



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

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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

Having gone through three years of COVID-19 epidemic, a great number of people have reported symptoms of stress, depression or anxiety. OTMC is all along concerned about the well-being of MC community. Our staff has been dedicated to provide necessary supports to MC residents and engage community partners as well as mobilize social resources to overcome their difficulties.

We have tailor-made a wide range of both physical and mental health promotion programmes, children and family education programmes and social inclusion programmes to cultivate positive lifestyle and attitude for promoting the wellness development of MC residents. Moreover, health assessment and follow-up services provided by multi-disciplinary team are offered to MC families for promoting their health awareness under Jockey Club S.A.T.H. Project for Healthy Families. Furthermore, our social workers and multicultural staff proactively reach out to MC community for early identification and intervention by means of outreaching services, casework support services, groups and programmes, at the same time, to promote social integration of MC community.

In response to the pressing demands, we shall put more resources on supporting the caregivers and promoting the wellness development of MC children and their families. We will continue to work closely with community stakeholders and innovate services to meet the changing needs of MC families and the community. We encourage everyone to share your ideas and put joint efforts to promote the well-being of MC community and Hong Kong society.

We are here to support
YOU!



New Staff Introduction

Assalamoalaikom! My name is Aksa. I am the programme worker of team C. Hope to see you all participating in different activities!



Aksa Bibi, Programme Worker



Hello Everyone, I am Rubina. I'm a Pakistani raised in Hong Kong. I'm here in OTMC as a programme worker. You can look for me for your queries, I'd look forward to serve you all !

Rubina, Programme Worker

My goal is to raise awareness of health issues and assist the community with different services. Additionally, I'm promoting variety of activities, such as yoga courses and health examinations, and also learning a lot about mentally and physically health from it. Let's learn together about the healthy life style by joining our programmes.



B Sofia, Assistant Programme Officer

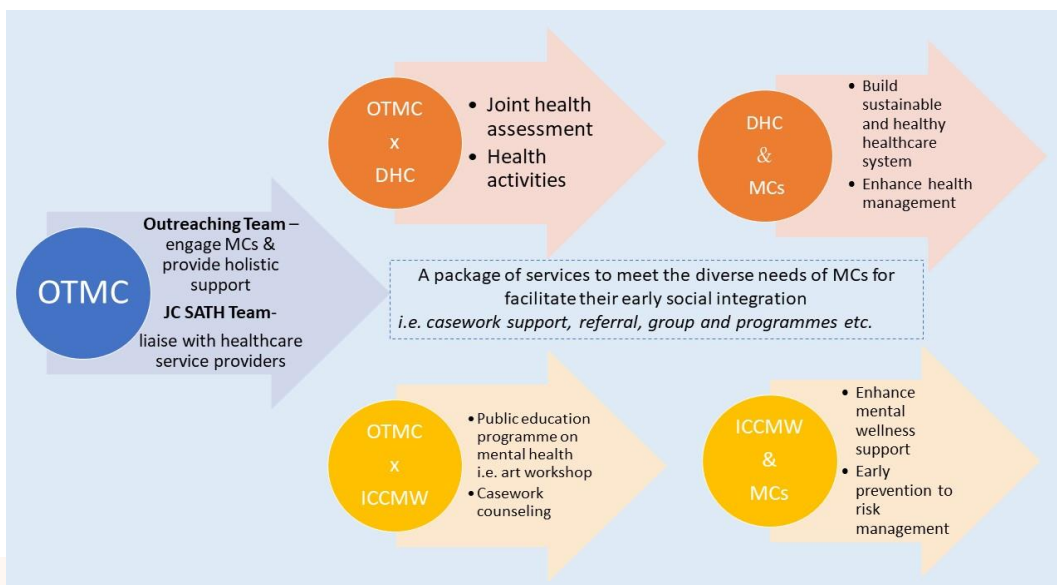
OTMC Focus

Wielding the Support Net of Health and Mental Health

The government recently published the Primary Healthcare Blueprint, featuring mild treatment in the community, family doctor and personalized record and monitor, in order to create a health ‘safety net’ for all. Please visit the Health Bureau’s thematic website (www.primaryhealthcare.gov.hk) for the details.

The team synergy effect creating supportive social environment for building positive health net of MC community. The OTMC outreaching team is closely working with JC S.A.T.H. team to connect MCs to community healthcare system and provide holistic support to those in need. The outreaching team engages MCs and identifies their needs as well as provide supports to them to overcome barriers in accessing to health care services. The JC S.A.T.H. team not only proactively liaises with District Health Centres (DHC) in different districts, key service providers of primary healthcare in Hong Kong, to introduce their services and provide designated programmes to MCs, but also approaches Integrated Community Centre for Mental Wellness (ICCMW) for enhancing mental health among MC community.

By co-organizing various health activities, we aim to make the services of DHCs and ICCMWs more accessible to MC community; and on the other hand, help them to learn how to take the benefits from facilities, expertise and resources of healthcare service providers. Meanwhile, the social workers of outreaching team provide casework support services and other supportive services to cater their welfare needs and facilitate their early social integration.



Information Corner

Fasting month Ramadan

Ramadan, Arabic Ramaḍān, in Islam, the ninth month of the Muslim calendar and the holy month of fasting. It begins and ends with the appearance of the crescent moon. Because the Muslim calendar year is shorter than the Gregorian calendar year, Ramadan begins 10–12 days earlier each year, allowing it to fall in every season throughout a 33-year cycle.



Islamic tradition states that it was during Ramadan, on the “Night of Power” (Laylat al-Qadr)—commemorated on one of the last 10 nights of Ramadan, usually the 27th night—that God revealed to the Prophet Muhammad the Qur’ān, Islam’s holy book, “as a guidance for the people.” For Muslims, Ramadan is a period of introspection, communal prayer (ṣalāt) in the mosque, and reading of the Qur’ān. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention.



References

<https://www.britannica.com/topic/Ramadan>

Service Review

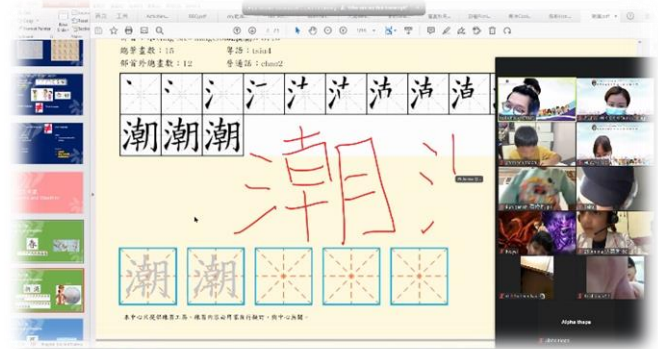
Team A

Tai Po, Sha Tin and North District

I Can Speak Cantonese too

Children and Youth | 6 sessions | 1.5 hours | 11 participants

The programme aimed to strengthen the Cantonese skills of MC children and create a supportive e-learning environment through an interactive online class. The tutors helped MC children learning Cantonese in an interactive and interesting way by using online kahoots games and positive reinforcement. The participants enjoyed the e-learning class and participated actively. They were able to gain a lot of learning materials and strategies for improving their Cantonese learning skills.



Feedback from Thapa Armeen:

"I liked learning Cantonese language so I joined this class. I enjoyed in this class because learn Cantonese was fun in this class. I loved the mini games in class specially kahoot. It was interesting experience to learn through play. Overall, it was a good class to learn Cantonese."



Chun Yeung Info Day

General Public | 1 session | 2 hours | 19 participants

The programme was collaborated with Health in Action, HKSKH Lady Macle hose Centre, Hong Kong Young Women’s Christian Association Shatin Integrated Social Service Centre – Chun Yeung, The Hong Kong PHAB Association Jockey Club Shatin Integrated Service Centre for Children and Youth and Tung Wah Group of Hospitals CEASE Crisis Centre. It aimed to introduce the NGOs and their services to MC residents in Chun Yeung Estate for assisting them in knowing and accessing the community resources available. Programmes included NGOs service promotion, health screenings, workshops and employment services are organized for supporting the social integration, health and employment of MC residents.



Feedback from Tanweer Aqsa:

“I TANWEER Aqsa, along with my family have joined the festival in Chun Yeung Estate, My brother wanted to gain some experience so he chose to be a volunteer. My other siblings and I participated in game activities and got gifts. A health care workshop was very helpful. Overall it was very helpful, interesting and joyful.”

Service Review

Team B

Yuen Long District

Ladies Me Time

Women | 4 sessions | 1 hour | 9 participants

We organized 4 sessions of developmental group for MC women to relieve the caregiver stress and strengthen their sense of balancing the life between caregiver role and individual self through having different experiences of “Me Time”. The participants did different art exercises, e.g. Mindful Jar, Sketch art, color sand bottle and Thank You Card with drawing flower, and had short me time session to talk and focus on relaxation and talk about their emotions and stress, practicing individual time.



Feedback from Ms. Rai:

“I learned how to apply personal leisure time and space to distress, and it is important to have me time for good mental health. I would like to join similar programmes.”

Dental Check-up For MC Pre-School Children

Children | 1 session | 4 hours | 47 participants

The programme was collaborated with Hong Kong University Dentistry, Caritas and Yuen Long Town Hall. It aimed to improve the oral health of MC children by providing outreach dental service. The service included dental screening, fluoride treatment, ART (filling), oral health education to children and their caregivers, education materials for kindergartens, referral contacts for children with further treatment if needed.



Feedback from Ms. Gurung:

“I learned how to take care of my child teeth’s what her age requires , she got fillings and removed cavity, and at the end toothbrush and toothpaste of her chosen color, she was very happy .Thank you.”

Service Review

Team C

Tin Shui Wai and Tuen Mun District

Disneyland Visit for Tuen Mun Multi-Cultural Residents

Families | 1 session | 2 hours | 10 participants



The outing programme was organized for providing a happy family time to MC families and increase their knowledge and ability in discovering the community facilities and resources. The programme not only increased positive communication and interaction between parents and children, but also enhanced the social support network among MC families in Tuen Mun district.



Feedback from Participants:

“Had a wonderful time with my daughters and husband. Thank you for organizing such an amazing outing programme.”

“Thanks to OTMC, my daughter was very happy as she could meet her favorite Disney characters and took picture.”

Mother's Day Gift Card DIY

Families | 1 session | 2 hours | 10 participants

The parent-child programme aimed to celebrate mother's day with MC families and promote family harmony. The participants made the mother's day card to show appreciation and gratitude to their mothers.



Feedback from Participants:

"The programme was fun, I enjoyed doing artwork with my children. Thanks."

"I enjoyed the parent-child activity. I appreciated the DIY card made by my children."

Service Review

Team D

Kwai Tsing and Tsuen Wan District

Be a Smart Manager with Your Children on Money

Families | 5 sessions | 1 hour | 9 participants

Financial literacy is a famous topic recently as money management has become one of our life skills in daily time, we established a 5-session financial literacy group for parents with junior primary-level children in Tsuen Wan. Through games, handicrafts, storytelling, and outdoor activities, both parents and kids deepened their awareness of the fundamentals of money management, which includes the importance of saving, comparing prices with tracking spending, and how to sets short-term saving goals.



Career Planning Group for South Asian Youth

Youth | 8 sessions | 1.25 hours | 4 participants

We were very lucky to collaborate with the Salesians of Don Bosco Ng Siu Mui Secondary School to organize a group about career planning for four of their F.6 ethnic minority students. Throughout the 8 sessions, topics such as JUPAS, self-discovery, interview skills and goal setting were covered. The workers also designed suitable activities, such as games and human libraries to facilitate members' experiential learning, and the members enjoyed them a lot. Group members demonstrated growth as they went from being confused and unsure about their prospects to being confident young people who have found their passion.



Feedback from Kiva:

"The group has helped me prepare for my future. I have learned a lot about myself and career planning. The activities were fun as well."

Service Review

Team E

Jockey Club S.A.T.H. Project for Healthy Families

Launching Ceremony - 'Connect, EMPower, Care'



The Launching Ceremony of the Jockey Club S.A.T.H. Project for Healthy Families (JC S.A.T.H.) – ‘Connect, EMPower, Care’ marked a new milestone on the journey of promoting primary healthcare among MC community! On 28 November 2022, representatives from MC families, policy makers, scholars and social service providers gathered to commemorate the learning of the first year and bring forth more ambitions in the coming years.

Despite restrictions from the anti-pandemic policies, the first year of JC S.A.T.H. yielded fruitful learning. Prof. Eng-kiong Yeoh, Director of Centre for Health Systems and Policy Research, CUHK, shared observations from JC S.A.T.H. The observations made us gasp. Over 75% of our members were obese. Moreover, most of our members who had hypertension, diabetes and high cholesterol did not know their conditions until they took the assessment.

Prof. Yeoh aspired JC S.A.T.H. to connect health research and service to families. With the overwhelming cross-sector support seen from the Launching Ceremony, we are confident that JC S.A.T.H. could strengthen primary healthcare for the ethnic diverse community.

Congratulations to the awardees of Choose Health Scheme

In the Launching Ceremony, Ms. Mary Chelim, among the awardees who took part in the pilot programme - Choose Health Scheme, which aimed to motivate participants to make healthy lifestyle changes, joined us to celebrate her achievements. With great perseverance, she kept uploading daily health actions in our WhatsApp group and contributed to peer support in health management among group member.



Upcoming Programmes and Useful Health Resources

- ❖ Please visit the project website (<https://jcsath.cuhk.edu.hk/>) for our upcoming activities, highlight important health messages from our service, research, and share useful health resources.
- ❖ Facebook: Jockey Club SATH Project for Healthy Families (facebook.com/jcsathproject)
- ❖ Instagram: @jc.s.a.t.h (Jockey Club S.A.T.H. Project)

Interview with Ms. Mary Chelim

We have a chance to interview Ms. Mary Chelim and got inspired by her experience. We hope to share her insight with everyone.

(E: Editor; M: Ms. Mary Chelim)

E: What did you do in the Choose Health Scheme?

M: Firstly, I took the free health assessment and upon learning about the unfavorable results, I was invited to join the group chat via WhatsApp where we have sharing about our meals and activities toward better health. The moderators were very involved and kept us updated and informed. There were also free yoga classes which helped a lot, not only physically but mentally as well.

E: What attracted you to join the Choose Health Scheme?

M: I was attracted mostly by the idea of being part of something that would be beneficial for my health and well-being. The group was very encouraging and supportive and it motivated me to better take care of my family and myself as well. The free gift was an added bonus.

E: Do you think the scheme had a positive impact on your healthy lifestyle? In what way?

M: Yes, I believe so. I am more conscious of making healthier choices in the meals I prepare for my family and myself. I tend to choose healthier activities like walking, taking the stairs, and doing some exercises.

E: How do you feel differently about yourself before and after the scheme? Especially, you attended our launching ceremony as an awardee.

M: I feel more informed and more inclined to make healthier choices. Also physically, I feel much better as I have lost some excess weight. I could move around more without feeling fatigued or breathless as often. As an awardee, I felt that all the efforts has been validated and I was encouraged to keep on.

E: I know you had some background in the healthcare/medical sector before. Do you want to share a little with us?

M: Yes, back in the Philippines I worked in the healthcare industry. I am a medical technologist and a nurse by profession. I worked at tertiary hospitals in the laboratory and in the special units. Promoting and restoring health, diagnosis of illness and patient well-being was my main concern. Unfortunately, I seem to have slacked off in the past years and did not maintain my own health and well-being, that is why I am grateful I was able to join the Choose Health Scheme and be reminded of my responsibility to myself and others.

E: Any advice to our readers on staying healthy, especially those who are a mother like you?

M: Actually, in the current world we live in, it is quite a challenge to live healthy. But I believe if we are serious, we can start small and then slowly put in more time and effort.

• We must begin in ourselves and resolve to be consistent. In a way, we can be an example to our family and encourage them to strive for health as well. The results will be worth it.

Upcoming Activities

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

Organizer:  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

HEALTH CHECKUP



Body Mass Index (BMI)



Blood Glucose



Blood Pressure



Health Consultation



Date: 26/06/2023 (Wed)
Time: 4:00pm - 6:00pm
Venue: Shui Chuen O Estate
Quota: 10 (FIRST COME, FIRST SERVE)
Target: Multicultural residents

For registration & enquiry: 6996-6251

Organizer:  H.K.S.K.H. Outreaching Team for Multi-Cultural Community
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Thank you my SuperStar

Date: 24/6/2023 (Saturday)
Time: 3pm-4:30pm
Target: YL Multi-Cultural Residents
Quota: 12people (6 pairs Parent-Child)
Venue: : OTMC Activity Room

Remarks;
Picture will be taken for publicity purposes

DIY Card Making

Let's MAKE a Creative DIY Card for our Life Superstars on this father's day

FIRST COME FIRST SERVED

Steps to follow:
 Please message HKID Name via WhatsApp for registration.
 All the successful participants will receive a confirmation message.
 6996 6256, Ms Shahana/Mr Aman

JOIN US

Organizer:  H.K.S.K.H. Outreaching Team for Multi-Cultural Community
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Expressive Art Workshop

Art

Family Bonding

Creativity

Date: 8/07/2023 (Sat)
Time: 11:00am - 1:00pm
Venue: Queens Hill Estate
Quota: 10 (FIRST COME, FIRST SERVE)
Target: Multicultural Families

For registration & enquiry: 6996-6251

Organizer:  H.K.S.K.H. Outreaching Team for Multi-Cultural Community
香港聖公會管理滙理夫人中心
H.K.S.K.H. Lady Macpherson Centre
少數族裔服務部
Department of Ethnic Minorities Unit
少數族裔服務中心
Ethnic Minorities Service Centre

Volunteer Needed

We need your help for verbally translating English to any multicultural language (Nepali/Hindi etc.) to the ethnic minority residents

JOIN US!

Date: June - August 2023*
Venue: Tsuen Wan*

Content: Helping the worker verbally translating the multicultural language to participants in the activities
 *Remark: Negotiable upon your availability
 @Remark: \$70 allowance will be provided per session

Target

- Aged 18 or above
- Can speak Nepali or Hindi
- Passion to join social service

Know more / Join us through
 TEL: 24235062 / 6996 0461 (WHATSAPP)
 Mr. Ben (Registered Social Worker)



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



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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