



香港基督教女青年會
Hong Kong Young Women's Christian Association



義工：「要為別人帶來快樂，自己要先快樂。」



CONTENTS

02

義工服務 volunteers SERVICE

03

義工服務：volunteers service



The 87th Annual General Meeting cum Board of Directors Inauguration Ceremony

第87屆周年大會暨
董事就職典禮

05

義工服務：volunteers service

婦女義工關懷施虐家庭

Women volunteers show their concern about abused family
助人往往亦自助

07

義工服務：volunteers service

企業義工展關懷
新創建500義工 愛心暖遍港九新界

NSW Group shows its big heart through corporate volunteering

09

女青首次舉辦「慈善首映禮」

推廣「和諧家庭」熱情戰勝寒冬

YWCA's First Gala Premiere to Promote Family Harmony

11

行政長官夫人 曾鮑笑薇女士

親善探訪女青年會 Mrs Selina Tsang visited YWCA

13

名人到訪

財政司司長 曾俊華先生

落區探望獨居長者 Financial Secretary visited the elderly

14

全港首創「保健通」家居上門按摩服務

僱員再培訓局 主席田北辰

專誠到訪持續教育部 'Healthcare Massage Integrated Service - Home-based Massage Service' first initiated

15

「婚姻『蜜』『勿』斟」

'Sweet or Sorrow' - 問卷調查發布
Survey Results on Marriage Relationship Released

17

Survey on the psychological health of youngsters

青少年 精神健康狀況調查

女聲
編者話

Editor's Note

在寒流襲港的日子編輯今期的「女聲」，可說是最佳的「禦寒」的活動，全因今期的主題是「義工服務」。

談義工服務，首推天水圍婦女義工隊，從專題故事中，讀者將會更掌握本會與義工隊如何支援天水圍的居民，不單是物質，而是簡單問候與傾談，這足以溫暖人心。

900多位善長在寒冬下出席「慈善首映禮」，以支持新成立之「家庭健康促進中心」，並籌款理想善款，也令本會十分鼓舞。

In an exceptionally cold winter, the best theme of this issue of Women's Voice should probably be a heart-warming topic—"community services".

The dedicated service and heart touching stories of Tin Shui Wai volunteer team, will let the readers to see how they provide their genuine care and support in the district.

You will also find the encouraging story on our charitable gala premiere which was joined by over 900 donors for development of the YWCA Family Wellness centre.

義

volunteers
SERVICE

服務

做義工的意

義是甚麼？幫助別人、回饋社會，固然是箇中意義，不過可曾想過，義工的力量之大，甚至可以造就一個屹立大半個世紀的社會服務組織？香港基督教女青年會在八十八年前，便是由一群熱心事奉的婦女義工組成，時至今天已成為本港十大社會服務機構之一。

To many people, volunteering means 'to help others' and 'to serve the community'. Yet, not many of us would realize that the power of volunteering can even give birth to a social service agency that stays strong for almost a century. The HKYWCA was founded by a group of dedicated women volunteers 88 years ago. Today, HKYWCA is one of the top ten community service organizations in Hong Kong.



如何推動義工服務，因此一直是女青年會所關注及重視的。發展至今，女青年會榮幸地得到一群熱心義工支持，為本會擔任董事及委員的工作，為機構持續發展提供意見及方向；而義工團隊亦已擴展至不同階層、不同年齡的人士。

今期《女聲》便會帶領讀者看看一群家庭主婦如何關顧曾經發生暴力事件的家庭，又會看看一班幼兒怎樣在父母鼓勵下，從小體會助人為快樂之本的精神，更會介紹新創建集團多達500人的企業義工隊，如何發揮其團隊力量幫助有需要的家庭。這些故事正正告訴我們：行善絕對不論階級、無分性別、不拘年齡，誠盼更多社會人士可以加入我們的義工隊伍。

To promote volunteering has always been the focus of HKYWCA. It has been our honour to have the generous support from countless volunteers over the years. Some of them take up the roles as board members and committee members, offering valuable advice on the sustainable development of the organization. Our volunteer teams also consist of people from all walks of life.

This issue of 'Women's Voice' covers different voluntary work including housewives caring for families which have experienced domestic violence, children volunteers experiencing the essence of helping others and NWS Group's volunteer teams carrying out territory-wide social service programs. These real-life examples show us that people from all different backgrounds can contribute to the betterment of the community. Come and join us!

義工服務



愛心行動
全會起動

第87屆周年大會暨 董事就職典禮

The 87th Annual General Meeting cum Board of Directors Inauguration Ceremony

小小燭光，可以照亮世界；小小幼苗，亦可以茁壯成長。香港基督教女青年會在八十多年前，便是由四位關心社會及女性權益的婦女義務發起，演進至今，女青年會已經成為多元化的社會服務機構。在創會之初，女青年會已是由義工擔任董事，這個制度亦一直承存至今。而每年的周年大會暨董事就職典禮便是香港基督教女青年會的全年盛事。

去年12月7日舉行的第87屆大會，就有200名會員、同工及企業合作伙伴出席了是在總會所舉行的大會，並見證了2007-10年度選任董事就職。

會長黃文璿女士在致辭時表示「各項服務在會員、義工、同工的齊心協力下表現理想，屢獲社會福利署、僱員再培訓局、教育局的嘉許，亦獲得社區人士、資助機構的讚揚」。黃會長還闡述了女青年會過去一年的服務發展，包括女青年會梁紹榮度假村、「大澳文化生態綜合資源中心」及「青年就業資源中心」等。

女青年會邀請得香港基督徒短期宣教訓練中心總幹事郭朝南牧師擔任就職典禮的主禮嘉賓，

主持「生命樹」澆灌儀式，象徵新一屆董事願意付出心思、意念、精神、關懷、時間和才幹，推動女青年會會務發展，協力服務社會，造福人群。

聚餐共同見證 表揚長期服務董事及同工

周年大會晚上舉行了聚餐晚會，筵開38席，出席的除了本會董事、委員、義工、會員及同工外，還首次邀請不同的合作夥伴及企業，聚首一堂。晚會最重要的項目之一是頒發長期服務獎，以表揚服務女青年會逾10年及以上的董事及同工。

而別具意義的遊戲「女青四海是一家」，在座參加者透過不同語言表達關懷語句，並帶出女青年會為多元化之國際性組織，各人均全情投入，舉杯慶祝並期盼來年會務繼續穩步發展。



A small candle can light up the world; a seed grows into a tree tall and strong. Founded by four women who were dedicated to the community and women's right 80 years ago, HKYWCA has evolved into a multi-faceted community service organization. Throughout the years, it has been the tradition of HKYWCA to have our volunteers taking up the roles as board members of the organization. In the same fashion, the Annual General Meeting cum Board of Directors Inauguration Ceremony has always been the highlight of the year.

The 87th Annual General Meeting cum Board of Directors Inauguration Ceremony of HKYWCA was held on December 7, 2007. It was attended by 200 YWCA members, staff, volunteers and representatives of our corporate and business partners.

President Mrs Mona Leong appraised our members, volunteers and staff members in high regard as the services provided by the association last year received good recognition by the Social Welfare Department, Employees Retraining Board, Education Bureau, sponsoring bodies and the community. Mrs Leong highlighted the new services provided by YWCA in 2006-2007, including the Y.W.C.A. Sydney Leong Holiday Lodge, Tai O Cultural and Ecological Integrated Resource Centre and Youth Employment Resource Centre.

Rev. Kwok Chiu Nam, Chief Executive of Hong Kong Christian Short Term Mission Training Centre joined us as the officiating guest of honour. The 'Life-tree Irrigation' Ceremony marked the dedication of our new board of directors in serving YWCA and the community.

In Recognition of long-service board member and staff

This was also our first time to have our corporate and business partners to join the annual dinner. They shared our happiness in presenting long service awards to board member and staff who had served YWCA for 10 years or more. Highlight of the evening was a game called 'YWCA members from the globe' in which participants spoke slogans of care and concern in different languages.

周年大會晚上舉行了聚餐晚會，多位對本會貢獻良多的董事委員均蒞臨出席。



獲得「長期服務獎」的甘榮美校長（右），已服務女青年會三十年之久。



義工服務

當義工其實不只幫助別人，從許多義工的故事發現，助人往往亦是自助。天水圍有一群家庭主婦，她們過往也曾因為家庭小問題向社工求助，未必想過自己也有能力助人一把，可是在女青年會社工鼓勵下，她們一起參加了與社會福利署合辦的「同心止暴」家庭關顧計劃，為區內曾經發生暴力事件的家庭獻出愛與關懷，更在不知不覺間放下了自己家庭的煩憂。

Women volunteers show their concern about abused family

婦女義工關懷施虐家庭

助人往往亦自助



在嘉許禮上，受助者與義工齊齊展現歡顏。

負責社工李麗平姑娘表示，這次所有受助家庭均由社會福利保護家庭及兒童服務課(元朗)轉介，並曾證實發生施虐事件。「無論是施虐者或被虐者，他們其實都需要關心，但是過往本港較少支援計劃針對他們的需要。」她因此邀請了一群婦女義工參加關顧計劃，負責致電問候及上門探訪受助家庭，避免這些家庭孤立無援。

她還指出，是次計劃具有雙重意義，因為參與的婦女義工都因不同家庭問題求助，她們在關懷別人的過程中，其實有助人自助之效。「在培訓中常會提醒她們，要令人開心，首要自己放開心懷。」

Volunteering not only helps others but also helps oneself. In Tin Shui Wai, some housewives once sought help from social workers because of their family problems. They never knew they could be of help to other people in the same fashion until they were invited to join the Stop Family Violence Program jointly organized by YWCA and the Social Services Department. Through showing their care to abused families, these women also brought new light to their own lives.

Lee Lai Ping, a social worker in charge of this program, said the participating families in which domestic violence took place were all referral cases from the Family Support and Children Services Unit of the Social Services Department (Yuen Long). "In fact both the abused and the abusers are in need of care and concern. Sadly, Hong Kong has been lacking in family support programs to cater for such needs. Therefore, Lee recruited a group of veteran women volunteers to join the support program. They regularly gave phone calls to and paid home visits to participating families.

The support program was also beneficial to the volunteers. In the process of helping others, they also realized they must have a cheerful spirit before they can motivate other people.





FROM VOLUNTEER TO BUDDY 從義工探訪到情如姊妹

義工：要為別人帶來快樂
自己要先快樂

The closing cum prize-presentation ceremony of Stop Family Violence Program was held in mid-December. In the prize presentation ceremony, we found a pair of buddies – single-mother Zhu Jin and volunteer Lam Yuet Chan. Zhu Jin came from Sichuan to Hong Kong for marriage in 2003. Two years ago she took his elder son and left home after they were abused by the father. Zhu was pregnant at that time. Now she has got divorced with her husband. Taking care of two sons and having no family support in Hong Kong, she used to keep all her sorrows to herself. Fortunately, Lam Yuet Chen came to her comfort. 'Ah Chen is very close to me. With a buddy to turn to, I feel less bad now. What matters is someone to care about me.'

The family support program has come to an end, but Lam and Zhu Jin are still good friends and chat on phone from time to time. Lam Yuet Chen has two daughters. She used to get mad easily about how to put them right. Yet, after joining the family support program, she has become a much happier person. 'If you want to cheer up people around you, you have to be a cheerful person first. That's what the social workers reminded us! My daughters also tell me I have become a more patient and loving mother now.'

在這個計劃結束後，女青年會特別在12月中旬舉行了義工嘉許禮。在嘉許禮上，義工林月珍不時挨著受助家庭之一的單親媽媽祝敬說笑，驕看猶如姊妹。零三年從四川嫁到香港的祝敬甜笑道：「我很鐘意阿珍，很開心她來探訪……人家看我常常笑，不過有些事情只有自己才知……」觸及舊事，阿敬不禁哽咽，甜美笑容瞬間消失，變成了漣漣淚水。身旁的義工阿珍立即緊摟著她，替她拭淚。

原來兩年前阿敬跟大兒子被丈夫虐待，她惟有懷著小兒、挺著肚子離家出走。雖然她現已與丈夫離婚，然而在香港舉目無親，隻身帶著兩個兒子，她說心中抑鬱都不會主動跟人訴說。「平日跟師奶聊的只是買靚煮飯、兒子功課，不開心使自己哭一場算了。」感傷過後，慣了自我開解的她又回復開朗地說道：「阿珍她們主動來關心我，心裡已沒以前那麼鬱悶。物質對我不重要，有人陪我聊天已很開心。」

關顧計劃雖然已告結束，不過阿珍說仍會常常打電話給阿敬，繼續關心她。其實家有兩女的她也曾為管教問題煩惱不已，可是她說參加義工計劃後已變得豁達。「我從前動輒為小事發脾氣，現在常記著社工所教，要為別人帶來快樂，自己要先快樂，家人都說我脾氣好了。」

義工發展新方向： 從幼兒開始 培養助人精神

New direction of development
in voluntary work: Cultivating
helping spirit since childhood

都說小朋友應該從小學習幫助別人，不過何時開始才好？女青年會會員事工部去年便首次推出專為幼兒而設的義工訓練計劃「愛心義工小領袖」，最小的參加者只有兩歲八個月，最大的亦不過六歲。

負責社工陳靜汶表示，其實幼兒在學校通常已學會關心別人、幫助別人的概念，只是現今小朋友大都萬千寵愛在一身，很少機會實踐，是項義工計劃正好為他們提供付諸行動的機會。她續道，小義工首先會接受四天培訓，學習如何服務他人及分工合作，然後進行表演練習，最後便會到老人院表演，從中學習尊重及服務長者。

由於這群「小小義工」年紀尚幼、專注力較低，陳姑娘表示，培訓特別著重從遊戲中學習，例如角色扮演、問答遊戲等，令他們較易吸收。

Many say children should learn to help others when they are small, but when should they start? Last year, Membership Affairs Department of YWCA initiated a volunteers training programme targeted on children, the 'Little Caring Volunteers Leadership Training Programme'. While the youngest participant was two years and eight months old, the oldest one was only six.

Social worker Chan Ching Man was in charge of the programme. She said usually children have learnt from school to care about and to help others. However, nowadays most children have love from all around. They are given very limited opportunities to put what they learn from school into practice. The training programme had therefore provided them with such an occasion. Chan further explained that little volunteers would first receive four days of training, learning how to serve others and about the division of labour. After that, they would take part in some practice, and finally visit the home of the elderly to give performances. It was believed that through these children could learn to respect and serve the elderly.

Since these little volunteers were still small with weaker attention, in order that they could acquire the skills more easily, Chan said the training placed much emphasis on learning through games, such as role play, questions and answers, etc.



義工服務



企業義工展關懷 新創建500義工

愛心

暖

遍

港九新界

NSW Group shows its big heart through corporate volunteering

除了個人義工，本地不少企業近年亦積極發展義工隊，鼓勵旗下員工為社會服務。在1月下旬，新創建集團執行董事兼企業社會責任委員會主席曾蔭培便帶領其集團達500人的義工隊，為女青年會港九新界各區的弱勢家庭服務。

活動當日是新創建集團的「創建社區關懷日」，曾蔭培在當日的啟動典禮上致辭時表示，期望透過新創建慈善基金及企業義工隊『新創建愛心聯盟』，參與和支持各項環保和公益活動，回饋社會。在啟動典禮結束後，該集團旗下逾500人的義工隊便在女青年會的安排下，分別為天水圍、屯門、青衣、深水埗及東區近400個家庭服務。

其中天水圍區的服務更是以海陸兩路進行，曠目之餘又饒富

意義。當日早上，新創建首先安排了一輛城巴及新巴，接載百多位天水圍居民前往尖沙咀新世界中心，曾蔭培及一眾高層接著便陪同他們遊覽星光大道。不少家庭看見「警隊前一哥」親當導遊，都把握機會合照留念。之後，居民乘坐城巴及新巴前往香港會議展覽中心，免費品嚐會展餐廳的自助午餐，不少小朋友對於首次吃自助餐都興奮不已。新創建還安排了新渡輪旗下的觀光專船，接載居民前往長洲遊覽。

除此之外，新創建義工隊當日還分別接待了深水埗的基層家庭參觀轄下新巴車廠，招待了屯門的家庭到旗下香島園藝參觀，亦招待了青衣家庭到屬下新中國洗衣廠參觀及免費為他們清洗大型衣物，還探訪了近300個獨居長者，並為部份長者免費檢查家居電力系統。

新創建企業傳訊總經理廖則輝當日親當導遊，帶領天水圍居民遊覽星光大道。

難得來到長洲遊玩，來自天水圍的居民都很雀躍。





「前一哥」親自當義工，不少天水圍居民都邀請他一起拍照。



不少來自天水圍的家庭都扶老攜幼，甚至推著嬰兒車參加當日活動。

In recent years, many local businesses have established their corporate volunteer teams as a way to encourage employees to do community service. In late January, Mr Tsang Yam Pui, Executive Director and Chairman of Corporate Social Responsibility Committee of NSW Holdings Limited, led the volunteer team of the NSW group to carry out a territory wide social service program together with YWCA to serve 400 families in Hong Kong.

At the kick-off ceremony of the NWS Caring Day 2008 (January 26), Mr Tsang highlighted NSW Group's dedication to serve the community and to give support to environmental activities through NSW Charities Foundation and their corporate volunteer team the NSW Volunteer Alliance. Afterwards, 500 NWS volunteers received 400 families from Tin Shui Wai, Tuen Mun, Tsing Yi, Sham Shui Po and Eastern District through a great variety of programs.



吃自助餐時，義工們都細心照顧著天水圍的小朋友。



除了服務天水圍居民，數百位新創建義工亦在東區探訪獨居長者。

The day trip for Tin Shui Wai residents was the biggest event. In the morning, over one hundred Tin Shui Wai residents were taken to the New World Centre in Tsim Sha Tsui by New World First Bus and Citybus of the NSW Group and toured the Avenue of Stars with the company of Mr Tsang Yam Pui and other NSW staff. Many families seized the chance to take pictures with the former Commissioner of Police. In the afternoon, after a free lunch buffet at the Hong Kong Convention and Exhibition Centre, Dragon Cruise of New World First Ferry was arranged to take the families for a visit to Cheung Chau.

Other events of the day also included visit of families from Sham Shui Po to NSW Group's bus depot and visit of families from Tuen Mun to plant nursery of HKIL at Sheung Shui. Families from Tsing Yi were received at New China Laundry and got free laundry service for their bulky clothes there. Other volunteers paid their visits to about 300 singleton elderly households and had their power supply checked.



小丑手中的心形氣球，代表了義工對於有需要家庭的關心。



推廣

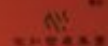
女青首次舉辦 『和諧家庭』熱情

YWCA's First Gala Premiere

一直推廣「和諧家庭」訊息的女青年會在2月2日首次舉行了「慈善首映禮」，為新成立的「家庭健康促進中心」籌款。首映禮獲各界企業及熱心善長的慷慨支持，善款總額超過110萬元，有900多位善長及友好蒞臨參與，儘管會場外只有8度的低溫，卻無減來賓支持建構「和諧家庭」的熱情。



香港基督教女青年會 愛心呈獻
《魔法奇緣》慈善首映禮





「慈善首映禮」 戰勝寒冬

to Promote Family Harmony

勞工及福利局局長張建宗先生當晚應邀擔任主禮嘉賓，在致辭時讚揚女青年會多年來在婦女工作及青年培育等有出色表現。他表示，在行政長官最新的施政報告中，提出「社會政策和服務規劃以維繫及強化家庭作為主要考慮」，他認為女青年會「家庭健康促進中心」，正配合政府發展社會服務的未來方向。「女青利用自己的資源和社會人士的捐款去開拓這項前瞻性新服務，實在值得大家支持。」

女青年會近年積極嘗試以不同形式進行籌募工作，是次的首映禮亦是首次舉辦，希望透過迪士尼浪漫喜劇鉅獻——「魔法奇緣」(Enchanted)，向公眾宣揚「愛家行動，全家起動」的訊息，生活難免遇到逆境，只要家人同心付出愛與關懷，便能維繫美滿家庭。「家庭健康促進中心」正是為培育家庭而成立，提供的服務包括個人成長、家庭支援、婚姻及親子關係的培育等。

是次籌款活動得以順利舉行，有賴各界人士的慷慨捐助，亦反映了社會人士對推廣和諧家庭的支持，以及對「家庭健康促進中心」工作方向的認同。女青年會在往後的日子會繼續與政府及社會各界，保持良好合作伙伴關係，同心同行，為培育「和諧家庭」共同努力。

The YWCA launched the first charitable gala premiere on February 2 for the newly established 'Family Wellness Centre' in supporting the theme of "Harmonious Families". Over HKD 1.1 million was raised from our generous enterprises and donors. On an 8-degree cold evening, we felt heartwarming passion and generosity of the 900 audiences.

Mr. Matthew Cheung Kin-chung, Secretary for Labour and Welfare officiated the Gala Premiere. He appraised YWCA's work in women's and youth services in high regards. Mr Cheung re-stated the Chief Executive's policy address on family bonding and appreciated the YWCA had effectively deployed its own resources and donation to carry out insightful family services. It was really deserved the great support from the government, entrepreneurs and donors.

YWCA had conducted numerous fundraising campaigns over the last few years. Our charitable gala premiere chosen the Disney romantic comedy, 'Enchanted' to deliver a clear message on 'building harmonious families'. YWCA believes family problems can generally be overcome by Love and Care. The Family Wellness Centre is actually established under this mission and would provide services on "Personal Growth", "Family Support", and "Relationship Building".

The great success of the charitable gala premiere on that evening was attributed to the generous corporate sponsors and individual donors. In future, YWCA will work hand in hand with the governmental departments and business partners to keep on promoting family harmony.



首映禮有不少來賓與家人同行出席，正配合女青年會提倡的『愛家行動 全家起動』，建構和諧家庭的訊息。



名人
到訪

行政長官夫人

曾鮑笑薇女士

Mrs Selina Tsang visited YWCA

親善探訪女青年會

行政長官伉儷一直關心女青年會的發展，繼特首曾蔭權先生在去年9月參觀本會位於粉嶺的「健康長者農場」後，身兼本會贊助人的行政長官夫人曾鮑笑薇女士亦在去年11月抽空探訪女青年會總部，仔細了解各項活動及服務。

家庭健康促進中心 Family Wellness Centre

http://www.ywca.org.hk/chi/service11_1.aspx

大澳文化生態綜合資源中心 Tai O Cultural and Ecological Integrated Resource Centre

<http://www.ywca.org.hk/chi/news.aspx>

曾夫人甫進女青總會所，即對放置於大堂的度假村模型甚感興趣，細心向身旁的女青年會會長黃文璠女士了解重建後的新設施及為家庭而設的各項活動。曾夫人隨即參觀總會所的活動及設施，包括婦女事工部的國畫班、粵曲班、英語會員部為外籍傭工開辦的烹飪班等。曾夫人在參觀酒店設施時，更笑道房間景觀怡人，還可看眺望她的家（禮賓府）。

為了讓曾夫人進一步了解女青年會的最新發展，本會新服務部門「家庭健康促進中心」，以及近年政府積極推動的社會企業「大澳文化生態綜合資源中心」的兩位負責幹事，詳細介紹了兩個中心的服務及發展方向。曾夫人也細說了她早年跟隨曾特首在大澳工作的故事，還表示有意再到大澳走一趟了解當區居民的近況。

The Chief Executive, Mr Donald Tsang, and his wife Mrs. Selina Tsang have been very concerned about the development of YWCA. Mr. Tsang visited the Farm of Healthy Ageing in Fanling last September. Two months later, Mrs. Selina Tsang, who is the patron of YWCA, paid a visit to our headquarters in MacDonnell Road.

Upon arrival, Mrs. Tsang caught sight on a model of our Holiday Lodge. The President, Mrs. Mona Leong, then introduced the facilities and family activities of the newly renovated Holiday Lodge to her. Later, Mrs Tsang visited the Chinese painting and Chinese opera classes of the Women's Affairs Department, then the cooking class of ESMD and YWCA's Hotel.

To provide a better understanding of the latest development of YWCA, the supervisors of the Family Wellness Centre and Tai O Cultural and Ecological Integrated Resource Centre presented their work to Mrs. Tsang. Mrs. Tsang also shared with us her history and experience with the Chief Executive in Tai O. She also indicated her great interest to visit Tai O again.



Guests



居住在西灣河康東邨的陸錦，向曾司長訴說了領取綜援獨居長者的需要。陸伯伯指因體弱多病，多年來一直獲得女青年會協助照顧生活所需，例如清潔家居、起居飲食及陪伴出入醫院。陸伯伯向曾司長表示，近期物價通脹嚴重影響生活，曾司長隨即派下定心丸指，政府會着力協助綜援人士應付問題。女青年會也建議政府檢視醫療券的細節及推行，可免長者憂慮醫療開支。

曾司長又探訪了87歲的陳彩恩，她多年來積極參與女青年會的義工服務。陳婆婆笑道：「做義工令人快樂，報答就是自己快樂。所以我常鼓勵長者做義工。」曾司長十分欣賞陳婆婆的積極人生。

名人到訪

財政司司長

曾俊華先生

Financial Secretary
visited the elderly

落區探望獨居長者

正埋首於新年度財政預算案的財政司司長曾俊華，在寒流侵港的農曆年，在女青年會陪同下探訪兩位獨居長者，令他們感到更多溫暖，他表示特意來聆聽長者的需要。

During the exceptionally cold Lunar New Year, the Financial Secretary, Mr. John Tsang accompanied by YWCA staff, visited two senior citizen households in Sai Wan Ho. His visit brings joy and warmth to these elderly.

Mr. Luk Kam, living in Hong Tung Estate in Sai Wan Ho, expressing his urgent needs of singleton elderly people depending on CSSA. Luk suffers chronic diseases and is currently looked after by YWCA on cleaning, cooking and traveling to and from home and hospital. He reflected that his life was seriously affected by inflation. Mr. Tsang promptly promised to allocate more resources in supporting those people relying on social security assistance. Meanwhile, YWCA proposed the government to review the medical voucher system.

Mr. Tsang also visited the 87-year-old Granny Chan. As an active volunteer of YWCA for years, it made her and her clients happy. She kept on encourage the elderly to join voluntary service. Mr. Tsang admired Chan's positive attitude very much.

政府新聞處相片





僱員再培訓局主席田北辰（左二）早前專誠參觀了持續教育部的按摩服務。

名人
到訪

僱員再培訓局

主席田北辰

全港首辦「保健通—家居上門按摩服務」

女青年會持續教育部應僱員再培訓局委託，成為首間以社會企業方式營運「保健通—家居上門按摩服務」的社會福利機構。一手促成此新服務的僱員再培訓局主席田北辰先生，07年12月到訪本會持續教育部，與負責同工共商推廣策略。

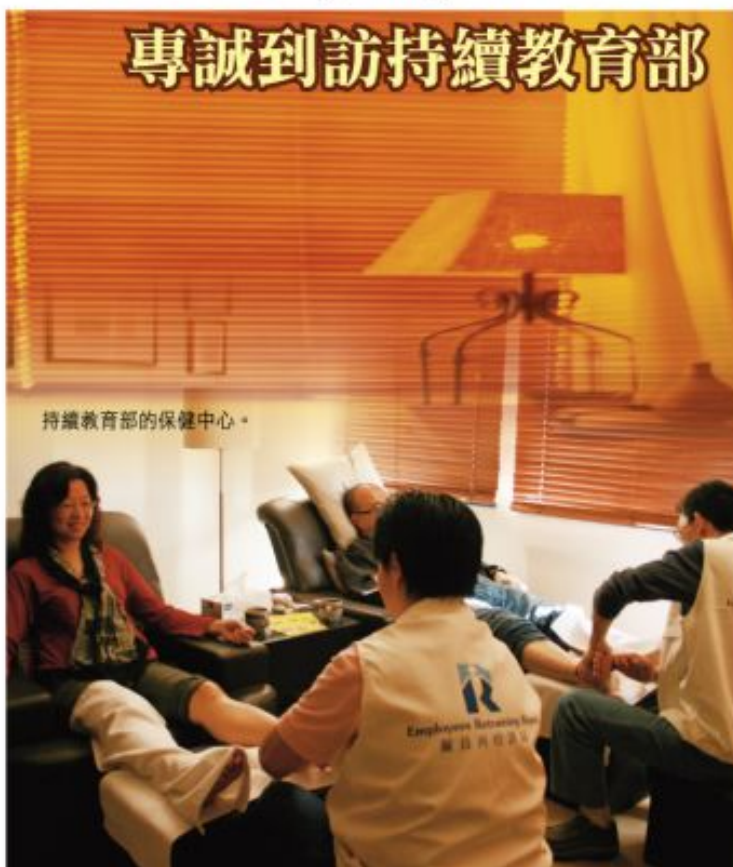
僱員再培訓局近年積極發展「保健通」服務，藉此為轄下保健按摩課程的畢業學員開拓更多就業機會，然而過往只限於在辦公室、商場及屋苑會所等推廣。與太太同樣愛好按摩的田北辰便看到當中尚未開發的商機—讓客人安坐家中享受上門按摩服務。在到訪當日，他與女青年會的同工分享其理念：「期望這種服務會成為一種消閒習慣，就如女士們逛街購物一樣。」

要進一步拓展按摩推拿服務，人才至為重要，他參觀時花了不少時間，與女青年會按摩畢業學員傾談，探討如何提升現有課程的實用性。對於女青年會自發為學員提供畢業後重聚日、師兄師姐分享講座等活動，他更深表認同，並建議將之成為正規課程一部份，以協助學員適應行內發展，為市場造就更多人才。

Commissioned by Employees Retraining Board (ERB), Continuing Education Department of YWCA is the first social welfare organization which provides the Home-based Massage Service by way of a social enterprise under the Healthcare Massage Integrated Service. Mr. Michael Tien Puk-sun, Chairman of ERB, had helped bring about the service. In December 2007, he visited our Continuing Education Department and deliberated over the promotional strategies with our colleagues.

'Healthcare Massage Integrated Service - Home-based Massage Service' first initiated

專誠到訪持續教育部



持續教育部的保健中心。

ERB has been actively developing the Healthcare Massage Integrated Service in recent years, in order to create more employment opportunities for graduates of its healthcare massage training courses. However, the service was only promoted to offices, shopping centres and clubhouses of housing estates. Tien, who likes massage as his wife does, saw the business opportunity to be opened up — home-based massage service which allows customers to enjoy massage at home. On the day he visited our Continuing Education Department, he shared his innovative idea with our colleagues: it is hoped that this service will become a popular leisure activity like women going shopping.

To further develop the massage service, qualified personnel are of the utmost importance. During his visit, Tien had spent much time discussing with the graduates the ways to increase the practicality of the ERB healthcare massage training courses. He also acknowledged the efforts of YWCA on organizing post-graduation reunions, graduates sharing sessions etc. for retrainees. As suggested by Tien, these should be made part of the regular courses, so as to help the retrainees adapt the development of the profession and to train up more people for the market.



要感動另一半，除了排山倒海的浪漫消費品，還可以是甚麼？臨近情人節，女青年會家庭健康促進中心舉行了「婚姻『蜜』『勿』斟」問卷調查發布會，並發表了夫婦相處中「三大最感動的說話及行動」，與「三大最破壞感情的說話及行動」調查結果，藉以提升社會人士對於培育婚姻重要性的關注。

喜

「婚姻『蜜』『勿』斟」

問卷調查發布

‘Sweet or Sorrow’ - Survey Results on Marriage Relationship Released

A. 三大最感動的說話

排名	說話	揀選人次	百分比
1	“無論你如何，都會响你身邊”	670	60.1%
2	“做你老婆/老公，我覺得好幸福”	552	49.6%
3	“你對我來講好重要”	422	37.9%

B. 三大最感動的行動

排名	行動	揀選人次	百分比
1	為你做一件早前提及，也許自己也忘記的小事	630	56.6%
2	深情一吻 / 擁抱你	518	46.5%
3	特別安排時間陪你	508	45.6%

C. 三大最破壞感情的說話

排名	說話	揀選人次	百分比
1	“我真係嫁錯咗你呀”或“我真係娶錯咗你呀”	652	58.5%
2	“你學吓人聽啦，人哋好過你幾多”	505	45.3%
3	“我忍咗你好耐，你成日都係咁”	389	34.9%

D. 三大最破壞感情的行動

排名	行為	揀選人次	合計 %
1	公開羞辱你	713	64.0%
2	公開場所呼喝你	481	43.2%
3	不睬不睬	372	33.4%

負責調查的家庭健康促進中心督導主任李雯珊表示，從是次社區調查反映，夫婦相處中最受彼此重視的並非物質，「給你一個物業」或「給你財務大權」等選擇排名同樣不高。反之，對配偶的關心、尊重及重視則是大部分人士所渴望的，例如「為你做一件早前提及，也許自己也忘記的小事」便成為最多已婚人士覺得感動的行動。她期望藉著調查鼓勵更多夫婦留意自己在言語及行動上對配偶帶來的影響，作出「小改變、大改善」，並學習多說增進感情的說話，及多點做些有助滋養關係的行動。

除了問卷調查，中心亦於當日下午舉辦「『喜』『傷』逢一情人節感情培育工作坊」，讓多對婚齡3年以內的夫婦在社工帶領下，透過促進感情的體驗遊戲、分享及講座，更具體地掌握培育親密關係的技巧，及學習面對親密關係中的衝突與傷害。



逾千已婚人士選出最受感動行動：

「伴侶深情一吻，
遠勝贈送物業」

To touch your partner's heart, what else can you do besides sending tons of romantic gifts? As Valentine's Day approached, Family Wellness Centre of YWCA gave a presentation on the results of a survey named 'Sweet or Sorrow' on marriage relationship. In the presentation, 'the three most touching statements and actions' and 'the three most heartbreaking statements and actions' among couples were announced. It is expected that this would raise the public concern on the importance of maintaining healthy marriage.

Lee Man Shan, Supervisor of Family Wellness Centre, is responsible for the survey. She said this survey had revealed that what couples valued most in their living was not material gains. Both 'giving you a property' and 'giving you control over family financial matters' did not rank high among options in the questionnaire. On the contrary, most people yearned for care, respect and attention from their spouses. For instance, 'doing something for you which is so minor that even you have forgotten was chosen as a touching action by the most married people. According to Lee, it is hoped that the survey would encourage more couples to be careful about the influence of their words and actions on their spouses. Slight changes can bring about significant improvement. Couples should learn to engage more in conversations and actions that can help strengthen their relationship.

Besides the survey, on the day of the presentation, our centre also held a Valentine's Day workshop in the afternoon for couples who have married for not more than 3 years. Under the guidance from social workers, these couples took part in relationship-enhancing games, engaged in sharing and attended talks, which they learnt skills to foster their relationship and how to face conflicts and sadness in their marriage.

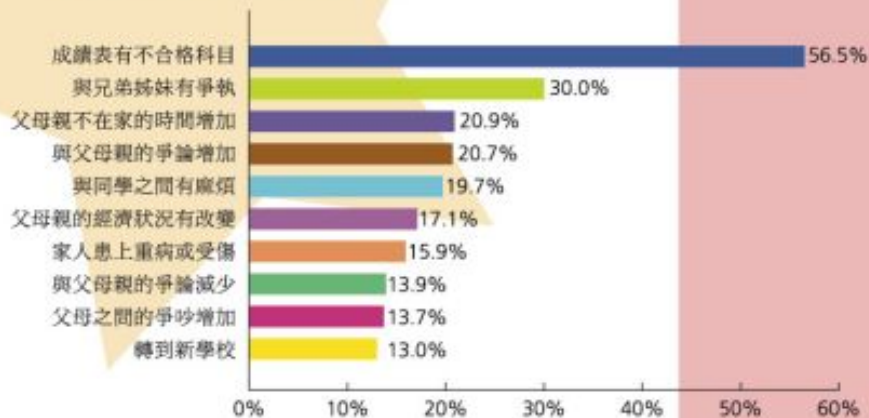




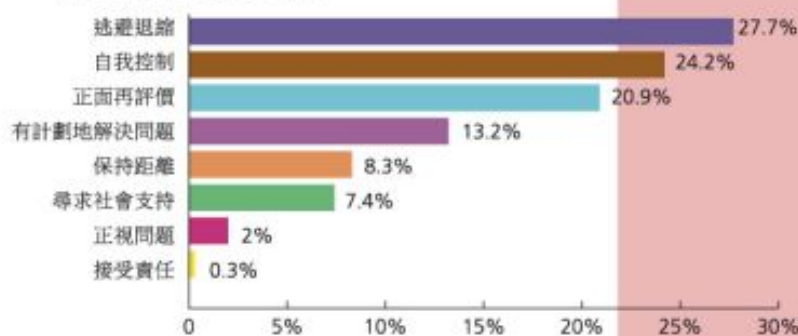
Survey on the psychological health of youngsters

青少年 精神健康狀況調查

十大青少年最多發生的生活事件 (表一)



青少年應付壓力方式 (表二)



屯門綜合社會服務處1月份公布在區內進行的青少年精神健康狀況調查，以問卷成功訪問869位青年，以了解青年的壓力來源及應付壓力的方法等。調查發現部份受訪青年過去一年曾發生的「十大事件」中，有七件與家庭生活息息相關，包括「與兄弟姊妹間有爭執」、「與父母親的爭論增加」、「父母親的經濟狀況有改變」。調查亦發現，27.7%的受訪青年採取「逃避退縮」的應對壓力方式。如欲了解報告詳情，請致電2451 0311。

In January, Tuen Mun Integrated Social Service Centre released the findings of their survey on the psychological health of youngsters in the district. The views of 869 young people on their sources of pressure and ways to deal with stress were collected in the form of questionnaires. Among the '10 important issues that happened last year' named by the youngsters, 7 are related to their family life, such as 'arguing with siblings', 'more arguments with parents' and 'changes to family financial means'. 27% of the interviewees chose 'avoidance' as the means to deal with stress. For more details about the survey, please contact the centre at 2451 0311.



太平洋人壽保險有限公司

THE PACIFIC LIFE ASSURANCE COMPANY, LIMITED

(一九六〇年香港註冊)

宜時保

定期壽保系列

您越**健康**
保費**越優惠!**



如有任何查詢，
請致電
客戶服務熱線：
2876-0876

總行 香港灣仔皇后大道東43-59號康美中心22字樓
九龍分行 九龍旺角彌敦道582-592號信和中心1703-4室
元朗分行 新界元朗青山道99-109號元朗貿易中心2602-4室

電話：2876 0880 傳真：(852) 2876 0678
電話：2384 0071 傳真：(852) 2782 1435
電話：2473 0332 傳真：(852) 2473 1099



回應社會需要 提供適切服務

INITIATE SERVICES TO RESPOND TO SOCIAL NEEDS

隨著社會的變遷，女青年會積極拓展各類型的非資助創新服務，以配合社會不同階層人士的需要；因此我們每年需要籌募龐大的善款，以支付各項擴展服務計劃的經費。您每一分一毫的捐助，對我們的工作都非常重要。

In response to social needs, Hong Kong YWCA develops many innovative non-subsidized services and projects to benefit all walks of life. The Association relies heavily upon proceeds from the society to perpetuate our mission. Therefore, your participation, generosity and continuous support to the Association are of great importance.

支援弱勢社群 全賴有您

Your support is vital to finance our innovative non-subsidized services

- 低收入家庭兒童支援 Helping Children in Poverty
- 危機青少年支援 Empowering Youth at Risk
- 成人夜小學課程 Running Adult Evening School
- 單親婦女支援 Supporting Single Parent Families
- 熱線輔導 Offering Hotline and Counseling Service
- 親職教育 Promoting Parenting Education
- 家庭危機支援 Supporting Crisis Families
- 長者持續教育 Continuing Education for the Elderly
- 國內山區助學 Schooling Sponsorship for Mainland Students
- 少數族裔支援 Strengthening Ethnic Minorities Community Network
- 「愛與關懷」緊急援助專款 "Love and Care" Special Emergency Fund



香港基督教女青年會 HONG KONG Y.W.C.A.

捐款及義工登記表格 Donation and Volunteer Registration Form

衷心感謝您的慷慨支持！ Thanks for your generosity！

捐款與參與 Supporting and Participating

我要捐款 Wish to donate

我願意支持香港基督教女青年會的工作，現捐助：
I would like to donate the following amount to Hong Kong YWCA:

- ☐ HK\$ 1,000 ☐ HK\$ 500 ☐ HK\$ 300
☐ 其他 Others HK\$ _____

我想成為義工，並有興趣參與以下服務

I wish to be a volunteer, taking part in the following services

- ☐ 婦女事工 Women's Services ☐ 兒童及青少年服務 Children & Youth Services
☐ 基督教事工 Christian Ministry ☐ 耆年服務 Elderly Services
☐ 輔導服務 Counseling Services ☐ 持續教育服務 Continuing Education Services

捐款方法 Donation Method

☐ 直接存款 Direct Transfer:

將善款直接存入「香港基督教女青年會」的銀行戶口：

恒生銀行：280-178559-670，請將銀行入數紙連同本捐款表格寄回。

香港基督教女青年會總會香港中環皇后大道中1號208室。

Donation can be made by direct deposit at the following bank account of "Hong Kong YWCA".

Hang Seng Bank: 280-178559-670 Please send the bank-in slip together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

☐ 支票捐款 By cheque:

請將抬頭「香港基督教女青年會」的劃線支票寄回 - 香港基督教女青年會總會香港中環皇后大道中1號208室。

Crossed cheque made payable to "Hong Kong YWCA" and send together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

個人資料 Personal Data

姓名 (先生/女士/小姐)

Name (Mr./Mrs./Miss) _____

會員號碼 (如適用)

Membership No. (if any) _____

電話 (日間) Telephone (day time) _____

電話 (夜間) Telephone (night time) _____

傳真 Fax _____

電郵 E-mail _____

郵寄地址 Mailing Address _____

☐ 請寄回收據。若收據抬頭人並非捐款者，請填寫抬頭人之英文名稱：

Please issue a receipt. Please specify if the name of the receipts differs from the donor:

☐ 毋需發收據，以幫助節省行政開支。

Please do not send me a receipt to save administration cost.

備註：1. 您提供予本會的個人資料只用作處理捐款、簽發收據及寄奉本會籌募活動消息之用，並會提供本會及銀行在工作上有需要知道該等資料的職員使用。

The above information will be used for receipting and fundraising purposes only.

2. 捐助港幣一百元或以上可獲政府免稅。

Donations of HK\$100 or above are tax deductible with a receipt in Hong Kong.

總會所：

地址：香港中環皇后大道中1號 · 電話：3476 1300 · 傳真：3476 1364

電郵：ywca@ywca.org.hk · 網址：http://www.ywca.org.hk

Headquarters:

Address: 1 MacDonnell Road, Central, Hong Kong · Tel: 3476 1300 · Fax: 3476 1364

Email: ywca@ywca.org.hk · Website: www.ywca.org.hk