



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

第五屆企業伙伴午餐會 攜手推動企業社會責任

Joining Hands to Promote CSR at the
5th HKYWCA Corporate Luncheon



Say YES to Work 青年就業暨暑期工招聘博覽2013

Say YES to Work Youth Employment cum
Summer Job Expo 2013

支持婦女與家庭

伴你走過生命
每一站

Support Women and Families
through the Journey of Life



香港基督教女青年會是有近百年歷史的婦女團體，經過近一世紀前人及同工的努力，現已發展成為一個社會服務種類多元化的機構，服務對象涵蓋幼兒、青年以至長者。在芸芸服務中，婦女與家庭服務依然是重點之一，並且隨著社會的轉變，針對不同類型的婦女、經歷不同階段的家庭提供適切服務。

Hong Kong Young Women's Christian Association is a women's organization with nearly 100 years of history. After almost a century of hard work by our predecessors, HKYWCA has grown into an organization that provides a great variety of social services ranging from infants, youths and the elderly. Among the numerous services we consider women and family as HKYWCA's primary service focus targetting women in different sectors and families of all levels in an ever-changing society.


胡秀霞女士 MH, JP
Mrs. Patricia Ling, MH, JP



會長的話

Words from the President





現今婦女地位看似進步不少，其實社會上仍存在不少隱性的性別不平等，甚至婦女本身也不易察覺，例如雖然許多婦女外出工作，但家庭照顧、照顧年老父母的責任往往落在婦女身上，性別定型仍為婦女帶來重重壓力。本會婦女事工部因此致力走入婦女社群，聆聽她們的故事，並且以調查研究了解她們的需要，讓社會人士更理解婦女情況，從而有助本會倡導政策，提供合適的服務。

另一方面，本會全力發展具備持續性及發展階梯的女性培訓，並針對不同年齡層的婦女提供領袖培訓計劃。誠如世界基督教女青年會的口號：「Women Leading Change」，早前本會便舉辦了第四屆「女聲：年青女性領袖培育計劃」，透過歷奇訓練、領袖分享、專題研習等方式，培育大專生成為未來女性領袖。

在家庭方面，女青年會早在2007年便率先成立家庭健康促進中心，提供優勢為本的預防性家庭服務。中心重點發展有助個人健康及家庭健康的工作，並按著家庭生命週期中的需要和轉變，提供有助提升家庭健康的服務，包括婚前輔導、新婚適應、準爸媽支援、嬰幼兒家庭支援及幼童家庭親職教育等。

發展至今，該中心已由九龍區擴展至天水圍，並且針對不同地區需要提供獨特的相應服務。例如本會有見天水圍比較多年輕家庭，因此特別針對育有零至六歲的家庭提供服務，以及早協助基層家庭預防幼兒的情緒及行為問題，建立健康家庭。兩所中心迄今已舉辦了不少口碑載道的服務計劃，關顧不同階段家庭的需要，成為許多家庭的同路人。

過去一世紀，本地婦女與家庭的狀況已出現翻天覆地的變化，本會亦一直恪守使命，堅持走在社會最前線，從不固步自封，勇於迎接挑戰，持續為社區提供適切支援，陪伴香港社會、婦女，以及家庭與時並進，走過每一步。

Women's social status seems to have improved in recent years, yet inequality between the sexes still exists so discreetly that it is even undetected by the women themselves. For instance, while many women are part of the workforce, they can still feel the pressure of social stereotyping of women shouldering the sole responsibility of taking care of the family and looking after elderly parents. Our Women Affairs Department actively seeks out women communities to listen to their stories and to understand their needs through surveys, so that the public can have a better insight of the situation of women. This also helps HKYWCA formulate its policies and provide the most suitable services.

HKYWCA also strives to develop sustainable and different levels of training programmes for women, as well as leadership training programmes for women of various age groups. In the same spirit as the motto of the World YWCA – "Women Leading Change", HKYWCA recently organized the 4th "Women's Voice - Young Women Leadership Training Programme", fostering future female leaders among university students through activities such as adventure training, leadership sharing, and project learning.

In terms of family services, HKYWCA first established its Family Wellness Centre in 2007, offering capacity building, preventive family services. The Centre's work focuses on both individual and family wellness, offering services that promote family wellness in accordance with the changing needs of families as they go through different stages. These services include pre-marital counseling, marital adaptation, support for prospective parents, support for families with young children, as well as parenting education.

The Family Wellness Service has expanded from Kowloon to Tin Shui Wai, offering exclusive services that address the particular needs of that district. For example, the aggregation of young families in North Tin Shui Wai has led to the provision of services tailored for families with children of age 0 to 6. These services assist grassroots families in preventing emotional and behavioral issues of young children at an early stage, and help to build harmonious family relationships. Our two Family Wellness Centres have since organized multiple well-received service projects, catering to the needs of families in different stages and guiding these families through the programmes.

The past century has seen dramatic changes in the conditions of local women and families. HKYWCA is committed to uphold her mission to stay on the frontlines of society, to bring about change, face up to new challenges and to keep abreast of time, providing services that impact on the community's needs.



支持婦女與家庭 伴你走過生命每一站

Support Women and Families through the Journey of Life

婦

女與家庭，乃香港基督教女青年會的焦點服務。現今婦女地位雖提升，但壓力依然沉重；另一邊廂，刻下家庭問題叢生。在這種環境下，本會的婦女與家庭服務，已突破過往框框，針對性地為婦女及家庭不同階段的需要提供適切服務，陪伴她們走過人生階段每一站。

本會家庭健康促進中心督導主任李雯珊便以「車站」比喻人生不同階段的需要：「中心一直致力推動家庭健康，除提供個人及家庭輔導外，亦致力陪伴家庭經歷一站又一站，由準備進入婚姻、新婚適應，到考慮生兒育女、產前準備、初為人父母、孩子入學等，幫助他們踏上健康快樂家庭之路。」

Women and families are both core service areas provided by HKYWCA. While the social status of women has improved, they still face tremendous pressure; on the family front, familial issues have become more and more diverse and commonplace. Under these circumstances, our women and family services units had to extend beyond the traditional framework, providing appropriate services targeted at women and families at various stages. These services help and support women and families at every juncture of life.

The Supervisor of our Family Wellness Centre Ms. Emily Lee, compared different stages in life as "stops" on a long journey. "The Centre has always been committed to promoting the well-being of families. Apart from personal and family counselling, we are also dedicated to supporting families as they go through different stops in life, from pre-marriage to newly-wed; from thinking about having children to prenatal preparations; from the first moments of parenthood to schooling for children, and so on. We are there to help families embark on a healthy and happy journey."





《這樣懷孕真舒服》四位作者：助產士葉麗嫻(左二)、香港醫學專科學院兒科專科醫生兼女青顧問鄭慧芬(左三)、女青家庭健康促進中心李雯珊(左四)、精神科專科醫生兼女青顧問苗延琮(右一)。

The four authors of the book "A Comfortable Pregnancy", Midwife Ms. Yip Lai Sheng (2nd left); Paediatrician of the Hong Kong Academy of Medicine and Advisor of HKYWCA Dr. Cheng Wai Fun (3rd left); HKYWCA Family Wellness Centre Supervisor Ms. Emily Lee (4th left); and psychiatrist and HKYWCA advisor Dr. Miao Yin King (far right).

家庭健康關鍵一站： 做父母，你準備好未？ Key Juncture in Family Wellness: Are you Ready to be Parents?

早前該中心便聯同一眾專家合著《這樣懷孕真舒服》一書，並透過「孕婦壓力新趨勢」新書發布會，呼籲關心準媽媽的身心靈需要，預防產後抑鬱症。

The Book "A Comfortable Pregnancy" is a joint effort of the Centre and a number of professionals in the area. At the press conference entitled "The New Trends in the Pressure Faced by Pregnant Women" for this new book, the importance of both physical and psychological health, as well as the prevention of postnatal depression, was conveyed to all prospective mothers.



該中心更連續第四年舉辦「準爸媽慶祝派對」。今年邀得藝人高皓正夫婦出席(左起二及三)，分享成為新手父母的心路歷程。資深助產士馬家儀(右一)則傳授母乳餵哺、產前產後護理及心理調適等知識。

The Centre has held for the fourth year in a row a prospective parents celebration party. This year artist Zac Kao and his wife (2nd and 3rd left) were invited to share their experiences and feelings as new parents, while experienced midwife Ms. Ma Gar Yee (far right) talked about breast-feeding, pre- and postnatal care, and psychological adjustment.



此外，為響應「國際家庭日」，本會亦連續第三年舉辦口碑載道的「童途有我們」專家分享講座，一如往年報名反應熱烈。今年邀得精神科專科醫生兼女青顧問苗延琮(右二)、油蔴地天主教小學(海泓道)校長何綺霞(中)及本會家庭健康促進中心單位主任伍偉湛(右一)主講。

Furthermore, in response to the International Day of Families, we also organized for the third consecutive year the well-received "The Road of Child Raising" professionals sharing lecture. Just as previous years, the session received overwhelming responses. This year, psychiatrist and HKYWCA advisor Dr. Miao Yin King (2nd right), Principal Ho Yee Ha (centre) from Yaumati Catholic Primary School (Hoi Wang Road), and HKYWCA Family Wellness Centre Unit-in-charge Mr. Raymond Ng (far right) were invited to share their views.





港媽下一站：一定變虎媽?! 調查為港媽平反 名人母親齊打氣

Hong Kong Mothers: Are we Turning into Tiger Mothers? New Study Vindicates Hong Kong Mothers with Celebrity Mothers Show their Support

現代母親常被諷為「虎媽」，但本會家庭健康促進中心與香港大學專業進修學院社會工作學科應香港電台第五台節目「笑容從家開始」邀請，於今年三至四月進行的「現代媽媽教養子女方法社區調查」卻顯示，逾700位受訪媽媽當中，近半屬「智慧媽媽」，親子關係及教養方法評分不俗，結果正可為「虎媽」大平反。

當日調查發布後，邀得幾位不同界別的「現代阿媽」，包括香港大學社會工作及社會學系主任曾潔雯教授、行政會議成員李慧琼及藝人歐倩怡，暢談其壓力來源及對「智慧媽媽」的看法，齊齊為壓力沉重的「現代阿媽」打氣，以助建立健康家庭。

Modern mothers have often been called "tiger mothers". But a recent community study on "Modern Mothers' Child-raising Methods" conducted from March to April vindicates these so-called "tiger mothers". Commissioned by an RTHK 5 program, the study was conducted jointly by HKYWCA Family Wellness Centre and the Social Science Department of HKU SPACE, and its results showed that of the over 700 mothers interviewed, nearly half are "smart moms", with high scores on parent-child relationship and child-raising method.

At the presentation of the study's results, a few modern mothers from different sectors, including Dr. Sandra Tsang, Head of the Department of Social Work and Sociology at The University of Hong Kong; The Honorable Ms. Starry Lee Wai-King, member of the Executive Council; and artist Ms. Cindy Au, were in attendance. They talked about the sources of stress for mothers and their views on being "smart moms", showing their support for the stressful modern mothers and promoting family wellness.



女性展翅第一站： 「女聲：年青女性領袖培育計劃」

The First Stop in Women's Development: Women's Voice – Young Women Leadership Training Program

現代女性雖說已可撐起半邊天，但經歷不同階段的婦女都需要適切的支援。年輕女性要成為獨當一面的婦女領袖，便需要及早栽培。

本會婦女事工部早前便舉行了第四屆「女聲：年青女性領袖培育計劃」嘉許禮。女聲計劃是本會之品牌服務，自2004年推行後每三年舉辦一次，過去三屆共培育了約250位年青女性，為推動婦女運動注入新力軍。經過六個月的訓練和研習，近40位參加者於典禮上分享她們的研習成果和成長經歷。這群未來女性領袖更將加入女聲舊生會，繼續裝備，持續培訓，進一步發揮年輕女性領袖力量！



Women nowadays are well capable of taking care of themselves and much more beyond. Yet women do still require necessary support as they go through different stages in life. For young women to grow and become a capable leader, the nurturing has to start early.

The 4th "Women's Voice - Young Women Leadership Training Program" Awards Ceremony was held earlier this year by our Women Affairs Department. The Women's Voice Program is a branded service offered by HKYWCA every three years since 2004. The past three training programs have trained some 250 young women, introducing new blood into the women's movement. At the ceremony, about 40 participants shared their training results and growth experiences after six months of training and lessons. These future women leaders will become part of the Women's Voice Alumni Association and carry on with their training, preparing themselves to unleash their power as young women leaders.



女聲舊生會其中一位理事孫夢絲(左二)，早前便獲選參與世界女青年會國際訓練學院訓練，與來自超過30個國家，共50名女性領袖，於韓國首爾共同為終止婦女暴力出謀獻計，眼界大開。

Suen Mung Sze (2nd left), a council member of the Women's Voice Alumni Association, was selected to take part in the World YWCA International Training Institute, where she received training with over 50 women leaders from over 30 countries. The training was held in Seoul, Korea, and addressed the issue of violence against women.

當婚姻不幸地走到終站 職業婦女更易感困擾

Professional Women are Prone to Distress in Marriage Failure

白頭到老無疑最為圓滿，然而離婚率持續上升，面對婚姻逆境的婦女需要更多的關注。本會在三八國際婦女節前發布的「香港婦女對分居及離婚看法」調查顯示，無論基層或職業女性面對分居或離婚時，都深感求助無援，支援服務不足。

婦女事工部督導主任蘇艷芳(左)指出：「本會提供婚姻逆境支援服務已15年，以往對象多為基層婦女，但近年雙職婦女、高學歷和收入的求助者也漸增。事實上，婦女地位愈高，愈難接受婚姻挫敗，她們生活圈子較大，也令她們要面對更多職場上、親友們的無形壓力。」

A marriage that lasts forever is of course the most ideal. Yet with the rising divorce rate, women facing marital problems are more in need of attention than ever. A study published by HKYWCA before International Women's Day, entitled "Hong Kong Women's Views on Separation and Divorce", showed that when faced with separation or divorce, women across all sectors, from grass-roots to professional, would feel helpless and a lack of support services.

"We have been providing support services on marital problems for 15 years. Our primary target used to be women in the grass-roots sector. However, recently we have seen more and more working mothers, of more advanced academic backgrounds and higher income sectors seek assistance. The fact is, women with high social status also find it harder to accept failure in their marriages. They have wider social circles, and as a result face greater pressure both from the professional world and from their family and friends," said Ms. Tammy So, Supervisor of our Women Affairs Department (Left).



另外，本會亦舉辦了「婦女與婚姻——智理零研」研討會，邀得李紹權博士(第二排左四)及林子綏律師(第二排左六)，探討女性理財規劃與財產保護，為面對婚姻逆境的婦女提供支援。

At a conference organized by HKYWCA entitled "Women and Marriage – the Rational Approach", Dr. Raymond Lee (4th from left, 2nd row) and Ms. Lam Tze Yan, solicitor (6th from left, 2nd row), were invited to discuss financial planning and the protection of assets among women, thus providing support to women facing marital issues.

伙伴同行 關注女性健康

Partners Come Together to Show Awareness of Women's Health

三八婦女節 企業贊助派發紅棗茶

Corporate-sponsored Red Date Tea Handed Out on International Women's Day

本會於國際婦女節連續第四年舉行“棗”日傳情ChariTea慈善計劃，於多區派發紅棗茶包，藉此呼籲社會、企業及婦女本身「愛社區·愛員工·愛自己」。市民反應非常熱烈，茶包瞬即派完。

紅棗是婦女健康的好伴侶，送贈紅棗茶包，正好表達女青及參與企業對她們的關懷。是項計劃自2010年首辦，一直深受歡迎，贊助及支持機構與年俱增。特此衷心感謝今年的贊助機構，包括香港賽馬會、怡安保險顧問有限公司、東亞銀行、新世界發展有限公司、新世界中國地產有限公司、新創建集團有限公司、惠氏營養品、美國安利(香港)日用品有限公司、國衛會計師事務所、富城集團、惠達企業等。計劃籌得善款將用作女青婦女服務的經費。



HKYWCA held for the four consecutive year a "ChariTea" event, handing out free red date tea bags in various districts. The event serves as an appeal to the society, corporations, as well as women everywhere to love their own community, love their own employees, and love themselves. The response was overwhelming that the free tea bags were all handed out quickly.

Due to its benefits on women's health, the handing out of red date tea bags signifies the care HKYWCA and the participating corporations have for women. This event was first held in 2010, and has remained popular, with a growing number of sponsors and supporting organizations every year. We would like to take this opportunity to express our sincere gratitude to the sponsors, including The Hong Kong Jockey Club, Aon Hong Kong Ltd, The Bank of East Asia, New World Development Co Ltd, New World China Land Ltd, NWS Holdings Ltd, Wyeth Nutrition, Amway Hong Kong Ltd, HLB Hodgson Impey Cheng, Urban Group, and Union Enterprises. The donations collected will be used as funding for women services of HKYWCA.

與安利攜手締造女士健與美

Promoting Women's Health and Beauty with Amway

此外，本會婦女事工部早前與美國安利(香港)日用品有限公司合辦「營美快活人」活動，當中分為「型美篇」及「營慧篇」，前者目的為建立女性自信，學習關心自己需要；後者則鼓勵女性關注自己身、心、社、靈的需要，達致更亮麗人生。

In addition, our Women Affairs Department jointly held an event with Amway Hong Kong Ltd, entitled "Happiness through Health and Beauty". The event was divided into two parts: "Healthy Shape" and "Smart Nutrition". The first part aims at developing self-confidence in women and learning about paying attention to one's needs; the second part focuses on drawing women's attention to their physical, psychological, social and spiritual needs, so as to enhance their well-being.



►「第五屆企業伙伴午餐會」圓滿舉行



嘉里集團郭氏基金會總裁彭定中博士精彩的分享，令在場人士獲益良多。
Dr. David J. Pang, Chief Executive Officer of Kerry Group Kuok Foundation shared with the guests his valuable insights on Corporate Responsibility.



推動企業社會責任

Joining Hands to Promote CSR at

「第五屆企業伙伴午餐會」已於4月11日圓滿舉行，約70位來自近40間企業的嘉賓支持出席，商社聚首一堂，為推動企業社會責任，熱烈交流。

企業領袖分享嘉賓：嘉里集團郭氏基金會總裁彭定中博士

午餐會上，我們十分榮幸邀請到嘉里集團郭氏基金會總裁彭定中博士擔任企業領袖分享嘉賓。彭博士身兼多項要職，也致力於中國農村地區推行脫貧工作；當日他以「解決社會問題——企業的責任」為題，與在場人士分享有效及可持續推行企業社會責任的策略，大家獲益良多，也使午餐會生色不少。

Our 5th Corporate Luncheon, which serves as a sharing platform for corporations and HKYWCA to promote corporate social responsibility, was successfully held on 11th April with nearly 70 guests from around 40 corporations attended.

Guest speaker: Dr. David J. Pang, Chief Executive Officer of Kerry Group Kuok Foundation

We were honored to have invited Dr. David J. Pang, Chief Executive Officer of Kerry Group Kuok Foundation, as our guest speaker. Holding various management positions in multinational corporations, Dr. Pang is also dedicated to combating poverty in rural China. At the luncheon, he shared with the guests on "Corporate Responsibility in Solving Social Problems" with valuable insights.



「企業伙伴午餐會」為商社提供有效的聯繫平台。
The Corporate Luncheon serves as an information sharing platform for corporations.



良機



本會會長胡秀霞 MH, JP 感謝各界對本會一直以來的支持。

Mrs. Patricia Ling, MH, JP, President thanks everybody for their continuous support to HKYWCA.

the 5th HKYWCA Corporate Luncheon

「同心同行 — 卓越服務計劃」分享

今年午餐會特別增設了「同心同行 — 卓越服務計劃」分享環節，邀請了新創建集團有限公司及惠氏營養品代表，與本會同工及服務使用者分享合作成果及效益，藉此啟發大家與本會攜手推展更多創新和適切的社會服務，改善弱勢社群的生活，回應社會迫切的需要。

最後，我們更播放服務使用者生命被點亮故事的短片，感動全場，藉此呼籲各界繼續支持三大服務的發展，包括家庭健康、樂活第三齡及青年發展。

Sharing Session on Outstanding Collaborative Projects

A brand-new sharing session on outstanding collaborative projects between representatives from NWS Holdings Limited and Wyeth Nutrition Hong Kong, our staff and service users was conducted. They were delighted to collaborate in projects through which the lives of the service users were fostered in response to the need of the society.

Before the end of the luncheon, a video on the touching stories of our service users were shown. We hope to receive the continuous support from the public for our service development especially in the family wellness, elderly care and youth development area.



新創建集團企業傳訊總經理鄧祥兒 (中)、服務使用者陳勝森伯伯 (右) 及本會耆年服務部督導主任周華達 (左) 分享計劃成果。
Ms. Sheila Tang, the General Manager - Corporate Communication of NWS Holdings Ltd (middle), Mr. Chan Sing Sum, one of our service users (right) and Mr. Kenneth Chow, the Supervisor of Elderly Service of HKYWCA (left) shared their experiences.



惠氏營養品公共事務副總監施潔瑜 (左) 及服務使用者鄺玉茹分享心聲。

Ms. Veronica Sze, the Associate Director-Public Affairs of Wyeth Nutrition (left) and Ms. Emily Yip, one of the service users shared their views on the CSR program.

► 與百佳推出「關愛長者食物券」為長者愛心加餸

HKYWCA and PARKnSHOP Launch Food Coupon for Senior Citizens Program



本會聯同百佳超級市場推出全港首個免費「關愛長者食物券」試驗計劃，為期六個月。試驗期間本會將每兩個月向300位居住於北區的有需要長者，派發一套12款食物及日用品換領券，長者可憑券到指定百佳超級市場換領其中八款。本會和百佳超級市場將密切留意食物券之運作，並會積極考慮將計劃擴展至其他地區，以惠及更多長者。另外，全線百佳分店的收銀處設置了捐款收集箱，為本會「樂活第三齡」長者服務籌募善款。顧客亦可於百佳分店透過「易賞錢」機將積分化作現金捐款，本會期待全港市民積極響應，一起點亮更多有需要人士的生命！

HKYWCA and PARKnSHOP launch the first-ever Food Coupon for Senior Citizens Pilot Program. During the 6-month pilot period, complimentary food coupons will be distributed to 300 seniors living in the North District every two months. Each set of coupon covers a total of 12 food items and daily necessities. Recipients can select and redeem 8 items with the coupons at designated stores. HKYWCA and PARKnSHOP will work closely to evaluate the effectiveness and practicality of the pilot program and will consider the possibility of introducing the program in other districts in the future in order to benefit more senior citizens in need. Moreover, donation boxes are set up at the checkouts in all PARKnSHOP outlets to raise funds to support our caring services for seniors. Customers are also welcome to convert their MoneyBack points into cash and donate them to us. We are looking forward to your enthusiastic participation in these meaningful activities!

► 與新創建集團合辦「創建耆樂」長者服務關愛遍北區

"Joyful Age" Elderly Services Program by HKYWCA and NWS Holdings Spreads Love in North District



本會與新創建集團有限公司早前合辦「創建社區關懷日2013」，逾百名義工探訪北區近200名長者，為「創建耆樂」長期合作計劃揭開序幕，將關愛傳遍北區。當日，義工除與長者及北區小學生一起享用春茗外，更表演汽球舞龍、中國樂器及粵曲，隨後亦到訪居住打鼓嶺一帶的長者，送上關懷。「創建耆樂」長期服務計劃，希望透過不同的活動，如農耕體驗、認知訓練遊戲、義務剪髮、小丑表演等，加強長者與社區的聯繫和保持身心活躍。

HKYWCA together with NWS Holdings Limited hosted the NWS Caring Day 2013. Over a hundred volunteers visited around 200 senior citizens in North District to kick off a long-term elderly services program, "Joyful Age". On that day, volunteers hold a New Year banquet for primary school students and senior citizens. They performed a balloon-made dragon dance, Chinese musical instruments and Chinese opera, to the great pleasure of their audience. Following the banquet, the volunteers visited elderly households in rural villages in Ta Kwu Ling. As part of the "Joyful Age" caring program, volunteers will help strengthen senior citizens' connection with their community through regular visits and activities, including farming day, cognitive training, haircut service and clown performances.

► 永旺「幸福的黃色小票」公益活動

HKYWCA Participated in Charitable Activity of AEON Stores



本會於早前參加了永旺(香港)百貨有限公司，每月11日「永旺日」舉行的「幸福的黃色小票」公益活動，將獲得的捐款物品轉贈有需要人士。本會明儒松柏社區服務中心及婦女事工部亦藉著「永旺日」，於永旺百貨的不同分店擺放展位，推廣服務，並分別義賣精美手工藝品及書畫，以及各式各樣的手造編織品。

HKYWCA joined the charitable activity of AEON Stores which is held on 11th of each month. Customers are welcome to go to the designated stores to vote for HKYWCA by using the yellow receipt after purchase. In-kind donations will be given to us by AEON Stores which will then be distributed to people in need in the community by us. In order to promote our services, Ming Yue District Elderly Community Centre and Women Affairs Department set up a booth at different branches to sell our handicrafts, painting and calligraphy.



► 本會青心坊參與滙豐銀行社企聯展 推廣一流按摩保健服務

HKYWCA Serenity Wellness Massage Centre Joined in HSBC Social Enterprise Bazaar

本會青心坊於早前參加滙豐銀行舉辦的社企聯展，向公眾推廣專業的按摩保健服務，大受捧場。體驗過的市民均表示青心坊的按摩師手勢一流，服務令人稱心滿意。同場亦有其他社企展出不同的產品及服務，供市民參觀選購。

Our Serenity Wellness Massage Centre promoted its professional massage services to the public in the Social Enterprise Bazaar organized by HSBC. Our booth caught the attention of many patrons who expressed their satisfaction about the massage service. Other social enterprises also made use of this Bazaar to promote their products and services, creating a bustling atmosphere for visitors and customers.

► 本會長者與恒隆義工同遊 「兵頭花園」懷緬往昔情懷

HKYWCA and Hang Lung Volunteers Organized Nostalgic Activities for Elderly People

本會雲華護理安老苑一班老友記於早前獲「恒隆一心義工隊」20多位義工陪同重臨「兵頭花園」(即香港動植物公園)，懷緬昔日情懷。老友記隆重其事，悉心打扮一番，讓義工們為他們拍照留念，並分享往日點滴。為配合懷舊主題，義工們特意把當日的照片曬成黑白照，讓老友記重溫這門70年代十分流行的上色技術。最後，義工們與老友記運用不同材料製作具個人風格的相架，為是次懷舊活動畫上完美句號。

The Hong Kong Zoological and Botanical Gardens which was called "Bing Tau Fa Yuen" in the past is a collective memory of the old generation. Our elderly people from Wan Wah Care & Attention Home had a chance to revisit this place with the company of Hang Lung As One Volunteers.

Nice photos were taken by the volunteers who enjoyed a lot the stories shared by the elderly about "Bing Tau Fa Yuen". After that, their photos were made in black and white, which were then colored by the elderly under the help of the volunteers. The elderly found great pleasure in retrying this popular coloring technique of 1970s. Making a personalized photo frame with different materials marked the end of the nostalgic activity.



► 聯同永隆銀行為基層兒童和長者送上祝福 Wing Lung Bank Brings Love to Underprivileged Children and Elderly People



田園歷奇之旅

An Adventure to the Farm of Healthy Ageing

本會與永隆銀行合作，帶領基層兒童參觀本會「健康長者農場」，一起親親大自然。第一次踏足農場的兒童，除了可認識農場運作、設施及園藝治療間外，更與銀行義工一起製作各式各樣的包點造型。兒童還與義工於農場搜尋七項最特別的東西，並拍下照片逐一匯報。義工與小朋友於田園間來回穿梭，輕快的腳步聲及歡笑聲令整個農場充滿生氣。

HKYWCA and Wing Lung Bank jointly organized a visit to the Farm of Healthy Ageing for the underprivileged children. The children were able to learn about the operation and facilities of the farm and visited the Corner for Therapeutic Herbs. Making breads together with the volunteers was a completely new experience to them. Last but not least, they were also given a challenge to search for 7 special items from the farm and present them to other groups. The farm was filled with joyous and exciting atmosphere with their laughter.

「端陽顯關懷」為長者送上溫暖

"Elderly Visit Program" to bring love in the Dragon Boat Festival

永隆銀行的義工化身「長者關懷大使」，於端午節前夕參加本會舉辦的「端陽顯關懷」活動，透過探訪和與長者交談，為深水埗區長者送上關懷與祝福，一起分享節日的快樂。為了增添節日氣氛，義工還送上親手製作的糰子吊飾和心意禮品包予長者。能在節日裡把自己擁有的幸福與其他有需要的人分享，實在意義重大，義工們都覺得這個端午節過得特別滿足呢！

Volunteers from Wing Lung Bank have acted as the "Elderly Caring Ambassador" and joined the elderly visit program organized by HKYWCA before the arrival of the Dragon Boat Festival. During the visit, volunteers have shared their love and care with the elderly of Sham Shui Po District. They also brought along with the DIY rice dumpling ornaments and gift packs to the elderly as celebration. This program was also a very meaningful experience to the volunteers themselves.



► 聯同其士集團與基層兒童及體弱長者放眼看世界 HKYWCA Joined Hands with Chevalier Group to Explore the World with Underprivileged Children and Elderly People



探索赤柱古蹟文化

Learn the Heritage and Culture

本會聯同其士集團，安排基層兒童，走出屯門居住地，遊覽富歐陸色彩及文物古蹟的赤柱，提升他們對古蹟文化的認識。當日，除了遊覽赤柱廣場及美利樓外，小朋友們更探索聖士提反書院文物徑，把沿途的景物事跡紀錄下來，其後更享用了美味的午膳。

HKYWCA and Chevalier Group organized a day trip to Stanley for the underprivileged children in Tuen Mun. They visited the bustling Stanley Plaza and Murray House. After exploring the St. Stephen's College Heritage Trail together and marking down the historical buildings and events, they were treated with a delicious lunch.

親親大自然 洗滌心靈 Go into the Nature

本會與其士集團合作，舉辦「耆樂心靈之旅」，帶領長期病患或行動不便的長者前往本會轄下的「健康長者農場」，欣賞大自然之美及享用午膳。長者和其士義工隊「愛心騎士」一起製作麵包及植物畫，以及栽種特色小盆栽，發揮設計天份。當日，各人更享用美味的盤菜宴，度過愉快難忘的一天。

HKYWCA joined hands with Chevalier Group to lead the frail elderly to our Farm of Healthy Ageing, providing them with a chance to witness the beauty of nature and enjoy delicious lunch. On the event day, elderly and the Volunteer Team "Chevalier Cares" made breads, did paintings and grew potted plants together. The wonderful activity was concluded by a delicious Big Bowl Feast.



► 中信國際電訊CPC義工與本會長者慶祝父親節

Volunteers of CITIC Telecom CPC Visited Elderly Day Care Centre to Celebrate Father's Day

中信國際電訊CPC義工藉父親節的機會探訪了本會深水埗林護紀念日間護理中心的長者。除了與長者大展歌喉合唱林護中心的〈爸爸之歌〉外，義工還傾力演出三個情景話劇，從中鼓勵長者分享做爸爸的苦與樂。各位參加者亦創意十足，於型仔爸爸大賽中施展渾身解數，用有限物資把組內其中一位男士打扮成「至型爸爸」，在天橋秀中演出，贏得不少掌聲。享用精美下午茶後，義工送上禮物包，活動就在一片笑聲和歡呼聲中結束。

Volunteers from CITIC Telecom CPC visited the HKYWCA Lam Woo Memorial Day Care Centre for the Elderly. Besides singing the "Father's Song" of the centre, volunteers performed three real life dramas and encouraged the elderly to share their happiness and difficulty of being a father. The participants showed their creativity by using limited materials to transform a group member to the most "handsome" Dad. Both the volunteers and elderly were very engaged in the activity and their runway show won tremendous applause. After having an afternoon tea, volunteers delivered gift packs and the visit ended with laughter.



► 與惠康攜手

激發天水圍家庭潛能

HKYWCA and Wellcome
Helped Develop the Potential of
Tin Shui Wai Families

本會獲惠康贊助，為天水圍幼兒家庭舉辦「家庭尋寶樂萬家」活動，透過尋寶遊戲及親子手工製作，加添親子歡樂時光，推動家庭健康。參加的家庭從中認識本會宣揚的六項「家庭健康維他命」，學習發揮家庭的正能量及潛能，全面提升家庭健康。於小手工製作環節，大人與小孩齊齊動手創作色彩斑斕的彩沙樽。經過一番努力後，每個家庭的製成品均各具特色，小孩們顯得非常滿足。

Under the sponsorship of Wellcome, the importance of family wellness was promoted by conducting interactive activities for families in Tin Shui Wai. Participants were taught about the 6 Vitamins for Family Wellness during the "Treasure Hunt", so that they knew how to apply them and enhance their family potential in their daily life. Parents and children were also given the chance to work closely to design their own glass bottle by filling it up with colourful sands. Each of the end products was unique and the children were so happy to see their colourful glass bottles after putting so many efforts.

► 吉野家及超群義工於健康長者農場體驗有機耕作

Volunteers from Yoshinoya and Maria's Experienced Organic Farming at HKYWCA Farm of Healthy Ageing



一群來自吉野家和超群的義工探訪了本會健康長者農場，與長者義工一同體驗綠色生活。活動當天天氣雖然不太穩定，仍然無損大家的熱誠。義工於一片綠色的大自然環境中，與長者一起製作麵包及植物畫，以及栽種特色小盆栽，還藉此機會學習和親身體驗有機耕作的技巧。除了能夠遠離市區的煩囂和體驗健康環保的一天，是次活動還讓義工感受到長者熱愛生命的態度，增添積極面對人生的正能量！

Volunteers from Yoshinoya and Maria's visited HKYWCA Farm of Healthy Ageing and experienced a green day with our elderly volunteers. Although the weather was not very nice, volunteers are still very enthusiastic participating in the activities. They enjoyed the time spent on bread making, painting and pot plant planting with our elderly volunteers. They also learnt about and experienced organic farming skills. Being away from city for a day, volunteers were filled with positive energy brought by our elderly volunteers!

► 僱員再培訓局委託本會營運「陪月一站」

ERB appoints HKYWCA to run the SMART Baby Care Scheme

本會服務再獲肯定！本會最近榮獲僱員再培訓局(ERB)委託，成為唯一一家營運該局最新服務「陪月一站」的機構。「陪月一站」為全港最大的陪月服務轉介平台，6,500名專業陪月員「隨時候命」提供嬰幼兒照顧的一條龍服務，其專業顧問團隊更包括資深陪月員及護士。服務特設熱線支援，為聘用「標準陪月員」之僱主解答疑難。

HKYWCA service is well recognized! Recently ERB has appointed HKYWCA as the only organization for running their new service SMART Baby Care Scheme. This scheme serves as the largest platform for post-natal care service referral. 6,500 professionally trained post-natal care workers are well-equipped to provide parents with mother and baby care. Experienced post-natal care workers and nurses are ready to back up as consultants. A hotline service is also available for employers.



► 本會「決戰三分鐘」當選「商界展關懷」最受歡迎攤位

HKYWCA Captured "My LIKE Exhibition Booth" in Caring Company Partnership Expo 2013



HKYWCA Captured "My LIKE Exhibition Booth" in Caring Company Partnership Expo 2013

本會優質服務及創意設計再次獲外界肯定！今年初，本會於社會服務聯會的「商界展關懷」社區伙伴合作展中，向各企業推介青年、婦女及家庭三大焦點服務。本會以創新手法，將廣受歡迎的電視遊戲節目，由螢幕搬到展覽場地，化身「決戰三分鐘」，透過測試及遊戲，向一眾企業傳達全面關懷員工的訊息，以及推廣本會優質服務。憑着同工的創意及努力，本會於芸芸接近70個參展機構中，當選最受歡迎攤位，令人鼓舞！

Our quality services and creative design are once again recognized by the public! We participated in the Caring Company Partnership Expo 2013 organized by Hong Kong Council of Social Service to promote our youth, women and family services to the corporations and visitors. An innovative game "3 Minutes to Win It" was played in our booth to convey the message of "caring for staff" and to bring out our quality services, which impressed a lot of the corporations. With the creativity and diligence of our staff, our exhibition booth was voted as "My LIKE Exhibition Booth" among nearly 70 exhibitors.

► 總幹事於多個場合介紹女青各項服務

Chief Executive Introduced HKYWCA Services at Various Occasions



Yvonne Yeung, Chief Executive introduced the women's service, family wellness service and Social Enterprise run by HKYWCA at the HKCSS Newsletter, an RTHK radio program and The Hong Kong Society for Rehabilitation Newsletter.

Ms. Yeung is very experienced in running Social Enterprise. Over the years she has helped to create a lot of job opportunities for the underprivileged with her strong business and social service background. After joining HKYWCA last year, she has provided a lot of valuable opinions on the development of the Social Enterprise. She also mentioned the new initiatives of HKYWCA in this area, including membership discount scheme and elderly day care service.

As a working mother, Ms. Yeung understands the importance of work life balance. HKYWCA takes a positive preventive approach on family wellness service. The service helps family members to discover and understand their own strength and potential so that they will be stronger and more united to face challenges, thus reducing the chance of having problems.

Women's participation in Social and Public Affairs is still quite low. HKYWCA has been focusing on women's training, such as "Women's Voice - Young Women Leadership Training Program", "Hong Kong Outstanding Women Volunteers Election", Fu Kwong Club to cater for women's physical, psychological, social and spiritual development and needs.

本會總幹事楊建霞分別應香港社會服務聯會《社情》、香港電台《笑容從家開始》和香港復康會會訊邀請，於不同媒介介紹本會婦女服務和家庭服務，及社會企業工作。

總幹事於社會企業工作具有豐富的經驗，亦有一份執著和熱情。多年來她揉合商社經驗，為弱勢社群創造就業機會。去年加入女青後，亦為本會的社會企業發展方向提供不少意見。她亦透露本會將推出兩項新的社會企業服務，包括：會員優惠計劃及長者日間照顧服務。

另外，作為一位在職婦女，總幹事深感工作與家庭平衡的重要性。她亦分享了本會以「優勢為本」為基礎的家庭服務工作，透過發掘和認識家庭各成員的強項和潛能，提升家庭的抗逆能力，從而希望減少發生問題的機會。

總幹事認為現時婦女參與社會及公共事務的比例仍然偏低，所以女青一直關注培育女性的工作，如「女聲：年青女性領袖培育計劃」、「全港傑出婦女義工選舉」，以及成立婦光團，從而提升婦女身心靈的發展，鼓勵婦女擴闊社交網絡及關心社會。



► Say YES to Work 青年就業暨暑期工招聘博覽2013 Say YES to Work Youth Employment cum Summer Job Expo 2013



目前市場雖不愁空缺，要解決青年就業問題，提供空缺只是其中一環。現今青少年無論對自己或工作世界的認識均嚴重不足，容易做成工作錯配，不少青年常常轉工或失去對工作的興趣。

本會一直提倡「一人一暑期工」，已連續第六年舉辦「Say YES to Work 青年就業暨暑期工招聘博覽」，吸引了約3,000人次入場。大會今年繼續得到各大企業的支持，合共有57間企業提供超過8,000個職位空缺。暑期工數目更為歷年之冠，有1,900份，是去年的2.5倍。另一方面博覽首度特別鼓勵僱主為副學士學生提供職位，共有400個相關空缺。

今年博覽更首創提供「職業性向配對」，全場空缺均標註了其職業性向分類，包括實務型、藝術型、探究型、社會型、企業型及常規型，到場青年須先完成職業性向測試，然後再按圖索驥尋找合適的工作，藉此讓他們完整地體驗求職過程，包括認識自己潛能、了解工作性質及練習求職技巧。

There are currently plenty of vacancies available in the job market. But the availability of vacant positions is only one aspect in the solution to the problem of youth employment. The youth of this generation lacks understanding of both themselves and the professional world. This often leads to employment mismatch among youths, resulting in frequent changes in job or the lost of interest in any employment.



HKYWCA has long been advocating youth summer job placement. We have organized for the sixth year in a row "Say YES to Work Youth Employment cum Summer Job Expo", which attracted some 3,000 attendants this year. As before, the Expo this year was supported by various large enterprises, with 57 companies providing over 8,000 vacancies. Of those vacancies 1,900 were summer job vacancies, which was 2.5 times that of last year, and the highest number of summer job vacancies in the Expo's history. In addition, for the first time ever, the Expo this year specifically encouraged employers to provide vacancies for associate degree students, resulting in 400 related vacancies being offered.

This year's Expo also introduced "professional aptitude matching", with all vacancies at the Expo labeled with the appropriate professional aptitude classification, such as practical, artistic, exploratory, societal, commercial, and routine. After completing a professional aptitude test, attendants of the Expo could then look for suitable jobs that matched their test results, giving them the complete job-hunting experience that included learning about their own potential, understanding the job nature of different jobs, and practicing job-hunting skills.

► 勇奪「愛心券2012」亞軍寶座 連續五年問鼎三甲

HKYWCA is the "Second Top Fundraising Organization" in Elderly Charity Ticket Fundraising for 5 Consecutive Years

「敬老護老愛心券2012」慈善籌款活動已於去年12月圓滿結束。全賴各同工、義工及會員傾力以赴，籌得逾港幣95萬元，以作本會九龍會所復修計劃開設「長者日間護理中心」之用。籌款佳績讓本會於全港147間參與單位中突圍而出，榮獲「機構最高籌款獎」亞軍，並連續五年問鼎三甲，實在值得欣喜和鼓舞。

The fundraising activity of "Care for the Elderly Charity Ticket 2012" was successfully held in December 2012. With the generous support of our staff, volunteers and members, we raised a total of HK\$957,874.50 for the operation of the Day Care Centre for the Elderly under the Kowloon Centre Rehabilitation Project. We ranked second as the "Top Fundraising Organization" among the 147 participating organizations this year, capturing the Top 3 title for 5 consecutive years.



► 「養生好煮意」星光熠熠 推動跨代共融

"Healthy Living through Healthy Cooking" Supported by Famous Judges, Promotes Mutual Acceptance across Generations

為了推廣長者養生健康及跨代共融，本會耆年部早前舉辦「養生好煮意」烹飪比賽，由長者及青年人一起烹煮養生菜式，「蝦仔爺哋」盧海鵬和賈思樂、名廚余健志、營養師陳國賓及中醫師崔紹漢則擔任評判，選出養生好菜式。此外，耆年部亦於較早前收集了1,000份調查長者飲食口味的問卷，得出「十大長者最喜愛的家常小菜」，其中營養與美味兼備的「粟米石斑塊」為最多長者投選的菜式。

To promote a healthy lifestyle among senior citizens as well as mutual acceptance across generations, the Elderly Service Department of HKYWCA organized a "Healthy Living Through Healthy Cooking" competition earlier this year, allowing seniors and the youth to prepare healthy dishes together. Judges responsible for picking out the best dishes include Lo Hoi Pang and Louie Castro from the famous "Shrimp Daddy" sketch, famed chef Jacky Yu, dietician Leslie Chan, and Chinese medicine practitioner Chui Shiu Hon. Our Elderly Service Department also collected 1,000 questionnaires from the elderly on their taste in different types of food, and from the data compiled a list of "10 Favorite Dishes among the Elderly". The nutritious and tasty dish "fish fillet with sweet corn sauce" topped the list as the most popular favorite.



► 凝聚婦女智慧 邁向美好未來 Bringing Together Women's Wisdom for a Better Future

本會多年來培育年輕女性及性別意識的工作成績有目共睹。本會督導主任蘇艷芳(左一)早前獲邀出席婦女事務委員會的「凝聚婦女智慧，邁向美好未來」研討會，分享本會近年於中學推行性別意識教育的經驗及挑戰。

Over the years HKYWCA's work in nurturing young women and gender awareness has been widely recognized. Recently our Supervisor Ms. Tammy So (1st left) was invited to attend a conference organized by the Women's Commission entitled "Bringing Together Women's Wisdom for a Better Future", where she shared the experience and challenges we faced in recent years in promoting gender awareness education in secondary schools.



► 逾三成中學生未受過品格教育 Over 30% of Secondary Students Receive No Character Education

本會於早前進行「中學生品格教育研究」，訪問近500名中學生，結果顯示三成未參與過學校的品格教育，有近半對其作用不置可否、半信半疑，近兩成更認為沒有作用。調查同時指出，只約兩成學生表示學校經常鼓勵參與品格教育活動，反映學校推動力度有改善的空間。是次調查獲逾十個不同媒體廣泛報導。

A study on the character education of secondary students conducted by HKYWCA revealed that among the 500 students interviewed, 30% have not been involved in any character education at school. Close to half of the students in the study are indifferent or dubious about the effects of character education, while nearly 20% feel that such education has no effect. The study also showed that only around 20% of those interviewed say that their schools often encourage participation in character education activities, highlighting room for improvement on schools' effort in supporting character education. The study was widely reported by over 10 different media.



► 調查：社工輔導「撻著團火」 更勝傳統就業支援

Study: Counselling from Social Worker is More Helpful than Traditional Employment Support

青年失業率長期高於整體水平，為了進一步了解就業支援服務對失業青年的成效，本會早前訪問了178位年齡介乎15至30歲的青年。結果顯示，在各項就業服務中，最有效的不是傳統就業支援，而是由專業社工度身訂造的個人輔導。因此，要助青年就業，最關鍵是如何「度橋」替青年「點火」，重燃工作動機。是次調查發布共吸引近10個媒體報導。

The youth unemployment rate in Hong Kong has long been higher than the overall unemployment numbers. To further understand the effectiveness of employment support services for the youth, HKYWCA interviewed 178 youths aged 15 to 30. The results show that the most effective employment service is not traditional employment support, but personalized individual counselling designed by professional social workers. The key to helping the youth get employed therefore lies in devising ways that would kindle their passion and help them find their incentive in entering the workforce. The press conference of this study was reported by close to 10 media outlets.



► 有線新聞直擊「健康長者農場」十周年

A News Program on The Farm of Healthy Ageing was Produced in Celebration of its 10th Anniversary

本會於健康長者農場十周年與有線電視《小事大意義》製作節目，訪問長者義工，分享農場工作，推動「老有所為」理念。其中一位人稱娣姐的長者，今年80歲，自稱「辛苦命」，一定要工作，生活才感充實。今年90多歲，農場年紀最大的陳伯則表示，農耕為他消除煩悶，從未想過放棄工作。最後一位接受訪問的美姐，主要負責煮食，農場工作不但讓她發揮所長，更令她充滿活力。

In celebration of the 10th Anniversary of The Farm of Healthy Ageing, we collaborated with i-cable TV on a program to share with the public the operation of the Farm and the working experiences of the elderly volunteers over the years to promote of fruitful ageing. Three elderly volunteers being interviewed were delighted with their duties on the farm. They felt more energetic and were happy to have the chance to demonstrate their potential.

► 本會「將軍澳青年外展社會工作隊」已正式投入服務 HKYWCA Tseung Kwan O Youth Outreaching Social Work Team has Started Services



本會「將軍澳青年外展社會工作隊」於今年初正式成立，透過日夜展混合模式，為將軍澳南區6至24歲的街頭青年，提供24小時服務，讓身處高危環境的一群，在求學、就業、家庭、社群或個人需要上，獲得適切服務，並在成長路上得到解決困難的支援，從而促進身、心、靈的成長。

Tseung Kwan O Outreaching Social Work Team was officially set up earlier this year to provide 24-hour services to street youth aged 6-24 at Southern Tseung Kwan O, so that those who are vulnerable to delinquency are provided with suitable services and support in accordance to their schooling, employment, family, social and personal needs.

► 「婦女福音午餐會」邀得 藝人張文慈擔任嘉賓

Ms. Pinky Cheung Attended HKYWCA Women Gospel Luncheon as Guest Speaker

本會一年一度的「婦女福音午餐會」已於早前圓滿舉行。婦女事工部邀請到藝人張文慈分享信仰經歷。張小姐來自單親家庭，自小不信任愛。從前她凡事喜歡求神問卜，抗拒耶穌，亦曾想過輕生。及後受到助手的影響，踏上信主之路，獲得全然轉變。她的分享深深感動不少參加人士。同場，詩歌組更為大家獻唱美妙詩歌，頌讚恩典。

Our annual Women Gospel Luncheon was held successfully. Women Affairs Department (WAD) invited an actress, Ms. Pinky Cheung to share with participants her encounter with God. Ms. Cheung who came from a single-parent family mistrusted love. She did not believe in God and wanted to commit suicide before. Yet, changes came to her after she became a Christian under the influence of her assistant. Many participants were deeply moved by her sharing. The hymns presented by the choir of WAD marked the end of the luncheon.



► 松柏學院逾650名長者畢業 活出豐盛人生

Over 650 Seniors Graduate from Elderly Academy, a Living Testament to their Full and Fulfilling Lives

本會松柏學院第八屆畢業禮已於早前隆重舉行。逾650名長者齊穿畢業袍，當上「三活」（活得開心、活得健康、活得有意義）樂齡人士。「學習王」鄧超伯伯，年近80，累積參加了逾70個班組；劉鏡明夫婦則多年來肩並肩上課，除可互相指導外，兩人感情更與日俱增；83歲周愛珠婆婆自小愛讀書，惜經歷戰亂令讀書夢碎。曾經十多次發夢上學的她，直至十年前參加松柏學院課程，終於夢境成真。

The 8th graduation ceremony of the Elderly Academy was held earlier this year. Over 650 seniors donned their graduation gowns, determined to live their lives happily, healthily and meaningfully. Among them, Mr. Tang, almost 80, was incomparable in his appetite for learning, having joined over 70 classes; Mr. and Mrs. Lau have been going to class together for years, guiding each other while strengthening their relationship along the way; Madame Chou, who is 83, has always loved studying, but was denied her chance by war when she was little. Having dreamed of going to school again and again, Madame Chou's dream finally came true when she joined a class at the Elderly Academy 10 years ago.



▶ 逾200位董事、委員及同工出席「創會日祈禱會」

Over 200 Board Members, Committee Members and Colleagues in Attendance at Foundation Day Prayer Meeting



本會「創會日祈禱會」的主題為「Unity with Diversity」，今年大會再度邀請聖公會西九龍教區陳謳明主教證道，內容精彩，共217位董事、委員及同工出席。當日除回顧女青創會歷史，重溫昔日前人所持守的價值觀及介紹女青運動理念外，更由本會第一副會長梁慕清、特聘董事杜淑婉及副總幹事謝淑賢分享見證。

The Foundation Day Prayer Meeting of HKYWCA was held successfully. The theme this year was "Unity with Diversity", and the Right Reverend Andrew Chan, Bishop of the Diocese of Western Kowloon was once again invited to the prayer meeting, where he gave a brilliant sermon. A total of 217 board members, committee members and colleagues attended the meeting. Apart from looking back on the founding history of HKYWCA, reminiscing on the values held by our forefathers, and reiterating the ideas behind HKYWCA, Vice-President Mrs. Chan Leung Mo Ching, Co-opted Board Member Ms. To Sook Yuen, and Deputy Chief Executive Ms. Tse Shuk In also shared their testimony.



▶ 奮路Teen兵畢業禮 Teenage Armies of God Graduation Ceremony

第十屆奮路Teen兵畢業禮已於6月23日在本會丘佐榮中學舉行。此青少年訓練課程是本會培育未來領袖的重要途徑之一。本課程自2004年創辦至今已訓練了436位青年信徒；而今年共有24位分別來自11間教會的青年人參加。這些青年人每日堅持積極上課、努力投入外展服務和教會實習。他們探訪露宿者，

又到訪不同的教會，運用他們的創意來服侍社區。總括十年的舉辦經驗，本部共成功引薦八位Teen兵畢業生成為選舉會員；另有三位畢業生已分別入讀神學院，另有六位現於教會或基督教機構服侍，擔任宣教幹事或從事福音工作。

The 10th Teenage Armies of God Graduation Ceremony was held on 23 June at the YWCA Hioe Tjo Yoeng College. This youth training program is one of the HKYWCA's primary means of nurturing future leaders. Since its inception in 2004, 436 young Christians were graduated from this program. This year, 24 youngsters from 11 churches participated. With great perseverance, participants attended daily sessions, and took active part in outreaching service as well as church internships. They visited the homeless, various churches, and served their community with creativity. After a decade, the program has produced graduates that include 8 elected members, 3 theology students, and another 6 who are currently serving under the church or Christian organizations, preaching or carrying out the work of spreading the Gospel.



《女聲》讀者問卷調查 "Women's Voice" Reader Questionnaire

為不斷改善本會季刊《女聲》的內容，我們誠邀您填寫這份問卷。您的意見有助我們與時並進，繼續提升《女聲》質素，以能更好地滿足您的需要！

You are cordially invited to complete this questionnaire to help us continuously improve the content of "Women's Voice".

Your opinion is valuable to us in staying up-to-date and enhancing the quality of the publication to better serve your needs!

1 您從甚麼渠道取得《女聲》？(可☑多項)

By what channel(s) do you obtain "Women's Voice"? (Tick as many as apply)

- ☐ 在職機構/公司 My workplace ☐ 就讀學校 My school ☐ 本會服務單位 HKYWCA service unit
☐ 本會網頁 HKYWCA homepage ☐ 其他，請註明 Others, please specify _____

2 您閱讀《女聲》的習慣是：

Your reading habit for "Women's Voice":

- ☐ 每期都看 I read every issue ☐ 每頁內容都看 I read every page ☐ 閱讀大部份欄目 I read most columns
☐ 重點閱讀少部份欄目 I read a few columns in detail ☐ 只看標題/相片 I read the headlines/photos only

3 您最喜歡看《女聲》哪個欄目？(可☑多項)

Your favourite column(s) on "Women's Voice": (Tick as many as apply)

- ☐ 封面故事 Cover Story ☐ 女青剪影 Y Snapshot ☐ 與伙伴同行 Y Partnership ☐ 女青同心同行 Y Family

4 您閱讀《女聲》的原因：(可☑多項)

Your reason(s) for reading "Women's Voice": (Tick as many as apply)

- ☐ 希望了解本會的最新服務資訊 I want to acquire the latest information about HKYWCA's services
☐ 對社會服務的資訊有興趣 I am interested in information related to social services
☐ 希望了解更多社會企業責任的資訊 I want to learn more about corporate social responsibility
☐ 其他，請註明 Others, please specify _____

5 您對於《女聲》的版面設計有何意見？(可☑多項)

Your opinion about the layout design of "Women's Voice": (Tick as many as apply)

- ☐ 非常滿意 Very satisfied ☐ 滿意 Satisfied ☐ 沒有意見 No comment
☐ 可待改善，建議如下 There is room for improvement, suggestions _____

6 《女聲》能否增加您對本會的認識？

Rate how effective "Women's Voice" is in raising your understanding of HKYWCA?

_____ (5分為十分能夠，0分為完全不能夠)(5 is "highly effective", 0 is "totally ineffective")

7 您希望《女聲》增加甚麼類別的內容？(可☑多項)

What new column do you want to be added on "Women's Voice"? (Tick as many as apply)

- ☐ 企業社會責任 Corporate social responsibility ☐ 人物專訪 Interview ☐ 服務資訊 Service information
☐ 會員資訊 Members information ☐ 社會服務議題 Social service issues
☐ 有關女性的專題/資訊 Women-related features/information
☐ 其他，請註明 Others, please specify _____

個人資料 Personal Particulars

1. 您是否本會會員？Are you a member of HKYWCA?

- ☐ 是 Yes ☐ 不是 No

2. 年齡組別: Your age group is:

- ☐ 20或以下 20 or below ☐ 21-30 ☐ 31-40 ☐ 41-50 ☐ 51-60 ☐ 61或以上 61 or above

3. 教育程度: Your educational attainment is:

- ☐ 中三或以下 F.3 or below ☐ 中學畢業 Completed Secondary School ☐ 大專或以上 Post-secondary or above

4. 如願意留下聯絡資訊，請提供：Please provide your contact details if you wish to:

姓名 Name: _____

電郵 Email Address: _____

填妥後請把問卷傳真至3476 1364或電郵至crdd@ywca.org.hk。
Please fax the completed questionnaire to 3476 1364 or email it to crdd@ywca.org.hk

謝謝
Thank you



9.28 (Sat)
日 (星期六)

HKYWCA Flag Day 女青賣旗日

九龍區
Kowloon

<http://www.ywca.org.hk> 電話: 3476 1316



一點支持，多人受惠！
Your contribution makes a big difference!

本會將使用是次賣旗日籌得之善款
支持九龍會所復修後開設之服務：

Proceeds raised will be used to support the
following services at HKYWCA Kowloon Centre

- 家庭健康促進中心 Family Wellness Centre
- 青年發展中心 Youth Development Centre
- 退休人士活動中心 Active Aging Centre
- 長者日間護理中心 Day Care Centre for the Elderly

社會福利署署長已批准三間機構於二零一三年九月二十八日分別在港島區、九龍區及新界區賣旗，而本會已獲授權於當日在九龍區賣旗。
The Director of Social Welfare has given approval to three organizations to sell flags on Hong Kong Island region, in Kowloon region and the New Territories region respectively on 28 September, 2013 and HKYWCA is authorized to conduct flag sale in Kowloon region on that day.

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!

捐款方法 Donation Method

網上捐款 Online Donation

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

信用卡 Credit Card

VISA

MASTER

信用卡號碼 Card No. _____ - _____ - _____ - _____

持卡人姓名 Cardholder's Name _____

信用卡有效期至 Expiry Date _____ (MM) _____ (YY)

持卡人簽署 Cardholder's Signature _____

銀行入數* Direct Transfer

滙豐銀行 HSBC

004-002-223105-001

東亞銀行 BEA

015-514-40-05153-5

* 請將表格連同銀行入數紙副本傳真 / 電郵至本會。
Please return this form with the copy of bank-in slip by fax / email.

劃線支票 Crossed Cheque

支票抬頭請寫「香港基督教女青年會」，並連同此表格寄回
Please make your cheque payable to "Hong Kong YWCA" and mail together with this form
支票號碼 Cheque No.: _____

透過「7-ELEVEN 便利店」捐款 Through "7-ELEVEN" stores

閣下捐款時請出示整張捐款單(連同條碼部份)以便處理。每次捐款金額的上限為HK\$5,000。請連同7-ELEVEN 便利店交易紀錄存根正本寄回本會。

Please present the donation form including the part printed with barcode to make donation. The maximum amount per transaction is HK\$5,000. Please send this form to HKYWCA together with the original 7-ELEVEN receipt.

7-11(HSBC)



401994567891210

捐款金額 Amount

我要捐款 Wish to donate

- ☐ 港幣 HK\$ 5,000
- ☐ 港幣 HK\$ 2,000
- ☐ 港幣 HK\$ 1,000
- ☐ 港幣 HK\$ 500
- ☐ 港幣 HK\$ _____



Help Enhancing Lives
Support HKYWCA
支持女青年會 · 實現生命栽培

捐款港幣100元或以上可憑收據在本港申請免稅 Donations over HK\$100 are tax deductible with a receipt.

捐款者資料 Personal Information

姓名 (英文正楷) Name _____

中文姓名 Chinese Name _____

身份證號碼 HKID Number _____ 首四位數字 The first 4 digits

為避免資料重覆，請提供身份證號碼 To avoid duplication of records, please provide HKID No.

出生日期 Date of Birth _____ (DD/MM) 性別 Gender _____

捐款者編號 (如適用) Donor Number (If applicable) _____

公司名稱 (如適用) Company Name (If applicable) _____

地址 Address _____

聯絡電話 Tel _____ 傳真 Fax _____

電郵 Email _____

☐ 不需要收據，以助節省行政開支 To save administrative cost, official receipt is not required

閣下所提供之個人資料將保密處理，以作本會處理捐款、簽發收據及通訊之用。本會日後可能運用閣下的個人資料與閣下通訊、籌款、作活動/培訓課程邀請或收集意見。
The Personal data collected will be used for donation handling, receipt issuing and communication. HKYWCA may use your personal data for providing you with information, fundraising appeal, activities invitation as well as feedback collection. 請在這方格內填上 "✓" 號。 Please tick "✓" the appropriate box.

- ☐ 本人同意上述有關使用個人資料的安排。
I agree to the above-mentioned use of my personal data.
- ☐ 本人不同意上述有關使用個人資料的安排。
I object to the above-mentioned use of my personal data.

簽署 Signature: _____ 日期 Date: _____

查詢 Enquiries

香港基督教女青年會 傳訊及資源拓展部 - 香港中環麥當勞道1號2樓208室

Communication and Resources Development Department, HKYWCA - Rm. 208, 2/F, No.1 MacDonnell Road, Central, Hong Kong

電話 Tel: 3476 1316 傳真 Fax: 3476 1364

電郵 Email: crdd@ywca.org.hk