



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

10月份通訊 October'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, Lantau Island, N.T.

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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：磡頭、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:
Email: _____

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

- 可親身到本中心或致電至9519 6863報名活動。
- 可透過如下的二維碼於網上報名活動。
- 活動舉行前 7 個工作日將會停止接受報，期後報名將不作任何處理。
- 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 5 days prior to the scheduled event.
- Members are responsible for noting the dates and times of their registered activities. Please be advised 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.
- The centre reserves the final decision in case of any disputes.

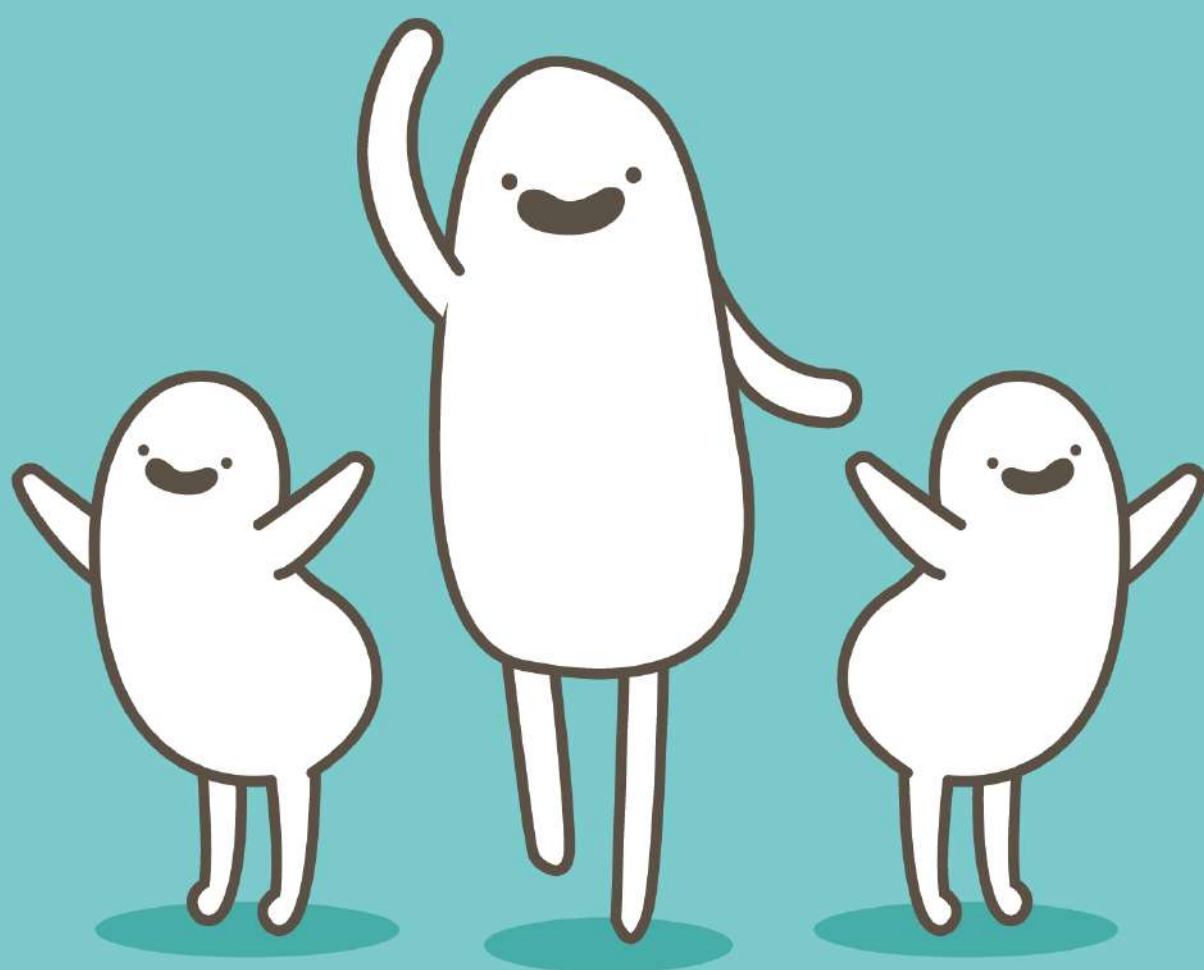


SCAN
ME~



來自粟米肉粒飯...
Show Me Your Love飯嘅...

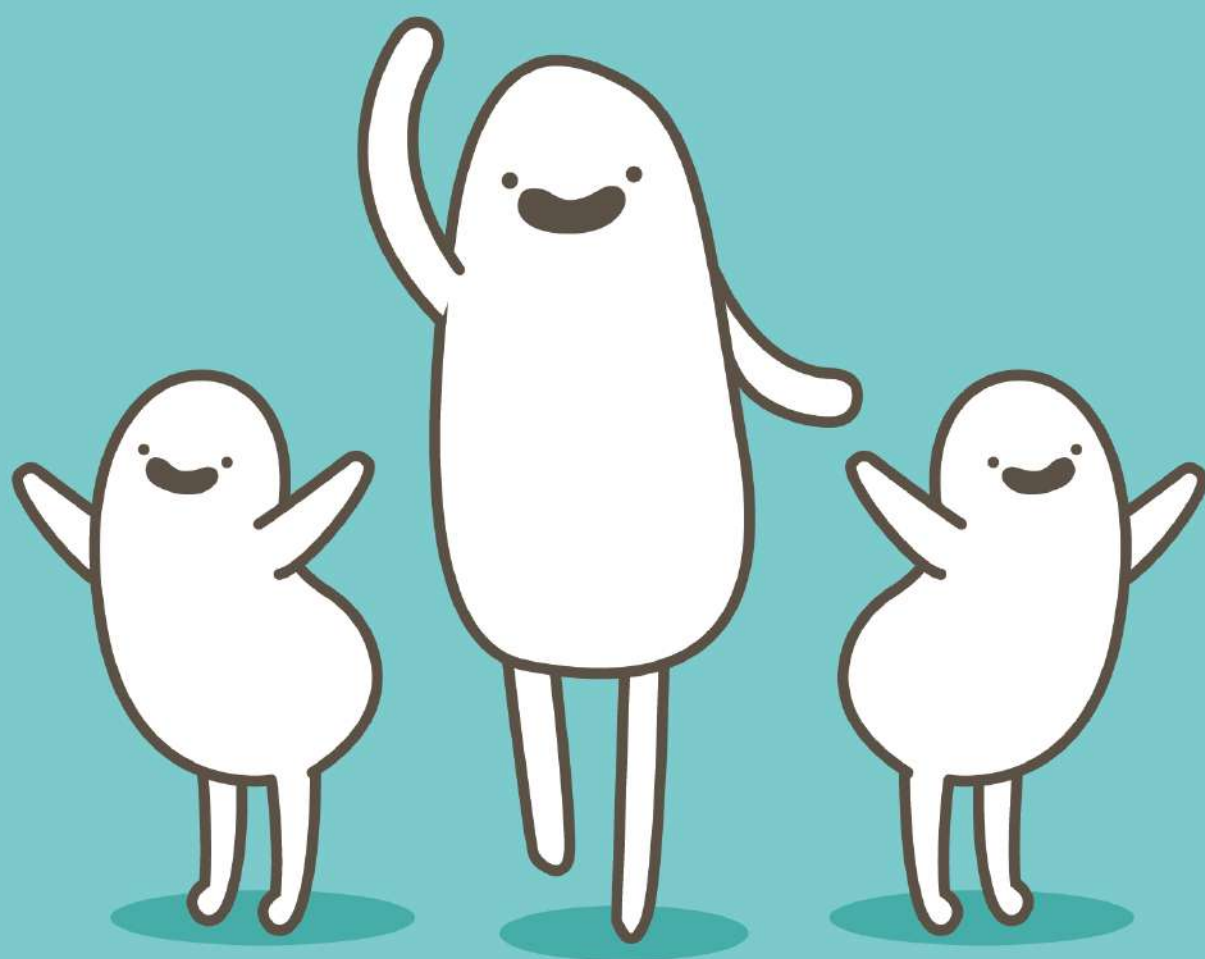
粒米 LOVMEE / lʌv 'mi: /



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. 照顧者舒壓篇：秋季親子大自然之旅

Carer Respite Edition: Autumn Parent-Child Nature Retreat

秋季療癒企劃：讓家長喘息充電，陪伴孩子身心靈溫暖成長。

Autumn Healing Project: Allowing parents to breathe and recharge, and accompanying children as they grow in a warm and nurturing way.

日期：10/10/2026(六)

Date：October 10, 2026 (Sat)

時間：上午9:30-下午4:30

Time：9:30AM-4:30PM

地點：天水圍綠田園

Venue：Green Vacation, Tin Shui Wai

費用：成人 HK\$120/位; 3-11歲兒童 HK\$100/位

Fee：Adult HK\$120/each; Children aged 3-11 HK\$100/each

對象：本中心會員之同住照顧者、家屬、及其18歲以下的子女

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

聯絡人：子樺（註冊社工）

Contact Person：King (Registered Social Worker)

*此活動與天水圍綠田園合辦

*This event is co-organized with Green Vacation

連繫活動

Linkage Activities



L2. 足球發展計劃：球隊球員招募日

Football Development Programme: Team Recruitment Day

專業足球訓練與友賽：助你運動減壓，以球會友
建立社區支援！

Professional football training and friendly matches:
help you relieve stress through exercise, make friends
through football, and build community support!

日期：24/10/2026(六)

Date : October 24, 2026 (Sat)

時間：上午10:00-中午12:00

Time : 10:00AM-12:00NN

地點：東涌室內場地

(詳細地址於成功報名後公佈)

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

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民及中心會員
(15歲或以上；歡迎足球愛好者)

Target : Residents and centre members in the
service area (Aged 15 or above; Football
enthusiasts are welcome)

聯絡人：子樺 (註冊社工)

Contact Person : King (Registered Social Worker)

*此活動與翱翔足球發展公司合辦

*This event is co-organized with Soar Football
Development Company

Linkage Activities

連繫活動



P1. 「身心社靈」跨文化全人關懷站 Multicultural Holistic Care Station

提供免費健康、心理、資源及法律支援的全人關懷街站。

Care Station offers free health, counseling, social, and legal support for holistic well-being.

日期：28/10/2026(三)

Date : October 28, 2026 (Wed)

時間：下午6:00-下午9:00

Time : 6:00PM-9:00PM

地點：翔東街站

Venue : Cheung Tung Street Counter

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民 (15歲或以上)

Target : Residents in the service area of this centre (Aged 15 or above)

聯絡人：信 (註冊社工)

Contact Person : Samuel (Registered Social Worker)



P2. 「男士電量 Check：你今日仲剩幾多 %？」

Men's Battery Check: How Much Energy Do You Have Left Today?

電量過低？花一分鐘快測疲勞壓力指數，即場領
能量補給滿滿精氣神重啟！

Low battery? Take a minute to quickly test your
fatigue and stress level, and get an instant energy
boost to rejuvenate your spirits!

日期：28/10/2026(三)

Date：October 28, 2026 (Wed)

時間：下午6:00-下午9:00

Time：6:00PM-9:00PM

地點：喜匯離島流動車（富東邨/迎東邨停泊）

Venue：Wellness Islands Mobile Van
(Parks at Fu Tung Estate / Ying Tung Estate)

費用：全免

Fee：Free of charge

對象：本中心服務區域之居民，及有身心健康需
要的人士(男士優先)

Target：Residents in the service area of this centre,
and individuals with physical and mental
health needs (Aged 15 or above,
males preferred)

聯絡人：子樺（註冊社工）

Contact Person：King (Registered Social Worker)

Programmes

活動



P3. 喜匯有里

Community Connection Events

歡迎蒞臨喜匯有里街站！現場提供手作工作坊，帶您放鬆身心。

Come to join our Community Connection Events. Working with your hands is a great way to take a relaxing break from your busy day.

日期：23/10/2026(五)

Date : October 23, 2026 (Fri)

時間：下午2:30-下午5:00

Time : 2:30PM-5:00PM

地點：喜匯離島流動車（富東健康中心對出停泊）

Venue : Wellness Islands Mobile Van
(Parks opposite Fu Tung Health Centre)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的人士

Target : Residents in the service area of this centre, and individuals with physical and mental health needs (Aged 15 or above)

聯絡人：番茄（註冊社工）

Contact Person : Tomato (Registered Social Worker)

11. 你想煮意・靜心相連 Bake Cook & Connect

透過手作烹飪與共食減壓、實踐正念，並建構共融社區。

Relieve stress and practice mindfulness through hands-on cooking, delicious comfort meals, and inclusive community connections.

日期：5, 12, 26/10/2026 (三); 2/11/2026 (三)

Date : October 5, 12, 26, 2026 (Wed);

November 2, 2026 (Wed)

時間：下午2:30-下午4:00

Time : 2:30PM-4:00PM

地點：馬灣新村 (詳細地址於報名成功後通知)

Venue : Ma Wan Sun Tsuen (Exact location will be provided upon successful registration)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，以及有身心健康需要的多元文化婦女 (年滿15歲或以上)

Target : Residents in the service area of this centre, and multicultural women with physical and mental health needs (Aged 15 or above)

聯絡人：馬霞 (項目主任)

Contact Person : Maha (Project Officer)

興趣班組
Interest Class



12. 悠閒空間（魔力橋） Leisure Space (Rummikub)

透過魔力橋桌遊，參加者能在輕鬆愉快氛圍中舒緩壓力並鍛鍊邏輯思維。

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

日期：23, 30/10/2026 (五); 6, 13/11/2026 (五)

Date : October 23, 30, 2026 (Fri);
November 6, 13, 2026 (Fri)

時間：下午2:30-下午4:00

Time : 2:30PM-4:00PM

地點：喜匯離島流動車（富東健康中心對出停泊）

Venue : Wellness Islands Mobile Van
(Parks opposite Fu Tung Health Centre)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的人士（男士優先）

Target : Residents in the service area of this centre,
and individuals with physical and mental
health needs
(Aged 15 or above, males preferred)

聯絡人：婷（項目主任）

Contact Person : Ting (Project Officer)



13. 花茶研究室—多元文化婦女篇

Floral Tea Laboratory for Multicultural Ladies



參與製作花茶，學習不同花茶的功效，製作屬於自己的花茶配方！

Floral teas can help soothe emotions, some can nourish the lungs and promote overall wellness. In this activity, participants will learn how to blend various floral teas, understand their effects, and create their personalized tea formula!

日期：26/10/2026 (一); 2, 9, 16/11/2026 (一)

Date : October 26, 2026 (Mon);
November 2, 9, 16, 2026 (Mon)

時間：上午10:00-上午11:30

Time : 10:00AM-11:30AM

地點：東涌室內場地
(詳細地址於報名成功後通知)

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

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，以及有身心健康需要的多元文化婦女 (15歲或以上)

Target : Residents in the service area of this centre, and multicultural women with mental and physical health needs (Aged 15 or above)

聯絡人：彤 (註冊社工)

Contact Person : Angela (Registered Social Worker)

Interest Class

興趣班組



14. 扭出你的花花世界：毛絨條花束工作坊 Twist and Blossom: Fuzzy Stick Bouquet Workshop

使用毛絨條製作花束, 透過觸覺練習專注當下, 並透過花語表達心情。

Using fuzzy stick to create different flowers and bouquet. Through using sense of touch, practice mindfulness. Also, expressing your mood through different colors and languages of flowers.

日期：7, 14, 21, 28/10/2026 (三)

Date : October 7, 14, 21, 28, 2026 (Wed)

時間：下午3:00-下午4:30

Time : 3:00PM-4:30PM

地點：翔東翔月樓地下對出空地

Venue : Open space outside Cheung Yuet House

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的婦女 (15歲或以上)

Target : Residents in the service area of this centre, and women with mental and physical health needs (Aged 15 or above)

聯絡人：婷 (項目主任)

Contact Person : Ting (Project Officer)

興趣班組

Interest Class



SG1. 義工系列—藝·遊人生

Volunteer Group Series: Art, Game Life

藉手工藝與團隊遊戲，促進義工交流，增添新鮮感並建立正向態度。

Connect volunteers through crafts and team games to add fresh energy and foster a positive mindset.

日期：8, 15, 22, 29/10/2026(四)

Date：October 8, 15, 22, 29, 2026 (Thurs)

時間：上午10:30-中午12:00

Time：10:30AM-12:00NN

地點：逸東邨（詳細地址於成功報名後公佈）

Venue：Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee：Free of charge

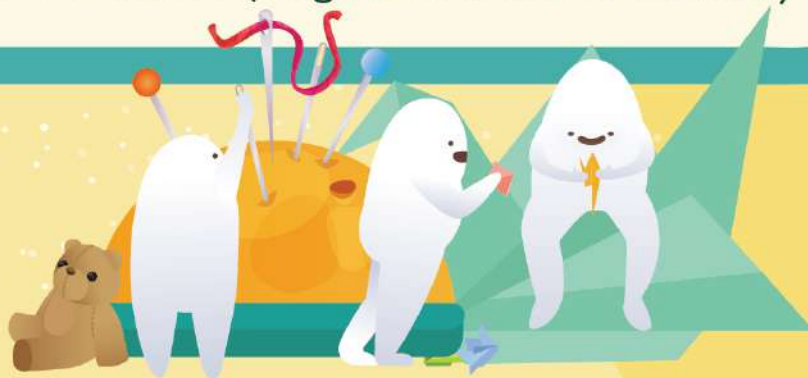
對象：本中心服務區域之居民，及有興趣成為本中心義工人士（15歲或以上）

Target：Residents in the service area of this centre, and people who are interested in becoming volunteers in this centre (Aged 15 or above)

聯絡人：番茄（註冊社工）

Contact Person: Tomato (Registered Social Worker)

Support Group
支援小組



支援小組
Support Group

SG2. 心靈好聲音 (十月) Soulful Voice (October)

藉合奏與改詞抒發情緒，以音樂滋養身心靈，提升自信與抗逆力。

Discover the healing power of music. Jam together to express your emotions, rewrite lyrics for self-empowerment, and build inner resilience to nurture holistic wellness.

日期：22, 29/10/2026(四); 12, 19/11/2026(四)

Date : October 22, 29, 2026 (Thurs);
November 12, 19, 2026 (Thurs)

時間：下午4:00-下午5:30

Time : 4:00PM-5:30PM

地點：東涌社區會堂 (地下會議室)

Venue : Tung Chung Community Hall (Meeting room)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民 (15歲或以上)

Target : Residents in the service area of this centre
(Aged 15 or above)

聯絡人：加分 (註冊社工)

Contact Person: Kevin (Registered Social Worker)

SG3. 共同綻放：多元文化女士瑜伽療癒時光

Bloom Together: Yoga & Mindful Healing Time for Multicultural Ladies

透過瑜伽，多元文化女性連結內在、提升覺察，安穩情緒並溫柔對待身體。

Through yoga, multicultural women connect inward, build self-awareness, calm emotions, and treat their bodies with kindness.

日期：9, 16, 23, 30/10/2026(五)

Date : October 9, 16, 23, 30, 2026 (Fri)

時間：下午1:45-下午3:00

Time : 1:45PM-3:00PM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue : Yat Tung Estate (Exact location will be provided upon successful registration)

Fee : Free of charge

對象：本中心服務區域之居民，以及有身心健康需要的多元文化婦女（15歲或以上）

Target : Residents in the service area of this centre, and multicultural women with physical and mental health needs (Aged 15 or above)

導師：蔡美旋（RYT-200 國際瑜伽導師認證）

Tutor: Christy (Registered Yoga Teacher 200)

聯絡人：信（註冊社工）

Contact Person: Samuel (Registered Social Worker)

Support Group

支援小組



SG4. 【集合啦！】家居維修義工隊－培訓小組(初階) 【Gather!】 Home Repair Volunteer Team-Training Group (Initial Stage)

親手搞定家居大小事！掌握電鑽、填縫、門鎖及水龍頭維修技能。

Take charge of all your household chores! Master skills in drilling, caulking, door lock and faucet repair.

日期：13, 20, 27/10/2026(二); 3/11/2026(二)

Date : October 13, 20, 27, 2026 (Tue);
November 3, 2026 (Tue)

時間：下午2:30-下午4:00

Time : 2:30PM-4:00PM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue : Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，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（本中心會員，照顧者或男士優先）

Target : Residents in the service area of this centre, and individuals interested in becoming volunteers at our centre are welcome to serve the residents and elderly in the area/estate (Members, caregivers, or men are given priority).

聯絡人：子樺（註冊社工）

Contact Person: King (Registered Social Worker)

*要求：參加者同時會簽署成為本中心的義工，之後完成初中高兩階 共8節的培訓，即可獲得[基礎義工維修證書]晉升維修義工，親身為社區居民和長者上門服務！

*Requirements: Participants will sign up to become volunteers at this center. After completing 8 training sessions at both the beginner and intermediate levels, they will receive a [Basic Volunteer Repair Certificate] and be promoted to a repair volunteer, personally providing door-to-door services to community residents and the elderly!

支援小組
Support Group



SG5. 瑜珈起動 Yoga Go Go Growth

透過進階瑜珈練習，實踐善待身心靈的正向模式，並成為社區義工。

Through more advanced yoga practice, it helps participants further develop healthy exercise habits and, become volunteers within their community.

日期：9, 16, 23, 30/10/2026(五)

Date：Oct 9, 16, 23, 30, 2026 (Fri)

時間：上午11:30-下午12:45

Time：11:30AM-12:45PM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue：Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee：Free of charge

對象：本中心服務區域之居民，及有興趣成為本中心義工人士（15歲或以上）

Target：Residents in the service area of this centre, and people who are interested in becoming volunteers in this centre (Aged 15 or above)

導師：蔡美旋（RYT-200 國際瑜珈導師認證）

Tutor: Christy (Registered Yoga Teacher 200)

聯絡人：甘（註冊社工）

Contact Person: Kam (Registered Social Worker)

Support Group

支援小組

SG6. 「精神健康推廣大使培訓先導計劃」單元活動III及IV 尋向同行：健步行小組A及B組

Pilot Programme on Training for Mental Health Promotion Ambassador
Module Workshop III & IV "Pathfinders: Fitness Walking Group" Group A & B

透過戶外健步行與體驗活動，從日常中訂立目標、
發掘個人專長。

Through fitness walking and interactive experiential learning, this workshop encourages participants to build goal-oriented daily habits and recognize their unique strengths.

日期：26/10/2026(—); 2/11/2026(—)

Date : Oct 26, 2026 (Mon); Nov 2, 2026(Mon)

時間：(A組) 上午9:30-上午11:30

(B組) 下午2:30-下午4:30

Time : (GroupA) 9:30AM-11:30AM

(GroupB) 2:30PM-4:30PM

地點：東涌海濱走廊

Venue : Tung Chung Promenade

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的人士(15歲或以上, 及參與精神健康推廣大使培訓先導計劃的參加者優先)

Target : Residents in the service area of this centre, and individuals with physical and mental health needs (Aged 15 or above, priority given to participants of the Mental Health Ambassador Training Pilot Scheme)

支援小組

Support Group

- 
1. 此為「精神健康推廣大使培訓先導計劃」工作坊單元三及單元四。
 2. A組及B組內容相同，只須參加A組或B組其中一組。
 3. 活動以室內及平路為主。部分節數視乎當日天氣，安排少量短時間戶外健步（大部分時間均在冷氣室內或陰涼處進行）。
 4. 為保障參加者安全，第一節須填寫簡單的「健康申報表」。
 5. 請穿著吸汗輕便的運動裝束及包趾運動鞋，並請自備足夠食水、毛巾及替換衣物。

1. This workshop integrates Module III and Module IV of the Pilot Programme.
2. Group A and Group B cover the same content. Participants only need to join either Group A or Group B.
3. The group will primarily be conducted indoors. Depending on weather conditions, short outdoor fitness walking sessions may be arranged (the majority of the sessions will take place in air-conditioned indoor or shaded areas).
4. To ensure the health condition of all participants, a simple Health Declaration Form must be completed during the first session.
5. Participants are required to wear sportswear and suitable footwear. Please also bring drinking water, a towel, and a change of clothes if needed.

聯絡人：甘（註冊社工）

Contact Person: Kam (Registered Social Worker)

SG7. 「精神健康推廣大使培訓先導計劃」單元活動I及II 健康精神我創造! 小組 A及B組

Pilot Programme on Training for Mental Health Promotion Ambassador
Module Workshop I & II

支援小組
Support Group

透過參加課程讓參加者了解如何打造幸運及健康生活。

This workshop offer guidance to participants regarding how to build up the mental well being.

日期：27/10/2026(二); 3/11/2026(二)

Date：Oct 27, 2026 (Tue); Nov 3, 2026(Tue)

時間：(A組) 上午9:30-上午11:30

(B組) 下午2:30-下午4:30

Time：(GroupA) 9:30AM-11:30AM

(GroupB) 2:30PM-4:30PM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue：Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee：Free of charge

對象：本中心服務區域之居民，及有身心健康需要的人士（15歲或以上，及參與精神健康推廣大使培訓先導計劃的參加者優先）

Target：Residents in the service area of this centre, and individuals with physical and mental health needs (Aged 15 or above, priority given to participants of the Mental Health Ambassador Training Pilot Scheme)

1. 此為「精神健康推廣大使培訓先導計劃」工作坊單元一及單元二。
2. A組及B組內容相同，只須參加A組或B組其中一組。
3. 活動於室內進行。

1. This workshop integrates Module I and Module II of the Pilot Programme.
2. Group A and Group B cover the same content. Participants only need to join either Group A or Group B.
3. The group will primarily be conducted at indoor.

聯絡人：加分（註冊社工）

Contact Person: Kevin (Registered Social Worker)

SG8. 以動治癒：女士瑜珈紓痛小組

Healing Through Movement: Yoga Pain Relieve Group for Ladies

透過運動和身體活動來增進健康，幫助參與者感受身體和情緒狀態。

To improve health through exercise and physical activity, helping participants become more aware of their body sensations and emotional state.

日期：9, 16, 23, 30/10/2026(五)

Date : Oct 9, 16, 23, 30, 2026 (Fri)

時間：上午10:00-上午11:30

Time : 10:00AM-11:30AM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue : Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的婦女（15歲或以上）

Target : Residents in the service area of this centre, and women with mental and physical health needs (Aged 15 or above)

導師：蔡美旋（RYT-200 國際瑜珈導師認證）

Tutor: Christy (Registered Yoga Teacher 200)

聯絡人：彤（註冊社工）

Contact Person: Angela (Registered Social Worker)

PG1. 腦海中的雲霧 - 情緒解構小組

Clearing the Mind's Fog: An Emotion Deconstruction Group

那些正在席捲身心的情緒巨浪，細緻探索後，便開始失去威力撼動你的身心。本小組將結合理論與活動，帶你一步步拆解大腦的情緒密碼。

Those emotional giant waves currently sweeping through your body and mind, once meticulously explored, begin to lose their power to shake your physical and mental well-being. Combining theory and activities, this group will lead you step-by-step to decode the brain's emotional password.

日期：20, 27/10/2026(二); 3, 10/11/2026(二)

Date : Oct 20, 27, 2026 (Tue); Nov 3, 10, 2026(Tue)

時間：下午3:00-下午4:30

Time : 3:00PM-4:30PM

地點：東涌社區會堂 (1/F會議室)

Venue : Tung Chung Municipal Services Building
(1/F, Conference Room)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的婦女 (15歲或以上)

Target : Residents in the service area of this centre,
and women with physical and mental health
needs (Aged 15 or above)

聯絡人：拉 (註冊社工)

Contact Person: Lai (Registered Social Worker)

*小組只用廣東話進行

*Groups will be conducted in Cantonese only

Psycho-educational Group

心理教育小組

PG2. 照顧者鬆一鬆：流體玻璃樽工作坊 Carers Chill-out Station : Flow Painting Workshop

忙碌照顧家人易忽略自己；邀你放下重擔，製作流體顏料玻璃樽。

Busy caring for others can make you forget yourself—so let go of your worries and create a fluid-painted glass bottle.

日期：15/10/2026(四)

Date : Oct 15, 2026 (Thurs)

時間：上午10:00-上午11:30

Time : 10:00AM-11:30AM

地點：逸東邨（詳細地址於成功報名後公佈）

Venue : Yat Tung Estate (Exact location will be provided upon successful registration)

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的婦女（15歲或以上）

Target : Residents in the service area of this centre, and women with physical and mental health needs (Aged 15 or above)

聯絡人：廖姑娘（註冊社工）

Contact Person: Rachael (Registered Social Worker)

PG3. 尋找生活的平衡：身心復元與防跌實務指南

Finding Balance: A Practical Guide to Mental Recovery and Fall Prevention

物理治療師與社工聯手，傳授復元與防跌技巧，守護身心平衡。

Join our Physiotherapist and Social Worker to co-present the mental wellness recovery and practical fall prevention for total mind-body balance.

日期：29/10/2026(四)

Date : Oct 29, 2026 (Thurs)

時間：下午2:30-下午4:00

Time : 2:30PM-4:00PM

地點：東涌社區會堂

Venue : Tung Chung Community Hall

費用：全免

Fee : Free of charge

對象：本中心服務區域之居民，及有身心健康需要的人士（15歲或以上；男士優先）

Target : Residents in the service area of this centre, and individuals with physical and mental health needs (Aged 15 or above males preferred)

講者：姜姑娘（物理治療師）

Speaker: Ginger (Registered Physiotherapist)

聯絡人：馬可（職業治療師）

Contact Person: Marco (Occupational Therapist)

Psycho-educational Programme

心理教育活動

TG1. 同你Art 住小確幸 Grab Our Well-being Through Artwork

透過藝術手作活動, 培養正向情緒和投入感, 建立感恩習慣。

Experience more well-being and gratitude moment through artwork to develop positive engagement and emotion together. Let's share and make artwork to enhance well being.

日期：13, 20, 27/10/2026(二); 10/11/2026(二)

Date : October 13, 20, 27, 2026 (Tue);
November 10, 2026 (Tue)

時間：上午11:30-下午1:00

Time : 11:30AM-1:30PM

地點：東涌社區會堂 (1/F會議室)

Venue : Tung Chung Community Hall (1/F Meeting room)

費用：全免

Fee : Free of charge

對象：本中心會員

Target : Member of this centre

聯絡人：何姑娘 (註冊社工)

Contact Person: Isabel (Registered Social Worker)

(*報名的參加者需先進行電話或面談評估, 合適參加者會個別通知結果)

(Registered participants will process a telephone or face-to-face assesment in advance. Suitable applicants will be notified of the outcome individually)

治療小組

Therapeutic Group

喜匯心聆閣

2026年10月

筆者：註冊社工 甘Sir



不需完美，只需同行

寫在「精神健康月」與精神健康推廣大使培訓先導計劃開展之時

每年踏入10月，正是關注心靈的「精神健康月」。簡單來說，這就像是幫全港市民的心情「做定期保養」，讓市民認識健康的生活方式。適逢今年政府開展為期兩年半的『精神健康推廣大使培訓先導計劃』，本中心亦全力響應推動，期望在離島區凝聚更多關心身心健康的力量。最近有會員好奇問我：「究竟甚麼是精神健康？是否要每天笑口常開、完全無壓力？做大使是否要心靈強大、精通心理學？」

其實過去半年，我們團隊一直在離島區摸索，順道在這片土地與街坊們「打底」交流。精神健康從來不是要人隨時保持正能量，更不是高深莫測的學問；而是當生活遇上風浪時，我們懂得容許自己疲倦、懂得尋求喘息，更懂得彼此扶持。「精神健康推廣大使」不是高高在上的專家，反而更像社區裡的「情緒維修員」，只是想成為大家的暖心隊友——當有人覺得疲倦、想講心事時，身邊總有人願意停低聽聽講講話，陪伴大家一起找回心靈的平衡。

服務剛開展半年，我們或許還沒見證驚天動地的改變，但我看到的，是社區內更多真實而微小的堅持：

- 有會員雖然情緒仍有高低起伏，但是選擇不把自己關在家中，願意踏出家門，去公園散散步，主動跟身邊的人打個招呼；
- 有長者雖然深受困擾，但願意跨越顧忌，在街站停下腳步，跟我們聊聊今天的心情與天氣；
- 更有不少參與活動的會員，在小組中主動向旁人送上問候：「你這個星期心情如何呀？我們願意聽你分享。」

這些看似微不足道的瞬間，正是精神健康最動人的模樣：復元不是要變得完美無瑕，而是在生活、在社區裡找到一個安全、被理解的避風港。

照顧彼此的心靈健康，往往源於生活裏最微小的舉動。只要大家願意聆聽身邊人，願意在社區為鄰里送上一個微笑，一句關心的問候，就已經是個暖心的大使！未來的日子，我們誠邀大家加入本中心舉辦的「精神健康推廣大使培訓先導計劃」，成為支持彼此的神隊友。如果在社區上遇到我們，記得過來打招呼，互相交流一下心靈保養秘笈吧！

Soul Hub

October 2026

Written by Kam, Registered Social Worker



Not About Being Perfect, Just Walking Together

Welcoming Mental Health Month and the Launch of the Pilot Programme on Training for Mental Health Promotion Ambassador

With October being Mental Health Month, it's a wonderful opportunity to care for our emotional health. In short, it serves as a reminder to care for our emotional well-being in daily life. As part of the government's two-and-a-half-year "Pilot Programme on Training for Mental Health Promotion Ambassador," we are fostering mutual support among neighbors and promoting mental well-being across the Islands District.

A member recently asked me, "What is mental health anyway? Does it mean never feeling stressed and being cheerful every day? Do Ambassadors need to have emotional strength and psychological expertise?"

Looking back over our team's past six months in the Islands District, we have been doing the groundwork in the Islands District—connecting with neighbors and learning from the community. Mental health isn't about forced positivity or theory. It's simply about giving ourselves space to feel tired when life gets tough, knowing when to rest, and being there for each other. Mental Health Promotion Ambassadors are not here to act as experts, but as accessible, empathetic peers. When anyone needs a space to be heard, we are here to listen.

Over the past six months, we haven't seen dramatic changes yet, but our daily life in the community is filled with modest, inspiring moments:

- Despite experiencing emotional stress, a member shows the courage to leave home, take a walk in the park, and share a simple greeting with neighbors.
- An elderly resident takes a first step, stopping by our street booth to open up about their feelings and daily life.
- Members acting as peers, warmly asking, 'How have you been feeling this week? We're always here if you'd like to talk.'

These small steps show us the true meaning of mental health recovery. It's not about being perfect, but about feeling safe, supported, and understood in our daily lives and neighborhood.

Caring for our community's well-being starts with the smallest everyday acts. Listening with empathy, sharing a friendly smile or a kind greeting with a neighbor —these simple everyday acts are at the heart of being a true Mental Health Ambassador. In the coming months, we warmly invite you to join our “Pilot Programme on Training for Mental Health Promotion Ambassador” and walk alongside each other in the community. Whenever you see us, come say hello—let's encourage each other and share how we keep our minds healthy!

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：**
由社工進行一對一簡單面談，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、手作坊、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 counselling/ 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 centre – 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.

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1 SQS1

服務資料

CLEAR DESCRIPTION

服務單位確保製備說明資料，清楚陳述其宗旨、目標和提供服務的形式，隨時讓公眾索閱。

The service unit ensures that a clear description of its purpose, objectives, and mode of service delivery is publicly available.

標準2 SQS2

檢討及修訂政策和程序

REVIEW AND UPDATE THE POLICIES AND PROCEDURES

服務單位應檢討及修訂有關服務提供方面的政策和程序。

The service unit should review and update the documented policies and procedures describing how it will approach key service delivery issues.

標準3 SQS3

運作及活動紀錄

SERVICE OPERATIONS AND ACTIVITIES

服務單位存備其服務運作和活動的最新準確記錄。

The service unit maintains accurate and current records of service operations and activities.

標準4 SQS4

職務及責任

ROLES AND RESPONSIBILITIES

所有職員、管理人員、管理委員會和／或理事會或其他決策組織的職務及責任均有清楚的界定。

The roles and responsibilities of all staff, managers, the Management Committee and/or the Board or other decision-making bodies should be clearly defined.

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。

We are recruiting centre volunteers!
Scan the QR code below to join our team.

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
Share your difficulties honestly so that the other party can understand and empathize.
- 接納對方的難處，以行動表示你的諒解
Accept the other person's struggles and demonstrate your understanding through actions.
- 參與對方的社交圈子，增加雙方的了解，建立更多共同話題
Participate in their social activities to enhance mutual understanding and create more common topics of conversation.
- 培養共同的興趣，以促進感情及紓緩雙方所承受的壓力
Develop common hobbies to strengthen your relationship and alleviate the stress both parties may be experiencing.
- 多包容，忍耐；少批評，抱怨
Be more forgiving and less critical or complaining.
- 學會欣賞，稱讚，避免只會要求
Focus on expressing gratitude and praise rather than just making demands.
- 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
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.
- 心有疑問適宜坦誠溝通，方可減少誤會疑慮
Address any doubts or questions openly to reduce misunderstandings and concerns.
- 百忙中也要緊記安排一家人同樂，不要冷落最親的家人
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: Opening Hours:

* . ☺ = 開放
Open

開放時間 Opening Hours	一 Mon	二 Tue	三 Wed	四 Thurs	五 Fri	六 Sat	日/ 公眾假期 Sun/ PH
09:30-13:30	☺	☺		☺	☺	☺	
13:30-17:30	☺	☺	☺	☺	☺	☺	
17:30-21:30			☺				

*PH = Public Holiday

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

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.

惡劣天氣下的活動安排: Adverse Weather Notice:

✓ 如常開放
Open

✗ 取消/ 關閉
Cancel/ Closed

☎ 請致電查詢
Please call for enquiry

當時天氣 Weather	雷暴 Thunderstorm	T1 一號風球	L3 三號風球	▲8 八號風球	☁ Amber 黃	☄ Red 紅	☁ Black 黑
室內活動 Indoor Activity	✓	✓	✓	✗	✓	✗☎	✗☎
戶外活動 Outdoor Activity	☎	☎	✗	✗	✗	✗	✗
中心開放 Centre Open	✓	✓	✓	✗	✓	✓☎	✗☎



- 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；
- 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。

- 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.



十月人手變動

Staffing Changes in October

— 離職 Staff Departure —

行政主任 Administrative Officer

張小姐 Carmen Cheung



— 新同事到職 New Staff Member Joined —

全職 Full-time

行政主任
Administrative
Officer

黃小姐 Ashley Wong

行政助理
Administrative
Assistant

黎小姐 Yilin Li



兼職 Part-time

社會工作者 Social Worker

魏先生 Desmond Ngai, 余先生 Patrick Yu



本月活動

October

星期一
MON

星期二
TUE

星期三
WED

5

I1

6

7

I4

12

I1

13

SG4

TG1

14

I4

19

20

SG4

PG1

TG1

21

I4

26

I1

I3

SG6

27

SG4

SG7

PG1

TG1

28

P1

P2

I4

I1. 秋季大自然之旅
Autumn Nature Retreat

I2. 足球球員招募日
Football Team Recruitment Day

P1. 跨文化全人關懷站
Multicultural Care Station

P2. 男士電量Check
Men's Battery Check

P3. 喜匯有里
Community Connection Events

I1. 你想煮意·靜心相連
Bake Cook & Connect

I2. 悠閒空間 (魔力橋)
Leisure Space (Rummikub)

I3. 花茶研究室
Floral Tea Laboratory

I4. 毛絨條花束工作坊
Fuzzy Stick Bouquet Workshop

SG1. 義工系列—藝·遊人生
Volunteer Series: Art, Game Life

SG2. 心靈好聲音 (十月)
Soulful Voice (Oct)

SG3. 多元文化女士瑜伽班
Yoga Time for Multicultural Ladies

SG4. 家居維修義工隊
Home Repair Volunteer Team

SG5. 瑜珈起動
Yoga Go Go Growth

SG6. 健步行小組 A及B組
Fitness Walking Group A & B

2026

星期四
THURS

星期五
FRI

星期六
SAT

星期日
SUN

1 國慶日

2

3

4 (特別開放時段)
(Additional Session)

8

SG1

9

SG3

SG5

SG8

10

L1

11

15

SG1

PG2

16

SG3

SG5

SG8

17

18

22

SG1

SG2

23

P3

I2

SG3

SG5

SG8

24

L2

25

29

SG1

SG2

PG3

30

I2

SG3

SG5

SG8

31

SG7. 健康精神我創造! A及B組
Creation of Mental Health Group A & B

SG8. 女士瑜珈紓痛小組
Yoga Pain Relief Group for Ladies

PG1. 情緒解構小組
An Emotion Deconstruction Group

PG2. 身心復元與防跌實務指南
Practical Guide to Mental Recovery
and Fall Prevention

PG3. 流體玻璃樽工作坊
Flow Painting Workshop

TG1. 同你Art 住小確幸
Grab Our Well-being Through Artwork

10月的特別假日開放日為：
Additional session of October:



wellnessislands



喜匯離島
Wellness Islands



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