



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



社會福利署資助服務  
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The Official Newsletter of OTMC



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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 district, Yuen Long, Tuen Mun, Tsuen Wan and Kwai Tsing 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 and family life education/promotional/public education/networking/social inclusion/volunteer programmes tailored to MC’s welfare needs;
- **Cultural Sensitivity Training** for frontline workers of mainstream services.

# Words from

# OTMC



OTMC is committed to connecting multicultural residents with mainstream welfare services and facilitating their early social integration. With the support from different community partners and positive feedback from the participants, we have successfully contacted more than **500** new service users through outreach service, organized over **360** programme sessions and benefiting more than **4,500** individuals in 2023 -2024.



To enhance the support for carers and promote family well-being, we joined “Care the Carers Campaign”, which was one of the signature events in Yuen Long District, launched by The Yuen Long District Social Welfare Office, and we organized game booths in the community and the Centre for recognizing the contributions of carers and showing support to them. We also organized a variety of educational programmes to help carers unleash their strengths and strengthen family cohesion. The participants were satisfied with the programmes and most of them reflected that the programmes could help them relieve stress, improve self-care and increase communication with family members.

This year, we would continue to provide various educational programmes and supportive services for multicultural residents to enhance their ability to cope with challenges and integrate into local community via four aspects i.e. “The Five Love Languages” campaign, outreach services, community engagement programmes, physical and mental health activities. Besides, we would actively cooperate with different community partners to enhance support for multicultural elderly to facilitate them to enjoy a happy and healthy life.

# Service Theme 2024-2025:

## Promoting the Five Love Languages for Enhancing Well-being

Strong bonds with family and community are importance to emotional well-being and personal development. OTMC would like to organize a variety of activities for our service users to understand and apply the five love languages in communication and rapport building with family members and others.

Starting from April 2024, a series of educational workshops were organized to help participants to identify their own primary love language and that of their significant others as well as incorporate the love languages into daily interactions with others for fostering healthy relationships.

If you want to experience the power of the five love languages, please join our upcoming programmes!



Please visit [mindbodygreen.com](https://www.mindbodygreen.com) for more information:  
<https://www.mindbodygreen.com/articles/the-5-love-languages-explained>

# Service Review

## Team A – Northern, Tai Po and Sha Tin

### “MENTORU”

Children & Youth | 4 Sessions | 14 Hours | 48 Participants

We are glad to join hands with Service-Learning Centre, Chung Chi College, CUHK to provide learning support programme to MC primary one to secondary 3 students. We had provided **cultural sensitivity training** to University student volunteers for equipping them to provide one-on-one **tutorial** sessions and interactive **educational activities** for MC students. The volunteers organized a virtual campus tour, allowing MC students and parents to experience the university's facilities and learn about campus life. To enhance the experience, we had coordinated and organized a variety of handicraft activities, making sure that the essential supplies are easily available to both volunteers and participants, encouraging an environment of active involvement and learning.

#### Feedback from participants:


*“We thoroughly enjoyed the exciting activities organized at CUHK by OTMC and greatly benefited from the tutorial classes delivered by the dedicated volunteers. We sincerely hope to have the opportunity to participate in similar activities in the future. Our heartfelt gratitude goes out to everyone involved. Thank you for making it such a memorable experience”.*





# “CARE FOR ELDERLY”

Elderly | 4 Sessions | 4 Hours | 7 Participants



This programme extended support towards senior multicultural community and aimed at reducing their sense of loneliness. It provided a therapeutic environment through **planting** to help relieving their stress and learn more about self-kindness, so such acquired knowledge and experience promote practice of self-kindness. We also visited the elderly community one by one to show concerns and organize self-compassion activities for them. Hearing their worries and providing suggestions, as well as promoting positive mental well-being. We also promoted multiple emotional health related resources to ease their worries too.

## Feedback from participants:

“We really appreciate the staff coming to visit us, it makes our time go by faster. Thank you to the staff for listening to us and providing fun activities in the comfort of our home. We hope to have more activities in the future suited for us, activities that provide such enriching experiences.”



# Service Review

## TEAM B – Yuen Long District



### “BE OUR VOLUNTEERS IN KAM TIN”

Elderly & Volunteers | 1 Session | 2 Hours | 25 Participants

This programme was held on 5<sup>th</sup> December 2023, a collaboration with St. Joseph’s Church and our enthusiastic volunteers. Our volunteers introduced their history and culture with patience and spent time with 20 Chinese elderly. The activity begun with a sharing session and then moved towards arts and craft with participants very interested in **Henna**. The elderly were very happy to have the opportunity to get painted by multicultural volunteers and cherish the moment to learn and experience it.

**Feedback from one of our volunteers  
Ms. Syed Sabrun Saiyedah:**

*“I spent the day with Chinese elderly and we learned a lot from each other, I got to share my culture, values and art, especially Henna the elderly enjoyed them.”*







# “LET’S PLAY AT UNITED COURT”

General Public | 1 Session | 6 Hours | 14 Multicultural Participants and Many United Court Residents

On 3<sup>rd</sup> February 2024, we had the pleasure to join at United Court Transitional Housing Chinese New Year celebration fair and introduced our services via games and exercises to them. Our volunteers assisted in organizing two game booths themed on health awareness and social inclusion for both local and MC residents. The residents were enjoyed playing with their kids and family and appreciated to have good memories with their families in United Court.

**Feedback from one of our volunteers Ms. Kabita:**

“I had the chance to speak to both local and MC residents and be assistance to them, it was very nice experience and I look forward to do more volunteer work.”



# Service Review



## TEAM C – Tin Shui Wai and Tuen Mun District

### “WOMAN AMBASSADOR GROUP”

CONFIDENCE

Women | 5 Sessions | 7.5 Hours | 6 Participants

Woman Ambassador Group was organized with an aim to equip multicultural volunteers with skills and training for being **ambassadors** to help the service users and improve their self-esteem, confidence & well-being and gain invaluable work experience. Woman Ambassador Group will also help our MC women to reflect their values what they care about, vision for our community and our sense of responsibility towards people who are living in our community.



#### Feedback from Ms. Thapa:

*“These kind of group for women has really helped me and my mum to learn and gain experience on Volunteer work and why it is necessary to give back to our society. Thank you to OTMC for organizing where we got to learn about team building, self-understanding and designing a volunteer task.”*



# “CANTONESE GROUP FOR WOMAN”

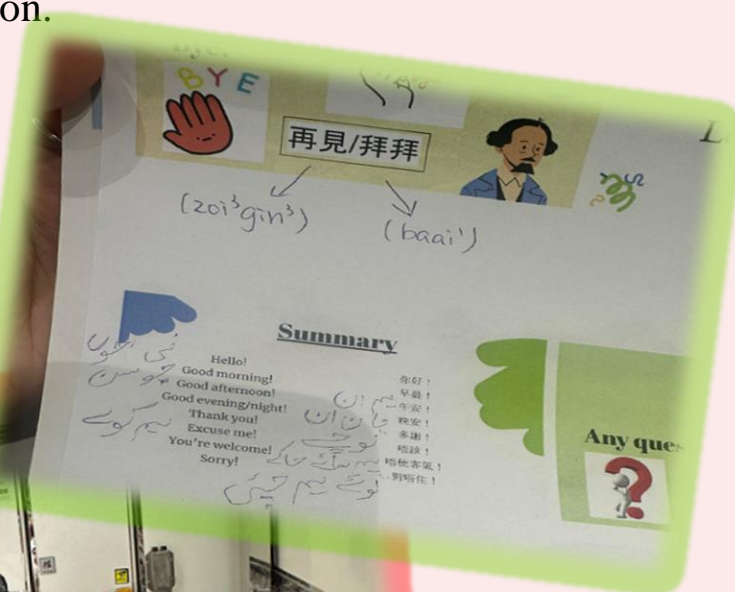
Woman | 4 Sessions | 6 Hours | 8 Participants

# 中文

A meaningful and useful group sessions organized for MC women to learn basic **Cantonese** used in daily lives. Acquiring Cantonese language skills can help MCs overcome language barriers and facilitate better social integration. It enables them to communicate with local residents, make new friends, and actively participate in community activities. This can contribute to a sense of belonging and promote inclusive social interaction.

### Feedback from Ms. Ghazala:

“I learnt a lot throughout all the sessions and it’s very beneficial to me. The OTMC staff is incredibly kind and dedicated, teaching with so much heart and passion. Their guidance has allowed me to speak more confidently with local people, and I’m grateful for the personalized attention they provided. Can’t wait to join more Cantonese classes!”



# Service Review



## TEAM D – Tsuen Wan and Kwai Tsing District

### “EASTER PARTY 2024”

Families | 1 Session | 1.5 Hours | 16 Participants

16 participants from diverse ethnic backgrounds attended the party. We began by engaging in a delightful "Easter Egg Hunt," wherein families eagerly searched for **Easter** eggs containing a variety of blessings and snacks. Subsequently, we shared the captivating story of the Jesus and His Resurrection, which was followed up by discussion on the topic of love and forgiveness. Throughout this activity, families were guided to reflect upon the significance of these values and consider their prioritization within their own family lives. Lastly, we had the pleasure of painting our own Easter eggs, all the while savoring the essence of Easter.

#### Feedback from Lija :

"I think Easter is so much fun and the festival is quite interesting. I would like to do this again with my family."





# “SELF-CARE FIRST”

Woman | 1 Session | 1.5 Hours | 10 Participants

The programme we organized was for MC housewives living in Kwai Chung. Since housewives are usually busy with housework and children, they barely have time for themselves. This programme was mainly targeting for them to allow them to spend time on themselves and to share the knowledge of the benefits of **meditation** to relieve their stress. We started with the meditation first which included light physical exercises to relax their body and mind. Later in the programme we made a DIY lip balm with natural ingredients too!



## Feedback from Nain Tara:

“I enjoyed this programme because I finally made time for myself and did something. I'm usually too tired to do anything for myself and also very busy as I have to take care of the children. But after joining this programme I realized that it has been so long that I haven't cared for myself. We should make a routine for ourselves which is called 'Me Time' as it's important in this hectic lifestyle. I'm looking forward to joining more programmes like this.”

# Service Review

## Team E-Jockey Club S.A.T.H. Project for Healthy Families District

### CELEBRATING CULTURAL DIVERSITY AND HEALTH THROUGH FESTIVAL ACTIVITIES

#### Eid Mubarak! A time to reflect on lifestyle

On 9<sup>th</sup> April, 2024, Eid ul Fitr marked the end of Ramadan, a month of fasting for the Muslims, when the mind and body were purified. It's a time of kindness, charity and compassion. To celebrate Eid, we were keen to gather with the community to reflect our lifestyle such that our purified body can maintain refreshed.

#### Culinary Extravaganza – Food, culture and health

That month, we organized three vibrant parties in Kam Tin (Yuen Long), Tuen Mun District Health Centre Yau Oi Satellite (Tuen Mun), and Sha Tin. Food is the essence in many cultures, and is crucial to health. Therefore, we invited families joining the parties to participate in a healthy dishes competition that could cater for the nutritional needs of the families, especially women.

In such splendid occasions, women in flamboyant dresses showcased their culinary skills. Each participant prepared a healthy dish, reflecting their cultural heritage and culinary expertise. The atmosphere was filled with laughter, friendship, and the delightful aroma of various cuisines.



**Eid Party in Sha Tin**

## Eid Party in Tuen Mun



### Embracing Healthy Eating Habits

We were thrilled to witness everyone's enthusiasm for eating healthily during the cooking competition. The participants demonstrated admirable commitment to incorporating nutritious ingredients into their dishes, inspiring us all to adopt healthier lifestyles.

### Rewarding Wellness: Kitchen Appliances Giveaway

As a token of appreciation for their dedication to healthy cooking, we presented all participants with state-of-the-art kitchen appliances which made cooking healthy less of a burden. From air fryers to blenders, these tools will empower them to continue their culinary adventures while prioritizing well-being of their family.

### Looking Ahead ....

We are immensely proud of the cultural diversity and the devotion to healthy lifestyle displayed at our events. As we move forward, let us continue to celebrate our differences and learn from each other. Every small change in our daily routine is a big step for a healthier community!

# Information Corner

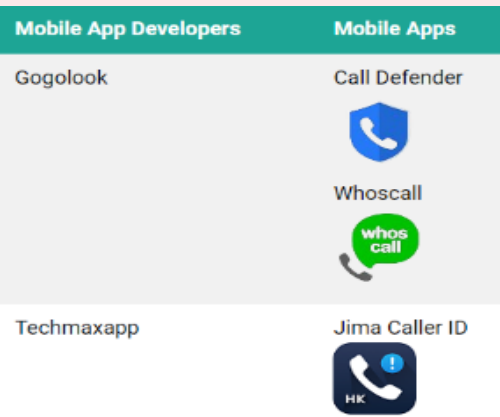
## Stay Alert and Beware of Phone Scam Tricks

In view of a rise in recent phone related scams cases in Hong Kong, the government and law enforcement agencies has been working on adopting a multi-prolonged approaches tackling such crimes. There are some advices on how be aware of such phone scams in the following.

1



1. “+” Sign to Indicate Incoming Calls From Outside Hong Kong: Beware of unknown calls from outside Hong Kong.



2. Installing incoming call filtering service: It help users identify and filter incoming calls based on the databases established by public and/or users' personalised black/white lists.

2



3. ADCC operates an all-day enquiry hotline "Anti-Scam Helpline 18222" to provide **immediate consultation** for the general public in order to handle suspicious deception cases in a more effective manner.

3



For more information, please visit the website:

[https://www.ofca.gov.hk/en/consumer\\_focus/guide/hot\\_topics/fraudulent\\_calls/index.html](https://www.ofca.gov.hk/en/consumer_focus/guide/hot_topics/fraudulent_calls/index.html)



# Information Corner



## Celebration Events for 27th Anniversary of Establishment of HKSAR

To celebrate the HKSAR's 27<sup>th</sup> Anniversary, the Government and different sectors of the community will roll out a rich array of **special offers and activities**, covering areas including *public transport*, *culture*, *arts and leisure*, as well as *dining and consumption* for members of the public to participate in and share the joy of Hong Kong's return to the motherland. Information about the offers and activities is available on the dedicated website ([www.hksar27.gov.hk](http://www.hksar27.gov.hk)).

中華人民共和國香港特別行政區  
Hong Kong Special Administrative Region  
of the People's Republic of China

27<sup>th</sup> 周年紀念  
ANNIVERSARY

安心謀發展 奮力創明天  
Building on Security and Stability  
Striving for Progress and Prosperity

繁體 | 简体 | Text Size

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What's New

11.06.2024 Free use of leisure and cultural facilities on July 1 in celebration of 27th anniversary of establishment of HKSAR

OTMC have also organized activities for both MC and local residents to celebrate the 27th anniversary of the establishment of the HKSAR.

1. Free Cultural Games in Tin Tsz Estate ( 2 Jul 2024 ,5-7pm)
2. "Love Multiculturalism and Healthy Cooking Experience" at United Court (6 Jul 2024, 2-4pm)

*Please stay tuned to our Facebook page for updates!*



# Upcoming Activities

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

**Quality Time With family**  
Cooking and Handicraft making  
**FREE OF CHARGE**

With your Family    Cooking Menu    Family photo

Come to join us and have fun making own photo frame, cooking tasty dishes with your family and taking a family photo.

Date: 15 July (MON)    Time: 13:00-16:30    Venue: United Court  
Quota: 8 Multi-Cultural Parent-Child Yuen Long Residents

Detail and Registration: 6996 6256, Bob  
First Come First Served

**Let's celebrate Eid-ul-Adha**

Date: 13/07/2024  
Time: 5:00-8:30pm  
Quota: 35 people (First come, first served)  
Venue: 1/F, Rosedale Gardens Shopping Mall, 135, Castle Peak Road, San Hui, Tuen Mun (Next to Ho Fuk Tong LRT Station)

Remarks: Please bring HKID for registration in TMDHC

Cooking Competition    Dress Competition  
**\*\*VOLUNTEER CHEF NEEDED\*\***

Scan QR for more updates

PLEASE MESSAGE HKID NAME & RESIDENTIAL LOCATION VIA WHATSAPP AND CONFIRM PARTICIPANT'S WELL-BEING & CONFIRMATION MESSAGE ALL RIGHTS RESERVED TO HRSKH

Quiz Games

**FREE OF CHARGES FOR REGISTRATION PLEASE CONTACT AKSA / DHANA 6996 8244**

**UNDERSTANDING YOUR LOVE LANGUAGE**

TO REGISTER, CONTACT DHANA/AKSA 6996 8244

FIVE LOVE LANGUAGE TALK

"THANK YOU" CARD WRITING  
WILL HAVE A LIGHT SNACK

DATE: 2024/7/16  
TIME: 5:00 - 7:15PM  
VENUE: FU TAI ESTATE  
TARGET: MC WOMEN / HOUSEWIVES

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

**Lower Body Stretching Workshop (SATH x TEAM C)**

DATE: 9/07/2022 (TUESDAY)  
TIME: 3:00 - 6:00 PM  
VENUE: YAN TIN ESTATE  
TARGET: MC COMMUNITY

To register, Contact us on 69968244

STRETCH EXERCISE FOR RELIEVING LOWER BODY PAIN

First Come, First Serve Basis  
Steps to follow:  
• Please message HKID name & residential location via WhatsApp  
• Successful participants will receive confirmation message

Each Participants Will Receive Massage ball & covid kits.

# Service Enquiry



## 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](http://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)



**Email:** [otmc@skhwc.org.hk](mailto:otmc@skhwc.org.hk)



### Instagram:

HKSKH OTMC



### Facebook:

HKSKH Outreaching  
Team for Multi-  
cultural Community



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