



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



聲

Spring
2011

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商界午餐會聚首
同心同行推動社會責任

Working Together to Promote Social Responsibility at
Corporate Luncheon 2011

胡秀霞女士 MH, JP

Mrs. Patricia Ling, MH, JP



會長的話

Words from the President

「一年之計在於春」，所以各行各業也開展新年度的鴻圖大計。三月底舉行一年一度的企業伙伴午餐會，正好是本會與企業伙伴聚首一堂，共同回顧與前瞻的最佳時機，總結合作經驗，籌劃創新計劃，更有效地服務有需要人士。



今年午餐會令我感受至深的不但是合作伙伴繼續踴躍參與，座無虛席的情景，還有是資深銀行家及慈善家陳子政太平紳士的親切分享。我是參與義務工作時認識TC的，早已十分欣賞他熱心公益、積極貢獻社群的精神。午餐會上，TC特別介紹了由港交所編制最新的「企業社會責任指引」，用心地向在場的企業代表詳細闡釋履行企業社會責任已成必然趨勢，進一步引證TC對社會的承擔和抱負。他還勉勵社會服務機構須積極建立機構品牌，並且要善用資源，增加問責性，與本會的發展規劃及服務理念不謀而合。

This is a Chinese saying: "A Year's Planning is best done during spring". Therefore, it is the time for commercial enterprises to engage in mapping out their development blueprints. The Annual Corporate Luncheon hosted by HKYWCA in March is the ideal platform for us to review and embark on planning together with our corporate partners by consolidating and sharing our joint experiences and venturing on innovative projects with the purpose of better serving the needs of the community.

I was very much impressed by the enthusiastic response from our corporate partners through their full attendance at the Luncheon, and also by the insightful sharing of Mr. T.C. Chan, a distinguished banker and philanthropist, whom I met T.C. while participating voluntary services. I always admire T.C. for his dedication and contribution to community. Over the Luncheon, T.C. particularly brought our attention to the "Guidelines for Corporate Social Responsibilities" just published by the Hong Kong Exchanges and Clearing Limited. He earnestly advised us that it has become an inevitable trend for corporations to fulfill their social responsibilities. T.C.'s edifying address further demonstrates his commitment to community service. He also stressed on the importance of social services organizations to be proactive in brand building, prudent deployment of resources and achieving accountability, which happens to coincide with our Association's corporate directions and management principles.

本會早與企業伙伴進行多層面的合作，為機構注入新動力，擴闊創新的空間，讓我們能夠以嶄新手法推展與時俱進的服務，惠及更多社群。正如今年的三八國際婦女節，同工從婦女服務的專業角度，進行了「香港中年婦女生活狀況」研究調查，更好地掌握社會脈搏，策劃適切服務，研究結果更獲得傳媒廣泛報導。同時，為倡議「關懷婦女」成為社會的核心價值，本會於同期舉辦「第二屆ChariTea慈善計劃」，並獲得多間企業伙伴響應，不但熱心贊助，更派出義工在各區派發紅棗茶包，宣揚「愛社區·愛員工·愛自己」的訊息。計劃正彰顯了社會服務與工商界攜手合作的突出成果。

展望未來，位於天水圍北的第二所「家庭健康促進中心」將於今年內啟用，而本會正計劃設立第三所「家庭健康促進中心」，把本會家庭服務進一步延伸，覆蓋至更廣泛社區，令健康家庭普及化，促進家庭和諧，因此本會需要社會各界人士及企業伙伴支持。多年來，本會「家庭健康」服務，深受社會人士歡迎，在缺乏政府直接資助下，我們仍堅持推動「家庭健康」運動，預防家庭關係陷入危機，避免家庭問題惡化，以互助互愛建立幸福家庭。這服務就是因應社區急切需要而設立。在此，我代表女青年會特別感謝在籌建天水圍北「家庭健康促進中心」的過程中，慷慨襄助的香港賽馬會，以及一直支持本會推展家庭服務的俊和發展集團。

HKYWCA has long been engaged in collaboration with our corporate partners at different levels, providing us with the impetus for growth, creativity and development of timely service with innovative approach and benefiting a wider community. A good example is the "Survey on Life Condition of Middle Aged Women in HK" conducted during the International Women's Day celebration this year. Studying from the professional perspectives of women's services, the research enables the HKYWCA to have a comprehensive knowledge of the contemporary societal changes and facilitate us to develop suitable women services. The survey findings have been extensively reported in the mass media. At the same time, for the purpose of advocating "Caring for Women" as a core social value, HKYWCA organized the 2nd annual "ChariTea" scheme with the support of many business firms who offered financial sponsorships as well as volunteers helping us to distribute "red dates tea bag" in different localities and promoting the message of "Love Your Community, Your Employees and Yourself". The scheme marks the outstanding achievement of the collaboration between social services and the commercial sector.

Looking to the future, our 2nd Family Wellness Centre, located at Tin Shui Wai North will commence later this year. We are planning to open yet another Family Wellness Centre to extend our much needed family services to wider communities by promoting family support and harmony; and in doing so, we require support from the general public and corporate partners. Over the years, our family services have been well received by the community and even though in the absence of government subvention, our Association strongly advocates "family wellness" with the object of preventing family crisis and deterioration of family relationships by nurturing healthy and caring families. Our family wellness service is found to be a timely solution to the community's needs. On behalf of HKYWCA, I would like to extend my sincere gratitude to our many partners, including The Hong Kong Jockey Club and Chun Wo Development Holdings Limited for their generous donations for our family wellness service.

本會今年創會日祈禱會的主題是「行公義、好憐憫、存謙卑的心，與你的神同行」(彌迦書6:8)，我們深明一己的能力有限，必須與社會各界同心並肩奮鬥，並深知社會對社會服務機構的誠信及透明度均有嚴謹的要求，九十多年來，我們堅守公義的理念及原則，以基督關愛精神，服侍社群，深入民生，本會已融入香港社會成為其中一份子，我們更有責任及極為樂意讓公眾深入了解本會運作。

"To act justly and to love mercy and to walk humbly with your God" (Micah 6:8) was the theme of the prayer gathering during the Association's founding day this year. We truly recognize our own limitations and the need to join hands with others to face up to the challenges ahead. Also, we are aware of the society's increasing demand on the high degree of management integrity and transparency of social service organizations. Over the last 90 years or so, we have strived to follow our belief and principles in upholding justice, we have served all ages in the community with the Christian spirit. The HKYWCA has become very much a part of the Hong Kong community, therefore we would like the general public to have a better understanding of our operations.



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商界午餐會聚首

同心同行 推動社會責任

Working Together to Promote Social Responsibility at Corporate Luncheon 2011

本會深信商社合作，團結力量，可為有需要人士提供更優質服務，因此本會三月底舉行的「第三屆企業伙伴午餐會」，正好提供平台促進合作發展。逾七十位來自四十多家企業的代表，聚首一堂分享經驗，與本會代表共商有效履行社會責任之策略。

當日重點活動是由港交所董事及東亞銀行高級顧問、資深銀行家兼慈善家陳子政太平紳士主講「企業領袖」環節。陳先生一向身體力行回饋社會，公認為社會領袖的典範，他當日便為大家分享了他對「推動企業社會責任·建構關愛文化」的真知灼見。

It is our belief in HKYWCA that businesses and social service organizations can cooperate and stand in unity for the provision of better services for those in need. The "3rd Corporate Luncheon" held at the end of March was a platform which promotes such collaboration and development. During the event, more than 70 guests from over 40 companies gathered together to share their experience and discuss with HKYWCA's representatives on strategies for effective performance of social responsibility.

Highlight of the event was the keynote speech made by Mr. Chan Tze Ching, BBS, JP during the "Corporate Leader" section. As a director of Hong Kong Exchanges and Clearing Limited (HKEx), Senior Consultant of Bank of East Asia as well as a reputed banker and philanthropist, Mr. Chan has always been setting a good example by contributing to the society and is generally acknowledged as a role model for social leaders. During the event, he shared his insight concerning "Promoting Corporate Social Responsibilities & Cultivating Care and Love".

陳子政先生的演講妙語連珠，啟發人心，現將節錄部份精彩內容，以饗讀者。

「商業最有價值的是甚麼？就是他們的品牌，很多研究都已確認，一個良好正面的社會形象，對企業品牌增值有極大幫助。」而他認為，履行企業社會責任絕對有助企業建立品牌，更可提升員工凝聚力及客戶好感，從而加強「軟實力」。

Mr. Chan's speech is witty and inspiring. The following is some of the interesting quotes.

"What is the most valuable thing of a business? It is its brand. Many researches have confirmed that a good and positive social image is extremely helpful to adding value to the brand of an enterprise." He believes the performance of corporate social responsibilities can help enhancing the "soft power" of enterprises in the form of well-built brands, unity of staff and good customer impressions.

陳子政

BBS 太平紳士

T. C. Chan, BBS, JP

企業行善是職責上要做！

Charity Practice is a Duty to Perform

社會的大趨勢，企業不只是捐錢那麼容易，這是不可行的，但仍有企業這樣做：捐了錢就算。現在應是這樣的，要與社福機構建立持續性長遠的伙伴關係，好處是可以透過這個關係影響到，或者有話事權，如善款用在甚麼項目、受惠對象等。這個趨勢已有好幾年，而且越來越普遍，如果要向一間國際公司募捐，他們會問很多問題：我的錢如何運用、用在那個領域、甚麼人受惠、有何監管等等，透過持續性的伙伴關係，你會發覺，慈善機構越是有心提供這些的話，企業捐的錢亦會越來越多，參與的能力越來越高。

This is a trend in the society — merely donating money is no more enough and will not work. But still, there are enterprises which restrict their contribution to donation. The proper way nowadays is to build sustainable and long-term partner relationships with social welfare organizations. The advantage of which is that the donor can affect or even decide how funds are used and who the beneficiaries should be. This has already been a trend in the last few years and is becoming more and more popular. When being requested to be a donor, an international company would ask many questions. For instance, how and where is our money used? Who are the beneficiaries? Is there any proper supervision? Through sustainable relationships, you will discover that as charity organizations provide more information of the above, enterprises will donate and be involved more and more.



鼓勵員工以至其親友的參與

Encourage Staff Members, Their Families and Friends to Participate

員工參與亦是非常重要的，對一間商業機構來說，錢是有的，但很多員工及其家人和子女很想做兩個月義工，沒有方法去做。慈善機構可以著眼多少少這方面，提供這種機會，讓商業伙伴的員工、子女、子女的朋友做有意義的事。大家有的時間都是一樣，人人都有24小時，如果能夠放多點時間去參與公益活動，你會發覺感受完全不同。

再者，商業機構可以提供給慈善機構的服務，其實可以很多元化，例如女青年會是有年報的，當中列出收益。如何去管理、如何作出色的投資、如何可在合理風險下可得到更佳回報，是需要經驗、特殊的專業去做，而商業機構是可以提供的。另一個例子，如律師、建築師，可以提供起樓、法律等意見，幫助慈善機構提升效率，相等於別人所捐的錢得以善用。

Participation of staff is also very important. Money probably is not a problem for an enterprise. Yet, for many staff members and their families and children, they may want to be volunteers for 2 months but they do not have a means to do so. Social welfare organizations can put more attention in this area and provide the opportunities, that staff members of their business partners, their children and their children's friends can do something meaningful. We all have the same amount of time; we all have 24 hours. If you can spend more time participating charity activities, you will feel totally different.

Furthermore, the service provided to charity organizations by businesses can be in different means. For example, you will find the net income of HKYWCA listed in their annual report. It requires experience and special professional skills to manage and invest the fund for better return at reasonable risk. These can be provided by businesses. Likewise, lawyers and architects can provide relative opinions and help improve the efficiency of a charity organization. Similar to donation, these resources can be wisely used.



慈善機構亦須建立良好品牌！

Good Brands are also Important to Charity Organizations

陳先生特別勉勵社會服務機構應建立良好品牌形象，增加問責性及與商界的緊密合作，以開拓更多的資源以優化服務，惠澤更多社群，這正與本會的發展規劃及服務理念不謀而合。

「跟商業機構也有共通點，慈善機構是要去建立一個適當的品牌和形象……商業機構如何可以找到你呢？我想強調是要建立自己的形象，人們一想起就知道做甚麼，如女青年會令人想起關心婦女方面的福祉。我覺得這點越來越重要。」

At the end of his speech, Mr. Chan had also encouraged social service organizations to build good brands and images, be more accountable and work closer with their business partners for exploring of even more resources which can then be used to improve their services and benefit more people in the community. It happens to coincident with HKYWCA's plan of development and service principle.

He pointed out, "This is applicable to both businesses and charity organizations — the latter need to build their brands and images too. Or else, how would businesses be able to find you? I would like to emphasize on building an unique image, through which people will immediately know what you do when your name is mentioned. For example, HKYWCA is about the welfare of women. I believe this is becoming more and more important.





當日出席的商界嘉賓均對陳子政先生具啟發性的分享十分認同，同時超過9成出席者在午餐會後表示，活動能加深他們對女青年會的認識，亦滿意是次午餐會的安排。

Mr. Chan's inspiring speech was very well received by the corporate guests. More than 90% of attendants have after the luncheon expressed that the activity have deepened their understanding about HKYWCA, and they are pleased with the arrangement.



商界午餐會聚首 同心同行推動社會責任

Working Together to Promote Social Responsibility at
Corporate Luncheon 2011



女青焦點



本會期盼商界友好繼續支持本會「生命的栽培」的服務宗旨，攜手推動企業積極參與社會服務，為更多有需要人士提供適切服務。

It is our hope that friends of HKYWCA will continue to support our service objective "Enhancement of Life". Hand in hand we shall promote Corporate participation in social services, that more people in need will be properly served.

女青焦點



女青與商界攜手服務社區 獲頒「商界展關懷」之合作伙伴逐年上升

Collaboration of YWCA and the Business Sector in Serving the Community

Number of Partners Being Recognised as Awardees of "Caring Company" Increases Year after Year



一年一度社聯「商界展關懷」伙伴聯繫日剛於4月19日舉行，本會於2010/11年度共提名了72間合作伙伴，全數成功通過評審獲頒發「商界展關懷」/「同心展關懷」標誌，較去年62間又再邁進一步。獲提名之企業伙伴數目逐年上升，反映本會服務愈來愈得到各界的支持，並已成為長期的合作伙伴，一同為服務社區努力。嘉許禮當天，本會與眾位合作伙伴更難得聚首一堂，分享過去在社區共同參與的成果。

為進一步促進與商界的互相認識，本會於同場舉行之「社區伙伴合作展」設置展位，介紹本會之社會企業，包括健康長者農場、大澳文化生態綜合資源中心、青心坊保健按摩中心及園景軒餐廳，希望透過這個交流平台，讓更多社會人士認識本會之社企服務，支持本會推動就業及推廣健康生活的使命。

The annual Caring Company NGO Partnership Day organized by the Hong Kong Council of Social Service has just been held on 19 April. HKYWCA has in the year of 2010/11 nominated 72 partners and they have all been awarded of either "Caring Company" or "Caring Organisation". That is an improvement when compared to last year's result with 62 awardees. The gradual increase in numbers of nominees reflects that the service of HKYWCA is receiving recognition from more and more businesses and organizations. They have become long-term partners with HKYWCA and have been working with us in serving the community. On the day of the Ceremony, HKYWCA seized the opportunity to meet all its partners and share with them the fruitful results of collaboration.

HKYWCA has also participated in the Social Partnership Exhibition during the event so that HKYWCA and the business sector can get to know each other better. Our exhibition provided an introduction of the social enterprises of HKYWCA including Farm for The Healthy Ageing, Tai O Cultural and Ecological Integrated Resource Centre, Serenity Wellness Massage Centre and Garden View Lounge. It is our wish that this platform of communication can give more people a clearer understanding of our social enterprises and more people will hence support our mission to create employment and in promotion of healthy living.





衷心感謝及祝賀以下獲頒發

「商界展關懷」/「同心展關懷」標誌2010/11
的合作伙伴，一直支持本會服務，攜手同心，服務社會。

Our gratitude and congratulation to the following partners which are awarded
"Caring Company" or "Caring Organisation" 2010/2011.

They have rendered great support our service and working with us in serving the society.

三針草堂

3AH Clinic

屈臣氏集團

A.S. Watson Group

Aberdeen Marina Holdings Ltd.

永旺(香港)百貨有限公司

AEON Stores (Hong Kong) Co., Limited

亞洲運動及體適能專業學院 (AASFP)

Asian Academy for Sports and
Fitness Professionals (AASFP)

百勤建築有限公司

Barbican Construction Co., Ltd

康妍專業護理中心

BBcare Health Service Ltd.

卡哥特科亞洲有限公司

Cargotec Asia Limited

中原地產代理有限公司

Centaline Property Agency Limited

集寶香港有限公司

Chubb Hong Kong Limited

俊和發展集團

Chun Wo Development Holdings Limited

創庫系統有限公司

CiF Solutions Ltd

長江生命科技集團有限公司

CK Life Sciences Int'l., (Holdings) Inc.

怡輝冷凍工程有限公司

Efatar Engineering Company Limited

無國界工程師

Engineers Without Borders

蘇文郁攝影同學會

Felix So Photography Alumni Association

美國通用電氣國際公司

General Electric International Inc.

香港君悅酒店

Grand Hyatt Hong Kong

衛安有限公司

Guardforce Limited

恒生銀行

Hang Seng Bank

恒益物業管理有限公司 (恒基兆業地產集團成員公司)

Hang Yick Properties Management Limited

(A Member of Henderson Land Group)

協興建築

Hip Hing Construction

協利興置業有限公司 - 永祥興織造

Hip Lee Hing Kee Realty Ltd trading as

Wing Cheung Hing Knitters

HLB 國衛會計師事務所

HLB Hodgson Impey Cheng

海欣纖體美容中心

Hoi Yan Beauty Centre

香港醫療專業人士協會有限公司

Hong Kong Society of Medical Professionals Ltd

香港大學校友會

Hong Kong University Alumni Association

康年警衛有限公司

Hong Nin Security Company Limited

香港日航酒店

Hotel Nikko Hongkong

洪達貿易有限公司

Hunter Trading (HK) Ltd

富城網有限公司

i-Urban Limited

國際物業管理有限公司

International Property Management Limited

姿足坊

Jack Health & Beauty

啟勝管理服務有限公司 - 新城市中央廣場服務處

Kai Shing Management Services Limited -

Grand Central Plaza Management Services Office

啟勝管理服務有限公司 - 新城市商業大廈

Kai Shing Management Services Limited -

New Town Tower

啟勝管理服務有限公司 - 朗庭園服務處

Kai Shing Management Services Limited -

Villa by the Park Management Services Office

啟勝管理服務有限公司 - 新屯門中心

Kai Shing Management Services Ltd - Sun Tuen Mun Centre

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中年婦女調查

Survey On Middle-aged Women

作為全港歷史最悠久的婦女機構，三月是本會的「關懷女性月」。本會分別從關愛社群、公眾教育、傳媒及企業方面著手，藉以宣揚今年本會關懷婦女的主題——呼籲全港婦女「愛自己」！

In YWCA, March is a month dedicated to "Caring Women". Being the maturest women's organizations in Hong Kong, YWCA has by different means — such as providing love and care to various groups in the society; public education; media and enterprise promotion — advocates the theme of this year. An appeal is made to all women in the city that they should "love themselves"!

多角度關懷婦女

Caring Women on Different Approaches

傳媒報道
公眾教育
Media Coverage
Public Education

在今年三月八日國際婦女節前夕，本會發表的「香港中年婦女生活狀況調查」成功獲傳媒廣泛報道，達22篇。是次調查顯示，中年婦女的「快樂指數」平均值為4.75分（7分為滿分），而整體生活滿意度為74.23分，屬於樂觀水平。婦女越趨年長，「快樂指數」亦越高。然而，值得關注的是在多項生活範疇滿意度中，有三成受訪婦女對「個人成就」、「財務狀況」及「社交生活」的滿意度評分不合格。

本會婦女事工部督導主任蘇艷芳女士接受傳媒訪問時分析：「當踏入中年期、認真檢視自我時，會發現半生只有家庭而缺乏自我。中年婦女多為家庭主婦，財務多依賴丈夫或家人，生活自然以家務及照顧子女為首要，社交圈子大都只環繞在子女身上，例如那家學校出色、參加那些課外活動。圈子遂變得單一及狹窄，支援網絡亦不多。從服務經驗不難發現，婦女個人範疇與家庭生活已融為一體，界線變得模糊，令婦女之發展有所阻礙。」

本會期望藉著廣泛的報道，鼓勵更多女性需平衡家庭與個人的發展，不要因沒完沒了的家庭責任而迷失自己，多些發掘個人潛能及發展興趣，以助建立更健康、更滿意的生活模式。

A survey conducted by YWCA on life condition of middle-aged women in Hong Kong was published just before International Women's Day of this year and was extensively reports by media in 22 press of coverage. According to the survey, the average "happiness index" of middle-aged women is 4.75 out of 7 and their overall life satisfaction is 74.23 points in average, showing that they are optimistic in general. Another finding was happiness increases with age. Nevertheless, among various aspects of life, 30% of respondents graded their "personal achievements", "financial status" and "social life" unsatisfactory which is worth paying attention to.

When being interviewed by the media, Tammy So, supervisor of Women Affairs Department of HKYWCA explained and said, "Stepping into mid-life, they will only find their families occupying most of their time when they review their lives seriously and they have no idea what they want to achieve personally. Most middle-aged women are housewives and they depend on their husbands or families for financial support; it is therefore very natural for them to put household chores and taking care of children in the first place. Their social circles, for most of the time, are formed only by people related to their children. For instance, their concerns are about choosing a good school and extracurricular activities for their children. Such would further restrict and simplify their network, causing insufficient support. From our experience, it is not difficult to find that the personal concerns of women have already been merged with their family life with blurred boundaries and have hence hindered their development."

It is our wish that through extensive coverage of the subject, more women are encouraged to find better balance between their families and personal development. Instead of losing oneself in endless family responsibilities, they should spend more time in exploring personal potential and developing interest, as these factors can help them build a healthier and more satisfactory pattern of life.

女青焦點

第二屆「ChariTea慈善計劃」

The 2nd "ChariTea Charity Project"

企業支持
關愛社群
Support from Enterprises
Love & Care for the Society

本會今年連續第二年發動企業支持「ChariTea慈善計劃」，就是在「三八國際婦女節」以一包「紅棗茶」，呼籲社會、企業及婦女本身攜手「愛社區·愛員工·愛自己」。誠蒙多間機構熱心支持，今年超過30,000市民在企業及本會義工手上收到「紅棗茶包」，感受到當中的關懷！

For a second year in a row, enterprises in Hong Kong are invited to support the "ChariTea Charity Program". It is YWCA's appeal to the society, enterprises and women in the society to cooperate in showing love to the community, staff force and themselves on International Women's Day by means of giving out "red dates tea bags". Thanks to the support of various organizations, over 30,000 citizens received "red dates tea bags" from their companies or our voluntary workers and could hence experience the love and care meant to be conveyed them!



多角度宣揚 ChariTea 訊息

Multidirectional Promotion of ChariTea

- 10架新巴城巴車身廣告
Advertisement on bodies of 10 buses
(including New World First Bus and Citybus)



- 報章特刊
Newspapers Advertisements

- ~ 頭條日報
Headline Daily
- ~ AM730
- ~ 經濟日報
Hong Kong Economic Times



- 媒體報道
Media coverage

- ~ Jetso.com.hk 介紹活動
Jetso.com.hk promotion campaign
- ~ 香港電台「思潮作動」節目專訪本會社工介紹ChariTea
Our social workers being interviewed in a radio programme of RTHK concerning ChariTea
- ~ 《明報》健康版專訪
Interviewed by Health Column of MingPao
- ~ 《星島日報》港聞版介紹ChariTea
ChariTea covered by Sing Tao Daily in Local News Section
- ~ 《頭條日報》港聞版介紹ChariTea
ChariTea covered by Headline Daily in Local News Section

- 網頁宣傳 Web Page Promotion (<http://rdd.ywca.org.hk/ChariTea2011/>)

- 支持機構網頁宣傳 Web Page Promotion by Supporting Organizations

- 婦女節 E-Card (對象: 企業伙伴、社福機構及本會會員)
International Women's Day E-Card (Target: enterprise partners, social welfare organizations and YWCA's members)

- facebook

衷心鳴謝

Special Thanks to

全面關懷贊助 Total Caring Sponsor

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The Hong Kong Jockey Club

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- 惠達企業
Union Enterprises

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Haitong International Securities Group Limited
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Citybus Limited, New World First Bus Services Limited
- 親子王國
Baby Kingdom
- 君好飲食管理有限公司
Betterment Catering Management Ltd.

(排名不分先後 Not in Particular Order)



The Sustainable Development of HKYWCA's Family Wellness Service Relies on the Support of Various Sectors

本會近年銳意推展家庭健康服務，自2008年在九龍自資成立首間家庭健康促進中心後，已服務逾十五萬人次，承蒙各界伙伴支持，本會的家庭健康服務更將拓展至天水圍。本會熱切期盼繼續與伙伴同心同行，將家庭健康服務推廣至全港。

家庭健康促進中心督導主任李雯珊闡述本會的「家庭健康」服務理念：「一般服務常針對『問題』，但我們的服務希望幫助更多家庭尋找自己的內在資源，發揮他們本身的正能量。」她表示，本會「天水圍北家庭健康促進中心」，其位處的天晴綜合社會服務大樓已竣完工，中心的資深社工現正加緊工作，凝聚各界有心人士，為即將開展的服務做足最佳準備。

HKYWCA is determined in developing family wellness services in recent years. Since the first self-financing family wellness centre in Kowloon was established in 2008, the centre has served more than 150 thousand recipients (person-time). And thanks to the support of various sectors, our family wellness services will be extended to Tin Shu Wai. We earnestly hope that we can continue to work in unity with our partners and extend family wellness services to the whole city.

Supervisor of the Family Wellness Centre Lee Man Shan elaborated on the service concept of "family wellness", "The emphasis of ordinary service is 'problem'. Our service, on the other hand, targets to help more families to discover their inner resources, that their own positive energy can be exerted." She also expressed that the construction of Tin Ching Estate Multi-Social Service Complex, where our association's Tin Shui Wai North Family Wellness Centre is located, is completed; senior social workers of the centre therefore are now working diligently to gather individuals with similar aspirations from various walks of life to make the best preparation for the services soon to be launched.

全賴各界支持

本會家庭健康服務持續拓展



女青動向

該中心針對育有幼兒的家庭提供服務的方向，已深得天水圍的社區人士認同。同是位於天晴邨的平安福音堂幼稚園(天水圍)校長黃少蘭表示，該區有不少育有幼兒的年輕家庭，新移民及基層家庭比率亦不低，他們往往欠缺支援。她指出該區有三大需要，第一是語言問題，因新移民父母的發音不大純正，幼兒難以學習；第二是家長長時間外出工作，或不懂管教，幼兒易生情緒及行為問題；第三是老師難以獨力處理特殊個案，亟需專業社工的支援。她續道：「作為幼兒教育工作者，深明零至六歲是一生的基礎，很希望新的中心能夠提供支援，讓我們可及早介入有需要的家庭。」

在缺乏政府直接資助日常經費下，本會「家庭健康」運動得以推展實在有賴各界人士的認同及支持，在此特別衷心鳴謝慷慨襄助的香港賽馬會及俊和發展集團。李雯珊指出，本會亦十分榮幸愈來愈多伙伴加入「家庭健康」運動的行列，包括美國輝瑞科研製藥有限公司營養品部全力支持的「童途有我們—關心嬰幼兒家庭健康計劃」及惠康有限公司支持的「健康快樂廚—家庭健康推廣計劃」。

有關計劃資料可見於本會網頁的「最新消息」及「新聞中心」(www.ywca.org.hk)。



The direction of this centre, which focuses on provision of service for families with small children, is well received by the community of Tin Shui Wai. According to Wong Siu Lan, Headmistress of Peace Evangelical Centre Kindergarten (Tin Shui Wai) which located also in Tin Ching Estate, there are many young families with small children in the district. The ratios of new immigrants and grass-roots families are not low either. These families usually do not have enough support. She pointed out 3 major needs: First, problem concerning language. Parents who are new immigrants usually do not speak the local language well; hence, their children would find it difficult to learn the language. Second, many parents have to work outside for long hours or are unfamiliar with discipline; that would lead to emotional or behavior problems of their children. Third, many teachers find it difficult to deal with special cases alone; they require support from professional social workers. She continued, "As an early childhood education worker, we understand that the first 6 years of children are the foundation of their lives. Therefore, we hope to see the new centre being able to provide support, which allows our intervention in family problems at earlier stages."

Thanks to the recognition and support from various sectors, our "family wellness" movement has been successfully extended despite the lack of direct subsidy from the Government. We would like to express our gratitude to the Hong Kong Jockey Club and Chun Wo Development Holdings Limited for their generous donation. Lee Man Shan also expressed that it is our honour to have more and more partners joining our "family wellness" campaign. Recent programmes such as "Paving Our Way, Early Childhood and Family Wellness Project" fully supported by Pfizer Corporation Hong Kong Limited - Nutrition Business and "Healthy and Happy Cooking - Family Wellness Promotion Programme" supported by Wellcome Co. Ltd. are some good examples. Related information can be found in our web site under the "What's New" & "Press Centre" sections (www.ywca.org.hk).

與伙伴同行



俊和發展集團

秉持「取諸社會，用諸社會」信念

建立義務平台，服務社會

Chun Wo Development Holdings Limited's
Commitment to Building a Voluntary Platform
and Serving the Society

俊和除連續三年擔任本會「抱抱家人慈善行」首席贊助，亦積極推動員工參與本會社區服務，背後推動的是該集團一直秉持「取諸社會，用諸社會」的信念。

俊和發展集團副主席彭一邦表示：「企業能夠發揮其平台作用，推動企業管理層及員工攜手為社會作出貢獻。」「關懷社會」是俊和由始至終堅持的信念，除透過金錢捐助外，亦一向積極參與慈善機構的社區服務活動，藉此加強員工之間以及與社區之交流，近年與女青年會合辦一系列康樂及義工活動，鼓勵員工及其家庭善用餘暇，公司管理層亦身體力行參與其中，例如帶同家人參與「抱抱家人慈善行」，為旗下員工樹立良好榜樣，表達他們對員工服務社會的支持。他指出，「企業身體力行參與慈善機構的社區服務活動，不但有助提升該等服務的成效，還給予相關機構支持和肯定，鼓勵他們繼續服務有需要的人士。」

深化「抱抱力量」，延伸抱抱訊息

俊和除支持女青年會的家庭服務外，更積極協助推廣「家庭健康」的訊息，去年在「抱抱家人慈善行」活動當天，特意增設了「關愛長者同樂行」環節，是集團將「抱抱力量」伸延至社區的關懷行動。集團一直重視推行以「家庭義工」為本位的社區服務，是次活動由集團之一個義工家庭對一位長者的組合方式，與女青的鄭儂卿護理安老苑老友記傾訴心事、陪伴他們外出進膳和參加慈善行，這種以家庭串連的關懷方式，能夠讓長者感受到「一家人」歡聚的「開心」氣氛，以及家庭成員之間那種互助互愛、守望相助的正能量，有助長者維持身心健康，發揮更深遠的影響力。

Chun Wo has for a consecutive of three years acted as the Principal Sponsor of "Hug Families Charity Walk" organized by HKYWCA, it also encourages its staff to participate in our community service. The driving force behind is the principle of the company that "whosoever benefited from the society should contribute back to it".

Derrick Pang, Deputy Chairman of Chun Wo Development Holdings Limited, said "An enterprise can act as a platform that encourages its management and staff to contribute hand-in-hand for the society." "Caring for the society" has been an objective of Chun Wo since the beginning. More than monetary donation, Chun Wo has long been an active participant of social service activities. Through such events, the communication between staff members and the relationship between the company and the community are enhanced. In recent years, Chun Wo has co-organized a series of recreational and voluntary activities with HKYWCA and has encouraged its staff and their families to make good use of their leisure. The management team of the company has also set good examples for their subordinates by bringing along their families and participating in activities such as "Hug Families Charity Walk". It is by such actions they demonstrate their support to their staff's service for the society. Derrick further pointed out, "An enterprise's participation in activities organized by charity and social service organizations can uplift the performance of such services and is a support and assurance for the related organizations. It serves also as an encouragement for the staff to continue serving people in need."

Strengthening "the Power of Hugs" and Spreading the Message

More than a sponsor of HKYWCA's family services, Chun Wo is also an active promoter of "family wellness". During the "Hug Families Charity Walk" last year, an additional feature "Enjoying the Charity Walk with Elderly" was introduced. It is an action of the company to spread "the Power of Hugs" to the community. Chun Wo has always placed importance on performing community service through "family volunteers". In this very event, families of Chun Wo's volunteers visited HKYWCA's Cheng Pon Hing Care & Attention Home for the Elderly, paired with the elderly on one-family-on-one-elderly basis. The pairing families communicated with their "elderly buddies", brought them out for lunch and accompanied them during the charity walk. Through pairing with families, the elderly could experience the happiness and positive power among family members as they helped, cherished and watched out for one another. Such is a great aid in maintaining both physical and mental fitness of the elderly and could even influence them deeply.

與伙伴同行

「關愛長者同樂行」參加者
互訴心聲Participants of "Enjoying the Charity Walk with Elderly"
Exchanging Their Thoughts

83歲高齡婆婆

83 Year-old Mak Fung Tai from Elderly Home



「好高興俊和義工以一對一方式照顧我們，以前從未試過，由來苑舍探訪、出外飲茶到參加慈善步行，關心及照顧得無微不至，可見俊和是一間有心的企業，一班老友記亦視義工如孫仔孫女，好似一家人一樣親切。今次是第一次參加慈善步行，希望今年再有機會參加。」

"For the first time volunteers from Chun Wo took care of us on one-on-one basis. They visited the elderly home and then brought us out for lunch before the charity walk. Their attentive care showed that Chun Wo is a heartfelt enterprise. Those of us from the elderly home also treated the volunteers as our grandchildren and we were as close as family members. This was the first time I participated in the charity walk, I really wish I can join again this year."

俊和義工 鄧凱彥

Eric Tang, Volunteer from Chun Wo



「今次經驗讓我感受到不少老友記仍然是「人老心不老」，與他們閒聊完全沒有代溝，相處就好像一家人般自然舒服。這次一對一的配對方式令義工能更專注地與自己配對的老友記溝通，產生如家人般的關懷之情。不過要數最難忘的事情，就是老友記們特地花了數天時間製作一種名叫「拉菱角」的兒時小玩意作禮物答謝我們到訪。」

"It is because of this experience that I found many elderly people are still young in their hearts. Generation gap did not bother us during our chats and there was a cozy communication like one between family members. The assignation of one family to one "buddy" allowed volunteers to focus on communicating with their designated elderly friend and could foster family-like caring relationships. The most unforgettable thing of the activities was: our buddies spent a few days making playthings which they used to play when they were young as thank you gifts for our visit."

鄭傍卿護理安老苑院長 謝剛華

Mr. Fred Tse, Superintendent of Cheng Pon Hing Care and Attention Home for the Elderly



最難能可貴的是長者獲俊和贊助出席慈善行，原本是受助者，但在義工陪同下亦可為慈善出一分力，由受助者變為助人者，提升了長者自我形象及自我價值。抱抱行動拉近了人與人之間的關係，更令長者感受到關懷及重視，感謝俊和義工為長者帶來一次難得的體驗。

The most beautiful thing of this activity was: Sponsored by Chun Wo to participate in the charity walk, the elderly were originally the beneficiaries. Nevertheless, with the company of volunteers, they could also contribute their effort as helpers. In such way, their self-image and sense of self-worth were uplifted. The "Hug Families" activities draw people closer to one another. It gives elderly people the care and attention they required. I want to thank the volunteers from Chun Wo for bringing this unique experience to the elderly.



女青剪影



創會日祈禱會 Foundation Day Prayer Meeting

本會創會日祈禱會已於3月10日圓滿舉行。聚會先透過短片回顧本會第三任總幹事黃玉梅女士在1962年之演講，及本會早期發展歷史。董事委員亦代表各部門參與奉獻禮，透過聖經故事激勵同工效法前人，獻身服務社群，把本會的服務獻給上帝。

今年的主題是「行公義、好憐憫、存謙卑的心，與你的神同行」(彌迦書6:8)。黃瑞君牧師藉此勉勵同工要認識上帝，並以謙卑的心與祂同行，實踐公義和憐憫。各董事、委員及同工均立志把全心全人獻給上帝，努力服務有需要人士。

The YWCA Foundation Day prayer meeting has been successfully held on 10 March. At the beginning of the meeting, a clip was played as a review of the 1962 speech by Ms Wong Yuk Mui, the 3rd Chief Executive of YWCA, as well as the early development of the association. Then, the Board of Directors and Committee Members, on behalf of all departments, participated in a ceremony of dedication. During which, they encouraged co-workers of the association by means of Bible stories to follow the footsteps of their forerunners, dedicate themselves to serving the community and treat their service as an offering to God.

The theme of this year's prayer meeting is "To do justly, and to love mercy, and to walk humbly with Your God" (Micah 6:8). With that theme, Rev. Wong Shui Kwan encouraged coworkers that they should get to know God and walk humbly with Him as a means to practice justice and mercy. After the sermon, our Directors, Committee Members and co-workers determined to dedicate their hearts and lives to God as well as to serving people in need.

2011奮路Teen兵青少年信徒訓練證書課程

2011 Teenage Armies of God - Certificate Training Course for Young Believers

日期 Date	2011-7-20至8-21 20 July to 21 Aug 2011 逢星期二至五全日課程；星期六至日由教會牧者安排進行教會實習 Full-time course, Tuesday to Friday every week. Field training to be arranged by pastors on Saturdays in churches
時間 Time	9:00am至5:00pm及間中晚間特別聚會 9:00am to 5:00pm. Occasional special meetings in evenings.
對象 Target	應屆中六至大專生基督徒 (18-24歲) Christians studying Form 6, Form 7 and in universities (18-24 years old)
訓練內容 Content of Training	開學營、人生使命、得人漁夫、與神親近、禱祈旨意、敬拜讚美、言經研經、具感染力的真人Show、結果人劇場、戀愛一生一世的愛、持守信念、我和我一家、我有我型格、僕人領導@學、認識跨文化宣教、流行文化大發現、關係成可貴、香港性文化衝擊、生死時刻、小組實踐、參觀機構/服事、實習及督導 Orientation Camp; Destiny of Life; Fishers of Man; Getting Close to God; Seeking Your Will; Praise and Worship; Bible Study and Discussion; Impactful Reality Show; The Story of Fruit Bearers; Life-long Love Relationship; Steadfast Faith; My Family and I; Stylish in a Unique Way; Being Leaders who Serve; Understanding Cross-cultural Preaching; Rediscovering Pop Culture; Precious Relationship; Impact of Sex Culture in Hong Kong; The Moment between Life and Death; Group Practice; Organization/Ministry Visiting; Field Training and Supervision
費用 Fee	每位\$1500 (2人或以上報名九折) 6-20或之前報名：每位\$1300 (2人或以上報名九折) \$1500 each (10% discount for 2 or more people) Register on or before 20 Jun: \$1300 each (10% discount for 2 or more people)
截止日期 Deadline for Registration	2011年7月4日(一) 收到報名表及費用當日作準，逾期報名者需每人額外繳交\$50手續費 4 Jul 2011 (Monday) Both admission forms and fees should be submitted not later than this date. An extra of \$50 will be charged for late registration on each person.
報名或查詢 Registration & Enquiry	http://cmd.ywca.org.hk 電話：3476 1324 傳真：34761326 (聯絡基督教事工部 李姑娘) Tel: 3476 1324 Fax: 34761326 (Attn: Ms Lee, Christian Ministry Department)

女青剪影

本會4位青年義工獲頒義工獎

Four YWCA Volunteers Awarded

本會一直積極推動義工發展，在社會福利署「2010-2011 學生及青年義務工作分享會暨頒獎禮」上，本會除獲頒發「2009年10000小時義工服務獎」外，4位熱心服務的青年義工包括沙田綜合社會服務處的陳淑媛及李安琪、將軍澳綜合社會服務處的陳美雲及龍翔綜合社會服務處的陳玉馨，更獲嘉許，齊獲「2010-2011香港傑出青年義工獎」以作表揚。

YWCA has long been an advocate in the development of voluntary work. During the "Student & Youth Volunteers Sharing Convention & Awarding Ceremony 2010-2011" organized by the Social Welfare Department, YWCA was given the "2009 Award of 10,000 Hours for Volunteer Service". More than that, 4 enthusiastic youth volunteers — Chan Suk Woon and Lee On Kei from Shatin Integrated Social Service Centre, Chan Mei Wan from Tseung Kwan O Integrated Social Service Centre and Chan Yuk Hing from Lung Cheung Integrated Social Service Centre — were further commended and given the "Hong Kong Outstanding Youth Volunteers Award 2010-2011".



本會青年魔術師亮相「魔法擂台」獻藝

Young Magician from YWCA Showcasing His Skills in "The Magic Ring"



本會培育的青年會員再放異彩！本會樂華綜合社會服務處魔術隊「Magic KEY」成員洪興龍成功在過百候選者中，獲選於無線電視「魔法擂台」節目與高手競藝，更以華麗的啤牌舞台魔術於4月16日的節目中亮相。節目中不乏身手超凡的專業魔術師同場較量，並由著名魔術師評判作出評分。本會十分高興服務使用者能夠從比賽中吸收經驗、拓展視野，為個人成長打好更好的基礎。

Here's another achievement by our youth member! Hung Hing Long, a member of magician team "Magic KEY" based in Lok Wah Integrated Social Service Centre, has successfully been qualified among more than 100 candidates to appear in TVB's show "The Magic Ring" and compete with other skilful magicians in the programme. There he performed his splendid playing card magic which was then aired on 16 April. The show provides opportunities for skilful and talented professional magicians to demonstrate their skills which are then graded and commented by famous master magicians. We are pleased to see Hung gaining experience and broadening his vision in the competition; we believe such would lay a good foundation for his personal development.

女青剪影

榮獲敬老護老愛心券「最佳籌款獎」亞軍

1st Runner Up in Selling "Care for the Elderly Charity Ticket"

「敬老護老愛心券」籌款活動已於去年12月初圓滿結束，本會籌得的善款為 \$1,017,872.70，本會在全港60個參與機構中籌款額第二最高，榮獲愛心券「最佳籌款獎」亞軍。善款將撥作本會健康長者農場及秀群安閒活動坊的營運經費，以發展退休人士服務。

在此烈恭賀協興/惠保養工及康樂籌委會榮獲全港公司最高銷售獎季軍，以及本會「公司最高銷售獎」及「學校最高銷售獎」的得獎單位。

The charity campaign of "Care for the Elderly Charity Ticket" has been successfully finished in early December last year. The total sum of money raised by YWCA is \$1,017,872.70. Ranked second among the 60 participating organizations, YWCA was named the 1st runner-up in the "Best Fund Raiser Award". The fund raised will be allotted as operating funds to The Farm for Healthy Ageing and Ellen Li Leisure Activity Centre, which provide services for retired people.

Our special thanks to the following organizations and schools for their support; and our congratulation to the Hip Hing / Vibro volunteer and recreational committee for winning the 2nd runner up in the Corporate Sales Competition.



協興/惠保養工及康樂籌委會
Hip Hing / Vibro volunteer and recreational committee

Sinfarr Trading Co Ltd

太興環球發展有限公司
Tai Hing Worldwide Development Limited

Kin Yick Air-Conditioning & Engineering Limited

冠輝警衛有限公司
King Force Security Limited.

怡輝冷凍工程有限公司
Efatar Engineering Co. Ltd.

富城集團
Urban Group

惠康環境服務有限公司
Waihong Environmental Service Ltd.

慧瑩專業陪月僱傭服務中心
Royal-Care Employment Service Centre

富城技術服務有限公司
Urban Technical Services Limited

通力技術服務有限公司
Turning Technical Services Limited

富城網有限公司
i-Urban Limited

康妍專業護理中心
BBcare Health Service Centre

洪達貿易公司

慕光英文書院
Mu Kuang English School

東華三院李嘉誠中學
T.W.G.Hs Li Ka Shing College

王肇枝中學
Wong Shiu Chi Secondary School

(排名不分先後 Not in Particular Order)

中心設施更新 更多青年及長者受惠

Renewed Facilities that Benefit More

為了為服務使用者提供更佳服務，本會秀群松柏社區服務中心與中西區及離島青年外展社會工作隊獲香港賽馬會獎券基金贊助，分別進行「美化工程」及「現代化工程」。兩個中心在完成工程後，均增設更多活動空間及設施，令更多服務使用者受惠。

中西區及離島青年外展社會工作隊更以「提升動機」、「增強能力」及「提供機會」3大主題為設計理念，打造不一樣的多用途活動室，提供理想的活動空間讓青年人發揮所長、實現夢想。

HKYWCA's Ellen Li District Elderly Community Centre and Central, Western & Islands District Youth Outreaching Social Work Team are now undergoing "landscaping treatment" and "modernization upgrade" respectively. The projects are sponsored by the Hong Kong Jockey Club Lotteries Fund. Upon completion, there will be more facilities and additional room for activities, allowing the provision of more and better services for recipients.

Our Central, Western & Islands District Youth Outreaching Social Work Team will also renovate a few multi-purpose rooms/a multi-purpose room based on 3 major themes of design: "boosting motivation", "enhancing capability" and "offering opportunities". These extraordinary rooms will provide an ideal area for young people to exert their strengths and realize their dreams.

秀群松柏社區服務中心
Ellen Li District Elderly Community Centre



中西區及離島青年外展社會工作隊
Central, Western & Islands District Youth Outreaching Social Work Team



我們需要您！ We Need Your Participation!

助青年 Say YES To Work Help Youths "Say YES To Work"

暑期將至，數以萬計青年正期待一個讓他們認識工作世界、培養正確工作態度的機會！

為了讓青年有更佳的就業準備，本會一直提倡「一人一暑期工」，熱切期盼更多僱主加入我們，栽培青年。

The summer vacation will soon arrive. Tens of thousands of young people are expecting for the opportunities through which they can have a better understanding of the employment world and learn to work with the right attitude.

YWCA has long been advocating the idea of "One Summer Job per Person" as it helps preparing the youth for future employment. Hence, we hope to see more employers joining us as cultivators of young people.

查詢 Enquiry: 2111 8533 / 3188 8070

www.summerjob.hk



暑期工招聘周

Summer Job Recruitment Week

日期：2011年5月下旬

Date: End of May 2011

地點：青年就業起點（旺角及葵芳）

Venue: Youth Employment Start (Mongkok & Kwai Fong)

招聘日

Recruitment Day

日期：每逢周四

Date: Every Thursday

地點：青年就業起點（旺角及葵芳）

Venue: Youth Employment Start (Mongkok & Kwai Fong)



女青熱線義工招募 Recruitment of YWCA Hotline Volunteers

日期 Date : 2011年7月9日 (六) 9 July 2011 (Sat)

時間 Time : 晚上7時至9時 7-9 pm

內容 Content: 解答「輔導是否等如熱線輔導？」、
「您是否適合做熱線輔導義工？」等問題

Providing answers to questions such as: "Counselling and
Counselling Hotline – Are they the Same?"

"Are You Suitable to be a Voluntary Hotline Counsellor?"

費用 Fee: \$100

查詢 Enquiry: 34431601 <http://fwc.ywca.org.hk>

如您有志借出您的耳朵，獻出您的關懷，歡迎參加以下由專業社工主講的「基本輔導講座」，並申請成為本會的熱線義工。

Whosoever willing to lend their ears and offer their care to others are welcome to participate in this "Seminar on Fundamental Counselling" hosted by professional social workers and apply to become hotline volunteers of YWCA.

社會企業 – 園景軒餐廳 Social Enterprise - Garden View Lounge



由退休人士營運的社會企業「園景軒餐廳」在裝修後已投入服務，他們除精心炮製西式午膳及下午茶，更會按照時令獻上無添加的健康特飲，例如紅棗茶、薏米水等等。推廣期間，午膳套餐只為\$36，請多多支持這群退休人士！

Garden View Lounge, a social enterprise operated by retired people, is now at service after renovation. Other than dedicatedly-cooked dishes for lunch and tea time, the restaurant also serves special drinks especially prepared for the season such as red dates tea and barley water - all with zero additive. During promotion period, lunch sets are available only at \$36 each. Please come and support these retired individuals!

座落在中環麥當勞道1號6樓的餐廳，可遠眺動植物公園及中環遠景，景色怡人。The restaurant, located on the 6th floor of 1 MacDonnell Road, is gifted with beautiful views of the Hong Kong Zoological and Botanical Gardens and Central.

查詢 Enquiry

34761390

<http://gvl.ywca.org.hk/>

青心坊

SERENITY
WELLNESS • MASSAGE

「午後輕鬆嘆」優惠 升級享受 迎接春夏

顧客於 **午間悠閒時段*** 惠顧本店，可以相同價錢享受 **升級** 按摩服務。

香薰足底按摩 \$138

中式穴位全身推拿 \$198

由 **45分鐘** 升級至 **60分鐘**

獨享 **40%升級** 享受

立即致電2915 5622預約，勿失良機！

*逢星期一至五，中午12:00至下午3:00

青心坊，西半山第一間社企保健按摩中心。



套 票 之 選

現金價

十送一套票價

頭肩頸按摩

\$98

\$89

30分鐘

30分鐘

香薰足底按摩

\$138

\$125

45分鐘

45分鐘

中式穴位全身推拿

\$198

\$180

45分鐘

45分鐘



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



撥款資助
伙伴倡自強
社區協作計劃
Enhancing Self-Reliance
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Your contribution may change the life of others



一個婦女活動

挽回了寶貴生命 重建一個健康家庭

Her Life is Saved & Her Family Rebuilt by a Programme

數十年來都是家庭主婦的淑媚，丈夫離家出走後，完全失去了依靠，腦裡只想到輕生。就是女青年會的一則離婚婦女自強課程的廣告，原本徬徨無助的淑媚重見曙光，更參加了「走過婚姻路」活動，認識離婚不是絕路，得到心靈安慰的同時，她又參與女青再培訓服務，擔起了陪月員的工作，更委身女青繼續支援「同路人」。

Suk Mei had been a housewife for tens of years. She has no one to rely on since her husband ran away and her mind was once filled with suicidal ideas. Though anxious and helpless, Suk Mei rediscovered hope when she read an advertisement of our association's self-help programme "Path after Marriage" designed for divorced women. In that programme, she realized that divorce is not a dead end and she was comforted. She also participated in the retraining programme organized by HKYWCA and has become a confinement lady trained to provide postnatal care service. Now she commits herself in HKYWCA to help those with similar difficulties.

淑媚的故事是不少婦女的寫照，畢生依靠丈夫，欠缺支援網絡。政府資助的家庭服務，只可處理已經出現危機的家庭，然而我們會問，為何不及早介入，阻止慘劇發生？

本會一直倡導的「家庭健康」及婦女服務正是要填補這個服務缺口，即使缺乏政府直接資助，我們仍堅持推動。為了令這項服務得以維持，本會在此誠懇呼籲各位及親友慷慨支持，善用政府即將發放的\$6,000（部分或全數）現金，捐助本會「家庭健康」及婦女服務，令更多有需要人士能夠受惠。

Suk Mei's story is reoccurring in many women's lives. They have always been relying on their husbands and they do not have enough supportive network. The family service provided by the Government can only deal with families with emerged crises. Our question is: Couldn't we intervene at earlier stages to avoid tragedies?

The "family wellness" and women services pioneered by our association are for the filling of this gap. We insist on implementation of these services despite lack of direct subsidy from the Government. For the sustaining operation of this service, our association hereby appeals to all readers as well as their families and friends to support us generously and make good use of the \$6,000 soon released by the Government. Please donate part or the entire amount to support HKYWCA's "family wellness" and women services so that more people in need can be benefited.

香港基督教女青年會 HONG KONG Y.W.C.A.

捐款表格 Donation Form

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

我要捐款 Wish to donate

本人非常支持女青年會家庭健康與婦女服務發展並樂意捐助
I would like to make a donation to support HKYWCA's "Family Wellness" and women services.

☐ 港幣HK\$ 6,000 ☐ 其他金額 Other Donation Amount
(請註明 Please specify: HK\$ _____)

捐款者資料 Donor's Information

姓名
Name _____ (先生 Mr. / 女士 Ms. / 小姐 Miss)

聯絡電話 Tel _____ 傳真 Fax _____

電郵 Email _____

地址 Address _____

☐ 不需要收據，以幫助節省行政開支。
To save administration costs, official receipt is not required.

☐ 請寄回收據 **。(如收據抬頭或地址與上述捐款者不同，請註明)
Please send me a receipt ** (Please specify the recipient and address if it is different from the donor.)

收據抬頭姓名 Recipient's name: _____

回郵地址 Mailing address: _____

** 捐款港幣一百元或以上可憑收據申請扣減稅項。
Donations over HK\$100 are tax deductible with a receipt.

閣下所提供之個人資料只用作本會處理捐款、簽發收據及寄奉本會籌募活動之用，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 personal data provided will be used in processing the donation transaction, issuing of receipt and sending of fund-raising information. The personal data will be disclosed to staff member(s) of HKYWCA and the related bank(s) on a need-to-know basis.

捐款方法 Donation Method

☐ 直接存入或透過自動櫃員機轉賬至「香港基督教女青年會」戶口：
Direct Transfer to the following bank accounts of the Hong Kong YWCA:

滙豐銀行 HSBC	004-002-223105-001
恒生銀行 Hang Seng Bank	280-178559-670
中國銀行 Bank of China	031-384-00003526
東亞銀行 Bank of East Asia	015-514-40-05153-5

郵寄本表格予香港中環麥當勞道一號208室本會資源拓展部存檔。如需收據，請將銀行入數紙或轉帳紀錄正本一併寄回。Please mail the original bank pay-in-slip /ATM advice together with this form to Resources Development Department of Hong Kong YWCA at Room 208, 1 MacDonnell Road, Central, HK for an official receipt.

☐ 劃線支票 Crossed cheque

(支票號碼 Cheque No.: _____ / _____ 銀行 Bank)
支票抬頭「香港基督教女青年會」或「Hong Kong YWCA」，連同本表格郵寄至香港中環麥當勞道一號208室本會資源拓展部收，亦可於辦公時間親臨本會總會或本會任何一個服務單位遞交。Please make your cheque payable to "Hong Kong YWCA" and mail together with this form to Resources Development Department of Hong Kong YWCA at Room 208, 1 MacDonnell Road, Central, HK for an official receipt. You can also make donation in person at our headquarters or any of our service units during office hours.

☐ 現金 Cash

請於辦公時間內直接交予香港中環麥當勞道一號208室本會資源拓展部或本會任何一個服務單位。You can make cash donation in person at the Resources Development Department of Hong Kong YWCA at Room 208, 1 MacDonnell Road, Central, HK or any of our service units during office hours.

☐ 網上捐款 Online Donation

閣下可登入本會網頁http://www.ywca.org.hk，以VISA或萬事達信用卡作即時網上捐款，捐款用途請選擇「特別捐款項目」。網上捐款不用交回此表格，本會將根據您網上輸入的資料發出正式收據。Please access our website at http://www.ywca.org.hk and make online donation by your VISA or MasterCard credit card. Please select "Special Donation Item" under donation usage. You do not need to return this form, official receipt will be issued according to your information from the online donation record.