



With the support of Dr. Patricia Ip Foundation Fund, the Child Protection Mobile Van has been reaching out to different districts again such as Sham Shui Po, Tseung Kwan O, Tai Wai, Kwun Tong, Wong Tai Sin and Whampoa from 21 to 23 February and 28 February to 2 March, having close communication with the public. Through promotional pull-up banners, we promoted our various services in prevention and education, crisis intervention, counselling and treatment, professional training, and advocacy, all while conveying the message of positive parenting and promoting family harmony. The body of the

mobile van was decorated with a cute Squly and Friends pattern design, attracting many children and parents to visit and participate in parent-child games on the van together. They also expressed love and care for each other through games. Thanks to the efforts of our volunteers and colleagues, more than 2,000 people participated in this promotional event.

The Service Users Gathering was held on 22 March. It not only allowed us to introduce Service Quality Standards to service users

and collect their opinions on the agency's services and development, but also provided a family fun day for them. The participating families and volunteers enjoyed outdoor facilities in a relaxed and leisurely environment to promote parent-child interaction and communication.

We held a Professional Forum on Child Protection with the theme of "Trauma-Informed Care in Child Protection" on 28 March. More than 200 professionals from the social welfare, education and healthcare sectors participated. Five guest speakers shared with the participants about Adversity and Trauma-Informed Care in Children and Adolescents, Trauma-Informed Interventions for Survivors of Child Abuse and Neglect, Trauma-Informed Care from an Organisational Perspective, and Supervision on Trauma-Informed Practice, thereby exploring the application and impact of this framework at different levels. During the forum, participants actively exchanged ideas, which we believe will bring new insights to the work of protecting children.

According to statistics from the Child Protection Registry of the Social Welfare Department, there were 3,482 newly reported cases

> of child sexual abuse between 2014 and 2023, accounting for 32% of all newly reported child protection cases. Having seen this, we conducted a questionnaire survey on "Awareness of Seeking Help Regarding Child Sexual Abuse" among children and parents from December 2024 to March 2025, intending to optimize prevention provide and services recommendations for child protection. For the press release on the survey results, please visit our website (www.aca.org.hk).

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> In response to the "International Spank Out Day" on 30 April, we held the "No Spank, Water with Love" Carnival on 12 April at Chuk Yuen (North) Estate, promoting the message of stopping corporal punishment of children as well as positive parenting to cultivate a harmonious and violence-free social environment through a variety of activities such as children's talent shows, exhibitions, parent-child interaction games and game booths. For details of the press release, please visit our website.

> > **Donna Wong** Director

Head Office: 13/F, Corn Yan Centre, 3 Jupiter Street, North Point, Hong Kong Tel: (852) 3542 5722 Fax: (852) 3542 5709 E-mail: aca@aca.org.hk Chuk Yuen Centre: 107-108, G/F, Wai Yuen House, Chuk Yuen (North) Estate, Wong Tai Sin, Kowloon, Hong Kong Tel: (852) 2351 6060 Fax: (852) 2752 8483 Tuen Mun Centre: 407-409, Ting Cheung House, On Ting Estate, Tuen Mun, New Territories, Hong Kong Tel: (852) 2450 2244 Fax: (852) 2457 3782 Kwai Chung Centre: Flat A, 2/F, TLP132, Nos. 132-134 Tai Lin Pai Road, Kwai Chung, New Territories, Hong Kong Tel: (852) 2915 0607 Fax: (852) 2915 0788











## **Tuen Mun Centre Family Corner**



Tuen Mun Centre Family Corner is a group of enthusiastic parents from different generations who continue to support the organisation as volunteers after attending the Tuen Mun Centre Good Parent Course. With a common belief, we are committed to promoting positive discipline in the community, building good parent-child and family relationships, and spreading the message of child protection together. Through various parent education activities, family gatherings and outdoor activities, participants can learn the knowledge and skills of positive discipline, strengthen the bond between family members, and promote the spirit of child protection, which is everyone's responsibility.

In the past quarter, the main development direction of Tuen Mun Family Corner was to strengthen publicity and education in the district to raise public awareness of preventing child abuse and the counselling services of Family Corner. At the same time, we also hope to promote harmonious family relationships and positive discipline methods, stop inappropriate discipline methods, and educate children with respect and peace.

Since the start of the school year in September last year, a series of student suicides have occurred in Hong Kong. Children's emotional health and academic pressure demand everyone's attention. Family is indeed a haven for children, and parents are the protective umbrella. If a child meets difficulties at school or in daily life, being able to receive care, support and companionship from family is very important. Coupled with home-school cooperation, we believe it can greatly reduce the occurrence of these unfortunate events.

In the past three months, Tuen Mun Centre organised one family activity, six sessions of Parents Leisure Corner and six sessions of Children Leisure Corner. During the activities, participants could take a break from the tedious chores of the family and enjoy cooking in the activity room. They exchanged parenting experiences and feelings, supported each other and shared resources. During the handicraft making, parents were able to improve their concentration and adjust their emotions. The social workers also shared the skills and concepts of the five love languages with the participants. Participants shared their handmade food and handicrafts with their families to show their love.

In order to promote children's all-round growth and learn how to express their love to their parents through the language of love, Tuen Mun Centre organised a series of Chinese New Year activities, such as teaching children how to do paper cutting, making cute sweet dumplings, and using red packets to make Chinese New Year decorations. These encouraged children to decorate their homes with their parents to welcome the Chinese New Year. In addition, children could also experience the hard work of their parents, to thank and recognise their parents' efforts and promote close family relationships. On 13 February, the Director of ACA presented certificates and gifts to 12 outstanding volunteers at the Volunteers Awards Ceremony, in recognition of their outstanding performance and contributions, and to encourage them to continue to support the services of Tuen Mun Centres and the organisation.

Tuen Mun Centre Family Corner is a team of well-established volunteers, who work with their strengths and passions. We are very grateful for their support in making Tuen Mun Centre a vibrant, cohesive and supportive family. We look forward to working with you for the well-being of families in the community.

Tuen Mun Centre Family Corner is currently recruiting new members. If you would like to join our family, please contact 2450 2244 for more information. We look forward to your participation!

**Katherine Wan** Senior Social Worker









## **Summary of Major Activities for January to March 2025**

Month	Project/Title	Activity
March	Sharing Forum	2025 Professional Forum on Child Protection: Trauma Informed Care in Child Protection on 28 March
	Teenage Volunteer Training	The ISF Academy – Volunteer Training and Elderly Visit Activities on 18 and 25 March
January to February	Bless My Home Forever Volunteer Home Visitation Project	<ul> <li>Orientation for New Volunteers on 9 January</li> <li>Volunteer Training – Understanding Emotional Health and Interviewing Skills on 16 January</li> <li>Family Sharing Forum – Being a Happy Lover on 8 February</li> </ul>
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January to March	Child Abuse Treatment Corner	Batterer Intervention Therapeutic Group for Parents on 6, 10, 13, 17, 20, 24 January, 7 and 10 February
		• Stress Management Group for Parents with Depressive Features on 7, 14,21 January, 11, 18, 25 February, 4 and 11 March
		Volunteer Training on 9 and 16 January
		Parents Talk – Be Authoritative Parents on 14, 15 January, 22 and 27 March
		Children Therapeutic Group on 12, 19, 26 February, 5, 12 and 19 March
		Advanced Volunteer Training on 21 February
		<ul> <li>Batterer Intervention Therapeutic Group for Parents (Session 1 – 4) on 10, 17, 24 and 31 March</li> </ul>
		Positive Parenting Training Course – Messy Play Parents Workshop on 20 and 21 March
	Play Connect Happy Growth Positive Parenting Project	• Parent-child Playgroup (for 12-18 Months Old Toddlers) on 2, 3, 6, 8, 10, 15, 17 and 20 January
		<ul> <li>Parents Workshop on Building Harmonious Relationships with Children Through Play on 14 January and 15 February</li> </ul>
		<ul> <li>Parents Stress Management Workshop on 22 January, 28 February and 31 March</li> <li>Parent-child Playgroup (for 18-24 months old Toddlers) on 2, 13, 20, 27 February, 6, 13, 20 and 27 March</li> </ul>
		• Pre-school Adaption Playgroup (for 20-30 months old Toddlers) on 3, 5, 10, 12, 17, 19, 24 and 26 February
		Parents Positive Parenting Workshop on 24, 26 February and 19 March
		Kid's Wonderland on 4 March
		Messy Play Parents Workshop on 20 and 21 March
	Child Protection Institute	Parent Talk on Positive Parentings Stan Using Corneral Punishment on 10 and 20
	Child Florection institute	<ul> <li>Parent Talk on Positive Parenting: Stop Using Corporal Punishment on 10 and 22 January</li> </ul>
		Child Protection Simulation Training Course on 18 January
		Workshop on Identification and Handling of Suspected Child Abuse Cases on 26 February and 5 March
		Parent Talk on Cultivating Children's Self-Discipline on 28 February
		Parent Workshop on Sex Education in Families on 13 March
	Good Parents'	Love Our Children Child Protection Carnival on 11 January
	Networking Project	Trainers' Gathering



- Trainers' Gathering
- 1. New Year Meeting and Haircut Sharing on 16 January
- 2. Dear Our Dearest: Love Our Skin Naturally on 20 January
- 3. Year of the Snake Lantern Festival Gathering on 12 February
- $\bullet$  Good Parents Training on 11, 14, 18, 21, 28 February, 4, 7, 11, 14 and 18 March
- Parents Chill Club
  - 1. Aromatherapy Massage Self-care Workshop on 20 February
  - 2. Making Clafoutis Aux Cerises Workshop on 26 February
- 3. Natural Skin Care Workshop on 6 March
- 4. Haircut at Home Workshop on 10 March







## Forthcoming Events for April to June 2025

Month	Project/Title	Activity Egg Hwt
April	Carnival	No Spank, Water with Love Carnival 2025 on 12 April
April to May	Healthy Start Home Visiting Project	<ul> <li>Easter Bunny Egg Hunt Mission on 5 April</li> <li>Embracing Your Own Children Parenting Group on 10, 17, 24 and 31 May</li> </ul>
	Teenage Volunteer Training	<ul> <li>The ISF Academy – Volunteer Training and Elderly Visit Activities on 8, 22 April and 13 May</li> <li>Kids' Dream – City Hunt Activities on 13 April</li> </ul>
April to June	Bless My Home Forever Volunteer Home Visitation Project	<ul> <li>Family Sharing Forum</li> <li>1. Having Fun with Children on 26 April</li> <li>2. Unlocking Children's Emotional Codes on 20 May</li> <li>Volunteer Training</li> <li>1. Building Rapport with Children on 24 May</li> <li>2. Understanding Emotional Health and Interviewing Skills on 27 June</li> <li>Orientation for New Volunteers on 20 June</li> </ul>
	Child Abuse Treatment Corner	<ul> <li>Stress Management Group for Parents with Depressive Features (Session 4 – 8) on 7, 14, 28, 31 April and 12 May</li> <li>Children Therapeutic Group on 8, 15, 29 April, 6, 13 and 20 May</li> <li>Parent-child Activity – Family Spring Farm Adventure on 26 April</li> <li>Parents Talk – Be Authoritative Parents on 2 May</li> <li>Parent-child Play Workshop – Mother's Day Little Hands with Big Creativity on 3 and 10 May</li> <li>Batterer Intervention Therapeutic Group for Parents on 6, 13, 20, 27 May, 3, 10, 17 and 24 June</li> <li>Positive Parenting Training Course – Nutritious Eating on 12 and 19 May</li> <li>Parent-child Play Workshop – Super Daddy on 14 and 21 June</li> <li>Volunteer Training on 20 and 27 June</li> </ul>
	Play Connect Happy Growth Positive Parenting Project	Parent-child Playgroup (for 12-18 Months Old Toddlers) on 1, 3, 8, 10, 22, 24, 28 and 29 April  Parents Workshop on Puilding Harmoniaus Relationships with Children Through



- Parents Workshop on Building Harmonious Relationships with Children Through Play on 3 April, 20 and 28 May
- Parents Positive Parenting Workshop on 8 April, 27 and 29 May
- Parent-child Easter Party on 12 April
- $\bullet$  Parent-child Playgroup (for 18-24 Months Old Toddlers) on 2, 9, 16, 23, 30 May, 6, 13 and 20 June
- $\bullet$  Pre-school Adaption Playgroup (for 20-30 Months Old Toddlers) on 6, 8, 13, 15, 20, 22, 27 and 29 May
- Parents Stress Management Workshop on 7 May, 3 and 24 June



Good Parents'
Networking Project

- Parent-child Activity
- 1. New Sports Filipino Kali on 5 April
- 2. Drama Day on 26 April
- 3. Aromatherapy Bye Bye Allergic Rhinitis on 10 May
- Good Parents Reunion on 6 April
- Parents Chill Club
  - 1. Crochet DIY Workshop on 7 and 14 April
- 2. Matcha Garibaldi Biscuits Workshop on 25 April
- Good Parents Training on 2, 9, 16, 23, 30 April, 7, 14, 21, 28 May and 4 June





#### Month

### **Project/Title**

#### **Activity**

April to June

Chuk Yuen Centre Family Corner

- Easter Fun Egg Machine on 17 April
- Family Fun Drama Appreciation on 19 April
- Parents' Tea Gathering on 28 April, 26 May and 30 June
- Committee Meeting on 29 April, 26 May and 24 June
- My Special Time with Mammy on 10 May
- My Special Time with Daddy on 14 June



- Parents Leisure Corner Handicraft and Cooking Activities on 8, 15 April, 6, 13 May, 3 and 10 June
- Children Leisure Corner Handicraft and Cooking Activities on 25 April, 9, 16, 23 May and 13 June

Daylily Project for Young/Single Mothers

- Program Promotion on 12 April
- Summer Volunteer Training and Gathering on 24 May
- Pre- & Post- Exam Relaxation Program on 7 and 28 June

Parent-child Support Line

- Advertising at Facebook from 14 to 26 April and 1 to 30 June
- E-posters Advertising at Public Housing Estates under Hong Kong Housing Authority from 1 to 31 May

May to June

Child Protection Institute

- Parent Talk on Positive Parenting: Stop Using Corporal Punishment on 14 and 22 May
- Parent Talk on Positive Parenting: Emotional Coaching on Children on 15 May
- Workshop on Identification and Handling of Suspected Child Abuse Cases on 6 and 23 June

Joyful Kids Group

- Orientation Meeting for Joyful Kids Members on 17 May
- Group Meeting and Training on 21 June

## **Parent-child Support Line**

## Sponsored by Fu Tak lam Foundation Limited

Parenting is not easy, but parents are not alone! The Parent-child Support Line continues to receive sponsorship from the Fu Tak lam Foundation Limited, allowing us to serve parents, children, teenagers, professionals, and the general public, supporting families in crisis and promoting messages of child protection and positive parenting. The latest Facebook promotion started in March, which we are dedicated to spreading the power of support to parents. When parents feel exhausted, helpless, or confused about managing parent-child relationships, our helpline is here to accompany them! Whether it is managing a child's emotions or everyday parenting challenges, we are willing to listen and walk alongside parents. We hope that a little support can bring about significant change!

We have been actively promoting our Hotline services across various platforms, including our website, Facebook, and Instagram, aim to raise public awareness of seeking help and encourage children and parents in need to reach out. From 14 to 27 February, we launched a poster campaign inside MTR stations. Furthermore, we placed web posters at the Hong Kong Housing Authority Public Estates to promote our service in March, to raise awareness and encourage children and parents in need to proactively seek help.

**Yvonne Wai**Project Officer



## Parent-child Support Line:

2755 1122

#### Service:

9:00a.m. - 9:00p.m. (Monday to Friday)

9:00a.m. - 1:00p.m.

(Saturday)





## Thank You for Your Donation

We sincerely thank the Asian Society for Pediatric Infectious Diseases (ASPID) for their generous donation. This contribution will help us enhance our efforts in protecting children and ensuring that every child can grow up in a safe environment. Dr. Mike Kwan, President of ASPID, has been dedicated to promoting child health and has shown strong support for our work. We look forward to collaborating with ASPID to further improve child protection and health services, creating a brighter future together.

We would also like to express our gratitude to the generous donations from the following organisations and individuals (in no particular order):

- Fatchitat Food Company Limited 30 boxes of Australia cherries
- Great Entertainment Group Limited 1,900 tickets for AIA Carnival, 200 tickets for ALTA CIRCUS and 500 tickets for Hong Kong Observation Wheel
- Homes Medical Centre 10 boxes of children's supplies
- In N Out Storage 20 packs of brand-new toys
- Kaiwaya (HK) Company Limited 100 children's gift bags and 30 family gift bags
- Ping Shan Foods Co. Ltd 25 boxes of macaroni
- ROPES & GRAY 191 brand new backpacks







## **Daylily Project for Young / Single Mothers**

## **Sponsored by the Community Chest of Hong Kong**

The Daylily Project aims at supporting young or single mothers in their self-development, emotional needs, childcare practices, and in building up a rich social network.

From January to March, we organised a series of vibrant family activities aimed at promoting family interaction, volunteer training, and community cohesion.

In January, we held the New Year Colorful Magic Little Chefs event, where parents and children made food together. This enjoyable activity allowed families to bond while children learned about various foods and fruits, enhancing their appreciation and relationships with their parents.

In February, we partnered with Lingnan University to conduct volunteer training for university students, which included home visit training and event preparation practice. This program helped them gain a deeper understanding of our organisation and learn essential skills as volunteers. Additionally, we held a parent-child activity to celebrate Valentine's Day. Children prepared flowers as gifts for their mothers, who participated in stretching and relaxation activities, enjoying a moment of tranquility. We also conducted spring volunteer training, which included interactive family visit activities and discussions on our annual plans, fostering a relaxed atmosphere that encouraged communication among volunteers.

In March, we hosted a movie appreciation event, with special thanks to Mean Well (Hong Kong) Holding Ltd. for sponsoring the tickets to the movice "Ne Zha 2". Families were delighted and learned valuable lessons from the film. This event not only provided entertainment but also fostered communication and interaction among family members.









## **Chuk Yuen Centre Family Corner**





Chuk Yuen Centre Family Corner will continue to hold various activities in 2025, encouraging parents and children to participate, with the aim of providing support to parents and promoting family harmony!

Firstly, on 6 January, with the sponsorship of Dr Patricia Ip Foundation Fund, Chuk Yuen Centre Family Corner held the Chinese Calligraphy: Words of Wellness parent workshop. This workshop aimed at encouraging participants to engage in mindfulness writing practices that foster self-awareness and peaceful. It also guided participants in reflecting on their life experiences, using writing as a means of personal exploration and healing. A total of nine parents participated in the workshop and reported that they greatly enjoyed the experience, as it allowed them to temporarily set aside the daily chores of caring for their families and focus on learning a new art form. The artworks created by parents included personal sayings or blessings for those around them. It is hoped that the artworks will help extend the positive impacts of the workshop into the daily lives of the participants.

The outdoor parent-child activities are among the most popular at Chuk Yuen Centre Family Corner. On 9 February, we organised the Family's Nature playtime with 60 children and parents at Wadakiyama for a delightful day! The day trip featured a variety of games, and the smiles on the faces of parents and children were radiant as they participated in activities like grass sliding, hand-cranked boats, and water slides. During the barbecue time, families not only enjoyed the fun of grilling together but also had the opportunity to interact with each other, promoting connections between families!

The Service Users' Gathering 2024-2025 was successfully held on 22 March at the Green Garden, Tin Shui Wai, with around 150 service users from different projects attending. The programme was divided into two main parts. The first part involved group games, where participants formed circles of about ten to play games. We aimed at promoting interactions among service users and increase their understanding of our services in a relaxed manner. We also encouraged participants to share feedback on our services. The second part of the programme was a barbecue time, allowing participants to enjoy the fun of grilling while chatting, further promoting interaction among service users. It also provided an opportunity for social workers to engage with service users individually and express their care.

Additionally, from 24 February to 23 March, we collected feedback from service users about our services through questionnaires. A total of 206 questionnaires were collected. According to the results, all service users expressed satisfaction or high satisfaction with our services. They acknowledged that our services could provide timely support for families in need. They also appreciated the working attitude of our staff. In the meantime, the service users also gave some suggestions for our services, such as increasing promotion, volunteer training, and parent-child activities. We thank all our service users for their appreciation and feedback!



# Child Protection Moving Truck Campaign Successfully Reaches Communities! Let's Protect Children Together!

A huge thank you to everyone who enthusiastically participated in the Child Protection Starts with You – Child Protection Moving Truck Campaign. Funded by the Dr Patricia Ip Foundation Fund, this campaign has successfully toured various districts, spreading key messages about child protection and positive parenting. From 7 to 9, 13 and 15 September 2024, 21 to 23, 28 February and 1 to 2 March 2025, the Truck travelled through Tuen Mun, Yuen Long, Tin Shui Wai, Tsuen Wan, Kwai Chung, Sham Shui Po, Tseung Kwan O, Tai Wai, Kwun Tong, Wong Tai Sin, and Whampoa, engaging with residents and raising awareness on the importance of safeguarding children and fostering a safe, nurturing environment for the needy families.



#### **Exciting Recap!**

- Positive Parenting Interactive Game Booths Children selected their preferred "Love Language" to express and receive love from their families, while parents learned valuable positive parenting techniques
- Child Protection Information Panels Helping the public gain a deeper understanding of various child services and the importance of emotional management in parenting
- Adorable Squly and Friends Photo Spot + Souvenirs A perfect place for families to capture sweet moments together, creating a warm and love-filled atmosphere

#### **Event Highlights:**

- Held across 13 locations, attracting a total of 6,850 children, parents, caregivers, and individuals
- Many parents learned how to build better communication with their children, while the public actively inquired about promoting child protection awareness
- Kids not only had fun but also learned to express their emotions, helping parents better understand effective parenting techniques



#### Child protection requires all of us to take part!

We aim to reach even more families in the future through different community engagement initiatives!

Your support is the strongest shield for our children! Please continue to follow, share, and participate as we work together to ensure the safety and well-being of every child!

Summer Lin Funding and Communications Manager





## **Good Parents' Networking Project**







The Good Parents' Networking Project provides parenting education activities for families in the Tsuen Wan and Kwai Tsing Districts. Through positive parenting training courses, parent-child activities, and parent workshops, the project helps parents master positive discipline parenting techniques, improve parent-child communication, promote family harmony, and foster a spirit of community support.

The program organised two parent-child trips in the last quarter. Including Good Parents' Networking's trainers as volunteers, over 60 people joined these activities. On 23 February, we visited a farm in Kam Tin for a DIY Flower Pot in an organic farm with the sponsorship of St James' Settlement FOOD-CO and Wyeth Nutrition HK. Parents and children expressed their creativity by transforming milk powder cans into one-of-a-kind flower pots, planting herbs in their handmade vases. On 1 March, we went to the KMB bus depot in Kowloon Bay to participate in a Model Bus Art Workshop, where participants designed their unique model bus bodies to take home. Additionally, on 15 March, we held a Parent-child Activity: DIY Aroma Insect Repellent and participants made their aromatic handmade products. This not only facilitated wonderful memories and quality parent-child time but also enhanced their relationships and family harmony. Children were able to broaden their horizons, spark curiosity, and support their learning and growth.

We focused on uniting parent volunteers in the district by holding parent activities on 16, 20 January, 12 February and 12 March. These included a New Year Meeting with Haircut Sharing, Dear Our Dearest: Love Our Skin Naturally, Year of the Snake – Spring Lantern Festival Gathering, and Good Parents Networking Trainers' Gathering. During these gatherings, parents who have been trained as volunteers collaborated to plan various workshops and parent-child activities, sharing their skills and parenting experiences, which helped them establish the core of a mutual support network in Tsuen Wan and Kwai Tsing District. The parent volunteers actively assisted with the series of Good Parents Networking Parents Chill Club on 20, 26 February, 6 and 10 March, serving as tutors and assistants for workshops such as Aromatherapy Massage Self-care Workshop, Making Clafoutis aux Cerises, Natural Skin Care Workshop, and Haircut at Home Workshop. These not only showcased their talents but also strengthened the mutual support network among parents in the district, greatly enhancing community cohesion.

In terms of promotion, we held a Child Protection Carnival themed Love Our Children on 11 January at Kwai Chung Estate. This carnival focused on positive discipline and child protection, featuring multiple game booths, interactive parent-child activities on stage, and quiz games on display boards, allowing participants to learn about positive discipline and child protection. During the event, we distributed 1,800 eco-friendly child protection bags, providing

parents with tips, methods for positive discipline, and information on the effects of corporal punishment on children. The carnival attracted over 1,800 parents and residents, with everyone enjoying themselves and laughing, culminating in a lively and successful event. The smooth execution of the carnival was made possible by the support of various organisations, and we would like to thank the Housing Department for their funding, the management office of Kwai Chung Estate for providing the venue, and the Hong Kong Red Cross, Green Outreach of the Environmental Protection Department, Daylily Project for Young / Single Mothers, Bless My Home Forever Volunteer Home Visitation Project, and Child Abuse Treatment Corner Volunteer Home Visitation Service for contributing different game booths, creating unforgettable parent-child moments for all participants.













## Bless My Home Forever Volunteer Home Visitation Project



## Sponsored by the Community Chest of Hong Kong



The project aims to support families living in the Sham Shui Po District. Through regular volunteer home visitations, sharing sessions, community education and parent-child outings, the project helps participating families foster a desirable environment for children to grow up in. They learn knowledge and skills in strengthening positive parenting, child safety, community resources and ways to enhance parent-child relationships.

We held the Be a Happy Lover Family Sharing Forum on 8 February. In daily life, parents often pay full attention to their children, thus neglecting themselves. Therefore, the parents and children had an activity separately on that day. It allowed the parents to refocus on themselves. The activity aimed at helping the parents understand that "I am my own best friend, confidant, and lover". By learning to love themselves and build a good relationship with themselves, they could truly love their children.

The parents expressed that they enjoyed this opportunity to relax and spend time alone. Some of the mothers shared that after dropping their children off at school, they still have a lot of household chores to do. This activity provided them with a great chance to unwind. They also realised the importance of self-love and learned more about love languages through the activity.

The children's activity was creating bouquets for their parents. Some mothers had never received flowers before so they were very surprised. All the parents were happy to receive the bouquets from their children with their faces filled with a joyful smile.

**Yan Yu** Social Worker

## Joyful Kids Group - Child Development Group

Joyful Kids is a group formed by children aged 7 to 17 and some young volunteers. To facilitate the personal growth and development of children and youth, the group provides training and voluntary services to help members unleash their full potential.

On 4 February, we organised a volunteer service event titled Supporting Children from Low-Income Families, aimed at providing care and tangible support to underprivileged infants and young children. On the day of the event, members of Joyful Kids Group brought warmth and joy to the children through balloon twisting, creating multi-sensory play kits, and distributing clothing. This initiative allowed young children in need to feel the care of the community and deepened our members' understanding of social needs, further promoting social inclusion and the spirit of mutual support.



To express our gratitude for our members' dedication and contributions over the past year, we hosted the Volunteer Appreciation Ceremony and Sharing Session on 22 March. During the event, we presented certificates of appreciation to outstanding volunteers and invited volunteer representatives to share their experiences and insights, fostering mutual learning and inspiration. We also took this opportunity to discuss the importance of children's participation rights, encouraging our members to continue engaging in volunteer work in the coming year and collectively making a positive impact on society.

**Yeung Sze Nga**Project Social Worker







## **Child Abuse Treatment Corner**

### Sponsored by Fu Tak lam Foundation Limited



The project serves pregnant women and families with children aged 0-5 in Tsuen Wan District and Kwai Tsing District. Trained volunteers with parenting knowledge conduct home visits regularly to provide emotional support and parenting suggestions.

#### **Volunteer Home Visitation Express Love**

After two sessions of training, volunteers are paired by social workers to provide monthly visit services for pregnant women and families with children aged 0-5 in the Tsuen Wan and Kwai Tsing District. In addition to home visits, volunteers also occasionally reach out to families via phone and share various information in the community, including positive parenting techniques, community resources, and child care experiences. Many volunteers have reflected that this project allows them to accompany families, witness their transformations, and assist families with their own experiences, achieving a mutual support effect through shared communication.

#### **Together We Shine**

During our past services, we received numerous feedback from families expressing their gratitude for the volunteer visit services. They could freely share their difficulties and challenges with volunteers during each visit, feeling accompanied and encouraged throughout the challenging parenting journey. One particular case is a mother Siu Suet, who faced the loss of her spouse and was raising her 5-year-old son alone. During dark times in her life, she joined the project through a friend's introduction. Two volunteers regularly visited her, helping her walk out of her grief,

supporting her emotionally, and sharing parenting experiences. Gradually, Siu Suet went from being unwilling to step out of her community to participating in parent activities at the center with the volunteers' accompaniment, and she enrolled in an English course at another organisation. The volunteers in the project accompany different families, moving forward together in the parenting journey, allowing the sunshine of hope to illuminate their lives once again.

Message from Mother participant Siu Suet: Thank you so much to Miss Leung and the two volunteers for their continuous support to our family. Listening to my feelings gives me the strength to keep going. I am truly grateful.

Message from Volunteer Jenny: I actually want to thank Siu Suet for being willing to share so many feelings with us. It shows me that when we offer genuine care and concern, we can also bring strength to others. I hope this positive energy makes everyone feel happy.

Message from Volunteer Ellen: Life is never easy, and the path of a single parent is even more challenging. During my visits, I deeply felt Siu Suet's affection for her husband and son. With the social worker's care and encouragement, she strives to live her life, showing me that even a small helping hand can bring warmth and strength to others.





## "Play Connect Happy Growth" Positive Parenting Project









The "Play Connect Happy Growth" Positive Parenting Project is designed for children aged 12 to 30 months and offers a variety of parent-child playgroups tailored to their developmental needs.

During February and March, we completed eight preschool adaptation playgroup sessions for children aged 20 to 30 months, helping them prepare for their upcoming entry into preschool. Many parents were concerned about the separation issue of their children when starting school, so the adaptation playgroup specifically included separation exercises. Initially, we arranged for the children to spend short periods away from their parents, gradually extending the separation time to help them get accustomed to being apart during activities. Through these exercises, we also taught parents separation skills, which they could practice to say goodbye to their children in each session.

In addition, each session covered various developmental elements such as self-care, social skills, cognitive skills, and gross and fine motor skills, allowing children to be immersed in the learning environment of preschool in advance. After completing the eight sessions, the children gradually mastered classroom routines and made significant progress in listening to instructions and social interactions.

Besides the parent-child playgroup, the project also regularly holds stress management workshops for parents. Between January and March, we held three stress management workshops to help parents explore the best way to relax through experiential activities. These activities included making mindful jars, playing with Six Bricks Lego sets, and practicing mindfulness. Parents expressed that the workshop not only provided personal time but also allowed them to implement what they experienced with their children at home. They also appreciated that the activities offered a good balance of dynamic and static engagement, catering to different parents' needs.





## The Hong Kong Jockey Club Community Project Grant – Healthy Start Home Visiting Project

Sponsored by the Hong Kong Jockey Club Charities Trust





The project intends to provide support for pregnant ladies and infants. Through regular home visitations, the anxiety and stresses of the families are addressed. Pre- and post-natal general health care and child care knowledge, and community resources are introduced. Positive parenting techniques are fostered.

#### **Volunteer Training:**

#### Games and Development for Infants and Toddlers and Practical Sharing Session in Post-natal Care Support Service

On 11 January, we successfully completed a volunteer training course and a practical sharing session, with 20 volunteers in attendance. The course aimed at training volunteers to use appropriate play ideas to help infants and toddlers develop cognitive, social, and motor skills at various stages of growth. Volunteers engaged in a variety of games and learnt to create sensory play kits by using different materials, demonstrating great enthusiasm throughout the process. After that, they shared their practical experiences in providing postpartum support services, using role-playing to thoroughly understanding of parents' feelings and perspectives.

#### **Picture Book Fun Time for Families**

The group held four sessions of Picture Book Fun Time on 12, 19, 26 February and 5 March, attracting 9 families to participate. Through selected picture book stories, we explored how to enhance parent-child communication and interaction. In each session, parents and children not only listened to stories but also participated in different creative activities such as craft making and role-playing, allowing the children to immerse themselves in a joyful and educational atmosphere. These activities not only enhanced parent-child relationships but also equipped parents with more skills for engaging with their children at home.

#### Volunteer Retreat: Mosaic Candle Cup Making and Chinese Medicine Talk

On 15 February, we organised a Volunteer Retreat for our dedicated volunteers, providing them with the opportunity to relax and enjoy leisure time amidst their busy daily lives. A total of 24 participants attended. The social workers began the event with mindfulness exercises to help the volunteers unwind. The activities were divided into two parts, starting with a hands-on mosaic candle cup-making session in which volunteers showcased their creativity by crafting unique pieces while enjoying a relaxing experience. In the afternoon, we invited a registered Chinese medicine practitioner, Ms. Tse Ka Man, to give a talk on Chinese Medicine Dietary and Acupoint in Promoting Mental Health, helping volunteers understand their mental well-being from a Chinese medicine perspective and learn more about self-care ideas.

#### The More You Give, the More You Glow: Family Sharing and Volunteer Awards Ceremony

The Volunteer Awards Ceremony took place on 15 March at Tin Shui Wai Greenfield Barbecue Park to express our sincere gratitude to all volunteers. The ceremony started with some interactive games to warm up the volunteers, followed by family and volunteer sharing of experiences from the past year's home visits. A key highlight was the awards presentation by our service manager to recognise outstanding volunteers for their achievements over the past year. We also set up a creative drawing and message-writing session, allowing volunteers to write blessings and encouraging words to one another. Later, the barbecue time provided an opportunity for volunteers to enjoy delicious food while exchanging service experiences, further enhancing friendships among them. This ceremony not only expressed our gratitude to the hard work of our volunteers but also served to strengthen team cohesion, inspiring everyone to engage with even greater enthusiasm in future services.



