

HKFYG Youth Wellness Centre 香港青年協會青年全健中心

Collaborating Organisation 合作機構

Hospital Authority New Territories West Cluster
醫院管理局新界西醫院聯網

Principal Sponsor 主要贊助

傅德蔭基金有限公司

Fu Tak lam Foundation

Sponsor 其他贊助

Sir Robert Ho Tung Charitable Fund

何東爵士慈善基金



Providing whole person health care

With the generous support of Fu Tak lam Foundation, the HKFYG Youth Wellness Centre was established in collaboration with the Hospital Authority New Territories West Cluster. It is located in the Rehabilitation Block of Tuen Mun Hospital and is the first of its kind in Hong Kong, helping young people who are trying to give up addictions to drugs, tobacco, alcohol, the internet or gambling. The Centre also advocates the concept of wellness and healthy living through educational programmes organised in schools and communities and undertakes research, making it the first wholly integrated service in the field.

A multi-disciplinary professional team, including specialists in clinical psychology, counselling, social work and psychiatry, assess the seriousness of problems and give advice on strategies for recovery.

提供全人健康服務

針對青少年成癮行為日漸受關注，在傅德蔭基金的慷慨支持下，青協與醫院管理局新界西醫院聯網攜手合作，於屯門醫院康復大樓成立全港首間香港青年協會青年全健中心。中心協助本港10至35歲出現成癮徵狀的青少年，戒除吸毒、吸煙、酗酒、賭博、沉溺上網等成癮行為；並在學校和社區提供預防教育，以及進行調研工作，協助青少年遠離成癮禍害，重拾健康生活。

青年全健中心是結合醫護與社會服務專業的嶄新嘗試，由醫生、社工及臨床心理學家組成專業服務團隊，提供一站式身體檢查、心理評估、輔導跟進及治療等綜合服務。



"Until now, treatment for drug addiction meant that I had to travel to different hospitals, looking for different departments. This running around meant that it was easy for me to stop my treatment. But now, to have everything in the form of a one-stop service is more user-friendly and time-saving."

Ah Hin, ex-drug addict

「各項輔導及醫療服務仍太分散，容易令人放棄接受治療，一站式服務中心可更有效提供服務。」

成功戒毒者 阿軒(化名)

Rice for the Needy, Volunteers in Action

「我係義工•送米助人」計劃

Funders 捐助機構

Au Bak Ling Charity Trust

區百齡慈善基金會

The Hong Kong Jockey Club Charities Trust

香港賽馬會慈善信託基金

Supporting Organisations 支持機構

FRIENDS of KMB

九巴之友

Top Gun Express Centre (Asia) Limited

精英速運中心(亞洲)有限公司

Meeting the needs of disadvantaged families

Launched on Global Youth Service Day, the project organises youth volunteers to visit ten districts in Hong Kong, distributing seven kilograms of rice every month to 2,000 disadvantaged families. From April 2010 to March 2011, nearly 1,200 showed their care and concern through this programme.

This is a volunteer programme that helps young people to understand another side of Hong Kong and to see for themselves the hardships faced by the more vulnerable in the community. It also serves as a reminder to the volunteers to be grateful for what they have.



支援有需要家庭

「我係義工•送米助人」計劃發動青年義工，為全港十個地區共2,000個有需要家庭，每月送上七公斤白米及關懷。計劃於「全球青年服務日」開展，2010年4月至2011年3月推行，現已超過1,200名義工透過計劃送上關愛。

青年義工派送米包，不僅協助低收入家庭紓減經濟負擔，更重要是透過與受惠者的傾談及互相了解，深入了解他們在生活上的困難，學會關心鄰舍裡有需要人士，也能明白到珍惜所有的道理。



"I now understand more about the situation of the disadvantaged and I am reminded to treasure all I possess. What I did was just a little, but it managed to light up the life of another."

Sandra Ip, Youth Volunteer

「我的付出能燃起受惠者的希望，探訪的過程讓我更了解受助人面對的問題，從中明白到珍惜幸福的道理。」

青年義工 葉瑩瑩

HKFYG Felix Wong Youth Improvement Award

香港青年協會黃寬洋青少年進修獎勵計劃

Principal Donor 主要捐助人
Mr. Wong Yue-pok
黃汝博先生

Acknowledging bravery

The Award was set up to formally recognise the great efforts made by youngsters who have had to overcome hardship, crises or misfortune. Since 1997, 290 young people have been acknowledged for their bravery. In 2010, 112 nominations were received from 66 schools and 2 agencies, out of which 20 young people were selected. The Judging Panel consisted of Mr. Liu Ah-chuen, Mr. Clarence Yang, Mr. Kwan Chuk-fai and Ms. Tina Chan. At the Awards Ceremony Mr. Patrick Nip Tak-kuen, JP, Director of Social Welfare, presented each winner with a cheque for HK\$2,500 to pursue an activity or programme of their choice for further personal development.

An inspirational book entitled *I Can Fly!* was published with the motivating stories of 2009 winners. Previous awardees have joined a team of "Positive Life Ambassadors", sharing their experiences with others, stressing the importance of having a positive attitude and encouraging their listeners to take full advantage of opportunities, while never forgetting to show care to their loved ones.

肯定逆境自強精神

黃寬洋青少年進修獎勵計劃旨在表揚青少年努力向上、克服生活困難或逆境，以及他們積極進取的精神，1997年至今已有290名傑出學生獲獎。2010年共有112位來自66間學校及2間機構的優秀學生獲提名，並由廖亞全校長、楊吉璽先生、關則輝先生及陳婷婷女士組成的評審團選出了20位優勝者。計劃邀得社會福利署署長聶德權太平紳士出席頒獎典禮，向各優勝者頒贈港幣2,500元獎學金，用於他們選定的進修活動或計劃，促進個人發展。

此外，一本名為《讓我飛翔》的新書亦已出版，書中載錄了2009年度獲獎者的奮鬥歷程。歷屆獲獎者另組成「積極人生推廣大使」分享個人經歷，鼓勵聽眾把握生命和機會，珍惜所有，關顧他人。



"This is the first award I received in my life. I was so happy and surprised because, until now, I never saw myself as a 'winner'. Being recognised has helped my self esteem and given me the confidence to work hard for a good future."

Chan Wing-tung, Winner (2010)

「這是我人生中獲得的第一個獎項，我感到很高興及驚喜，因我從來沒想過可以獲獎。這個獎項不單止讓我肯定自己，也令我更有動力奮鬥向前。」

2010年得獎者 陳詠彤

Project Easy – Dyslexic Students Counselling Service

讀寫易 – 讀寫障礙學生輔導計劃

Sponsor 贊助機構
The Community Chest of Hong Kong
香港公益金

Learning to enjoy words

Project Easy was launched by the HKFYG Jockey Club Student Support Centre in July 2010 to help identify students with dyslexia at an early stage. Tailor-made teaching and counselling programmes are designed to enhance students' reading and writing skills, as well as to improve their attention and memories. One important part of this Project is to address learning and emotional distress that is usually caused by being dyslexic.

Through seminars, workshops and educational classes, students, parents and teachers will be able to benefit and have a positive impact on those who need help and guidance the most.

學會愉快學習

香港青年協會賽馬會學生支援中心在香港公益金資助下，於2010年7月開展計劃，為期兩年。計劃旨在盡早辨識有讀寫困難的學生，為他們設定度身訂造的學習和輔導計劃，提升他們的學習能力和動機，改善其專注力及記憶力；同時，亦協助處理因讀寫困難所帶來的學習及情緒困擾。

此外，計劃亦定期舉辦講座、工作坊與教育活動，提升學生、家長和教師對讀寫困難的認識及處理能力，強化學生的支援系統。



"In my training group, I was so happy to learn new words and their formation through acting and watching movies."

Participant of Training Group

"I learned some very practical techniques to help tackle my child's learning problems. I also came to understand how important and effective multi-sensory learning is for the dyslexic child."

Participant of Parent Group

「我最欣賞小組的話劇和電影部分，因為我學到字型結構和許多新的詞彙。」

訓練小組參加者

「透過此計劃，我學會教導孩子學習的方法，明白到對有讀寫障礙的孩子必須運用多感官技巧。」

家長小組參加者

Care Action with Ricoh 理光共建計劃

Sponsor 贊助機構

Ricoh Hong Kong Limited
理光(香港)有限公司



Returning to the path

The project was launched by the HKFYG Youth Support Scheme and Ricoh Hong Kong Limited in 2007. Teenagers who are cautioned under the Police Superintendent's Discretion Scheme participate in different voluntary services with the mentors from the Ricoh volunteer team. In total, over 200 teenagers and corporate volunteers participated in the project, contributing over 2,600 service hours altogether. Throughout these years, the project has served different people in need including the elderly, the mentally retarded, the blind, young drug addicts, ethnic minorities and low income children.

By encouraging the young participants to help others, their self confidence and self esteem were boosted and the chances of re-offending were greatly reduced.

Care Action with Ricoh is given a Certificate of Merit by the Caring Company Scheme 2010/11.



重拾生活正軌

青協青年支援服務計劃聯同理光(香港)有限公司於2007年開展是項計劃。理光義工隊的企業義工擔當師友，帶領曾因觸犯輕微罪行而被警司警誡之青少年，共同進行不同形式的義工服務，貢獻社會。自開始至今，曾參與計劃之青少年及企業義工超過200人，合力服務社會逾2,600小時。曾因計劃受惠的人士包括長者、智障與視障人士、戒毒青年、少數族裔及天水圍弱勢兒童。

曾犯事青少年通過各種社會服務，能夠建立自信，重新融入社會，從而減少再犯事的機會。

理光共建計劃榮獲「商界展關懷」計劃2010/11優異獎狀。



"I have participated in the 'Care Action with Ricoh' voluntary project for a few years now and always gain something from it. It is a chance to focus on others, rather than on ourselves, no matter what our problems might be."

Ivan Chan, Mentor

「過往幾年參加『理光共建計劃』的義工服務，令我獲益良多。面對任何逆境，也希望我們繼續燃點愛心顯關懷，為別人的生活增添美麗彩虹。」

義務師友 陳綺平

A Close Encounter with Gambling – An Educational Project for Young People

賭博全接觸 – 青少年認識賭博教育計劃



Major Sponsor 主要贊助
Ping Wo Fund Sponsorship Scheme
平和基金資助計劃

Preventing gambling addiction

Though the numbers might seem small, with only 1.3% of young people being classified as problematic gamblers and 0.8% labelled as pathological, gambling is still an issue of concern. Experts believe that the earlier a person starts, the easier it is for this form of addiction to get out of control. It is therefore extremely important to prioritise early intervention.

A two-year project was started in November 2010, with the aim to not only increase young people's awareness towards the dangers of gambling, but also helping them to learn the importance of leading a healthy life without extremes in behaviour. Targeting youth aged from 12 to 30, teachers and parents, the project included educational programmes and promotional activities, including exhibitions, comic competitions, a youth forum and a drama performance.

預防賭博成癮

青少年參與賭博是社會關注的問題。儘管香港的青少年問題賭徒及病態賭徒分別僅佔1.3%及0.8%，與其他地區相若，但若不正視問題，將成為社會的隱憂。青少年越早參與賭博，成為問題賭徒的機會越高，故盡早教育他們賭博的危害，實在十分重要。

有見及此，香港青年協會推行一項為期兩年的「賭博全接觸 – 青少年認識賭博教育計劃」，旨在防止青少年成為問題賭徒，並致力協助他們學習健康生活的重要。計劃主要服務12至30歲青少年，以及其家長和老師；提供的教育和推廣活動包括展覽、漫畫創作比賽、青年論壇、話劇表演等。

"The content of the exhibition is easy to understand, with the 'GAIN LESS' Game both entertaining and educational."

Chun-man, a F.4 student

「展覽的內容淺白、容易理解，『不敗之謎』遊戲更是娛樂性和教育性兼備。」

中四學生 俊文

