



H.K.S.K.H. *Outreaching* Team for *Multi-Cultural Community*
香港聖公會多元文化外展服務隊

HANDS

Nov 2023, VOL 6

The Official Newsletter of OTMC

Operated by Hong Kong Sheng Kung Hui Welfare Council Limited

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About Us

About the Hong Kong Sheng Kung Hui Welfare Council Limited

The Hong Kong Sheng Kung Hui Welfare Council (also known as the “Welfare Council”) was founded in 1966. It is now registered as a charitable organization under the Companies Ordinance, and is an institution that coordinates, develops and provides social services for Hong Kong Sheng Kung Hui. The Welfare Council’s diverse services, which can be found across Hong Kong, Guangzhou and Macau, cover children, youth, families, senior citizens and persons in need of mental and medical rehabilitation, counselling and professional training, in line with its service philosophy, “Personalized Service, Holistic Care” to “Transform Lives” so they may “Live in Abundance”.

About H.K.S.K.H. Outreaching Team for Multi-Cultural Community (OTMC)

H.K.S.K.H. Outreaching Team for Multi-Cultural Community (OTMC) aims at providing appropriate support services to the needy individuals of the Multi-Cultural (MC) and their families in Sha Tin, Tai Po, North, Yuen Long, Tuen Mun, Tsuen Wan and Kwai Tsing districts through reaching out and connecting with stakeholders in the community.

Objectives

- ✓ To connect the needy MCs with mainstream welfare services;
- ✓ To improve MCs’ problem solving skills;
- ✓ To strengthen MCs’ family cohesiveness;
- ✓ To enhance support network of MCs for their early integration into the local community;
- ✓ To establish network with community organizations, religious organizations, schools and welfare service units for effective delivery of service;
- ✓ To mobilize MCs and local residents in pursuit of social inclusion and racial harmony.

Scope of Service

- Outreaching service - reaching out to MCs through roadshows, community activities, exhibition, home visits etc.;
- Telephone enquiry service - facilitating the understanding of social resources and identifying the needs of MCs;
- Casework Support - conducting initial assessment, arranging direct/referral service, providing immediate intervention and long term casework support for the needy cases to overcome their difficulties;
- Group and Programmes - organizing preventive/ developmental/ therapeutic/ mutual support/ volunteer groups tailored to MC’s welfare needs;
- Cultural Sensitivity Training for frontline workers of mainstream services.

Words from OTMC



OTMC acts as the bridge between mainstream services and Multi-Cultural (MC) community. We do not only facilitate the communication between social service sectors and MC residents for better social integration, but also facilitate our MC service users to connect with themselves and others for improving well-being.

We continually to organized different kind of educational programmes for promoting physical health and mental well-being of our MC service users, for example, self-compassion workshops, family walk, DIY activities, healthy cooking classes etc. We also organized different festival activities to promote multiculturalism and enhance social support networks among our service users.

It is also delighted that we trained and organized a group of Henna art volunteers to promote Henna art and multiculturalism in the community. It is a good opportunity for our MC service users to develop potentials, increase communication and interaction with both MC and local residents.

Let's join us to make new friends, promote health and well-being.



New Staff Introduction



Hi everyone, I am Waqas, new social worker of OTMC. Happy to meet you all! I mainly work in Tuen Mun and Tin Shui Wai area. Do feel free to visit us! Let's make the community more culturally inclusive!

Team C (Tin Shui Wai & Tuen Mun District)
Social Worker
Mr. MOHAMMAD, Waqas Butt



Hi everybody, I'm Lester. I joined OTMC as a senior program worker in Oct. Multicultural service is one of my interested field, especially when I am currently pursuing social work study at HKU. Hope to contribute in promoting diversity, inclusiveness and changes in this vibrant community.

Team B (Yuen Long District)
Senior Program Worker (P.T.)
Mr. Lester LI, Fong-chak



Hello everyone. I'm Oscar, the new senior program worker from Team A. I'm studying counseling and psychology at HKSYU. I'm happy to meet the working teams at OTMC. I hope that I can use my humor and enthusiasm to help the service users. Cheers!

Team A (Tai Po & Sha Tin & North District)
Senior Program Worker (P.T.)
Mr. Oscar LAM Chak-fung

Service Highlights:

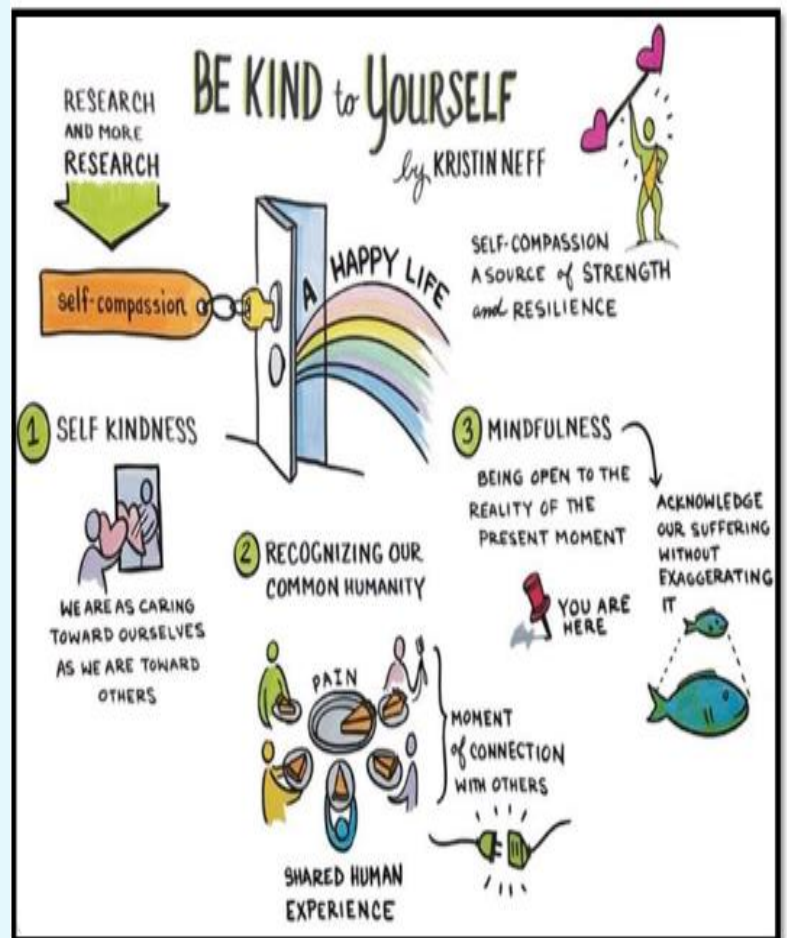
Promoting Self-compassion

We realized that many service users faced a lot of challenges in daily life, such as family stress, caregiving burden, difficulties in finding job, further studies and social integration etc. They felt frustrated then feed the cycle of self-blame and depression. Therefore, we organized self-compassion workshops in different districts. It aimed to enhance the self-care of the participants and motivate themselves with kindness during difficult moments. Through experiential exercises, discussions, and homework, the participants were encouraged to treat themselves kindly, share their feeling and experience with each other and practice self-compassion in daily life.



Learn more about self-compassion from Kristin Neff is Co-Founder of the Center for Mindful Self-Compassion (<https://self-compassion.org/#>)

“Self-compassion is simply the process of turning compassion inward. We are kind and understanding rather than harshly self-critical when we fail, make mistakes or feel inadequate. We give ourselves support and encouragement rather than being cold and judgmental when challenges and difficulty arise in our lives. Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing. It motivates us to make changes and reach our goals not because we’re inadequate, but because we care and want to be happy.” (self-compassion.org, 2023).





Information Corner

ABOUT DIWALI

The festive time of “**DIWALI**”, *The Festival of Lights* marks new beginnings and the triumph of good over evil, and light over darkness. The word **Diwali** comes from the Sanskrit word **Deepavali**, which means a *row of lights*. It is one of the most prominent festival in India and South-East Asia, celebrated with great warmth, joy, and shining grandeur, like **Christmas** is celebrated in many parts of the world. The festival falls on the darkest, new moon night of the Hindu lunar month *Kartika*, that happens between mid-October to mid-November.



SIGNIFICANCE OF DIWALI

The festival of Diwali symbolizes the victory of **light over darkness, knowledge over ignorance, good over evil, and right over wrong**. When we ignite a candle or an oil / ghee lamp, it is to open light in the physical space. Similarly, on the auspicious occasion of Diwali when blessed candles and lamps are lite, they illuminate the energetic pathway to “open the light within us. The festivity of lights reminds us of the importance of knowledge, significance of understanding self and knowing and seeking the good and right pathway.

PREPARATIONS & CELEBRATIONS

Diwali is celebrated with immense faith and enthusiasm as a time to **refresh** and **renew** all energies. On this occasion people start preparations days in advance by cleaning, renovating, and decorating their homes and work place with flowers, colourful glow lights and many fancy decorations to invite Light energies of wealth, prosperity and wellbeing into their lives. They also perform prayer ceremonies, light oil lamps and candles. Just like Christmas, it is a time people give **gifts** to family and friends. The celebrations for Diwali usually extends over a period of five days, and the main festive night of Diwali coincides with the new moon night.



Service Review

Team A – Tai Po, Sha Tin and North District

Come Planting Together

Adults | 1 session | 2 hours | 9 participants

The programme aimed to encourage participants to take time out of their busy schedule for joining self-compassion activities to help them reduce stress and promote relaxation. Our staff introduced the concept of self-compassion and taught them how to practice self-compassion in their daily lives. The instructor from Green Capsule organization taught participants how to make and care of bonsai plants after the “self-compassion break” activity.

Feedback from Participants:

“I enjoyed today’s programme and learn more about self-compassion. The “self-compassion break” was very meaningful and I will practice it at home as well. I liked making the plant with my friends and the scent reminds me of my home country.

I was able to relieve some stress. Thanks to today’s programme.”



Nurturing Minds III (Team A)

Woman | 1 session | 2 hours | 11 participants

The programme was collaborated with Mental Health Projects of Hong Kong University of Science and Technology (HKUST). It aimed to promote mental health awareness and improving mental well-being among MC community. The programme consists of mental health talk and relaxation exercises by the HKUST counsellor, and handicrafts making for stress relieving. The programme also provided a safe space for ladies to share their feelings and concerns with our staff / HKUST counsellor.



Feedback from Participants:

“I like talking with OTMC staff and would like to have more such programs in which we can chit chat. It helps me relieve stress and feel calm. I can also seek advice from the counsellor or OTMC staff if I am facing any difficulties. Overall, I am satisfied with the programme content.”



Service Review

TEAM B – Yuen Long District



Art in Summer A Session

Children | 4 sessions | 1.5 hours | 31 participants

We are glad to have Ms. Eina, Master of Expressive Arts student, HKU to provide four sessions art exercises like self-portrait art and collage, music, to primary school children for relaxation.

As a summer class, it focused on their summer dream by using various mediums on paper plate to create their ideal summer, their favorite things to eat, making a soft clay sculpture on what they like to eat, a place they like to go in summertime. Beach, wave with sun and sunflower, while watching the fish with a fishing rod, using a soft clay sculpture to create their dream time summer time. After the art exercise, we shared about their created work, listened and asked questions to each other, giving an opportunity to express what it means to them.

Feedback from Ms. Melian:

“I had fun. made some friends and would like to join again.”



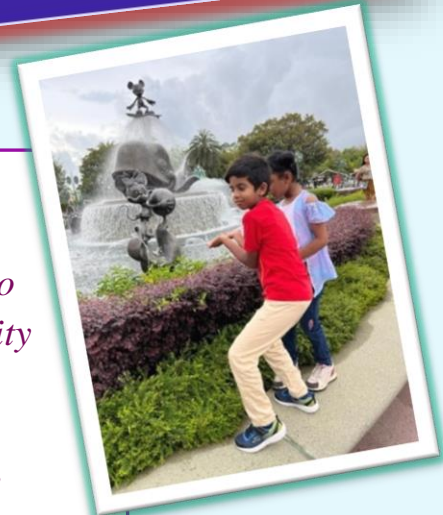
Our Summer of Family 2023 (Team B)

Family | 3 sessions | 9 hours | 89 participants



The programme was divided in two phases, The first phase was inviting participants to create family videos in a creative direction by using family memories, stories to express themselves and how their day to day goes and what they find enjoyable with their family members in Hong Kong.

For the second phase, the awarded families are invited to have a joyful family day at Disneyland and we also organized some family bonding games in order to enhancing family cohesion.



Feedback from Ms. Rai:

“The programme was a good experience for us because we are so busy everyday doing our own things that we forget to spend quality time with our kids as a family. This program helped us to form a beautiful memory together. My kids were able to experience something different and they were so happy to meet their favorite princess. We really really enjoyed it. Thank You OTMC team and Disneyland for giving us this opportunity.”





Service Review

TEAM C – Tin Shui Wai and Tuen Mun District

Spread Love Not Germs: Scented Hand Sanitizer DIY

General Public | 2 sessions | 2.5 hours | 14 participants

The programme aimed to promote health awareness among MC community. Through scented hand sanitizer DIY marking, the participants not only increase hand hygiene awareness, but also share love to others by sending scented hand sanitizer.



Feedback from Miss Gurung:

“Many thanks to OTMC for organizing such activities from time to time for Multi-cultural resident like us, as being a housewife we hardly have “ME TIME”, however you given us chances to explore different things such as Painting workshops, DIY, body check-ups, etc.”

“Playful & Interactive” Group (Team C)

Children & Youth | 4 sessions | 8 hours | 22 participants

We collaborated with H.K.S.K.H. Tuen Mun Integrated Service -Jockey Club Youth Express to organize developmental group to the children and youth in Yau Oi Estate for increasing their interpersonal skill and problem-solving skill as well as knowledge of community resources so as to foster their personal development and facilitate early social integration. We had introduced OTMC services, organized football match, painting their favorite jersey number and watching movies together. It also increased positive communication between the participants and the Centre.

Feedback from Mrs. Begum:

“I was looking forward for activities which can help my children to be more active and learn skills which will be useful in their school life too so joining OTMC activities & programmes, it has greatly improved my children’s attitude & behavior. Thanks to OTMC.”





Service Review

TEAM D – Tsuen Wan and Kwai Tsing District

Fun Day for Kids

Children & Youth | 1 session | 1.5 hours | 10 participants



The participants of this programme were 10 MC kids from the networking schools in Kwai Chung. Its major goal was to use educational activities to help kids unwind before returning to school. We began with a warm-up game that involved remembering the names of things in schools and passing them on to the next player before going on to a drawing and guessing the things. Finally, we constructed our own lanterns for the Chinese mid-autumn festival. The kids were really engaged during the event and took part in each activity with enthusiasm. They even picked up some new terms in Chinese and English, for their better adjustment into the local Chinese environment.

“I really enjoyed the programme, I felt happy and relaxed after the programme. Looking forward to join other activities in future.”

Feedback from Ayat





Mother's Mental Health Day (Team D)

Woman | 1 session | 2 hours | 12 participants

This programme aims to raise the awareness of the mental health and reduce the stigma to help-seeking behaviors associated with mental illness. The participants of this program were ethnic minority female caregivers. We began with an educational PowerPoint presentation which brought out the importance of mental health in the ethnically diverse community as well as the emotional well-being. We later invited the participants to start the pressed flower frame making. They were fully focusing during the “Me Time” and they also illustrated the peacefulness and satisfactions after they have done the art pieces.

“I love this programme and I also learnt how to take care of my mental well-being. I hope they can create more activities like this.”



Feedback from Maya



Service Review

TEAM E – Jockey Club S.A.T.H. Project for Healthy Families

The Jockey Club SATH Project for Healthy Families has just reached the 2nd Anniversary milestone. We would like to thank all of you who have taken part of our activities and shared the mission of building a healthy lifestyle.

Exercises and health


Over the second year, we offered opportunities for women to maintain a habit of exercising. Yoga courses have been held regularly throughout the year. Yoga classmates who have been joining continuously gained improvements in muscle strength, flexibility and performance. We would like to take this chance to celebrate the achievements of our classmates!



We are inspired by the first-hand experiences of our classmates. Hope more of you will join us in the future!


Also, we would like to thank our yoga and dance teacher, JJ (mid), who has been bringing inspiration to us over the last year.

Mental health is equally important!



Feedback from Grace: “I love JJ’s yoga and dance classes! JJ is a wonderful, passionate and kind teacher who communicates clearly, step by step, making it easier for beginners (like me!) to keep up. JJ’s classes are so much fun - I love to see the smiles of everyone enjoying themselves in the studio! Thanks to JJ, I’ve learned the importance of breathing, focus, awareness, balance, appreciation, and fun. I look forward to each class! Thank you so much, JJ and OTMC!”

Feedback from Sukku: “As a single mother with a full-time job I never had the time and the push I needed to do yoga and return to my dancing phases. However, I am very grateful that OTMC gave me this opportunity to give me the head-start I need to start my journey in Yoga and return to dancing, which overall made me a healthier person physically and mentally”

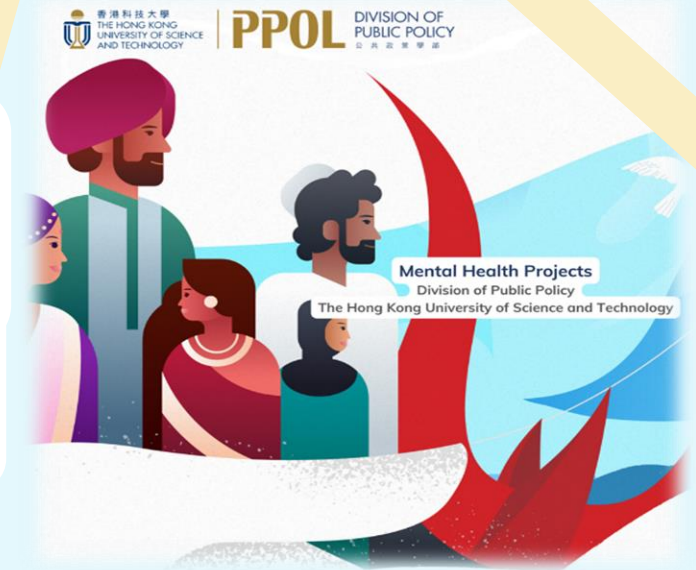




Mental well-being is closely related to health. In our observation, stress could build up from the hectic life routine full of different family responsibilities, no matter as a care giver, house keeper, or breadwinner, etc. We hope all of you could help us bring awareness to your family and friends. What do you do to destress? Share with us in our upcoming mental wellness activities!

Over the last year, we have been working closely with MindMatters from the Division of Public Policy, HKUST. MindMatters aims to ‘Promote Mental Well-Being Among Hong Kong’s Major Ethnic Minority Communities’.

We are glad to have Ms. Cassy Chan, Assistant Manager of MindMatters, to share with us about the future direction of the project.



“*The Mental Health Projects Team at the Division of Public Policy, The Hong Kong University of Science and Technology (HKUST), is dedicated to providing culturally-sensitive and language-adaptive mental health programs, specifically tailored for individuals from the Indian, Pakistani, and Nepalese ethnic communities.*

Our team comprises trained professionals from various ethnic backgrounds, equipped with the expertise to offer valuable insights on issues like mental health, parenting, and communication. We disseminate our content through diverse platforms including, but not limited to, face-to-face lectures, interactive workshops, and online classes.

As part of our efforts, we also conduct mindfulness-based sessions aimed at helping participants manage stress and enhance their mental well-being. Stay connected with us for further updates and exciting news: Website: Visit us for comprehensive information. <https://emmh.hkust.edu.hk/>

Coming up.....

The Jockey Club SATH Project for Healthy Families is heading to the third year! We hope to target common health issues and help you improve! If you are concerned about preventing obesity, diabetes, high cholesterol, hypertension, or other chronic diseases, stay tuned and join our **lifestyle modification groups** in the coming year. **Remember, prevention is better than cure!**

Upcoming Activities

Please contact us and visit our Facebook and Instagram page for more upcoming activities!

H.K.S.K.H. Outreaching Team for Multi-Cultural Community
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A DECEMBER TO REMEMBER

DATE: 2023 / 12/19 (TUE)
TIME: 5 - 8 PM
VENUE: Tin Tsz Estate

PLEASE CONTACT US AT
36 140 575/
36 11 0844
OR
6996 8244

DIY/SHARING
BINGO GAMES
CHRISTMAS COOKIES

Scan for more updates

FIRST COME, FIRST SERVE & FREE OF CHARGE
PLEASE MESSAGE HKID NAME & RESIDENTIAL LOCATION VIA WHATSAPP
SUCCESSFUL PARTICIPANTS WILL RECEIVE CONFIRMATION MESSAGE

H.K.S.K.H. Outreaching Team for Multi-Cultural Community
To discover more about the emotions you have

Art Therapy

FREE

Paint a tote bag

To Promote emotional well-being through art therapy

First come first serve

Register now

Date: 21-12-2023 (Thursday)
Time: 2:00 - 3:00 Pm
Venue: 1/F H.K.S.K.H. Lady Madehose Centre
Target: 12 EM ladies

Ron/Hafi
Whatsapp-6996 5594
Address: 22 Wo Yi HoP Road, Kwai Chung, N.T.

H.K.S.K.H. Outreaching Team for Multi-Cultural Community
香港聖公會多元文化外展服務隊

Women's Health Talk

"Cervical Cancer"

گردن رحم کا کینسر

What is Cervical Cancer?
Cervical Cancer risk factors
How to detect Cervical Cancer?
Preventive measures
Misconceptions & facts

In Collaboration with
THE CHINESE UNIVERSITY OF HONG KONG FACULTY OF MEDICINE
THE NETHERSOLE SCHOOL OF NURSING

FREE

DETAILS

Date: 6 Dec 2023 (Wed)
Time: 3:00pm - 4:00pm & 5:00pm - 6:00pm
Venue: Chun Yeung Estate & Hin Keng Estate
Target: Multicultural Women
Quota: 10 (First Come, First Served)

For registration & enquiry:
6996-6351

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WE CARE-ABOUT OUR CARERS

Date: 9/12/2023 (Sat)
Time: 2pm-5pm
Target: Yuen Long carers
Quota: 50
Venue: OTMC Centre

(Sponsored by: SWD YL)

- Simple Check Up
- Snack Workshop
- Henna Art /Body Paint
- Instant Photo taking
- DIY Photo Frame making

diy photo frame

Henna Art

Steps to follow:
Please message HKID Name via WhatsApp for registration or inquire on 6996 6256 to Ms Shahana/Mr Aman

First Come First Serve

H.K.S.K.H. *Outreaching Team for Multi-Cultural Community*
 香港聖公會多元文化外展服務隊

FREE *Care for Elders*



Date : 19 & 21 December (Tuesday +Thursday)
 Venue & Time:
 Queens Hill Estate - 11:30 AM
 Heng on Estate - 3:30 PM
 Wo Che Estate - 11:30 AM
 Shui Chuen O - 2:30 PM
 Quota: 10 (First Come, First Served)
 Target : Multicultural Elderly
 For Registration call/whatsapp : 6996 6251

H.K.S.K.H. *Outreaching Team for Multi-Cultural Community*
 香港聖公會多元文化外展服務隊

Lifestyle Modification Group

Prevention is better than cure! We often wait too late before health problems occur. Do not underestimate the significance of the habits in daily life on health conditions.

STAY TUNED
 Lifestyle modification group in different locations will be announced soon.

	Personal analysis and goal setting
	Diets and health conditions
	Exercises and health conditions
	Conclusion - Celebration and personal goal review

香港聖公會麥理浩夫人中心
 H.K.S.K.H. Lady MacLhosse Centre
 少數族裔服務部
 Services for Ethnic Minorities Unit
 為少數族裔提供健康、教育、文化等服務

H.K.S.K.H. Outreaching Team For Multi-Cultural Community

HEALTH TRUCK

8 DECEMBER 2023 (FRIDAY)
 6 PM TO 8 PM
 TAI PEI SQUARE, TSUEN WAN

WE PROVIDE FOR FREE:

- Sugar test
- Cholesterol test
- BMI test
- Weight, height, waist circumference measurement
- Body fat, skeletal, muscle percentage measurement
- survey on health habits
- Nurse consultation

Punctual participants will receive Vitamin C packs

Feel free to bring children above 3 years old to consult our CUHK nurses and discuss your health concerns

**Quota: 10 people
 FIRST COME,
 FIRST SERVED !!!**

Contact Mr. Ben or Ms. Garima at 6996 0461 for registration



Application of Service

- ⇒ Visit or make a call to our office during opening time
- ⇒ Visit our outreaching lorry or roadshow
- ⇒ Referred by individuals and organizations



Service Charge

- ⇒ Free of charge, except specific groups or programmes



Withdrawal

- ⇒ Inform our team by giving verbal or written notification

CONTACT & ENQUIRES



Address:

Centre: L102-L103, 1/F, Long Ping Shopping Centre, Long Ping Estate, Yuen Long
Tsuen Wan & Kwai Tsing Sub-team Office *By appointment*:
 Room B, 1/F, 20 Shek Man Path, Kwai Chung



Centre Operating Hours:

Monday, Tuesday & Saturday: 10:00am to 6:00pm
 Wednesday: 10:00am to 10:00pm
 Friday: 2:00pm to 10:00pm
 Sunday: 10:00am to 2:00pm
 Closed on Thursdays & Public Holidays



Website: www.skhwc.org.hk



Fax: 3585 2537



Telephone & Hotlines:

3614 0575 (Cantonese & English Hotline)
 3611 0844 (Urdu, Hindi and Nepali Hotline)
 6996 5594 / 6996 0461 (Tsuen Wan & Kwai Tsing Hotline)



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 for Multi-cultural
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