



歡迎新同事加入明愛大家庭，讓我們一同學習明愛的使命
New colleagues are welcomed to join our Caritas's family and learn the mission of Caritas together

新職員導向日 New Teacher and Staff Orientation Day

於2023年8月26日，幼兒服務為新入職同事舉辦「新職員導向日」。透過豐富的服務分享，讓新同事能夠了解服務的宗旨，促進彼此間的認識，並有助他們融入新的工作環境及建立團隊精神。

On 26 August 2023, a "New Teacher and Staff Orientation Day" was held for the new colleagues. Through the informative service sharing, new colleagues were able to better understand the aim of our service, foster their mutual understanding, facilitate them to integrate into the new work environment and build up team spirit.



青少年及社區服務 Youth and Community Service

目標 Objectives

青少年及社區服務旨在透過互相理解、關係建立、集體參與和共同承擔的過程，致力推動青少年與社區的全面發展工作。在這個過程中，向年輕一代灌輸個人和社會責任的意識，同時促進互助關愛和社會共融。

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 development process instils a sense of individual and communal responsibilities in the younger generation, promoting mutual care and social integration.

全年摘要 Highlights of the Year

改變、希望、想像、未來 Changing, Hoping, Re-imagining and Building a Better Tomorrow

回望過去三年於疫情期間面對的無數挑戰和困難，全賴陪伴在我們身旁並給予愛與關懷的同伴，我們得以一一克服過來。藉此機會我們希望向他們表示由衷的謝意，感激一路上風雨同路。

明愛的本質不只是一個機構，更是一項在社會推動，集合力量去進行了解與關懷，照料與服務的行動。儘管社會發展迅速，仍有許多人活在惶恐之中。為回應他們的需求，建立一個良好的溝通平台至關重要。

透過「明白·愛」展覽將社區中不同群體的故事和他們愛的體驗與大眾一同分享。使不同階層背景的社群互相體會，使我們的社會更仁慈，讓更多社群被關注支持，並在社會中培育希望。

Looking back the past three years with so many challenges and difficulties during the pandemic, we were able to overcome these together with the love and care from our companions. We would like to take this opportunity by offering our heartfelt gratitude to them for being with us this long and winding road.

Caritas – Hong Kong is not just an organization. We are an act of service, a never-ending mission to assemble forces of genuine kindness to serve and to care in an affluent society that trusts in its wealth but lacks empathy and understanding of the needs of the last, the least and the lost. Notwithstanding that the society has developed rapidly, there are still many people living with worries and anxieties. In response to their needs, building a collective platform for these marginalized groups and allowing everyone to be moved and empathized with each other is of utmost importance.

Through the "Understanding Love" exhibition, the stories of different groups in the community and their experiences of love were shared to the public. Our goal is to cultivate a more compassionate society where more communities are seen, supported and continue to create hope.

基層權益 – 公平健康 Advocating Grassroots Rights – Rooting for Health and Equality

- 推動延展生活空間

為回應居住在劏房戶家庭成員在身心靈、營養健康及空間使用的需要，自2019年起我們陸續在鄰近基層社區的位置建立不同的服務點。透過利用城市內的閒置空間，與街坊共同打造一個讓鄰里能夠共同學習、遊玩與休憩的社區客廳。

- 透過社區教育，建立一個勞工友善社會

我們集中關注清潔工友的健康、安全與尊嚴以提供支援。由見及此，我們推出不同活動協助清潔工友保持體能及減緩勞損、喚起他們對自我健康管理的意識、提升他們在工作處境的效能感，以及協助他們累積社會資本，建立互助網絡。透過這些社區教育活動，我們希望能夠加強社區凝聚及互相理解。



愛一直都在
Love is always here



向大眾展示基層市民正面對的生活和工作環境
Showing the living environment and working condition the grassroots are currently facing through the exhibition



- Promoting the Expansion of Habitable Living Space

To address the psycho-social, nutritional and spatial needs of household living in sub-divided units, our service has subsequently set up different service points near the grassroots communities since 2019. By utilizing the unused urban spaces, we worked together with the residents to build community living rooms for the neighborhood to learn, to play and to rest.

- Building a labour-friendly society through community education

We provide support to the cleaning workers focusing on “health”, “safety” and “dignity”. In this regard, different programmes were launched to help the cleaning workers to maintain their physical fitness and relieve strains, arouse their awareness towards self-care for health, enhance their self-efficacy at the workplace, as well as accumulate their social capital and build mutual support network. We hope that community cohesion could be further strengthened and mutual understanding could be established through these community education programmes.

推廣精神健康 – 安心自在

Promoting the Importance of Mental Health – Being Mindful amid Chaos

- 雙管齊下 – 結合線上線下介入

我們提供服務予活躍於網上的青少年，以關顧這群情緒受到困擾、被社會邊緣化或遭受網上欺凌的實際需要。透過結合線上和線下的介入，協助他們發展多方面興趣及釋放潛能，強化他們線上和線下的支援網絡，從而改善他們的精神健康。

- 24小時輔導平台

因應時代的轉變，我們與其他非政府機構合作推出網上平台，為有情緒困擾或有自殺危機的青少年提供24小時即時輔導服務。網上輔導不需會面只運用文字訊息，讓青少年更有動機尋求協助。

- 一個能夠讓身心靈休息的空間

透過藝術創作、音樂及網上平台等各種媒介，為年青人提供一個讓身心靈休息的空間。更重要的是，青少年精神健康的三層架構得以建立，連繫社區、學校、醫療專業及其他非政府機構的持份者進行合作，以協助連結邊緣年青人，為他們提供即時和適切的幫助。

- Two-pronged approach with online and offline interventions

We provided services to address the needs of the young active internet users, who might be suffered from emotional distress, marginalization or internet abuse. With the combination of online and offline interventions, it helped them to develop different interests and unleash their full potentials, strengthen their online and offline support network, as well as improve their mental health.

- Round-the-clock Online Counselling

In response to the change of time, we have worked in partnership with other non-governmental organizations (NGOs) to launch an online platform, offering a round-the-clock and immediate counselling service for young people with emotional disturbance and suicidal risk. It is a text-based online counselling service without face-to-face interview. The young people are thereby more motivated to seek help from us through the platform.



提供線上輔導服務，以協助舒緩青少年的情緒困擾
Providing online counselling services to facilitate the alleviation of emotional distress

- A Safe Space for Psycho-social Development and Needs

Through the media like artistic creation, music and online platforms, a safe space for the young people's psycho-social development and needs has been created. More importantly, with the three-tier mechanism set up for youth mental health, partnerships with stakeholders from community, schools, medical professionals and other pertinent NGOs has been formed, which helped to connect the youth-at-risk in order to offer immediate and holistic care to them.

少數族裔賦權 – 展現多元文化

Empowering Ethnic Minorities – Showcase Diversity

- 提供全面性支援

我們希望透過不同的體驗活動去提升公眾對少數族裔文化的敏感度，以及了解少數族裔在生活上遇到的困難。此外，我們亦舉辦文化交流活動、提供克服語言障礙的學習支援服務、並舉辦論壇和研討會來回應少數族裔的需要。

- 以少數族裔的優勢建立團隊

我們訓練和鼓勵少數族裔同事在擔當服務提供者的同時，亦扮演社區上其中一個重要的持份者。對此，我們為少數族裔建立了一個社區客廳，從而建立少數族裔與社區之間的聯繫。同時，社區客廳亦為少數族裔提供了一個平台，讓他們能夠發揮才華，並在參與社區服務中扮演重要角色。

- Provision of Holistic Support Services

By running various experiential programmes, we hope to enhance public awareness towards the culture of ethnic minorities and build up the understanding to the difficulties encountered by the ethnic minorities. Besides, cultural exchange activities, language learning platforms, conferences and seminars were also held to address the needs of the ethnic minorities.

- Leveraging the Strengths of Ethnic Minority for Team Building

To train up and encourage our ethnic minority colleagues as both service provider and one of the important stakeholders in the community, we have set up community living rooms for ethnic minorities with an aim of establishing a bonding between ethnic minorities and the community. The living rooms also served as a platform for the ethnic minorities to showcase their talents and played an important role in serving the community.



少數族裔義工在活動中帶領藝術工作坊
Ethnic minority volunteers leading art workshops during the event

發掘女性潛能 – 改善生活質素

Realizing Female Power – Accessing Feminine Power

- 從性別角度回應女士的需要

由於童年的心理創傷，非華裔女性需要面對不同問題，其中包括在工作上的不確定性、性別的角色定型、以及壓力和濫藥造成的傷害。為了更了解她們的需要，我們從性別角度進行介入，分別透過自我照顧教育、心理教育和職涯規劃，以發掘她們的內在資源達至個人成長和賦權的效果。



協助南亞裔女性探索自己的能力
Helping the non Chinese speaking female youth to explore their strengths and abilities

- 鼓勵弱勢的年輕女性探索自己的能力

為了使弱勢女性的能力被認可，以及讓她們的聲音得到聆聽和關注，我們主動從多個層面去改善她們的處境，由推動家庭友善政策的僱傭措施，到提供職業培訓予在夜場工作的年輕媽媽和女性。

- Addressing Women's Needs from Gender Perspectives

Due to childhood trauma, the non Chinese speaking females have to encounter different problems such as uncertainties at work, gender stereotyping and damages resulting from stress and drug abuse. To better understand their needs, a gender perspective has been adopted in our interventions from self-care education, psycho education to vocational training, so as to unearth their inner resources for personal growth and empowerment.

- Encouraging disempowered female youth to unleash their potentials

Tapping into the hidden strengths and voices of disadvantaged women, we have taken initiatives at multiple levels to improve their situations, from promoting family-friendly employment practices to providing vocational training for young mothers and women working in nightlife entertainment venues.

當代青年 – 想像未來

Augmenting Youth-at-Risk – Reimagining a Youthful Future

- 自我實踐

在過去數年，我們致力推廣生涯發展，並藉著在各個地區開展不同主題的項目帶動青少年參與。在這些項目下，他們能夠認識自我才能、探索多元出路，以促進自我實踐。

- 建立匠人精神

透過一系列手工藝體驗工作坊，培養青少年對工藝文化的態度與價值觀，並協助他們發展成興趣，繼而發掘其內在潛能。與此同時，亦會定期邀請不同手工藝匠人與年青人就不同話題進行經驗分享，例如建立個人品牌、產品寄賣、網上平台及主題市集，鼓勵青少年嘗試多元化生涯探索和生活體驗。我們已為超過1,000名青少年提供培訓，讓他們繪畫個人的人生目標及職涯方向。

- Self-actualization

Over the past years, we have devoted to promoting career development by launching various themed various projects in different districts to engage the youngsters. Under these projects, they were able to identify their own strengths, explore diversified career paths and facilitate self-actualization.

- Cultivating the Craftsmanship

Through a series of arts-and-crafts experiential workshops, it helped to foster youngsters' manner and value towards craft culture, develop their interests and unleash their potentials. Different craftsman were regularly invited to share their experiences with the youngsters on various topics such as brand building, consignment service, online platform and themed markets, encouraging the youngsters to explore different career paths and life experience. We have already provided trainings to more than 1,000 youngsters in order to help them chart their future and career.



年青人分享她如何透過創作去尋找及踏出自己人生
A youngster sharing how she sought and went through her life journey through art and design

學習障礙 – 信有出路

Realizing Special Talents – Charting a Special Future

- 「不是沒有能力，而是能力不同」

結合家庭為本的社區支援服務，以及不同專業的跨界別合作，協助有特別學習需要學童的學習動機，並促進他們在社交和情感上的發展。此外，有特別學習需要學童的家庭亦得以聯繫起來建立同路人網絡，讓照顧者能夠正視和關顧自己身心靈的需要。

- 讓學童發光發亮

「分數有高低，但藝術沒有對錯」，我們相信每個孩子與生俱來都具備無限創意和潛能。由見及此，我們運用藝術幫助有特殊教育需要的學童，讓他們將藝術與讀寫障礙服務結合，建立服務平台，進行多媒體藝術探索與創作，並以各種形式將他們的作品帶到香港不同角落。此外，亦為學校和社區提供親子教育，為家長締造親子相處時間，同時學習欣賞孩子在學業以外的才能。服務至今已為超過500位有讀寫障礙的學童提供藝術工作坊，並舉辦超過2,000節相關活動及展覽，以及為超過400位社工、老師和藝術家提供專業訓練。

我們藉此機會衷心感謝來自各界的支持，展現出對社區不同社群的愛與關懷，亦對明愛同事的努力予以肯定和支持，我們期待與您們在社區中不同的地方再次相聚。

- Unique, Not Powerless

With the family-based community support services and cooperation of cross-disciplined among different professionals, it helped to enhance the learning motivation of Special Education Needs (SEN) children and facilitate their social and emotional developments. Besides, by connecting the families of SEN children together, caregivers could realize and care their own psycho-social needs.

- No grading as Talent is Unique

“There is right and wrong in exams, but not in art.” We believe every child is born with creativity and potential. In this regard, we utilize arts to help the SEN children, which enabled them to free from the shackles of grammar and text-based learning, to explore their creativity, express their emotions and ventilate their stress. In addition, parent-child education have been provided for schools and communities. Parents would be able to spend more time with their children and cherish the talents of their children other than academic results.

Up to now, we have organized arts workshops for more than 500 SEN students and more than 2,000 sessions of related activities and exhibitions. Professional trainings were also provided for more than 400 social workers, teachers and artists.

Taking this opportunity, we would like to extend our heartfelt gratitude to the support from different sectors for their love and care for various groups in the community. The recognition and support to the hard work of our colleagues is greatly appreciated. We look forward to meeting you again in different corners of the community.



學習藝術的小朋友為嘉賓們送上即場個人速畫，
讓大家充滿驚喜
Children sending guests with individual quick paintings as surprise gifts



服務使用者分享他們的經驗和人生智慧，
讓大家既感動又深受啟發
Service users sharing their experience and life wisdom, which was inspiring and touching for all participants

愛一直都在
Love is always here



面對改變，縱然會有不安，帶著勇氣前行；
懷抱希望，也許有點忐忑，尋找無限可能；
帶著想像，或許會有迷失，享受自由夢幻；
迎接未來，即使充滿未知，捉緊信心打拼！

因為，你們。
我們一直都在。

In face of despair, be courageous;
In face of uncertainties, embrace hope and persevere;
In face of setbacks, keep re-imagining;
In face of a worrying future, hold on to faith.

We shall overcome,
for you will always be here with us.