

# 2 Social Work Services Division

**Flourish  
Grand Prosperity  
Sweet Happiness**



Peach blossom

## 2.1 General Remarks

### Objectives

Stressing the principles of protecting human dignity and mutual respect, enabling the development of individual potential and self-determination, the Social Work Services Division (“the Division”) provides its services through an ongoing process of awareness, participation and sharing. The services strive to bring about positive changes and development in personal behaviour, individual attitude, the physical environment and social structures. The Division aims to promote a caring community grounded on truth, love, justice and freedom.

### Highlights of the Year

#### Service Units and Staff Complement

The Division now operates 142 subvented service units and 27 non-subvented service units with a full-time staff force of 3,762 and 180 part-time staff, including 56 persons with disabilities.

#### Collaboration with Corporates and Individuals

To recognize the contribution of corporates and community organizations, 93 strategic partners were nominated to receive the logos of “Caring Company” or “Caring Organization” awarded by The Hong Kong Council of Social Service.

The Division was awarded the Honour of Highest Service Hour Award 2019 (Public Organizations) of the Volunteer Movement organized by the Social Welfare Department (“SWD”). There were 9,027 registered volunteers achieving a total of 164,957 service hours.

### Staff Development and Training

#### Training Programmes

Starting from 26 November 2020, 8 training programmes were organized with a total attendance of 625 with the support from the Social Welfare Development Fund Phase 3 (Third Round).

#### Staff Formation

The Employee Emotional Support Project was continued. A total of 416 calls were received by hotline and 51 face-to-face counselling sessions were rendered to provide emotional support for staff. Twenty workshops were organized for 399 staff members to promote self-understanding, positive thinking and team spirit.

## 2.2 Child Care Service

### Objectives

With an aim of cultivating the full development of children without discrimination as to their abilities and social background, the Child Care Service (“the Service”) provides educational and caring service for children aged 2 to 6 including families with single parent, working parents and mildly disabled children.

Learning is Fun



▲ “Look! The caterpillar is moving on the leaf!”

Children learn from each other



▲ “Please fasten your seatbelt.”



▲ “Let’s stir and guess what will happen?”



▲ “I like Siu Mai. What dim sum do you like?”



▲ “We love water play very much.”



▲ Singing the song “Jesus loves children”



## Rebuild a Playful Childhood – a promise during COVID-19

Children experienced class suspension and non-face-to-face classes for several months during the pandemic. It could not be underestimated how challenging with most children staying at home and their mental health was one of the biggest challenges in dealing with the legacy of the pandemic. The nine Caritas nursery schools remained open in order to take care of children in need and support their families. A series of children and parent-child programmes was organized with the aims to nurture children to protect themselves, to love their family members and to be thankful to others. It was important to recover from emotions for well-being and create the “Moment of Joy” when children get back to their teachers and friends. There was a promise to children: “Rebuilding a Playful Childhood”.



▲ “How nice to meet my friends again at school!”



▲ “It’s interesting to look the surrounding through our self-made spectacles!”



▲ “Do you like my self-portrait?”

## Highlights of the Year

### Supporting Children’s Continuous Development and Growth

Putting the children’s needs in priority and in collaboration with the parents, supports to children for their continuous development in a blended learning mode were provided. These included various rich learning activities, treasure boxes with different play materials, small tasks for children, video films which were shot by teachers and were uploaded at the school websites and parent platform.



▲ Character education programme “愛德喜” collaborated with Caritas Family Service



▲ Daily sight health exercise



▲ Celebrating the Christmas with children and parents



▲ Children learned environment protection from the talk “Big Waster”

## Cultivating Love and Care at Early Stage

The cultivation of moral development was integrated in daily programmes that children were encouraged to express love through actions. The joint-school project “The Mercy of God” was organized. Through online and offline activities, children learned love and care for each other in the epidemic environment.



▲ Appreciation for the kindness to the children and their families



▲ Sharing on the Fruits of the Holy Spirit

▲ Children recorded the Actions of Love

▲ Presenting the “Blessing Packs” to the elderly

## Enhancing Positive Parenting and Collaboration

All nursery schools organized various parent education programmes and participated in the project “Parent-child Interactive Kit” which was collaborated with Caritas Family Service for fostering parent-child relationships and reinforcing positive parenting. Regular “Sunlight Telephone” and online meeting with parents were conducted to support parents in children’s home learning



▲ Production of a story-kit for parents and children



▲ An adjustment programme for newly admitted children



## Staff Development and Training

### Positive Education Teacher Workshop

Teachers learned the components of positive education and applied in nurturing the holistic development of children, particularly in building the strengths of children's character.



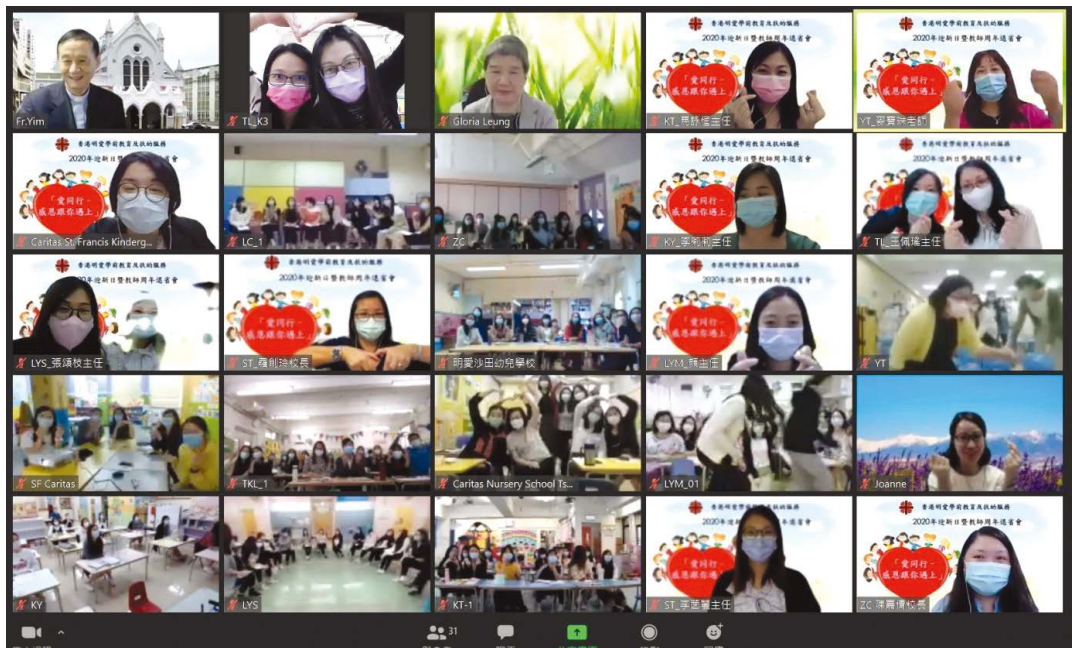
▲ Team building "A Tent with Love"

### Annual Departmental Evaluation Seminar for Nursery School Principals and Teachers

The evaluation seminar with the theme "Thank you for Meeting with You and Walking Together" was held on 23 October 2020 with a total of 167 participants. Four videos shot by teachers were shared and demonstrated the sub-themes on "Thankfulness", "Encouragement", "Inheritance" and "Blessings". The participants were inspired by the sharing delivered by the Chief Executive.



▲ Group activity on "Collaboration and Dreaming for the future"



▲ Schools' participation online

## 2.3 Youth and Community Service

### Objectives

The Youth and Community Service (“the Service”) aims to promote integral human development of young people and communities through the process of understanding, mutual concern, collective participation and co-responsibility. The development process instills a sense of individual and communal responsibilities in the younger generation, and in turn mutual care and social integration can be promoted.

### Highlights of the Year

#### “Welcome Home – Community Supportive Service Project 2020”

The project provided special food packs and daily necessities for ethnic minority families during April 2020 to October 2020. More than 800 families were benefited from the project.



▲ Kids received the quarantine pack

**Case Sharing:** During the outbreak of COVID-19, Ms Dolly and her family were stranded in their home country Egypt and returned to Hong Kong in July 2020. They are thankful to the Service for the response to their urgent needs during quarantine. Besides, Dolly’s husband lost his job due to being stranded in his home country. The Service assisted her family to apply The Community Chest Rainbow Fund to support their daily expenses.

### Breaking the Isolated Island of Emotions

**Case Sharing:** Lawrence lived with his aunt when he was a child. In 2018, he moved to live with his parents. Since he was not adapted to getting along with his parents, he felt helpless and anxious. Meanwhile, he was being bullied in school. “Sometimes my emotions go up and down. I keep crying. I need company and care.” Lawrence made an “Isolated Island” during the counselling session at Caritas Charrette Centre. He was self-isolated and unwilling to face the pain in the depth of his heart.

After a one-year counselling session, he knew how to express his emotions and needs. Lawrence decided to break his “Isolated Island” and get out of the predicament.

“I broke the island with my own hands and realized that the relationship is not as alienated as imagined. It can be repaired step by step.” Since Lawrence had got out of emotional distress, the relationship with the family was improved. He participated in the Art Buddy programme which promoted the importance of emotional health through creative arts in the Open Studio. “The studio provided lots of freedom. I am relaxed and feel comfortable here.”



▲ Isolated Island made by Lawrence



## Caring for the Young Mothers

Caritas Green Baby Garden is an environmental friendly social enterprise. They employed young mothers as key employees. The employees are allowed to bring their children to work. The shop provides a recycling service and selling second-hand toys and products. Ten young mothers work for the shop to maintain the daily operations.

**Case Sharing:** *One of the employees Angela has three children. Her youngest son suffered from acute renal failure - a chronic illness requiring recurring operations and incessant clinical consultation. Angela spent most of her time assiduously taking him in and out of the hospital. Despite the heavy workload on parenting, Angela remained wholly committed to her work. Her excellent work performance and perseverance are greatly appreciated.*



▲ Daily work of Angela

## Supportive Service for Families Living in Sub-divided Unit

Lots of breadwinners faced financial problems due to unemployment or underemployment during COVID-19. They could not afford the rent and food expenses. The demand for computers and networks of online classes for children created an extra burden for the parents during class suspensions. To cater for the immediate needs of the families, the Service connected different organizations to donate resources on anti-epidemic products for the needy, including gift coupons, foodstuff, digital products and wifi cards. Staff also assisted the families to apply for different government subsidies and charitable funds to ease their financial difficulties. A total of 5,883 households living in the sub-divided units were being served in 2020.



▲ Volunteer provided service to sub-divided flat children

## Concerning Cleaning Workers under COVID-19

Six Community Centres under the Service conducted a survey interviewing over 600 cleaning workers in the 1st quarter of 2021, to comprehend their living situations and needs. The result showed that more than 10% of cleaning workers are new to the industry. They joined the workforce after losing their job in food and beverage industry or builders' trades.

Last year, the Community Centres worked with three Diocesan Pastoral Centres for Workers under Hong Kong Catholic Commission for Labour Affairs. Apart from providing food coupons and protective equipment like face masks and sanitizers, they also assisted those working in the Pest Control Teams to advocate for their right to receive the same benefits as other cleaning workers, i.e., to be granted \$1,000 per month for four months under the Anti-epidemic Support Scheme for Property Management Sector.



▲ Cleaning workers are invited to join sharing sessions of working environment and health issues



## Drugs Abuse Support

The Service paid a lot of effort on drug rehabilitation services and preventive education. Two Youth Outreaching Social Work Teams totally served 138 young people in 2020 with drug problems in Southern District and Tuen Mun District.

In order to catch up with the new drug scene in Hong Kong, seven projects which were sponsored by the Beat Drugs Fund, had provided services in different areas. Over 500 young people with drug problems are being served.

Name of Project	Service Scope
Touch Point	Contacted the arrested youth who had drug-related crime through court outreaching.
Project L	Dealt with drug problems for girls working in night-clubs.
Gato House: Under the Meow-Roof	Provided Animal Assisted Therapy to the young people with emotional and drug problems.
Pregnant to Nurturing Scheme	Provided counseling service and parenting training for the mothers with drug background.
Love Reborn: Family Renewal Project	
VR Station	Applied virtual reality technology to the drug counseling and prevention education.
VR Generation	

## Residential Service

Name of Hostel	Service Provided
Caritas Pui Tak Centre	24-hours home-like residential care and individual counselling service for the needy girls who are aged 16 and below 21.
Caritas Hostel – Hung Hom	Emergency and temporary accommodation to male aged 18 or above, who are in desperate housing need or in crisis.
Caritas Jockey Club Hostel – Choi Wan	Multiple and continuing accommodation service for unwed-mothers, single mothers, and their children in crisis.
Caritas Pelletier Hall	Residential care service for adolescent girls aged 10 to 21 who have behavioural or emotional problems.
Caritas Mother Teresa Hall	Residential care service for adolescent girls aged 12 to 18 who have behavioural and emotional problems or having relationship problems with their families.

**Case Sharing:** *In 2020, there were seven unwed mothers being served in the hostel. Here is one of the stories.*

*Ying, a single mother, was pregnant after broke up with her boyfriend. She never thought of abortion even facing with insufficient living area at home, blames and complaints from family members. With the assistance from the hostel staff, she got all necessities for her baby.*

*The hostel provided a stable accommodation for her to plan for the future with her baby. She restored relationship with her mother, “My mother came to hostel and visited us. I am delighted that she accepts us.” Recently, Ying moved out the hostel and co-lived with another single mother family in a rental unit.*

## 2.4 Services for the Elderly

### Objectives

The Services for the Elderly ("the Service") provides community care and support services for the elderly aged 60 or above. It aims to maintain their general well-being and quality of life as well as to uphold their self-esteem and ability to live actively in the community. These are achieved through a comprehensive range of services which are centre services, residential care services, and in-home care services.

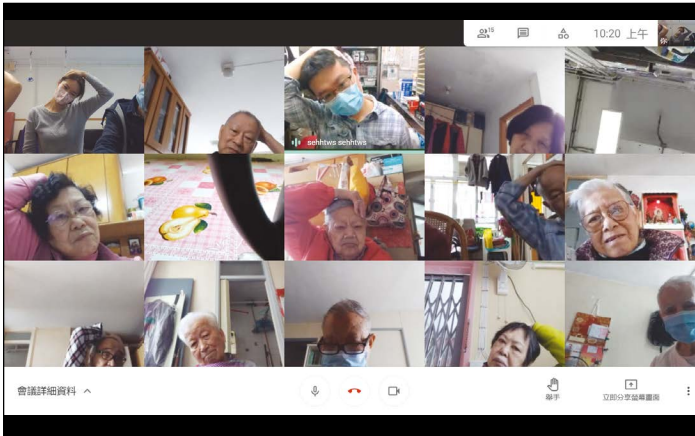
### Highlights of the Year

#### Jockey Club Online Power

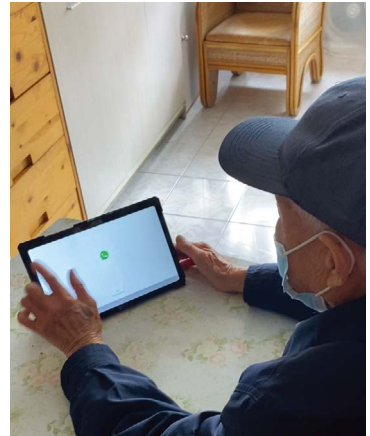
The project rolled out in January 2021 which aimed to provide supportive services such as cognitive training, rehabilitation exercise, reminder for taking medication, etc. through tablets to homebound elders during the epidemic. Each service recipient would receive a free tablet with data card throughout the project period. Trained volunteers visited the service recipients to teach them basic skills in using the tablets.



▲ Volunteers maintaining contacts with elders through social media



▲ Elders doing pain relief exercises via social media



▲ Service recipient using tablet to get connected

**Case Sharing:** One of the service recipients, Mr Lee was a widower aged 97 with hypertension, depression and dementia. His wife was suffering from paranoid and severe dementia. Being his wife's primary care giver, Mr Lee was under immense burden. Though his wife passed away two years ago, Mr Lee's mental condition got no significant improvement until he joined the "Online Power". The physiotherapist led him to do physical exercise and social workers provided cognitive training to him via social media. He also learnt to use video calls and could freely communicate with his grandson in England. The project successfully raised his moods and enlarged his social circle. Even at an advanced age, Mr Lee could still add colors to his life.

## New Projects

### Jockey Club Special Project to Support Elderly Singleton and Doubletons

The project was targeted to provide 3-tier supportive services to singleton and doubleton elders residing at Sham Shui Po, Yuen Long, Lei Muk Shue and Tin Shui Wai. Service contents included telecare, social support, home assessment, minor household maintenance and simple health check.

### Caritas Creative Art Centre

This self-financed project was kicked off in July 2020. It aimed to enhance the physical, mental, social and spiritual well-being of people aged 50 or above and their care givers through art-based interventions, such as music, painting, drama, etc. The responses from the users was satisfactory.



▲ Participants practicing interactive drama

## Awards Achieved

### SWD Opportunities for the Elderly Projects 2019-2020 (One-year project)

Centre	Project Title	Awards
Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po)	左鄰右里繫深中	1) Hong Kong Best Activity 2) District Best Activity 3) 跨代義工獎
Caritas Elderly Centre - Aberdeen	智叻有里	District Best Activity
Caritas District Elderly Centre - Yuen Long	鄉您耆元齊共享	1) District Best Activity 2) 突顯長者貢獻獎



▲ Expression of concern: Handmade quilt would be delivered to deprived elders



▲ Elders cooked meals for their singleton neighbour to express love and concern



## 2.5 Rehabilitation Service

### Objectives

The objectives of the Rehabilitation Service (“the Service”) are to provide comprehensive and effective rehabilitation training programmes, residential care and community support services for people with disabilities and their families to develop their potentials and capabilities, and to enhance their personal growth for more self-reliance and for fuller participation in community life.

### Highlights of the Year

#### Caritas Lok Miu Early Education and Training Centre

**Case Sharing:** *The Centre serves the pre-school children and their families with early intervention programmes in order to enhance the maximal development of the children’s potential and to prevent any further delay in the growing up process.*

*Ching, a three and a half years old child, was diagnosed with Suspected Autistic Spectrum Disorder (“ASD”). She had started a few days of kindergarten schooling when the social worker and this family first met in the summer of 2019. However, Ching’s dad felt particularly demanding and discouraging on the communication with her. It had been painful and irritating since the father was experiencing disappointments towards Ching every day.*

*“Why is my daughter being such disobedient?”*

*“Why isn’t other child behave in the same way?”*

*Ching’s dad would ask himself almost the same question every single day...*

*He is a reflective person who thought that there must be way out for the worse situation. After consulting the social worker, they had started to trace back the early childhood experience of Ching’s dad from his family of origin. It had been discovered that in his grown up, he tried very hard to gain the acceptance and appreciation from his parents; however, his parents were not actively responsive to his behaviour. Thus, the problem from family origin had been extended to his nuclear family. Through the process of discovering,*

*perceiving, reflecting, acknowledging and finally accepting his own past, Ching’s dad felt a “click” of inspiration — **accept the child, like the way as she is!** Gradually, the stalemate relationship had softened; disciplining was not as difficult as before; the state of emotions between himself and Ching had also been improved significantly.*

*Now, Ching’s dad knows the way to balance between discipline and parent-child relationship. Because of his love to Ching, and the patience to listen to her, problems could always be solved. Whenever meeting parents with similar troubles, Ching’s dad would proactively share his experience: to accept and love children as they are unconditionally, no comparison and no high expectations. He could gradually understand his children and maintain a harmonious relationship with them.*



▲ Unconditional love and acceptance are the nutrients for the growth of children

## Community Resilience Project: Recovery to Resilience from COVID-19 Epidemic

The Project, as funded by the COVID-19 Emergency Fund of the Hong Kong Jockey Club Charities Trust (the “HKJC Charities Trust”), was held in mid-2020 for preventing and mitigating the health and societal impacts caused by epidemic influence. Two professional training courses were held and three sets of manual had been published for distributing to over 150 NGO units for people with mental distress, intellectual disability and their carers. The hygienic and protective supplies packs had been given to the clients and their families via 47 rehabilitation service units to provide emergency support.



▲ Donating the protective supplies to the disabled

## Reprovisioning and In-situ Expansion of Caritas Lok Yau Early Education and Training Centre

With funding support from the Lotteries Fund, the Centre was fitted out and refurbished. It commenced services at the new base in February 2021. Additional recurrent resource was allocated by the SWD to increase the capacity from 80 to 105 for supporting children aged 0 to 6 with special education needs and their parents.



▲ New look of the Centre

## New Services / New Projects

### Tier 1 Support Services in Kindergartens / Kindergarten-cum-Child Care Centres

This 20-month Project was granted by the SWD and commenced on 1 August 2020. Under the Project, children with signs of special needs were given early intervention services by educational psychologists and special child care workers. Depending on the evaluation results of the Project, the Government would explore the feasibility of providing more comprehensive, flexible and ongoing support to cater for children with various levels of special needs at different stages.



▲ In-class support provided by special child care worker

## Jockey Club Kindling Kids Project

With funding support from the HKJC Charities Trust, the Project was extended for 2 years and 9 months. Phase II of the Project started on 1 January 2021 and the service team would provide 84 school-based support programmes for 420 students with Attention-Deficit / Hyperactivity Disorder (“ADHD”) in ordinary schools.



▲ Training group for students with ADHD

## New Publications



▲ An effective tool to assess reading ability of primary one pupils at an early stage



▲ My Wellness Handbook: Specially design for persons with intellectual disability and their caregivers with lots of exercise to develop their well-being



▲ Staying Calm during Pandemic: Several useful wellness tips for caregivers to reduce their stress from caring role in times of pandemic



▲ The picture book aims at arousing the awareness of taking good care of mental wellness among parents of children with ASD, enhancing the parent-child relationship as well as promoting the message of the importance of peer support



▲ To know ourselves step by step, to take care of and understand ourselves.



▲ Parent-child Dialogic Reading Books: A series of story books with social inference questions and visual prompts, specially designed for children with ASD



▲ Support students with ASD in making adjustment for school resumption



## Award Achieved

### Caring and Inclusive Award

Caritas Blissful Life Parents Resource Centre had collaborated with Caritas Community Centre - Kowloon and the social work students of the Hong Kong Polytechnic University to organize a programme named “SEN 學童及家屬支援系列－童行號啟航計劃”。The scheme responded swiftly to the new normal and rendered the services with innovative thinking. It was successfully held and won the "Caring and Inclusive Award" by the SWD.



▲ Empower the community through volunteer training



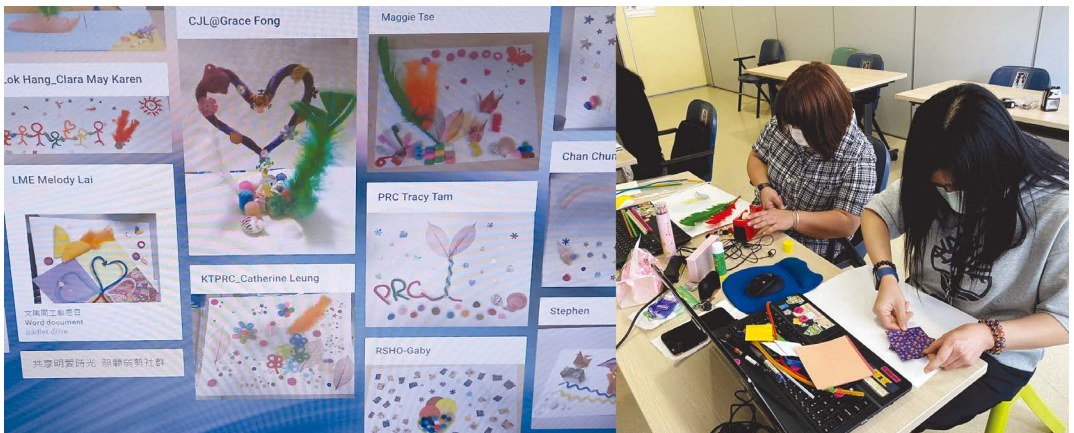
▲ Empower the parents and families of children with special education needs (“SEN”)



## Staff Development and Training

### Supporting Services from Inside Out

The web-based reflection programme supporting administrative and clerical staff was organized amidst COVID-19. The programme highlighted its integral values of administration in serving the Last, the Least and the Lost. Devoted staff who served the Service for over thirty years shared the legend and legacy which highlighted the distinctive features of administrative roles in NGOs. They are “passion for people” and ultimately, their effort was translated to growth of people.



▲ We cherish. We love. We serve.

## 2.6 Family Service

### Objectives

The service objectives are to preserve and strengthen the family unit, by empowering individuals and their families as a whole, through different levels of professional intervention, and to improve the quality of family life.

### Highlights of the Year / Achievement

#### Brightening Family with Virtue

The Project, a signature initiative with collaboration among Caritas School Social Work Service of Kindergartens, Primary Schools and Secondary Schools, aimed to provide character strengths education to the families with pre-schoolers, children and adolescents.

**Case Sharing:** Mrs Chan, mother of two primary school students, joined the parent's group of this project. She was upset by the unharmonious relationship with her two sons. She complained her younger son was so slow at doing everything that her life was ruined and she had no private time of her own. She was overwhelming with impatience and tiredness. Besides, Mrs Chan was aware that she had put high expectation on her children but paid back with a lot of disappointments.



▲ The treasure box full of character strengths wishes

However, change in the parent-child relationship happened after she had joined the parent's group. Instead of focusing on the weakness of her sons, Mrs Chan discovered the character strength of prudence of her younger son. She shared, "It is so touched that I am able to see the strength of my son. He is my good helper because he can complete all the tasks carefully!".

Apart from changing her mindset, she found that her stress on parenting had been much alleviated.

Mrs Chan was grateful for joining the group that she could rebuild the parent-child relationship, look for their strength and see the lovely faces of her children again. She enjoyed sharing her experience and feelings with other parents as well as the group sessions which inspired her a lot.



▲ Mrs Chan shared her feedback towards our VIA parents group in the online seminar



A series of Value in Action (“VIA”) packages was published for kindergartens including 24 character strengths training manuals, 24 animations, puppets and character strength growth diary. For primary schools, a series of story books named “Forest of Virtues, parent-child challenge wheels and parent group training manual” was published. For secondary schools, the character strength was integrated into the curriculum on English, Chinese and Religious Studies. The seed of character strengths could be implanted in the children that they would grow up with confidence and live a meaningful life and most importantly, bring love and hope to the families.

## Enhancing the Users’ Empowerment through the online participation – Caritas Addicted Gamblers Counselling Centre (“AGCC”)

Online connectivity in the time of COVID-19 became one of the major ways to keep engaging with the public in light of social distancing in Hong Kong. An online programme “展晴開講” was conducted via AGCC Facebook to promote the prevention of gambling disorders. This preventive programme was effective in decreasing the risks of gambling disorders especially when involving the users’ successful stories and their strengths. Users’ empowerment was enhanced through their participation.



▲ An episode of “What can the family members do?” was very useful to the gamblers’ family members

Two users from AGCC participated in the programme “暢出正能量” organized by Caritas School Social Work – New Territories West (“SSW-NTW”). A song “悔改不賭” was co-created by a user of AGCC and a student of SSW-NTW which shared the user’s experiences on song creation with a student during the youth activity. The song composition was done by the student and the lyric was written by the user. The song was uploaded to AGCC website.



▲ Caritas School Social Work Service 「暢出正能量」 x AGCC





▲ The song "悔改不賭" was from co-creation

## Friendly Times - Caritas Social Support Service for Men

The Project was launched by Caritas Jockey Club Project Cedar - Social and Emotional Support Service for Men. The main serving target was male aged 18 to 35 with the problems of isolation and social deprivation. The mission of the project is to change their negative mindset to a positive one and they realized the importance of being accepted by others.



▲ Social skills training camp for adults

The Strategies and Skills Learning and Development framework was adopted to build up the social competency of intimacy for the service users.

A research was conducted to evaluate the outcome of the project that both qualitative and quantitative results were very promising. The overall satisfaction rate on the social skills training programmes was 100%. The results showed that their social life network was expanded. Moreover, empathy to others and self-understanding were improved. Improvement in managing conflict, emotion and relationship were also found from the research result.



▲ Volunteer services - Conservation of historical sites

The service users were not only the service recipients, they were also the working partners, helpers and volunteers of Caritas. They organized social activities among themselves. They also provided services such as board games volunteers in different centres of Caritas as a way to participate in the community.

## Grains of Soul: Community Support Programme on Psychological Wounds

The Project aimed to strengthen family resilience through enhancing awareness, understanding and coping of intergenerational transmission of trauma in families. It also hoped to reduce adverse impacts brought by family trauma and to lower social and medical costs in the long run. The project adopted a public health approach in strengthening the resilience level in families by enhancing knowledge and awareness on intergenerational trauma through short term programmes. Primary schools, integrated family service centres, churches and other community partners were the collaborative partners for public trauma education.

The three-year project has been receiving support from The Community Chest of Hong Kong from September 2016 for providing trauma education to over 14,000 individuals and families. It has been extended for another two years from 2019 to 2021. More than 98% of the participants shared that the programmes had enhanced their awareness, knowledge and coping, as reflected by the service evaluation. The Project has developed a safety net for the community through networking for more than 200 partners and providing training to 400 professionals. Moreover, the project has developed a self-help package including a booklet and 12 postcards which could provide a reflective / experiential space for users and serve as a reference for professionals.



▲ Use of postcard in activity. Message revealed when giving warmth to the black heart



▲ Sharing of Dr Grace Cheung, Ms Shirley Lau and Ms Virginia Lam



## Discovering the BLESSings in Our Life

Caritas Dr. & Mrs. Olinto de Sousa Integrated Family Service Centre launched a two-year project with funding support, namely “Discovering the BLESSings in Our Life”, to promote family resilience. The project aimed at shifting the traditional Chinese cultural paradigm of fault finding, to a strength-based discovery of expressing gratitude within the family. In the 1st phase, almost 8,000 citizens were served through community education programmes by means of interactive drama tours to schools and elderly centres. In the 2nd phase, focus was put on the snowball effect through group work in 15 schools, in which a pre / post-test research was adopted to assess the effectiveness on enhancing family resilience.

Due to pandemic, only one group of students completed the test but the result was encouraging.



▲ Family members expressed their appreciation to each other at the community exhibitions

## Award Achieved

“Discovering the BLESSings in Our Life” was granted an "Outstanding Award" in Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2020.



▲ Father's day video:  
<https://www.youtube.com/watch?v=Lx5gv9yZcLM>



▲ What is blessing:  
<https://www.youtube.com/watch?v=4sAgP0fSLzI>

**Case Sharing :** Mrs Chan is one of the participating mothers in the project. Her sons saw the drama at school. She was deeply touched with the mission that she liaised with the parent-teacher association of the school. As a result, the project sowed seeds to the whole school with a lingering effect.



▲ Interviewed a child to express her gratitude to her father

Mrs Chan also shared her own life story about overcoming life challenges with supports from her sons on the Facebook and newsletter. She volunteered to hold a programme for parents and children to cook for each other, showing their gratitude. This is one of the success stories in the project and it was exactly what the project wanted to achieve. A seed of resilience is planted in individual, from there it created a rippling effect, from the individual to their family, and further spread to other families.



▲ Parents created a new intimate experience with their children through making special cartoon lunch boxes



## 2.7 Community Development Service

### Objectives

The Community Development Service (“the Service”) aims at forming genuine human communities through a continuous process of awareness, participation and sharing.

### Highlights of the Year

#### “Beyond the Village” Cultural Heritage Scheme

Sponsored by the HKJC Charities Trust, The Conservancy Association Centre for Heritage launched the “Beyond the Village” Cultural Heritage Scheme in March 2021. The exhibition “Travelling through Sham Tseng: Journey of Memories” was supported by Caritas Hon Man / Sham Tseng / Tsing Lung Tau Community Development Project. The villagers shared their stories and wrote a book of “Travelling through Sham Tseng: Their Age After-Taste”. The public tasted the uniqueness of harmony between different cultures, warmth and friendship among villagers.



▲ Villagers shared their working experience with visitors

#### “Vision for Future”

Eye Examination and Eye Care Project for sub-divided unit children and parents was launched through a medical-social collaboration model between the Service, Health in Action and the School of Optometry Service of The Hong Kong Polytechnic University. The 1st phase of the project served 300 children, by providing free eye examination and prescribed eyeglasses. In the 2nd phase, parents were invited to participate in eye care protection workshops and some of them were recruited as children eye care ambassadors.



▲ Eye care protection workshop



▲ Parents learnt increase indoor illumination during workshop

## Community Connection - “Love in Caritas”

**Case Sharing:** *Chau Pui Ngan, 60 years old, lives at Tui Min Hoi Chuen in Sai Kung. The social workers of Caritas Sai Kung Community Development Project conducted a home visit and health assessment for Pui Ngan and found that she suffered a stroke and the fell risk was high. She was referred to receive a home assessment service and was subsidized to install a handrail in her home and to buy a crutch.*

*Meanwhile, she was invited to join the exercise class. Pui Ngan's mental health and physical health were improved after joining the programmes. She built up the relationship with the Centre and other elders. “(Caritas) likes a bridge linking us together. We can play and share happiness here. We have enough space to do exercise and I found my left leg is getting well.”*



▲ Pui Ngan joined us to visit local cultural exhibition



▲ Pui Ngan is practicing Baduanjin and chair dance with other elders

## Concern Special Needs of Communities

**Case Sharing:** *Ms Cheng got a work injury in 2018. Her colleague poured a pot of boiling water on her feet accidentally in her working restaurant. Her supervisor did not report to the Labour Department and would like to lay her off. With the support of the Service, she understood her rights under the labour ordinance and fought for the work injury compensation successfully.*

*Ms Cheng also suffered from serious musculoskeletal pain for a long time that limited her daily activities. She could not sit for a long time and her emotion was adversely affected. The social worker invited her to join the preventing musculoskeletal disorder course with stretching exercise. Her pain was greatly relieved.*



▲ Ms Cheng demonstrated stretching exercise