聖雅各福群會 St. James' Settlement

喜匯離島 Wellness Islands

政府資助計劃 Government-funded programme

社會福利署資助服務 Subsidised Services by the Social Welfare Department

5931 8691 (一般查詢)
9519 6863 (活動查詢及報名)

喜匯離島
Wellness Islands

11月份通訊
November'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 delicated 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 sipport 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 sevices 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訊;
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 FamilyMember ☐ 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~

掃描二維碼報名11月份活動
Scan QR code to register for Nov's activities



社會福利署資助服務
Subsidised Service by the Social Welfare Department

政府資助計劃
Government-funded programme

離島區精神健康綜合社區中心

精神健康推廣大使培訓先導計劃

推廣健康生活方式 | 培養抗逆力 | 構建關懷同行支援網絡

培訓架構

專題工作坊（20小時）

實踐活動（20小時）

推廣精神健康服務（10小時）

培訓開展日期
2026年11月10日



2026-2027 主題

培養正向思維
打造活力社群

誠邀你報名加入
喜匯離島
精神健康
推廣大使團隊

5931 8691
社工甘先生/李先生

精神健康推廣大使培訓先導計劃合辦機構

浸信會愛羣社會服務處 BAPTIST OI KWAN SOCIAL SERVICE
香港明愛 Caritas HONG KONG
基督教家庭服務中心 Christian Family Service Centre
扶康會 Fu Hong Society
香港聖公會福利協會有限公司 HONG KONG SHENG KUNG HUI WELFARE COUNCIL LIMITED
香港心理衞生會 The Mental Health Association of Hong Kong
New Life Psychiatric Rehabilitation Association 新生精神康復會
利民會 Richmond Fellowship of Hong Kong
善導會 SideBySide
聖雅各福群會 St. James' Settlement
Stewards 香港神託會
東華三院 Tung Wah Group of Hospitals

P1. 「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：18/11, 2/12/2026(三)

Date：November 18, 2026 (Wed); December 2, 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)



P2. 運動快閃工作坊
Fit and Flash Wellness Workshop

提供簡單輕量的運動放鬆動作，並發放健康資訊及小遊戲，建立健康生活習慣。

To foster healthy lifestyle habits among participants by providing relaxation exercises, health information, and mini games.

日期：19/11/2026(四)

Date：November 19, 2026 (Thurs)

時間：下午3:30–下午5:30

Time：3:30PM–5:30PM

地點：迎東邨籃球場 / 翔東邨羅馬廣場

Venue：Ying Tung Basketball Court /Cheung Tung Road Station

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（年滿15歲或以上）

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

聯絡人：甘（註冊社工）

Contact Person：Kam (Registered Social Worker)

活動 Programmes

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：13/11/2026(五)

Date：November 13, 2026 (Fri)

時間：下午2:30–下午5:00

Time：2:30PM–5:00PM

地點：翔東邨羅馬廣場

Venue：Cheung Tung Road Station

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（年滿15歲或以上）

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)

Programmes 活動

連繫活動 Linkage Activities

L1. 身動心聲
Moving Beyond Words

活動結合多元文化舞蹈與Hip Hop街舞，讓不同族群女士透過肢體律動釋放壓力和表達情感。

Combining multicultural and street dance, this event empowers women from diverse cultures to release stress and express emotions through movement.

日期：18/11, 25/11, 2/12, 9/12/2026(三)

Date：Nov 18, 25, 2026 (Wed); Dec 2, 9, 2026 (Wed)

時間：下午3:30–下午5:30

Time：3:30PM–5:30PM

地點：鄰舍輔導會 少數族裔支援服務中心

Venue：NAAC TOUCH Sub-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（年滿15歲或以上，多元文化女士優先）

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

導師：WESTDANZ DANCE STUDIO 街舞導師

Tutor：WESTDANZ DANCE STUDIO Street Dance Tutor

聯絡人：馬霞（項目主任）

Contact Person：Maha (Project Officer)

*此活動與鄰舍輔導會少數族裔支援服務中心合辦

*This event is co-organized with NAAC TOUCH Sub-Centre

L2. 「身心社靈」跨文化全人關懷站 (11月)
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 Date	6/11 (五 Fri)	11/11 (三 Wed)	20/11 (五 Fri)	25/11 (三 Wed)
時間 Time	3:00PM 至 6:00PM TO	6:00PM 至 9:00PM TO	3:00PM 至 6:00PM TO	6:00PM 至 9:00PM TO
地點 Venue	裕東苑 Yu Tung Court Road Station	富東廣場 Fu Tung Plaza	翔東邨羅馬廣場 Cheung Tung Road Station	富東迴轉處 Tung Chung MTR Station

費用：全免

Fee：Free of charge

對象：本中心服務區域之居民 (年滿15歲或上以)

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)

*此活動與鄰舍輔導會少數族裔支援服務中心合辦

*This event is co-organized with NAAC TOUCH Sub-Centre



連繫活動 Linkage Activities

L3. 「喜匯多元・躍動共融」嘉年華
"Joyful Diversity, Dynamic Integration" Carnival

嘉年華透過瑜伽、特色手作、表演及服務攤位，推廣運動減壓與跨文化共融。

The carnival promotes stress relief and cross-cultural inclusion through yoga, cultural crafts, performances, and service booths.

日期：14/11/2026(六)

Date：November 14, 2026 (Sat)

時間：下午2:00-下午7:00

Time：2:00PM-7:00PM

地點：東涌東海濱長廊

Venue：Tung Chung East 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（年滿15歲或以上）

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

聯絡人：信（註冊社工）

Contact Person：Samuel (Registered Social Worker)

*此活動與鄰舍輔導會少數族裔支援服務中心合辦

*This event is co-organized with NAAC TOUCH Sub-Centre



精神健康齊關注 Care for Mental Health

2026精神健康月籌備委員會 主辦

勞工及福利局 贊助

政府資助計劃 Government-funded programme

聖雅各福群會 St. James' Settlement

喜匯離島 Wellness Islands

2026精神健康月「躍動心靈」
「智Fit精神健康計劃2026」『區區「心」導遊』
身心靈健康地區推廣活動

喜匯多元・躍動共融
嘉年華

透過瑜伽、特色手作、表演及服務攤位，
推廣運動減壓與跨文化共融，攜手建立關懷社區。



瑜伽



表演



特色手作及身體彩繪





服務攤位

掃描二維碼報名

合辦：

鄰舍輔導會少數族裔支援服務中心 The Neighbourhood Advice-Action Council TOUCH-Support Service Centre for Ethnic Minorities

鄰舍輔導會融方少數族裔外展服務隊 The Neighbourhood Advice-Action Council B Square Outreaching Team for Ethnic Minorities

離島區T04
東涌南關愛隊

精神健康齊關注
Care for Mental Health
Organized by
Care for Mental Health
Sponsored by
Labour and Welfare Bureau
政府資助計劃
Government-funded programme

聖雅各福群會
St. James' Settlement
喜匯離島
Wellness Islands

2026 Mental Health Month "Move for Mind"
Smart Fit Mental Health Program 2026

Joyful Diversity, Dynamic Integration Carnival

Promotes stress relief through exercise and cross-cultural inclusion via yoga, crafts, performances, and service booths, building a caring community.



Scan QR code to register

Co-organized by:
鄰舍輔導會少數族裔支援服務中心
The Neighbourhood Advice-Action Council
TOUCH-Support Service Centre for Ethnic Minorities
鄰舍輔導會融方少數族裔外展服務隊
The Neighbourhood Advice-Action Council
B Square Outreaching Team for Ethnic Minorities
離島區T04
東涌南關愛隊

11. 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：20/11, 27/11, 4/12, 11/12/2026 (五)

Date：November 20, 27, 2026(Fri)
December 4, 11, 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 Center)

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 (Males preferred)

聯絡人：婷 (項目主任)

Contact Person：Ting (Project Officer)



興趣班組 Interest Class

12. 心靈好聲音之唱昇華
Soulful Voices – Elevate Your Singing

由專業歌唱導師教授歌唱技巧，提升組員對歌唱表演技巧，加強自信。

Taught by a professional vocal coach, this workshop covers singing techniques to enhance members' performance skills and boost self-confidence.

日期：12/11, 19/11, 26/11, 3/12/2026 (四)

Date：November 12, 19, 26, 2026(Thurs)
December 3, 2026(Thurs)

時間：下午4:00–下午5:30

Time：4:00PM–5:30PM

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 (Males preferred)

聯絡人：加分 (註冊社工)

Contact Person：Kevin (Registered Social Worker)

*此活動與敢唱音樂學院合辦

*This event is co-organized with DareToSing Academy



興趣班組 Interest Class

13. 園創坊
Horticultural Creativity Workshop

園藝活動以植物為媒介，促進人與自然連結，透過照顧植物提升身心健康及社交能力。

Horticultural activities use plants and plant-based tasks as a medium to help participants connect and interact with nature. Through these activities, participants are encouraged to focus on the present moment. By caring for plants, they can gain benefits in physical, psychological, cognitive, and social well-being.

日期：22/10, 29/10, 5/11, 12/11/2026 (四)

Date：October 22, 29, 2026(Thurs)
November 5, 12, 2026(Thurs)

時間：上午10:30-中午12:00

Time：10:30AM-12:00NN

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：本中心服務範圍之女性居民及有身心健康需要的女士 (年滿15歲或以上及照顧者優先)

Target：Female residents within the service area of our centre, and ladies with physical and mental health needs (Aged 15 or above & Carers preferred)

聯絡人：廖姑娘 (註冊社工及註冊園藝治療師)

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

支援小組 Support Group

SG1.【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：17/11, 24/11, 1/12, 8/12/2026 (二)

Date：Nov 17, 24, 2026 (Tue); Dec 1, 8, 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 (Centre members, caregivers, or men are given priority)

聯絡人：子樺 (註冊社工)

Contact Person: King (Registered Social Worker)

*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[基礎義工維修証書]晉升維修義工，親身為社區居民和長者上門服務！

*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!

SG2.「足」動心靈:男士同行綠茵小組
Goals for the Soul: Men's Fellowship Football Group

結合足球訓練與賽後輕鬆傾談，除揮灑汗水舒解壓力，建立默契互相支持。

Combining soccer training with relaxed post-game conversations allows participants to relieve stress through physical activity while building rapport and mutual support.

日期：11/11, 18/11, 25/11, 2/12/2026(三)

Date：November 11, 18, 25, 2026 (Wed)
December 2, 2026 (Wed)

時間：下午5:30-下午7:30

Time：5:30PM-7:30PM

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
（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

支援小組 Support Group

SG3. 「足」動青春：少年綠茵同行小組
Striking Forward: Youth Football & Resilience Group

以足球為媒介釋放學業壓力，透過球場互動建立同儕支持，重拾身心活力。

Lace up and team up! Release daily pressure through the game, ignite your inner confidence, and build lasting strength alongside supportive peers.

日期：13/11, 20/11, 27/11, 4/12/2026(五)

Date：November 13, 20, 27, 2026 (Fri)
December 4, 2026 (Fri)

時間：下午4:30–下午6:30

Time：4:30PM–6:30PM

地點：坪洲場地（詳細地址於成功報名後公佈）

Venue：Venue in Peng Chau (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、中心會員及小家屬（歡迎足球愛好者）

Target：Residents, centre members and children in the service area (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



SG4. 流心一刻 Pause and Flow

停一停、啲一啲。 透過酒精墨水嘅流動色彩，享受一段輕鬆的時間。

Life can sometimes feel busy and tiring. Let's take a pause and have a little breather together.
Through the flowing colours of alcohol ink, relax your mind, and enjoy a peaceful moment.

日期：4/11, 11/11, 18/11, 25/11/2026(三)

Date：November 4, 11, 18, 25, 2026 (Wed)

時間：下午4:00–下午5:30

Time：4:00PM–5:30PM

地點：喜匯離島流動車 (富東邨停泊)

Venue：Wellness Islands Mobile Van
(Parks at Fu 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(家長及其18歲以下子女優先)

Target：Residents in the service area of this centrem and individuals with physical and mental health needs (Parents and their children under 18 is preferred)

聯絡人：晴 (註冊社工)

Contact Person: Clare (Registered Social Worker)

Support Group 支援小組

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：6/11, 13/11, 20/11, 27/11/2026(五)

Date：November 6, 13, 20, 27, 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 (年滿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 國際瑜伽導師認證)

Tutor: Christy (Registered Yoga Teacher 200)

聯絡人：馬霞 (項目主任)

Contact Person: Maha (Project Officer)

*為鼓勵善用社區資源，參加者如缺席達兩節或以上，將暫停下一個月份瑜珈活動之抽籤資格一次

*To ensure the use of community resources, any participant missing two or more sessions will be ineligible for the next month of Yoga enrollment draw

SG6. 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：6/11, 13/11, 20/11, 27/11/2026(五)

Date：November 6, 13, 20, 27, 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 國際瑜伽導師認證)

Tutor: Christy (Registered Yoga Teacher 200)

聯絡人：彤 (註冊社工)

Contact Person: Angela (Registered Social Worker)

*為鼓勵善用社區資源，參加者如缺席達兩節或以上，將暫停下一個月份瑜珈活動之抽籤資格一次

*To ensure the use of community resources, any participant missing two or more sessions will be ineligible for the next month of Yoga enrollment draw.

支援小組 Support Group

SG7. 共同綻放: 多元文化女士瑜伽療癒時光
Bloom Together: Yoga & Mindful Healing Time for Multicural 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：6/11, 13/11, 20/11, 27/11/2026(五)

Date：November 6, 13, 20, 27, 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)

*為鼓勵善用社區資源，參加者如缺席達兩節或以上，將暫停下一個月份瑜珈活動之抽籤資格一次

*To ensure the use of community resources, any participant missing two or more sessions will be ineligible for the next month of Yoga enrollment draw.



SG8. 「社區神隊友」:義工再實戰小組
"Community Supporter": Volunteer Training & Practice Group Again

加入義工讓心靈放假！齊做手作、學陪伴，關照自己與他人。

We invite everyone to join our center's volunteer team and give your mind a relaxing break! Participants will learn to care for themselves and others through DIY crafts, relaxed discussions, and companion skills.

日期：5/11, 12/11, 19/11, 26/11/2026(四)
Date：November 5, 12, 19, 26, 2026 (Thurs)
時間：下午2:30–下午4:00
Time：2:30PM–4:00PM
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，及有興趣成為本中心義工人士 (年滿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)

CG1. 整全情緒調節工作坊
Transdiagnostic Emotion Regulation Workshop

臨床小組 Clinical Group

你被情緒主導了人生嗎？

面對巨大壓力、突侵的焦慮或持續情緒低落，你的第一個反應是什麼？你會因害怕犯錯而迴避、因擔心出錯而重複檢查，或因心情低落而減少社交？

本工作坊旨在與你一起識別「情緒主導行為」的盲點。透過實證認知行為技巧，我們將逐步打破舊有習慣，重新找回內心的自在與彈性。

Is Your Life Being Run by Your Emotions?

When faced with overwhelming stress, sudden spikes of anxiety, or a lingering low mood, what is your very first reaction?

Do you choose to escape out of fear of making mistakes, repeatedly check things for uncontrolable worry, or withdraw socially due to a low mood?

This workshop is designed to help you identify the hidden blind spots of "Emotion-Driven Behaviors." Through evidence-based cognitive behavioral strategies, we will break down old habits step-by-step, helping you rediscover your inner peace and psychological flexibility.

截止報名： 2026年11月10日
(如尚有名額，仍可於截止報名日期後報名)

Enrollment Deadline: Nov 11, 2026 (Late enrollment is subject to availability)

*小組提供5-16歲托兒服務

*Childcare services for children aged 5 – 16 are available during the group sessions.

臨床小組 Clinical Group

日期：17/11, 24/11, 1/12, 8/12, 15/12, 29/12/2026; 12/1, 26/1/2027

Date：November 17, 24, 2026; December 1, 8, 15, 29, 2026; January 12, 26, 2027

時間：下午3:00–下午5:00

Time：3:00PM – 5:00PM

地點：逸東邨（詳細地址將另行通知）

Venue：Yat Tung Estate (Full address to be advised)

費用：全免

Fee：Free of charge

【服務對象】

1. 18 至 64 歲 並居住在本中心服務範圍
2. 確診患有焦慮症、抑鬱症或懷疑有其他精神健康困擾
3. 須經本中心臨床心理學家評估
4. 能以廣東話溝通，並能閱讀及書寫中文
5. 目前未有同時接受其他心理治療或輔導

Eligibility Criteria

1. Aged 18 to 64, residing within our center's service area
2. Diagnosed with anxiety disorders or depressive disorders, or suspected of experiencing other mental health difficulties
3. Subject to an assessment by our center's Clinical Psychologist
4. Able to communicate in Cantonese, and able to read and write Chinese
5. Not concurrently receiving other psychotherapy or counseling services

負責人：黃珮詩（臨床心理學家）、信（註冊社工）

Person-in-charge: Jade Wong (Clinical Psychologist), Samuel (Registered Social Worker)

聯絡人：雪（心理健康主任）

Contact Person: Tiffany (Wellbeing Practitioner)

同你Art 住小確幸 2.0

TG1. 同你Art 住小確幸2.0
Grab our Well-being 2.0

治療小組 Therapeutic Group

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.

日期：26/11, 10/12, 17/12, 24/12/2026 (四)
Date：November 26, 2026 (Thurs);
December 10, 17, 24, 2026 (Tue)
時間：下午2:00-下午4:00
Time：2:00PM-4:00PM
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 (60歲以上會員優先)
Target：Members (Aged 60 above preferred)
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
*All applicants are required to complete a questionnaire screening. Successful participants will be informed individually

GRAB OUR WELL-BEING THROUGH ARTWORK

治療小組
Theraputic Group

TG2.「擁抱內在色彩」藝術小組
"Embracing Our Inner Colours" Art Group

透過和諧粉彩、拼貼畫等創作，表達並釋放情緒，重新接納並找到自我價值。

Through creations such as pastel nagomi art and collage, express and release emotions. Rediscover your own value.

日期：26/11, 3/12, 10/12, 17/12/2026 (四)

Date：November 26, 2026 (Thurs);
December 3, 10, 17, 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：本中心服務區域有身心健康需要之兒童照顧者

Target：Child Carers in the service area with physical and mental health needs

聯絡人：彤 (註冊社工)

Contact Person: Angela (Registered Social Worker)

治療小組 Therapeutic Group

TG3. 動靜好心情
Motion & Emotion

透過運動、健步、伸展等放鬆活動, 培養正向情緒, 加強幸福感, 放鬆心情。

Fostering positive emotions and enhancing well-being through relaxation interventions, including physical exercise, fitness walking, and stretching.

日期：9/11, 16/11, 23/11, 7/12/2026 (一)

Date：Nov 9, 16, 23, 2026(Mon); Dec 7, 2026 (Mon)

時間：上午10:30-中午12:00

Time：10:30AM-12:00NN

地點：東涌社區會堂會議室、東涌戶外地方

Venue：Tung Chung Municipal Services Building Conference Room, Outdoor venue at Tung Chung

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(照顧者優先)

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

聯絡人：甘 (註冊社工)

Contact Person: Kam (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

*All applicants are required to complete a questionnaire screening. Successful participants will be informed individually

TG4. 童心齊躍：跨文化身心活力小組
Boundless Bounds: Cross-Cultural Youth Exercise Group

運動小組助跨文化兒童及青少年舒緩壓力，建立身心平衡與心理韌性。

Sports group for cross-cultural youth to relieve stress and build resilience.

日期：8/11, 29/11, 6/12, 20/12/2026 (日)

Date：Nov 8, 29, 2026 (Sun); Dec 6, 20, 2026 (Sun)

時間：下午5:00–下午7:00

Time：5:00PM – 7:00PM

地點：坪洲體育館

Venue：Peng Chau Sports Centre

費用：全免

Fee：Free of charge

對象：本中心會員之18歲以下子女

Target：Children under 18 of centre's members

聯絡人：信 (註冊社工)

Contact Person: Samuel (Registered Social Worker)

Therapeutic Group 治療小組



治療小組 Therapeutic Group

TG5. 調香故事館
Aromatherapy Story House

想在繁忙生活中停下腳步，探索屬於自己的生命故事嗎？邀請你走進「調香故事館」，透過氣味連結自我，展開一場深度的自我探索之旅。小組中你將親手調配出一支專屬個人生命香水，掌握獨一無二的生命配方！

Looking to pause amidst the hustle and bustle of life to explore your unique life story?We invite you to step into the "Aromatherapy Story House," connect with your inner self through scents, and embark on a deep journey of self-discovery.In this group, you will handcraft your very own signature life perfume and master your one-of-a-kind life formula!

日期：17/11, 24/11, 1/12, 8/12, 15/12, 29/12/2026(二)

Date：November 17, 24, 2026 (Tue);
December 1, 8 , 15, 29, 2026 (Tue)

時間：上午10:30-下午12:30

Time：10:30AM - 12:30PM

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，及有身心健康需要的婦女（年滿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：劉姑娘（實習社工）

Contact Person: Angel Lau (Placement Social Worker)

TG6. 「鬆容不迫」 – 養生療癒小組
Finding Serenity – Wellness and Therapeutic Group

受痛症或壓力困擾？結合八段錦、花茶及接納與承諾治療，陪您鬆開緊繃，找回生活自在。
Burdened by pain or stress? By integrating the practice of Baduanjin Qigong, floral tea tasting, and Acceptance and Commitment Therapy (ACT), this group is here to support you in regaining inner peace and reclaiming a balanced life.

日期：18/11, 25/11, 2/12, 9/12, 16/12, 23/12/2026 (三)

Date：November 18, 25, 2026 (Wed);
December 2, 9, 16, 23, 2026 (Wed)

時間：下午2:00–下午3:30

Time：2:00PM – 3:30PM

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，及有身心健康需要的人士（受長期痛症，焦慮或情緒壓力困擾人士優先）

Target：Residents in the service area of this centre, and individuals with physical and mental health needs (Priority will be given to those experiencing chronic pain, anxiety, or emotional stress)

聯絡人：陳先生（實習社工）

Contact Person: Mr. Chan (Placement Social Worker)

治療小組 Therapeutic Group

心理教育小組
Psycho-educational Group

PG1. 照顧者鬆一鬆：「心流」 體驗工作坊
Experiencing Flow Workshop

會否想在繁忙的生活中停下來喘息一下？此活動透過「心流」體驗，讓你可在專注地做藝術創作，從而達至欣然自樂的「忘我」境界。

A flow state is a mental state of deep, effortless focus and complete absorption in the artwork, Let's get into the flow and have a happy and fulfilling life.

日期：24/11/2026(二)

Date：November 24, 2026 (Tue)

時間：上午10:30-下午12:30

Time：10:30AM-12:30PM

地點：東涌市政大樓 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人士（照顧者優先）

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

聯絡人：何姑娘（註冊社工）

Contact Person: Isabel (Registered Social Worker)

PG2. 靜心呼吸暨伸展運動工作坊
Mindful Breathing and Stretching Workshop

結合深呼吸與柔和伸展，釋放日常壓力，舒緩身心並恢復體力。

Combine deep breathing with gentle stretching to release daily stress, soothe your body and mind, and restore your energy.

日期：19/11/2026(四)

Date：November 19, 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（照顧者優先）

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

聯絡人：馬高（註冊職業治療師）

Contact Person: Marco (Occupational Therapist)

*此活動與伸心舒展社企合辦

*This event is co-organized with Love Stretch Social Enterprise



心理教育小組 Psycho-educational Group

PG3. 精神健康急救證書課程（標準版）
Mental Health First Aid Certificate (Standard Edition)

學習專業支援前如何協助受困親友，推廣精神健康。

The course aims to promote mental health education, enabling the general public to learn how to provide appropriate support to individuals experiencing mental distress or crises before they receive professional support.

日期：27/11, 4/12, 11/12/2026 (五)

Date：Nov 27, 2026 (Fri); Dec 4, 11, 2026 (Fri)

時間：上午10:00–下午3:00

Time：10:00AM–3:00PM（總課堂時數 12小時）

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，及有身心健康需要的人士（照顧者優先）

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

導師：蘇先生（註冊社工及精神健康急救導師）

Tutor：Eric So (Registered Social Worker & Mental Health First Aid Instructor)

聯絡人：馬高（註冊職業治療師）

Contact Person: Marco (Occupational Therapist)

*每位參加者可獲精神健康急救手冊（標準版）
*出席率100%參加者可獲發精神健康急救課程（標準版）證書，證書自簽發日期起三年內有效。
*Each participant will receive a Mental Health First Aid Manual (Standard Edition)
*Participants with 100% attendance will receive a Mental Health First Aid Course (Standard Edition) Certificate, which is valid for three years from the date of issue

心理教育小組
Psycho-educational Group

PG4. 周五童心充電站
Friday Kid's Recharge Station

結合知識學習、藝術創作和遊戲的小組，學習保持輕鬆心情。

This event combines knowledge learning, interactive games, DIY crafts, and tea refreshments. It allows participants to keep well being. (Cantonese Only)

日期：6/11, 13/11, 20/11, 27/11/2026 (五)
4/12, 11/12, 18/12/2026 (五)

Date：November 6, 13, 20, 27, 2026 (Fri)
December 4, 11, 18, 2026 (Fri)

時間：下午4:00-下午5:00

Time：4:00PM-5:00PM

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：本中心會員之18 歲以下子女

Target：Children under 18 of centre's members

聯絡人：拉姑 (註冊社工)

Contact Person: Lai (Registered Social Worker)

1. 活動內容包含學習情緒知識、遊戲或舒緩情緒的藝術創作
Activity content includes learning about emotions, interactive games, or relaxing artistic creations
2. 每節活動備有茶點
Refreshments will be provided in every session
3. 兒童參加者出席6次或以上，將會得到「爆旋陀螺」一個或「扮靚工具」一份
Child participants with 6 or more attendances will receive a "Beyblade" or a "Dress-up Set"
4. 登記成為「小家屬服務」的家庭，將得到湯包一份
Families registered for the "Wellness Islands Children" Project will receive a soup pack.

心理教育小組
Psycho-educational Group

PG5. 禪在我心
Finding Innerpeace Through Zentangle

透過禪繞畫，在煩擾的日常中靜下心來，感受自在和療癒的時刻。

Through Zentangle, find peace among the chaos of daily life and enjoy the free and healing moments.

日期：19/11/2026(四)

Date：November 19, 2026 (Thurs)

時間：上午10:30-中午12:00

Time：10:30AM-12:00NN

地點：東涌市政大樓 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人士(年滿15或以上，照顧者優先)

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

聯絡人：彤 (註冊社工)

Contact Person: Angela (Registered Social Worker)

喜匯心聆閣

2026年 11 月

筆者: 註冊社工 番茄

今天的您看見了甚麼？

一直以來，我們中心的流動車穿梭於東涌的不同角落，致力為街坊提供服務。我們在不同的生活社區擺設街站，不僅準備了各式各樣的手工藝工作坊讓大家放鬆身心，更希望藉此機會讓街坊了解中心的服務，學習如何提升身心健康，達致助己助人。這架流動車不固定停留在單一地點，而是選擇以流動的方式出現在不同的社區角落，就像一名熟悉的老街坊，默默陪伴著大家。這份默默的陪伴，拉近了我們與社區的距離。當中有街坊與我們分享，在多次接觸流動車的服務後，他們漸漸建立起表達內心感受的信心。而每逢放學時間，路過的學生們也總會充滿好奇地探頭，看看今天又有什麼有趣的活動可以參與。

每次流動車擺放街站時，總是一幅充滿生活氣息的社區風景畫。在街站旁，除了有願意稍微放慢腳步、停下來參與活動的街坊外，我們亦觀察到有不少行色匆匆、趕著上班上學的東涌街坊。看著他們急促的步伐，我不禁反思都市人的生活節奏。在忙碌與奔波之中，我們似乎漸漸失去了對周遭事物的感知，忘記了讓自己喘息的空間。

這架穿梭社區的流動車，其實也是「心靈流動」的一個比喻。人類天生就是敏銳的「變化的覺察器」，但很多時候，我們總是容易被生活中負面的改變所吸引，緊抓著煩惱不放，難以用一種流動、開放的角度去觀看事物。當心靈缺乏流動性，情緒便會陷入僵局。但其實，這種專注於負面的觀看角度只是一種習慣；既然是習慣，我們就可以透過每日日常生活中的微小事物去重新練習。

要打破這種習慣，練習的第一步就是重新張開雙眼，帶著好奇心去觀察。試想想，同一個社區、同一個公園、甚至同一條街道，每天經過時到底有什麼變化？或許我們都曾對東涌的日常習以為常，但當嘗試放慢腳步，放眼街道上的景色時，才發覺原來這裡總被綠油油的植物溫柔地包圍著。每次慢慢走在街道上，總會為那份整潔感到放鬆，直到某天看見清潔工的背影，才突然有一種小小的驚覺：這份舒適並非理所當然，而是因為總有清潔工默默在背後把街道掃得一乾二淨。當我們的心靈開始流動，視角不再僵化，便能看見這些隱藏在日常中的微小美好與他人的默默付出，在生活的每一步都能發現別人的痕跡。

除了用眼睛看，我們也可以打開身體的感官去體會當下。近日秋風起，當你走過街道時，有感受到涼風嗎？有感受到日間太陽的溫度嗎？大自然的變化時刻都在發生，只要願意稍微放慢腳步，就能讓心靈重新充滿彈性。

生活中的美好一直都在，等待著我們去發掘。當我們學會讓心靈如流動車般保持流動，便能隨時轉換視角。

「你的雙眼想看到甚麼？雙眼從一個窗口看出去，是看到滿天的星辰，還是地上的泥濘，選擇權完全在自己。我選擇看什麼，我的世界裡就有甚麼。」

Soul Hub

November 2026

Written by Tomato, Registered Social Worker

What Did You See Today?

Our centre's mobile van constantly shuttles through Tung Chung, offering handicraft workshops and mental health support. Acting like a familiar neighbor, it sets up street booths across different communities. This companionship has helped residents build confidence to express themselves, while curious students often peek in after school.

At these booths, we see both engaged residents and those rushing by. Watching this hurried pace of urban life, I realize how easily we lose perception of our surroundings and forget to give ourselves space to breathe.

Our mobile van is a metaphor for "mental fluidity." We are naturally sensitive "change detectors," yet we often fixate on life's negative aspects, causing our emotions to stagnate. However, this negativity is merely a habit we can break by observing the tiny details in our daily lives.

The first step is to open your eyes with curiosity. Have you noticed the lush green plants gently surrounding Tung Chung? We often take our clean streets for granted, until we spot a cleaner working silently and realize this comfort stems from their unseen efforts. When our minds flow freely, we can appreciate these subtle beauties and the silent contributions of others.

We can also open our bodily senses. As autumn arrives, do you feel the cool breeze or the warmth of the sun? Slowing down slightly allows our minds to regain flexibility.

The beauty of life is always waiting to be discovered. "What do your eyes want to see? Looking out from a window, whether you see a sky full of stars or the mud on the ground, the choice is entirely up to you."

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 Assesment:**
  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 recieve:
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
- **Distrct:**
  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 recieve 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 Monitaring 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 recieving LSG and other welfare subvention is assessed based on the Funding and Service Agreements (FSAs) drawn up for each of the subvented services and evaluaed against a set of well-defined Service Quality Standards (SQSs).

標準5 SQS5 ---

人力資源
HUMAN RESOURCES

服務單位／機構應實施有效的職員招聘、簽訂職員合約、發展、訓練、評估、調派及紀律處分守則。

The service unit/agency implements effective staff recruitment, contracting, development, training, assessment, deployment, and disciplinary practices.

標準 6 SQS 6 ---

計劃、評估及收集意見
PLANNING, REVIEW AND EVALUATION

服務單位定期計劃、檢討及評估本身的表現，並制定有效的機制，讓服務使用者、職員及其他關注人士就服務單位的表現提出意見。

The service unit regularly plans, reviews and evaluates its own performance, and has an effective mechanism by which service users, staff, and other interested parties can provide feedback on its performance.

標準 7 SQS 7 ---

財政管理
FINANCIAL MANAGEMENT

服務單位實施政策及程序以確保有效的財政管理。

The service unit implements policies and procedures to ensure effective financial management.

標準 8 SQS 8 ---

法律責任
LEGAL OBLIGATIONS

服務單位遵守一切有關的法律責任。

The service unit complies with all relevant legal obligations.

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 colunteers!
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 Reaistration 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，如果當日是公眾假期，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 offically 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	3 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	✓	✓	✓	✗	✓	✓🔔	✗🔔

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；

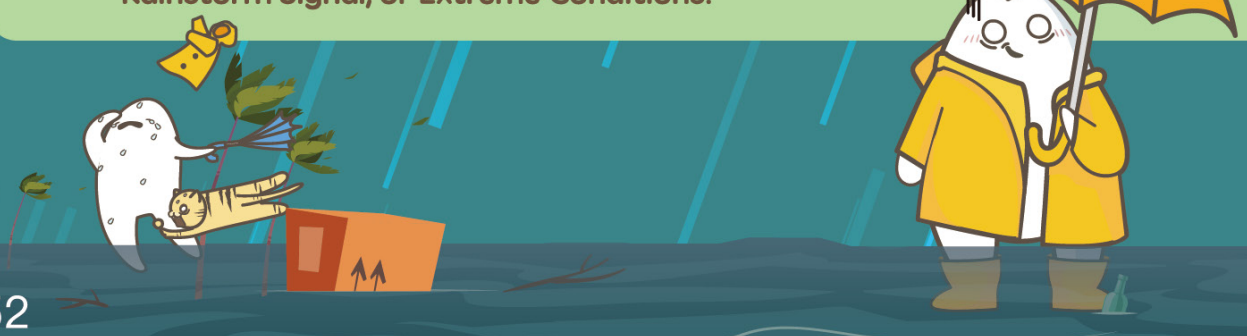
ii. 如中心於開放時間開始前紅色暴雨警告訊號仍然生效，中心會暫停提供服務；

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。

i. If the activity has not started, it will be cancelled or rescheduled; if already in progress, it may be adjusted based on the weather.

ii. 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.



十一月人手變動
Staffing Changes in November

- 升職 Promotion -

社會工作者 Social Worker
加分 Kevin Lee



- 新同事到職 New Staff Member Joined -

全職 Full-time

職業治療助理
Occupational Therapy Assistant
林先生 James Lam

朋輩支援工作員
Peer Supporter
陳小姐 Carissa Chan



實習社工 Placement Social Worker

劉小姐 Angel Lau
陳先生 Travis Chan



本月活動

November

星期一 MON	星期二 TUE	星期三 WED
2	3	4 SG4
9 TG4	10	11 L2 SG2 SG4
16 TG4	17 SG1 TG5 CG1	18 SG2 SG4 TG6 P1 L1
23 TG4	24 SG1 PG1 TG3 TG5 CG1	25 SG2 SG4 TG6 L1 L2
30		

- 治療小組 Theraputic Groups
- 連繫活動 Linkage Activities
- 活動 Programmes
- 興趣小組 Interest Class
- 支援小組 Support Groups
- 心理教育活動/小組 Psycho-educational Programmes/ Groups
- 臨床小組 Clinical Group

P1. 男士電量Check Men's Battery Check	L1. 身動心聲 Moving Beyond Words	I1. 悠閒空間 (魔力橋) Leisure Space (Rummikub)	SG1. 家居維修義工隊 Home Repair Volunteer Team	SG4. 流心一刻 Pause and Flow
P2. 運動快閃工作坊 Fit and Flash Wellness Workshop	L2. 「身心社靈」跨文化全人關懷站 Multicultural Holistic Care Station	I2. 心靈好聲音之唱昇華 Soulful Voices - Elevate Your Singing	SG2. 「足」動心靈: 男士同行綠茵小組 Men's Fellowship Football Group	SG5. 瑜珈起動 Yoga Go Go Growth
P3. 喜匯有里 Community Connection Events	L3. 「喜匯多元·躍動共融」嘉年華 "Joyful Diversity, Dynamic Integration" Carnival	I3. 園創坊 Horticultural Creativity Workshop	SG3. 「足」動青春：少年綠茵同行小組 Youth Football & Resilience Group	SG6. 女士瑜珈紓痛小組 Yoga Pain Relieve Group for Ladies

2026

星期四 THURS	星期五 FRI	星期六 SAT	星期日 SUN
			1 (特別開放時段) (Addtional Session)
5 I3 SG8	6 L2 SG5 PG4 SG6 TG3 SG7	7	8 TG4
12 I2 I3 SG8	13 P3 SG3 PG4 SG5 TG3 SG6 SG7	14 L3	15
19 SG8 PG2 P2 PG5 I2	20 SG3 SG5 L2 SG6 I1 SG7 TG3 PG4	21	22
26 I2 SG8 TG1 TG2	27 SG3 SG5 PG4 SG7 I1 SG6 TG3 PG3	28	29 TG4

SG7. 多元文化女士瑜伽
Yoga & Mindful Healing Time for Multicural Ladies

SG8. 義工再實戰小組
Volunteer Training & Practice Group

PG1. 「心流」體驗工作坊
Experiencing Flow Workshop

PG2. 靜心呼吸暨伸展運動工作坊
Mindful Breathing and Stretching Workshop

PG3. 精神健康急救課程 (標準版)
Mental Health First Aid (Standard Edition)

PG4. 周五童心充電站
Friday Kid's Recharge Station

PG5. 禪在我心
Finding innerpeace through Zentangle

CG. 整全情緒調節工作坊
Transdiagnostic Emotion Regulation Workshop

TG1. 同你Art 住小確幸 2.0
Grab Our Well-being 2.0

TG2. 「擁抱內在色彩」藝術小組
"Embracing Our Inner Colours" Art Group

TG3. 動靜好心情
Motion & Emotion

TG4. 跨文化身心活力小組
Cross-Cultural Youth Exercise Group

TG5. 調香故事館
Aromatherapy Story House

TG6. 養生療癒小組
Wellness and Therapeutic Group

11月的特別假日開放日為:
Additional session of November:



掃描二維碼報名11月份活動
Scan QR code to register for Nov's activities

中心資訊活動公告版
Centre News & Activities Board

Wellness Islands

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