



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, “Personalised 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 (excluding Non-Refoulement Claimants) 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.

Word From Service Director



Ms. Jenny Fu Yim-ting

H.K.S.K.H. Outreaching Team for Multi-Cultural Community (OTMC) worked closely with community stakeholders in identifying the needy multi-cultural residents and initiating services and programmes to help multi-cultural residents in coping with challenges during the COVID-19 pandemic. We have proactively sent latest health information and anti-epidemic packs, organized different kind of health and educational programmes to multi-cultural children and families as well as made referrals when necessary i.e. employment service, financial assistance etc.

In 2021-2022, OTMC successfully contacted more than 800 multi-cultural residents and provided services to more than 6,600 person-times of service users. We look forward to join hands with you in providing innovative and responsive services for promoting the social integration of multi-cultural residents.

New Staff Introduction

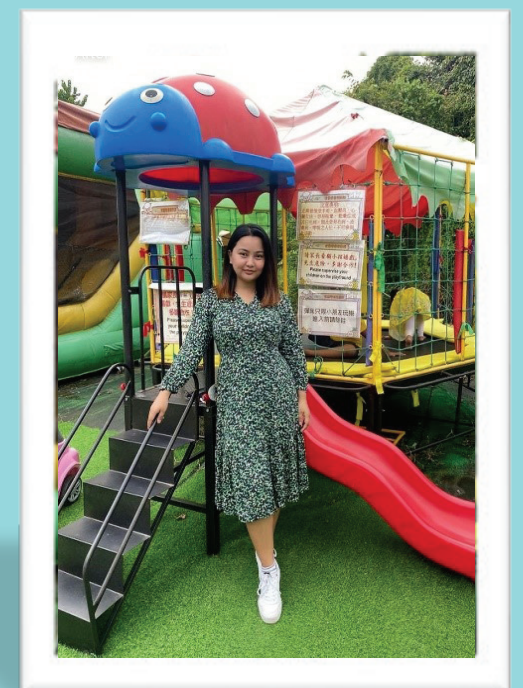
Nice to Meet You!



Middle: MAHMOOD Shahana, Programme Worker
Right: GURUNG Aman, Assistant Programme Officer



GURUNG Prativa, Assistant Programme Officer



SOMAI Dhana, Assistant Programme Officer



Eddy NG Ka Ki, Administration Assistant

Information Corner

Traditional South Asian Clothing: Sari



"During the Holi festival in Uttar Pradesh, India, women wear traditional red saris and brandish bamboo sticks. They'll use the sticks to ceremoniously tap men in their village as part of the celebration of the love between Hindu gods Krishna and Radha."

Charu Suri

The word "sari" means "strip of cloth" in Sanskrit. But for the Indian women—and a few men—who have been wrapping themselves in silk, cotton, or linen for millennia, these swaths of fabric are more than just simple garments.

A Sari usually wrapped around the waist with the excess material draped over the shoulder. Typically, two long decorative borders run the length of the sari. Underneath the sari, a petticoat is worn and on top is a tight fitting blouse. Some special occasion Sari's are even embroidered with real gold or silver thread!

It takes art and time to skillfully place each corner, border and pattern of a sari correctly. That's why, today, women typically save the effort for attending special occasions such as a traditional puja ceremony, a wedding, or a lavish party. Silk saris are usually preferred for grand traditional occasions and are meant to portray poise and sophistication.



Reference:

<https://www.nationalgeographic.com/travel/article/the-story-of-the-sari-in-india>

<https://www.littlepassports.com/blog/world-community/traditional-south-asian-clothing-sari/>

Service Highlights

Connect with Stakeholders in the Community to Support Multi-Cultural (MC) Residents



With the support of "Jockey Club Community Support Project for Virus Fighting", we sent anti-epidemic materials and health advices to needy families via outreaching services.

We joined hands with Tuen Mun District Office to visit MC families and distribute gift packs to convey blessings to them under "Celebrations for All project" in Tuen Mun district.



We provided multilingual health information and programmes to MCs, also provided emergency financial assistance through Hong Kong Sheng Kung Hui "Act of Love" project to needy families as well as assisted MCs in accessing different social resources. The services are recognized by service users.

To promote social integration and enhance positive energy in Hong Kong, we organized video training and online video competition for MCs to share their life, dreams and express gratitude to families and health worker.

New Project Introduction

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



Introduction

Funded by the Hong Kong Jockey Club Charities Trust and co-organized by Hong Kong Sheng Kung Hui Outreaching Team for Multi-Cultural Community (OTMC) and Hong Kong Sheng Kung Hui Lady MacLehose Centre, Hong Kong Christian Services, The Neighbourhood Advice-Action Council and The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong, the 3-year project titled “Jockey Club S.A.T.H. Project for Healthy Families” has been launched since October 2021, in collaboration with public health, social service and medical professionals, to support MC families in enhancing health knowledge, health management and accessing to health services for better health.


The project provides health assessment and health data management, referral and follow-up services for high-risk members, health workshops and information for MC families and trainings for health and social service professionals. The three priority health areas of the project are:

1. Chronic disease prevention and management
2. Infectious disease control practices
3. Women’s health, maternal and child health

Follow us on Facebook and Instagram to learn about different health topics!

Information is available in different languages (English, Hindi, Nepali, Urdu)

 Facebook: Jockey Club SATH Project for Healthy Families (facebook.com/jcsathproject)

 Instagram: @jc.s.a.t.h (Jockey Club S.A.T.H. Project)



Jockey Club S.A.T.H. Project for Healthy Families (OTMC Team)



Jason Lau, Social Worker

“It’s been my honour to meet all of you in different activities over the year. It’s heart-warming when the efforts we made could really improve some of your health concerns. Especially, I am glad to hear from many residents that they did start to exercise more after receiving our stretching bands. In recent years, elevating health of the community as a whole is one of the most concerned social work areas in different services. It may not be easy but I believe that it is possible when every individual raises awareness and starts taking small steps. Therefore, all of you are our community health partner!”

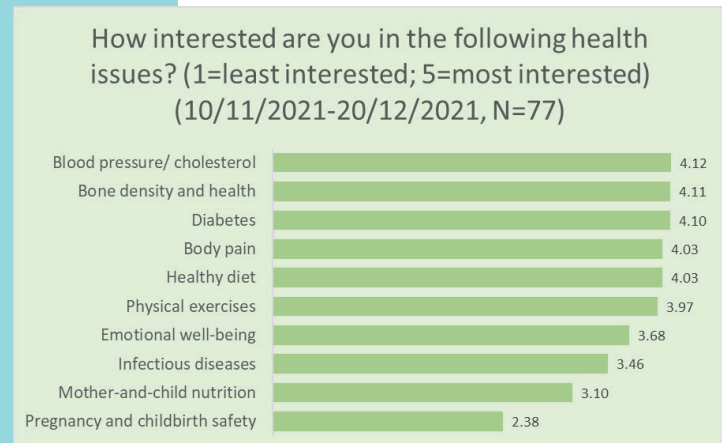
Health Professionals Partnership:

The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong

The partnership between health professionals and social service is our key strategy. The project is co-organised by The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong. Their team consists of frontline health practitioners, researchers and public health experts. We hope to bring health professionals closer to the community, and empower social service to support residents’ health needs.

Survey Report

The project team conducted a survey in last fall to find out the top health concerns of residents in the multi-cultural community. From 10 November to 20 December 2021, 77 residents took part in the survey. Many participants shared the same top concerns. What do you think about the results?



Looking forward

Membership and Digital Platform

We welcome multi-cultural residents of all age and gender to join our membership. Each member will receive:

Δ FREE health check, including blood pressure, body fat and skeletal muscle ratio, total cholesterol level and BMI measurement.

Δ A welcoming gift pack (masks and stretching band). We hope it can encourage members to exercise at home.

Δ Mobile app (still developing) with functions to record and monitor health indicators, and remind members of health routines and appointments.

Online Health Talk

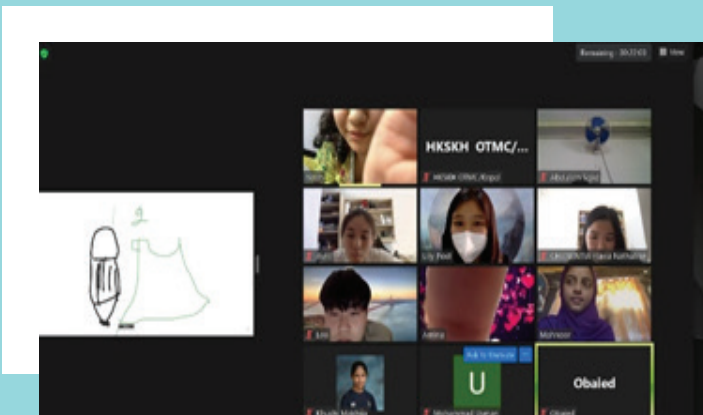
From July to October, two online Zoom talks will be held by our partners in The Chinese University on the second and last Friday every month. We hope you can update health knowledge without having to leave daily routine. You’ll just need an earphone! Stay tuned!

TEAM A

Tai Po, Sha Tin and North District

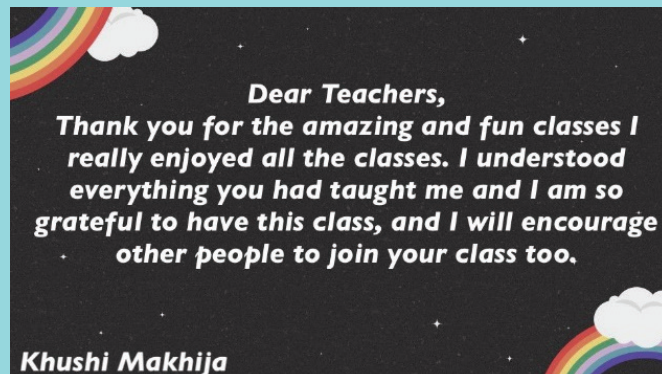
CITYU HOMEWORK TUITION CLASS & FUN DAY- TEAM A- APRIL 2022

Children and Youth | 6 sessions | 1.5 hours | 15 participants



The programme aims to provide learning support to MC students through online tuition class and fun learning activities. The tutors were able to assist MC students in their homework, particularly Chinese homework, also assist MC students to develop potentials and increase learning motivation.

Feedback



WELL-BEING CHECKUP AT SHUI CHEUN O

General Public | 1 session | 2 hours | 15 participants



This programme was in collaboration with Ethnic Minority Well-being Centre, The Zubin Foundation, with the aims of enhancing mental well-being of MC communities and providing necessary supports to them through mental health well-being check-up services. The participants expressed that they have a better understanding of mental illness and were able to seek professional care for the needy.

Feedback

"I have greatly improved after the counseling session. I couldn't use the elevator alone before because I needed someone with me, but after receiving counseling from the Zubin Foundation, I'm now able to overcome this anxiety and now back to regular life and can enjoy hiking and swimming without feeling worried."

TEAM B

Service Review

Yuen Long District

OUTREACHING -DAY & NIGHT (LONG SHIN & WANG TOI SHAN)

General Public | 2 sessions | 1.5 hours | 46 participants

The outreaching programme aims to reach out to MC residents in remote areas and connect them with neighbors and social resources for enhancing their social support networks. Our workers proactively approached MC residents in daytime and nighttime, to understand their situation and needs then provide proper follow-up and supportive services.



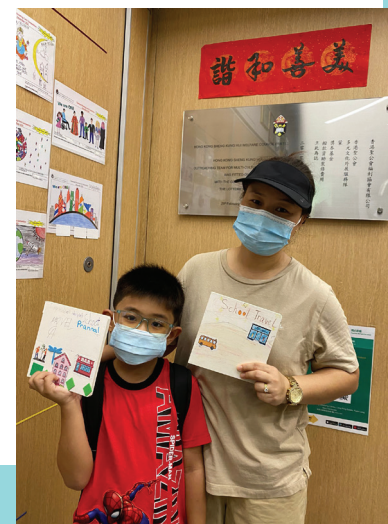
Feedback

"That for reconnecting with us. We are happy to have OTMC in our estate to enquire about public resources. I want to share that my Temporary Unemployment Subsidy application was successful, I want to say thank you to OTMC for guiding me during the application process." Mrs. Laxmi.

ONLINE PARENT-CHILD STORY WRITING

Multi-cultural Parents and Children Pairs | 4 sessions | 1 hour | 13 participants

The programme aims to enhance parent-child relationship by using storybook creation. Children and parents learned artistic creative ways to do self-reflection and self-appreciation. They appreciated the uniqueness of oneself. The 4 session of this programme had positive parent-child interaction and contribution in making a book for themselves.



Feedback

"Thank you OTMC for conducted parent child story book creating class. My daughter got interested and started to draw on her own. I could see her creativity improved. Hope you conduct more classes like this in future. Thank you."

SYED Sabrun Saiyedah, Mother of SYED Ayishatul Mafaza

"We want more program like this." THAPA Anashru (Child participant)

TEAM C

Tin Shui Wai and Tuen Mun District

DISCOVER YOUR LOVE LANGUAGE + FEELING SAFE & BUILDING SAFETY

Multicultural Parents and Children | 1 session | 2 hours | 17 participants

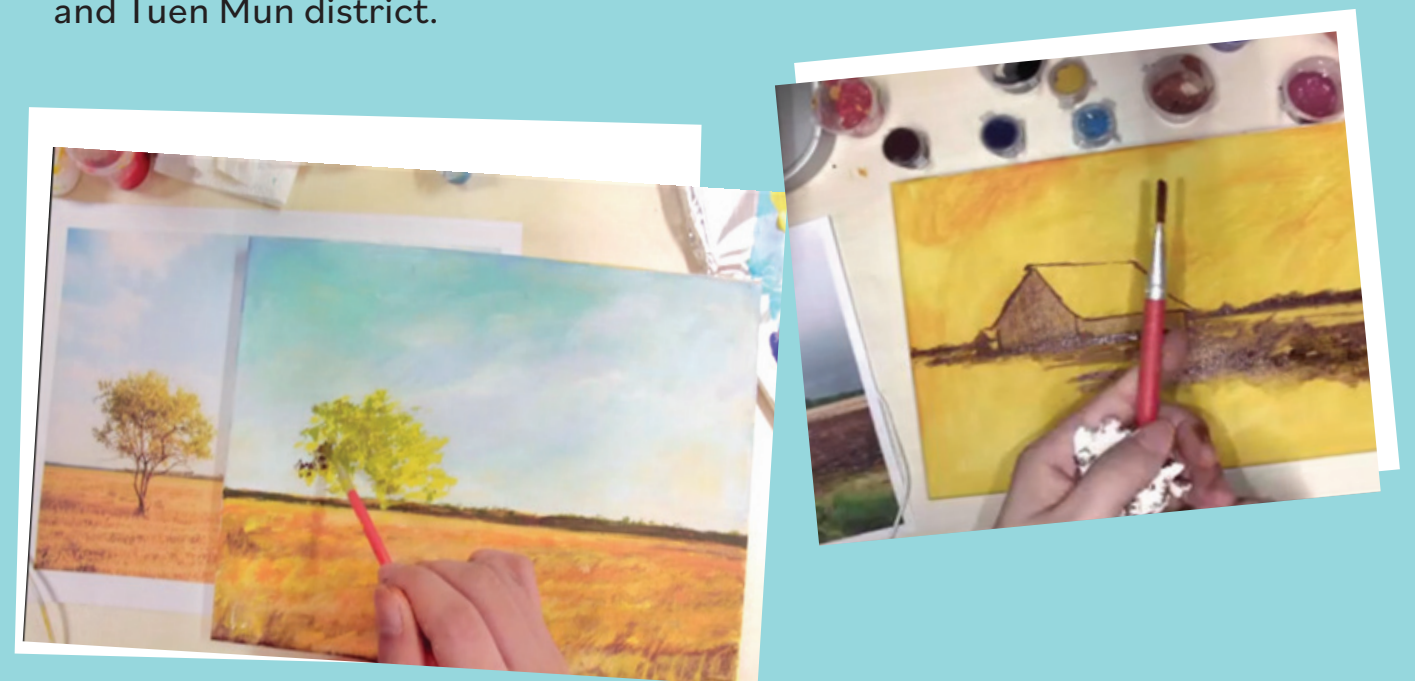
We collaborated with CEASE Crisis Centre-Support Services for Ethnic Minorities, Tung Wah Group of Hospitals to organize a Parent-Child Parallel Outreaching Programme-“Discover Your Love Language + Feeling Safe & Building Safety” for enhancing the awareness on child protection and family harmony of MC families in Fu Tai Estate, Tuen Mun.



CREATIVE LANDSCAPE PAINTING (ACRYLIC) WORKSHOP

Multicultural Parents and Children | 4 sessions | 1 hour | 12 participants

The lockdown had created a lot of difficulties for MC families. We collaborated with Caritas Creative Art Centre to organize a parent and child “Creative Landscape Painting (Acrylic) Workshop” for parents and children to spend quality family time by drawing painting together. Both parents and children were highly participated and talented during the workshop. The programme also enhanced the social support networks among the families in Tin Shui Wai and Tuen Mun district.



Feedback

“Enjoyed time spent during these activities.”



“It was very satisfying. Thanks.”

TEAM D

Kwai Tsing and Tsuen Wan District

Service Review

SIM CARD SUPPORT PROGRAM FOR SOUTH ASIAN FAMILIES

Youth | 6 sessions | 1 hour | 21 participants

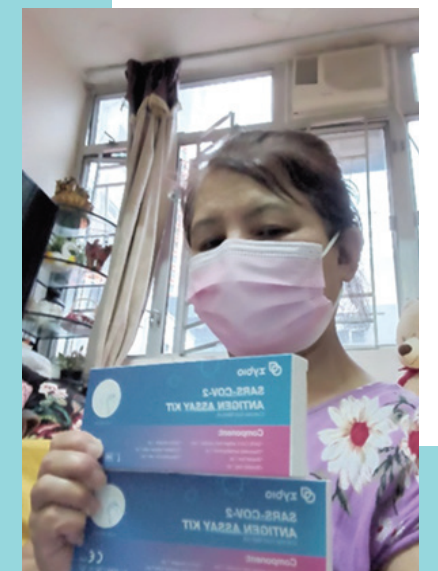
To facilitate the online learning process under the pandemic, we have initiated a SIM card support programme for the students from deprived families in Kwai Tsing and Tsuen Wan district. We have contacted the secondary and primary schools to introduce the programme since May 2022 and invited the schools to make referrals. There are total of 21 students participating in for applying a SIM card. Most of them expressed the networking problems they encountered during the online lessons. It is hoped that these SIM cards can facilitate their learning and daily life during the difficult time.



DISTRIBUTION OF ANTI-EPIDEMIC GOODS TO THE ETHNIC MINORITY RESIDENTS

Multicultural Parents and Children | 5 sessions | 1 hour | 120 participants

The novel coronavirus epidemic has brought exceptional challenges to Hong Kong, especially to the South Asian families living in sub-divided flats and with low family income. Hence we have responded to the needs of these deprived families that were affected by the latest wave of the coronavirus epidemic through donations of medical supplies, daily necessities and services. Our staff helped to distribute the anti-epidemic supplies to more than 30 families living in Tsuen Kwai Tsing districts. Through the distribution, our social worker also reached the families and helped to apply different anti-epidemic funds for those who experienced financial struggles. This service has not only sent out the pandemic kits but also shared love among the community.



Feedback

"I am very happy to receive the anti-epidemic goods from OTMC team. I even introduced some of my friends in my community to reach OTMC team and linked up with different services. Thank you so much for the contributions within the Tsuen Wan community and we deeply appreciated it." Ms. Limbu Binu

TEAM E

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

We organized a wide range of health promotion activities to MC families for enhancing their health awareness.



EXERCISING BODY AND MIND – YOGA CLASS

The online yoga class provided a great opportunity to take a break from the hustle and bustle, and protect our muscles and joints.

WEIGHT CONTROL –NUTRIENT LABEL TALK

Do you know the recommended daily intake (RDI) of calories an adult needs? (It's 2230 (female)/ 2730 (male) calories per day!)



PAIN MANAGEMENT –STRETCHING AND PAIN RELIEF WORKSHOP

We held a few workshops and gave out stretching bands to help residents prevent pain by building strengths and flexibility in body.

LEARNING HEALTH THROUGH MOSAIC ARTS – HEALTH ACHIEVEMENT BOX

Parents and children were asked to write down one healthy thing they do every day and saved them into the achievement box decorated with mosaic arts.



UPCOMING ACTIVITIES

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



Online Video Making Class October 2022

Date: October 5, 12, 19 & 26, 2022 (WED)
Time: 8pm – 9pm
Target: Multicultural HK residents who live in N.T.
Quota: 20 people
Venue: Home (Online by Zoom)

Content:

- ✓ Learning simple video shooting skills & concepts
- ✓ Learn to use free editing tool on phone - InShot
- ✓ Certificate will be provided upon completion of the class (100%)

First come, First serve basis

Steps to follow:

1. Please message HKID Name and residential location for registration via WhatsApp
2. All the successful participants will receive confirmation message

For details & registration:

Shatin, Tai Po & North District: 6996 6251
Yuen Long Town & Kam Tin areas: 6996 6256
Tin Shui Wai & Tuen Mun District: 6996 8244



Health Check-up In Long Shin October 2022

Date: October 24, 2022 (Monday)
Time: 7pm -9pm
Target: Multi-Cultural HK residents who live near Long Shin areas
Quota: 15 people
Venue: OTMC Truck @ Long Shin

Content:

- ✓ Body Mass Index (BMI)
- ✓ Blood Pressure
- ✓ Blood Glucose

“First come, First serve basis”

Steps to follow:

1. Please message HKID Name and residential location for registration via WhatsApp
2. All the successful participants will receive confirmation message with consultation schedule date & time
3. Successful registered participants will receive a CARE PACK

For details & registration:

T: 6996 6256
Ms. Shahana/ Mr. Aman



I can speak CANTONESE TOO

Online Cantonese Class to enhance your children's Cantonese abilities.

Every Friday
Oct: 14, 21, 28
Nov: 11, 18, 25

TIME 7:00pm – 8:30pm

10 students of P.1 –P.6
(FIRST COME, FIRST SERVE)
Multiculture residents of Sha Tin, Tai Po & North District

Zoom

FOR REGISTRATION & ENQUIRY: 6996-6251



Christmas Craft Party



Date: 22/12/2022 (Thur)
Time: 3:00pm – 6:00pm
Venue: Sha Tin/ Tai Po/North District (TBC)
Quota: 10 (FIRST COME, FIRST SERVE)
Target: Multicultural families

FOR REGISTRATION & ENQUIRY: 6996-6251



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, but fee will be charged for specific groups or programmes



Withdrawal

- Inform our team by giving verbal or written notification

CONTACT & ENQUIRIES



Address:

L102-L103, 1/F, Long Ping Shopping Center, Long Ping Estate, Yuen Long

Tsuen Wan & Kwai Tsing Sub-team Office:* By appointment *
Room B , 1/F, 20 Shek Man Path, Kwai Chung



Telephone:

3614 0575 (Cantonese & English Hotline)

3611 0844 (Urdu, Hindi and Nepali Hotline)

6996 5594/6996 0461* (Tsuen Wan & Kwai Tsing Hotline)

*by appointment



Fax: 3585 2537



Email: otmc@skhwc.org.hk



Facebook: HSKSH OTMC

QR Code:



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