



喜匯離島
Wellness Islands



5931 8691 (一般查詢)
9519 6863 (活動查詢及報名)

喜匯離島

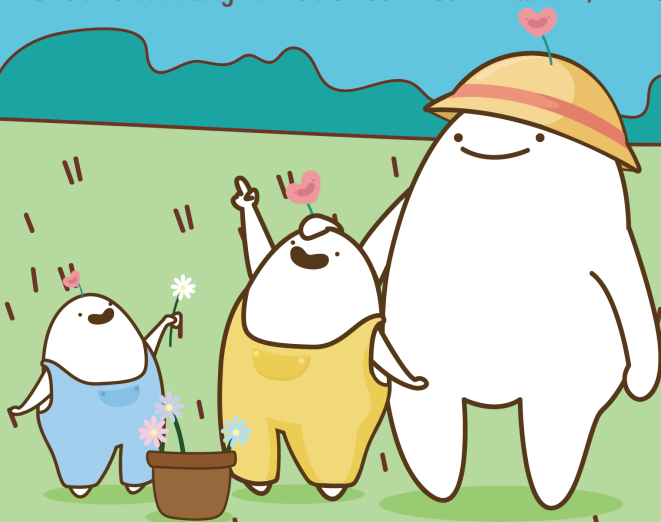
Wellness Islands

9月份月刊

September's Newsletter

中心1/3/2026起正式投入服務!!

The centre officially commenced services on March 1, 2026.



新界大嶼山東涌逸東街8號逸東商場1樓113號舖

Shop No.113, 1/F, Yat Tung Shopping Centre, 8 Yat Tung Street, Tung Chung, New Territories

目錄 Contents

服務宗旨及目標

Service Introduction..... P.3

服務範圍

Service Boundary P.4

會員須知

Member Information P.5

服務意見表格

Service Feedback Form P.6

報名流程及注意事項

Registration Process and Important Notes P.7

誰是「粒米」？

Who is LoveMe?..... P.8-P.9

活動

Programmes P.10-P.16

支援小組

Support Groups..... P.17-P.21

興趣小組

Interest Classes..... P.22-P.25

治療小組

Therapeutic Groups P.26

心理教育活動

Psycho-educational Programmes..... P.27-P.29

職業治療

Occupational Therapy P.30

喜滙心聆閣

Soul Hub..... P.31-P.34

小家屬服務

Family Support Services for Children..... P.35-P.38

男士及男士照顧者系列

Men & Male Carers Series P.39-P.44

服務質素標準簡介

Service Quality Standards (SQS) Introduction P.45

義工招募

Volunteer Recruitment..... P.46

精神健康資訊小貼士

Mental Health Information Tips P.47

中心開放時間

Opening Hours..... P.48-P.49

9月活動日程表

2 September's Activities' Schedule P.50-P.51

服務宗旨及目標 Service Introduction:

喜匯離島關心區內居民的身心健康，期望透過一站式的個案跟進、小組及活動，服務受情緒困擾的居民、精神復元人士以及照顧者，協助他們建立互助網絡，並建立信心，看見自己的優勢，在社區裡發揮所長，讓喜樂匯聚社區。

Wellness Islands is dedicated to the mental and physical health of residents in the area. We aim to provide a one-stop service through case follow-up, group activities, and events to support residents experiencing emotional distress, individuals in mental recovery, and carers, helping them to establish mutual support networks, build confidence, recognize their strengths, and utilize their talents within the community, fostering joy within the community.

服務對象 Target Groups:

- 15歲或以上的精神復元人士 / 懷疑有精神健康問題的人士；
- 有社區精神健康支援服務需要的中學生；
- 上述服務使用者的家屬及照顧者；
- 有意改善精神健康的居民；及
- 居於私營殘疾人士院舍並有精神健康問題或懷疑有精神健康問題的院友
- Individuals aged 15 and above in mental recovery or suspected of having mental health issues;
- Secondary school students in need of community mental health support services;
- Family members and carers of the aforementioned service users;
- Residents aimed in improving their mental health; and
- Residents living in private RCHDs who have mental health issues or are suspected of having mental health problems.

服務內容 Service Introduction:

- 偶到服務；外展服務；個案輔導工作；
- 治療及支援小組工作；社交及康樂活動；
- 日間訓練；外展職業治療服務；
- 朋輩支援服務；臨床心理服務；
- 護理服務、藥物諮詢；
- 舉辦教育活動加強社區人士對精神健康的認識；及
- 轉介有需要的個案至醫院管理局接受臨床評估及精神科治療
- Drop-in services; outreach services; case counseling;
- Therapeutic and support group work; social and recreational programmes;
- Day training; outreach occupational therapy services;
- Peer support services; clinical psychology services;
- Nursing services and medication consultation;
- Educational activities to enhance community awareness of mental health;
- Referral of cases in need to the Hospital Authority for clinical assessment and psychiatric treatment.

服務範圍 Service Boundary:

離島區，但**不包括**以下範圍：

- 東涌新市鎮擴展(西)、逸東邨、滿東邨；
- 長洲；
- 小蠔灣車廠；及
- 大嶼山西部、沿山脊由東涌灣經彌勒山、鳳凰山、狗牙嶺至東灣尾以西（當中的主要地方有：磧頭、沙螺灣、深屈、大澳、二澳、分流、石壁、昂平）
- The entire Islands District **EXCEPT** the following areas:
 - Tung Chung New Town Extension (West), Yat Tung Estate, Mun Tung Estate;
 - Cheung Chau;
 - Siu Ho Wan Depot, and
 - The western part of Lantau Island, along the ridge from Tung Chung Bay through Nei Lak Shan, Lantau Peak, Kau Nga Ling to the west of Tung Wan Mei. (Main places include: San Tau, Sha Lo Wan, Sham Wat, Tai O, Yi O, Fan Lau, Shek Pik and Ngong Ping)

申請服務方法及途徑 Apply for Service:

- 自行向中心申請服務；或
- 由醫生、社工、專職醫療人員或政府部門等轉介
- Individuals may apply for services directly at the centre; or
- Referrals can be made by doctors, social workers, healthcare professionals, or government departments.

服務收費 Service Charge:

- 免費 (注：因應活動內容，個別活動或需收費)
- Free of charge (ps. Certain activities may incur fees depending on their content.)

會員須知 Member Information:

歡迎您成為我們喜匯離島的會員！我們致力於提供支持和資源，以協助您在精神健康方面的需求。作為會員，您將獲得定期的心理健康資訊、參加各類工作坊和活動的優先權，以及專業人士的諮詢服務。請確保您的聯絡資料保持最新，以便我們能及時通知您有關活動和服務的更新。

如欲成為我們的會員，請填寫會員申請表格，並提交至中心前台或通過電子郵件發送。報名時需提供有效的身份證明文件及聯絡方式。報名費用全免，所有申請將在收到後的七個工作日內處理，並會通知您申請結果。

Welcome to our Wellness Islands! We are dedicated to providing support and resources to meet your mental health needs. As a member, you will receive regular mental health information, priority access to various workshops and activities, and consultations with professionals. Please ensure that your contact information remains up to date so that we can promptly notify you of updates regarding activities and services.

To become a member, please complete the membership application form and submit it to the centre's front desk or send it via email. You will need to provide a valid identification document and contact details upon registration. The registration fee is free of charge. All applications will be processed within seven working days of receipt, and you will be notified of the application result.

申請服務 Service Application:

為了確保每位會員的安全與隱私，請遵守以下注意事項：

- 1) 參加活動時請準時到達，遲到可能會影響您的參與；
- 2) 請尊重其他會員的隱私，避免在未經同意的情況下分享他人的個人資料；
- 3) 如有任何身體或心理不適，請及時告知工作人員以獲取協助。

To ensure the safety and privacy of all members, please adhere to the following important notes:

- 1) Arrive on time for activities; late arrivals may affect your participation;
- 2) Respect the privacy of other members by refraining from sharing personal information without consent;
- 3) If you experience any physical or psychological discomfort, please promptly inform the staff for assistance.

退出服務 Service Withdrawal:

若您希望退出會員服務，請填寫退出申請表格並提交至中心。注意，退出申請需提前一個月通知我們，以便我們進行相應的安排。退出後，您將不再享有會員的權益，但仍可參加某些公開活動。感謝您對我們的支持，期待未來能有再次合作的機會。

If you wish to withdraw from membership services, please complete the withdrawal application form and submit it to us. Note that a one-month advance notice is required for withdrawal to facilitate appropriate arrangements. After withdrawal, you will no longer have membership privileges but may still participate in certain public events. Thank you for your support, and we look forward to the possibility of collaborating again in the future.

服務意見表格 Service Feedback Form:

意見內容關於

Feedback Regarding

- ☐ 感謝 Gratitude ☐ 讚賞 Appreciation ☐ 意見反映 Comments ☐ 投訴 Complaint

(請在方格加上✓, 可選擇多於一項)

(Please ✓ in the box; multiple selections are allowed)

意見提供者資料絕對保密

The identity of the feedback provider will be kept strictly confidential.

- ☐ 服務使用者 Service User ☐ 家屬 Family Member ☐ 義工 Volunteers ☐ 其他 (請註明): Other (Please specify):

姓名: _____
Name: _____

電話: _____
Phone: _____

電郵: _____
Email: _____

日期: _____
Date: _____

內部專用:
Internal Use Only:

單位收集日期: _____
Received Date by Unit: _____

參考編號: _____
Reference Number: _____

報名流程及注意事項:

Registration Process and Important Notes:

- 可親身到本中心、致電9519 6863報名活動。
 - 亦可以透過如下的二維碼於網上報名活動。
 - 活動舉行前7個工作天將會停止接受報名，期後報名將不作任何辦理。
 - 如活動截止報名後，仍有剩餘名額則可繼續接受報名。
 - 如報名人數超出預定名額，將會以抽籤方法決定參加人選。
 - 最終取錄名單將會在將會在活動舉行前5日電話或whatsapp通知。
 - 已報名參加活動會員須留意所報名的活動日期和時間，本中心不會在活動前作出個別提醒。
 - 如場地有更改，負責人會個別通知參加者。
 - 如因事未能出席，請於活動前盡早與本中心或相關負責人聯繫；如沒有預早通知未能出席活動，或將有機會影響日後參加活動的資格。
 - 如有任何爭議，本中心保留最終決定權。
-
- You may register for the event in person at our centre or via Telephone at 9519 6863.
 - You may also register for the event online by scanning the QR code below.
 - Please ensure that you register by the specified date outlined in the registration process. Late registrations will not be processed.
 - If there are remaining spots after the registration deadline, we will allow additional registrations; however, registration will close 7 working days prior to the event.
 - In the event that the number of applicants exceeds the available spots, participants will be selected through a random balloting system.
 - Successful applicants will be notified via phone or WhatsApp five days prior to the scheduled event.
 - Members are responsible for noting the dates and times of their registered activities. Please note that the centre will not provide individual reminders before events.
 - Should there be any changes to the event location, the person in charge will notify participants individually.
 - If you are unable to attend the activities, please inform the centre staff as soon as possible. No prior notice or absence may affect your eligibility to join future events.
 - The centre reserves the final decision in case of any disputes.

喜匯離島 Wellness Islands 2026年

9月份活動報名表 Event

Registration Form – September



SCAN
ME~



來自粟米肉粒飯...
Show Me Your Love飯嘅...

粒米 LOVMEE / lʌv 'mi: /



生出嚟嘅使命就係提吓您哋Love吓自己
粒米好願意畀大家食落肚，
然後喺大家嘅身體裡面發芽成長！

From Sweet Corn Meat with Rice
(Show Me Your Love Rice)

粒米 LOVMEE / lʌv 'mi: /



Born to be a reminder for all of you,
Remember to Love Yourself~

L1. 喜匯共聚・中秋祝福傳遞站

Wellness gathering - With Mid-Autumn Blessing Station

今個中秋，喜匯離島義工隊與你相聚街頭！我們特設手作工作坊，帶你放鬆心靈；現場 Busking 音樂交流，亦有療癒節日小禮物，為街坊送上暖心祝福，一起紓壓過佳節！

We warmly invite you to join us on the streets! Through our interactive mind-body craft workshops, express your feelings through busking, and receive festive souvenirs. Let us come together to relieve stress and share festive warmth throughout the community!

日期：2026年9月19日(星期六)；2026年9月23日(星期三)

Date: September 19, 2026 (Sat); September 23, 2026 (Wed)

時間：下午2:30-下午5:00 (9月19日)；

下午6:30-下午9:00 (9月23日)

Time: 2:30PM-5:00PM (September 19);

6:30PM-9:00PM (September 23)

地點：東涌海濱長廊

Venue: Tung Chung East Promenade

費用：全免

Fee: Free of charge

對象：服務區域居民以及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：甘 (註冊社工)

Contact Person: Kam (Registered Social Worker)

L2. 喜匯有里

Community Connection Events

歡迎前來喜匯有里街站，現場會提供手工藝工作坊，讓大家透過雙手與材料的溫暖互動，為疲憊的神經按下暫停鍵，以及有關中心服務及活動的介紹，

Come learn about our services and join our craft workshops. Working with your hands is a great way to find your "flow" and take a relaxing break from your busy day.

日期：2026年9月18日(星期五)

Date: September 18, 2026 (Fri)

時間：上午10:00-中午12:00

Time: 10:00AM-12:00NN

地點：迎東邨羅馬廣場

Venue: Roman Square, Ying Tung Estate

費用：全免

Fee: Free of charge

對象：服務區域居民及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：番茄（註冊社工）

Contact Person: Brian (Registered Social Worker)

Programmes

活動





L3. 幸福男士月下相聚: 中秋聚餐夜 (主題: 男士好聲音)

Happy Men Gather Under the Moon:
A Mid-Autumn Dinner Night (Topic: The Voice of Men)

活動

Programmes

茶聚聚餐是「幸福男人」之旅的活動開始，在輕鬆自在的氣氛中，一邊享用美食，一邊透過卡拉OK活動讓男士們的情緒抒發與減壓：透過音樂與唱歌作為媒介釋放累積的工作、家庭及生活壓力，促進身心鬆弛。同時以「歌曲/歌詞」為切入點，降低男士表達內心感受的門檻，打破傳統男士「有苦難言」的印象，達至放鬆心情、為忙碌生活充充電，男士們在活動中彼此連結、感受支持與溫暖的晚上。

The tea and dinner gatherings mark the start of the "Happy Men" journey. In a relaxed atmosphere, men enjoy delicious food while engaging in karaoke activities to express their emotions and relieve stress. Music and singing serve as a medium to release accumulated work, family, and life pressures, promoting relaxation. Simultaneously, by using songs and lyrics as a starting point, the event lowers the barrier for men to express their inner feelings, breaking down the traditional impression that men suffer in silence, achieving relaxation, recharging from busy lives, and connecting with each other in the evenings, feeling supported and warm.

日期：2026年9月23日(星期三)

Date: September 23, 2026 (Wed)

時間：下午6:30-下午8:30

Time: 6:30PM-8:30PM

地點：富東邨 (詳細地址將於報名成功後公佈)

Venue: Fu Tung Estate (Detailed address will be informed after successful registration)

費用：全免

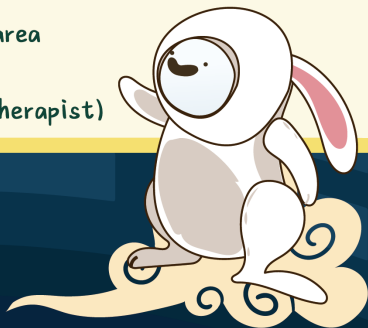
Fee: Free of charge

對象：服務區域的男士

Target: Male residents in the service area

聯絡人：馬高 (職業治療師)

Contact Person: Marco (Occupational Therapist)



L4. 街頭鬆一鬆-迎東篇

Chill-Out Station at Ying Tung

我們將在迎東邨舉行街站活動，邀請大家即場參加鬆一鬆小活動/工作坊！有身心健康需要的街坊更可與社工聊天，並成為會員，以享受中心更多的服務。

We will hold street booth in Ying Tung Estate and invite everyone to join chill out activities or workshops on the booth! Neighborhoods with physical and mental health needs can also chat with social workers and become members of our centre to enjoy more services.

日期：2026年9月9日(星期三)

Date: September 9, 2026 (Wed)

時間：下午4:00-下午7:00

Time: 4:00PM-7:00PM

地點：迎東邨羅馬廣場

Venue: Roman Square, Ying Tung Estate

費用：全免

Fee: Free of charge

對象：服務區域居民以及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：婷(項目主任)

Contact Person: Ting (Project Officer)

Programmes | 活動





L5. 中醫、情緒與花茶工作坊

Chinese Medicine, Emotions, and Herbal Tea Workshop

本工作坊由註冊中醫以中醫角度出發，講解情緒與五臟六腑的關係，讓大家了解情緒失衡時身體會出現的各種警號。透過簡單易明的理論及實用方法，介紹如何以花茶調節情緒、養心安神，改善睡眠質素。

活動中亦設花茶品嚐體驗，讓參加者親身感受不同中草藥花茶的功效與味道，學會在日常生活中輕鬆運用中醫智慧，達致身心平衡與放鬆。

This workshop conducted by a Registered Chinese Medicine Practitioner, sharing the connection between emotions and the internal organs (Zang-fu) from a Traditional Chinese Medicine perspective. Participants will recognize various signal of the body displays during emotional imbalances. The session will introduce how to regulate emotions, soothe the mind, and improve sleep quality using herbal teas. The workshop also features a herbal tea tasting session, allowing participants to experience the tastes and benefits of various herbal teas firsthand, and learn how to effortlessly integrate Traditional Chinese Medicine wisdom into daily life to achieve mind-body balance and relaxation.

日期：2026年9月12日(星期六)

Date: September 12, 2026 (Sat)

時間：下午2:30-下午4:00

Time: 2:30PM-4:00PM

地點：基督教宣道會愉景灣堂 (合辦機構地點)

Venue: Discovery Bay Alliance Church

費用：全免

Fee: Free of charge

對象：服務區域居民以及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：甘 (註冊社工)

Contact Person: Kam (Registered Social Worker)

*此活動與基督教宣道會愉景灣堂合辦

*This event is co-organized with Discovery Bay Alliance Church

連繫活動
Linkage Activity

L6. 中秋4H同樂日

Mid-Autumn 4H Community Fun Day

喜匯離島將參與坪洲關愛同盟主辦的「中秋4H同樂日」嘉年華！我們於嘉年華特設中秋手作工作坊，帶你放鬆心靈，參加者同場可自由參與坪洲關愛同盟舉辦的工作坊，歡迎大家參與。

Wellness Islands will be participating in the "Mid-Autumn 4H Community Fun Day" Carnival, organized by the Peng Chau Caring Alliance! At the carnival, we will have a DIY Craft Workshop designed to help participants relax. All residents are also welcome to freely join other workshops hosted by Peng Chau Caring Alliance.

日期：2026年9月11日(星期五)

Date: September 11, 2026 (Fri)

時間：上午10:00-中午12:00

Time: 10:00AM-12:00NN

地點：坪洲長者暨青少年鄰舍中心 (合辦機構地點)

Venue: Peng Chau Neighbourhood Elderly cum Children/Youth Centre

費用：全免

Fee: Free of charge

對象：服務區域居民以及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：甘 (註冊社工)

Contact Person: Kam (Registered Social Worker)

*此活動由坪洲關愛同盟主辦

*This event is organized by Peng Chau Caring Alliance

Linkage Activity | 連繫活動

L7. 照顧者日: 爸爸媽媽Chill住過週末

Mom and Dad have a Chill Weekend

忙著照顧小朋友的你, 想要一個屬於自己、好好放鬆的週末嗎? 參與專屬爸爸媽媽的嘉年華, 透過療癒工作坊放鬆身心, 活動包括托兒服務, 孩子有玩樂的空間, 你亦可放心享受“Me Time”(自我時間)! Are you busy looking after your children and longing for a relaxing weekend belongs to yourself? Join a carnival designed exclusively for parents and unwind through healing workshops. Childcare services are included, giving the kids a space to play while you enjoy some well-deserved “me time” with peace of mind!

每位照顧者於活動當日可選擇參與其中三個工作坊, 工作坊必須預先報名: Every Child Carer can pre-register 3 of the workshops below:

1. 瑜珈體驗工作坊
Yoga Workshop
2. 永生花相框工作坊
Preserved Flower Frame Workshop
3. 「擊走煩惱!」- 正念拳擊體驗
Punch Away Your Worries: A Mindful Boxing Experience
4. 「爆旋心靈, 轉出好心情!」心靈陀螺大賽
Spin into Happiness! Mindful Top Competition
5. 大集繪Draw All You Can 工作坊
Draw All You Can Workshop

日期: 2026年9月13日(星期日)

Date: September 13, 2026 (Sun)

時間: 下午2:00-下午4:30

Time: 2:00PM-4:30PM

地點: 寶安商會溫浩根小學-有蓋操場

Venue: Wan Ho Kan Primary School - Covered playground

費用: 全免

Fee: Free of charge

對象: 服務範圍的兒童照顧者

Target: Child caregivers in the service area

聯絡人: 彤 (註冊社工)

Contact Person: Angela (Registered Social Worker)

*報名詳情及工作坊詳細介紹請掃描二維碼

**每位照顧者於活動當日可獲得「照顧者福袋」一個

- 福袋包含: 湯包、曲奇餅、運動拉力帶及環保袋

***此活動與家庭喜匯合辦

* Please scan the QR Code for registration and more details

**Each carer who attends the event can receive a “Carer Gift Bag”

- Carer Gift Bag includes: Soup bag, cookies, resistance band and recycle bag

***This event is co-organized with Family Joy Connect

喜匯離島 Wellness Islands: 爸爸媽媽Chill住過週末報名表 Mom and Dad have a Chill Weekend



連繫活動
Linkage Activity

SG1. 【集合啦！】家居維修義工隊一培訓小組(初階)

【Gather!】 Home Repair Volunteer Team - Training Group (Initial Stage)

親手搞定家居大小事！解鎖安全規範、填補膠、電鑽、門鎖與水龍頭維修等實用技能。完成初中高三階共12節培訓，即可晉升維修達人，親身為社區居民和長者上門服務！

Handle all your home chores yourself! Unlock practical skills including safety regulations, sealant application, electric drilling, door lock and faucet repair, etc. Complete 12 training sessions across three levels (beginner, intermediate, and advanced) to become a repair expert and provide in-home services to residents and seniors in the community!

日期：2026年9月22日，9月29日，10月13日，10月20日(星期二)

Date: September 22, 29; October 13, 20, 2026 (Tue)

時間：下午2:30-下午4:00

Time: 2:30PM-4:00PM

地點：逸東邨 (詳細地址將於報名成功後通知)

Venue: Yat Tung Estate
(Detailed address will be informed after successful registration)

費用：全免

Fee: Free of charge

對象：服務區域之居民，及有興趣成為本中心義工人士為區內/邨內的居民及長者服務(會員、照顧者或男士優先)

Target: Residents in the service area who interested in volunteering with the centre, will be prioritized to serve residents and seniors within the community / town area (Members, carers, or men will receive priority)

聯絡人：子樺 (註冊社工)

Contact Person: King (Registered Social Worker)

支援小組
Support Groups



SG2. 共同綻放: 多元文化女士瑜珈療癒時光

Bloom Together:

Yoga & Mindful Healing time for multicultural ladies

透過瑜珈練習，為多元文化的女性創造一段連結內在、安穩自我的時間。小組讓參與者以自我覺察為核心，逐步提升對身體感受與情緒狀態的理解，學習更溫柔地與自己的身體相處。

Through yoga practice, this activity creates a welcoming space for women from diverse cultural backgrounds to connect with their inner selves and find calm. Participants are guided to develop deeper self-awareness, becoming more attuned to their body sensations and emotional states, and learning how to relate to their bodies with greater kindness and presence.

日期: 2026年9月18日, 9月25日, 10月2日, 10月9日(星期五)

Date: September 18, 25; October 2, 9, 2026 (Fri)

時間: 下午1:45-下午3:00

Time: 1:45PM-3:00PM

地點: 逸東邨 (詳細地址將於報名成功後通知)

Venue: Yat Tung Estate (Detailed address will be informed after successful registration)

費用: 全免

Fee: Free of charge

對象: 服務區域居民及有身心健康需要的多元文化婦女

Target: Multicultural ladies in the service area and may have mental health needs

聯絡人: 信 (註冊社工)

Contact Person: Samuel (Registered Social Worker)

SG3. 啡常時光：手沖體驗與咖啡素材手作小組

Relax Coffee Time:

Hand-Drip Experience & Coffee Material Craft Group

不喝咖啡也歡迎！帶你從手沖咖啡香氣開始放鬆，以五感體驗咖啡。再將咖啡液與咖啡渣化為畫作、植栽、香料包及護膚品。一豆多用，無須技巧，在專屬 Me-time 中洗滌身心、享受慢活！

Even if you don't drink coffee, you are warmly welcome! Relax with the rich aroma of hand-drip coffee, engaging all five senses in a mindful experience. Upcycle coffee grounds into upcycling artwork, scented sachets, and skincare products. No prior skills or experience needed. Enjoy your "Me-time" in this coffee corner.

日期：2026年9月7日，9月14日，9月21日，9月28日(星期一)

Date: September 7, 14, 21, 28 2026 (Mon)

時間：上午10:00-上午11:00

Time: 10:00AM-11:00AM

地點：喜匯離島流動車 (停泊於東涌地鐵站外近富東邨出口)

Venue: Wellness Islands Mobile Vehicle (Near Fu Tung Estate MTR Exit)

費用：全免

Fee: Free of charge

對象：服務區域居民以及有身心健康需要的人士

Target: Residents in the service area who may have mental health needs

聯絡人：甘 (註冊社工)

Contact Person: Kam (Registered Social Worker)

支援小組
Support Groups



SG4. 「社區神隊友」：義工實戰小組

"Community supporter": Volunteer Training & Practice Group

邀請大家一起成為本中心的「社區神隊友」，給心靈放個假！參加者將透過製作 DIY 手作、輕鬆討論與陪伴技巧，學會關照自己與他人。中秋節我們更會一起走到東涌海濱走廊，以手作為祝福，並帶上溫暖的心，成為社區的安心力量。

We invite you to become a "Community Supporter" and enjoy a restful! Participants will enjoy in DIY craft-making, casual discussions, and training to enhance the awareness of self-care and mutual support. During the Mid-Autumn Festival, we will participate in "Wellness gathering - With Mid-Autumn Blessing Station" to share handcrafted gifts and blessings with residents. We aim to empower participants to serve as a supportive force in the community.

日期：2026年9月4日(五)，9月11日(五)，9月19日(六)，9月23日(三)

Date: September 4(Fri), 11(Fri), 19(Sat), 23(Wed), 2026

日期: Date:	9月4日及11日(五) September 4&11(Fri)	9月19日(六) September 19(Sat)	9月23日(三) September 23(Wed)
時間: Time:	上午9:30-上午10:30 9:30AM-10:30AM	下午2:30-下午5:30 2:30PM-5:30PM	下午6:30-下午9:00 6:30PM-9:00PM
地點: Venue:	喜匯離島流動車 (富東邨東涌健康中心對出) Wellness Islands Mobile Vehicle (Near Tung Chung Health Centre)		
	東涌海濱長廊 Tung Chung East Promenade		

費用：全免

Fee: Free of charge

對象：服務區域居民，及有興趣成為本中心義工人士

Target: Residents in the service area who interested in becoming volunteer of our centre

聯絡人：甘 (註冊社工)

Contact Person: Kam (Registered Social Worker)

備註：此為「義工系列活動（中秋篇）」延續小組，同時歡迎有興趣成為中心義工人士參與。

Remarks: This program is a continuation of the "Volunteer Series: Mid-Autumn Edition" and welcomes anyone interested in becoming a center volunteer.

SG5.「黏」在一起點亮你

Sticking Together, Shining Together

透過製作馬賽克燈、感恩輕黏土鎖匙扣、心意卡及神秘盲盒，親子一同發揮創意、分享心意。在合作與交流中學習表達感受、培養感恩之心，欣賞自己與他人的優點。活動有助提升專注力、自信心及成就感，增進親子溝通與心理健康，攜手發掘並點亮彼此的獨特光芒。

Parents and children will create mosaic lamps, clay keychains, cards, and mystery blind boxes together, fostering creativity, gratitude, and self-expression. The activities enhance focus, confidence, and parent-child communication while promoting emotional well-being and appreciation of each other's strengths.

日期：2026年9月18日，9月25日，10月2日，10月9日(星期五)

Date: September 18, 25; October 2, 9, 2026 (Fri)

時間：下午4:00-下午5:00

Time: 4:00PM-5:00PM

地點：逸東邨 (詳細地址將於報名成功後通知)

Venue: Yat Tung Estate
(Detailed address will be informed after successful registration)

費用：全免

Fee: Free of charge

對象：服務區域居民、有身心健康需要的家長及其18歲或以下的子女

Target: Residents in the service area, parents and their child aged 18 or under who may have mental health needs

聯絡人：雪 (心理健康主任)

Contact Person: Tiffany (Wellbeing Practitioner)

Support Groups

支援小組

I1. 社區動起來：新興運動「滿漢全席」小組 Active Community: Newly Emerged Sports Experience Group

每節安排不同的新興運動項目，讓參加者體驗多元運動的樂趣與魅力。透過專注當下、互動交流，幫助放下日常煩惱並紓緩壓力，提升身心健康。我們期望參加者把在小組中的運動體驗帶回社區，日後以新興運動形式促進街坊的精神健康。

*內容包括：輕排球、芬蘭木柱、地壺

Features different newly emerged sports in each session, giving participants the chance to enjoy and experience the variety and fun of these activities. By focusing on the present moment and interacting with others, it helps participants let go of daily worries, relieve stress, and improve mental well-being. We hope participants will carry these experiences back to the community and promote mental health through newly emerged sports activities.

*Content: Mölkky, Floor Curling

日期：2026年9月8日，9月15日，9月22日，9月29日(星期二)

Date: September 8, 15, 22, 29, 2026 (Tue)

時間：下午2:15-下午3:15

Time: 2:15PM-3:15PM

地點：文東路體育館(多用途活動室)

Venue: Tung Chung Man Tung Sports Centre (Multi-purpose Activity Room)

費用：全免

Fee: Free of charge

對象：服務區域居民及有興趣成為本中心義工人士

Target: Residents in the service area and who interested in becoming volunteer of our centre

聯絡人：月(朋輩支援工作員)

Contact Person: Moon (Peer Supporter)



12. 「擊走煩惱」：正念拳擊小組

Punch Away Stress: Mindfulness Boxing Group

透過正念拳擊釋放生活壓力。將拳擊動作結合呼吸與身體覺察，在每一次出拳與呼吸之中專注當下、釋放身心壓力。毋須拳擊經驗，一起找回內在平靜與力量，提升心理健康。

Release daily stress through mindful boxing. We combine boxing movements with breath and body awareness, focusing on the present moment and release with every punch and breath. No prior experience is needed. Join to reclaim your inner peace, build strength, and boost your mental well-being.

日期：2026年9月4日，9月11日，9月18日，9月25日(星期五)

Date: September 4, 11, 18, 25, 2026 (Fri)

時間：下午4:30-下午6:00

Time: 4:30PM-6:00PM

地點：東涌社區聯絡中心(多用途活動空間)

Venue: Tung Chung Community Liaison Centre and Promenade (Atrium)

費用：全免

Fee: Free of charge

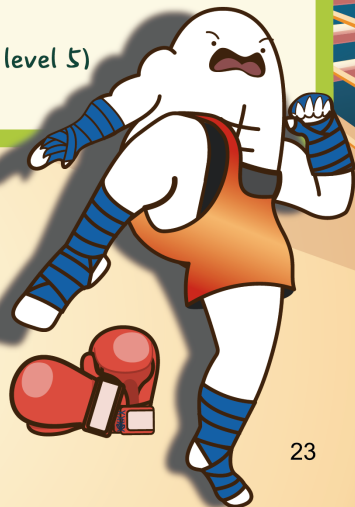
對象：服務區域居民，有身心健康需要的多元文化男性

Target: Multicultural male residents in the service who may have mental health needs

聯絡人：信(註冊社工 / 認證國際泰拳5段)

Contact Person: Samuel (Registered Social Worker/
Certified International Muay Thai level 5)

興趣小組
Interest Classes



13. 悠閒空間(魔力橋)

Leisure Space (Rummikub)

透過魔力橋 (Rummikub) 桌遊體驗，參加者能在輕鬆愉快的氛圍中紓緩壓力並鍛鍊邏輯思維。

Through the Rummikub board game experience, participants can alleviate stress and stimulate logical thinking in a relaxed and enjoyable atmosphere.

日期：2026年9月11日, 9月18日, 10月9日, 10月16日(星期五)

Date: September 11, 18; October 9, 16, 2026 (Fri)

時間：下午2:30-下午4:00

Time: 2:30PM-3:00PM

地點：喜匯離島流動車 (東涌健康中心對出停泊)

Venue: Wellness Islands Mobile Vehicle (Near Tung Chung Health Centre)

費用：全免

Fee: Free of charge

對象：服務區域居民，有身心健康需要的人士 (男士優先)

Target: Residents in the service area who may have mental health needs (Men first)

聯絡人：婷 (項目主任)

Contact Person: Ting (Project Officer)



Rummikub®



14. 園創坊

Horticultural Creativity Workshop

園藝活動使用植物及相關活動作為媒介，幫助參加者與大自然建立連結並進行互動。活動協助參與者專注當下，透過照顧植物，參加者能在生理、心理、認知與社交等方面獲得益處。

Horticultural-based activities use plants and related activities to help participants connect with nature and practice present-moment awareness. By taking care of plants, participants can also improve well-being through hands-on care.

日期：2026年9月15日，9月22日，9月29日，10月6日(星期二)

Date: September 15, 22, 29; October 6, 2026 (Tue)

時間：上午10:30-上午11:30

Time: 10:30AM-11:30AM

地點：東涌社區會堂(地下會議室)

Venue: Tung Chung Community Hall (G/F Meeting Room)

費用：全免

Fee: Free of charge

對象：服務區域之婦女

Target: Ladies in the service area

聯絡人：廖姑娘(註冊社工及註冊園藝治療師)

Contact Person: Rachel (HKATH Registered Horticultural Therapist & Registered Social Worker)

興趣小組
Interest Classes



TG1. 從運動打造身心平衡

Building Holistic Wellness Through Exercise

認識身體，情緒，環境和關係動能，透過自我覺察和運動體驗，更認識自己的身體，找到身體節奏及合適自己的生理和心理的平衡點。

Explore the momentum of your body, emotions, environment, and relationships. Through self-awareness and movement experiences, deepen your connection with your body, discover its natural rhythm, and find the balance that feels right for your physical and mental well-being.

日期：2026年9月21日，9月28日；10月5日，10月12日(星期一)

Date: September 21, 28; October 5, 12, 2026(Mon)

時間：上午10:00 - 上午11:30

Time: 10:00AM - 11:30AM

地點：逸東邨 (詳細地址將於報名成功後通知)

Venue: Yat Tung Estate

(Detailed address will be informed after successful registration)

費用：全免

Fee: Free of charge

對象：會員 (多元文化會員優先)

Target: Members (Multicultural members first)

名額：8人

Capacity: 8 participants

聯絡人：琪 (註冊社工)

Contact Person: Kate (Registered Social Worker)

(*報名的參加者需進行小組前電話或面見評估，合適參加者會個別通知結果。如報名超出名額，將需要進行抽籤)

(*Registered participants are required to attend a pre-group interview. Suitable applicants will be notified individually of the outcome. If registrations exceed the available places, a ballot/draw will be conducted.)

P1. 「踢」出好心情：親子心靈健體足球同樂日

"Kick" Your Way to a Good Mood: A Family-Friendly Football Fun Day

本活動會與翱翔足球發展公司合作，透過輕鬆的足球運動氛圍，引導家長/照顧者覺察自身的日常壓力，連結身心健康和推廣「運動即心理自我照顧」的理念。

This event will collaborate with [Soaring Soccer Development Company] to guide parents/caregivers to become aware of their daily stress through a relaxed soccer atmosphere, connecting physical and mental health and promoting the concept of "sports as psychological self-care".

日期: 2026年9月19日(星期六)

Date: September 19, 2026(Sat)

時間: 上午 10:00 - 中午 12:00

Time: 10:00AM - 12:00NN

地點: 東涌文東路體育館

Venue: Tung Chung Man Tung Road Sports Centre

費用: 全免

Fee: Free of charge

對象: 會員家屬或照顧者及其子女，或疑有精神健康需要的家長及其孩子

Target: Members, Family Members and the Caregivers of our ICCMW Centre, as well as those whom require mental health needs

聯絡人: 子樺 (註冊社工)

Contact Person: King (Registered Social Worker)

心理教育活動
Psycho-educational Activity



P2. 靜心・觀心: 靜觀體驗日

Quieting and Observing the Mind: A Mindfulness Retreat Day

每天忙碌照顧家人，我們往往忽略了內心的聲音。我們誠邀您暫時放慢腳步，透過靜觀呼吸、身體掃描、靜心步行及體驗分享環節，學習以開放、不批判的態度覺察當下，與自己重新連結。

Busy taking care of our families, we often overlook our own inner voice. We warmly invite you to slow down and take a pause from the demands of everyday life. Through breathing exercise, body scanning, mindful walking, and group sharing, learn to cultivate present-moment awareness with an attitude of openness and non-judgment, reconnecting with yourselves in a meaningful way.

日期: 2026年9月24日(四)

Date: September 24, 2026 (Thurs)

時間: 上午 10:30 - 中午 12:00

Time: 10:30AM - 12:00NN

地點: 東涌

Venue: Tung Chung

費用: 全免

Fee: Free of charge

對象: 會員家屬或照顧者，或疑有精神健康需要人士的家屬
或照顧者

Target: Members, Family Members and the Caregivers as well as those whom require mental health needs

聯絡人: 彤 (註冊社工)

Contact Person: Angela (Registered Social Worker)



P3. 隨心流轉：照顧者流體畫製作工作坊

Flowing with the Heart: Caregiver Pour Painting Workshop

日常的疲憊，像解不開的結？聖雅各福群會「喜匯離島」與鄰舍輔導會東涌綜合服務中心邀請照顧者放下緊繃，來到這片自由的畫布前。毋須任何繪畫經驗，只需傾倒顏料、隨重力流淌。在色彩交融中釋放壓力，允許失控，遇見獨一無二的美好，為自己好好喘口氣。

Daily fatigue, like an inextricable knot? St. James' Settlement - Wellness Islands and The Neighborhood Advice-Action Council-Tung Chung Integrated Services Centre invited the caregivers of islands district to let go of their nervousness and come to this free canvas. You don't need any painting experience, just pour the paint and flow with gravity. Release pressure in color blending, allow out of control, meet unique beauty, and take a good breath for yourself.

日期: 2026年9月8日(二)

Date: September 8, 2026(Tue)

時間: 上午 10:00 - 中午 12:00

Time: 10:00AM - 12:00NN

地點: 鄰舍輔導會東涌綜合服務中心 - 天台加油站
(東涌逸東商場2號停車場天台)

Venue: Tung Chung Integrated Services Centre, The Neighbourhood Advice-Action Council
(Roof Top, Carpark 2, Yat Tung Estate, Tung Chung)

費用: 全免

Fee: Free of charge

對象: 會員家屬或照顧者/ 疑有精神健康需要人士的家屬或照顧者

Target: Members, Family Members and the Caregivers of our ICCMW Centre, as well as those whom require mental health needs

聯絡人: 月 (朋輩支援員) / 甘 (註冊社工)

Contact Person: Moon (Peer Supporter) / Kam (Registered Social Worker)

穩步就業：找到適合的工作

Finding the Right Fit: Job Matching for Sustainable Employment

由職業治療師帶領會員去認識個人興趣、價值觀、優勢與技能，找到適合的工作。課程亦會講解提升工作持續性的實用策略，以及簡略地教授履歷撰寫與面試技巧。

Led by occupational therapists, participants will explore their personal interests, values, strengths and skills to identify suitable jobs. The programme will also cover practical strategies to enhance job sustainability, as well as a brief introduction to CV writing and interview skills.

日期：2026年9月1日, 9月8日, 9月15日, 9月22日(星期二)

Date: September 1, 8, 15, 22, 2026 (Tue)

時間：上午11:00-中午12:00

Time: 11:00AM-12:00NN

地點：馬灣新村

Venue: Ma Wan Sun Tsuen

費用：全免

Fee: Free of charge

對象：18 – 35歲，對事業方向感到迷惘、經常轉工或難以持續就業的年輕會員

Target: Young members who feel lost in career direction, frequently change jobs, or struggle with job sustainability

聯絡人：冰姑娘(職業治療師)

Contact Person: Hailey (Occupational Therapist)



喜匯心聆閣

2026年9月

筆者: 臨床心理學家 黃珮詩



給忙碌的你

「忙」似乎已經成了香港人的標誌。每天上班下班，連放假、旅行都要把行程填滿。但你是否試過即使一天24小時都非常忙碌，心中仍然會有一種揮之不去的空虛感？心理學上稱之為「時間貧窮」(Time Poverty)，不是時間過得太快，而是一種時間被剝奪的窒息感。每天無數的 Deadline 正悄悄蠶食你的精神健康，身體不斷分泌皮質醇，換來長期緊繃與失眠，更讓負責決策與專注的大腦前額葉 (Prefrontal Cortex) 超負荷，引發嚴重身心透支(Burnout)生活變得像行屍走肉。

「忙」更徹底剝奪了身心自我修復的空間。神經科學研究指出，當我們不聚焦於特定任務、進入靜止狀態時，大腦會啟動「預設模式網絡」 (Default Mode Network，簡稱 DMN)。DMN 就像是大腦的檔案整理系統，專門在放空時重整記憶、沉澱情緒，甚至激發創意。香港人習慣將無所事事稱為「Hea」，甚至對此帶有罪惡感，但從腦科學的角度來看，適度的「Hea」正是激活 DMN 進行深度心理修復的機會。

然而，我們身邊充斥著各種時間小偷 (Time Stealer) 讓大家連搭車、食飯、沖涼都不由自主地「碌」手機。這種偽休息不僅無法啟動DMN，反而使大腦持續受刺激。當連「Hea」的空間都被剝奪，負面情緒便無處釋放，加上缺乏與家人朋友相處的時間，孤獨和抑鬱便會油然而生。長期缺乏對生活的掌控感，會讓人陷入「捱騾仔」的心態，形成惡性循環：越覺得時間不夠，精神越疲勞；效率大跌後又要加班補救，陷入更深的時間貧窮，連飲水、去洗手間都覺得是罪。

面對每日忙碌，我們至少可主動為自己留一點喘息空間。首先，每天抽出十五分鐘屬於自己的時間，理所當然地用來「Hea」、發呆或聽歌。這種看似毫無生產力的「Hea」，其實是讓 DMN 運作的必要過程，也是你的「心靈保養時間」(Me Time)。其次，拒絕被「秒回」文化綁架，學會選擇性說「不」。當狀態不好時，允許自己短暫離線五分鐘，避免情緒崩潰。

香港節奏很快，我們未必能扭轉大環境，但至少可以調整與時間的關係。當身心發出警號，請停下來，溫柔地善待自己。你的身心靈健康遠比任何一個Deadline 更重要。



Soul Hub

September 2026

Written by Jade Wong, Clinical Psychologist



For the Busy You

"Busy" seems to have become the hallmark of Hong Kong life. Every day is filled with work and commuting, packing schedules tight even on weekends and holidays. Have you ever experienced a persistent sense of emptiness even when you are incredibly busy 24/7? Psychologically, this is called "Time Poverty"—not simply that time is passing too fast, but a suffocating feeling that your time is being stripped away. Countless daily deadlines quietly damage your mental health. Your body constantly releases cortisol, leading to chronic tension and insomnia, while overloading the prefrontal cortex responsible for attention and decisionmaking. This triggers severe burnout, turning life into a routine of the walking dead.

Busyness further deprives the essential space our minds and bodies need for self-repair. Neuroscience reveals that when we step away from specific tasks and enter a state of rest, the brain activates its Default Mode Network (DMN). The DMN acts like an internal filing system, consolidating memories, settling emotions, and sparking creativity during moments of idling. In Hong Kong, people often refer to idleness as "unproductive", and even feel guilty about it. Yet from a neuroscience perspective, being idle or day-dreaming is precisely the key to triggering the DMN for deep psychological recovery.

However, we are surrounded by various "Time Stealers" that compel us to mindlessly scroll on our phones even while commuting, eating, or showering. This pseudo-rest not only fails to activate the DMN but also keeps the brain constantly stimulated. When the chance to rest is taken away, negative emotions have no outlet. Coupled with a lack of quality time with family and friends, feelings of loneliness and depression naturally creep in. A prolonged loss of control over life can lead to a "slaving away" mentality, creating a vicious cycle: the more one feels there is not enough time, the more mentally exhausted one becomes; after a sharp drop in efficiency, one works overtime to compensate, sinking deeper into time poverty—until taking a sip of water or using the restroom feels like a sin.

Faced with daily busyness, we can at least proactively reserve some breathing space for ourselves. First, take 15 minutes each day for yourself, which can be used naturally for being "idle," daydreaming, or listening to music. This seemingly unproductive downtime is indeed an essential process for activating the DMN, and it is also your "Me Time." Additionally, refuse to be bound by the "instant reply" culture; learn to selectively say "no." When you feel overwhelmed, allow yourself to go offline for just 5 minutes to avoid an emotional breakdown.

Hong Kong moves at a fast pace; we may not be able to change the norm overnight, but we can at least review our relationship with time. When your body and mind send early warning signs, please stop and treat yourself gently. Your holistic well-being is far more important than any deadline.

小家屬服務

齊來加入「小家屬」大家庭！開心迎新大招募

「小家屬服務」服務簡介

我們明白精神受情緒或精神困擾之家長在照顧子女的路途上，付出了許多心力。而家屬身邊的小朋友（小家屬）同樣需要被關懷、被聆聽！我們專為小家屬設立了一個溫馨、快樂的支援網絡，透過遊戲、小組活動及同路人的陪伴，讓小朋友在輕鬆的環境下學習情緒管理、釋放壓力，並結識新朋友，健康快樂地成長！

我們的服務目標

希望透過多元化及輕鬆的活動，陪伴你健康成長：

- 初步評估：

由社工進行1對1簡單面談，了解孩子的成長需要及精神健康狀況。

- 多元康樂與發展：

舉辦戶外活動、工作坊、興趣班，發揮個人潛能，享受輕鬆愉快的時光。

- 情緒疏導：

讓小家屬有一個安全的情緒出口，降低受情緒困擾的風險。

【限時迎新驚喜】入會即送精美禮品！

即日起，成功申請成為 小家屬服務會員，

即可獲得迎新禮物包一份

【養生湯包，送完即止！】



招募對象

- 年齡及對象：受情緒或精神困擾 / 精神復元家長之18歲以下子女
- 地區：本中心的服務範圍之家庭

我們的小家屬活動有甚麼？

- 開心藝術與遊戲小組：透過繪畫、桌遊表達心情，輕鬆釋放壓力。
- 親子工作坊：增進家庭溝通，留下美好快樂回憶。
- 同行成長小組：為子女提供個別輔導/治療。

登記服務後，家長將會在月刊、WhatsApp或電話接收相關資訊。

報名方法：

步驟1：先致電查詢是否為合資格的家庭，社工會在電話為你們家庭做簡單評估。

步驟2：歡迎親臨喜匯離島登記成為小家屬會員！

申請人須填妥指定的小家屬登記表格，並提供所需資料供本中心核實。



Family Support Services for Children

Join the "Wellness Islands Children"
Family! Happy Orientation & Recruitment

Introduction

We understand that parents experiencing emotional or mental distress dedicate immense effort to raising their children. At the same time, the children around parents (Wellness Islands Children) also need care, love, and space to be heard! We have established a warm and joyful support network tailored specifically for Wellness Islands Children. Through games, group activities, and peer companionship, children can learn emotion management, release stress, make new friends, and grow up healthy and happy in a relaxed environment!

Our Service Goals

We aim to accompany children with their healthy growth through diverse and relaxing activities:

- Initial Assessment:
1-on-1 brief interview with registered social worker to understand the child's developmental needs and mental health status.
- Recreation & Personal Growth:
Outdoor activities, workshops, and interest classes to help unleash their potential while enjoying fun times.
- Emotional Outlet:
Providing a safe emotional outlet for Young Carers to reduce the risk of emotional distress.

Limited-Time Welcome Surprise: Gift Upon Registration!

Starting today, successfully register as a Wellness Islands Children member to receive:

A Welcome Gift Pack (Nourishing Soup Pack — available while stocks last!)

Eligibility

- Age and Target Group:
Children under 18 years old whose parents are experiencing emotional/mental distress or are in mental health recovery
- District: Families living within our centre's service area

What Activities Do We Offer?

- Happy Art & Play Groups:
Express emotions through painting and board games to relieve stress easily
- Parent-Child Workshops: Enhance family communication and create wonderful, happy memories together
- Peer Growth Groups: Provide individual counseling/therapy for children

Note: After service registration, parents will receive updates and information via our monthly newsletter, WhatsApp, or phone calls

How to Apply

Step 1: Call us first to check family eligibility. A social worker will conduct a simple phone assessment

Step 2: Visit our center - Wellness Islands in person to register as Wellness Islands Children Scheme member. (Applicants must fill out the designated Wellness Islands Children Registration Form and provide the required documents for verification.)



精神健康急救課程

Mental Health First Aid Course



- 精神健康問題可能出現在任何人身上。課程透過實證與實用的方式，教授如何辨識抑鬱症、焦慮症、物質濫用及重性精神病等常見情況，並在危機出現時作出適切回應。

- 課程費用全免 (原價 \$800)，精神復元人士照顧者優先，若報名人數過多需經抽籤安排。

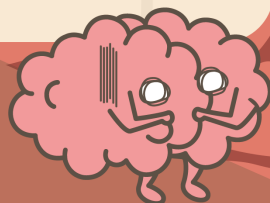
- Mental health issues can affect anyone. Through evidence-based and practical approaches, this course teaches how to identify common conditions—such as depression, anxiety disorders, substance abuse, and severe mental illness—and how to respond appropriately during a crisis.

- The course is free of charge (original price \$800). Priority will be given to caregivers of individuals recovering from mental illness. If the number of applicants exceeds capacity, admission will be determined by a random draw.



如對課程有興趣，請Scan以上QR code填寫問卷，
我們會再聯絡你！

*If you are interested in the course, please scan the QR code to fill out the questionnaire, and we will contact you!



【男士及男士照顧者系列】

9月及10月份精彩活動

動靜皆宜·身心減壓

運動強健體魄，自然舒緩心靈。為促進社區男士及照顧者的精神健康與家庭福祉，本中心於秋季推出一系列精選活動，誠邀各位會員、照顧者及居民踴躍報名！

「踢」出好心情： 親子心靈健體足球同樂日



日期：2026年9月19日(星期六) | 時間：上午 10:00 - 中午 12:00

地點：東涌室內場地 (成功報名後另行通知具體地址)

對象：本中心會員家屬、照顧者及其子女，或關注精神健康需要之家庭

費用：全免

內容：特別邀請「翱翔足球發展公司」專業教練親臨指導，透過趣味足球遊戲增進親子互動、宣洩生活壓力。活動當日更設即場招募，歡迎加入中心足球隊，參與日後的成人體適能及小組訓練！

照顧者舒壓篇：秋季親子大自然之旅



在照顧的旅程中，大人需要空間充電，孩子的心靈也需要被細心灌溉。本中心推出秋季特別企劃，結合「自然戶外療癒」與「小家屬長期賦能服務」，讓家長在放鬆交流的同時，也為孩子預約一整套專業的身心靈成長資源。

日期：2026年10月10日(星期六) | 時間：上午 9:30 - 下午 4:30

地點：天水圍綠田園

對象：本中心會員之同住照顧者、家屬、及其18歲以下的子女

費用：成人 HK\$120 / 位；3至11歲兒童 HK\$100 / 位

小家屬專屬成長計劃：參加家庭需於活動前登記成為中心「小家屬會員」，並於日後由中心社工安排參與以下專屬成長支援：

- 至少 2 次個別成長面談：傾聽孩子心聲、個別化情緒支援。
- 兒童主題治療小組 (共4節)：透過遊戲/表達藝術學習情緒管理與人際相處提升表達力與安全感。
- 心理教育成長工作坊 (共6節)：

系統性學習心理健康與自我照顧，建立自信與抗逆力。

*名額有限，恕不接受電話或 WhatsApp 預留名額：報名將以能完整配合後續服務之家庭作優先確認。如有任何查詢或欲報名參加，歡迎與社工子樺聯絡！

**每位會員最多可為 3 位同行親屬報名 (包括同住的 18 歲以下子女及其照顧者 / 家屬)。

足球發展計劃： 球隊球員招募日



日期：2026年10月24日(星期六)|時間：上午 10:00 - 中午 12:00

地點：東涌室內場地 (成功報名後另行通知具體地址)

對象：本區居民及中心會員 (歡迎足球愛好者)

費用：全免

內容：熱愛足球? 想在工餘或週末與球友切磋? 本計劃透過專業足球訓練及友誼賽, 促進身心平衡與釋放壓力。當日由專業教練指導並即場招募隊員, 日後將定期於平日晚上 (7:00 - 9:00 PM) 或週六上午 (10:00 AM-12:00 PM) 進行練習。誠邀大家以球會友, 建立緊密的社區支援網絡!

*名額有限, 先到先得。歡迎掃描下方二維碼填寫登記資料報名!



Registration for September and
October Football Activities



9月及10月足球活動報名

*9月及10月足球活動報名QR code



Caregiver's Stress Relief Program:
Autumn Family Nature Trip
(Registration Deadline: 9/9/26)



照顧者舒緩篇：秋季親子大自然之
旅 (截止報名日期：2026年9月9日)

*秋季親子大自然之旅報名QR code



[Men & Male Carers Series]

Upcoming Events for September & October

Balance Activity and Rest · Relieve Physical and Mental Stress

Physical activity strengthens the body, while nature soothes the soul. To promote mental wellness and family well-being among men and male carers in the community, our centre is rolling out a series of featured autumn programmes. We warmly invite all members, carers, and local residents to sign up!

"Kick" Away the Blues:

Parent-Child Wellness Football Fun Day

Date: 19 September 2026 (SAT) | Time: 10:00AM - 12:00PM

Venue: Indoor venue in Tung Chung (Exact location will be provided upon successful registration)

Target: Family members and carers of centre members with their children, or families mindful of mental health needs

Fee: Free of charge

Details: Featuring professional coaching by the "Soar Football Development Company, this session uses engaging football games to strengthen parent-child bonding and release everyday stress. An on-site recruitment will also be held for participants interested in joining our centre's football team for future adult fitness and group training sessions.



Carer Respite Edition:

Autumn Parent-Child Nature Retreat

Date: 19 September, 2026 (SAT) | Time: 10:00AM - 12:00PM

Venue: Green Vacation, Tin Shui Wai

Target: Co-residing carers and family members of centre members, along with their children aged under 18

Fee: HK\$120 per adult; HK\$100 per child (aged 3 - 11)

Exclusive Growth Programme for Young Family Members:

Participating families are required to register their children as "Young Family Members" prior to the event and commit to attending the following supportive services arranged by our social workers:

- Individual Growth Sessions (At least 2 sessions): Attentive listening and tailored emotional support for the child.
- Children's Therapeutic Group (4 sessions total): Enhancing emotional regulation, social skills, self-expression, and psychological safety through play and expressive arts.
- Psychoeducational Workshops (6 sessions total): Structured learning in mental wellness and self-care to build resilience and self-confidence.

*Quota is limited, and reservations via phone or WhatsApp are not accepted. Priority will be given to families who can fully commit to the follow-up services. For enquiries or registration, please contact our social worker, King.

**Each member may register a maximum of 3 accompanying individuals, including co-residing children under 18 and their carers/family members.



Football Development Programme: Team Recruitment Day

Date: 24 October 2026 (SAT) | Time: 10:00AM - 12:00PM

Venue: Indoor venue in Tung Chung (Exact location will be provided upon successful registration)

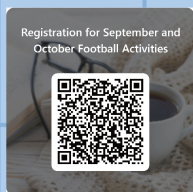
Target: Local residents and centre members (Football enthusiasts are welcome)

Fee: Free of charge

Details: Passionate about football? Looking to connect with fellow players after work or over the weekend? This programme fosters mental-physical balance and stress relief through professional training and friendly matches. Guided by a professional coach, the recruitment will assemble a team for regular practice sessions on weekday evenings (7:00 PM - 9:00 PM) or Saturday mornings (10:00 AM - 12:00 PM). Join us to build camaraderie and a supportive community network through sport!

Registration:

Places are limited and allocated on a first-come, first-served basis. Please scan the QR code below to complete the registration form.



Registration for September and
October Football Activities



9月及10月足球活動報名

*Registration QR code for September and
October Football Activities

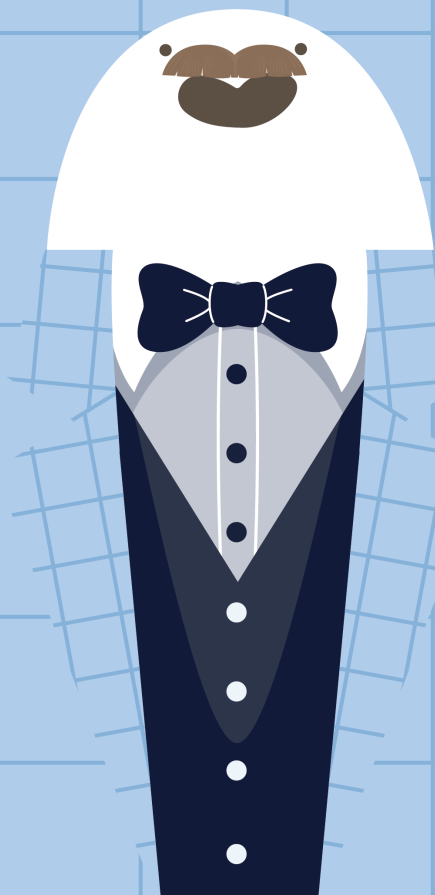


Caregiver's Stress Relief Program:
Autumn Family Nature Trip
[Registration Deadline: 9/9/26]



照顧者舒緩篇：秋季親子大自然之
旅 [截止報名日期：2026年9月9日]

*Registration QR code for
Autumn Family Nature Trip



服務質素標準簡介:

Service Quality Standards (SQS) Introduction :

為確保公眾獲得優質的社會福利服務，貫徹「以客為本」的精神及加強福利服務的問責性，社會福利署和受資助機構由1999至2000年度起，分三年逐步推行《服務表現監察制度》。其中包括津貼及服務協議、服務質素標準SQS及服務表現評估。

To ensure the provision of quality social welfare services to the public, and to increase the accountability of delivering welfare services, SWD and subvented NGOs have jointly introduced a Service Performance Monitoring System (SPMS) that was implemented by phases over a period of three years with effect from 1999-2000. Under the SPMS, performance of service units receiving LSG and other welfare subvention is assessed based on the Funding and Service Agreements (FSAs) drawn up for each of the subvented services and evaluated against a set of well-defined Service Quality Standards (SQSs).

標準 13

SQS13

服務使用者的私人財產

SERVICE USERS' PRIVATE PROPERTY

服務單位須確保服務使用者的私人財產權利得到尊重，並在情況合適下，讓服務使用者有機會將私人財物存放在安全妥當的地方。

The service unit should ensure that service users' rights regarding their private property are respected, and, where appropriate, should provide service users with the opportunity to keep their personal belongings in a safe and secure place.

標準 14

SQS14

私隱和保密

PRIVACY AND CONFIDENTIALITY

服務單位須確保服務使用者的私隱與尊嚴得到尊重。

The service unit should ensure that service users' privacy and dignity are respected.

標準 15

SQS15

處理申訴

HANDLING OF COMPLAINTS

服務單位須妥善處理投訴，並讓服務使用者及職員知悉他們有作出投訴的權利及程序。

The service unit should handle complaints properly, and should inform service users and staff of their right to lodge complaints and the procedures for doing so.

標準 16

SQS16

免受侵犯

FREEDOM FROM ABUSE

服務單位須確保服務使用者免受他人的言語、人身及性侵犯的權利受到尊重，並讓職員和服務使用者有適當機會提出對有關言語、人身或性侵犯方面的關注。

The service unit should ensure that service users' right to be free from verbal, physical and sexual abuse by others is respected, and should provide appropriate opportunities for staff and service users to raise concerns about verbal, physical or sexual abuse.

喜匯離島義工系列

Wellness Islands - Volunteer Series

我們現正招募中心義工，歡迎加入我們的喜匯義工隊！請掃描下方二維碼了解更多。

義工活動為9月下旬中秋節慶活動「喜匯共聚·中秋祝福傳遞站」。由本中心義工贈送自製節慶小禮物予東涌居民，並包括小型工作坊及小組成果展示等。歡迎任何本中心服務區域之居民，有興趣成為本中心義工成員參與。

如有興趣成為本中心義工，歡迎掃描二維碼，並參與以下小組活動「月圓中秋手作兵團」或「月亮代表我們的話」，或留意本會活動資訊。

We are recruiting centre volunteers! Scan the QR code below to join our team. Our mission kicks off with the Mid-Autumn Festival celebrations "Wellness gathering - With Mid-Autumn Blessing Station" in late September 2026. Our Volunteer team will distribute handcrafted festive gifts to Tung Chung residents. We also provide DIY workshops and a showcase in the event.

Residents within the Center's service boundary who are interested in joining our volunteer team are welcomed! If you are interested in becoming our center volunteer, please scan the QR code to register. You are suggested to join our upcoming workshops, "Moonlight Makers" or "The Moon Represents My Words" or stay tuned for our updates.

喜匯離島 Wellness Islands 有意向成
為中心義工登記表 Volunteer
Registration Form



精神健康資訊小貼士

Mental Health Information Tips

怎樣處理家庭問題?

How to Address Family Issues?

- 坦誠說出難處,對方才會懂得體諒
 - 接納對方的難處,以行動表示你的諒解
 - 參與對方的社交圈子,增加雙方的了解,建立更多共同話題
 - 培養共同的興趣,以促進感情及舒緩雙方所承受的壓力
 - 多包容,忍耐;少批評,抱怨
 - 學會欣賞,稱讚,避免只會要求
 - 不要積聚負面的情緒,不時營造驚喜時刻,緩和緊張關係,例如準備小禮物給對方
 - 心有疑問適宜坦誠溝通,方可減少誤會疑慮
 - 百忙中也要緊記安排一家人同樂,不要冷落最親的家人
-
- Share your difficulties honestly so that the other party can understand and empathize.
 - Accept the other person's struggles and demonstrate your understanding through actions.
 - Participate in their social activities to enhance mutual understanding and create more common topics of conversation.
 - Develop common hobbies to strengthen your relationship and alleviate the stress both parties may be experiencing.
 - Be more forgiving and less critical or complaining.
 - Focus on expressing gratitude and praise rather than just making demands.
 - Don't let negative emotions build up. Regularly create moments of surprise to ease tension in the relationship, such as preparing small gifts for each other.
 - Address any doubts or questions openly to reduce misunderstandings and concerns.
 - Even amidst busy schedules, prioritize arranging family activities to ensure that your closest family members do not feel neglected.

青山醫院精神健康學院 (2010) 。〈精神健康小錦囊〉, 2。

中心開放時間:

* . ☺ = 開放

開放時間	一	二	三	四	五	六	日/ 公眾假期
09:30-13:30	☺	☺		☺	☺	☺	
13:30-17:30	☺	☺	☺	☺	☺	☺	
17:30-21:30			☺				

每月第一個非公眾假期之星期日會加開一節服務，如果當日是公眾假期，則順延至下一個星期日。

惡劣天氣下的活動安排:

☑ 如常開放

✗ 取消/關閉

☎ 請致電查詢

當時天氣	 雷暴 Thunderstorm	 T1 一號風球	 L3 三號風球	 A8 八號風球	 Amber 黃	 Red 紅	 Black 黑
室內活動	☑	☑	☑	✗	☑	✗ ☎	✗ ☎
戶外活動	☎	☎	✗	✗	✗	✗	✗
中心開放	☑	☑	☑	✗	☑	☑ ☎	✗ ☎

- i. 如活動尚未開始，有關活動將會取消/改期；如活動正在進行中，中心會視天氣情況安排參加者離開或繼續活動；
- ii. 如中心於開放時間開始前紅色暴雨警告訊號仍然生效，中心會暫停提供服務；

註：中心會於「八號或以上颱風訊號」、「黑色暴雨警告訊號」或「極端天氣情況」警告除下後兩小時內重新開放。

Opening Hours:

* . ☺ = Open

Opening Hours	Mon	Tue	Wed	Thurs	Fri	Sat	Sun/ Public Holiday
09:30-13:30	☺	☺		☺	☺	☺	
13:30-17:30	☺	☺	☺	☺	☺	☺	
17:30-21:30			☺				

An additional session is scheduled for the first Sunday of each month. If the first Sunday falls on an officially recognized public holiday, the additional session is deferred to the following Sunday.

Adverse Weather Notice:

☑ Open

✗ Cancel/ Closed

☎ Please call for enquiry

Weather	 雷暴 Thunderstorm	 T1 Standby Signal No.1	 L3 Standby Signal No.3	 8 Typhoon Signal No.8	 黃 Amber	 紅 Red	 黑 Black
Indoor Activity	☑	☑	☑	✗	☑	✗ ☎	✗ ☎
Outdoor Activity	☎	☎	✗	✗	✗	✗	✗
Centre Open	☑	☑	☑	✗	☑	☑ ☎	✗ ☎



- If the activity has not started, it will be cancelled or rescheduled; if already in progress, it may be adjusted based on the weather.
- If a Red Rainstorm Signal is still in effect before opening hours, the centre will suspend services.

Note: The centre will resume operations within two hours after the cancellation of Typhoon Signal No.8, Black Rainstorm Signal, or Extreme Conditions.

September

本月活動

	職業治療 Occupational Therapy
	治療小組 Therapeutic Groups
	活動 / 連繫活動 Programmes / Linkage Activity
	興趣小組 Interest Classes
	支援小組 Support Groups
	心理教育活動 Psycho-educational Programmes

星期一 MON	星期二 TUE	星期三 WED
	1 OT1	2
7 SG3	8 OT1 I1 I4	9 L6
14 SG3	15 OT1 I1 I4	16
21 SG3 TG1	22 OT1 I1 I4 SG1	23 L1 L5 SG4
28 SG3 TG1	29 I1 I4 SG1	30

- | | | |
|---|---|--|
| L1. 中秋祝福傳遞站
Mid-Autumn Blessing Station | L4. 中秋4H同樂日
Mid-Autumn 4H Community Fun Day | L7. 爸爸媽媽照顧者日
Mom&Dad Have a Chill Weekend |
| L2. 喜匯有你
Community Connection Events | L5. 男士中秋聚餐
Mid-Autumn Dinner Night for Men | SG1. 家居維修義工隊
Home Repair Volunteer Team |
| L3. 中醫、情緒與花茶工作坊
Chinese Medicine, Emotions&Herbal Tea Workshop | L6. 街頭鬆一鬆 (迎東)
Chill-out Station (Ying Tung) | SG2. 多元文化女士瑜珈
Yoga for Multicultural Ladies |

2026

星期四
THURS

星期五
FRI

星期六
SAT

星期日
SUN

3

4

SG4

I2

5

6

(特別開放時段)
(Additional Session)

10

11

L4

SG4

I2

I3

12

L3

13

L7

17

18

L2

SG2

SG5

I2

I3

19

L1

SG4

P1

20

24

P2

25

SG2

SG5

I2

26 中秋節翌日

27

SG3. 啡常時光
Relax Coffee Time

I1. 新興運動小組
Newly Emerged Sports Group

I4. 園創坊
Horticultural Creativity Workshop

P2. 靜觀體驗日
A Mindfulness Retreat Day

SG4. 義工實戰小組
Volunteer Practice Group

I2. 正念拳擊小組
Mindfulness Boxing Group

TG1. 衡動生活
Balance in Motion

P3. 照顧者流體畫工作坊
Caregiver Pour Painting Workshop

SG5. 黏在一起點亮你
Sticking & Shining Together

I3. 悠閒空間魔力橋
Leisure Space (Rummikub)

P1. 親子足球同樂日
Family-friendly Football Fun Day

OT1. 職業治療小組
Occupational Therapy Group

51

9月的特別假日開放日為：
Additional session of September:



wellnessislands



喜匯離島
Wellness Islands



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