



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



The Third Hug Families Charity Walk  
Over 1,000 People Demonstrated  
Together the Power of "Hugs"

## 第三屆抱抱家人慈善行

# 逾千人齊展「抱抱力量」



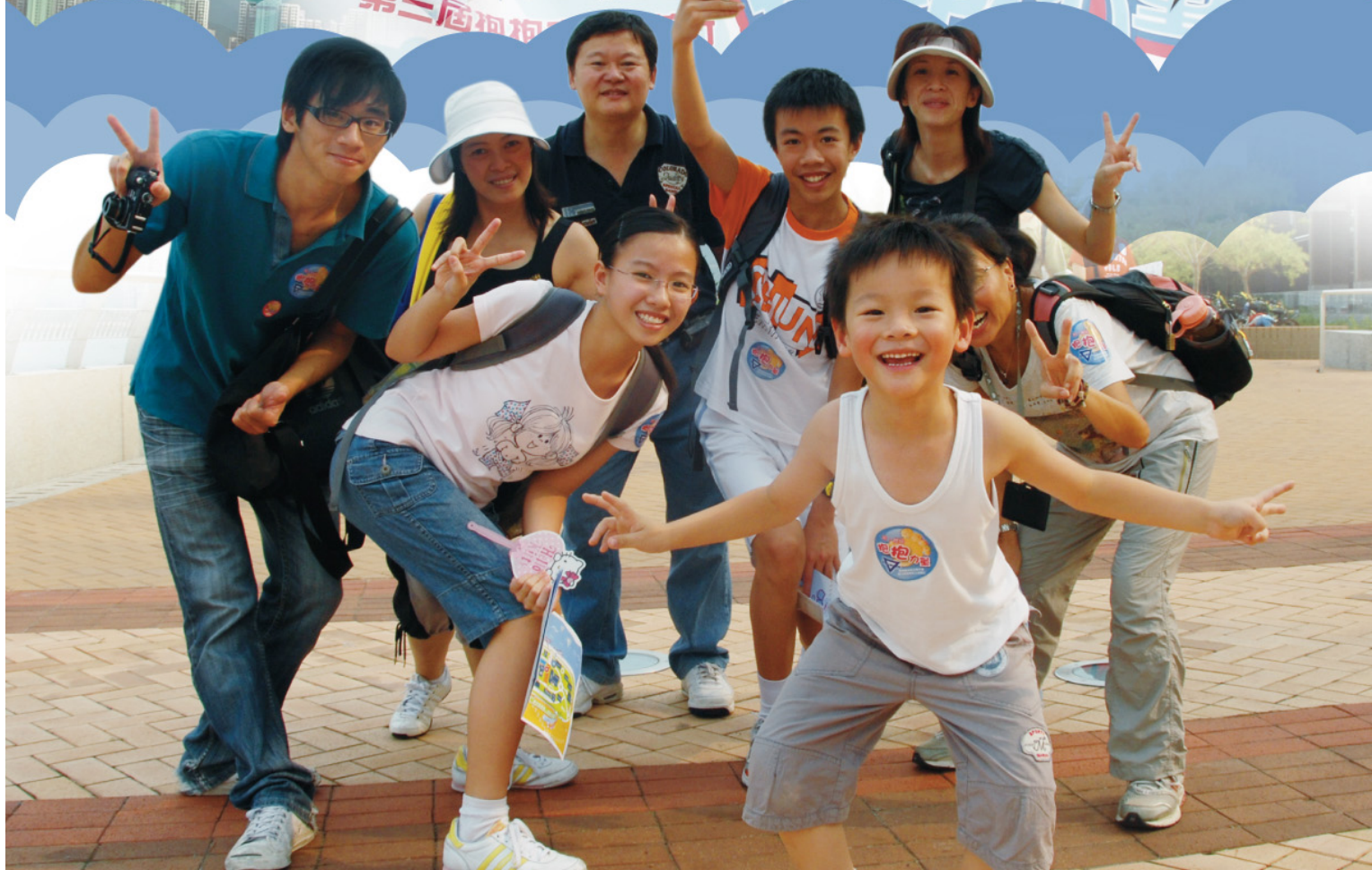
香港基督教女青年會  
Hong Kong Young Women's Christian Association

發展集團  
Development Group

來！體驗

第三屆抱抱家人慈善行

抱抱力量





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## 女聲

### 編者話

#### Editor's Note

2009年最後一期的《女聲》確別具意義，因為擔起回顧與前瞻的重任。而由今期開始，本刊將新增「會長的話」，由本會會長親述會務發展方向。

回顧過去一年，女青年會在各項服務都碩果纍纍，一如今期《女聲》豐富的內容一樣。本會耆年服務勇奪社會福利署4個老有所為獎項，青年招聘及職業博覽詢眾要求再次舉辦，婦女服務方面，本會開展了三年一度的第三屆年青女性領袖培育計劃。今年其中一件盛事就是世界基督教女青年會總幹事到訪本會，為青少年及同工授予當領袖之法門。

展望2010年是90周年會慶的大日子，本會定必一如以往委身服務，繼續在不同服務發光發熱。

This year's final issue of Women's Voice is significant in the sense of looking back and looking forward, while "Words from the President" is a new feature on our initiatives penned by the President herself.

In the past year, we have had outstanding achievements in various services, as elaborated in this magazine. Our Elderly Service Department received four awards from the "Opportunities for the Elderly" Project of the Social Welfare Department, and the Recruitment and Career Expo returned thanks to popular demand. The Young Women's Leadership Training Programme, organized every three years, is now in its third cycle. Another major event was the visit of World YWCA General Secretary, who shared her leadership skills with our colleagues and young members.

Year 2010 will be the 90th Anniversary of the Hong Kong YWCA. We will be as committed as ever to sustained contribution through different services.



The Third Hug Families Charity Walk  
Over 1,000 People Demonstrated Together the Power of "Hugs"



# 第三屆抱抱家人慈善行 逾千人齊展「抱抱力量」

為了鼓勵更多家庭透過「抱抱」促進家庭健康，香港基督教女青年會於2009年10月25日特別舉辦了「第三屆抱抱家人慈善行」，讓更多家庭成員有機會體驗「抱抱力量」。

In order to promote family health through "Hugs", the Hong Kong YWCA organized the third "Hug Families Charity Walk" on 25 October. Through this event, more families got to experience the "Power of Hugs".

是次活動乃為本會自資營運的「天水圍(北)家庭健康促進中心」籌款，加上「抱抱家人」的深層意義，深深感動了各界賢達鼎力支持。除了榮幸地邀得社會福利署署長聶德權太平紳士擔任起步禮主禮嘉賓外，著名音樂人林慕德先生亦專誠為活動創作了主題曲「抱抱啦」，香港電台「開心日報」也特別撥出寶貴的節目時間介紹是次活動，向來熱心公益的俊和發展集團更加慷慨成為活動的首席贊助。

The event was held to raise funds for the Tin Shui Wai (North) Family Wellness Centre, which is financed and run by the Hong Kong YWCA. This noble cause, in conjunction with the deep meaning "Hug Families" entails, moved our patrons everywhere to support us generously. We were honoured to have Mr. Patrick Nip JP, Director of Social Welfare, to be our guest of honour at the commencement ceremony of the Charity Walk, and were thrilled to have famous musician Mr. Mahmood Rumjahn write the event's theme song "Let's Hug". The RTHK programme Happydaily was also kind enough to introduce the event during its airtime, while Chun Wo Development Holdings Limited, a group which has always been enthusiastic about charitable causes, generously agreed to be the event's principal patron.



主辦機構：



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

典典 生命







當日活動由香港科學園海洋廣場起步，沿白石角海濱長廊步行，沿途設有五個「抱抱區域」，參加的家庭可由輕輕接觸至大熊式「抱抱」，寓意「抱抱家人」可有不同方式。參加者每完成一區會獲發一款「抱抱貼紙」，可貼於大會送贈的「抱握手冊」，手冊內亦有介紹每個「抱抱區域」的「抱抱」意義，鼓勵參加者多用行動來表達對家人的支持。此外，大會終點的「俊和呈獻『愛家嘉年華』」，更設有多個特色表演及攤位，讓參與的家庭盡情與家人共聚天倫。

The Walk itself began at the Amphitheatre of the Hong Kong Science Park and carried on along the Pak Shek Kok Waterfront Promenade. Along the Walk are five "Hug Zones", where participating families could touch each other lightly or embrace one another more thoroughly, symbolizing the various ways one can embrace one's family. Participants would then be given a "Hug" sticker upon completion of one zone, which could be affixed in the "Hugs Handbook" distributed earlier on. The handbook also detailed the meaning of "Hug" each zone represented, and encouraged participants to show their support for their family members more often through physical action. Moreover, the "Love Families Carnival" at the end of the Walk presented by Chun Wo Development Holdings Limited offered performance and games stalls for families to enjoy the rest of the day together.

有賴社會各界人士的支持，是次活動合共吸引了近一千四百位家庭成員參加，並為女青年會的「天水圍(北)家庭健康促進中心」籌得逾五十二萬元。

活動當日，首席贊助俊和發展集團副主席彭一邦先生更身體力行，帶領集團近百員工，及自己的家人一同參與。彭先生亦分享了他與家人「抱抱」的難忘片段，以及集團的企業社會責任發展焦點：「承諾互信」。

在起步禮上，女青年會亦特意邀請了早前獲得「快樂健康家庭大獎」的吳觀清夫婦到來，他們三代同堂全力協助女青年會宣揚「十大抱抱力量」。儀式最後更邀得天才童星莫凱謙獻唱「抱抱啦」，以悅耳的歌聲為活動掀起高潮。

Thanks to the support from different sectors, close to 1,400 family members participated in the walk and raised over HK\$520,000 dollars for the Tin Shui Wai (North) Family Wellness Centre.

On the day of the event, Deputy Chairman Mr. Pang Yat-Bond of our principal patron Chun Wo Development Holdings Limited took it upon himself to lead close to a hundred of its staff and his own family to participate in the Walk. Mr. Pang also shared with us his family's memorable "Hugs" moments and the focus of the Chun Wo group's corporate social responsibility – "Trust and Commitment".

At the commencement ceremony, the Hong Kong YWCA also invited Mr. and Mrs. Ng Kwun-Ching, the recipients of the "Happy and Healthy Family Award", to promote with the Hong Kong YWCA the "Ten Powers of Hugs" together with their children and grandchildren. Last but not least, boy genius Mok Hoi Him, made famous by the television talent show Minutes to Fame, was invited to perform the event's theme song Let's Hug, bringing the ceremony to a glorious end and leading into the commencement of the Walk.





## 近年本地首個有關「抱抱」的調查

# 發現近半男士 一年內沒「抱抱」

## Recent Local "Hug" Survey Finds That

Almost Half of All Men Have Not Been Engaged in Hugging Within a Year



女青年會在2009年6至7月進行「抱抱家人行為調查」，發現在最近一年裡，逾六成受訪者有與家人「抱抱」，但對象大都是兩代核心家庭成員，例如父母和子女，祖父母「抱抱」機會較少。此外，近半受訪男士更完全沒與家人「抱抱」，青少年與家人抱抱的比率亦低。

在發布會上，78和77歲的吳觀清夫婦更分享了「抱抱」對於其家庭的治療效用。現時行動矯健的吳老太早年原來曾患中風，手腳癱瘓，不能說話，深恐連累家人的她一度想：「不如死左算數！」。家人卻絕不離棄，每天更以「攬攬錫錫」表達關懷。丈夫吳觀清解釋：「太太當時病到『懵懵地』，跟她說甚麼也左耳入右耳出，但是我們攬她，就好實在令她知道我們錫她。」

深情擁抱結果重燃了吳老太的生存意志：「當時她們攬我，我心裡覺得好舒服。想到如果我走了，他們會很傷心，所以很希望好返。」吳老太因此勤做物理治療，現已完全康復。

During June and July 2009 the Hong Kong YWCA conducted a "Family Hug Survey", and discovered that in the past year, over 60% of those interviewed in the survey have been engaged in hugging with their family members, but that it mainly involved the two generations of a core family, for example between parents and their children, while that happening beyond two generations, for example hugging one's grandparents, was considerably less likely. Moreover, close to 50% of interviewed men have been engaged in no hugging with their families at all, while teenagers are also found to be less likely to embrace their family members.

At the press conference where the results of the survey were publicized, Mr. and Mrs. Ng Kwun-Ching, 78 and 77, shared on the healing effects hugging had had on their family. Mrs. Ng, though able to move normally now, had once suffered from a stroke that had left her paralyzed and unable to speak. Fearing for what a burden she would be for her family she once contemplated suicide. However, her family did not desert her and showed their care for her through hugging and kissing her everyday. "My wife was so sick then, that hardly anything we said could register on her. But our hugs made her feel our love for her physically and substantially," Mr. Ng explained.

The family's hugs of love ignited Mrs. Ng's will to live on in the end. "When they hugged me, I felt so good, and I thought how sad they would be if I'm gone. So I wanted very much to get well," said Mrs. Ng. She thus worked hard on her physiotherapy sessions and has since made a full recovery.



## 會長的話 *Words from the President*

胡秀霞女士 Mrs. Patricia Ling



生命的栽培  
Enhancement of Life

“ 很感謝天父給我一個機會從今期開始，在《女聲》新添的「會長的話」一欄中，與大家  
分享我對會務及其發展的看法。 ”

I must thank the Lord for giving me the chance to share with you my views on the YWCA and its development  
at this new column in Women's Voice.

動筆之際，即時想起常在心裡的座右銘：「生命不是我的，而是屬於神的」。我常常提醒自己誰在掌管著我的人生。的確，在我人生的每個關鍵時刻，也見證了神給我的帶領，包括出任香港基督教女青年會會長這個重任。事實上，我是一個天生內向、害羞的人，不善於辭令，只是一直以來，神引導、磨練及裝備我，令我有勇氣去接受新的挑戰。正如「詩篇」第121篇1-2節說：「我要向山舉目，我的幫助從何而來。我的幫助從造天地的耶和華而來。」

當義工已經三十多年，最初是服務香港痲痺協會（現名「香港耀能協會」），至二十五年前開始參加香港紅十字會的人道工作，至一九九六年我加入了女青年會這個大家庭，透過參與這幾個截然不同的社會服務機構，令我有各方面的學習機會，看到社群的不同需要，去學習憐恤、包容及服侍。這正是女青年會的使命：以基督精神去服務社群。

"My life is not mine but God's." This motto comes straight to my mind. I constantly remind myself of who the master of my life is. Indeed, He has led me through every crucial moment, including my appointment as the President of the Hong Kong YWCA. I am born shy, introverted and not the most articulate, but God has always guided, trained and equipped me with the courage to accept new challenges. As the Bible says, "I lift up my eyes to the hills – where does my help come from? My help comes from the LORD, the Maker of heaven and earth." (Psalms 121: 1-2)

A veteran volunteer for over three decades, I started out at the The Hong Kong Association for the Spastic Children (now known as the SAHK). I joined the humanitarian work of Hong Kong Red Cross 25 years ago and finally the family of the YWCA in 1996. The diverse social services of these agencies have allowed me to observe the needs of the community and learn about compassion, tolerance and service. This is exactly the mission of the YWCA: to cultivate the Christian spirit of service.



基督教女青年會世界協會總幹事 Ms. Nyaradzayi Gumbonzvanda 於十一月底到訪本會，從她親切的分享中，我重新肯定：“Leadership is a call to serve”（領導就是服侍的呼召），就是神呼召我去服侍女青年會；還有“Leadership is a collective leadership”（領導是集體的領導）。我真誠相信領導本會不可單靠個人的能力，而是靠大家的力量，加上會內每一分子的努力，以團隊合作的精神，向同一個目標前進，我們一定會順利完成天父交託的任務。

相信大家都會有同感，生活總不會一帆風順。十多年前，我唯一的女兒突然患上重病，醫生認為非要即時進行艱巨的腦部手術不可，只有一位建議她服藥觀察八星期，後才決定是否需要做手術。我不斷禱告，想著若神真要將恩賜的女兒帶回天國，我是會接受的。感謝神不但沒有帶走我深愛的女兒，卻在短短的八星期內醫治了她。

回顧本會接近九十年的發展道路，竭力為本港婦女爭取權益，寫上光輝的一頁，如一夫一妻制，同工同酬等。這十數年來，本會也經歷過不少風風雨雨。由二零零一年社署推展新資助模式，零三年沙士的襲擊，以至去年的全球性金融海嘯等挑戰，藉著神的帶領與保守，及本會專業團隊同心合力，女青年會才能平穩度過種種困難，得以持續發展。

來年是充滿挑戰的一年，我深信女青年會將以仁愛謙卑的心去汲取以往寶貴經驗，在不同層面增強溝通及交流，不斷優化服務。踏入二零一零年，正是本會九十周年會慶，我誠盼在天父恩領下，本會將繼續秉承「生命的栽培」服務宗旨，掀開新一頁。最後，我深深感謝義工、同工、友好伙伴及關心本會的朋友，繼續與我們同心同行，見證本會九十周年主題：「愛遍香江九十載，承傳使命創未來」。

World YWCA General Secretary, Ms. Nyaradzayi Gumbonzvanda, visited us in late November. Following her hearty sharing, I came to reaffirm that “Leadership is a call to serve”, so it is the Lord who called me to serve the YWCA; and “Leadership is a collective leadership”. I am sincere in my belief that we cannot rely on the individual but our power as a group. With the efforts made by everyone of us, we strive forward as a team, united in our goal. We will definitely achieve the mission given by the Lord.

Life is not always smooth and soft, as you may agree. More than 10 years ago, my only daughter was struck with a grave illness, which the doctors said must be treated with a daunting brain surgery. Only one of them suggested her to take medicine for eight weeks before deciding whether she had to go under the knife. I prayed day and night, and I thought I would accept it if God was to bring her back to heaven. I was grateful as He did not take away my beloved daughter but cured her in just eight weeks.

The YWCA has fought for women's rights in Hong Kong for almost 90 years, including monogamy and equal pay for equal work. In the past decade, we had to weather quite a few storms: the new subvention model by the SWD in 2001, the SARS outbreak in 2003 and the global financial crisis last year. Under God's leadership and protection as well as our professionalism and teamwork, the YWCA has managed to overcome all these difficulties for a sustained growth.

The coming year will be full of challenges. I am convinced that we will draw on our experience with a loving, humble attitude, and step up communications on different levels to improve our services. Year 2010 will mark the 90th Anniversary of the HKYWCA. With guidance from God, we aspire to turn a new page with the vision of whole-person development. Finally, I want to extend my gratitude to our volunteers, colleagues, partners and concerned parties. Let us work together on the theme of our 90th Anniversary celebrations: “Build on our vision for a brighter future”.



# 凝聚力量 邁向九十

## 第89屆周年大會暨董事就職典禮

### Join Forces to the 90th Anniversary

### The 89th Annual General Meeting & Directors' Inauguration Ceremony



30年代的活動紀錄、50年代的黑白照……這些珍貴的文物，記載著香港基督教女青年會89年來無數熱心人士對社會服務的無私奉獻。在2009年12月上旬，乘著本會舉行第89屆周年大會暨董事就職典禮，以及周年聚餐的大日子，本會董事、委員、同工、義工及合作伙伴，通過回顧多年來的點點滴滴，攜手一起與女青邁向90周年。

當日下午舉行的周年大會，共有百多位會員及同工出席，本會更邀得香港華人基督教聯會總幹事陸幸泉牧師為當日典禮主禮及訓勉。陸牧師引述經文訓勉道：「你們就要意念相同，愛心相同，有一樣的心思，有一樣的意念，使我的喜樂可以滿足。」

Event logs from the 30's, B&W photos from the 50's... these precious relics put on record the selfless contribution by countless enthusiasts to the community since the Hong Kong YWCA was established 89 years ago. In early-December 2009, we celebrated the 89th Annual General Meeting & Directors' Inauguration Ceremony plus Annual Dinner. In anticipation of the 90th Anniversary, our board members, committee members, colleagues, volunteers and partners went through the memory lane together.

More than 100 members and colleagues attended the AGM in the afternoon, and we had the honour to have Rev. Sam H.C. Luk, General Secretary of the HK Chinese Christian Churches Union, to host the ceremony and speak to the congregation. He quoted the Bible as a message of encouragement: "then make my joy complete by being like-minded, having the same love, being one in spirit and purpose".





「愛心相同」其實正是本會董事就職儀式的意義所在，當日的新任選任董事便是手持「愛心」放進本會總會所模型之內，象徵著眾人一起為女青年會奉獻自己的愛心與熱心。

其後陸牧師更主持了會長交職禮，一直竭盡心力為女青年會服務的2008/09年度會長梁黃文璿女士在眾人見證下，將機構印鑑移交給2009/10年度的會長胡秀霞女士，象徵著胡秀霞女士正式承接領導本會董事會的重任。

"Having the same love" is the essence of our Directors' Inauguration Ceremony. Our newly elected board members-in-waiting put "love" into a model of our headquarters building, a symbol of collective contribution of love and passion to the YWCA.

After that, the seal of the Association has been handed over from Mrs. Mona Leong, the 2008/09 President to Mrs. Patricia Ling, the 2009/10 President, symbolizing that Mrs. Patricia Ling has been officially assigned to lead our Board of Directors.



當日晚上的周年聚餐更是難得的機會，讓本會的董事、委員、同工、義工及合作伙伴聚首一堂。新任會長胡秀霞女士致歡迎辭時表示：「由現在起，女青年會將會踏入第90個年頭，盼望大家互相支持、『凝聚力量』，繼續為鞏固健康的家庭及社會而努力，一同昂首闊步地『邁向九十』。」

的確，女青年會數十年來一直有賴同工的共同努力，故此當晚更特別頒發長期服務獎予37位已服務10至30年的同工，其中服務滿30年的同工更多達5位，實屬難能可貴。

The Annual Dinner was an invaluable chance for our board members, committee members, colleagues, volunteers and partners to gather together. Our newly appointed President, Mrs. Patricia Ling, said in the welcome note, "From now on, the YWCA will step into the 90th year of its existence. I hope that all of us can support one another, join forces to strive for the healthy family and community and march towards the 90th Anniversary."

To express our gratitude to the staff for their efforts over the decades, we presented Long Service Awards to 37 colleagues who had worked with us for 10 to 30 years, 5 of them for 30 years. It was indeed a very remarkable achievement.



當晚乘著新知舊雨共聚之時，大會更搜集了多件珍貴文物，讓各人一起回顧女青年會的昔日片段。當中1935年年青女性領袖營會的營刊、1947年刊載本會募捐消息的《華僑日報》、50年代的招聘廣告、70年代的女青歌集等等，都教在座眾人看得津津樂道，亦使大家更加珍惜本會多年來努力的成果，為邁向90周年更添力量。

At this occasion of reunion, we put together several valuable historical records of the YWCA, including the camp booklet for a young female leader camp in 1935, a 1947 copy of Wah Kiu Yat Po with donation information for the YWCA, recruitment advertisements from the 50's and song booklets from the 70's. These mementos were very well received by the audience, putting our accomplishments over the years into perspective and adding to our momentum to the upcoming 90th Anniversary.



# 世界基督教女青年會 總幹事訪港

演說為婦女領袖培育定策略

World YWCA General Secretary's Visit to Hong Kong  
Define Strategy for Women Leaders Development

*Ms. Nyaradzayi Gumbonzvanda*

基督教女青年會遍佈全球125個國家及地區，而香港基督教女青年會則為亞洲區其中一個重要成員。在2009年11月下旬到訪本港的世界基督教女青年會總幹事 Ms. Nyaradzayi Gumbonzvanda 便特別出席本會舉行的「女青年會運動及婦女領袖研討會」，並擔任主講嘉賓，與本港婦女界分享女青年會在全球各地區的工作及發展。



來自津巴布韋的 Ms. Gumbonzvanda 是人權律師，曾於聯合國任職，過去二十年一直在有需要的國家，例如津巴布韋、利比亞等地，推動婦女權益及人權發展、改善貧窮問題等。Ms. Gumbonzvanda 於2007年就任世界基督教女青年會總幹事，致力推動全球化婦女運動，喚醒世界各地關注性別意識、婦女權益、愛滋病教育等議題。

世界女青年會的使命是協助女性發展成為社會領袖，促進平等、公義、自由及可持續發展。Ms. Gumbonzvanda 演說時表示，婦女領袖的培育是世界女青年會首要的策略性發展目標，讓鞏固女性在各領域的領導地位。她認為作為提供服務的機構應肩負培育年青女性領袖的責任，並要透過政策倡議來改變世界。

The Young Women's Christian Association has an extensive global network of 125 countries and regions, with the Hong Kong YWCA the key active member in Asia. Ms. Nyaradzayi Gumbonzvanda, General Secretary of the World YWCA visited Hong Kong in late November 2009, and was the honorable guest speaking at the "Seminar on YWCA and Women's Movement" organized by the Hong Kong YWCA, to share their latest works and development around the globe.

Came from Zimbabwe, Ms. Gumbonzvanda is a human rights lawyer who previously worked in the United Nations. She has offered professional help to countries in need for the past 20 years, which include Zimbabwe, Libya to promote women's rights, human rights development, and to eliminate poverty, etc. In 2007, she was appointed General Secretary of the World YWCA. She makes great efforts in global women's movement to call for concern and action of gender awareness, women's rights, AIDS education, etc.





身為一位出色的女性領袖，Ms. Gumbonzvanda 亦分享了她的對領袖的看法。她認為：「領導就是服侍的呼召（Leadership is a call to serve）」，亦是「集體的領導」（Leadership is a collective leadership）」。

而培育年青女性領袖一直是香港基督教女青年會的重點工作之一。本會總幹事陳麗歡博士在演講中介紹了自2004年起舉辦的「香港女聲：年青女性領袖培育計劃」，入選參與的年青女性均是大專院校的精英，會獲安排多項由本港知名婦女領袖主講的工作坊及訓練營，目標是要讓這班年青女性有足夠裝備擔當社會領袖。

出席是次研討會的嘉賓還包括勞工及福利局助理首席秘書長劉陳淑珍女士，她主要介紹了政府及婦女事務委員會的工作。亞洲區家庭研究聯盟主席朱楊珀瑜女士亦是研討會主講嘉賓，她主講的題目是「培育香港家庭」，闡述了本港婦女與家庭關係的現況及服務發展的需要。



The World YWCA upholds the vision of promoting justice, peace, freedom and sustainable development through women's leadership. As Ms. Gumbonzvanda mentioned in the seminar, leadership development of women was the first priority of the World YWCA's strategic direction which provided a solid foundation of today's women leaders in various areas. As a service provider, they had the responsibility of developing nowadays women leaders and changed the world's perception through policy advocacy.

As an outstanding female leader, Ms. Gumbonzvanda also shared her views on leadership, which is a call to serve, and also a collective leadership.

Development of young women leaders is always the focus of the Hong Kong YWCA. At the seminar, Ms Miranda Chan, Chief Executive of the Hong Kong YWCA introduced the "Hong Kong Women's Voice: Young Women Leadership Training Programme" which has been launched since 2004. Selected candidates are top university students who will join various workshops and training sections hosted by renowned women leaders in Hong Kong. The young elites are better equipped to be the future community leaders.

Guests of this seminar include Mrs. Alison Lau, Principal Assistant Secretary for Labour and Welfare who introduced the services of Women's Commission; Mrs. Chu Yeung Pak Yu, Chairman of Consortium of Institutes on Family in the Asian Region Ltd who was the keynote speaker on "Cultivating Family in Hong Kong" of the seminar. She described the current relationship of local women and family as well as service needs.



Ms. Gumbonzvanda 除了出席研討會，亦參觀了本會多元化的社區服務，包括家庭健康促進中心、紹邦幼兒學校、青衣綜合社會服務處及長青松柏中心。在參觀期間，當Ms. Gumbonzvanda 聽到一些義工及服務使用者的分享後，真情流露的她更感動得與她們深深擁抱，對本會的前線服務留下深刻印象。



Ms. Gumbonzvanda also paid a visit to various community services run by the Hong Kong YWCA, including the Family Wellness Centre, Shiu Pong Nursery School, Tsing Yi Integrated Social Service Centre, Cheung Ching Neighbourhood Elderly Centre. During the visits, Ms. Gumbonzvanda was deeply touched by the sharing of volunteers and users that she gave them a warm hug. Our frontline services undoubtedly gave her a strong impression that lingered in her heart.



## 長者服務方向 Elderly Services Direction

# 耆年服務方向 從多角度提倡活躍晚年

如果您有機會走進香港基督教女青年會不同的耆年服務單位，您可能會看到逾百歲的婆婆正在上網，又會遇見公公婆婆大夥兒穿著小丑服飾表演，還可跟近九十歲的「老友記」學習有機耕種。本會耆年服務部督導主任潘廣輝表示，多元化的耆年服務，目的正是發掘長者不同潛能，讓他們擁有「活躍晚年」。

潘廣輝續道，女青年會關心的不單是長者的身體狀況，更期望長者在精神健康上同樣得到平衡，所以各耆年單位一直積極提供機會，讓長者可在晚年發揮潛能，融入社區，進一步對社會有所貢獻。

他指出，每年社會福利署所頒發的「老有所為活動計劃」獎項，女青年會皆屢獲殊榮，今屆亦勇奪4獎，正正反映同工在推動「活躍晚年」上的成果。

有人可能以為「活躍晚年」只適用於「行得走得」的長者，然而潘廣輝強調，即便是體弱或行動不便的長者，同樣可以「活躍」。他解釋：「同工一直努力聯繫地區人士和健康的長者，安排他們與體弱長者多些接觸，讓走不動的也可在社交或思想上保持活躍，不要讓他們尤如住在荒島一樣。」

他又指出，為了讓不同年齡、學歷、身體狀況的長者都能投入「活躍晚年」，女青年會除了由政府資助的耆年單位力推創新活動外，更透過自資營運模式提供更多選擇予長者，例如準退休人士可以參加長者持續教育中心的課程，愛好大自然的又可選擇到健康長者農場，務求讓每位長者都可享受「活躍晚年」。



## Promoting Active Aging from a Wider Perspective

If you step in various elderly service units of the Hong Kong YWCA, you can see a 100-year-old lady browsing the internet, some lovely elders performing in crown costumes; and you can learn organic farming from a 90-year-old "buddy". Mr. Silas Poon, Supervisor of Elderly Service Department said that a wide variety of elderly services could develop elders' potentials and allow them to have an "active aging".

He emphasized that the Hong Kong YWCA concerned elders' physical as well as mental health. Every units have been providing chances for elders to develop their potentials, go into the society and make contributions.

He was happy to share that the Hong Kong YWCA has received several awards from the "Opportunities for the Elderly Project" Award given by the Social Welfare Department every year. The four awards received this year have further proven colleagues' positive outcomes on promoting "active aging".

Some may consider "active aging" is only achievable by those elders with mobility. However Mr. Poon emphasized that weak or immobile elders could enjoy an "active" life as well. He continued, "Colleagues are making efforts in involving community members and healthy elders, encouraging them to be in touch with those weak elders so that they can be active in mind and in their social life. We do not want them to be alone."

In order to provide opportunities for elders from different ages, education and health status to realize "active aging", the Hong Kong YWCA promotes brand new activities under the elderly units, and provides more choices through the self-financed services, for example, retired persons can join the courses of Elderly Continuing Education Centre; for those who love nature life can join the activities from The Farm for Healthy Aging. Therefore, every single elders can achieve "active aging".





「敬老護老愛心券」  
為長者持續教育中心

籌得過百萬經費

**"Care for the Elderly" Tickets Raised  
Over HK\$1,000,000**

**for the Elderly Continuing Education Centre**

具有創意的自資服務，需要社會人士的鼎力支持。今年「敬老護老愛心券」便成功籌得過百萬元，作為本會長者持續教育中心的自資營運經費。該中心單位主任萬雪芬表示，隨著新生代嬰兒潮的長者陸續退休，發展多元化的長者服務愈見關鍵，該中心正正為這群高學歷、高職位的準退休人士提供另類選擇。

有別於一般政府資助、只招待60歲或以上的長者中心，該中心亦歡迎50歲或以上的準退休或已退休人士，目的是凝聚新一代的長者，協助他們從預備退休過渡至「活躍晚年」。她解釋：「嬰兒潮時代出生的長者無論教育程度或工作資歷都較高，他們的需要與上一代的未必相同，所以需要不同類型的長者中心為他們服務。」

她舉例：「例如資訊科技，較年青那一輩的長者通常已有不錯的基礎，他們想學的是更新興的玩意，例如Facebook。」不過她指出，懂得如何教導長者資訊科技的導師並不多，未來有需要增加有關的師資培訓。

她續道，該中心一向著重發掘長者潛能，並提供適切培訓，讓他們可以成為導師，繼續傳授寶貴的經驗和知識，中心未來更會強化師資轉介，為長者導師爭取外界更多受薪或義務的教班機會。

Any innovative self-financed services will require support from community. The "Care for the Elderly" Charitable Tickets has raised over HK\$1,000,000 to support the operation expenses of the Elderly Continuing Education Centre. Miss Cathy Man, the Centre-in-charge said that as elders from the Cenozoic baby boom retired, diversified elderly services were particularly important. The Centre is now providing alternatives for the ready-to-retired persons with high education and senior position.

The Centre welcomes ready-to-retired or retired persons aged 50 or above, which is different from other government subvented elderly centres that only serve those aged 60 or above. Services aim to assist elders to go smooth from preparing retirement to "active aging". Miss Man explained, "Persons born during baby boom have better education level and work experience. Their needs are different from that of our previous generation. We need diversified services to suit their needs."

She said, "Let's take information technology as an example. Elders of this generation have already had some foundation. They want more up-to-date skills such as Facebook." However she mentioned that there was only limited number of teachers who knew how to teach elders I.T. techniques. Additional training and development of teachers would be required in future.

The Centre put great emphasis on developing elders' potential, providing appropriate train the trainer programme for experiences and knowledge transfer. The Centre will strengthen teacher transfer services which grasp more and better remunerated or voluntary teaching opportunities for elderly teachers.





女青年會一向積極參與社會福利署的「老有所為活動計劃」，而且參與的不單是耆年服務單位，還有綜合社會服務處，務求通過不同服務推廣「活躍晚年」。事實上，本會已連續多年在「老有所為活動計劃」頒獎禮上取得佳績，2008至09年度亦繼續大放異彩，連奪四個獎項。

The Hong Kong YWCA is an active participant in the "Opportunities for the Elderly" Project of the Social Welfare Department. Our Elderly Service Units and Integrated Social Service Centres have sought to promote "active aging" through different services. In fact, we have earned accolade in the Project's Award Ceremony for many years in a row. Year 2008/09 proves to be no exception with four awards.



## Four Awards from SWD for "Opportunities for the Elderly" Project

# 「老有所為」計劃展佳績



明儒

### 凸顯長者貢獻獎

Elderly's Outstanding Contribution Award

明儒松柏社區服務中心 - 「體藝耆兵躍動社區計劃」

Ming Yue District Elderly Community Centre -  
"Sports for Elderly" Community Project

適逢去年是奧運年，此計劃特別招募了一群長者導師教授社區人士不同的運動，以及組織社區活動，藉以向社區推廣「一生一體藝」的概念。他們曾舉辦講求戰術、有助訓練長者思考的草地滾球班；亦曾舉辦分為長者組、兒童組及親子組的乒乓球比賽，並且由長者親身擔任裁判；也曾舉辦適合婦女參與的「百人排排舞」活動。

In tandem with last year's Olympic Games, we recruited a team of specialized elderly instructors for a number of sports targeted to the community, and organized community-level events to further the concept of "Sports for Life". Activities include lawn bowl classes which trained strategic thinking of the elders; table tennis tournaments which were contested under elders, children and parent/child classes and refereed by elderly umpires; as well as "Line Dance", which was suitable for women.

### 大埔及北區最佳 「老有所為活動計劃」獎

Best "Opportunities for the Elderly" Project in  
Tai Po & North Districts

秀群松柏社區服務中心 - 「同心願·願同心」

Ellen Li District Elderly Community Centre - One Heart, One Wish

本會社工期望透過計劃發揮長者的「奧運精神」，讓長者突破年紀限制，與不同年齡的義工一同推廣運動，活動包括奧關懷運動操十式、關懷運動工作坊、傳遞關懷運動之火活動、「義無悔」運動課程及「四穿」運動會等。特別的是，一班長者和年青人更一起創造和製作「四穿穿梭」網絡世界的網上日誌([www.xanga.com/meelywca](http://www.xanga.com/meelywca))，藉此將關愛傳遞至四川災民。

Our social workers worked to let the elders express the Olympic Spirit by breaking the age barrier and promoting sports with volunteers from different age groups. These activities included "Ten Exercises for the Olympics", a sports workshop, a torch relay, sports courses and a sports day. In particular, the elderly and youth participants have joined hands to create and maintain a blog ([www.xanga.com/meelywca](http://www.xanga.com/meelywca)) to send regards to the victims of Sichuan Earthquake.





# 連奪社署四獎



將軍澳



蝴蝶灣

## 黃大仙及西貢區最佳 「老有所為活動計劃」獎

Best "Opportunities for the Elderly" Project in  
Wong Tai Sin & Sai Kung Districts

**將軍澳綜合社會服務處—「耆康義力·豐盛頤年」**

Tseung Kwan O Integrated Social Service Centre –  
Exercises Enrich Elderly Life

此計劃主要目的是推動長者多做運動，同時鼓勵不同年齡人士一同關注健康，例如計劃中的「一家大細運動會」，便是鼓勵區內長者及其家人透過參與簡單的運動，體驗做運動的樂趣，並同時促進家庭和諧。由於是次計劃由綜合社會服務處舉辦，活動更特別著重透過街站等渠道與社區接觸。

The primary aim is to encourage the elders to exercise more often and foster health awareness of all age groups. For example, the planned "Family Sports Day" inspires senior citizens and their family to take up simple exercises to enjoy the experience and enhance family harmony. We have made more use of such channels as street booths to access the community as this project is organized by the Integrated Social Service Centre.

## 屯門區最佳 「老有所為活動計劃」獎

Best "Opportunities for the Elderly" Project in  
Tuen Mun District

**蝴蝶灣綜合社會服務處—「凝融互賞展活力」**

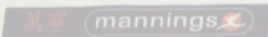
Butterfly Bay Integrated Social Service Centre –  
Bridge across Generations

此計劃特別著不同年齡的家庭義工參與，讓他們有機會互相欣賞，例如計劃中的上門探訪活動，長者義工及年輕義工便能各展所長，長者義工善於與被訪長者打開話題，卻不善於將探訪過程紀錄，教育程度較佳的年輕人則可互補不足。又如計劃中的「動感家庭展才華」，不同年齡的家庭義工便擔當不同角色，有的表演懷舊舞，有的則教授烹飪，讓他們破除年齡的界限，達致跨代共融。

This project is focused on family volunteers from different age groups, so that they can appreciate the strengths of their counterparts. Our planned home visit activity is an example, in which the older volunteers are better at opening up the conversation with the elderly hosts while the younger ones are more competent at putting the visit into record. In another planned event, family volunteers from different age groups will take up different roles like performing oldies dance or teaching cooking. Harmony across generations is achieved by breaking the age barrier.



排名不分先後

**33個僱主即場招聘 吸引1,800人到場求職**

# 招聘及職業博覽

## Recruitment and Career Expo 2009

On-site Recruitment by 33 Employers Attracted 1,800 Candidates



當本地經濟情況正逐步改善，香港基督教女青年會聯同了中西區區議會、中西區民政事務處於2009年12月2日舉辦「招聘及職業博覽2009」，提供逾2,000個職位空缺，為不同學歷的青年人及社區人士提供適時的就業機會。

是日共有33個機構即場招聘，包括信和集團、仲量聯行、鴻福堂、海洋公園、Pacific Coffee及香港大學等等。全天共有1,800人到場求職，僱主合共收到610份職位申請，其中81人即時成功獲聘，另有121人獲安排第二次面試。

In view of the booming economy, the Hong Kong YWCA joined hands with Central & Western District Council and Central & Western District Office to organize "Recruitment and Career Expo 2009" on 2nd December 2009. More than 2,000 vacancies were provided for teenagers and adults from different education backgrounds.

33 organizations including the Sino Group, Jones Lang LaSalle, Hung Fook Tong, Ocean Park Hong Kong, Pacific Coffee and University of Hong Kong arranged on-site recruitment. About 1,800 candidates applied for positions; 610 applications were received of which 81 were successful in getting a place and 121 were arranged second interview.





香港基督教女青年會總幹事陳麗歡博士出席博覽開幕禮時表示：「香港經濟近期有復甦的跡象，個別行業職位空缺陸續增加，我們希望能把握此時機，為求職人士爭取與各行各業僱主面見的機會，成功入職。」

At the Opening Ceremony, Dr. Miranda Chan, Chief Executive of the Hong Kong YWCA said, "Hong Kong has shown a sign of recovery recently that job vacancies of some industries are on the rise. We offer this special opportunity for job hunters to meet with employers of different industries and hope that they will be successful in getting a place."



勞工處處長謝凌潔貞出席開幕禮時亦表示，場內不同的配套服務，例如證件相拍攝、職業性向測試等，均有助求職者好好裝備自己。她並鼓勵求職人士多走一步，多嘗試自己原訂目標以外的的工作，以增加就業機會。

是日博覽除提供空缺外，同時透過多項專業服務，提升參加者的競爭力。多位社會賢達便擔任了講座嘉賓分享其寶貴經驗，包括中西區民政事務專員何吳靜靜女士分享了投考公務員的準備；「親子王國 Baby Kingdom」市務及銷售總監周偉忠先生及「狄志遠家庭教育」創辦人狄志遠先生分享了如何以「家庭」「家長」為核心，帶來創業商機；鴻福堂集團執行董事司徒永富先生則以僱主角度，分享了他心目中好員工的質素。

此外，會場內尚設免費證件相拍攝服務、面試化妝服務、按摩及陪月技巧示範、美甲技巧示範、職業性向測試及就業諮詢站，以助參加人士在求職前有更佳準備。

Mrs Cherry Tse, Commissioner for Labour said that on-site services such as passport photo shooting, vocational preference test are good devices to better equip nowadays candidates. She encouraged job hunters to step forward to explore other job opportunities so as to increase the chance of employment.

In addition to job opportunities, the Expo offered various kinds of professional services to enhance candidates' competitiveness. Community leaders shared their valuable experiences at the seminar. Mrs Winnie Ho, District Officer (Central & Western) shared her preparation tips on civil servant entry examination; Mr. Winson Chow, Sales and Marketing Director of Baby Kingdom and Mr. Tik Chi Yuen, Founder of Tik Family Education shared how "family" and "parents" could be the key to bring business opportunities; Mr. Szeto Wing Fu, Executive Director of Hung Fook Tong shared the qualities of a good employees from an employer's perspective.

Free passport photo shooting, interview makeup, massage and maternity caring skills, pedicure skills demonstration, vocational preference tests and career consultation station were set up to get candidates prepared for job hunting.



## Hong Kong YWCA and the Business Sector Offer Free Haircuts for Charity



本會服務發展總監潘廣輝（左）、國衛會計師事務所人力資源及行政主管李婉嫻（右）和香港髮藝學會主席林憲榮（中）於台上剪假髮進行開幕儀式。

Hong Kong YWCA Director of Service Development Mr. Silas Poon, HLB Hodgson Impey Cheng Director of Human Resources and Administration Ms. Hope Lee and Hong Kong Gold Club Chairman Mr. Billy Lam cutting the hair of a wig at the opening ceremony.

The Hong Kong YWCA has always collaborated actively with the business sector in providing services to those in need. In mid-October 2009 we jointly organized a "Free Haircut Marathon" with the Hong Kong Gold Club, calling 300 hairdressers to provide free haircuts at 16 of our service units. The event also received the hearty support of both Goldwell and HLB Hodgson Impey Cheng.

On the day of the event, 300 hairdressers stationed at our centers in different districts provided haircuts for 2,500 senior citizens as well as members of low-income families. The opening ceremony of the event was held at the Cheung Ching Estate Community Centre, and included a hair treatment seminar conducted by Mr. Billy Lam and Mr. Kenny Wong, Chairman and Vice Chairman of the Hong Kong Gold Club.

A number of young hairdressers also participated in the event. Mr. Kenny Wong, Vice Chairman of the Hong Kong Gold Club, expressed his hope for the event to be an encouragement for young hairdressers to care about their society more and serve it in their professional capacity. One of these young hairdressers, Jason, told us that it was interesting to style hair for the elderly. "They actually care about their looks a lot, and it takes experience and patience to get what they want. Sometimes they might even want to feel with their hands to see if their hair is of the right length," he added.

Ms. Hope Lee, Director of Human Resources and Administration of the event's supporter HLB Hodgson Impey Cheng, believed that the idea of the event was both innovative and meaningful. "Our company has always supported volunteer work and services for vulnerable social groups. We hope this event can serve as an encouragement to low-income families," she said.

Hong Kong YWCA Supervisor Lam Yuen Ho, who was responsible for initiating the event, pointed out that collaborative partners are a crucial and potent power in promoting community service, and that hopefully more corporations would consider helping the elderly and vulnerable social groups in the future.

香港基督教女青年會一向積極與商界合作為有需要人士提供服務，在2009年10月中旬便聯合與香港髮藝學會舉辦全港性的「千人義剪馬拉松」，發動300名髮型師在本會16個服務單位提供義剪。是次活動更得到Goldwell及HLB國衛會計師事務所的全力支持。

在活動當日，300位髮型師駐守本會各區中心，手不離「剪」地為2,500名長者及基層家庭剪出新髮型。活動啟動禮則於長青社區會堂舉行，並由香港髮藝學會主席林憲榮及副主席黃國強主講「護髮講座」。

## 女青與商界攜手「髮」動愛心義剪

是次活動不乏年輕髮型師「拔剪相助」，香港髮藝學會副主席黃國強(Kenny)期望藉此推動年青髮型師多關心社會，善用專長服務社會。其中一位年輕髮型師Jason分享道，為長者剪髮很有趣，還說：「老人家其實很『貪靚』，替他們剪髮需要經驗及耐性去揣測他們的心意，有時要讓他們用手感覺頭髮長短是否適合。」

全力支持是次活動的HLB國衛會計師事務所，其人力資源及行政主管李婉嫻則認為千人義剪構思新鮮且別具意義。她續道：「公司一直十分支持義務工作，並為弱勢社群服務，希望藉著是次義剪活動能為基層家庭打打氣。」

發動是次義剪的本會督導主任林遠濠指出，合作伙伴的力量對於推展社區服務非常重要，未來期望有更多的企業能為長者及基層服務。





# 新創建愛心服務獲肯定 女青伙伴勇奪 全港唯一企業義工獎

## NWS Services Garner Approval

Hong Kong YWCA Partner Wins the Only  
Corporate Volunteering Award in Hong Kong

對於長期合作伙伴的貢獻與努力，香港基督教女青年會一直非常珍惜及欣賞。在早前義務工作發展局舉辦的「第三屆香港傑出義工獎」選舉中，多年來積極支持本會服務的新創建集團有限公司，便獲本會明儒松柏社區服務中心提名，並且成為唯一奪得「第三屆香港傑出義工獎」企業獎的企業，肯定了本會與企業攜手推動義務工作的卓越成果。

新創建集團有限公司一向致力推動義務工作及積極實踐公民責任，過去與本會單位曾合作多項關懷社區活動，例如「創建社區關懷日」及宣揚愛家訊息的「創建新生計劃2008」。該機構與明儒松柏社區服務中心更是合作無間，例如已連續八年合辦長者中秋晚會。

新創建集團有限公司是推動企業義工運動的先驅者，獲獎可謂實至名歸。本會期盼日後繼續與商界企業攜手合作以服務社區，貢獻社會。



本會服務發展總監潘廣輝(右二)、督導主任李潔貞(右三)與新創建集團執行董事林煒瀚(左三)、企業傳訊助理總經理張一心(左四)於台上領獎，可喜可賀。Hong Kong YWCA Director of Service Development Mr. Silas Poon(2nd right) and Supervisor Ms. Daisy Li (3rd right); NWS Holdings Limited Executive Director Mr. Patrick Lam (3rd left) and Assistant General Manager of Corporate Communication Ms. Maria Cheung (4th left), accepting gladly the award together on stage.

The Hong Kong YWCA always treasures and appreciates the contribution and effort of our long-term partners. In the Third Hong Kong Volunteer Award held earlier by the Agency for Volunteer Service, NWS Holdings Limited, which has long been an avid supporter of our services, was nominated by the YWCA Ming Yue District Elderly Community Centre and went on to become the only business establishment to win the corporate volunteering award in the Third Hong Kong Volunteer Award. This award affirmed the outstanding achievements of our efforts in promoting volunteer work with our business partners.

NWS Holdings Limited has long been dedicated to promoting volunteer work and taking up its civic responsibilities in earnest. It has collaborated with the Hong Kong YWCA on multiple community service activities, including the "NWS Caring Day" and "Life Rejuvenation Scheme 2008", which aimed at promoting love within families. NWS Holdings Limited has also been working closely with the Ming Yue District Elderly Community Centre, jointly organizing events such as Mid-Autumn evening parties for the elderly.

NWS Holdings Limited is a pioneer in promoting volunteer work among businesses, and is most deserving of the award. We look forward to collaborating with more partners of the business sector in our future endeavors to serve and contribute to the society.







### 小小一枚旗紙，蘊含著什麼意義？

What does a small flag symbolize?

對於女青年會，這枚旗紙代表了十六年後本會的首個賣旗日，亦見證了三千名義工，憑著傾力以赴的團結精神，成就就是次歷史時刻。

To the Hong Kong YWCA, it symbolizes our first Flag Day in 16 years, and bears witness to the unified perseverance of the 3000 volunteers that led to this historic moment.

## 一點支持

A Small Effort Can Benefit Many

## 多人受惠

### 「9.12女青賣旗日」三千名義工成就歷史時刻

3000 Volunteers Witness the Historic Moment of the Hong Kong YWCA 12 Sep Flag Day

捐款購買這枚旗紙亦代表著您對「女青輔導熱線」工作的支持，及對社會上有需要人士送上的心靈關懷。

本會對上一次賣旗日籌款活動已是十六年前，十六年後的今天我們再次為「女青輔導熱線」籌募經費而出力。來自企業、中小學、幼兒學校學生及家長、會員及其親友約三千名義工，連同本會同工均全情投入，在9月12日賣旗當日，在九龍區主要街道及屋苑，落力向途人銷售旗紙。而社會各方人士亦踴躍認購金旗，令是次賣旗日共籌得逾七十萬港元。

賣旗所得的善款將用於維持女青輔導熱線的各項服務，各位善長所籌得的一分一毫皆有助提昇服務質素，讓更多有需要人士遇到「苦」事時，可獲得專業的情緒支援及輔導。今年更適逢女青輔導熱線成立25週年，實令是次賣旗日別具意義。

Buying these flags is also a sign of your support for the work of the Hong Kong YWCA's hotline services, and a way to show your care for those in need.

Our previous Flag Day was 16 years ago. Now after 16 years we are once again raising funds for our hotline services. Some 3000 volunteers, consisting of corporation staff, students and their parents from kindergartens as well as primary and secondary schools, and the Hong Kong YWCA members and their relatives, joined our staff fervently on our Flag Day on 12 September to sell flags to passers-by on the streets and in housing estates of Kowloon. Thanks to the enthusiasm of patrons everywhere, we raised more than HK\$700,000 on this Flag Day.

The money raised will go to the services provided by the YWCA Hotline. Every cent given by our patrons will help improve the standard of the services we provide to those in need, benefiting them through professional care and counseling for their emotional well-being. The Flag Day this year is also doubly meaningful in that it marked the 25th Anniversary of the YWCA hotline services.







# 女青熱線與香港市民風雨同路廿五載

## OVERCOMING 25 YEARS OF HONG KONG'S TRIALS AND HARDSHIPS WITH THE HONG KONG YWCA HOTLINE

本會熱線服務是一項全港性的服務，特色是由專業註冊社工帶領及訓練義工，以達到「助人自助」的目的，協助及鼓勵有需要的人士及早處理困擾，預防問題惡化，並提升其應付困難的能力。

熱線成立25年以來，已為逾90,000名市民提供專業、方便及適切的電話輔導服務。除設全港首條婦女專線外，亦設有輔導專線及護老者專線。

「女青輔導熱線」目前每月均接獲400多個求助電話，較金融海嘯前上升24%。從本會熱線的研究亦發現，涉及「精神健康」的來電，由5年前的不足5% 增至目前的36%，可見熱線服務需求之殷切。現時女青熱線每年平均處理4,000至5,000個來電，往後亦會繼續擔當社會探熱針的角色，緊貼大眾需要，以舒緩市民種種生活壓力及情緒困擾，繼續與香港市長風雨同路。

Our hotline services cover all of Hong Kong, and are characterized by a team of volunteers led and trained by professional social workers with the objective of helping others as well as themselves. They provide assistance to and encourage those in need to deal with their difficulties in a timely manner, keep the situation from worsening, and to improve their capabilities in handling problems.

Since its establishment 25 years ago, the Hotline has provided over 90,000 people with professional, convenient and appropriate telephone counseling services. We set up the first dedicated hotline for women in Hong Kong, and have since established dedicated lines for counseling services and caring of the elderly.

The Hong Kong YWCA Hotline currently handles some 400 calls per month, 24% more than that before the financial tsunami. Researches on our hotline services have also shown that calls relating to mental health issues make up 36% of calls received right now, when they used to occupy less than 5% of all calls five years ago, reflecting a keen need for such hotline services. As of now the Hong Kong YWCA Hotline handles on average 4,000 to 5,000 calls per year. It will continue to measure public's needs, in order to alleviate their stress and frustrations and overcome with Hong Kong as a whole its difficulties and trials ahead.



專線名稱	對象	熱線號碼	服務時間
輔導專線	任何有需要人士	2711 6622	星期一至五 7:00 – 10:00pm
婦女專線	全港婦女		星期一至五 2:00 – 4:00pm
護老者專線	任何有需要照顧長者之人士		星期一至五 2:00 – 4:00pm ; 7:00 – 10:00pm
Name of Hotline	Target	Hotline Number	Service Hours
Counseling Hotline	Anyone in need	2711 6622	Mon - Fri 7:00 – 10:00pm
Women Hotline	Women in Hong Kong		Mon - Fri 2:00 – 4:00pm
Hotline for Caring of the Elderly	Anyone who is taking care of the elderly		Mon - Fri 2:00 – 4:00pm ; 7:00 – 10:00pm



香港基督教女青年會一向在培訓年青女性領袖方面有著承擔和使命。「香港女聲：年青女性領袖培訓計劃」是本會每三年一度之大型領袖培訓計劃，為香港社會培訓年青女性人才作出貢獻，承傳世界女青年會推動婦女運動的使命。

The Hong Kong YWCA has always taken training young women leaders as its responsibility and mission. Every three years, it organizes a large-scale leadership training programme called "Hong Kong Women's Voice: Young Women Leadership Training Programme", which aims at cultivating young talents among women in Hong Kong, encouraging them to contribute to society and the ongoing women's movement of the World YWCA.



本計劃目的是透過培訓課程、體驗活動及專題研究，從而裝備及提升年青女性參加者的性別意識、領袖才能及國際視野，培養一群立足香港、面向國際的年青女性領袖。本計劃已踏入第三屆，並正開始接受報名。

The objective of the programme is to better prepare and raise the young female participants' awareness of their gender, their leadership talents and international perspective, through training courses, activities and researches on specific subjects, in order to cultivate young women leaders who are based in Hong Kong yet also armed with an international perspective. The programme has entered its third year, and is now open to application.



## Young Women Leaders Women Leadership Can Flourish and Shape the Future

2010年1月23日 2010.1.23

**啟動禮** 由名人嘉賓作專題演講，分享成功女性領袖特質

**Kick-off Ceremony** Well-known guest speaker will be invited to share her views in leadership

2010年2-3月 2010 Feb-Mar

### 領袖訓練 - 訓練營及工作坊

Leadership Training-Camp and workshops

嘉賓講者 Guest Speakers:

- 洪小蓮女士 (長江實業獨立非執行董事，李嘉誠基金會有限公司董事)
- 麥瑞琮女士 (香港女工商及專業人員聯會會長，牛奶公司集團特項零售業務董事)
- 黃愛恩博士 (三指鋼琴家)
- 李翠莎博士 (香港體育學院院長，臨床心理學家)
- 文潔華博士 (香港浸會大學人文學課程 / 宗教及哲學系教授、電台節目主持人)
- 方曼嫻女士 (香港專業進修學校人文與社會科學學部主任，婦女事務委員會委員)
- 全人藝動 (藝術團體，曾經往四川為地震災後兒童提供藝術治療慈善工作)
- 國際特赦組織代表 (關注人權的民間組織，推動青年一代去正視和支持人權發展)
- Ms. Hung Siu Lin, Independent Non-executive Directors of Cheung Kong (Holdings) Ltd, Board of Director of Li Ka Shing Foundation
- Ms. Caroline Mak, Group Specialty Retail Director of The Dairy Farm Group, President of Hong Kong Women Professionals & Entrepreneurs Association
- Dr. Connie Oi-Yan Wong, The three fingers Pianist
- Dr. Trisha Leahy, Chief Executive of Hong Kong Sports Institute, registered psychologist
- Ms. Man Kit Wah, Head of the Humanities Program, and Professor of religion & philosophy of Hong Kong Baptist University, host of radio program
- Ms. FONG Manying, Non official member of Women's Commission, Head of Humanities and Social Science Department of Hong Kong College of Technology
- Art for All, a non-profit Community Art Charitable Organization
- Representative of Amnesty International

2010年3-6月 2010 Mar-June

### 領袖訓練實踐 - 專題研究

Leadership in practice-Research Projects

2010年7月10日 2010.7.10

### 嘉許禮

Appreciation Ceremony

2010年8月 2010 August

### 國際交流

International Exchange

- 為期五天
- 適逢世界博覽會將於 2010年5月至10月期間於上海舉行，於「專題研究」中表現最優秀的隊伍及各隊一位傑出表現組員將獲安排到上海交流。
- A five days tour to Shanghai will be arranged for the outstanding participants





第3期

## 香港女聲：年青女性領袖培育計劃

盛放領袖姿彩  
創明天

自2004年起，本計劃已培育近二百位關注婦女議題之大專女生，歷屆參加者更成立了香港女聲舊生會，繼續推動婦女運動，讓我們聽聽她們在女聲的成長。

Since 2004, the programme has trained close to 200 female university students who pay close attention to women's issues. Past participants have also formed a Hong Kong Women's Voice Alumni Association, and continue to support women's movement and share their experience of being a part of Hong Kong Women's Voice.

## 梁浩筠 Wendy Leung

女聲計劃及舊生會活動多姿多采，使我接觸各類的人和物，提升待人接物的技巧，性格亦變得開朗和主動。

The programmes of Hong Kong Women's Voice and the activities of the alumni association are so diversified and interesting. They allow me to be in touch with different kinds of people and develop the skills to interact with them. I have also become much more optimistic and active through these activities.

## 潘婉書 Book Poon

身為女性，實在難以再找藉口迴避女性問題，我慶幸自己是有能力改變現狀的一群，亦見證了一群年青女性為著同一個目標去努力。

As a woman there is really little excuse for me to shy away from women's issues. I'm just glad to be in the generation where we can actually make a difference, and to bear witness to this group of young women striving towards a common goal.

## 陳玉馨 Chan Yuk Hing

我當時為了「婦女與媒體」這題目費煞思量，但後來跟教授討論，逐漸建立批判思考及尋到了自己的立場。原來世界是這麼大、那麼深，實是難得的經驗。

I was initially overwhelmed by the topic "Women and the Media". But after some discussion with my professor, I began to develop a critical mindset and my own view on the issue. The world is actually much bigger and deeper than I thought. It was truly a remarkable experience.

## Details of application

## 報名詳情

參加者資格：18至25歲、具大學程度或以上之女性

報名方法：1. 填妥報名表 傳真：3443 1620

2. 網頁下載報名表 <http://www.ywca.org.hk> (最新消息)

費用：\$500；2010年1月23日或之前報名優惠價\$400

查詢：3443 1600

截止報名日期：2010年1月31日，額滿即止。

Participants Requirements: female undergraduates aged 18 to 25

Application method: 1. Fill up the application form (Fax: 34431620)

2. Forms can be downloaded from <http://www.ywca.org.hk>

Fees: \$500; The early bird special of \$400 is available before 2010.1.23

Enquiry: 3443 1600

Application deadline: 2010.1.31 (First come first served)





# 長者福音事工 以基督的愛融入耆年服務

## Elderly Preaching Services: Serve with God's Love



以基督的愛融入社區服務，一向是香港基督教女青年會的服務方向。多年來基督教事工部與耆年服務部的同工一直緊密合作，提供創新的長者福音事工。

例如「彩虹橋的重遇 - 院舍長者靈性關顧計劃」便是本地罕有的院舍服務。是項計劃由香港靈合堂贊助，在2008年5月於女青年會鄭傍腳護理安老苑開展，特色是聘請一名半職傳道人，通過詩歌祈禱小組、生命回顧小組、床邊關顧、醫院探病等，關顧院舍長者的靈性需要。

基督教事工部亦在會內不同的耆年單位舉辦生死教育小組，並在當中加入基督教元素，藉此讓長者在晚年能夠得著永生的盼望。

此外，本會一向與地區教會保持緊密聯繫，現時共有十一間教會定期到訪本會耆年單位帶領福音聚會，包括基石教會恩盛堂、筲箕灣浸信會、新生命浸信會、宣道會利東堂、聖公會聖提摩太堂、十字架山浸信會、錫安浸信會、中國基督教播道會恩福堂、粉嶺基督教恩臨堂、宣道會青霖堂及中華傳道會青衣堂。

在2008年，基督教事工部更將多年來對長者靈性關顧服務的經驗輯成《長者靈命教材套》，分別就「福音詩歌小組」、「生命歷程回顧小組」、「生死教育小組」及「靈性栽培小組」為素材，供教會及團體參考及使用。

The Hong Kong YWCA has upheld its direction of serving the community with God's love. The Christian Ministry Department has worked closely with the Elderly Service Department to provide innovative preaching services for the aged.

"Cross at the Rainbow Bridge - Spiritual Programme for the Residential Elderly" was a rare support service in local areas. Sponsored by the ELCHK Communion Lutheran Church, the programme was held at Cheng Pon Hing Hostel for the Elderly in May of 2008. A part time evangelist was employed to carry out various spiritual care programmes like poetics and pray group, life review group, bed-side caring, hospital visits, etc. It adopted a holistic strategy to meet with elders' spiritual needs.

Christian Ministry Department has organized life and death education groups in different elderly units, at which Christian's faith is instilled that elders will have hope for an everlasting life at their late years.

The Hong Kong YWCA has formed tight bonds with local churches. Up till now, 11 churches have carried out regular visits to our elderly units for different preaching gatherings. Churches include The Church on the Rock Yan Shing Church, Shaukiwan Baptist Church, New Life Baptist Church, Lei Tung Alliance Church, Sheng Kung Hui St. Timothy's Church, Calvary Baptist Church, Zion Baptist Church, EFCC Yan Fook Church, Fanling Christian Grace Filling Church, Tsing Lam Alliance Church and CNEC Tsing Yi Church.

In 2008, the Christian Ministry Department produced an "Elderly Spiritual Teaching Pack" which compiled the elderly spiritual care services launched for years with special introduction on "Hymn Sing Group", "Life Review Group", "Life and Death Education Group" and "Spiritual Care Group" for reference to church and organizations.



祢以恩典為年歲的冠冕。(詩65:11上)  
You crown the year with a bountiful harvest. (Psalm 65:11a)



時下青年常被評為「無品」，香港基督教女青年會為了喚起社會人士對青少年品格的關注，連續第三年進行「香港青少年品格調查」。今年的結果發現，三年來青少年的品格未有明顯改善，更出現「寬己嚴人」的現象。

Youths these days are said to have a "flawed character". In order to bring youths' character issues to society's attention, the Hong Kong YWCA has been conducting a "Youth Character Survey" for three consecutive years. This year's results show not only that the character of young people has not improved significantly, but also that there is a developing trend among youths of being lenient to themselves but strict to everyone else.

# 品格教育

連續三年為青年品格把脈  
寬己嚴人現象須及早正視  
Character Education

**Three Years of Youth Character Analysis Calls for Attention to Youths Being Lenient to Themselves But Strict to Others**

表一：2007至09年青少年品格自評分數

年份	自評不及格比例	自評平均分
2007年 (5分為滿分)	9成自評3分或以下	---
2008年 (10分為滿分)	3成自評不及格	6.65分
2009年 (10分為滿分)	24.7%自評5分或以下	6.71分

Table 1: Youth self-review scores 2007-09

Year	Percentage failed based on self-review	Average score based on self-review
2007 (Out of a full score of 5)	90% give themselves a score below 3	---
2008 (Out of a full score of 10)	30% failed based on self-review	6.65
2009 (Out of a full score of 10)	24.7% give themselves a score below 5	6.71

是次調查合共訪問了2,141名10至29歲的青少年及600名家長。今年青少年自評分數平均為6.71分，5分以下佔24.7%，若與前兩年的分數比較(見表一)，可發現青少年品格三年來沒有顯著改善。

2,141 youths aged 10 to 29 and 600 parents were interviewed in this survey. The average score based on self-review this year is 6.71, and 24.7% of the young people interviewed gave themselves a score below 5. When compared to scores from the previous two years (as shown in table 1), it is clear that there has been no significant improvement in the character of youths in these three years.

是次結果又顯示，青少年自評個人品格分數多為6分或以上，分數未算太低，但近7成青少年(67.7%)卻認為同輩青年品格情況「不理想」或「極不理想」。換言之，青年自我評分尚可，卻嫌其他青年「無品」，出現寬己嚴人的現象。

On the other hand, the results show that most youths award themselves the substantial score of six or above based on self-review, while close to 70% of the young people interviewed (67.7% to be exact) considered the character of their peers "unsatisfactory" or "very unsatisfactory". In short, youths award themselves a satisfactory score in general, but consider their peers flawed in terms of character, reflecting a trend of being lenient to themselves but strict to others.

女青年會因此呼籲，有關方面應及早正視青少年品格問題，盡早建立一套由幼稚園至中學的一條龍品格教育課程，讓青少年從小學習到品格的標準。

The Hong Kong YWCA therefore calls for immediate attention to character issues of the young generation, and the prompt establishment of continuous character education from kindergarten through secondary school so that youths may learn from a character model early on.





01



02



04



08



6



07







05



09



10



踏入2010，香港基督教女青年會已服務了香江90載；讓我們一起回顧2009年的活動精華花絮，細味每一個難忘片段，印記我們努力的成果。

Heading into 2010, the Hong Kong YWCA has served the community for 90 years. Let us capture the precious moments in 2009 that remark our success and make these special occasions truly memorable.

## 2009女青精華回顧

### Precious YWCA's moments in 2009

- 01 第三屆「抱抱家人慈善行」，體驗抱抱力量。  
Experienced the 'Power of Hugs' and felt love in the Third Hug Families Charity Walk.
- 02 女青足球隊勇奪社工盃冠軍，隊員分享勝利的喜悅。  
The YWCA Football Team won the championship of Social Work Cup and celebrated their victory.
- 03 長者學生們出席「第六屆松柏學院畢業禮」，分享學習成果及喜悅。  
The elderly people celebrated their achievements in the 6th Graduation Ceremony of Elderly College.
- 04 世界基督教女青年會總幹事 Ms. Gumbonzvanda 探訪紹邦幼兒學校。  
World YWCA General Secretary Ms. Gumbonzvand visited Shiu Pong Nursery School.
- 05 恒生銀行贊助之「對抗逆境」講座，邀得夏雨先生及柯清輝先生於席上分享。  
Mr Ha Yu and Mr Raymond Or shared in the 'Up against Adversity' Seminar sponsored by Hang Seng Bank.
- 06 本會贊助人行政長官夫人曾鮑笑薇女士為梁紹榮度假村主持開幕儀式。  
The Grand Opening Ceremony of Sydney Leong Holiday Lodge was officiated by MRS. SELINA TSANG, Wife of the Chief Executive of the HKSAR.
- 07 俊和發展集團義工隊探訪健康長者農場，見證努力耕作的成果。  
Chun Wo Voluntary Team visited The Farm for Healthy Ageing.
- 08 「展翅·青見超新星2009」得獎者江薇薇與母親分享喜悅。  
Jiang Wei Wei, the recipient of the "Most Improved Trainees Award" of YPTP & YWETS shared happiness with her mother.
- 09 本會獲邀出席韓國首爾舉行之青年交流營，體驗「Peace and Share」。  
Invited by the YWCA of Korea, the Hong Kong YWCA had pleasure to join the YWCA Youth Camp 2009 held in Seoul, under the theme of Peace and Share.
- 10 張健宗局長深情地演繹「當唔開心時，最想聽到的說話」的首五位。  
Mr. Matthew Cheung Kin-chung, GBS, JP announced the results of the "Cheer on Life" community survey.





Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A. Y.W.C.A.  
Enhancement of Life  
生命的栽培

HONG KONG

## 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 Counselling 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所香港中環麥當勞道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  
總會所香港中環麥當勞道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：香港中環麥當勞道1號 · 電話：3476 1300 · 傳真：3476 1364  
電郵：ywca@ywca.org.hk · 網址：http://www.ywca.org.hk

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





香港家庭福利會  
Hong Kong Family Welfare Society



DEC  
2009

The Third Hug Families Charity Walk  
Over 1,000 People Demonstrated  
Together the Power of "Hugs"

**第三屆抱抱家人慈善行**

**逾千人齊展「抱抱力量」**



香港家庭福利會  
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