

## 02



### *St Paul the Apostle (Missionary)*

*St Paul (formerly called Saul) was a persecutor of the Church. On his way to Damascus, he encountered Jesus. That experience transformed him completely from a persecutor of the Church to a devoted follower of Jesus, willingly consecrated himself to the mission of preaching the Gospel, the Good News to all. Throughout his life, he visited many places along the coast of Europe, Asia and the Mediterranean and converted many.*

*Caritas' Social Work Services Division is committed to providing tailored services in response to the needs of the community that change with time. We provide pertinent services to those in need without discrimination. We strive to enable our service users to be "reborn" and enjoy the gift of life from God.*

## 2.1 GENERAL REMARKS

### **Objectives**

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

### **Highlights of the Year**

#### ***Service Units and Staff Complement***

The Division had 143 subvented service units and 28 non-subvented service units with 3,782 full-time staff and 151 part-time staff.

#### ***Collaboration with Corporates and Individuals***

During the 5<sup>th</sup> wave of COVID-19, all our service units continued their services to our users even though many face-to-face activities had to be cancelled or the format had to be changed to online. During this difficult time, we were grateful for the generous donations received from corporates and individuals. Daily necessities and hygiene-related supplies, such as rapid antigen test kits, face masks and hand sanitizers were provided to low income families and people in need. Financial assistance was also provided to unemployed and underemployed service clients. With strong support from corporates and individuals, we were able to walk with our service users to overcome the hardship together.

#### ***The Hong Kong Jockey Club IT Support Programme for NGOs***

Data we received through provision of services could assist us in improving our services, service designs, and delivery. In this regard, the Service Development Section of the Division has been working with consultancy and research services provided by the Hong Kong Productivity Council on data utilization, integration, storage and security. We expect that with enhancement in the Division's IT support, we will be able to provide more efficient, effective and appropriate services to our users.

#### ***Staff Development and Training***

##### ***Training Programmes***

For the year 2021/2022, 14 training programmes supported by the Social Welfare Development Fund Phase 3 (Third Round) were organized, with a total attendance of 1,187. These training programmes equipped our colleagues with different work skills and enriched their knowledge to serve our community.

## 2.2 CHILD CARE SERVICE

### Objectives

With the aim of cultivating the full development of children without discrimination against their abilities and social background, our Child Care Service provides educational and caring service for children aged 2 to 6, including children from single parent families, children of working parents and mildly disabled children.



"We like to read together in our little chapel."



Amazing creativity of children – a Christmas tree

### Highlights of the Year

#### Nurturing Children to Care for the Needy

We believe in sowing the seed of love at an early stage of childhood and cultivating positive attitudes can help children to work through difficulties they may face. This year, children were encouraged to participate in a series of actions of love at different venues including schools, home and community. With the theme "Peace and Joy," children were taught to observe and offer priority seats to people in need, giving them the real life experience to put school's motto of "We Love Each Other" into practice.



Thankfulness from the children for the priority seats donated by MTR



"Let's present the gift to the elderly"

### Engaging Children In Exploratory Learning

To initiate independent learning and problem solving skills of children, as well as fostering their high order thinking skills, all Caritas nursery schools adopted Developmentally Appropriate Practice by providing various exploratory learning experiences to children. This contributes to the all-round development of children.



"How can we make a stand to place the masks?"



"How does the BEEBOT move to the destination?"

### Supporting Children's Home Learning

To support and provide children with full-day class during COVID-19, the mixed learning mode was continued this year. Learning materials and play activities were delivered online via the schools' e-platform. In addition, emotional support to both parents and children were provided through the collaboration with the school's social work services in a virtual way.



Online English activity



"Wishing you a Happy New Year of the Tiger!"



Children and parents listened to bible story online

## New Publications



11 stories on moral development created by children



Production of a parent-child play kit

## Staff Development and Training

### Annual Reflection Day for Head Teachers and Annual Departmental Evaluation Seminar for School Principals and Teachers

The reflection day and evaluation seminar with the theme "Prospect Within One Body" were held on 29 June 2021 and 21 July 2021 respectively with a total of 144 colleagues participated. The participants were especially inspired by the sharing delivered by Dr Christine Lai, Director of Social Work Services and Associate Director of Education Services.



Sharing from Director of Social Work Services



A workshop "Servant Leadership" conducted by Dr Christine Lai



Sharing from Associate Director of Education Services

## 2.3 YOUTH AND COMMUNITY SERVICE

### Objectives

Our Youth and Community Service aims to promote integral development of young people with communities through the process of understanding, relationship building, collective participation and co-responsibility. The on-going process instills a sense of individual and communal responsibilities in the younger generation, promoting mutual care and social integration.

### Highlights of the Year

#### *“Love and Care” - Caritas Labour-friendly Communities Project*

This Project was funded by KG Services Limited. A bottom-up strategy was developed with the joint efforts of cleaning workers, local communities, and multi-disciplinary professionals. The Project did not only provide cleaning workers with alleviation treatment of musculoskeletal pain and other health-related benefits, but also adopted various social innovative ideas to recognize their works and contribution to the city and allow the public to show their recognition and appreciation to them.



Project staff provided guidance to cleaning workers for self-testing of musculoskeletal pain



Cleaning workers applied enduring wisdom to their daily work by using DIY tools

#### *“Live Different, Live Full - CLAP@JC”*

Funded by The Hong Kong Jockey Club Charities Trust ("The HKJCC Trust"), CLAP@JC provided support services on career and life development for young people. It was encouraging that 364 at-risk youths benefited from the second phase of the Project, helping them to pursue an appropriate career path. The capacities of the youths were built, their problems were addressed and their aspirations were fulfilled during the whole process.



The tutor of CLAP@JC conducted Zentangle Workshop



Staff development programme for frontline workers

### ***Project Carepillar***

This Project was funded by Simon K.Y. Lee Karen's Fund in August 2021. It focused on promoting young adults' self-understanding and improving their self-actualization and interpersonal skills in workplace. Sixty young adults aged 25 to 39 received supportive services, including individual and group counselling, career matching and exploration, which helped them to achieve a meaningful and successful life afterwards.



Supportive group - Hiking programme

### ***Youth-friendly Mental Wellness Service – LevelMind@JC***

Funded by The HKJCC Trust, this Project provided comprehensive support services to youths with mental health needs. It adopted a user-friendly and innovative youth engagement approach in offering appropriate assistance and emotional support to them in the school setting. Different workshops were held to ease participants' stress and help them to develop positive life values.



Co-creating the "grassland"

### ***Jockey Club Neighbourhood Healthy Kitchen Project***

Co-organizing with Health In Action, this Project joined forces of the local communities of sub divided units, residents in Central & Western and Southern Districts, social workers and medical professionals to provide holistic services to our service users. The Project helped to enhance the community's capacity to access essential health services such as running community pharmacy and physiotherapist-based gymnastic class. Further, in collaboration with families of sub-divided units, a "second home" was created where everyone could cook, eat and exercise together. We also promoted a healthy lifestyle in the neighbourhood by hosting various activities with the neighbours.



Stretching Exercise Workshop



Christmas party with the neighbourhood

## Supportive Service during the 5<sup>th</sup> Wave of COVID-19

Name of Project	Service Provided
(1) Anti-Pandemic Charity Fund	239 families of sub-divided units benefited from this emergency service programme which offered financial assistance to meet their rental and living expenses ranging from one to three months.
(2) We Care, We Share - Project Dawn	This Project raised over \$3.7 million in March 2022 and covered the extra expenses (such as rapid test kits and anti-pandemic packs) incurred by residential care services for the elderly, underprivileged families and those in need. The fund raised also supported us to hire additional work force such as Community Ambassadors and field colleagues to fight against COVID-19.
(3) "Stay With You" Channel	Our Channel provided 168 online programmes for consecutively 28 days, including online activities via Zoom and Facebook. It aimed to provide our service users with up-to-date anti-pandemic information and enhance their physical and psychological well-being through arts, sports and music. Around 1,200 people enrolled on different Zoom activities and more than 1,000 views of each Facebook video were recorded. We have also received encouraging feedback from our service users.



Providing cleaning and disinfection service to families of sub-divided units



Promotional poster of "Stay With You" Channel

## "Hope" Navigation Scheme for Young Persons In Care Services

**Case Sharing:** Po-yan (pseudonym) joined the Care and Attention Home for the Elderly as a care worker through the "Navigation Scheme." Initially, her performance was far from satisfactory, resulting in disharmonious relationship with her colleagues. Her supervisor was going to fail her probation. Our social worker intervened. Our social worker listened attentively, recognized her efforts and understood her difficulties. Later, our social worker facilitated a frank and trusting dialogue to take place between Po-yan and her supervisor. An onsite coach was also offered to provide guidance to Po-yan, helping her to overcome her weaknesses and develop a rapport with her colleagues. Gradually, her work performance improved and she gained the trust and recognition of her supervisor. Later, Po-yan was promoted as a health worker. With such encouragement, she was aspired to be a Rehabilitation Assistant to help the elderlies restoring their health.



Diaper changing practice



## **Supporting Service for Non-Chinese Speaking Students (NCS) In Secondary Schools and their parents**

In 2021, we launched the programme "Provision on Services of Providing Life Planning Education Activities for NCS students in Secondary Schools (2021/2023)." It provided career development support to Secondary 3 to Secondary 6 non-Chinese speaking students through different activities such as training sessions and workplace visits. We also launched "Parent Education Programmes for NCS Parents (2021/2022)" which provided educational activities for their parents to better understand the essence of Hong Kong education system and the importance of supporting their children's life planning and career development.



Students participated in life planning training workshop

## **Caritas Hostel - Hung Hom**

The Hostel provided communal living accommodation for males who had desperate housing need to restore their strength while they tackled their problem.

**Case Sharing:** Pui and Hung (pseudonyms) started a new life in the hostel. They appreciated the support from their roommates under the encouragement of our colleagues. They understood each other better as self-reflection and self-empowerment were strongly promoted. They built a sense of belonging in the hostel without feeling helpless and lonely. Through spiritual activities and visits arranged by St. Mary's Church, Pui and Hung completed catechism class and became Catholics. The hostel even employed them as ward attendants, offering them an opportunity to share their talents in serving others in need.



Christmas celebration co-organized with St Mary's Church

## 2.4 SERVICES FOR THE ELDERLY

### Objectives

We provide community care and support services for elderlies aged 60 or above. We aim to maintain their general well-being and improve their 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 including centre services, residential care services, and in-home care services.

### Highlights of the Year

#### "Test@Home" Project

The Project was launched to align with the voluntary mass rapid testing exercise in identifying asymptomatic COVID-19 infections. Trained volunteers paid home visits to the elderlies, teaching them on a one-to-one basis how to conduct the test by themselves.

**Case Sharing:** Mr Chan (pseudonym) was a frail elderly aged 92. He feared that he was infected as he felt he had symptoms of COVID-19. For the sake of others, he stayed at home and had not gone out for a long period of time.

On a sunny Tuesday morning, a nursing student who joined the Test@Home programme put on protective gear and visited Mr Chan, teaching him how to use the rapid test kit. Mr Chan learned quickly and immediately carried out the test by himself for the first time. "I can do it by myself! I tested negative and have not been infected!" Mr Chan beamed with joy as he said that. He could now stroll around the community and enjoy the sunlight with a relieved soul.

"It was such a valuable experience for me to help the people in need in this predicament!" the student volunteer reflected with a smile of contentment.



Volunteer teaching the elderly to conduct the rapid test by herself



Outreaching to elderlies residing at a remote village

#### Project ARTive

The Project was launched by Caritas Creative ART Centre with the support of HSBC Hong Kong Community Partnership Programme 2021. This one-year Project aimed at developing third agers as art companions to bring the joy and healing power of arts to the public.

**Sharing:** Anita (pseudonym), user: "The prolonged pandemic has stressed me out and such emotion could hardly be expressed by words. Through art, I was able to express my feelings and relax."

**Sharing:** Liz (pseudonym), volunteer: "I found it meaningful to mix volunteer work with my pleasure in artistic interests. Art is a great way to engage the community. It was great seeing people we served unleashing their creativity and finding happiness in making art."



Participants enjoying the journey of arts and creativity

## Supportive Services to Those In Need

The 5<sup>th</sup> wave of COVID-19 had brought uncertainty and stress to caregivers. Different supportive services were rendered to those in need to ride out of the storm.

**Case Sharing:** *The Chu's (pseudonym) couple was in their 90s. Their son and daughter worked in Mainland China. Before the outbreak of COVID-19, their children visited them every month and provided them with the necessary support. At the end of 2021, Mr Chu's health condition suddenly deteriorated and he was sent to the hospital, leaving Mrs Chu at home alone. As Mrs Chu had dementia, her children were worried about her health and safety but they were not able to return to Hong Kong immediately. They approached Caritas Elderly Centre - Kwun Tong for assistance.*

*In view of this, colleagues of our Centre took various measures to support the family, such as facilitating communication between the Chu family and a medical social worker, working closely with different parties to arrange respite placement for Mrs Chu, offering border crossing information to the children and assisting Mrs Chu to replace her Hong Kong identity card which she had lost. Eventually, Mrs Chu reunited with her family in the Mainland before Lunar New Year.*

## New Services / New Projects

### To Learn and Earn, Grow and Glow: Third-Age Learn and Earn Service Project

Caritas Jockey Club Third Age Hub was officially opened in July 2021 and this three-year Project aimed to promote active ageing and productive engagement. In meeting the manpower needs of the welfare services, the Project offered persons aged between 50 and 69 with a wide range of training (for example, health and personal care, clerical work, sports, arts and recreation) and matched their talents and skills with different service units in order to provide volunteering opportunities to them to serve the local community. In return, they could receive a small allowance. During COVID-19, volunteers of the Project served over 10 service units including residential care homes, home care services and elderly centres, assisting in distributing anti-epidemic supplies, escorting elderlies to receive medical treatment and collecting drugs from clinics.

**Volunteers' Sharing:** *Ah Bo (pseudonym): "I have worked in the home care service for 27 years and I still have the energy and passion to serve the elderlies after my retirement. The Project allows me to offer my skills to those in need and to earn some allowance."*

*Ah Poon (pseudonym): "The life-threatening pandemic has not halted me from accompanying vulnerable and frail elderlies to receive medical treatments. My family and I are proud of my dedication to support those in need."*

### Caritas Day Care Centre for the Elderly - North District

We were successful in our application for the operation of the Centre for five years commencing January 2022. The Centre offers 40 places to elderlies in need in the North District.



An elderly using the new rehabilitation equipment

## Caregiver Support: "Hope Grows" In the Healing Garden for Caregivers and Extended Hotline Service

Located in Caritas Jockey Club Resource and Support Centre for Carers, the Healing Garden for Caregivers is the first sensory garden in Hong Kong specifically designed to serve carers. The 390 m<sup>2</sup> garden, consisting eight themed zones, was jointly developed and managed by caregivers and volunteers. Nature-based activities were held to revitalize caregivers and to sow the seeds of well-being in them.

To help families overcome the adversity, the Centre extended its operating hours (running from 9 a.m. to 9 p.m., Monday to Saturday) of the Caregiver Support Hotline to provide timely information and counselling services to our service users.



Publicity of the Hotline Service

## New Publication

### Soft Meal Cook Book II - 20 Delicious Soft Meal Recipes for Elderly

To promote the concept of "eating well" to elderlies with swallowing difficulties, we prepared and published our second bilingual cookbook in September 2021 offering 20 easy, nutritious and appetizing soft meal ideas to nourish the elderlies' body and soul, strengthening caregivers' competency and cultivating family bonding.



Soft Meal Cook Book II

## Staff Development and Training

### "Together We Rise" Campaign

To put our motto "Love in the Service of Hope" into action and foster communication and rapport between our new and existing colleagues, the residential care service of our service for the elderlies introduced innovative team-building and mentoring activities to facilitate the exchange of work experiences and nurture mutual understanding and support.



Celebration for new colleagues after working with us for 100 days

### "From Empathy to Caring" Elderly Simulation Workshop

Caritas Jockey Club Resource and Support Centre for Carers organized elderly simulation workshops for colleagues of our welfare sector and secondary school students to nurture their empathy towards the elderlies and caregivers.

Participants experienced a variety of age-related physical challenges faced by the elderlies such as frailty, stroke, visual impairment and those who are using diapers and wheelchairs. A participant shared, "I could not wait to get rid of the simulation suit in less than five minutes. It was hard to imagine that the elderlies were facing these challenges every day." Other participants echoed. This is an example of where empathy intervened, caring actions would be followed.

## 2.5 REHABILITATION SERVICE

### Objectives

We provide comprehensive and effective rehabilitation training programmes, residential care and community support services to people with disabilities and their families. Our services aim to develop their potentials and capabilities, and to enhance their personal growth of independence and confidence to participate community life.

### Highlights of the Year

#### The Power of “Ordinary Love”

**Case Sharing:** *“I believe that every parent loves and cares for their children wholeheartedly, and the most important thing is that they grow up happily and healthily!” A seemingly ordinary sentence, but it definitely came from the bottom of the heart. The statement was made by Ms Ma (pseudonym), the grandmother of Lok Lok (pseudonym) who was only a toddler when she was diagnosed with significant global developmental delay.*

*Lok Lok was referred to Caritas Lok Yau Early Education and Training Centre for rehabilitation training in 2021. When Ms Ma described Lok Lok’s condition, her words were full of tender loving care.*

*Ms Ma shared that when she was told about Lok Lok’s diagnosis, she made a critical decision to take care of Lok Lok herself even though she had just started her early retirement. In doing so, Ms Ma gave up her favourite activities and shouldered the responsibility to look after and teach Lok Lok from day to night.*

*Lok Lok got tired easily and often lost her temper. In some extreme cases, she would hit objects with her forehead. Ms Ma was upset, disappointed and exhausted in taking care of Lok Lok and seeing Lok Lok was hurt, yet Ms Ma managed to stay calm, teaching and nurturing Lok Lok wholeheartedly. Whenever Ms Ma was told about Lok Lok’s developmental difficulties, she accepted the news with an optimistic attitude and accepted Lok Lok as the person she was. In her eyes, loving and caring for Lok Lok was a commitment she embraced.*

*Our Centre provides professional training for children aged 0 to 6 with special needs. Lok Lok received physiotherapy, occupational therapy, speech therapy and special childcare training in the Centre. Ms Ma always consulted the specialists at the Centre for guidance in taking care of Lok Lok. For example, once, Ms Ma was stuck on teaching Lok Lok to sit without any special seating equipment or supine stander at home. Following guidance from the physiotherapist of the Centre, she started using a fitness ball to train the sitting position of Lok Lok, which greatly improved Lok Lok’s sitting posture.*



A happy moment of Ms Ma and Lok Lok

Ms Ma had never missed any training opportunity that was beneficial to Lok Lok. She brought Lok Lok to every training session held by the Centre and continued the training at home with Lok Lok every day. Ms Ma was grateful to the Centre as her reliable companion during this hard time and every little progress brought hope to the whole family. Ms Ma was more positive and active than other caregivers in similar situation, and had a peaceful attitude. She was definitely an important and extraordinary contributor to the upbringing of Lok Lok. The story of Ms Ma and Lok Lok showed the power of "ordinary love" that the Centre recommended her to participate in the "Recognition Ceremony for Carers of Persons with Disabilities" organized by the Social Welfare Department in late 2021, and she won the award.



Lok Lok received home training with Ms Ma

### 10<sup>th</sup> Anniversary Celebration of Caritas Wellness Link - North District and Wellness Link - Tsuen Wan

"Caritas Walks with Me" Lyric Contest and Online Concert were held on 28 August 2021 as the first of two events to celebrate the 10<sup>th</sup> anniversary of the opening of our two Mental Wellness Centres. The Online Concert involved community members and people in recovery, and together we promoted mental health through music. Over 1,750 participants joined and enjoyed the concert at home.

The second celebration event was a mass programme named "Market Soul". It took place between 20 November and 21 November 2021 at PMQ in Sheung Wan and 1,500 participants joined. The programme included 6 relaxing workshops, a sharing corner displaying over 20 recovery stories and over 50 stalls selling different products. The events allowed the participants to better understand the importance of mental health in a relaxing and fun atmosphere.



Psychiatrist Dr Willy Wong, our guests and people in recovery shared their experiences in promoting mental health



A cappella band "SENZA" sang the winning song "Escort Me" in the Online Concert



A variety of products related to mental wellness were provided in "Market Soul"



Audience connected with the storytellers by sharing their feedback to pictures and stories exhibited

**Participation of Disabled Employees in 2021 Hong Kong Hymnos Festival**

Hymnos Choir has 7 colleagues with special needs and 5 volunteers from our Service. The Choir was invited to perform in the 2021 Hong Kong Hymnos Festival on 15 November 2021 at Hong Kong Cultural Centre. The singing performance of "Amazing Grace" and "Hallelujah" offered the green singers an invaluable opportunity to gain stage experience and received applause of encouragement from the audience. The enjoyable performance also helped to promote the concept of inclusion to the public.



Final rehearsal on stage in Hong Kong Culture Centre

**Jockey Club Mental Wellness Project for Women 2.0**

The HKJCC Trust had agreed to support Phase II of this Project which will be for three years starting from September 2021. During this Phase II, over 15,000 will benefit from our online and direct counselling services, focus groups, programmes, educational talks, peer support services and self-help kits. The Research Team of The University of Hong Kong will assist in evaluating the effectiveness of this Project and make recommendations to the Government to incorporate the service elements of this Project into their existing service system.



Psychosocial support group for mothers of children with special educational needs

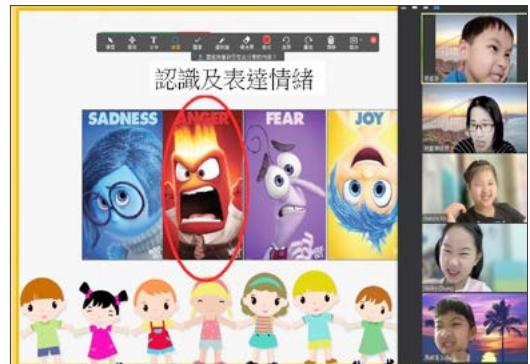
**New Services / New Projects**

**Whole School Approach to Provide Tiered Support for Students with Autism Spectrum Disorders**

We have been awarded \$22.5 million by the Education Bureau to offer new services to 900 students with Autism Spectrum Disorders studying in ordinary primary and secondary schools. 450 coaching programmes will be offered from 2021/2022 to 2023/2024 school years. The team will be multidisciplinary consisting of social workers, educational psychologists, and speech therapists; and teachers will work closely with us to provide small group training and transactional support services to participating students.



Training group on social thinking was designed for students with Autism Spectrum Disorders



Real-time online trainings were provided during the 5<sup>th</sup> wave of COVID-19

## Mobile Training Centre of Caritas On-site Pre-school Rehabilitation Services

We received a support of \$1.13 million from the Lotteries Fund to purchase a new vehicle for setting up a Mobile Training Centre. The vehicle will park at safe locations and areas close to the schools and will serve as an extension of schools providing training to children with special needs and counselling services to parents and teachers. Our service will also be available during school holidays and suspension of classes.



A safe, quiet and suitable environment for children training was provided in Mobile Training Centre



Outlook of the Mobile Training Centre

## New Publications



Tree Cave Adventures Children Picture Book Set: An indigenous, child-focused and mental-wellness-oriented educational kit to prevent children from mental distress and promote mental health awareness and acceptance of children's emotion



Comic Book Set – Soul Caring grocery store: To deliver mental health messages through interesting cartoons and pictures with interesting exercises and tips to raise the public awareness of mental wellness

## Award Achieved

### Abilympics Awards

Abilympics, derived from "Olympics of Abilities", is a widely recognized vocational skills competition for persons with disabilities to promote their abilities and talents. In the 10<sup>th</sup> Hong Kong Abilympics, service users of Caritas Joyous Link and Caritas Lok Mo Integrated Vocational Training Centre achieved outstanding results and won 13 prizes including 1<sup>st</sup> and 2<sup>nd</sup> Class Awards on cookie bakery, office maintenance and cleaning services, and 2<sup>nd</sup> Class Award on washing and ironing, room service and English word processing.



Winners of Abilympics



Cookie bakery competition



## 2.6 FAMILY SERVICE

### Objectives

The objectives of the Family Service are to preserve and strengthen the relationships among members of the family and to improve the quality of family life. This is achieved by empowering individuals and their families with strength and resilience through different levels of professional intervention.

### Highlights of the Year / Achievements

#### *QuaranCation: A Vacation for Souls during Quarantine*

To safeguard public's health during COVID-19, the Government has implemented different forms of quarantine and social distancing measurements. With the collaboration among different family service units and designated hotels, Caritas Integrated Family Service Centre - Tin Shui Wai implemented "QuaranCation" in November 2021. It provided a series of free online programme and 24-hour hotline service (18288) to assist people with anxiety. "Blessing Gifts" were delivered to families to meet their material needs during home quarantine.



Media interview on RTHK31 TV Programme  
"Anti-epidemic news express"

#### *Jockey Club Interactive Wonder Box*

With the financial support from The HKJCC Trust, free Jockey Club Interactive Wonder Box was distributed to local kindergarten students. The objectives were to facilitate a holistic development of children in home-bound situations and engage parents to have quality interaction with their children.

In total, the Project delivered 130,000 sets of Wonder Box 1 and Wonder Box 2 to students. Wonder Box 2 consisted of three picture books themed "hope", "gratitude" and "joy" to cultivate good character traits in children, that applied AR technology transforming graphic design into 3D animation and inciting recipient families' infinite imagination and creativity. Furthermore, 13 Family Activities as Power Train Exhibitions were organized as part of the Project, where 8,500 parents and children actively attended. Positive feedbacks were received.

Beside the Wonder Boxes, as many as 9,372 teachers attended 21 different sessions of Zoom trainings in order to familiarize themselves with the use of the training kits. 33 teachers joined the focus groups and offered their opinions. In total, 1,500 teaching kits were delivered to 606 kindergartens.



Jockey Club Interactive Wonder Boxes and Teaching Kit



Families enjoyed AR Power Train Exhibition

## **Concern Campaign for Needy Families In COVID-19**

### **(1) Weaving Caring Community – Family Service**

Under the 5<sup>th</sup> wave of COVID-19, apart from the anxiety of being infected, people were anxious about shortage of food and suffered hardship to meet the extra expenses for anti-epidemic supplies.

Thanks to the generous donations from the local community, we were able to prepare and distribute anti-pandemic care packs to underprivileged families through liaising with schools. With the joint effort of our local community partners such as our parishes, blessing bags were prepared and gifted to families in quarantine and vulnerable people including street cleaners and infected household helpers, offering them care and support during the hardship.



Blessing bags were delivered by the volunteers to families in need in Tin Shui Wai

### **(2) Jockey Club "Dream Catcher" Project – School Support Programme for Students during COVID-19**

This Project was designed to help students with special education needs and underachievers to improve their academic performance by providing tutorial support on learning strategies, goals-directed activities like social skills training to enhance students' motivation and their stress coping skills amidst COVID-19. In this Project, mentors received training on peer counselling, leadership, problem solving, online application skills as well as relevant knowledge on gatekeeper's role. The results were encouraging as both mentors and mentees showed significant improvement in taking care of their mental health and self-management skills. Over 90% of the participants improved in stress coping and emotion regulation, 88.5% of the participants gained positive support and learned useful self-management skills and 84% of the participants improved their knowledge in managing online learning.



Scholarships were presented to mentors and mentees

## **Values in Action – Caritas Character Strengths Education**

Character building is a developmental process. It takes time and needs nurturing. For this service, we adopted a spiral upward approach which is based on 24-character strengths from positive psychology, and provided different programmes to pre-schoolers, children, and adolescents as well as their families.

Caritas School Social Work Service has applied "Character Strengths Education" framework in all serving schools under the Catholic Diocese of Hong Kong and Catholic Religious Schools Council.

Since June 2021, we have been collaborating with our Education Services Division to develop a new framework that covers our Catholic religion, moral and character education. This framework aims to integrate positive education and the character strengths concept into Catholic schools' virtues, our Catholic values and Education Bureau's values. Articles introducing this framework were published in Kung Kao Po regularly.

In future, we will continue to cooperate with our Diocese, Education Services Division and Catholic schools to further promote this framework and develop related practices.



Collaboration of Caritas Family Service Division and Caritas Education Services Division

### ***Caritas Jockey Club Project Cedar – Social and Emotional Support Service for Men***



Caritas Men's Festival 2021 conducted at Lok Fu Plaza



"Male voices in the pictures" photo album and game card set



Imitating Carpenter St Joseph, father and child crafted a wooden stool together

In promoting gender equality and total family participation of men, Caritas Men Centre has implemented Project Cedar and over 7,000 male users were served in the last two years. "Male voices in the pictures" photo roadshow demonstrated men's willingness to open up and participate in new family culture with fairness and intimacy. In the "Year of St Joseph," the Centre also worked with the Diocesan Pastoral Commission for Marriage and the Family to provide programmes which emphasized on the importance of fathers showing their love and care in actions.



menhk.org



Facebook

### ***Codependency' Reflective Love***

The Programme was launched by Caritas Lok Heep Club, which aimed at providing a new framework to explore the interactional patterns between drug abusers / ex-drug abusers and their family members.

In this regard, a series of therapeutic group sessions using non-verbal means was implemented, including fluid art, collage art, playback theatre, human library and photography. Service users' feedbacks were positive. During the 53<sup>rd</sup> anniversary celebration of Caritas Lok Heep Club, their artworks were exhibited, they performed a drama and participated in experiential workshop. A total of 120 participants, including 22 representatives from 17 anti-drug organizations, participated in the programme, where they were able to experience our service users' transformation in codependency.



Drama performance by ex-drug abusers

### ***Kanya Lee Scholarship – Concern Campaign for Secondary School***

The Kanya Lee Scholarship was launched in 2021, supporting 28 secondary schools' students from grassroot families with financial subsidy.

With the Scholarship, one of the beneficiaries could quit his part-time job in a fast food restaurant at night and focus on his study. He was later admitted to his dream Engineering Programme at The Hong Kong University of Science and Technology.



Joint School Recognition Ceremony with Lee's Pharmaceutical Holdings Ltd.

### ***Setting up an EFT Community In Caritas***

Emotionally Focused Therapy (EFT) is a well-known humanistic approach in psychotherapy. It is proven to be an effective approach to reduce arguments and restore intimacy and trust among family members. Under the clinical live supervision of Dr Wong Tat Ying, Certified EFT Supervisor and International Trainer of the International Centre for Excellence in Emotionally Focused Therapy, we set up an EFT Certification Clinic in September 2021. The mission of the Clinic was not only to provide counselling services to couples, but also served as a staff development resource for our colleagues to pursue professional, effective and compassionate intervention. In 2021, 5 supervisors and 10 frontline social workers participated as EFT therapist-to-be facilitators / observers in 8 sessions of live supervision. We anticipate that the establishment of the Clinic will help to develop an EFT community, inspiring positive change and promoting continuous growth of the service users as well as our colleagues.



Learners in Caritas EFT Community

## 2.7 COMMUNITY DEVELOPMENT SERVICE

### Objectives

Our Community Development Service aims to form genuine human communities – build up a harmonious society with fairness, justice and mutual support through a continuous process of awareness, participation and sharing.

### Highlights of the Year

#### Cultural Heritage Conservation Work at Pokfulam Village

Through Caritas Pokfulam Community Development Project, we worked with local villagers to develop sustainable living in the village through cultural heritage conservation. A group of women formed the "Village Lady" to study and make traditional handicrafts. They decorated the village with their handmade ornaments to celebrate the traditional festivals. Through their participation in these cultural activities, cohesion among villagers were developed.



The Village Lady used natural-dyed paper to make bamboo lanterns



The Village Lady learned and practised natural dyeing handicrafts together

#### Age-Friendly Community

Elderlies were invited to visit the Gerontech and Innovation Expo cum Summit ("Expo"). In the Expo, they had the opportunity to experience gerontechnology, which stimulated their interests in using innovation and technology for a better quality of life in their communities. With the assistance of staff from the Hong Kong Science & Technology Parks Corporation, a group of technicians visited rural villages to test and improve the network coverage. That was greatly helpful to ensure emergency rescue service would receive elderlies' call for help without delay.



An elderly tried the mobile stair climbers at the Gerontech and Innovation Expo

### ***"Pokfulam Regeneration" Project***

The Robert H. N. Ho Family Foundation Hong Kong funded a two-year project named "Pokfulam Regeneration." It aims to connect Pokfulam neighbourhoods and strengthen coherence and linkage among individuals. Various co-learning sessions, workshops and activities were launched to promote a community-based model of sustainability development and mutual support.



The main building of The Pokfulam Farm (Grade 1 Historic Building) after revitalisation work



Co-learning session of Empowerment Programme Modules - With the Use of Expressive Art

### ***Emergency Support Service to Low Income Families in Kwai Chung***

**Case Sharing:** During the 5<sup>th</sup> wave of COVID-19, Ms Chen (pseudonym) was infected with the virus. Symptoms of infection gradually developed in her family members. Ms Chen felt helpless when facing a shortage of food and medicine. With the assistance of Caritas Residents Mutual Help Centre – Kwai Chung, epidemic care packs were delivered to her home. Ms Chen and her family members had since recovered. She showed appreciation to Caritas for the immediate support. Ms Chen was later invited to share her experience in an online meeting with other members in the supporting group.



Ms Chen was invited to share her experience with other needy families in the community

### ***Revitalization of Rooftop for Sub-Divided Unit Families***

By turning the rooftop into a community playground, the families of sub-divided units at Kim Shin Lane in Sham Shui Po could meet and connect with each other. The residents decorated the rooftop by making graffiti art. They could also exercise and enjoy the sunshine in a lovely environment. The establishment of a new common area fostered a spirit of mutual support and a sense of belonging among the residents. The revitalization of rooftop enriched the social connection and improved both mental and physical health of the residents.



Decorating the rooftop by making graffiti art