

CARITAS - HONG KONG ANNUAL REPORT 2021 / 2022



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ANNUAL REPORT
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1953	July	Founded
1957	December	Constituted as the official social service agency of the Catholic Church in Hong Kong
1981	September	New Constitution
1981	November	Incorporated by Ordinance
1993	April	Constitution (Revised)



香港公益金
THE COMMUNITY CHEST
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2.6 FAMILY SERVICE

Objectives

The objectives of the Family Service are to preserve and strengthen the relationships among members of the family and to improve the quality of family life. This is achieved by empowering individuals and their families with strength and resilience through different levels of professional intervention.

Highlights of the Year / Achievements

QuaranCation: A Vacation for Souls during Quarantine

To safeguard public's health during COVID-19, the Government has implemented different forms of quarantine and social distancing measurements. With the collaboration among different family service units and designated hotels, Caritas Integrated Family Service Centre - Tin Shui Wai implemented "QuaranCation" in November 2021. It provided a series of free online programme and 24-hour hotline service (18288) to assist people with anxiety. "Blessing Gifts" were delivered to families to meet their material needs during home quarantine.



Media interview on RTHK31 TV Programme
"Anti-epidemic news express"

Jockey Club Interactive Wonder Box

With the financial support from The HKJCC Trust, free Jockey Club Interactive Wonder Box was distributed to local kindergarten students. The objectives were to facilitate a holistic development of children in home-bound situations and engage parents to have quality interaction with their children.

In total, the Project delivered 130,000 sets of Wonder Box 1 and Wonder Box 2 to students. Wonder Box 2 consisted of three picture books themed "hope", "gratitude" and "joy" to cultivate good character traits in children, that applied AR technology transforming graphic design into 3D animation and inciting recipient families' infinite imagination and creativity. Furthermore, 13 Family Activities as Power Train Exhibitions were organized as part of the Project, where 8,500 parents and children actively attended. Positive feedbacks were received.

Beside the Wonder Boxes, as many as 9,372 teachers attended 21 different sessions of Zoom trainings in order to familiarize themselves with the use of the training kits. 33 teachers joined the focus groups and offered their opinions. In total, 1,500 teaching kits were delivered to 606 kindergartens.



Jockey Club Interactive Wonder Boxes and Teaching Kit



Families enjoyed AR Power Train Exhibition

Concern Campaign for Needy Families In COVID-19

(1) Weaving Caring Community – Family Service

Under the 5th wave of COVID-19, apart from the anxiety of being infected, people were anxious about shortage of food and suffered hardship to meet the extra expenses for anti-epidemic supplies.

Thanks to the generous donations from the local community, we were able to prepare and distribute anti-pandemic care packs to underprivileged families through liaising with schools. With the joint effort of our local community partners such as our parishes, blessing bags were prepared and gifted to families in quarantine and vulnerable people including street cleaners and infected household helpers, offering them care and support during the hardship.



Blessing bags were delivered by the volunteers to families in need in Tin Shui Wai

(2) Jockey Club "Dream Catcher" Project – School Support Programme for Students during COVID-19

This Project was designed to help students with special education needs and underachievers to improve their academic performance by providing tutorial support on learning strategies, goals-directed activities like social skills training to enhance students' motivation and their stress coping skills amidst COVID-19. In this Project, mentors received training on peer counselling, leadership, problem solving, online application skills as well as relevant knowledge on gatekeeper's role. The results were encouraging as both mentors and mentees showed significant improvement in taking care of their mental health and self-management skills. Over 90% of the participants improved in stress coping and emotion regulation, 88.5% of the participants gained positive support and learned useful self-management skills and 84% of the participants improved their knowledge in managing online learning.



Scholarships were presented to mentors and mentees

Values in Action – Caritas Character Strengths Education

Character building is a developmental process. It takes time and needs nurturing. For this service, we adopted a spiral upward approach which is based on 24-character strengths from positive psychology, and provided different programmes to pre-schoolers, children, and adolescents as well as their families.

Caritas School Social Work Service has applied "Character Strengths Education" framework in all serving schools under the Catholic Diocese of Hong Kong and Catholic Religious Schools Council.

Since June 2021, we have been collaborating with our Education Services Division to develop a new framework that covers our Catholic religion, moral and character education. This framework aims to integrate positive education and the character strengths concept into Catholic schools' virtues, our Catholic values and Education Bureau's values. Articles introducing this framework were published in Kung Kao Po regularly.

In future, we will continue to cooperate with our Diocese, Education Services Division and Catholic schools to further promote this framework and develop related practices.



Collaboration of Caritas Family Service Division and Caritas Education Services Division

Caritas Jockey Club Project Cedar – Social and Emotional Support Service for Men



Caritas Men's Festival 2021 conducted at Lok Fu Plaza



"Male voices in the pictures" photo album and game card set



Imitating Carpenter St Joseph, father and child crafted a wooden stool together

In promoting gender equality and total family participation of men, Caritas Men Centre has implemented Project Cedar and over 7,000 male users were served in the last two years. "Male voices in the pictures" photo roadshow demonstrated men's willingness to open up and participate in new family culture with fairness and intimacy. In the "Year of St Joseph," the Centre also worked with the Diocesan Pastoral Commission for Marriage and the Family to provide programmes which emphasized on the importance of fathers showing their love and care in actions.



menhk.org



Facebook

Codependency' Reflective Love

The Programme was launched by Caritas Lok Heep Club, which aimed at providing a new framework to explore the interactional patterns between drug abusers / ex-drug abusers and their family members.

In this regard, a series of therapeutic group sessions using non-verbal means was implemented, including fluid art, collage art, playback theatre, human library and photography. Service users' feedbacks were positive. During the 53rd anniversary celebration of Caritas Lok Heep Club, their artworks were exhibited, they performed a drama and participated in experiential workshop. A total of 120 participants, including 22 representatives from 17 anti-drug organizations, participated in the programme, where they were able to experience our service users' transformation in codependency.



Drama performance by ex-drug abusers

Kanya Lee Scholarship – Concern Campaign for Secondary School

The Kanya Lee Scholarship was launched in 2021, supporting 28 secondary schools' students from grassroot families with financial subsidy.

With the Scholarship, one of the beneficiaries could quit his part-time job in a fast food restaurant at night and focus on his study. He was later admitted to his dream Engineering Programme at The Hong Kong University of Science and Technology.



Joint School Recognition Ceremony with Lee's Pharmaceutical Holdings Ltd.

Setting up an EFT Community In Caritas

Emotionally Focused Therapy (EFT) is a well-known humanistic approach in psychotherapy. It is proven to be an effective approach to reduce arguments and restore intimacy and trust among family members. Under the clinical live supervision of Dr Wong Tat Ying, Certified EFT Supervisor and International Trainer of the International Centre for Excellence in Emotionally Focused Therapy, we set up an EFT Certification Clinic in September 2021. The mission of the Clinic was not only to provide counselling services to couples, but also served as a staff development resource for our colleagues to pursue professional, effective and compassionate intervention. In 2021, 5 supervisors and 10 frontline social workers participated as EFT therapist-to-be facilitators / observers in 8 sessions of live supervision. We anticipate that the establishment of the Clinic will help to develop an EFT community, inspiring positive change and promoting continuous growth of the service users as well as our colleagues.



Learners in Caritas EFT Community