Kong Convention and Exhibition Centre 香港會議展覽中心

Corporation 企業 (cont'd 續)

Hong Kong Disneyland 香港迪士尼樂園

Hong Kong Maritime Museum 香港海事博物館

Hong Kong Sky Deck Limited

Hong Kong Tourism Board 香港旅遊發展局

Hong Kong Wilderness Training Centre 香港野外訓練中心

Hongkong Land Limited 香港置地(物業管理)有限公司

Huang Ju Food (Intl.) Company Limited 皇聚食品(國際)有限公司

Hung Fook Tong Holdings 鴻福堂集團

IKEA 宜家家居

Inalca Food & Beverage

InterContinental Hong Kong 香港洲際酒店

J & G Fried Chicken 繼光香香雞

Janssen Pharmaceutical Companies of Johnson & Johnson
香港楊森大藥廠

Jardine Aviation Services 怡中航空服務有限公司

Jardine Matheson Limited 怡和洋行

JJ Global Foods 極集環球食品

Kao (HK) Limited 花王(香港)有限公司

Kee Wah Bakery Limited 奇華餅家有限公司

Kerry Holdings Ltd 嘉里控股有限公司

Kerry Properties Limited 嘉里建設有限公司

Kerry Property Management Services Limited 嘉里建設有限公司

Kubota Rice Industry (HK) Company Limited
久保田米業(香港)有限公司

Kung Wo Bean Curd Factory 公和豆品廠

Kyocera Document Solutions HK Limited
京瓷辦公信息系統香港有限公司

Lane Crawford (Hong Kong) Limited 連卡佛(香港)有限公司

Lorence & Company 義生洋行

MACDOG

Market Place (Telford, , Gold Coast, Olympian City)
Market Place(德福廣場、黃金海岸、澳海城)

Marks & Spencer (Asia Pacific) Ltd 馬莎有限公司

Maxim's Caterers Limited 美心食品有限公司

Mimi Veggie

Mitsubishi (Electric) Hong Kong Limited 香港三菱電機有限公司

Mrs Kishimoto 岸本太太(日本家庭料理)

New World China Land Limited 新世界中國地產有限公司

Ngong Ping 360 Limited 昂平 360 有限公司

Nike Hong Kong Limited

Nikkei Japanese Language School Limited
日經日本語學校有限公司Ocean Park Conservation Foundation, Hong Kong
香港海洋公園保育基金

Ocean Tai Food Company Limited 台揚食品有限公司

Oliver's (Prince Building) 利華(太子大廈)

On Fat Lung Provision Co 安發隆糧食公司

One Bite Design Studio Limited 一口設計工作室

Organic Land Company Limited 有機地健康食品有限公司

Organic Town Company 有機堂食品有限公司

PackTailor Limited 柏力達實業有限公司

Profit Smart Food Limited 利駿食品有限公司

QQ Rice Management Limited 西龍傳香飯糰管理有限公司

Ralph Lauren Asia Pacific Limited

Ray Cheer Ltd 元利隆有限公司

Saint Honore Cake Shop 聖安娜餅屋

Shiu Hang Cleaning Services Company Limited
兆恆清潔服務有限公司

Soar Football Development Co. 翔足球發展公司

Sole Culture Group Limited 向日葵文化集團有限公司

Star Industrial Company Limited 星光實業有限公司

Sui Hing Chemical Company Limited 兆興化學用品有限公司

Sunrise Enterprises Company 商燦行實業公司

Super Star Seafood Restaurant 鴻星海鮮酒家集團

Swire Coca-Cola HK Limited 太古可口可樂香港

Symbol of Alliance 善•幫•愛聯盟

Tai Tung Bakery 大同老餅家

Techtronic Industries Co. Ltd.

Telford International Company Limited 匯泉國際有限公司

Tembo Foods

The Commercial Press 商務印書館

The Confectionery Shop 入口零食店

The Garden Company Limited 嘉頓麵包有限公司

The Goldman Sachs Group, Inc 高盛集團公司

The Landmark Mandarin Oriental Hong Kong 置地文華東方酒店

Threesixty (Elements, Stanley) 360(圓方、赤柱)

Tommy Electric Company 通美電業公司

Travel Circle International Limited 圓之旅有限公司

Tsui Wah Holdings Limited 翠華集團

Umimachidon – HK 海街井

UPS Parcel Delivery Services Limited 聯合包裹運送服務公司

Vastland Food Products Company Limited 大地食品有限公司

ViLife Limited 有營活有限公司

Whirlpool 客戶電器維修有限公司

Win City Coffee Company 匯城咖啡貿易公司

Wing Kee Produce Limited 永記食品

Yata Limited – Yata Department Store 一田有限公司 一田百貨

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協同行

果臨門公司

素食一家

黑龍江綠色食品

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緯思國際有限公司

養心殿台式養生火鍋

餐飲快遞

寶和堂養生專門店

Government Department / Public Organization 政府部門 / 公共機構

Agriculture, Fisheries and Conservation Department
漁農自然護理署

Caritas Medical Centre 明愛醫院

Castle Peak Hospital 青山醫院

Department of Pediatrics & Adolescent Medicine,
Princess Margaret Hospital 瑪嘉烈醫院兒童及青少年科

Department of Psychiatry, Queen Mary Hospital 瑪麗醫院精神科

Employees Retraining Board 僱員再培訓局

Environmental Protection Department 環境保護署

Fish Marketing Organization 魚類統營處

Food and Environmental Hygiene Department 食物環境衛生署

Hong Kong Space Museum 香港太空館

Kwai Chung Hospital 葵涌醫院

Kwai Chung Police Station 葵涌警署

Leisure and Cultural Services Department 康樂及文化事務署

Occupational Therapy Department, Kowloon Hospital
九龍醫院職業治療部

Occupational Therapy Department, Castle Peak Hospital
青山醫院職業治療部

Pamela Youde Nethersole Eastern Hospital 東區尤德醫院

Pok Oi Hospital 博愛醫院

Post Shop – General Post Office Hong Kong 郵趣廊

Prince of Wales Hospital 威爾斯親王醫院

Psychiatric Department (Children & Adolescent),
United Christian Hospital 聯合醫院精神科(兒童及青少年)

Queen Mary Hospital 瑪麗醫院

Social Welfare Department 社會福利署

Social Welfare Department (Tai Po and North)
社會福利署(大埔及北區)

Tin Shui Wai Hospital 天水圍醫院

Government Department / Public Organization
 政府部門 / 公共機構 (cont'd 續)

Tuen Mun Hospital 屯門醫院

United Christian Hospital 聯合醫院

Urban Renewal Authority 市區重建局

Vegetable Marketing Organization 蔬菜統營處

Volunteer Movement 義務工作發展局

Yaumatei Child & Adolescent Mental Health Service
油麻地兒童及青少年精神健康服務
Funding Body 撥款團體

Community Chest of Hong Kong 香港公益金

Environment and Conservation Fund 環境及自然保育基金

FFG Charity Society 創邦善心社

Fine Wine Experience

Food Commons Foundation Limited 共享食物基金

Health Care and Promotion Fund 健康護理及促進基金

Heart Warming Fund Limited 送暖基金有限公司

Hong Kong Air Cargo Terminals Limited 香港空運貨站有限公司

Hong Kong Housing Authority 香港房屋委員會

Hong Kong Jockey Club Charities Trust 香港賽馬會慈善信託基金

Hong Kong Left Hand Drive Motors Association Limited
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Kerry Holdings Limited 嘉里控股有限公司

Labour and Welfare Bureau 工及福利局

MINDSET Limited 思健有限公司

Ocean Park Conservation Foundation Hong Kong
香港海洋公園保育基金Queen Elizabeth Foundation for the Mentally Handicapped
伊利沙伯女皇弱智人士基金Social Services Committee Working Group on Medical and
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屯門區議會社會服務委員會轄下醫療及復康服務工作小組
Social Welfare Department 社會福利署
Southern and Islands District Social Welfare Office, Social Welfare
Department Central Western 社會福利署中西南及離島區福利辦事處Tai Wo Hau Estate Management Advisory Committee Fund
大窩口邨屋邨管理諮詢委員會Tin Tsz Estate Management Advisory Committee Fund
天慈邨屋邨管理諮詢委員會

UPS Parcel Delivery Services Limited 聯合包裹運送服務公司

Wu King Estate Management Advisory Committee Fund
湖景邨屋邨管理諮詢委員會
Organization / Community Group 機構 / 社區組織

Arms Care 護手社

Bird in Tree Creative Studio 塗鴉創意間

Breakthrough Limited 突破有限公司

Caritas Community Centre – Aberdeen 明愛香港仔長者中心

Caritas King Hong Home 明愛景康居

Centre for Community Cultural Development 社區文化發展中心

Cheung Ching Lutheran Centre for the Disabled 路德會長青群康中心

Christian Family Service Centre 基督教家庭服務中心

Dharma Drum Mountain 法鼓山香港道場 — 香積組

Dialogue Experience 對話體驗

District 3502 Rotaract Club 國際扶輪青年服務團委員會

Fair Taste 公平棧

Fantasy Puppet Theatre 奇想偶戲劇團

Food Angel 惜食堂

Food for Good 齊惜福

Food Grace 食德好

Foodlink Foundation 膳心連

Gilwell Campsite, Scout Association of Hong Kong
香港童軍總會基維爾營地

Green Barn Food 綠糧莊

Green Sense 環保觸覺

Greeners Action 綠領行動

GS1 Hong Kong Limited 香港貨品編碼協會

H.K.S.K.H. Lady MacLehose Centre 香港聖公會麥理浩夫人中心

H.K.S.K.H. Lady MacLehose Centre Services for Ethnic Minorities Unit
香港聖公會麥理浩夫人中心少數族裔服務部

H.K.S.K.H. Lady MacLehose Centre Dr. Lam Chik Suen District
Elderly Community Centre
香港聖公會麥理浩夫人中心林植宣博士老人綜合服務中心

H.K.S.K.H. Lady MacLehose Centre People's Talents Bank Project
Kwai Chung Main Branch
香港聖公會麥理浩夫人中心 < 社區互惠銀行 > 計劃 葵涌總行

HandsOn Hong Kong 牽手 • 香港

Ho Chak Neighbourhood Centre for Senior Citizens (sponsored by
Sik Sik Yuen) 荷色園主辦可澤耆英鄰舍中心

Hong Kong Association of Infant Mental Health
香港嬰幼兒心理健康協會

Hong Kong Association of Therapeutic Horticulture
香港園藝治療協會

Hong Kong Astronomical Society 香港天文學會

Hong Kong Elite Athletes Association 香港精英運動員協會

Hong Kong General Chamber of Social Enterprise
香港社會企業總會有限公司

Hong Kong Organic Certification Centre 香港有機認證中心

Hong Kong Organic Resource Centre 香港有機資源中心

Hong Kong Society for Rehabilitation 香港復康會

Hong Kong Society for the Protection of Children – Children & Family
Services Centre 香港保護兒童會 兒童及家庭服務中心

Jockey Club Amity Place (Kwun Tong South), The Mental Health
Association of Hong Kong 香港心理衛生會賽馬會恆健坊

Jockey Club Cheung Sha Wan Children and Youth Integrated Social
Center 賽馬會長沙環青少年綜合服務中心 — 小童群益會

Jockey Club PHAB Camp 賽馬會傷健營

Kadoorie Farm and Botanic Garden 嘉道理農場暨植物園

Kwai Chung (East) Integrated Family Service Centre, Social Welfare
Department 社會福利署東葵涌綜合家庭服務中心

Kwai Chung (West) Area Committee 葵涌(西)分區委員會

Kwai Chung (West) Integrated Family Service Centre,
Social Welfare Department 社會福利署西葵涌綜合家庭服務中心

Kwong Fuk House, The Mental Health Association of Hong Kong
香港心理衛生會廣福宿舍

Leo Club of Hong Kong Millennium 香港千禧青年獅子會

Logistics and Supply Chain MultiTech R&D Centre
物流及供應鏈多元技術研究中心

Lok Chi Association 樂智協會

Mymailbox852 郵心出發

Parklane Rehabilitation Home 柏齡護理院

Regeneration Society 再生會

Rice. Love. Share Action Group 愛派米行動小組

St. James' Settlement 聖雅各福群會

Tai Wo Hau Elderly Centre, The Salvation Army
救世軍大窩口長者中心

The Association of Chartered Certified Accountants
特許公認會計師公會

The Boys' Brigade, Hong Kong 基督少年軍

The Composers and Authors Society of Hong Kong Limited
香港作曲家及作詞家協會

The Providence Garden for Rehabilitation, Hong Kong Sheng Kung
Hui Welfare Council Limited 香港聖公會福利協會有限公司康恩園

The Society of Rehabilitation and Crime Prevention, Hong Kong
香港善導會

Thomas Jing Centre for Mindfulness Research and Training,
The Chinese University of Hong Kong
香港中文大學敬靈靜觀研究與培訓中心

Three Kings Logistic Limited 三皇物流

Volunteer Space 無國界義工

World Green Organization 世界綠色組織

Yan Oi Tong – The University of Hong Kong Chinese Medicine Centre
For Training and Research (Tung Chung)
仁愛堂 — 香港大學中醫教研中心(東涌)

Yaumatei Multi-service Centre for Senior Citizen
救世軍油麻地長者社區服務中心

Yu Chun Keung Memorial Care & Attention Home, Tung Wah Group
of Hospitals 東華三院余振強紀念護理安老院

Yuen Long Community Green Station, Hong Chi Association
匡智會 — 綠在元朗

YWCA Central, Western & Islands District Youth Outreaching Social
Work Team 香港基督教女青年會中西區及離島青年外展社會工作隊

Organization / Community Group 機構 / 社區組織 (cont'd 續)

屯門食物轉贈中心

東九龍居民委員會有限公司 (樂滿坊)

義手扭

糧善關愛坊

福基公司

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Chai Wan Kok Catholic Primary School 柴灣角天主教小學

Christ College 基督書院

CNEC Lee I Yao Memorial Secondary School
中華傳道會李賢堯紀念中學

Cotton Spinners Association Secondary School 棉紡會中學

Delia Memorial School (Glee Path) 地利亞修女紀念學校 (吉利徑)

Department of Applied Social Science, The Hong Kong Polytechnic
University 香港理工大學應用社會科學系Department of Psychiatry, Faculty of Medicine, The Chinese University
of Hong Kong 香港中文大學醫學院精神科學系Department of Psychology, The Chinese University of Hong Kong
香港中文大學心理學系Department of Social Work and Administration,
The University of Hong Kong 香港大學社會工作及社會行政學系Department of Social work and Social Administration,
The University of Hong Kong 香港大學社會工作及社會行政學系Department of Social Work, The Chinese University of Hong Kong
香港中文大學社會工作學系

Federation for Self-financing Tertiary Education 自資高等教育聯盟

Flinders Human Behaviour and Health Research Unit

Fung Kai Innovative School 鳳溪創新小學

Hong Kong Baptist University 香港浸會大學

Hong Kong Baptist University College of International Education
香港浸會大學國際學院Hong Kong Institute of Vocational Education (Chai Wan)
香港專業教育學院 (柴灣)Hong Kong Institute of Vocational Education (Kwai Chung)
香港專業教育學院 (葵涌)Hong Kong Institute of Vocational Education (Shatin)
香港專業教育學院 (沙田)

Institute of Active Ageing 活齡學院

Ju Ching Chu Secondary School (Kwai Chung) 裘錦秋中學 (葵涌)

Kwong Ming Ying Loi School 光明英來學校

Lingnan University 嶺南大學

Oxford Centre for Anxiety Disorders and Trauma

S.K.H. Li Ping Secondary School 聖公會李炳中學

Salesians of Don Bosco Ng Siu Mui Secondary School
天主教慈幼會伍少梅中學Sam Shui Natives Association – Lau Pun Cheung School Parents
And Staff Association 三水同鄉會劉本章學校家長教師會

Shek Lei Catholic Secondary School 石籬天主教中學

SKH Lam Woo Memorial Secondary School 聖公會林護紀念中學

SRBCEPSA Lee Yat Ngok Memorial School
柏立基教育學院校友會李一譔紀念學校

St. Paul's School (Lam Tin) 藍田聖保祿中學

St. Rose of Lima's College 聖羅撒書院

Technological and Higher Education Institute of Hong Kong
香港高等教育科技學院

The Chinese University of Hong Kong 香港中文大學

The Hong Kong Polytechnic University 香港理工大學

The Jockey Club School of Public Health and Primary Care,
The Chinese University of Hong Kong
香港中文大學賽馬會公共衛生及基層醫療學院The Society of Psychology Promotion, Student Union of The Chinese
University of Hong Kong 香港中文大學學生會心理學推廣學會

The University of Hong Kong 香港大學

The Yale Program for Recovery and Community Health

Tin Tsz Estate Management Advisory Committee Fund
天慈邨屋邨管理諮詢委員會

Youth College (Tin Shui Wai) 青年學院 (天水圍)

Individual / Volunteer 個別人士 / 義工

Evangelical Free Church of China (EFCC) Yan Fook Church –
Volunteer Team 中華基督教播道會恩福堂 — 心導行關愛同行

Sun Hung Kai Properties – Volunteer Team
新鴻基地產 — 新地義工 Team 力量

Professor Malcolm BATTERSBY

Professor David CLARK

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Dr. CHAN Lap Kei, Edmond 陳立基醫生

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Rev. CHAN Yu Kow 陳茹九牧師

Dr. CHEUNG Wai Leung 張偉亮醫生

Dr. CHIU Sein Tuck 趙善德博士

Mr. CHIU Chun Kit 趙俊傑先生

Mr. Lawrence CHU 朱德俊先生

Prof. Larry DAVIDSON

Mr. Matthew FEDERICI

Mr. David GROVE

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Mr. HU Qi Ming, Vincent 胡啟明先生

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Mr. KU Man Yee 古文義先生

Mr. LAI Ka Wang 賴家宏先生

Prof. LAM Chiu Wa, Linda 林翠華教授

Ms. Pinky LAM 林淑穎女士

Mr. LAU Ka Sing 劉嘉盛先生

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Professor LEE Mo Yee 李慕儀教授

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Prof. LUM Yat Sang, Terry 林一星教授

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Professor WONG Yeung Shan Samuel 黃仰山教授

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Dr. YAN Wai Ching 甄偉政醫生

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The Heart Warming Fund 送暖基金

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CHEUNG Siu Ting Christopher

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FOONG Pui Ming

James LO

KWAN Chi Cheong

LAM Kwai Lin, Linda

LAM LUN See Cin

LEUNG Kun Hang

LEUNG Tung Yeung

Louie So Sum Susan

LUN Hung Gai

LUNG Ping Yee David

MAK Wing Yun

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Sandeep SEKHRI

SIU Ming Kit Benjamin

TAI Wai

TO Ki Fung

TONG Ching Siu

TSANG Sui Yee, Cecilia

WONG Wai Hang Kenneth

WONG Yan Lam Joyce

YIM Chi Lap Larina

YU MAN Ho Ha

夏貝莉

李浩平

李錦銓

梁劍輝

張潔池

陳世華

陳文妮

鍾兆崑

藍慈慰

顏海山

盧國興

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Beyond Digital Solutions Limited

CMRS Digital Solutions Limited

CoDesign Ltd

Cook Asia Ltd.

Cruiso Digital Solutions Limited

Favilla Limited

Hong Kong Left Hand Drive Motors Association 香港左軚汽車商會

Jardine Aviation Services Group 怡中航空服務集團

Kung Wo Beancurd Factory 公和荳品廠

Logistics and Supply Chain MultiTech R&D Centre
物流及供應鏈多元技術研發中心

Meiriki JP 日本命力食品有限公司

Socialink Consultancy Limited

Sport Plus Workshop Company Limited

Tsui Wah Holdings Limited 翠華集團

Visualution Labs Limited

Vogue Laundry Service Limited 雅潔洗衣有限公司

VW-VES HK Limited

Zung Fu Company Limited 仁孚行有限公司

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Commercial Radio Hong Kong 商業電台

Hong Kong Housing Society 香港房屋協會

Organization/Community Group 機構 / 社團組織

ACCA Hong Kong 特許公認會計師公會

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Chinese Rhenish Church, Mrs. Mann Tai Po Rhenish
Neighbourhood Elderly Centre 禮賢會萬隸甫夫人長者鄰舍中心Composers and Authors Society of Hong Kong Ltd
香港作曲家及作詞家協會

Fu Hong Society 扶康會

GS1 Hong Kong Limited 香港貨品編碼協會

Heep Hong Society 協康會

Hok Yau Club 學友社

Hong Kong Management Association 香港管理專業協會

Hong Kong PHAB Association 香港傷健協會

Hong Kong Sheng Kung Hui Welfare Council
香港聖公會福利協會有限公司

Hong Kong Society for the Protection of Children 香港保護兒童會

International Social Service Hong Kong Branch 香港國際社會服務社

Jao Tsung-I Academy 饒宗頤文化館

Mental Health Association of Hong Kong 香港心理衛生會

Move2Balance 樂動會

Precious Blood Children's Village 寶血兒童村

SAHK 香港耀能協會

Sisters of the Good Shepherd 善牧會

Wai Yin Association 慧妍雅集

Wofoo Social Enterprises 和富社會企業

Academic 學界

Chai Wan Kok Catholic Primary School 柴灣角天主教小學

Chinese University of Hong Kong, Department of Social Work
香港中文大學社會工作學系

Chinese YMCA Secondary School 中華基督教青年會中學

Holy Trinity College 寶血會上智英文書院

Ma On Shan Ling Liang Primary School 馬鞍山靈糧小學

Man Kiu Association Primary School 閩僑小學

P.L.K. Ma Kam Ming Secondary School 保良局馬錦明中學

Salesians of Don Bosco Ng Siu Mui Secondary School
天主教慈幼會伍少梅中學

Yan Tak Catholic Primary School 仁德天主教小學

University of Hong Kong, The Department of Social Work and Social
Administration 香港大學社會科學學院社會工作及社會行政學系

Flag Day Volunteer & Supporting Organization
賣旗日義工及支持機構

Corporation 企業

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South Horizons Management Limited

Star Industrial Co. Ltd 星光實業有限公司

The "Star" Ferry Company Limited

Whampoa Garden Management Limited

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香港鐵路有限公司

新世界第一渡輪服務有限公司

Organization 機構

中國基督教播道會恩福堂

仁濟醫院香港佛光協會展能中心暨宿舍

沙田婦女會

協康會

保良局天澤職業服務中心

香港小童群益會 — 大圍青少年綜合服務中心

香港房屋協會

香港房屋委員會

香港青少年服務處 — 賽馬會方樹泉綜合青少年服務中心

香港青年協會 — 賽馬會祥華青年空間

香港善導會朗日居

基督教家庭服務中心

基督教愛協團契

基督教懷智服務處 — 悅屏宿舍

基督教懷智服務處 — 朗藝坊及朗屏宿舍

基督教懷智服務處 — 將軍澳綜合復康服務中心

救世軍恆安綜合復康服務

盛恩基督教社會服務中心

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智樂兒童遊樂協會 — 滙豐智樂遊戲萬象館

溫浩根長者鄰舍中心

聖雅各福群會 — 雅聚天地—地區支援中心

聖雅各福群會 — 懷愛長者鄰舍中心

遊樂場協會

鄰舍輔導會

禮賢會萬隸甫夫人長者鄰舍中心

職業發展服務處

醫療輔助隊

懷智美田中心

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中華傳道會安柱中學

元朗公立中學校友會小學

天主教普照中學

天主教新民書院

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佛教沈香林紀念中學

佛教慈敬學校

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香港華仁中學

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神召會康樂中學

荔景天主教中學

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寶血會培靈學校



New Life

Psychiatric Rehabilitation Association

新生精神康復會

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