

## Rice for the Needy, Volunteers in Action

「我係義工·送米助人」計劃

### Meeting basic needs for food and love

Rice is a staple food in Hong Kong. However, in view of rising inflation, it now costs a family of four at least HK\$115 each month. Just imagine how much it helps if a low-income family can save the sum and spend it on a more nutritious dish for dinner, a warmer sweater for winter, or a more inspiring interest class for the children.

“Rice for the Needy, Volunteers in Action” continued for a second year in 2011 to make it all happen, and was able to provide for more than 500 families over the 2,000 of last year. Every month, disadvantaged families in 14 districts of Hong Kong get rice packages of seven kilograms from over 1,500 youth volunteers. Those with limited mobility even have the rice delivered to their homes.

This is much more than easing the financial burden of families. The project encourages youth volunteers to express care to others which is immeasurable in monetary terms.

From here, we build a community of love.

### 以食物和愛心提供支援

食米是香港市民的主要糧食。然而，鑑於持續的通貨膨脹，現時一個四人家庭單是購買食米每月至少要花115元。試想想，如果一個低收入家庭可以節省這筆款項，用來加一個營養豐富的菜式、添一件溫暖的毛衣過冬、或為孩子報讀有益的興趣班，那該多好！

有見及此，「我係義工·送米助人」計劃於2011年繼續推行，受惠家庭更由2,000戶增加至2,500戶。透過本計劃，超過1,500名青年義工每月向全港14個地區有需要的家庭，送上七公斤白米包，並將之直接送達行動不便者家中。

計劃不僅旨在減輕有需要家庭的經濟負擔，更鼓勵青年義工與受惠者傾談及互相了解，建立一段段超越物質的真摯情誼。

一個個充滿關愛的社區，也由此起。



“I am pleased to see that the project can offer practical help to those actually in need. The care and support youth volunteers contributed added colours and gave hope to all the targeted families.”

Ms. Angela Au, Executive Director of the Au Bak Ling Charity Trust

「很高興看到計劃的受助人得到實質幫助，也能讓基層家庭感受青年義工和社會對他們送上的關懷，得到精神上的支持和鼓勵。」

區百齡慈善基金會總幹事 區美玲小姐

**Project Sponsor** Au Bak Ling Charity Trust

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## “Time For Women” - Women College as the Start

「開創新天—天水圍婦女成長園」計劃



Providing comprehensive developmental service for Tin Shui Wai women

Poverty. Isolation. Domestic violence. Though the strong social stigma attached to the name Tin Shui Wai is well known in Hong Kong, few people thoroughly understand the distress faced by those living there, nor how to provide assistance.

Time for Women is a project for Tin Shui Wai women, aiming to identify their potential and talents, helping to strengthen their self-confidence and enhancing their social participation, all in the hopes of creating a more balanced and well adjusted life, which would benefit them and their families. This three-year project was launched in 2011 and works through three learning faculties: Identity, Health and Social Participation.

About 1,000 women with an attendance of 60,000 will be served.



為天水圍婦女提供全人發展

貧窮。孤立。家庭暴力。雖然許多香港人對天水圍印象欠佳，但真正理解其居民面對的困擾卻不多，知道如何提供援助的可能更少。

「開創新天—天水圍婦女成長園」計劃是一項專為天水圍區內婦女而設的社區性服務，目的是讓她們確立個人才能，懂得關懷自己和別人，並積極參與社區事務，建立

一個愛自己、愛他人和愛社區的豐盛人生。計劃於2011年開始，為期三年，於不同階段推行三個婦女研習學系，分別為「婦女形象」學系、「健康網絡」學系及「社區參與」學系。

計劃期望可服務約1,000名婦女，服務總人次約60,000。



“HSBC is a dedicated supporter of the deep social and economic benefits contributed by women globally. As part of our international commitment to community and sustainability, we are proud to support the Time for Women programme, which promotes enhanced gender equality, health and education amongst families, and more inclusive economic growth models. We see the Time for Women as one of our core community initiatives globally, with the success of the programme largely based on the ongoing participation of our staff, who serve as advisors and mentors to participants. Through this and other global programmes, we will continue to work with our staff and partners to further empower the lives of thousands of women, their households, their communities and, ultimately, the broader global economy.”

Ms. Anita Fung, CEO Hong Kong, HSBC

「滙豐積極支持世界各地婦女為社會及經濟上作出深遠貢獻。『天水圍婦女成長園』計劃正是滙豐其中一項致力推動國際社區及可持續發展的項目，提倡男女平等、家庭和諧及包容並存的經濟增長模式。滙豐透過這項計劃貫徹集團貢獻社區的全球核心理念。計劃成功開展，並得到員工持續參與，以導師身份協助區內婦女盡展所長。藉著這項計劃及銀行其他環球項目，滙豐將繼續與各界伙伴及員工一同努力，令更多婦女提升自身能力，從而為家庭、廣大社群及社會經濟作更大貢獻。」

滙豐香港區行政總裁 馮婉眉女士

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## Mommy's Dynamic Net - Supportive Services for New Arrival Women

媽咪全動網－內地來港婦女家庭支援服務



### Building parenting support networks

New arrival women suffer the hardship of adjusting to a new society with cultural differences, often impacting on themselves and their family, especially children.

This is a project of the HKFYG Parent-Child Mediation Centre (PCMC) and is aimed to strengthen new arrival women's personal and parental competencies to have a positive impact on the family. Providing self-enhancement courses, family education programmes and mutual help groups, it is hoped that 200 parent ambassadors will be trained to act as a link to identify and connect new arrival mothers in their communities. A neighbourhood supportive network, promoting a harmonious community, it is hoped, will ensue.

The project was launched in Kwun Tong and Wong Tai Sin districts on 1 September 2011. Five primary schools and one kindergarten are involved and over 100 volunteers from the community, schools and companies stand by to help. So far, more than 150 Mainland women have joined



the programmes organised. To strengthen the connection with these parents, Facebook fan page and group were created and linked with PCMC website.



### 建立親職互助網絡

內地婦女家長來港後，常因兩地文化差異而衍生出不少適應困難，以致為她們及其家庭帶來巨大衝擊，尤以子女為甚。

「媽咪全動網」由青協親子衝突調解中心舉辦，旨在透過增值課程、家庭教育活動和互助小組，提升內地婦女家長的個人及親職能力，發揮更強家庭角色。預計200位家長會接受培訓成為家長大使，協助尋找和聯繫內地來港隱閉婦女家長，建立互助鄉里網絡，促進和諧社區。

本計劃於2011年9月1日開始在觀塘及黃大仙區推行，初步與區內五間小學及一間幼稚園建立合作關係，並得到超過100位家長、青年、企業義工協助，現已成功接觸並推動超過150位內地來港婦女家長參與其中。此外，計劃亦建立Facebook專頁和群組，以加強與這群婦女家長的聯繫，並促動她們彼此間的互動與支援。

“Mommy's Dynamic Net has provided a very good platform for us to learn together to enrich our knowledge. Through this platform, we can make friends with others who share a similar background, all supporting each other and enhancing our competence as parenting.”

Ms. Zhang Yilan, Parent of a Student  
at Ping Shek Estate Catholic Primary School

「『媽咪全動網』提供了一個很好的平台，讓內地來港婦女家長可以一起學習，增長見識，同時又可以認識同路朋友，互相傾訴和交流，增加了我們教導子女的信心和能力。」

坪石天主教小學學生家長 張悻蘭女士

Principal Sponsor Bank of China (Hong Kong) Ltd. – “Caring Hong Kong – A Heart Warming Campaign”

贊助機構 中銀香港暖心愛港計劃



# HKFYG Felix Wong Youth Improvement Award

香港青年協會黃寬洋青少年進修獎勵計劃



## Acknowledging bravery

Very often, after nature's deadly destructions caused by wind, rain, drought, among others, the disbelief and sorrow is mitigated by the amazement that as fragile as a blade of grass can survive and thrive.

The HKFYG Felix Wong Youth Improvement Award was set up in 1997 to formally recognise great efforts made by secondary school students who have had to overcome hardship, crises or misfortune. So far, 310 young people have received the award. This year, 116 students were nominated by 61 schools and 20 were selected by a panel formed by Mr. Liu Ah-chuen, Mr. Kwan Chuk-fai, Mr. Fung Wai-tong, Ms. Clara Shek and Mr. Tam Ka-ming. In order to celebrate the 15th anniversary of the Award, past winners were invited to join the Awards Ceremony held at the HKFYG Building on 11 July 2011. The Hon. Mrs. Regina Ip Lau Suk-ye, GBS, JP, Legislative Council Member, presented each winner with HK\$2,500 to pursue an activity or programme of their choice to further their personal development.

An inspirational book entitled *Sunshine in Life's Jigsaw* was published with the stories of the 2010 winners, who are now committed to being "Positive Life Ambassadors", sharing their experiences with others.



## 肯定逆境自強精神

通常在致命的龍捲風、特大洪水、嚴重旱災等天災過後，雖然重大傷亡帶來了震驚和哀傷，但能看見路邊小草熬過艱難的日子茁壯成長，又是多麼令人讚嘆驚喜。

香港青年協會黃寬洋青少年進修獎勵計劃於1997年成立，旨在表揚中學生努力向上、克服生活困難或逆境，以及積極進取的精神，計劃推行至今已有310名傑出學生獲獎。本年度，共有116位來自61間學校的優秀學生獲提名，並由廖亞全校長、關則輝先生、馮偉棠先生、石嘉麗女士及譚家明先生組成的評審團選出了



20位優勝者。為慶祝計劃成立十五周年，大會特別邀請歷屆得獎者出席7月11日的頒獎禮，並邀得立法會議員葉劉淑儀太平紳士，向今屆優勝者頒贈港幣2,500元獎金，贊助他們進修促進個人發展的選定計劃或活動。

載錄2010年度得獎者感人故事的新書《陽光拼圖》已經出版，得獎者亦組成「積極人生推廣大使」於社區分享個人經歷，勉勵青少年珍惜所有。

"The sharing of stories by past winners deeply impressed me. I realise that it can inspire other young people to live positively. Thus, I plucked up courage to share my own story and also have the courage to accept my past. I will also work hard to strive for a bright future!"

Li Shun-wah, Winner (2010)

「透過歷屆得獎者的分享，我深深體會到以生命影響生命的重要，因而敢於與人分享我的故事，也勇於接受過去，為將來奮鬥！」

2010年得獎者 李信華

Principal Donor Mr. Wong Yue-pok

主要捐助人 黃汝博先生

