

香港婦女中心協會  
Hong Kong Federation of Women's Centres



2009-10

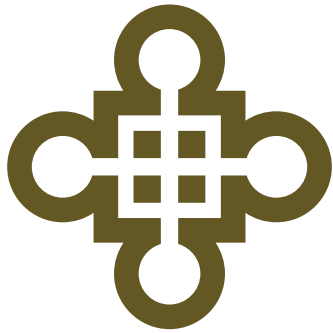
年報 ANNUAL REPORT



# 目錄

# Table of Content

機構簡述	Agency Profile	3
名譽會長獻辭	Message from the Honorary President	4
主席感言	Chairperson's Remarks	5
總幹事報告	Director's Report	6-7
服務報告	Service Report	
• 輔導及法律支援	• Counselling and Legal Support	8-13
• 持續教育	• Continuing Education	14-15
• 健康充權	• Health Empowerment	16-17
• 經濟充權	• Economic Empowerment	18-21
• 社會參與	• Social Participation	22-33
• 義工發展	• Volunteer Development	34-35
• 倡導工作	• Advocacy	36-41
• 服務統計	• Service Statistics	42-43
鳴謝	Acknowledgements	44-45
審核報告	Auditor's Report	46-56
顧問委員會、 執行委員會及職員名單	List of Advisory Board, Executive Committee and Staff	57
服務	Services	58-59



香港婦女中心協會標誌以四個代表婦女的符號組成。四個符號緊扣一起，意味著婦女無分年齡、階層、信仰和種族，手牽手團結一起，以集體力量表達婦女需要，推動婦女權益和地位。

*The logo of the Hong Kong Federation of Women's Centres is comprised of four symbols representing women. These four symbols are tightly intertwined to symbolise unity among women despite differences in age, social background, religion and race. Collectively, women from all strata walk hand in hand and strive to express women's needs and to promote women's rights and social status.*





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# 機構簡述

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## 歷史

為跟進由香港婦女協會主辦之反強姦運動的工作，婦女中心於1981年末成立，附屬於香港婦女協會。1985年，中心在深水埗麗閣邨建址。1989年8月，婦女中心成為香港公益金會員機構。1992年9月，執行委員會在檢討中心之迅速發展及未來方向後，宣佈獨立，易名「香港婦女中心協會」，以更易展開工作及向各贊助機構和公眾交代。1996年，協會第二所婦女中心在大埔太和邨成立，拓展新界服務領域。本會乃香港社會服務聯會會員機構，及聯合國經濟及社會理事會特別諮商成員。

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## 我們的信念

妳是一個獨立的人

妳可以發展自己的才能

妳可以有自己的選擇

妳需要有自己的時間

妳需要保護自己

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## 使命

1. 提高婦女的權益和地位。
  2. 協助婦女發展個人潛能。
  3. 與其他關注婦女問題的組織及團體互相配合。
  4. 就婦女的需要及所需要的資源分配向決策機構提出建議，使服務臻於完美。
  5. 發展有利婦女之資源及服務。
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# Agency Profile

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## History

In order to follow up the Hong Kong Council of Women's War on Rape Campaign, the Women's Centre was founded in late 1981 as an affiliated member of the former Hong Kong Council of Women. In 1985, the Centre acquired its premises in Lai Kok Estate, Sham Shui Po. In August 1989, the Centre was accepted as a member of The Community Chest of Hong Kong. Due to the rapid expansion of the services of the Centre, its Executive Committee declared its independence in September 1992 upon a review on the future direction of the Centre. The Centre was subsequently renamed as the "Hong Kong Federation of Women's Centres" (HKFWC) so as to be more accountable to the general public and all funding agencies. In 1996, the HKFWC established its second centre in Tai Wo Estate, Tai Po, thereby expanding its services in the New Territories. The HKFWC is a member agency of The Hong Kong Council of Social Service, and has acquired the Special Consultative Status with the Economic and Social Council of the United Nations.

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## Our Belief

She is independent.

She can develop her abilities.

She can make her own choice.

She needs to have her own time.

She needs to protect herself.

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## Mission

1. To promote the rights and status of women.
  2. To help women develop their individual potential.
  3. To collaborate and co-ordinate with agencies and groups concerned with women's issues.
  4. To advise decision-making bodies on the needs of women and the resources required to meet these needs so as to encourage provision of desired services of the highest quality.
  5. To pioneer the development of resources and services that are in the interest of women.
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# 名譽會長獻辭

陳保琮博士 名譽會長



這是我擔任香港婦女中心協會名譽會長的第二年，在此向過往曾對會務作出貢獻的人士，表示衷心的感謝！

2010年10月發表的施政報告，行政長官曾蔭權表示對民生問題予以優先處理。雖然施政報告沒有直接涵蓋婦女議題，但曾特首提出的數項建議均對婦女有所影響。其中一項是為正在輪候護養院宿位長者「度身訂造」的家居照顧試驗計劃。

家居照顧服務固然可減輕公共資源的負擔，更可培養子女孝悌的觀念，讓長者在家中獲得照顧，使年輕一代學會感恩及回報。

然而，家居照顧服務將增加婦女的負擔。事實上，許多婦女已在家中照顧長者及殘障成員。對於此服務，政府應投入更多資源，並聽取本會的意見——向提供家居照顧服務的人士發放生活津貼。

家居照顧計劃以及其他社會服務的核心都是人民關懷，對協助婦女改善生活和不利處境都有其作用。從本會提供的不同服務中，我們深切明白婦女的需要。作為全港第一間「多元化婦女服務中心」，雖然面對資源緊絀的限制，但我們將繼續積極與其他伙伴團體、資助團體以及各方友好並肩同行，為爭取婦女權益、回應婦女需要出一分力。

來年，我期盼與本會的顧問委員、執行委員、各職級同工及義工合作，以取得豐碩成果為目標。讓我們一起，為促進婦女建主自信、自主和自立等各方面作出更多貢獻！

# Message from the Honorary President

Dr Chan Po-king, Betty Honorary President

This is my second year as the Honorary President of the Hong Kong Federation of Women's Centres (HKFWC), and I would like to take the opportunity here to offer my heartfelt gratitude to those who have contributed to the betterment of our work in the past years.

In his Policy Address delivered in October 2010, Chief Executive Mr Donald Tsang gave priority to livelihood issues. Though not having directly addressed issues concerning women, Mr Tsang raised some items that would have consequences for women. One such instance is the pilot home care services for the elderly, which will provide "tailor-made" services for elderly people on the waiting list for nursing home places.

The home care practice can reduce the burden on the public resources, it will hopefully nurture the filial piety towards the elderly and make them feel more comfortable at the home environment. Indeed, our young people should feel indebted to what the elderly have done for our society and repay them.

However, the home care services will place more burdens on women, many of whom are the main carers of the elderly and handicapped at home. The Government should, therefore, provide more resources to the services. It should pay heed to the HKFWC's view that home care providers should be given living subsidies.

Care, as the heart of the home care project and all other social services, will help benefit the livelihood of many women in distress. Through the many services offered by the HKFWC, we understood the special needs of women. As the first multi-service women centre in Hong Kong, although with limited resources, we will continue to proactively work with other partners, funding bodies and friends to fight for the rights of women as well as to better respond to their needs.

In this coming year, I look forward to working fruitfully with the Advisory Board and Consultants, Executive Committee members, staff and volunteers of the HKFWC to enable women to develop their confidence, independence and competence.

# 主席感言

黃玉雲 執行委員會主席



一年以來，我們努力工作，又把具體行動與持續的反思緊密結合起來，取得了一些成就。同時，我們十分重視開展籌款計畫的預備工作及開拓一群穩定的捐獻者。除了獲得不同的資助，以推行各項服務外，我們也用心開發其他經費來源，以實行配合核心服務的創新計畫。

本會在多年豐富經驗和知識的基礎上，不斷設計新計劃，務求把正在進行的工作推往新方向。本年度，我們繼續堅持改善婦女貧窮、增加會員收入及改善在社區的照顧者的精神健康。報告內會員和義工感人的心聲，都是統計數字以外的無形成就，也是人們樂見的成果。

同工們盡忠職守、努力不懈，進行地區宣傳教育，凝聚了一群關心時事的婦女，並提升了她們有酬及無酬的家務工作技能。另一方面，我們亦一直強調推廣反歧視政策的需要。承蒙平等機會委員會的資助，我們舉辦了「向家庭崗位歧視說不」運動。這些年來，我們一直致力於推廣《消除對婦女一切形式歧視公約》（《婦女公約》）。年內，我們通過舉辦討論小組、街頭展覽和日營及印刷小冊子，以增強公眾對《婦女公約》的認識。

我們意識到在倡議工作上我們需要爭取更多的認同，並把我們的主張更有效地通過大眾傳媒發放給公眾。我們需要把強積金制度的性別盲點，及實踐各種可持續發展的生活方法向社會人士宣傳。改進了機構網頁讓我們將訊息帶給更多不同人士。

於今年夏天，我們歡送服務了機構5年的前總幹事方旻熒女士。她的領導使我們獲益不淺，我們希望她也從中得益。我們亦歡迎於10月份接任的廖珮珊女士，她是我們的舊同事。我們喜見我們的目標——把香港婦女栽培成為領袖並持續增加她們的人數——已經開花結果。

# Chairperson's Remarks

Ng Gaik-hoon, Evelyn Chairperson

We worked hard at our achievements during the year and combined concrete action with a continual reminder on the need for introspective analysis. We were very concerned to put in place a preparatory plan for fund raising and a stable donors' base. Apart from successfully obtaining funds for on-going service projects, we were mindful about exploring alternative funding for innovative projects to complement the core services that we are well-known for. The organisation is committed to build on the collective experiences and knowledge accumulated through the years by considering new projects that would push ongoing work in new directions. During the year we persisted in delivering results that would make a difference in alleviating women's poverty, generate members' income, and improve the mental health of carers within the community. The moving personal testimonies from members and volunteers in the report are intangible achievements that give human interest to the statistics given.

Our staff members worked hard in the area of public education to create a pool of informed women interested in current affairs and to improve their skills for productive paid and unpaid work in the home. We had always highlighted the need for promoting non-discriminatory policies. This year we ran a campaign on 'Say No to Family Status Discrimination' which was supported by a modest grant from the Equal Opportunities Commission. We have also been tireless all these years to promote the Convention on Eliminating All Forms of Discrimination Against Women (CEDAW). During the year we promoted public awareness of CEDAW through discussions, street exhibitions, a day camp and pamphlets.

We realize that our varied advocacy work needs to be better recognized and our views disseminated to people in the mass media. It was important that the community be informed about gender issues regarding the Mandatory Provident Fund as well as offer practical ways to encourage individuals to promote sustainable living in daily activities. Our improved website was seen as one of the channels to reach out to more people.

We bid farewell to the Director, Ms Fong Man-ying when she left in summer after serving for five years. We benefited from her leadership and hope that her period with the organization had also been beneficial to her. In her place we welcomed the arrival in October of Ms Si-si Liu who was a former member of staff. In all we are very pleased that our organisation's implicit goal to train women leaders and increase their numbers in Hong Kong is bearing fruit.

# 總幹事報告

廖珮珊 總幹事



香港婦女中心協會自1981年成立以來，一直以婦女為本的角度提倡兩性平等及致力爭取婦女權益。是年，我們繼續秉承服務宗旨履行使命。

我們能夠提供多方面的輔導、發展和教育性工作，實有賴不同資助團體的鼎力相助，特別是香港公益金及僱員再培訓局，佔了我們全年收入的百分之七十。在他們的支持下，我們能夠為超過18,000位受情緒困擾或緊急求助的婦女，提供熱線、輔導和免費法律諮詢服務；就業再培訓及就業選配服務。

年內，承蒙可持續發展基金的資助，我們推出了一個為期3年的項目。在這筆款項的支持下，我們推出「家家有酵素運動」，以家居的鮮廚餘，經過發酵的過程，而轉化為既有用且有利生態環境的多用途清潔劑，以代替造成水源污染的家居常用化學清潔劑，如洗髮水、肥皂、化肥、通渠水和清潔劑等。這「家家有酵素運動」正正抓緊家務勞動者（大部分為婦女）在家庭所扮演的角色，並藉此加強婦女在減少廢物及促進環境公義的問題上的重要角色。

在這一年，我們將「關懷照顧者」計劃擴展致太和中心，以地區為本的面向支援居住於新界東的照顧者，以提高她們的福祉，增加她們的社會參與，及喚起市民大眾對照顧者處境的關注。照顧不能自理的家庭成員是很吃力且勞累的工作，而照顧者往往亦會感到孤立無援。通過與照顧者同心、同行、同工，我們希望將她們的聲音擴大，讓更多社會人士理解她們的處境，以致將她們的意見和聲音傳遞給公共政策制定者。

今年，我們繼續推行以深水埗區為基地的社會資本建設計劃。通過成立跨界別的義工網絡，我們希望能更有效地支援區內的低收入家庭，並促進新來港婦女融入社區。

除了上述這些項目，我們還開展了一系列社區教育活動，以促進性別平等及倡議取消種種歧視婦女的公共政策，如強積金。

在追求兩性平等的路上我們並不是孤軍作戰。除了各支持我們工作的資助機構外，與我們並肩的還有：眾多的合作夥伴，包括平等機會婦女聯席，及數以百計為我們提供超過12,000小時義工服務，以幫助社區內有需要人士和協助我們履行使命的義工朋友。這再一次證明，婦女是推動社會改變的重要行動者和貢獻者。

性別平等不僅是基本人權，它更具有巨大的社會和經濟影響力，可以加快人類和經濟的發展。我們在此感謝所有支持我們工作，並與我們一起實現這個崇高理想的朋友。





# Director's report

**Liu Pui-shan, Si-si** *Director*

Since its establishment in 1981, the Hong Kong Federation of Women's Centres has been committed to a women-centred perspective that promotes gender equality and achievement of women's human rights. This year, we continued to promote the principles of our mission through various fronts.

We were able to provide the multi-dimensional remedial, developmental and educational services because of the unfailing support by many funding bodies, in particular The Community Chest of Hong Kong and the Employees Retraining Board, which provided 70% of our annual income. With their support, we served more than 18,000 women in emotional distress or with tangible needs through our hotline, counseling service and free legal advice clinic as well as the employment retraining and job-matching services.

This year, we launched another three-year project supported by the Sustainable Development Fund. With this funding, we spearheaded the recycling of kitchen waste and turn it into useful and eco-friendly multi-purpose cleanser that can replace the many chemical counterparts like detergent, shampoo, soap, fertilizer, sewer and drain cleanser which create water pollution. This homemade eco-enzyme cleanser campaign tags the role of homemakers, mostly women, and empowers them to perform an important role in waste reduction and the promotion of environmental justice.

In this year, we extended the caring for carers project to the Tai Wo Centre and provided district-based support to carers in New Territories East to enhance their well-being, increase their social engagement and raise essential public awareness of the carers' situation. Care-giving to family members who are unable to take care of themselves can be very demanding, tiring and sometimes makes the carers socially isolated. By working on carers, for carers and with carers, we hope to amplify their voices so as to facilitate greater understanding on their situation by the society-at-large as well as to channel their voices to public policy makers.

This year, we continued to carry out the Shum Shui Po-based project to generate social capital so as to better support low-income families living in the district and facilitate the social inclusion of new arrival women through the building of cross-sectoral networks of volunteers.

Apart from these projects, we also carried out community education programs to promote gender equality as well as advanced our advocacy drives to eliminate discrimination against women in public policies such as the Mandatory Provident Fund.

We are not alone in pursuing our goals. In addition to all the funding bodies who sponsored our work, we worked with numerous partners who share our vision on gender equality including other member organisations of the Hong Kong Women's Coalition on Equal Opportunities. Hundreds of volunteers delivered more than 12,000 hours of voluntary services to help people in need in the community as well as to help us accomplish our mission. This is another evidence that women are important agents and contributors for social changes.

Gender equality is not only a fundamental human right. The advancement of it has huge socio-economic impact that could fuel human and economic development. We are grateful to all those who supported our work and worked with us to achieve this noble goal.



# 輔導及法律支援

輔導及法律支援服務為面對生活困擾和危機的婦女提供情緒舒緩、社會資源轉介及危機處理技巧。服務對象包括受婚姻、家庭關係、管教子女、就業、健康等問題困擾的婦女、性暴力受害者、被虐待婦女和單親婦女。通過提供法律、健康及社會資源資訊，以兩性平等為基礎的諮詢及輔導服務，協助婦女尋求解決問題的途徑及發展空間，提升她們面對逆境的能力。

## 婦女求助熱線

### 計劃簡介

婦女求助熱線自1981年5月開始投入服務，乃香港第一條專為婦女而設的求助熱線。經培訓的熱心婦女義工，以同路人身份，為有需要的婦女提供情緒支援、婚姻問題解答及社會資源服務轉介等。

### 本年度重點及成效

於2009-2010年度婦女求助熱線共接獲3,644個來電，當中包括新、舊個案、代問個案及常客個案。來電者主要為40至49歲的女性、已婚。求助者遇到的問題以婚姻關係為主，其次分別是法律問題、精神問題和困擾、家庭關係、人際關係及生活問題等。

現時共有71名曾接受過嚴格訓練及通過實習的婦女義工，分別於早、午、晚三個時段為有需要的求助者提供輔導服務。

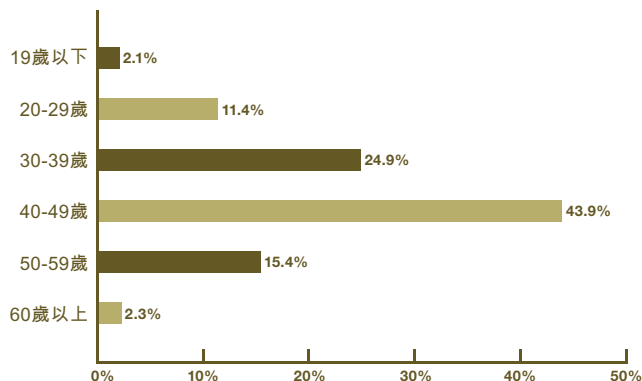
### 婦女心聲

我丈夫是中產人士，他有強烈的控制慾，結婚不久便開始對我經常作出言語批評，說我沒有生存價值，沒有丈夫倚靠便無法過活。我是個傳統觀念很深的人，認為若能忍受，便可維持婚姻關係，而且更不應離婚，何況已生下兒子？豈料，丈夫變本加厲，近年來多次動粗打我，並教唆兒子不要親近我，兒子因長期受他影響，在15歲時已開始用粗口罵我，甚至推撞我。

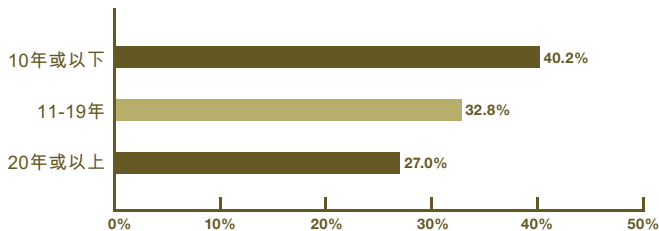
我在年初終於因忍受不了，致電婦女求助熱線。輔導員細心的關懷，令我明白也了解婚姻的難題並非自己的過錯，而且，這種婚姻裡的問題亦並非只得我一個人遇上。今天我已走出困境。幸好，當初我下定決心致電熱線求助，否則，後果真的不堪設想。

婦女求助熱線服務使用者 / 阿英

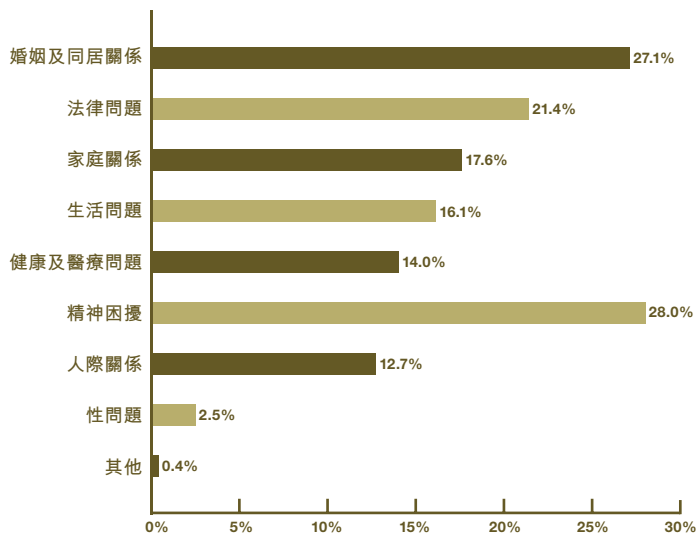
### 求助者年齡分佈



### 求助者結婚年期



### 求助問題類別（可選多項）



# Counselling and Legal Support

Our counselling and legal support services aim to provide women under stress or in crisis with timely emotional support, referrals to other community resources and crisis management skills. We target women encountering problems in marriage, family relationship, parenting, employment, and health, as well as victims of sexual violence and domestic violence, and single parents. By providing them with necessary information on the law, health and community resources, as well as the advisory and counselling services stressing gender equality, the HKFWC seeks to assist women to identify ways to solve their problems and to seek ways to develop themselves, and enhance their capacity for problem solving at times of adversity.

## Women’s Helpline

### Introduction

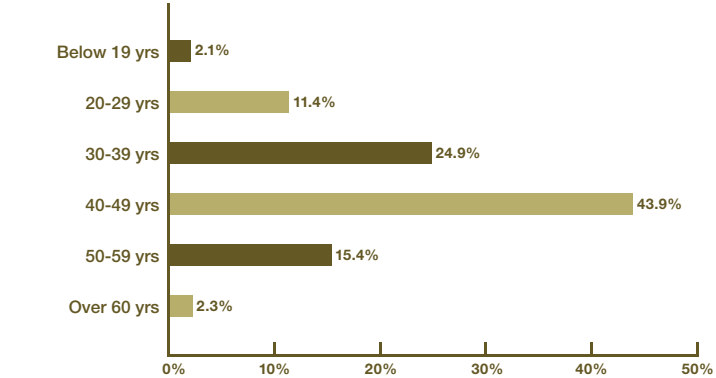
The Women’s Helpline began offering services in May 1981, and it was Hong Kong’s first hotline solely targetting women. The Helpline’s trained and enthusiastic female volunteers offer women callers emotional support, respond to inquiries on marriage issues, provide referrals to social services, and other services.

### Focal Points and Results for 2009-2010

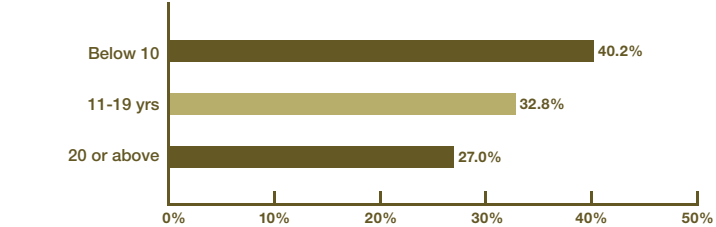
The Helpline received a total of 3,644 calls in 2009-2010, which includes new cases, old cases, proxy cases, and cases from repeat callers. Callers were predominately women between the ages of 40-49 and married. The majority of calls were about marital issues, followed by legal issues, mental issues and mental distress, family issues, interpersonal relationships, and day-to-day issues.

At present the Helpline has 71 female volunteers, divided into morning, mid-day, and evening shifts, who have undergone rigorous counselling services training and practical observation.

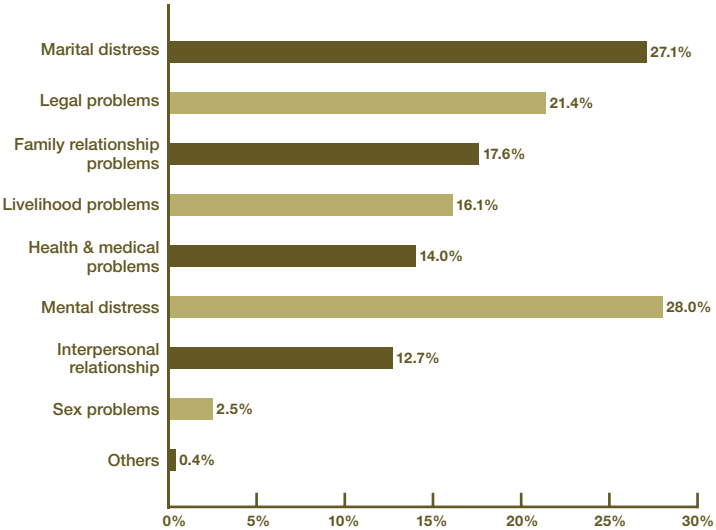
### Age Distribution



### Years of Marriage



### Topic of Enquiries (Multiple Choices)



### MEMBER’S VOICE

My husband is middle class man with an intense desire for control. Not long after we were married, he began criticising me constantly, saying that I have no real value and that without him, I wouldn’t be able to survive. I am deeply steeped in tradition. I believed that I could bear it, that we could maintain our marriage, that we shouldn’t be divorced; besides, didn’t we have a son? To my surprise, he became worse. He’s beaten me, severely, several times, and has taught my son to not be close to me. Due to the long-term influence of his father, my son, already fifteen, had started using hateful language toward me, even pushing me.

Finally, I was unable to withstand any more of it and, at the beginning of the year, I called the Women’s Helpline. The counsellor was very attentive. She helped me come to the realisation and understanding that the problems in our marriage were not really on me, and that I was not the only one to be experiencing these sort of problems. Today, I’m out of that horrid situation. I’m lucky that I called the Helpline when I did; the consequences otherwise would be unfathomable.

Ah-Ying / Women’s Helpline Caller

# 輔導及法律支援

## 免費律師見面諮詢服務

### 計劃簡介

本計劃自1992年開始，以婦女法律充權為目標。通過提升婦女處理婚姻危機的能力及對個人法律權益的關注，協助她們積極面對和克服困難。本計劃的義務律師乃當值律師服務轄下的「免費法律諮詢計劃」成員。

### 本年度重點及成效

是年度共有243位婦女接受服務。根據資料統計，求助者年齡主要界乎35-49歲，婚期10年以內的婦女，當中更有不少是來港定居7年或以下的新來港婦女。求助問題則重於婚姻內經歷配偶欠債或不良嗜好、離婚後的權益分配如撫養權及贍養費。有半數求助者表示接受服務前曾出現精神緊張、失眠、注意力不能集中等問題，情況令人關注。

### 黃昏派對

本會於2009年5月27日假香港律師會舉行了「黃昏派對2009」。當晚共有14位義務律師、朋輩輔導員、服務使用者及基本會員出席。當晚的參加者投入聚會，彼此交流意見和分享。通過這次活動，義務律師、朋輩義工及服務使用者皆對彼此的工作和需要有更進一步的認識，有助本會為有需要的婦女提供更適切的服務。

### 婦女心聲

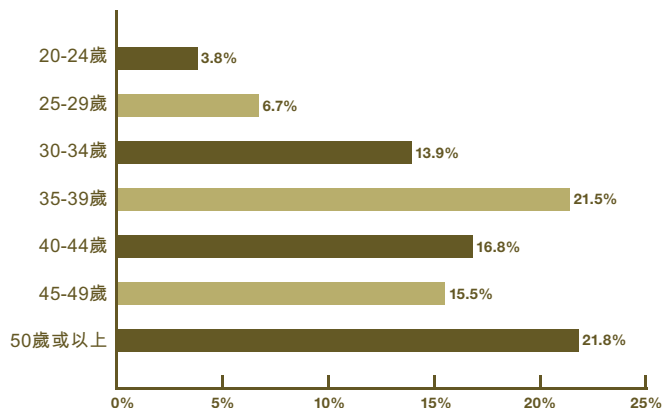
從內地嫁來香港，女兒出生後，家姑和丈夫時常毒打我，使我遍體鱗傷，承受身體和精神上的百般虐待。

後來去了婦女中心，使用「免費律師面見諮詢服務」，律師細心指導，告訴我香港法律的各種保障及如何保護我的安全。中心的朋輩輔導員鼓勵我勇敢按自己的需要及想法前進，並給我介紹了相關的社會資源。

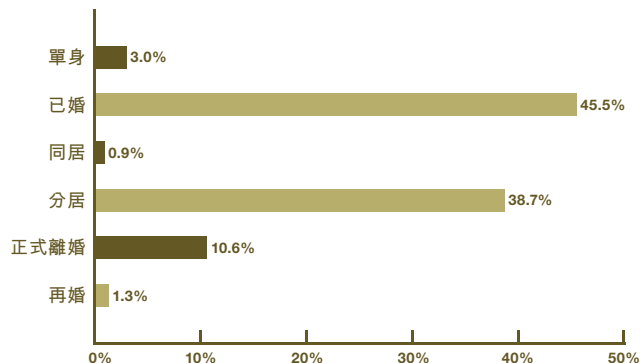
我之前也見過很多社工，最終都因我不想家庭破碎而不了了之。婦女中心的姑娘啟發我從宏觀角度看問題，使我明白犧牲自己實在不能令女兒有一個好的家庭，反而間接地鼓勵了丈夫的暴力行為，令女兒持續地處身暴力環境中。後來，我終於我下定決心將自己及女兒的安全放在第一位，面對獨立生活、照顧女兒與各種挑戰。過程中我學會跳出傳統觀念及迷思，得到朋輩輔導員的支持和幫助，讓我果斷行動，深深體驗到自信和自立的力量。

免費律師面見諮詢服務使用者 / 阿明

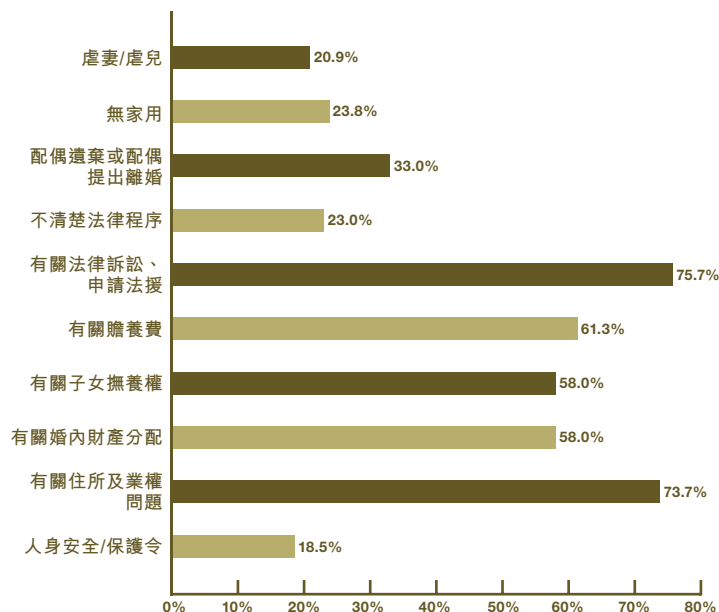
### 服務使用者年齡分佈



### 服務使用者婚姻狀況



### 問題類別 (可選多項)





# Counselling and Legal Support

## Free Legal Advice Clinic

### Introduction

This project, first started in 1992, aims at legal empowerment for women by increasing their ability to deal with marriage crises, raising awareness of their individual rights and interests, and aiding them in actively facing and surmounting hardship. The Clinic's volunteer lawyers are members of the Free Legal Advice Scheme under the Duty Lawyer Service.

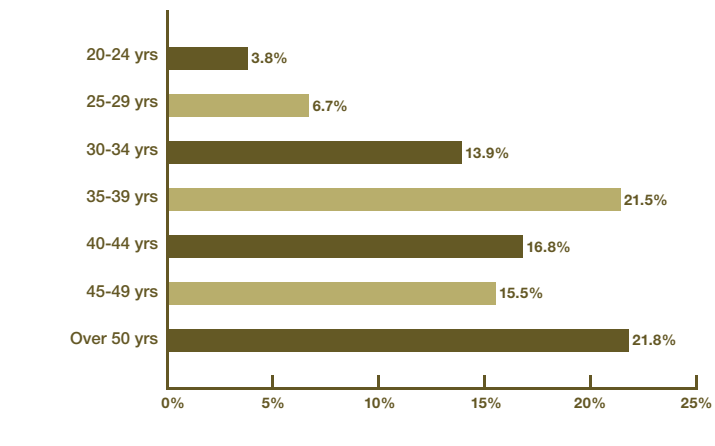
### Focus Points and Results for 2009-2010

We provided counselling and support services to 243 women in 2009-2010. The majority of those counselled were aged between 35-49 and had been married for less than ten years. Many of them were newly-married women who had been in residence in Hong Kong for seven years or less. Problems addressed included spousal debt, bad habits of the spouse, and post-divorce settlement issues such as alimony and child support. Half of those counselled had experienced mental issues of concern, including anxiety, insomnia, and aprosexia, prior to receiving support.

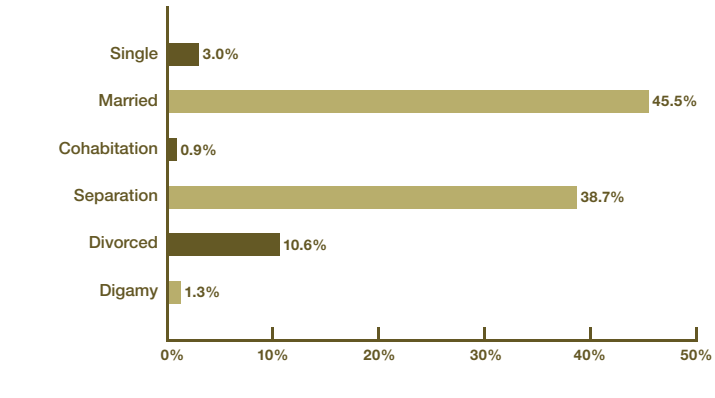
### Evening Party

The HKFWC held their Evening Party 2009 at the Law Society of Hong Kong on 27 May 2009. A total of 14 volunteer lawyers, peer counsellors, counselees, and HKFWC members were in attendance to share their opinions and experiences. The Party allowed the lawyers, counsellors, and counselees to come to a deeper understanding of each others' work and needs, which shall help the HKFWC provide more appropriate services to women.

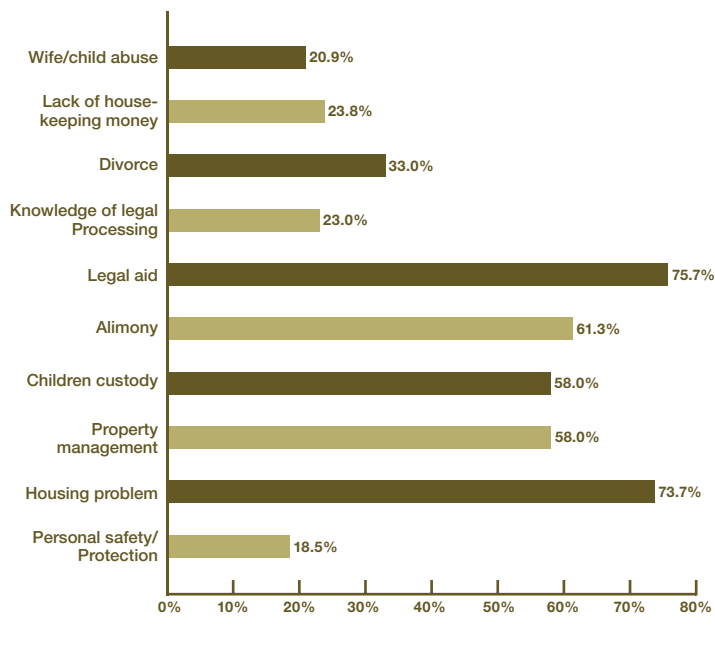
### Age Distribution



### Marriage Status



### Topic of Enquiries (Multiple Choices)



### MEMBER'S VOICE

I came from Hong Kong from the mainland to be with my husband. After my daughter was born, my mother-in-law and husband began beating me frequently, leaving me black and blue. I had to endure all sorts of physical and mental abuse.

I eventually went to the Women's Centre to consult the Free Legal Advice Clinic. The lawyer was attentive and told me of the various protections under Hong Kong law and how they could ensure my safety. The peer counsellors at the Centre encouraged me to bravely proceed based on my own needs and feelings and introduced me to some related social services.

I had previously seen a number of social workers, but my situation had been left unresolved because I did not want to break up my family. The ladies at the Women's Centre inspired me to look at things from a macro perspective, helping me understand that sacrificing oneself would not allow my daughter to have a happy home. On the contrary, it would only encourage my husband's violence indirectly and leave my daughter to grow up in such violent surroundings. Eventually I came to the decision that I had to place the safety of my daughter and myself at the forefront and face the challenge of living independently and caring for my daughter on my own. I learnt to leave behind traditional concepts and myths. I received support and assistance from the peer counsellors, allowing me to take decisive action and profoundly experience the power of self-confidence and self-reliance.

Ah-Ming • Free Legal Advice Clinic Counsellor

# 輔導及法律支援

## 個案輔導及小組工作

### 計劃簡介

為面對婚姻和情緒困擾、受虐或遭性侵犯的婦女提供個人輔導及小組支援服務。通過面談，以評估現況的角度鼓勵服務對象檢視問題、重整生活，了解自己及發掘個人強項、以提升個人解決問題的能力及自信。若有需要，我們亦會轉介服務對象至其他社會服務機構。

### 本年度重點及成效

於2009-2010年度，合共有114位婦女接受服務。對象主要為已婚婦女，其次是分居人士。求助問題以婚姻及同居關係為主，其次是精神困擾、生活和經濟問題、家庭關係等。而當中部分個服務對象同時遇到家庭暴力，包括精神虐待、身體虐待或性虐待。

### 婦女心聲

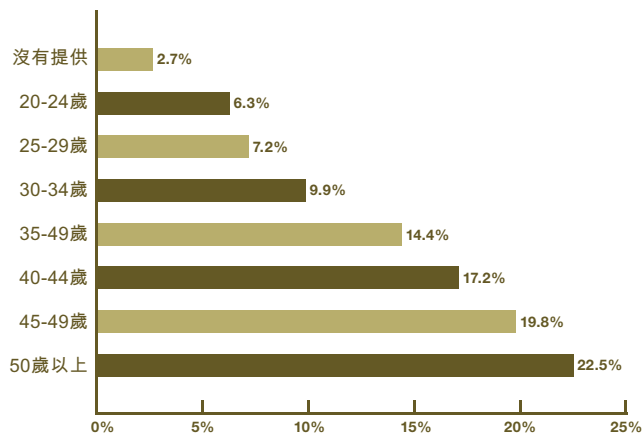
我與丈夫結婚多年，常因經濟問題吵架。近幾年他開始出手打我，每次被虐打後，我都很懼怕，不敢回家，擔心他再次施以暴力。每次事後丈夫總裝作平常，主動找我，然而，長時間處於這種環境下，我開始對前路感到徬徨。我問自己「真的還有出路？」

經朋友介紹下我來到麗閣中心使用個案輔導服務。還記得第一次面見社工時，剛被丈夫再次虐打，當我看見姑娘時立即淚如雨下，內心極其無助，希望能找到一線曙光。最後社工轉介我至庇護中心暫住，以及轉介我到社署解決日後的住所和經濟問題。求助期間，我與轉介機構的社工在溝通上常常出問題，婦女中心的姑娘每次都充當協調的中介者。

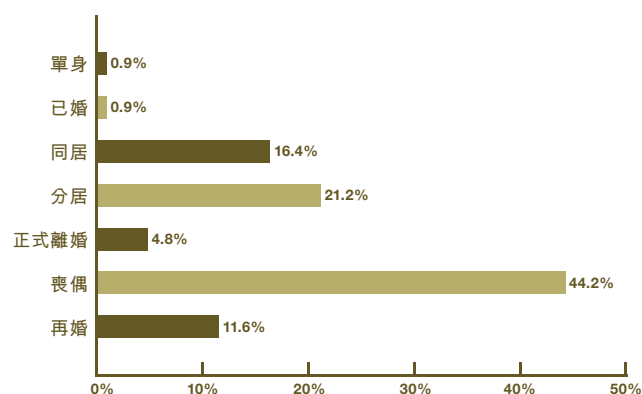
現在，我已經成功申請綜援及快將上樓，並積極重整人生，計劃過一個屬於自己的獨立生活。我十分感激婦女中心，在我遇上困境及無助的情況下，給我支援，作出即時的跟進和處理，並協助轉介合適的服務。

個案輔導服務使用者 / 阿冰

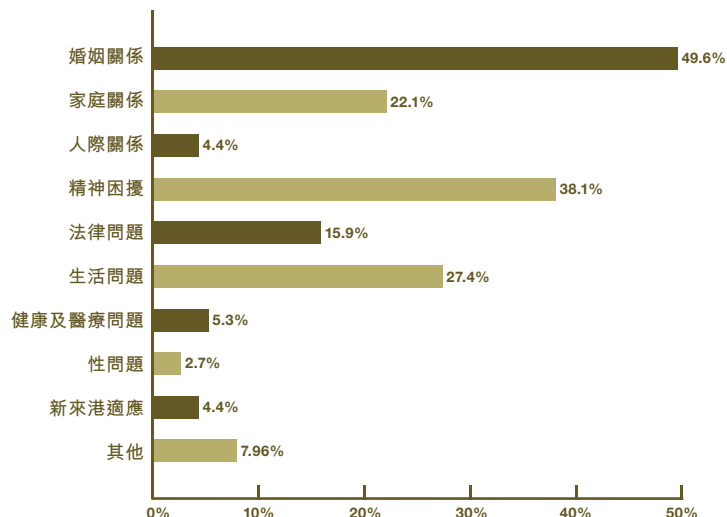
### 求助者年齡分佈



### 求助者婚姻狀態



### 求助問題類別（可選多項）



# Counselling and Legal Support

## Case Counselling and Group Work

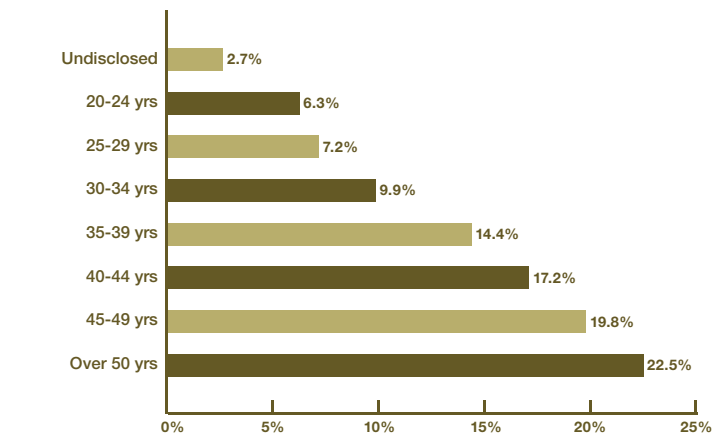
### Introduction

The HKFWC provides individual counselling and group support services to women who have been facing troubles in their marriages and relationships, abused, or sexually violated. We work with our counselees in face-to-face discussions to assess their current situation from a variety of angles. We encourage them to analyse their problems and rebuild their lives, in order to understand themselves, explore their individual strengths, and boost their ability and confidence in solving issues independently. We also refer counselees to other social service agencies if the situation demands such.

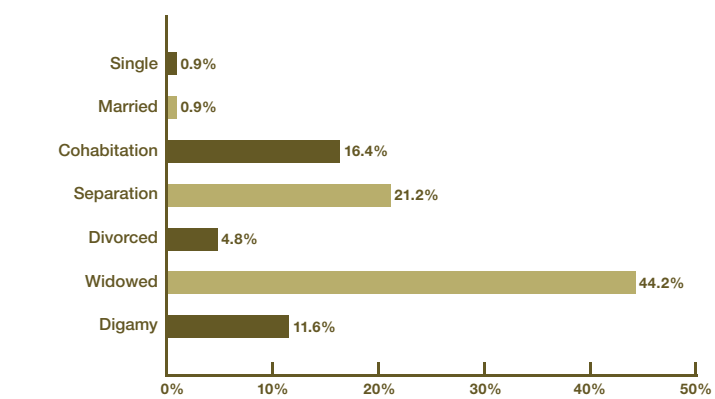
### Focus Points and Results for 2009-2010

In 2009-2010, a total of 114 women received our counselling services. Married women were in the majority, followed by separated women. Counselling topics were predominately marriage and cohabitation, followed by mental distress, livelihood and economic issues, and domestic relationships. A number of our counselees have experienced domestic violence, including mental, physical, and sexual abuse.

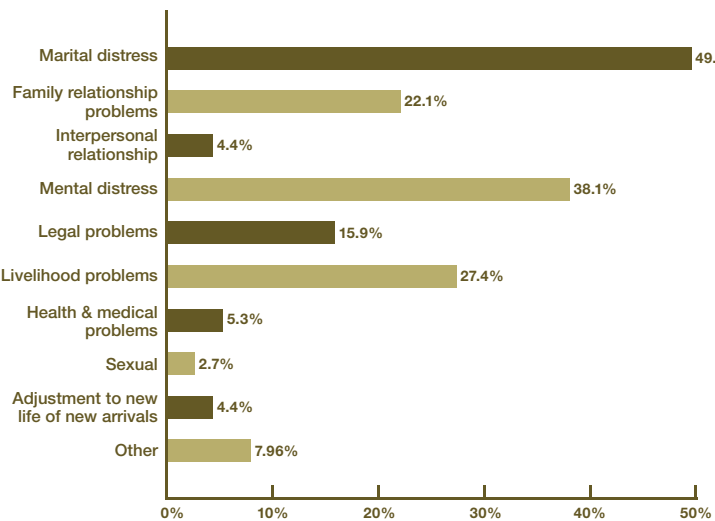
### Age Distribution



### Marriage Status



### Topic of Enquiries (Multiple Choices)



### MEMBER'S VOICE

I had been married to my husband for many years. We would often fight over financial issues. He'd begun to beat me in recent years. Each time that I was beaten, I'd be frightened, afraid to return to him, worried that he'd again turn his violence toward me. After my husband would hit me, he'd act as if everything were normal, coming to find me on his own. Yet after so much time in this environment, I'd begun to dread what's yet to come. I asked myself, "Can there be a way out?"

I went to the Lai Kok Centre to use the case counselling services upon the suggestion of a friend. I remember that I had just been beaten by my husband the first time I met with the social worker at the Centre; when I saw her, I immediately began crying, torrents streaming down my face. I felt helpless and wished only to find a glimmer of hope. Eventually she referred me to a temporary shelter and also referred me to the Social Welfare Department for help resolving various issues including housing and finances. There were frequently communication issues between me and the social worker assigned by the agency while I was receiving their assistance, and representatives from the Women's Centre assisted each time by acting as an intermediary.

I've now been approved for Comprehensive Social Security Assistance and will soon be able to get on with my life, able to reform it anew. I've planned for myself one of independence. I am very grateful to the Women's Centre. When I was faced with hardships and without assistance, they were there to support me. They were quick to act on my case and able to refer me to appropriate services.

Ah-Bing / Case Counselling Services Counsellor

# 持續教育

婦女應享有教育權利，以達致持續的自我發展及提升。為此我們定期為婦女提供多元化的持續教育課程及訓練計劃，包括語言、法律權益、情緒管理、資訊科技教育和家庭教育等。婦女在增進知識之外，亦可與不同背景的朋輩交流，擴闊生活圈子。

## 婦女成人教育計劃

### 計劃簡介

本會自1998年開始推行以婦女需要和興趣為本的成人教育課程，讓婦女在一個婦女友善的環境下持續學習，提升自信和發展各方面的才能及潛能。

### 本年度重點及成效

麗閣中心——

開辦了13個課程。包括：婦女小學英語（初級）、婦女法律入門、新移民婦女實用英語班、新移民婦女實用英語進階班、婦女基礎普通話班、婦女進階普通話班、新來港婦女適應課程、婦女自強講座及管教子女EQ。

太和中心——

開辦了8個課程。包括：婦女基礎普通話課程、婦女心理學入門、婦女法律入門、基礎普通話拼音班、做個出眾的女性教育講座及婦女小學英語課程（高級）。

報讀課程的158名婦女不但增進了知識、充實了生活，更找到志趣相投的朋友，一起發揮婦女的才能。

## 婦女IT大使朋輩教學計劃

### 計劃簡介

多年來，我們藉「婦女友善」及「教學相長」的手法，讓曾接受訓練的IT大使教授婦女基礎電腦知識，讓她們了解時下電腦科技的發展，擴闊視野。本年度開辦課程包括：基礎電腦、上網、電子郵件及倉頡輸入法。本會旨在提供一個愉快的學習環境，以「一對一」或「一對二」的比例教學，藉提高學員的學習動機及信心，促進婦女學習資訊科技，從而縮短數碼鴻溝，促進數碼共融。是年共有297名婦女受惠於這計劃。

### 婦女心聲

我參加了太和中心舉辦的成人教育課程。初時參加「婦女法律入門」是因為課題很特別。這個課程加深了我的法律知識。有一次朋友遇到婚姻困難，我也能給她一點意見。後來，海報中一句「想快樂過人生？」更驅使我參加另一個課程「婦女心理學入門」。這個課程則令我接觸到正向心理學，讓我領悟到每事從心而發，心情自然好。這幾頁筆記亦啟發了我另一位朋友呢。

婦女成人教育計劃學員 / 胡依麗

人生奇妙，奇妙在我們不可預測、不可觸摸，像萬花筒般變幻。

在偶然機會下，我來了婦女中心，加入義工行列，成為這個大家庭的一份子。中心每位同事都很友善，熱誠待人。我從來都無試過做行政工作，姑娘鼓勵我報讀IT班，導師用心的教我各樣電腦技能，加上同事的支持，我很快便掌握到簡單的電腦應用知識。現在我既學到多一項技能，同時又可以幫到中心，有很大的滿足感。其實，只要願意踏出第一步，或許你會得到意想不到的收穫。

婦女IT大使朋輩教學計劃學員 / 燕芳





# Continuing Education

*Women have the right to education for their continuous development and advancement. Thus, we regularly provide to women continuing educational courses over a diverse curriculum, including language, legal rights, emotions management, IT education, and family education. Women who attend the classes have not only acquired knowledge but have also met and interacted with fellow women from a variety of social background and expanded their social network.*

## Adult Education Scheme for Women

### Introduction

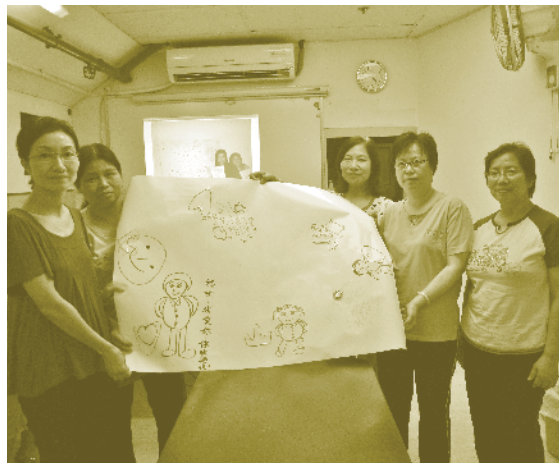
Since 1998 the HKFWC has offered adult education courses based around the needs and interests of women. The courses allow women to further their studies in an environment amicable to women, and to raise their self-confidence and develop their ability and potential in various aspects.

### Focus Points and Results for 2009-2010

The Lai Kok Centre offers 13 classes, including Primary English (Elementary Level), Legal Literacy for Women, Practical English for New Arrival Women, Advanced English for New Arrival Women, Basic Putonghua for Women, Advanced Putonghua for Women, Adjustment Course for New Arrival Women, Women's Empowerment Programme, and Basic Parenting for Women.

The Tai Wo Centre offers eight courses, including Basic Putonghua for Women, Introduction to Psychology for Women, Legal Literacy for Women, Basic Hanyu Pinyin, Assertiveness Training for Women, and Primary English for Women (Advanced).

The 158 participants of these courses have not only increased their knowledge and enriched their lives; they are also able to better find compatriots and develop their talents as women together.



## Peer IT Project by Women IT Ambassadors

### Introduction

For many years, we have adopted a women-friendly and peer-teaching-and-learning approach, where trained IT Ambassadors teach women basic information technology knowledge, so that they may understand the contemporary developments of computer technology and broaden their horizons. Course offered in this year included: Basic computer skills, Internet, E-mail, Cangjie character input. The HKWFC aims to provide a pleasant learning environment using a one-on-one or one-to-two teacher-student ratio; by raising student motivation and confidence, we promote women's learning of information technology, thereby reducing the digital divide and promoting digital inclusion. 297 women were benefited from this project this year.

### MEMBER'S VOICE

I attended adult education courses at the Tai Wo Centre. I first took Legal Literacy for Women, as the subject is very important. The course has deepened my knowledge of the law. Once, a classmate was experiencing some difficulties in her marriage; I was able to give her a little advice.

Later, posters advertising Introduction to Psychology for Women reading "Do you want to live a happy life?" prompted me to take the course. I encountered a truly positive effect from the psychology in this course, which made me realise that everything comes from the heart, and that our mood is naturally good. The notes from the course were also able to inspire a friend.

**Wu Yee-lai** / Student at Adult Education Scheme for Women

Life is wonderful. It's unpredictable, untouchable. Like a kaleidoscope, it's always changing.

I came across the Women's Centre by chance and joined as a volunteer, becoming a member of the family. All of the members of the Centre are friendly and warm towards everyone. The ladies there encouraged me to enrol in the IT classes, and I did. The instructors diligently taught me all kinds of computer skills and, through them and the support of my classmates, I soon mastered basic computer skills. Now I have a new skill and can also help the Centre. It gives me a great sense of satisfaction. In fact, if you're willing to take the first step, perhaps you too will get unimaginable results.

**Yin Fong** / Student at the Peer IT Project  
by Women IT Ambassadors



# 健康充權

根據世界衛生組織的定義，「健康」包含身體、精神及心理各方面的元素，並受到社會、經濟、政治、文化及醫療體系等環境因素的影響。因此，本會的婦女健康教育及充權工作，不單只推廣婦女個人身心健康的重要，更關注環境因素對婦女健康的影響；從整全的角度出發，輔以朋輩推廣模式及跨界別合作的工作手法推動婦女健康。

## 關懷照顧者—— 以地區為本的照顧者支援計劃

### 計劃簡介

本計劃蒙「愛心聖誕大行動」資助，自2008年4月起於本會麗閣中心推行。基於社區的需要，本會獲「愛心聖誕大行動」的支持，由2009年10月開始，將有關計劃延伸至太和中心，為更多照顧者提供地區為本的服務，藉以提升照顧者的生活質素和福祉，並提升大眾對照顧者需要的關注。

### 本年度重點及成效

是年共有4,676人次的照顧者及其家人、公眾人士參與本計劃所舉辦的名項活動：

#### 1. 照顧者支援服務

- **「鬆一鬆、咁一咁」園地及互勉互動小組**：通過茶聚及照顧者支持小組聚會，讓照顧者暫時放下重擔，休息舒緩片刻；交流經驗，建立互助網絡，彼此分擔、分享。
- **健康檢查日**：於7月份麗閣中心舉辦了「關懷照顧者——親親照顧者日」，通過舉辦健康檢查，讓照顧者更關注及了解自己的身體狀況。
- **話劇表演**：「窗外的世界很美」於10月份公演。由本會心聲戲劇組通過演繹照顧者的故事，讓社會大眾對照顧者的日常生活和身心的各項需要有更深刻的體會。
- **「照顧者支援小組」**：於4月至5月期間舉辦了「有情相關照——照顧者支援小組」，讓13位共同面對照顧壓力的婦女，通過交流及分享，舒緩情緒，互相支持及減低孤單感。

#### 2. 社區教育

- 出版10期《關懷照顧者通訊》，提供有關身心健康的資訊及可使用的社區資源，以減輕照顧者的負擔。
- 舉辦多元化講座，讓照顧者對自身的需要有更深的認識。
- 社區巡迴展覽：每月進行街展，並派發《關懷照顧者通訊》，提升社會人士對照顧者需要的關注，鼓勵照顧者使用本計劃的服務。
- 「照顧者辛勞點滴」相片展覽：通過展示照顧者日常生活的相片，讓不同階層人士明白照顧者的辛勞與辛酸。

#### 3. 調查研究

- 於1月至3月期間，本會成功邀請9位女性照顧者接受深入訪談，藉以了解她們的困難及需要，稍後將出版有關報告及舉行發佈會。

#### 4. 服務拓展

- 為發掘更多有需要的照顧者，本會將服務拓展至專門為弱能及有需要兒童及家人提供服務和協助的協康會、肺積塵互助會等，向照顧者提供支援服務。



### 婦女心聲

我姐姐是一名照顧者。姐夫患病期間，姐姐全情投入照顧姐夫，廢寢忘餐。看見姐姐因為照顧姐夫而身心俱疲、情緒低落，我很心痛。剛巧那時候中心舉辦了一系列的照顧者講座，我便報名參加。希望藉此了解照顧者的壓力和需要，並提醒姐姐要多注意自己的身體，不要忽略自己的需要。我明白照顧者的辛勞和壓力，希望社會人士都能多關注照顧者的需要！

關懷照顧者講座參加者 /

胡慧儀



# Health Empowerment

According to the World Health Organization, the definition of "health" includes dimensions in physical, emotional and psychological health. It is influenced by factors of the environment including social, economic, political and cultural ones, and the medical system in question. Our women's health education and empowerment work focus on the importance of physical and psychological health for women, as well as the impact of external factors on their health. Embracing a holistic health problem approach and peer promotion model, the HKFWC have sought cross-sector cooperation to promote women's health.

## Caring for Carers: A Locality-based Carers Support Project

### Introduction

Caring for Carers, which received sponsorship from Operation Santa Claus, was started in April 2008 out of the HKFWC Lai Kok Centre. HKFWC obtained support from Operation Santa Claus based on the needs of the community and extended the project to the HKFWC Tai Wo Centre beginning October 2009. This would provide district-based support to more carers in order to enhance their quality of life and well-being and increase essential public awareness of the carers' situation.

### Focal Points and Results for 2009-2010

4,676 carers and their family members, the community-at-large-participated in the following activities under this project:

#### 1. Carer Support Services

- **"Relax a While, Take a Rest" Garden and Mutual Support Group:** Allow the carers to lay down their tasks and relax for a little while in tea receptions and carer support meetings. There the carers are able to talk about their experiences, build a mutual help network, and share with one another.
- **"Health Check-up Day":** In July, the Lai Kok Centre held a Caring for Carers: Our Beloved Carers Day, allowing carers to focus on and come to a greater understanding of their physical conditions through health exams.
- **Theatre:** In October, members of HKFWC's Hearts Talk Drama Group put on *The World Outside Is Beautiful*, a dramatisation of a carer's story. The performance allowed the public to come to a deeper understanding of the myriad everyday experiences and mentality of carers.
- **Carers support group:** In April and May, a carers support group with 13 carers was formed. Group members exchanges their experiences in taking care of their family members. Through the sharing, they were able to release their stress, soothe their emotions and provide peer support to each other.

#### 2. Community Education

- Through the 10 issues of Caring for Carers Newsletter, HKFWC supplied health-related information as well as information on available community resources in order to lessen the burdens of carers.
- Various talks were held to give carers a better understanding of their personal needs.
- Community Exhibitions: The Caring for Carers Newsletter was distributed at monthly community exhibitions to promote awareness of carers' needs to others in society and encouraging carers to use this projects' services.
- "A Small Slice of the Toils of Carers" Photo Exhibition: Displayed photos depicting the everyday lives of carers so as to allow people of all classes to understand the toils and hardships facing carers.

#### 3. Survey

- From January to March 2010, the HKFWC conducted in-depth interviews of nine female carers so as to understand their needs and the hardships they face. A report on the findings is forthcoming, and a conference shall be held upon its release.

#### 4. Extended Services

- In order to tap the potential of a greater number of carers, the HKFWC shall supply assistance services to carers through extended services specifically for the disabled and needy children and families of the Heep Hong Society, Pneumoconiosis Mutual Aid Association, and others.



### MEMBER'S VOICE

My older sister is a carer. When her husband fell ill, my sister put her heart and soul into his care, so worried that she would forget to even eat or sleep. I was distressed to see my sister so physically exhausted and mentally distraught due to caring for her husband. At the time, the Centre happened to be holding a series of talks on carers, so I signed up to participate. I hoped that, by understanding the needs and stresses of carers, I could alert my sister to pay greater heed to her own health and not to neglect her own needs. I realise now the toils, the pressure, put upon carers, and hope that everyone can pay more attention to their needs!

**Wu Wai-ye** /  
Participant of Carers' Talk





# 經濟充權

本會的婦女經濟參與及充權工作，可分為兩個面向。一方面，我們提供個人層面的就業訓練及支援服務，鼓勵婦女走出在家照顧工作的框框，提升個人能力及擴大婦女經濟參與的自主空間。另一方面，我們亦通過集體層面的組織，協助婦女探索另類就業模式及倡議就業環境的持續改善。

## 婦女再就業計劃

### 計劃簡介

自1998年8月起，本會獲僱員再培訓局資助，開辦各類「人才發展計劃」課程，以協助婦女掌握工作技能，重新投入勞動市場。本會所開辦的課程種類均以基層婦女為本，發揮婦女所長，並藉此促進婦女的經濟自主。

### 本年度重點及成效

年內，本會開辦了15個「人才發展計劃」課程，共有306位婦女入讀，課程包括：

麗閣中心——

陪診員證書課程、保健按摩證書課程；

太和中心——

家務助理證書課程、陪診員證書課程、陪月員證書課程、嬰幼兒照顧員證書課程、家務助理家常廚藝單元證書課程。

本年度共有289位學員完成課程。學員完成全日制就業掛鈎課程後，本會更會提供不少於3個月的就業支援及配對服務，協助學員從事相關行業。年內共有211位學員通過就業配對服務成功就業，平均入職率達78%。

藉技能訓練及就業支援服務，我們除了協助婦女增加收入，更鼓勵婦女走出家庭崗位的框框，提升個人能力及實踐經濟自主。

## 再培訓課程畢業同學會

### 計劃簡介

再培訓課程畢業同學會（簡稱「同學會」）成立於2001年，旨在凝聚及聯繫在本會完成再培訓課程的畢業學員，及提供一個共同關注婦女就業權益的平台。同學會由一班熱心的畢業學員組成委員會擔任統籌，工作方向圍繞：團結學員、就業支援、權益爭取三方面。

### 本年度重點及成效

#### 1. 行業分享會

- 同學會共舉行了3場行業分享會，主題包括職業安全、家務助理工作技巧及煮食技巧，協助畢業學員解決工作上的困難。

### 婦女心聲

我剛在太和婦女中心修畢家務助理及陪月員証書課程，亦曾在另一培訓中心報讀其他課程。兩個機構的導師教導的方法簡直是天淵之別。他們都嚴厲，出發點就是要你盡自己能力做到最好，達到考官要求，希望在考技能試時合格。

然而，我感受到婦女中心的導師很有愛心及耐性、亦能細心的關注同學們的感受，不會隨意罵人，令同學開心的學習，好像天使。現在如有朋友想讀再培訓課程，我會介紹她們去太和婦女中心報名。雖然我只是在機緣巧合下報讀這裡的課程，但慢慢才發現這裡的好呢！

再培訓課程畢業同學 /

廖淑明





# Economic Empowerment

*There are two levels on the women's economic participation and empowerment. On an individual's level, we encourage women to go beyond working as caregivers at home by providing them with career-related training and support services to enhance their skills and develop their capacity for economic independence. On a collective level, we advocate for a continual improvement of the employment environment and help women explore alternative working modes through enrolling them into various collectives, and organisations.*

## Women Re-employment Scheme

### Introduction

Since August 1998, the HKFWC has received funding from the Employees Retraining Board to offer various Manpower Development Scheme courses to help women acquire work skills and re-enter the employment market. The courses we offered have catered to the needs of women at the grassroots level, making good use of their experiences so as to facilitate their economic independence.

### Focus Points and Results for 2009-2010

In 2009-10, we offered 15 training courses. Four courses were offered at the Lai Kok Centre, including Escort Services for Out-patient Visits Certification and Therapeutic Massage Certification. Eleven courses were offered at the Tai Wo Centre, including Domestic Helper Training Certification, Escort Services for Out-patient Visits Certification, Post-natal Care Training Certification, Infant and Child Care Training Certification, and Household Cookery for Domestic Helper Unit Certification. Within three months of completion of any full-time placement-tied courses, we offer employment support and placement services to help students find work in related fields. We provided training to a total of 306 women, in which 211 of them successfully found employment through our placement services. The employment rate for our students this year was 78%. We encourage women to leave the confines of their family status and enhance their ability and economic autonomy through skills training and employment services.



## Retraining Course Alumni Association

### Introduction

The Retraining Course Alumni Association ("Alumni Association"), since its founding in 2001, has been aimed at connecting and solidifying graduates of HKFWC's retraining courses as well as providing a common platform concerned with women's employment rights. A committee of enthusiastic graduates perform the overall planning of the Alumni Association. Their work is predominately directed at rallying former students, employment support, and fighting for employment rights.

### Focus Points and Results for 2009-2010

#### 1. Professional Sharing Sessions

- The Alumni Association held three professional sharing sessions on topics such as occupational safety, job skills for domestic helpers, and cooking techniques, to help graduates in overcoming on-the-job difficulties they may encounter.

#### 2. Connecting with Fellow Alumni

- Relax Your Body and Mind: In this activity, held at the Po Leung Kuk Pak Tam Chung Holiday Camp in Sai Kung with funding from the Tai Po District Council, committee members guided alumni in the study of gentle relaxation techniques.



## MEMBER'S VOICE

I just completed courses in Domestic Helper Training and Post-natal Care Certification at the Tai Wo Women's Centre. I was also enrolled in some other courses at another training centre. The approaches to education of the instructors at the two centres are completely different. I find their teaching style to be quite harsh. From the beginning, they want you to put your all in being the best, to achieve what the examiner demands, and then pass the skills test.

However, I felt that the instructors at the Women's Centre were compassionate and patient and paid close attention to their student's feelings. They did not scold the students at will, making students more than happy to learn. They were like angels. Now when I have friends who want to take training courses, I tell them to sign up at the Tai Wo Women's Centre. Although I only enrolled at the Centre by chance, I've come to find that it really is a good place!

*Liu Suk-ming /  
Employment Training  
Course Graduate*

# 經濟充權

## 2. 聯繫及團結畢業學員

- 「身心舒暢樂『友』營」：活動由大埔區議會資助，於西貢保良局北潭涌渡假營舉行，由委員會委員帶領畢業學員學習輕鬆減壓之法。
- 「新春團聚燒烤樂」：同學會一年一度的新春團拜，於烏溪沙青年新村舉行，讓新舊學員聚首一堂，分享生活及工作點滴。

## 3. 權益爭取

- 繼續參與「爭取全民退休保障聯席」的工作，響應聯席發起之各項行動，爭取婦女退休後的生活保障權利。
- 於婦女事務委員會研討會會前活動中演出，表達兼職家務工作者的辛酸及訴求。

## 合作社

本會先後協助基層婦女組成婦女綠色生活職工有限責任合作社及婦女健康生活職工有限責任合作社。前者已經全面獨立運作，本會現時仍繼續為該社擔任顧問及提供簡單的辦公室物資；後者則由社員自行管理業務和社務，本會從旁提供意見和協助。兩個合作社均提供不同機會給婦女，讓她們運用已有的經驗和專長集體創業，創造和增加經濟收入。

### 婦女心聲

#### 心態如何 力量必如何

「沙士」期間惡夢接二連三的來臨，先是健康出現問題，接著失業，基於年齡因素很難找到合適的工作。朋友建議我讀僱員再培訓局舉辦的家務助理證書課程。因我放不開面子，結果一拖再拖都沒有報讀。當我認真思考後，我勉勵自己說：「過去不等於未來，現在態度等於將來！」其實做家務助理並不辛苦，困難處只是過不了自己的心理關口。轉眼間我當了幾年家務助理，僱主一直都尊重我，我亦做得很快樂。機會給不放棄的人 姊妹們加油喔！

再培訓課程畢業同學會委員 / 阿彭

#### 人生有幾多個10年？

數數手指，我在婦女中心已有10個年頭，見證中心的各項發展，當中不得不提的當然是協助我們成立婦女綠色生活職工有限責任合作社，讓我們有個落腳點。由最初的從旁協助和給予意見，至現在我們已經可以獨立運作，實在很多謝中心一直以來的支持。

現時合作社的營運已漸上軌道，很多謝中心仍提供辦公室位置給我們，讓有意求職的婦女能找到我們。往後，我們希望能與中心一起並肩繼續向前邁進。

婦女綠色生活職工有限責任合作社理事長 / 林美華





# Economic Empowerment

- New Year Reunion Barbeque: This year, the Alumni Association held its annual Chinese New Year gathering at Wu Kai Sha Youth Village, allowing students both new and old to convene and share a bit of their lives and work together.

## 3. Fighting for rights

- The Alumni Association, as before, continues to work with the Alliance for Universal Pension, co-sponsoring each action, and fighting for women's rights to retirement security.
- The Alumni Association participated in performances at the Women's Commission's pre-seminar event, sharing the hardships and concerns of part-time domestic workers.

## Co-operatives

The HKFWC has assisted women to form two co-operatives, namely Women Green Life Workers Co-operative Society, Limited, and Women Healthy Living Workers Co-operative Society, Limited. The Women Green Life Workers Co-op is fully independent, with the HKWFC continuing to serve as consultant and offer office space. Members of the Women Healthy Living Workers Co-op manage their own businesses and affairs, with the HKWFC providing advice and assistance. The two Co-ops provide women with a source of income and allow them to use their experiences and skills to run a collective entrepreneurship.

## MEMBER'S VOICE

### *It's in your mentality, and your strength*

During SARS, the nightmares came one after the other. First health problems, then unemployment; because of my age, it was difficult to find a suitable job after that. My friends suggested that I take a class to become certified as a domestic helper by the Employees Retraining Board, but I didn't sign up for a course because I refused to lose face. Yet after some serious reflection, I told myself, "The past is not what my future will be – it's my attitude now that will make my future!" Domestic work wasn't the problem: it's the psychological barrier that I had set up for myself that was the only issue. And now, in the blink of an eye, I'm a domestic helper with several years under her belt. My employers have always respected me, and I've been very happy. There are opportunities for those who do not give up... My sisters, don't lose hope!

*Ah-Pang / Retraining Course Alumni Association  
Committee Member*

### *How many decades do we have in life?*

To count, I have been involved with the Women's Centre for ten years now. I've witnessed the development of the Centre, including, of course, their helping us form the Women Green Life Workers Co-operative Society, allowing us to have a foothold in society. Our sincerest thanks are due to the Centre, for their continued support from the beginning, when they offered assistance and advice, to the present, as we're able to operate independently.

Now the Co-op's operations are on-track. Our gracious thanks to the Centre for continuing to provide us with an office, and allowing women who are interested to seek jobs with us. We hope to continue to progress in company with the Centre in the future.

*Shirley Lam / Chairwoman, Women Green Life Workers  
Co-operative Society, Limited*



# 社會參與

婦女是公民的一份子，有權利和能力參與社會的公共事務，從而促進社區和社會的改變。本會一直深信，藉著社會參與，婦女能夠肯定自己在社會所扮演的角色和貢獻；同時，在社會的改變過程中表達自己的心聲和意見，影響社會發展。因此，我們鼓勵和支持婦女積極參與社會生活，以體現和推動性別平等。

## 婦女協力同行——深水埗社區共融計劃

### 計劃簡介

本計劃始於2008年7月，為期3年。目的為通過社區網絡工作，支援新來港和低收入婦女及家庭，促進不同背景家庭的交流和互助，建立社區共融。

### 本年度重點及成效

#### 1. 低收入家庭支援服務

- 小學課餘託管小組：本年度合共有25名來自低收入家庭的孩子接受服務。這些受惠的小朋友不但能通過參加小組解決功課上的疑難、鞏固學業基礎，部分更提升了學業成績。此外，服務亦舒緩了家長照顧孩子的壓力，讓家長能預留時間和空間參與社區活動。
- 社區導師：是年度共有24位婦女及青年接受培訓成為社區導師，用愛心和耐性，協助低收入小學生解決功課疑難。對於個別社交能力較弱

的孩子，在得到社區導師的關懷後，亦能慢慢融入小組，擴闊社交圈子。藉每月分享會，社區導師互相分享課託心得，傳承寶貴經驗。為進一步了解課託學生及家庭，部分社區導師更與工作員一起進行家訪，促進社區導師對孩子及其家庭的認識，增強師生接觸，做到生命影響生命。

#### 2. 婦女自強訓練

通過舉辦不同類型的課程，如環保清潔、英文拼音、保健按摩、廣東話、腦筋急轉彎等，滿足婦女自我發展的需要。婦女在增長知識之餘，亦擴闊了社交圈子，互相支持，守望相助，共有118位婦女參加。

婦女自強訓練課程不但凝聚了一群新移民婦女，更增加了她們對社區的認識和歸屬感。個別婦女在參加上述課程後，主動回饋，躍身成為生活智慧工作坊的導師，與其他婦女分享保健知識，一展所長。

### 婦女心聲

由無心插柳，到投入參與，至認識兒童生命的寶貴，雖自知不配作「農夫」，但童心相應，教學相長，恩典滿載。

社區導師 / Tiger





# Social Participation

*Women are citizens, and therefore have the right and ability to participate in public affairs so as to promote changes in the community and the society. We believe that through social participation, women can be confident about the role they played and their contributions to the society. At the same time, they also express their views and feelings during the course of changes in the society. We therefore encourage and support women to actively take part in social life so as to promote and achieve gender equality.*

## Women Going Hand in Hand – Sham Shui Po Community Inclusion Project

### Introduction

The Sham Shui Po Community Inclusion Project, a three-year-long project which started in July 2008, aims to support women newly-arrived in Hong Kong for residency and low-income women and families. It promotes the exchange and mutual support between families of different backgrounds in order to establish community integration.

### Focus Points and Results for 2009-2010

#### 1. Support services for low income families

- After-school Care for Primary School Students: This year, 25 children from low-income families took part in our after-school care services. The children were able to resolve homework issues and strengthen their foundation for schoolwork through small classes, and some students received higher marks. The services also eased pressure on parents, allowing parents to take some time for themselves to participate in community activities.
- Community Tutors: This year a total of 24 women and youths were trained to be community tutors. Using love and patience, they can assist children from low-income families with their homework and other class difficulties. Children with weak social skills can also

slowly be integrated into small groups and expand their social circles. Community tutors share their lessons learned in monthly sessions and receive valuable experience from their fellow tutors. Some community tutors also make home visits with workers to further understand the students and their families, strengthen the tutor-tutee relationship, and affect the lives of each other.

#### 2. Self-Improvement Training for Women

Through various courses, e.g. environmentally-friendly cleaning, English spelling, therapeutic massage, Cantonese, and brain teasers, women are encouraged to develop themselves per their own needs. In these courses women can increase their knowledge, widen their social circle, turn to each other for support, and help each other out. In total, 118 women took part in the classes.

The self-development courses are able to have a group of women new to Hong Kong meet together, allowing them to increase their knowledge of their community and sense of belonging. After participating in these courses, women actively give feedback and are encouraged to become living wisdom workshop instructors, sharing their health care knowledge with other women and demonstrating their skills.

### MEMBER'S VOICE

I randomly became involved with this programme, which has given me an understanding of the value of children's lives. Although what little I know isn't even enough to be a farmer, a child's heart is equally innocent, and so we're able to learn from each other. Together, we're full of grace.

*Tiger / Community Tutor*



# 社會參與

## 3. 生活智慧工作坊

通過舉辦「來用廢油造肥皂」、「天然美容皂和潤膚露」、「酵素工作坊」和「以食會友之家鄉小食分享」等工作坊，由婦女擔任導師，分享有關環保和健康生活的小智慧，發揮婦女潛能，展示自我。工作坊內共有17位婦女成為導師，與八十多位婦女分享生活智慧。

## 4. 好鄰舍行動隊

本年度我們成功招募了21位婦女成為「好鄰舍行動隊」成員，藉參與「愛社區行動站」和「友伴網絡」，主動接觸社區居民，傳遞各種社區資源的資訊，使有需要的居民得到適切的協助。於中秋期間，8位好鄰舍行動隊的成員更參與「中秋展關懷」活動，為十多位獨居長者送上中秋節祝福和關懷。

自12月開始，本會與「薈色園可健耆英地區中心」合作，安排好鄰舍行動隊的成員定期探訪區內獨居長者。在關心長者之餘，同時轉介有需要的長者接受服務，為長者提供支援。通過探訪，長者與婦女能相互了解，長者感受到社區人士的關懷，婦女亦從長者身上領悟到人生哲理，彼此從中都有得著。

## 「埔樂·步樂」婦女推動社區可持續發展計劃

### 計劃簡介

承蒙可持續發展基金再次撥款資助，本會太和中心自2009年9月起開始推行為期3年的「埔樂·步樂」——婦女推動社區可持續發展計劃。此計劃建基於「社區可持續發展工作室——婦女與青少年推動社區可持續發展計劃」，目標為繼續深化和擴展本會在大埔區推動可持續發展工作的果效。

## 婦女心聲

我叫阿蘭，有兩個仔，來香港四年多。我在香港無親人，朋友亦少，生活單調。後來，來到婦女中心參加活動，不但增長了知識，而且認識多了朋友，好開心。及後，參加僱員再培訓局的保健按摩證書課程，幫到自己之餘亦幫到身邊人。另外，通過參加自製廢油皂、美容皂和天然潤膚露，看見自己親手造出的製成品，感覺滿足。很多謝中心的職員和各導師！

生活智慧工作坊參加者 /  
阿蘭





# Social Participation

## 3. Living Wisdom Workshops

Through women-led workshops such as "Making Soap from Oil," "Natural Soap and Body Lotion", "Enzymes Workshop", and "Homestyle Snacks for Foodies," women are able to share little tidbits of wisdom on healthy and environmentally-sound living, allowing them to further their potential and put their skills and knowledge on display. A total of 17 women lead the workshops and over 80 have attended.

## 4. Good Neighbour Action Team

We successfully recruited 21 women to join the Good Neighbour Action Team this year. By participating in the "Community Love Action Station" and "Friendship Network", they were able to reach out to their neighbours, give advice on community resources, and help their fellow residents get the assistance they needed. Eight members of the Action Team participated in the "Spreading Concern for Mid-Autumn Festival" campaign, bringing good wishes and care to a dozen elderly neighbours.

Beginning in December, the Action Team, in cooperation with the HKFWC and the Sik Sik Yuen Ho Kin District Community Centre for Senior Citizens, regularly visited senior citizens living alone. There they were able to show their concern for the seniors and provide them with support, referring those in need to relevant services. The seniors and women were able to come to a greater mutual understanding through these visits, and both sides would gain something: Seniors would receive care from their neighbours, the women would learn from the knowledge of their community elders.

## Striding Forward: A Tai Po Community Sustainable Development Project

### Introduction

In November 2009, the HKFWC Tai Po Centre launched Striding Forward, a three-year scheme to promote sustainable development in the community by women with sponsorship from the Sustainable Development Fund. Striding Forward is based on a previous project, the Community Sustainability Development Workshop: Scheme for Women and Youths to Promote Community Sustainability Development, and its objective is to further expand the results of HKFWC's promotion of sustainable development in Tai Po.

### MEMBER'S VOICE

My name is Ah-Lan. I have two children and have been in Hong Kong for four years now. I have no family here, and my children are young. Our lives were somewhat monotonous. After a while, I started going to the Women's Centre's activities. I learnt lots, and I made many friends. It's been truly happy. Eventually I took the Employees Retraining Board massage certification course and was able to help not just myself but others too. I've learnt to make homemade soap and natural body lotion, and it was fulfilling to be able to see something that I had made with my own two hands. I am very grateful to the Centre's staff and tutors!!

*Ah-Lan / Participant of Living Wisdom Workshops*



# 社會參與

本計劃旨在組織婦女，積極投入社區參與，達致「由個人到社區」的生活環境改造工程；同時，實行「由生活到政策」的社區可持續發展議程和累積社區可持續發展資產，建設可持續發展社區。

## 本年度重點及成效

### 可持續生活講座

通過生活化主題，讓參加者認識可持續發展理念與生活息息相關，鼓勵參加者從生活中實踐可持續發展的生活模式。本年度，我們共舉辦3個可持續生活講座。講座題目分別是：「有機生活講座」、「玻璃何處去」及「環保家居清潔法」。

### 社區媽媽工作室

為了招募更多有志婦女加入成為社區媽媽，協助推動社區可持續發展工作，我們於2009年10月份舉辦了新一期社區媽媽工作室訓練，成功招募9位新成員。



### 社區導賞員訓練工作坊

於2009年12月至2010年3月期間，我們舉辦了一期社區導賞員訓練工作坊，合共招募了12位社區導賞員。日後，她們將會以可持續發展的角度和視野，帶領參加者親身了解更多具有大埔特色和傳統文化的景點。

### 社區巡迴展覽

於2009年10月至2010年4月期間，我們共舉辦了7次社區巡迴展覽，接觸接近1,720人次。通過社區巡迴展覽，社區媽媽協助設置街站，向區內街坊推廣可持續生活的實踐方法，期望讓更多街坊認識可持續發展理念。

### 出版《埔樂·步樂通訊》

通過定期出版《埔樂·步樂通訊》，介紹可持續發展理念及本計劃的最新資訊。



## 婦女心聲

自從母親在2005年去世後，每年我總會抽點時間到我出生的地區——筲箕灣尋找童年點滴。從前一幢幢的唐樓，現今已變為高樓大廈。現在的我，對這個地方感到親切但陌生。

到底，舊的建築物是否一定要被拆掉呢？當這些建築物被拆掉時，大家才會珍惜。參加社區導賞員訓練，令我認識到大埔古物的歷史，亦讓我明白一個社區內的新舊建築物其實可以共存，每個社區都有她的特色，這正是香港與眾不同之處。

社區媽媽 / 綺珊



# Social Participation

Striding Forward aims to organize women to become actively involved in their community and achieve living environment improvement projects by having the individual give back to the community. At the same time, it aims to implement a community sustainable development agenda of “making a lifestyle into public policy” and accumulate community assets for sustainable development in order to build a sustainable community.

## Focus Points and Results for 2009-2010

### Talks on Sustainable Development

Through our talks, we brought participants to an understanding of the role of sustainable development in their lives and encouraged them to practice sustainable development ideas in their day-to-day lives. We held three talks on sustainable living in 2009-2010. Lecture topics included: Organic Living, A Place for Plastic, and Environmentally-Friendly Household Cleaning.

### Community Mama Workroom

In order to recruit more women into the ranks of the Community Mama to assist in promoting sustainable development, in October 2009 we held a training course and recruited nine new Community Mama.

### Community Tour Guide Training Workshop

Between December 2009 and March 2010, we conducted community tour guide training workshops and recruited a total of 12 guides. In the future, they will lead participants to witness the unique aspects of Tai Po and its traditional cultural attractions with a focus on sustainable development.

### Community Exhibitions

Between October 2009 and April 2010, we organised seven community exhibitions, reaching approximately 1,720 people.

With the participation of the Community Mama, who helped set up the street stands, our exhibitions were able to promote sustainable living practices to local residents with the hope that more could come to an understanding of sustainable development concepts.

### Striding Forward Newsletter

The concepts of sustainable development and updates on the project were introduced to the community in this regular newsletter.

## MEMBER'S VOICE

Since my mother passed in 2005, I take some time each year to visit where I was born, Shau Kei Wan, to find a bit of my childhood. Where once were tenements now are high-rises. When I go now, I feel warm, yet out of place.

Do old buildings really need to be demolished? It's only when they are that we cherish them. I participated in a community tour guide training workshop and learnt the history of Tai Po antiquities. It also helped me understand that buildings both old and new can exist within the community. Every community in Hong Kong has its own uniqueness, which is exactly what's so special about Hong Kong.

*Yee-shan / Community Mama*



# 社會參與

## 深水埗社區導賞團

### 計劃簡介

一群熱愛深水埗的婦女，在本會協助下成立「社區導賞大使」小組，推廣深水埗區獨有的文化旅遊。導賞團通過探坊傳統商店，重建項目、與街坊對話及品嚐美味小食等活動，向公眾介紹區內的歷史文化、社區經濟和發展及其特色。

### 本年度重點及成效

本年度共有30位參加者，他們主要來自新來港/低收入婦女及復康人士，導賞員按不同參加者的獨特需要，計劃不同路線。除了讓參加者認識深水埗區外，亦讓新來港/低收入婦女掌握區內價廉物美的購物資訊，減低日常生活負擔，而復康人士則重遊故地，緬懷昔日情懷。另外，經過與不同類型的參加者接觸，導賞員亦開拓眼界，明白弱勢社群的生活和需要。



## 女公民

### 計劃簡介

一群關心社會政策倡議的婦女於2008-09年度完成「婦女公民訓練計劃」，在同工的協助下成立「女公民」小組，繼續關心社會政策、參與社會行動及推動身邊人認識社會時事。

### 本年度重點及成效

全年共有89位婦女參加各項活動。通過欣賞時事短片、電影和戲劇認識社會大小事及政策，主題包括：

- 政改
- 財政預算案
- 反高鐵
- 六四民主運動

每節討論，不但讓婦女有機會表達自己的意見，藉組內的交流，亦促進婦女的批判思考能力和提高公民意識。





# Social Participation

## Sham Shui Po Community Tour Group

### Introduction

A group of women who adore Sham Shui Po formed the "Community Tour Ambassadors" with the assistance of the HKFWC, in order to promote a unique blend of cultural tourism for the Sham Shui Po District. The Tour Group passes through traditional shops, going through redevelopment projects, talking with neighbours, enjoying local snacks, and other activities. They aim to teach the general public about local history, cultural, the district's economy and development, and everything that makes Sham Shui Po special.

### Focus Points and Results for 2009-2010

This year, there were 30 participants, with a majority of women who were new to Hong Kong or those from low-income families as well as people with disabilities. The tour ambassadors planned various routes based on the needs of each woman. Aside from giving participants a greater understanding of the Sham Shui Po District, it also enabled women from low-income families or who were new to Hong Kong to access affordable local shopping and reduce the burdens on their daily lives. It also allowed those in rehabilitation to revisit their old haunts, giving them the chance to cherish the memories of their past. Tour ambassadors were able to expand their horizons as well through the contact of women of myriad backgrounds, which gave them understanding of the lives and needs of disadvantaged groups.



## Women Citizens Group

### Introduction

After the 2008-9 Women Social Participation Training Project was through, a group of women keenly interested in social policy advocacy formed the Women Citizens group with our assistance in order to continue following social policy, participate in social actions, and raise general awareness of social issues.

### Focus Points and Results for 2009-2010

Eighty-nine Women Citizens group members participated in all kinds of activities throughout the year. They viewed films and plays on current events covering a range of topics to increase their awareness of social issues and government policies, including:

- Constitutional reform
- Government budget
- The opposition movement to the Guangzhou-Shenzhen-Hong Kong express rail
- June Fourth Democracy Movement

During the group's discussion sessions, women would have the opportunity to not only express their views through group exchanges but also raise their critical thinking skills and civic awareness.



# 社會參與

## 「幸福地圖」計劃

### 計劃簡介

本會麗閣中心獲社會福利署深水埗區福利辦事處「幸福由『深』出發」運動資助，於2009年11至12月期間舉行「幸福地圖」計劃。計劃內容包括培訓日營及關愛社區話劇。

### 「幸福心裡尋」日營

於2009年11月10日，我們假香港青年協會賽馬會西貢戶外訓練營舉辦日營。通過運用輕鬆的手法：音樂治療和「一人一故事劇場」，協助37位婦女重新探索及發掘她們逆境自強的身心素質。她們當中不乏曾經歷人生低潮而能超越逆境、自立、自強，並積極投身義務工作行列，惠澤他人的婦女。藉這個活動，我們不但協助她們鞏固自身的幸福感和生命動力，更鼓勵她們繼續積極面對人生、建立自信、自愛的能力。

### 「幸福地圖」話劇表演

話劇以「幸福心裡尋」日營的探索成果為藍本，由本會麗閣中「心聲話劇組」的組員，於2009年12月5日假香港扶幼會許仲繩紀念學校禮堂舉行表演。我們希望藉互動形式，向婦女和區內居民推廣正向心理的重要，散播幸福、感恩、希望和樂觀的訊息。當天出席欣賞演出的參加者超過100人。不少參加者都認同「幸福感」很重要，應以正面和積極的思想去面對逆境，並樂意實踐及推廣「感恩」及「希望」等訊息。

### 獲頒「常懷希望」獎

最後，本計劃獲「幸福由『深』出發」活動計劃評選委員會頒發「常懷希望」獎，以表揚本計劃推廣幸福運動的成果。

## 「我們的石硤尾創意藝術中心」社區實踐方案

本會聯同10多間不同的非政府機構一起協辦「我們的石硤尾創意藝術中心」社區實踐方案，計劃獲深水埗區議會資助。通過策劃及設計適合基層參與的藝術培訓及活動，讓生活在深水埗區的不同社群、社會工作者或組織者、藝術工作者匯合一起、互相學習，為社區扶貧拉闊資源。

我們分別於2009年6月舉行「女性·形象·實況」展覽及2009年10月舉行「照顧者辛勞點滴」相片展覽；同時，亦參與了《藝術·社區·互惠共生「我們的石硤尾創意藝術中心」社區實踐計劃回顧及展望社區論壇》。過程中婦女們嘗試將平日關心的議題以展覽方式表現出來，將石硤尾創意藝術中心的小型展覽室L2-16室變成她們發聲的小空間，拉闊她們的社區參與經驗。





# Social Participation

## "Happiness Starts with 'Sham'" Campaign

### Introduction

In November-December 2009, the HKFWC Lai Kok Centre held the "Happy Mapping" Scheme as a part of the "Happiness Starts with 'Sham'" campaign. The scheme included a training day camp and a community-focused dramatic performance. The campaign was supported through funding from the Sham Shui Po District Social Welfare Office under the Social Welfare Department.

### "Look for Happiness in Your Heart" Day Camp

The HKFWC held day camp at the Hong Kong Federation of Youth Groups Jockey Club Sai Kung Outdoor Training Camp on 10 November 2009. The camp helped a group of 37 women to reflect and discover their health and psychological quality in the face of all types of adversity through relaxed methods such as music therapy and "Playback Theatre" dramas. Not a one of the participants lacked experience in life's hardships, yet they were able to overcome adversities, and become self-sufficient and self-empowering women; furthermore, they actively sought to do volunteer work, so as to benefit other women. Through these activities, we were not only able to assist them in augmenting their own happiness and life dynamics, but also encourage them to live with optimism, build their self-confidence, and increase their self-respect.

### "Happy Mapping" Dramatic Performance

On 5 December 2009, members of the Lai Kok Centre's Heart Talk Drama Group gave a performance at the Hong Kong Boys Hui Chung Sing Memorial School Auditorium based on the results from the "Look for Happiness in Your Heart" day camp. We hope that we were able to promote the importance of positive thinking to women and local residents alike through the interactive performance, and that we were able to spread the message of happiness, gratitude, hope, and optimism. Over one hundred were in attendance for the performance. Many of the participants agreed that happiness is extremely important and that we should all be positive in the face of adversity. Participants also voiced their willingness to practice and promote the messages of gratitude and hope.

### "Cherishing Hope" Award

This scheme was awarded the "Cherishing Hope" Award by the appraisal committee for the "Happiness Starts with 'Sham'" campaign in recognition of the scheme's positive results in promoting happiness.

## "Our Shek Kip Mei Creative Arts Centre" Community Practice Plan

The HKFWC along with more than ten other NGOs to organise the "Our Shek Kip Mei Creative Arts Centre" community practice plan, with funding from the Sham Shui Po District Council. Various social groups, social workers and organisers, and artists living in Sham Shui Po District to assemble and learn from each other through plans and designs suitable for those at the basic level to participate in arts instruction and activities, widening poverty alleviation resources to the greater community.

In June 2009, the HKFWC held an exhibition entitled "Women, Image, Reality" and in October 2009, we held a photo exhibition entitled "A Small Slice of the Toils of Carers" Photo Exhibition. The HKFWC also participated in the "Art, Community, Reciprocal Symbiosis 'Our Shek Kip Mei Creative Arts Centre' Community Practice Plan Review and Prospectus Community Forum". The L2-16 exhibition room at the Shek Kip Mei Creative Arts Centre was transformed into a small space for women to express their day-to-day concerns through an exhibition, in order for them to widen their community involvement and experiences.



# 社會參與

## 「深水埗扶貧工作的現況與前瞻」研討會

由深水埗區議會轄下關注貧窮問題工作小組主辦，本會合辦的「深水埗扶貧工作的現況與前瞻」研討會，於2010年3月12日假香港童軍中心順利舉行，共有88位來自不同界別的人士參加，共同商議深水埗區的扶貧工作及策略。

香港社會服務聯會政策研究及倡議總主任陳惠容女士在研討會上匯報了深水埗區的貧窮狀況；香港中文大學社會工作系副教授黃洪博士以「以社區為本的資本建設」為題作演講。及後，由深水埗區議會關注貧窮問題工作小組轄下的3個扶貧計劃的代表簡報該計劃的實踐經驗和成果：分別是「陽光家庭計劃」的周泳芝女士、「我們的石硤尾創意藝術中心社區實踐計劃」的傅淑賢女士及「家居檢查及維修計劃」的唐文標先生。

參加者以小組討論形式探討區內扶貧工作的成效及困難、前瞻扶貧的策略及日後的工作方向。參加者表現積極和投入，現場氣氛熱烈，發言踴躍。及後，由香港理工大學應用社會科學系講師張超雄博士作回應。他正面評價及欣賞各個工作計劃得出的成果及所建立的寶貴社會資產。他指出這些計劃有很好的意念及堅固的實踐成果，可是只單靠區議會的平台及資助，未能上達於主流社會政策的決策者，亦未能充分運用傳媒的影響力，讓更多社會人士及擁有財力資源的商界人士認識有關計劃。而黃

洪博士則建議滲入其他的基金，結合官方、非政府機構及市民的力量以持續及深化發展各項計劃，讓社區資產進一步建設深水埗區。

## 「和諧健康家庭」計劃

於是年度，本會協助社會福利署大埔及北區家庭及兒童福利服務協調委員會推動「和諧健康家庭」計劃，支援有需要家庭，進而遏止家庭暴力的發生。具體工作包括：協助委員會製作「家庭自強闖逆境」教育單張、參與「親家人、聚天倫」活動、協助統籌有關活動閉幕禮的攤位活動及戲劇表演。

## 「錫屋企·錫自己」計劃

本會並獲社會福利署大埔及北區家庭及兒童福利服務協調委員會撥款資助，舉辦以「錫屋企·錫自己」為主題的「高效能快樂媽媽——認知行為管教子女小組」及「和諧健康家庭之夫妻黃昏營」。兩項活動共有27人參加。





# Social Participation

## Forum on the Current Situation and Prospects for Poverty Work in Sham Shui Po

The Sham Shui Po District Council Working Group on Poverty organised a joint conference with HKFWC on the current situation and future prospects for poverty alleviation in Sham Shui Po. Eighty-eight people from varying backgrounds gathered at the Hong Kong Scout Centre on 12 March 2010 to discuss the anti-poverty work and strategy in Sham Shui Po District.

During the forum, Hong Kong Council of Social Service Policy Research and Advocacy Chief Officer Ms Mariana Chan reported Sham Shui Po's poverty level, and Prof Wong Hung, Associate Professor of the Department of Social Work, Chinese University of Hong Kong delivered a lecture on "building community-based capital". Later, three representatives from the Sham Shui Po District Council Working Group on Poverty reported their experiences and results from the group's poverty reduction programmes. The representatives were Ms Irene Chau from the "Sunshine Family Scheme", Ms Fu Suk-yin of the "Our Shek Kip Mei Creative Arts Centre Community Practice Plan", and Mr Bill Tong of the "Home Inspection and Maintenance Scheme".

Participants split into small panels to discuss the effectiveness, difficulties, forward-thinking strategies, and the future direction of poverty reduction work. Participants were active and open with their input, and the general atmosphere was warm and enthusiastic. Afterwards, Dr Fernando Cheung Chiu-hung, lecturer at the Department of Applied Social Sciences, Hong Kong Polytechnic University commented on the discussion. Dr Cheung expressed his admiration and positive feedback for the

results of the poverty reduction programmes and valuable community assets that they had established. He pointed out that these programmes have good ideals and strong, practical results yet rely only on the District Council's platform and subsidies. The programmes have not risen to the higher social policy decision-makers, and they have not fully used the influence of the media to let more in the community and in business circles know of the programmes. Prof Wong Hung also proposed that they be entered into other funds, to unite the forces of the government, NGOs, and the public to allow community assets to build up Sham Shui Po District further by continuing and enriching the development of the programmes.

## Harmonious Family

This year, we participated in the "Harmonious Family" Project organised by the Tai Po and North District Co-ordinating Committee on Family and Child Welfare Services of the Social Welfare Department to support families in need and to prevent domestic violence. We helped the Committee produce an educational leaflet, participated in its activities and assisted with the game booths and drama performance at the closing ceremony of the project.

## "Love Your Home – Love Yourself"

We organised a parenting group and an evening camp for couples to promote happy family during this year. Twenty-seven participated in these two activities, which were funded by the Tai Po and North District Co-ordinating Committee on Family and Child Welfare Services of the Social Welfare Department.



# 義工發展

協會在過去廿多年來一直以婦女義工為伙伴，推動互助精神。我們相信：藉著參與義工服務，義工不單能發展個人潛能、擴展社會活動空間，更能服務社會、推動社會進步和實踐性別平等。

麗閣及太和中心分別設立不同性質的義工小組，為擁有不同興趣、需要及專長的會員提供參與平台。通過參與，會員不但可以發展自我，更可協助中心提供各式各樣服務，促進社區共融。

## 義工嘉許禮

為答謝及表揚義工們一直以來的支持和付出，協會每年均舉辦「義工嘉許禮」以肯定她們的貢獻。這一年一度的典禮，讓不同組別的義工聚首一堂，彼此分享心得和經驗。本年度的義工嘉許禮於2010年5月8日假九龍灣彩頤居舉行，共有115位義工出席。

千里送鵝毛，物輕情義重。一張看似簡單的證書，蘊藏著協會對義工們深厚的謝意。今年度我們更邀請了太和中心的社區媽媽及一群熱心的婦女義工，親手製作環保酵素和七彩繽紛的手鍊花，致送給在場的每位參加者，以表心意。

除了頒發服務嘉許狀、義工訓練畢業證書外，今年共有9位婦女獲頒發5年長期服務獎、4位獲頒發10年長期服務獎及3位獲頒發15年長期服務獎。

## 獲頒發5年長期服務之義工

IT大使	：戴銀珠
接待大使	：梁玉菁、謝玉鳳
社區宣傳大使	：賴玉珍、吳琮桂、劉玉微、邱子豪
行政義工	：黃笑英、吳瑞愛

## 獲頒發10年長期服務之義工

婦女求助熱線輔導員：曾松華、劉粵蕾、黃杏農

## 獲頒發15年長期服務之義工

義務律師	：洪珀姿律師
婦女求助熱線輔導員	：鄭桂芬、張寶蓮

## 獲頒發義工訓練畢業證書的組別

2009-10年度朋輩輔導員、2009-10年度婦女求助熱線輔導員

## 獲頒發婦女參與感謝狀的組別

婦女綠色生活職工有限責任合作社、婦女健康生活職工有限責任合作社、再培訓課程畢業同學會委員會、香港主婦聯盟

## 獲頒發義工服務嘉許狀的組別

麗閣中心：IT大使、心聲戲劇組、共同購買、行政義工、免費律師面見諮詢服務的義務律師、朋輩輔導員、社區導師、婦女求助熱線輔導員、照顧者之友、義務導師

太和中心：IT大使、太和婦女社區服務隊、再培訓課程畢業大師姐、朋輩健康大使、社區宣傳大使、社區媽媽、剪髮大使、接待大使、義務導師





# Volunteer Development

*Women volunteers have been the major partners of the HKFWC to promote the spirit of mutual help in the past two decades. We believe that through volunteer services, women can develop their own potential, expand their social space, contribute to their community and promote social progresses as well as help achieve gender equality.*

*There are a number of volunteer groups, focusing on various issues, in the centre of Lai Kok and Tai Wo. These volunteer groups are platforms that cater the different interests, needs and talents of our members. Members are able to develop themselves and provide other members of the HKFWC and the community with various services thereby promoting harmony in the community.*

## Volunteer Recognition Ceremony

To honour and commend our volunteers for their support and contributions, the HKFWC holds an annual Volunteer Recognition Ceremony in recognition of their hard work. This ceremony allows volunteers from all groups to come together and share their thoughts and experiences with one another. This year's ceremony was held on 8 May 2010 at Cheerful Court in Kowloon Bay and 115 volunteers were in attendance.

The gift itself may be light as a goose feather, but the bonds of friendship remain strong despite its light weight. A certificate, a seemingly simple piece of paper, conveys within it the profound gratitude the HKFWC holds for our volunteers. This year we invited the Community Mamas and a group of enthusiastic volunteers from Tai Wo Centre make colourful handmade bracelets to give to each of our participants as gifts, a token of our appreciation.

In addition to service commendations and volunteer training diplomas, we also presented nine women with five-year long service awards, four women with ten-year long service awards, and three women with fifteen-year long service awards.



## 5-Year Long Service Award

<b>IT Ambassadors</b>	: Tai Ngan-chu
<b>Reception Ambassadors</b>	: Leung Yuk-ching, Tse Yuk-fung
<b>Community Promotion Ambassadors</b>	: Lai Yuk-chun, Lau Yuk-mei, Ng King-kwai, Yau Tsz-ho
<b>Administrative Volunteers</b>	: Wong Siu-ying, Ng Shui-oi

## 10-Year Long Service Award:

<b>Helpline Counselors</b>	: Lau Yuet-lui, Tsang Chung-wah, Wong Hang-lun
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## 15-Year Service Award

<b>Volunteer Lawyers</b>	: Barbara Anne Hung
<b>Helpline Counselors</b>	: Cheng Kwai-fun, Cheung Po-lin

## Graduation Certificate

2009-10 Helpline Counsellors, 2009-10 Peer Counsellors

## Certificate of Appreciation for Participation

Executive Committee of Retraining Course Alumni Association  
Hong Kong Homemakers Alliance  
Women Green Life Workers Co-operative Society, Limited  
Women Healthy Living Workers Co-operative Society, Limited

## Honorary Service Award

**Lai Kok Centre** : Administrative Volunteers, Collective Purchase, Community Tutors, Volunteer Lawyers of the Free Legal Advice Clinic, Friends of Carers, Hearts Talk Drama Group, Helpline Counsellors, IT Ambassadors, Peer Counsellors, Volunteer Tutors

**Tai Wo Centre** : Big Sisters of Retraining Courses, Community Mamas, Community Promotion Ambassadors, Hairdressing Volunteers, IT Ambassadors, Peer Health Ambassadors, Reception Ambassadors, Tai Wo Women Community Service Team, Volunteer Tutors



# 倡導工作

立足於婦女的需要和權益，協會有責任就影響婦女的政策和法律提出意見，以改善婦女的集體處境。我們亦鼓勵婦女實踐公民權利，通過不同途徑和方法，積極表達她們對政府施政的心聲，以集體力量帶來性別平等和社會公義。

## 爭取婦女退休保障權利

現時本港僅有強積金一項退休保障制度，然而強積金與職業掛鉤，無酬家務勞動者被排拒在外；而低收入人士（當中超過8成為婦女）亦因為供款額低，加上高昂的管理費用，令滾存的款項不足以應付退休所需。本會認為強積金制度是一項性別盲視的政策。因此，自2005年起，本會聯同香港主婦聯盟及再培訓課程畢業同學會，一起加入「爭取全民退休保障聯席」，與其他團體共同爭取全民養老金。本會除定期參與聯席會議、季會及行動外，亦加入聯席的教育組，協助設計宣傳品及公眾教育等工作。

於2009年7月29日，本會聯同聯席約見勞工及福利局局長張建宗，表達婦女對強積金的不滿，與及全民退休保障制度對婦女的重要性。

於2009年11月8日，本會聯同香港主婦聯盟的成員，參與了「第一屆全民退休保障社會論壇」，探討強積金的利弊及設立全民養老金的可行性。

於2010年3月16日，本會聯同聯席約見立法會議員葉劉淑儀，交換對現有退休保障制度的看法，與及探討將來合作的可能性。

## 參與平等機會婦女聯席的行動

本會是平等機會婦女聯席成員，一直積極參與聯席的工作。

於4月29日及6月25日，本會聯同聯席成員分別與婦女事務委員會及勞工及福利局官員會面，內容圍繞：提升婦女事務委員會作為促進婦女權益的中央機制的地位；在制訂財政預算案過程進行性別預算，以解決婦女貧困、就業和保障等問題；及成立「婦女發展基金」撥款支援婦女團體的工作，讓婦女團體得以持續進行具備前瞻性及適切的倡導、教育及服務工作。

於2010年3月8日國際婦女節，本會代表聯同聯席其他成員，由立法會遊行至政府總部，要求政府以性別觀點檢視施政，正視婦女的發展需要，增撥社會福利開支以擴大託兒、長者照顧、殘疾人士和長期病患者等照顧服務。一方面減輕由承擔着傳統家庭照顧者角色的婦女去承擔社會福利的責任，讓她們有機會和空間追求個人發展，另一方面通過創造社區照顧員職位，為失業或就業不足婦女及其他人士提供就業機會。



# Advocacy

*The HKFWC has been advocating for the changes in government policies and the law to improve the situations of women. We have also encouraged women to act collectively to bring about gender equality and social justice by exercising their civil and political rights and actively voicing out their opinions on public affairs.*

## Fighting for Retirement Protection for Women

The Mandatory Provident Fund (MPF) is currently the only retirement protection system in Hong Kong. However, the MPF is linked with one's occupation, and unpaid domestic workers are excluded. Low-income earners (of whom more than 80% are women) also make lower contributions and have higher management fees, leaving the amount accumulated insufficient to meet their retirement needs. The HKFWC believes that the MPF is a gender-blind policy. Therefore, since 2005, the HKFWC has, together with the Hong Kong Homemakers' Alliance and the Retraining Course Alumni Association, become a member of the Alliance for Universal Pension, fighting with other organisations for universal pensions. In addition to regular participation in joint conferences, quarterly meetings, and group actions, the HKFWC is a member of the Alliance's Education Group, assisting in the design of publicity materials and public education programmes.

On 29 July 2009, the HKFWC held a meeting with Secretary for Labour and Welfare Matthew Cheung Kin-chung. We expressed the dissatisfaction women feel toward the MPF and the importance of a universal retirement protection system for women.

On 8 November 2009, the HKFWC and members of the Hong Kong Homemakers' Alliance participated in the First Universal Retirement Society Forum. The Forum explored the pros and cons of the MPF and the feasibility of establishing a universal pension programme.

On 16 March 2010, the HKFWC participated in a joint meeting with Legislative Councillors Regina Ip Lau Suk-ye, exchanging views on the existing retirement protection system and exploring the possibility of future cooperation.

## Participation in the Hong Kong Women's Coalition on Equal Opportunities' Actions

The HKFWC is a member organisation and active participant of the Hong Kong Women's Coalition on Equal Opportunities.

On 29 April and 25 June, the HKFWC met with the Women's Commission and the Labour and Welfare Bureau, respectively. The meetings revolved around the following: promoting the Women's Commission as the central mechanism for accelerating women's rights and interests; conducting gender budgeting during the budget formulation process in order to address women's poverty, employment, and security issues; and establishing the Women's Development Fund to support the work of women's groups, and enable them to continue carrying out their forward-thinking and appropriate advocacy, education programmes and services.

On 8 March 2010, International Women's Day, representatives from HKFWC joined with other members of the Coalition and marched from the Legislative Council to the Central Government Offices. The march was to demand that the government view their policies from the perspective of gender, address the developmental needs of women, and allocate additional social welfare spending for the expansion of care services for children, the elderly, disabled, and chronically ill. This would reduce the responsibility of women for social welfare as a part of their traditional role as caregivers, and give them the opportunity and space to develop as individuals. Additionally, expanding care services would create jobs for community carers, giving employment opportunities to unemployed or underemployed women and others.





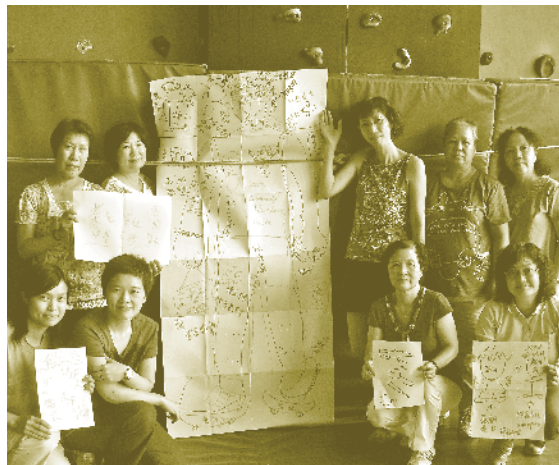
# 倡導工作

## 亞太非政府組織論壇

適逢本年為第四屆聯合國婦女大會及通過《北京行動綱要》15周年。本會、香港主婦聯盟及再培訓課程畢業同學會分別派出代表，聯同東亞婦女論壇港區籌委會一同前往菲律賓馬尼拉，出席亞太非政府組織論壇，分享亞太各地區爭取婦女權益的經驗。是次會議主題為「編織智慧、對抗危機、打造未來」，內容環繞亞太地區婦女面對的各項挑戰，包括人權、氣候、戰爭、貧窮、社會制度、人口販賣、網絡發展等，並探索改善婦女處境的路向。會上同時關注聯合國設立婦女事務的中央機制後所推動的實質工作。除大會外，論壇亦設有不同主題的工作坊，讓各地關注婦女事務的人士，就著各種議題，交流心得。最後，與會者藉電郵，通過是次大會宣言，期望各國及各地區繼續為推動兩性平等作出努力。

## 婦女事務委員會研討會

婦女事務委員會於2009年8月26日舉行「承擔、超越、廿一世紀女性」研討會。會議前的一天，大會舉行會前活動，以輕鬆手法展示女性的不同面貌。香港主婦聯盟及再培訓課程畢業同學會合作進行名為「主婦日與夜」的演出，分別通過話劇及舞蹈，表達家庭主婦的保障受社會忽視，與及兼職家務工作者的勞動權利受到剝削。而參與社區可持續發展工作室的一班「社區媽媽」，亦通過短劇表達婦女推動社區可持續發展的可能性。



## 社區教育及性別意識推廣

本會再次獲平等機會委員會的資助，舉辦「跳出『家』鎖——《家庭崗位歧視條例》教育計劃」，於2009年3月至5月間，以5次街站和相展、4節工作坊、參觀平等機會委員會和日營，與參加者以輕鬆的形式討論和認識《家庭崗位歧視條例》，及家庭主婦的自身權益。同年8月，本會再版「平權先鋒3《家庭崗位歧視條例》」小冊子，向婦女及公眾人士介紹有關條例的內容。

## 校園驗毒計劃分享會

政府自2009年12月開始，於大埔區試行「校園自願驗毒計劃」，引來各方關注，特別是有子女就讀大埔區中學的家長。本會聯同香港基督徒學會於2009年11月10日於太和中心舉行了「校園自願驗毒計劃」分享會，邀請了香港人權監察主席莊耀洸律師、藥物濫用輔導資深社工韓小雲姑娘、YTalk!召集人葉浩意小姐，分別從法律、戒毒成效、青年人權三方面，分析驗毒計劃的成效及利弊，並與參加者交流意見。有參加者表示，家長從學校及傳媒所得的資訊過於片面及單一，是次分享會有助她們從其他角度思考驗毒計劃的利弊。



# Advocacy

## Asia-Pacific NGO Forum

This year coincided with the fifteenth anniversary of the passing of the Beijing Platform for Action at the United Nation's Fourth World Conference on Women. The HKFWC, the Hong Kong Homemakers' Alliance, and the Retraining Course Alumni Association each sent representatives to attend the Asia-Pacific NGO Forum in Manila, in concert with the Hong Kong Preparatory Committee of the East Asian Women's Forum. Together, they took up the mantle of fighting for women's rights in the Asia-Pacific region. The 2009 Forum's theme was "Weaving Wisdom, Confronting Crises, Forging the Future". The major topics revolved around the myriad challenges facing women in the Asia-Pacific Region, including human rights, climate change, war, poverty, social systems, human trafficking, and development of networks. The Forum also discussed the path to improving the situation of women overall, while paying close attention to the substantial promotional work of the central mechanism for women's affairs established by the UN. Alongside the main conference, the Forum also held workshops on various issues so that those concerned with related topics could exchange ideas. At the end, participants adopted the Conference's declaration via email, hoping that all countries and regions would continue to strive to promote gender quality.

## Women's Commission Conference

The Women's Commission held a conference called "Beyond Limits – Women in the 21st Century" on 26 August 2009. The Commission held a pre-conference activity one day prior to the conference to showcase various aspects of women in a relaxed environment. The Hong Kong Homemakers' Alliance and the Retraining Course Alumni Association staged a performance incorporating dance and drama which they called "The Day and Night of Housewives". The performance conveyed the neglect of Homemakers' social security in society, as well as the exploitation of the rights of part-time domestic helpers. "Community Mama", a group participating in the Community Sustainable Development Workshop, also performed a skit about how women could promote sustainable development in their community.

## Community Education and Promotion of Gender Awareness

The HKFWC was funded by the Equal Opportunities Commission again this year, and organised the educational series "Say No to Family Status Discrimination". This programmes, which ran from March to May 2009, consisted of a series of activities including five educational displays on the street, four workshops, and a tour and day camp at the Equal Opportunities Commission. Participants discussed the Family Status Discrimination Ordinance, and came to a better understanding of it and the rights and interests of housewives. In August 2009, the HKFWC again published the pamphlet Vanguard of Equality III: Family Status Discrimination Ordinance, which is an introduction to the Ordinance and related items to be distributed to women and the public.

## Campus Drug Testing Scheme Experience-Sharing Session

Beginning December 2009, the Hong Kong government launched its pilot Campus Drug Testing Scheme in Tai Po District. The Scheme provoked great interest, especially amongst parents of children in Tai Po secondary schools. On 10 November 2009, the HKFWC and the Hong Kong Christian Institute held an experience-sharing session on the Campus Drug Testing Scheme, inviting Mr Chong Yiu-kwong, Chairperson of the Hong Kong Human Rights Monitor, substance abuse guidance counsellor Ms Hon Siu-wan, and YTalk! convener Ms Ip Ho-yee to analyse the pros and cons and effectiveness of drug testing from the standpoint of the law, rehabilitation success, and youth's rights, as well as offering an exchange of ideas with participants. The participants stated that parents are receiving only one-sided information from the schools and media, and that the Sharing Session was able to help them consider the pros and cons of drug testing from other viewpoints.





# 倡導工作

## 香港主婦聯盟

### 1. 爭取全民退休保障

藉著出席爭取全民退休保障聯席例會，主盟的成員參與集體改變社會的行動，爭取主婦權益及發聲的機會。

### 2. 「退休？退憂？」日營

本會與香港主婦聯盟於2009年6月19日假香港青年協會賽馬會西貢戶外訓練營舉辦了由高盛投資公司贊助的「退休？退憂？」日營，讓參加者醒覺主婦退休後的危機，以及認識現時香港退休保障制度的流弊，沒有收入的主婦會被排除於強積金制度之外。活動共有27位婦女參加，並由4位來自香港主婦聯盟的義工及3位高盛投資公司的義工協助進行各項活動。

### 3. 晾衣及抹窗安全行動

因應2010年2月，馬鞍山耀安邨一名婦人因晾衣失足墮樓身亡，並壓死一名女途人事件，香港主婦聯盟的成員，遂於2010年3月4日下午在大埔舉行「關注家務勞動者晾衣及抹窗安全行動」，以引起對家務工作安全的關注。活動共收集到1,034個簽名，期望政府加快訂立具體措施，以確保68萬名家務勞動者的人身安全，改善樓宇設計。活動後，我們並將有關訴求去信婦女事務委員會、香港房屋委員會及職業安全健康局以作跟進。

## 「婦女就業與精神健康調查」新聞發佈會

本會於2009年5月28日的「國際婦女健康行動日」公佈《婦女就業與精神健康調查》的簡要結果，以促進公眾人士了解和關注就業婦女、失業婦女及家務勞動婦女（家庭主婦）的精神健康狀況，並促使政府制訂更有效的政策去改善婦女的就業以及精神健康，包括：為失業人士設立失業援助金；為低學歷、低技術的婦女創造更多就業職位，如：護老、託兒和照顧長期病患者的照顧服務；開設新來港婦女的支援服務等。

調查由愛心聖誕大行動（2006）的資助，香港中文大學社會工作學系副教授黃洪博士擔任研究員，共訪問了376名婦女。調查發現婦女的就業狀況與精神健康有密切的關係：失業婦女出現抑鬱的比例最高，有67.7%失業婦女出現抑鬱。其次是全職工作的婦女，有44.8%出現抑鬱。兼職工作的婦女有44.6%出現抑鬱。無酬的家務勞動者（家庭主婦）有38%出現抑鬱。婦女面對多種角色的壓力和身為在職父母的矛盾可能引發她們出現抑鬱徵狀。但另一方面，工作所帶來的經濟能力、社會支援以及自主，會令她們感到「個人控制」增加，而令她們的焦慮下降，從而改善其精神健康。

## 婦女心聲

參加香港主婦聯盟，已經踏入第9個年頭，經歷不少轉變。

驀然回首，發現風雲幻變，就像人生的起起跌跌。如遇到一點點挫折或不開心的事，學會不要放在心裡。要像「小小苦楚等於激勵」那樣豁達，明天一覺醒來，又是新的一天，迎接新的磨練。

在這裡勉勵所有朋友或組員，如果遇上不如意的事，不要太介意。人生有些時候，會好像一場暴風雨；風雨過後，彩虹便會再現，這時又是一片新的景象。

香港主婦聯盟成員 /

林桂珍



# Advocacy

## Hong Kong Homemakers' Alliance

### 1. Fighting for Retirement Protection for All

The Hong Kong Homemakers' Alliance participated in collection actions to push for changes in the society and air the voices of housewives through participating in the Alliance for Universal Pension.

### 2. "Retirement? Relief from Anxiety?" Day Camp

With the sponsorship by Goldman Sachs, the HKFWC and the Hong Kong Homemakers' Alliance jointly organized a day camp named "Retirement? Relief from Anxiety?" on 19 June 2009 at The Hong Kong Federation of Youth Groups Jockey Club Sai Kung Outdoor Training Camp. This program aimed to rise the awareness of housewives on potential crisis upon retirement and know the flaws of the Mandatory Provident Fund (MPF) which excludes unpaid homemakers. 27 women participated in this camp which was led by four volunteers from the Hong Kong Homemakers' Alliance and three volunteers from Goldman Sachs.

### 3. Safety on Hanging Clothes and Cleaning Windows

In response to the fatal accident of a woman who fell from her flat in Yiu On Estate in Ma On Shan while she tried to hang out the clothes to dry it in February 2010, causing the death of her and a passer-by, members of the Hong Kong Homemakers' Alliance took to the street and collected signatures to rise the awareness on possible risks in housework on March 4, 2010. They collected 1,034 signatures and urged the government to improve the design of buildings to ensure the safety of 680,000 homemakers. The appeal was sent to the Women's Commission, Hong Kong Housing Authority and the Occupational Safety & Health Council.

## Press Conference to Release the Findings of the "Study on the Employment and Mental Health Status of Women"

On the International Day of Action for Women's Health on 28 May 2009, the HKFWC released the findings of a study on Women's Employment and Mental Health at a press conference, in order to promote public understanding and concern the mental health of employed and unemployed women, domestic workers and homemakers. The HKFWC urges the Government to formulate more effective policies to improve women's employment and mental health, including: establish unemployment assistance to unemployed individuals; create job opportunities for low education and low-technology middle-aged women, such as: elderly care and child care services, and create supporting services to new arrivals.

With the sponsorship from the Operation Santa Claus, this study interviewed a total of 376 women by the HKFWC and Prof Wong Hung, Department of Social Work of The Chinese University of Hong Kong is the researcher of this study. We found that women's employment status and mental health are closely related: unemployed women have the highest percentage of depression. 67.7% of them have depression symptoms, followed by 44.8% and 44.6% of the interviewees who worked full-time and part-time, and 38% of those responded unpaid domestic workers (homemakers). The stress and conflict on the variety of roles of women and as working parents, may lead to depression. On the other hand, the earning power, social support and independence brought by their employment may increase their feeling on "personal control" which decreases their anxiety and helps improve their mental health.

## MEMBER'S VOICE

It was the ninth year of my participation in the Hong Kong Homemakers' Alliance and I have witnessed many changes.

To look back, I find these changes are just ups and downs in life. I've learned not to keep unhappy if I come across with difficulties or sad things. I've learned to be more open and that another day is a brand new day.

I encourage all my friends and members of the Alliance here: Please don't mind if you come across with bad things. Sometimes, life is like a big thunderstorm, after it, rainbow comes.

*Lam Kwai-chun / Member of the Hong Kong Homemakers' Alliance*



# 服務統計

## Service Statistics

### 輔導及法律支援

#### Counselling and Legal Support

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
婦女求助熱線 Women's Helpline	3,644
免費律師面見諮詢服務 Free Legal Advice Clinic	241
個案輔導 Case Counselling	303
互助小組 Mutual Support Group	649

### 持續教育

#### Continuing Education

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
婦女成人教育計劃 Adult Education Scheme for Women	1,896
語言、生活技能及興趣班 Language, Life Skill and Interest Class	9,327
婦女IT大使朋輩教學計劃 Peer IT Project	389

### 健康充權

#### Health Empowerment

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
關懷照顧者 —— 以地區為本的照顧者支援計劃 Caring for Carers: A Locality-based Carer Support Project	4,676

### 經濟充權

#### Economic Empowerment

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
再培訓計劃 Re-employment Scheme	11,125
基礎保安及物業管理訓練課程 Security and Property Management Training Course	60
再培訓課程畢業同學會互助網絡 Mutual Help Network of Retraining Course Alumni Association	680
婦女健康生活職工有限責任合作社 Women's Healthy Living Workers Co-operative Society	269

### 自助組織發展

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
香港主婦聯盟 Hong Kong Homemakers' Alliance	358

### 社會參與

計劃名稱 <i>Item</i>	受惠人次 <i>No. of attendance</i>
埔樂·步樂 —— 婦女推動社區可持續發展計劃 Striding Forward: A Tai Po Community Sustainable Development Project	4,076
婦女協力同行 —— 深水埗社區共融計劃 Women Going Hand In Hand: Sham Shui Po Community Inclusion Project	4,254



## 社區教育 Community Education

項目 Item	受惠人次 No. of attendance
街頭展覽及諮詢 / 外展活動 Side-walk Exhibits and Outreaching Activities	9,794
講座及研討會 Public Talks and Seminars	4,445

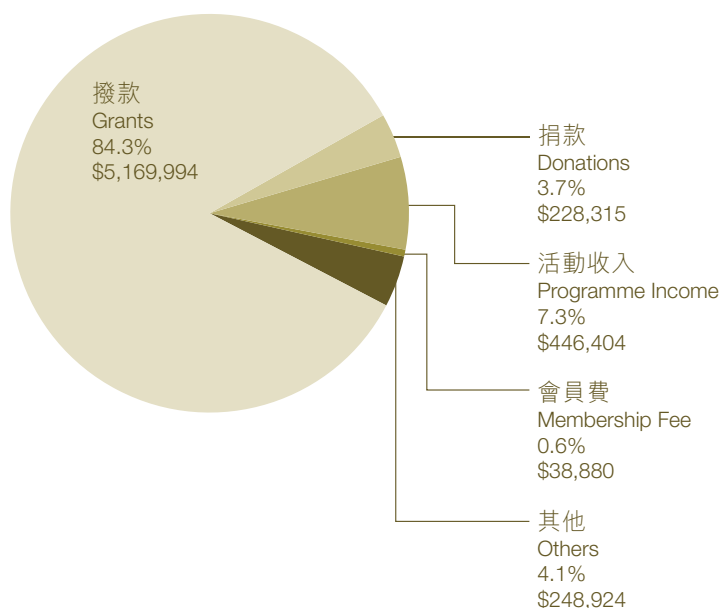
## 會員發展 Membership Development

項目 Item	受惠人次 No. of attendance
會員活動 Membership Activities	895
義工網絡 Volunteer Network	5,981
義工嘉許禮 Volunteer Recognition Ceremony	132
視聽資源及書籍借閱服務 AV Resource and Books Loan-out Service	376
大踏步慈善步行籌款 (2010) Striding Forward Walkathon (2010)	140

## 服務統計 Overview

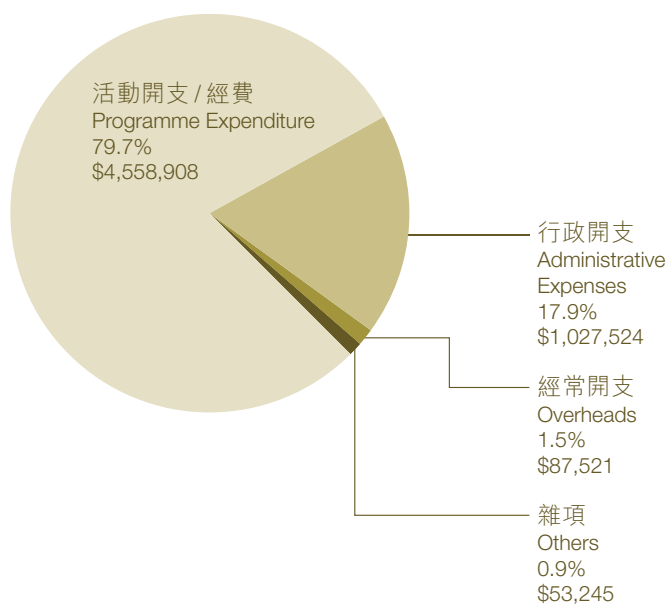
項目 Item	
有效會員人數 (截至31/3/2010) Effective Membership (as of 31 March 2010)	1,266
偶到人數 Drop-in	41,323
義工人數 Number of Volunteers	731
提供服務時數 Volunteer's Hours of Service	12,522
總受惠人次 Total Number of Attendance	63,710

## 經費來源 Income



總收入  
Total Income  
\$6,132,517

## 經費用途 Allocation of Expenditure



總支出  
Total Expenditure  
\$5,727,198

# 鳴謝

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## 資助團體

大埔民政事務處  
大埔區議會  
可持續發展基金  
平等機會委員會  
社區投資共享基金  
社會福利署  
社會福利署大埔及北區福利辦事處  
社會福利署深水埗區福利辦事處  
香港公益金  
高盛（亞洲）有限責任公司  
深水埗民政事務處  
深水埗區青少年暑期活動統籌委員會  
深水埗區議會  
勞工及福利局  
愛心聖誕大行動  
僱員再培訓局  
A and B make 3 Ltd

## Funding Bodies

Tai Po District Office, Home Affairs Department  
Tai Po District Council  
Sustainable Development Fund  
Equal Opportunities Commission  
Community Investment and Inclusion Fund  
Social Welfare Department  
Tai Po and North District Social Welfare Office, Social Welfare Department  
Sham Shui Po District Social Welfare Office, Social Welfare Department  
The Community Chest of Hong Kong  
Goldman Sachs (Asia) LLC  
Sham Shui Po District Office, Home Affairs Department  
Sham Shui Po District Summer Youth Programme Coordinating Committee  
Sham Shui Po District Council  
Labour and Welfare Development  
Operation Santa Claus  
Employees Retraining Board  
A and B make 3 Ltd

## 計劃顧問

社區可持續發展工作室——  
婦女與青少年推動  
社區可持續發展計劃  
林國才先生  
陳翠琼女士  
林綺梅女士  
陸德泉博士  
梁麗清博士  
黃 洪博士  
莫慶聯先生  
藍宇喬女士

## Project Advisors

Community Sustainable Development Workshop:  
Promoting Community Sustainable Development  
by Women and Youth  
Mr Lam Kwok-choi  
Ms Chan Chui-king  
Ms Lam Yee-mui  
Prof Luk Tak-chuen  
Dr Leung Lai-ching  
Prof Wong Hung  
Mr Mok Hing-luen  
Ms Lam Yu-kiu, Rita

## 義務律師—— 免費律師面見諮詢服務 當值律師服務

支韻思  
朱麗娥  
李黃慧玲  
李灝霖  
林志剛  
林新賢  
林滿馨  
姚逸華  
洪珀姿  
袁正邦  
區少芬  
張世偉  
張惠儀  
梁錫濂

## Volunteer Lawyers: Free legal Advice Clinic Duty Lawyer Service

Chin Wan-si, Vanessa  
Chu Lai-ngor  
Lee Wong Wai-ling, Winnie  
Lee Beatrice Ann  
Lam Chi-kwong  
Lan San-yin  
Lam Moon-hing, Vera  
Yew Yat-wa, Deannie  
Hung Barbara Anne  
Yuen Ching-pong  
Au Siu-fan  
Cheung Sai-wai  
Cheung Wai-ye, Betty  
Leung Shek-lim

郭匡義  
郭婉琳  
盧瑪莉  
顏少倫  
Kwok Hong-ye, Jesse  
Kwok Yuen-lam, Sophia  
Da Luz Maria Fatima Cesar  
Ngan Siu-lun

## 實習學生所屬院校

香港中文大學社會工作學系  
香港城市大學應用社會科學系  
香港浸會大學社會工作系  
香港專業進修學校人文及社會科學學部  
香港理工大學應用社會科學系

## Institution of Placement Students

Department of Social Work, Chinese University of Hong Kong  
Department of Applied Social Studies, City University of Hong Kong  
Department of Social Work, Hong Kong Baptist University  
Division of Humanities and Social Sciences, Hong Kong College of Technology  
Department of Applied Social Sciences, The Hong Kong Polytechnic University

## 其他支持者

伍家順先生  
李 驥先生  
周國根先生  
哈偉明先生  
容蕙蘭女士  
張超雄先生  
莊耀洸律師  
陳笑蘭女士  
馮檢基先生  
黃 洪博士  
黃容根先生  
葉浩意女士  
鄧美賢女士  
鄧穎暉先生  
盧愛月女士  
韓小雲女士  
Fong Suet-yuen, Carolin  
Charles Chow  
Alexandra Harney  
Dennis C. Ho  
Francis Wong  
仁濟醫院——香港浸會大學中醫教研中心（西九龍）  
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國際專業培訓協會  
康樂及文化事務署  
聖約翰救傷隊

## 義工小組——麗閣中心

### 1. 熱線輔導員

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何慧怡  
陳淑賢  
黃佩琼  
徐翠輝  
李瑞嫻  
房永銀  
林敏晶  
梁嘉儀  
黃麗卿  
莫玉珍  
趙息鳳  
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趙愛然  
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何樂詩  
曾婉儀  
勞 恩  
謝綺梅  
劉潔明  
周華兒  
午班：  
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潘妙玲  
曾松華  
梁全奕  
黃潔紅  
鄧潔清  
張錦屏  
盧秀珍  
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關綺年  
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朱紹珍  
雷惠而  
區麗娥  
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馬妙儀  
鄭意容  
黎佩珊  
晚班：  
黃詩敏  
李麗虹  
釋珮瑜  
黃杏農  
何秀珍  
陳頁融  
鍾麗顏  
文淑儀  
鄭寶珍  
梁慧敏  
鄧紫欣  
黃新有

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2. 朋輩輔導員									
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						范潤珠	蔡玉輝	何佩霞	張潔儀
5. 共同購買義工									
布少雲	倫妙貞	劉興葵	鄧美賢			王楚芳	陳燕芬	謝玉鳳	吳婉熔
						蔡春蘭			甄嘉儀
6. 活動義工									
王秀娟	麥肖英	鄺麗玲	吳麗芬	易惠芬	劉興葵	梁惠芬	莊寶愉	區錦芳	施鳳玲
鄧慧菁	鄭麗霞					李佩其	李佩珊	范潤珠	曹心意
									鍾楚蘭
7. 照顧者之友									
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劉興葵	潘麗芳	麥肖英	潘妙玲	曾麗華	李少蓮	方曼煥	黎慧玲	Lui Kwok-tai	EJA Group Ltd
蔡小璧	鄧秋蓮	趙漢芳	倫妙貞	布少雲		何志強	黎潤儀	Annie Ma	Lau & Chan
						何潔明	盧家麟	Mak Pui-hung	Ngar Wai Development
						吳巧花	譚惠鵬	Ng Yin-ping	Co Ltd
						李庚嬌	Chan Fang On-sang, Anson	Ngan Ching-ching	
						周國根	Chan May-shan	Sherene Poon	
						林添銘	Chan Mo-po, Paul	Roseann Rife	
						施美儀	Chan Shuet-kit	Neha Sakhrani	
						崔慶森	Cheung Mui-ching, Fanny	Rajesh Sakhrani	
						梁嘉雯	Chu Lai-ngor	John Shannon	
						莫慶聯	Loletta Lo Chu	Siu Mei Thompson	
						莊子慧	Cecilia Fabrizio	Tai Lai Yim-hung	
						陳江秀	Sharon Hom	Elisabeth Tang	
						陳敏娟	Hung Barbara Anne	Tsang Yok-sing, Jasper	
						陳貴泉	Ip Wai-ming	Vidya Venkataraman	
						陳寶琼	Lam Moon-hing, Vera	Wong Mei-ying, Sandy	
						麥惠貞	Lam Yu-kiu, Rita	Alainna Wrigley	
						勞慧燕	Lee Chui-fan	Yam King-lok	
						黃淑靜	Leung Chun-ying	Yau Mei-siu	
						甄文棟	Leung Lai-ching	Yeung Chi-wai	
						潘艷華	Liu Jia-shin, Betty	Yew Yat-wa, Deannie	
						鄭耀棠	Liu Ngar-fun	Samia Yiu	

8. 心聲話劇組組員									
朱艷娟	陳秀清	柳玉珠	鄺麗玲	麥肖英	朱碧芬				
陳杏棠	雷惠而	羅月好	余美莉	張寶蓮	劉粵蕾				
9. 社區導師									
楊永健	冼惠如	朱凱琳	歐陽嘉慧	梁碧燕	陳熾光				
賴欣柔	周美梅	陳燕香	左淑君	陳紅蕾	馮杏鈴				
陳嘉欣	梁曉嫻	梁少梅	王康康	歐陽艷儀	李瑞嫻				
任淑園	林添銘	勞慧燕	羅珊珊	黎曄恩	鄭御琴				
麥佩雄	黃家雄	李翠芬	陳澤星	Yu Ying-li	Zona Ho				
10. 好鄰舍行動隊									
黃健英	黃鎮輝	徐 沅	方艷玲	劉興葵	馬春華				
司徒寶蘭	陳燕香	曾昭鳳	朱莉娜	施懿津	Zona Ho				
11. 義務導師									
周華兒	戴 鳳	袁英財	譚惠燕	廖肖芳	陳膺國				
何煥珊	呂慕貞								

## 義工小組——太和中心

1. 接待大使									
朱艷娟	梁玉菁	袁繼英	何舜兒	陳小桃	劉麗琼				
吳淑嫻	黎慧玲	黃美蓮	韋玉珍	陳燕芬	賴莉梅				
謝玉鳳									
2. 剪髮義工									
黎慧玲	盧美蘭	梁鳳娣							
3. 再培訓課程畢業同學會委員會									
林美玲	林惠卿	錢麗紅	錢麗琼	郭影紅	胡麗芳				
何惠芳	廖月琼	彭秋月							
4. IT大使									
朱艷娟	袁繼英	錢麗紅	林桂珍	陳燕芬	謝玉鳳				
鍾珍妮									
5. 再培訓課程大師姐計劃									
曾麗嫦	劉健珍	李王穎元	李少萍	錢麗琼	彭秋月				

## 捐款者（捐款港幣\$500或以上）

方玉冰	鄧美賢	Liu Pui-pik	江波龍電子公司
方曼煥	黎慧玲	Lui Kwok-tai	EJA Group Ltd
何志強	黎潤儀	Annie Ma	Lau & Chan
何潔明	盧家麟	Mak Pui-hung	Ngar Wai Development
吳巧花	譚惠鵬	Ng Yin-ping	Co Ltd
李庚嬌	Chan Fang On-sang, Anson	Ngan Ching-ching	
周國根	Chan May-shan	Sherene Poon	
林添銘	Chan Mo-po, Paul	Roseann Rife	
施美儀	Chan Shuet-kit	Neha Sakhrani	
崔慶森	Cheung Mui-ching, Fanny	Rajesh Sakhrani	
梁嘉雯	Chu Lai-ngor	John Shannon	
莫慶聯	Loletta Lo Chu	Siu Mei Thompson	
莊子慧	Cecilia Fabrizio	Tai Lai Yim-hung	
陳江秀	Sharon Hom	Elisabeth Tang	
陳敏娟	Hung Barbara Anne	Tsang Yok-sing, Jasper	
陳貴泉	Ip Wai-ming	Vidya Venkataraman	
陳寶琼	Lam Moon-hing, Vera	Wong Mei-ying, Sandy	
麥惠貞	Lam Yu-kiu, Rita	Alainna Wrigley	
勞慧燕	Lee Chui-fan	Yam King-lok	
黃淑靜	Leung Chun-ying	Yau Mei-siu	
甄文棟	Leung Lai-ching	Yeung Chi-wai	
潘艷華	Liu Jia-shin, Betty	Yew Yat-wa, Deannie	
鄭耀棠	Liu Ngar-fun	Samia Yiu	

## 商號/私人（捐贈禮物）

黃安娜女士	中英劇團
Leticia Lee Acuna	西龍（飲食）集團
	和興白花油藥廠有限公司
	岡本（香港）有限公司
	彩豐行有限公司
	詩天紙藝製品有限公司
	漢方醫藥有限公司
	耀陽行動
	Lightbody Ventures Limited





**Partners:**

甄達華會計師  
JOSEPH T. W. YAN  
FCPA (Practising), ACA,  
FCCA, FTIHK, MSCA

高志強會計師  
ALBERT C. K. KO  
FCPA (Practising), ACA,  
ASA, FTIHK, BBA, MA

蔡少芬會計師  
NATALIE S. F. CHOY  
CPA (Practising), FCCA,  
MA (Accg)

## Independent Auditor's Report

### To the Members of HONG KONG FEDERATION OF WOMEN'S CENTRES

(Registered in Hong Kong under the Societies Ordinance in 1992)

We have audited the financial statements of HONG KONG FEDERATION OF WOMEN'S CENTRES (hereinafter called "the Federation") set out on pages 47 to 56, which comprise the statement of financial position as at 31 March 2010, and the statement of comprehensive income, statement of changes in reserves and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory notes.

#### Executive Committee's responsibility for the financial statements

The Executive Committee is responsible for the preparation and the true and fair presentation of these financial statements in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance. This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and the true and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

#### Auditor's responsibility

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with Section 141 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance as to whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and true and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Executive Committee, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### Opinion

In our opinion, the financial statements give a true and fair view of the state of the Federation's affairs as at 31 March 2010 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards.

LKY China  
Certified Public Accountants (Practising)

Hong Kong, **25 OCT 2010**

香港中環德輔道中99-105號大新人壽大廈五字樓

5<sup>th</sup> Floor, Dah Sing Life Building, 99-105 Des Voeux Road Central, Hong Kong  
Tel: (852) 2845 4112 Fax: (852) 2845 2907 E-Mail: lkycpa@lky.com.hk

## Income Statement

### For the year ended 31 March 2010

	Note	2010 HK\$	2009 HK\$
<b>Income</b>			
Funding income and subsidies	5	5,169,994	5,027,884
General Donation		169,988	246,575
- walkathon donation			
- others		58,327	44,575
Programme Income		446,404	449,516
Membership subscriptions		38,880	40,110
Sundries		248,022	47,321
Bank interest income		902	29,599
		<u>6,132,517</u>	<u>5,885,580</u>
<b>Expenditure</b>			
Auditor's remuneration		10,000	8,000
Advertising		34,175	32,162
Bank charges		5,811	4,658
Consumable stores		347	3,555
Depreciation		18,383	20,776
Instructor fees		320,674	447,042
Insurance		17,674	16,681
Legal and professional fees		2,397	5,032
Newspaper and magazines		4,295	4,112
Postage		22,895	21,322
Printing and stationery		200,780	207,653
Programme expense		1,064,419	735,330
Rent paid for premises under operating leases		235,270	223,020
Rates		17,028	24,864
Repair and maintenance		69,138	46,116
Retrainee's activities		2,530	551
Staff costs			
- Salaries		3,429,685	3,251,492
- (Reversal) / Provision for unused annual leave		(62,365)	26,560
- (Reversal) / Provision for long service payment		(47,140)	84,670
- Staff medical		35,841	37,628
- Staff training		10,116	5,311
- Mandatory provident fund		175,082	167,582
		3,541,219	3,573,243
Sundry expenses		50,086	23,746
Travelling		3,159	2,268
Utilities expenses		106,918	102,867
		<u>5,727,198</u>	<u>5,502,998</u>
<b>Surplus before tax</b>	6	405,319	382,582
Income tax	7	-	-
<b>Surplus for the year</b>		<u>405,319</u>	<u>382,582</u>

## Statement of Comprehensive Income For the year ended 31 March 2010

		2010 HK\$	2009 HK\$
<b>Surplus for the year</b>		405,319	382,582
<b>Other comprehensive items</b>	- Amount transferred from deferred income	720,297	-
	- Utilitised and released to designated Funds	(2,677)	-
		717,620	-
<b>Total comprehensive surplus for the year</b>		1,122,939	382,582

## Statement of Financial Position as at 31 March 2010

		Note	2010 HK\$	2009 HK\$
<b>Non-current assets</b>	- Equipment	8	28,816	34,919
<b>Current assets</b>	- Accounts receivable	9	164,531	112,978
	- Cash and cash equivalents	10	4,177,467	4,138,232
			4,341,998	4,251,210
<b>Current liabilities</b>	- Accounts payable	11	645,810	626,238
	- Deferred income	12	443,276	1,501,102
			1,089,086	2,127,340
<b>Net current assets</b>			3,252,912	2,123,870
<b>Net assets</b>			3,281,728	2,158,789
Represented by: -				
<b>Agency Reserves</b>	- Designated Funds	13	957,142	179,522
	- General Fund		2,324,586	1,979,267
			3,281,728	2,158,789

The financial statements and notes set out on pages 50 to 56 were approved and authorised for issue by the Executive Committee on 25 OCT 2010 and signed on its behalf by:

  
\_\_\_\_\_  
Honorary Treasurer

  
\_\_\_\_\_  
Chairperson



## Statement of Changes in Reserves

### For the year ended 31 March 2010

	Note	Total comprehensive income								
		Other comprehensive item								Balance as at 31.3.2010
		Balance as at 1.4.2008	Surplus for the year	Balance as at 1.4.2009	Surplus for the year	Transfer from Deferred Income (note 12)	Utilised and released to Designated Funds	Transfer between Funds	Sub-total	
		HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$
<b>DESIGNATED FUNDS</b>										
<b>(a) Lai Kok Centre</b>										
Fund Raising Walk	13 (a)	-	-	-	-	14,446	-	-	14,446	14,446
Removal Expense	13 (b)	-	-	-	-	5,484	-	-	5,484	5,484
Other Specific Fund	13 (c)	-	-	-	-	231,048	-	-	231,048	231,048
Promotion Activities Fund	13 (d)	-	-	-	-	8,689	-	-	8,689	8,689
Staff Emergency Reserve Fund	13 (e)	129,522	-	129,522	-	-	-	-	-	129,522
Women's Relief and Support Fund	13 (f)	50,000	-	50,000	-	-	-	-	-	50,000
Zonta Club of New Territories	13 (g)	-	-	-	-	2,677	(2,677)	-	-	-
<b>(b) Tai Wo Centre</b>										
Film Gala 95 for Furniture & Equipment	13 (h)	-	-	-	-	103,049	-	-	103,049	103,049
Film Gala of "The Day – Tripper"	13 (i)	-	-	-	-	66,679	-	-	66,679	66,679
Fook Wo House	13 (j)	-	-	-	-	-	-	60,000	60,000	60,000
Other Specific Fund	13 (c)	-	-	-	-	288,225	-	-	288,225	288,225
Sub-total		179,522	-	179,522	-	720,297	(2,677)	60,000	777,620	957,142
<b>GENERAL FUND</b>		1,596,685	382,582	1,979,267	405,319	-	-	(60,000)	345,319	2,324,586
<b>TOTAL</b>		1,776,207	382,582	2,158,789	405,319	720,297	(2,677)	-	1,122,939	3,281,728

## Statement of Cash Flows

### For the year ended 31 March 2010

	2010 HK\$	2009 HK\$
<b>Cash flows from operating activities</b>		
Total comprehensive income for the year	1,122,939	382,582
Adjustments for		
Bank interest income	(902)	(29,599)
Depreciation	18,383	20,776
Operating cash flow before working capital changes	1,140,420	373,759
(Increase) / decrease in accounts receivable	(51,553)	53,674
Increase in accounts payable	19,572	54,532
(Decrease) / increase in deferred income	(1,057,826)	268,103
Net cash generated from operating activities	50,613	750,068
<b>Cash flows from investing activities</b>		
Bank interest received	902	29,599
Purchase of furniture and equipment	(12,280)	(8,128)
Net cash (used in) / generated from investing activities	(11,378)	21,471
<b>Net increase in cash and cash equivalents</b>		
	39,235	771,539
<b>Cash and cash equivalents</b>		
As at 1 April	4,138,232	3,366,693
As at 31 March	4,177,467	4,138,232

## Notes to the financial statements

### For the year ended 31 March 2010

#### 1. General information

The Federation domiciled and set up under the Societies Ordinance in 1992 and is governed by a constitution approved in September 1992. In the event of the Federation being dissolved every voting member of the Federation undertakes to share the debts and liabilities of the Federation equally with the amount not exceeding HK\$50 per member, and no part of the assets or surplus of the Federation shall be paid or distributed to these voting members. The number of voting members of the Federation at 31 March 2010 is 24 (2009: 28).

The addresses of the registered office and principal place of business of the Federation are 305-309, 3/F, Lai Lan House, Lai Kok Estate, Cheung Sha Wan, HK. The principal activities of the Federation are the provision of supportive services for women in Hong Kong in the areas of health, retraining and education. It has two service centres in Lai Kok Estate ("Lai Kok Centre") and Tai Wo Estate ("Tai Wo Centre"). The functional currency of the Federation is Hong Kong dollars, and thus its financial statements are presented in Hong Kong dollars.

#### 2. Adoption of revised Hong Kong Reporting Standards

The Federation's financial statements have been prepared in accordance with all applicable Hong Kong Financial Reporting Standards (HKFRSs), which includes all applicable individual Hong Kong Financial Reporting Standards, Hong Kong Accounting Standards (HKASs) and Interpretations issued by the Hong Kong Institute of Certified Public Accountants (HKICPA), accounting principles generally accepted in Hong Kong, and the requirements of the Hong Kong Companies Ordinance. A summary of significant accounting policies is set out in note 3.

#### 3. Summary of significant accounting policies

The financial statements have been prepared on the historical cost basis and in accordance with HKFRS issued by HKICPA, and including applicable disclosures required by the Hong Kong Companies Ordinance.

The preparation of financial statements in conformity with HKFRS requires the use of certain critical accounting estimates. It also requires management to exercise its judgement or complexity, or areas where assumptions and estimates are significant to the financial statements, are disclosed in the respective notes, if appropriate.

The followings are the specific accounting policies that are necessary for a proper understanding of the financial statements,

##### a. Equipment

Equipment are stated at cost or valuation less accumulated depreciation and any accumulated impairment losses. The cost of an asset comprises its purchase price and any directly attributable costs of bringing the asset to the working condition and location for its intended use.

Subsequent expenditure relating to equipment that has already been recognised is added to the carrying amount of the asset when it is probable that future economic benefits, in excess of the originally assessed standard of performance of the existing asset, will flow to the enterprise. If not, the expenditure is treated as an expense in the period in which it is incurred.

Depreciation is charged so as to write off the cost or valuation of assets over their estimated useful lives on a straight line basis.

##### b. Financial instruments

Financial assets and financial liabilities are recognised in the statement of financial position when the Federation becomes a party to the contractual provisions of the instrument.

##### (i) Accounts receivable

Accounts receivable are initially measured at fair value and, after initial recognition, at amortised cost less impairment losses for bad and doubtful debts, if any.

At the end of each reporting period, the Federation assesses whether there is any objective evidence that a receivable or group of receivables is impaired. Impairment losses on accounts receivables are recognised in profit or loss when there is objective evidence that an impairment loss has been incurred and are measured as the difference between the receivable's carrying amount and the present value of estimated future cash flows (excluding future credit losses that have not been incurred) discounted at its original effective interest rate, i.e. the effective interest rate computed at initial recognition.

##### (ii) Cash and cash equivalents

Cash comprises cash on hand and at bank and demand deposits with bank. Cash equivalents are short-term, highly liquid investments that are readily convertible to known amounts of cash and which are subject to an insignificant risk of changes in value.

##### (iii) Accounts payable

Accounts payable are initially measured at fair value and, after initial recognition, at amortised cost, except for short-term payables with no stated interest rate and the effect of discounting being immaterial that are measured at their original invoice amount.

##### c. Impairment of assets

Assets that have an indefinite useful life are not subject to amortisation, which are at least tested annually for impairment and are reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. Assets that are subject to amortisation and are reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. An impairment loss is recognised for the amount by which the asset's carrying amount exceeds its recoverable amount. The recoverable amount is the higher of an asset's fair value less costs to sell and value in use. For the purposes of assessing impairment, assets are grouped at the lowest levels for which there are separately identifiable cash flows (cash-generating units).

##### d. Provisions and contingent liabilities

Provisions are recognised for liabilities of uncertain timing or amount when Federation has a legal or constructive obligation arising as a result of a past event, it is probable that an outflow of economic benefits will be required to settle the obligation and a reliable estimate can be made. Where the time value of money is material, provisions are stated at the present value of the expenditure expected to settle the obligation.

Where it is not probable that an outflow of economic benefits will be required, or the amount cannot be estimated reliably, the obligation is disclosed as a contingent liability, unless the probability of outflow of economic benefits is remote. Possible obligations, whose existence will only be confirmed by the occurrence or non-occurrence of one or more future events are also disclosed as contingent liabilities unless the probability of outflow of economic benefits is remote.

## Notes to the financial statements

### For the year ended 31 March 2010

#### 3. Summary of significant accounting policies (cont'd)

##### e. Revenue recognition

- (i) The Federation fee received  
Revenue from the Federation fee is recognized upon the admittance and registration of members.
- (ii) Programme income  
Programme income is recognised when the programme are held.
- (iii) Government subvention and general donations  
Government subvention and general donations are recognized on receivable basis.
- (iv) Bank interest received  
Bank interest received is recognized on a time proportion basis on the amount of outstanding deposits at the applicable interest rates.

##### f. Employee benefits

- (i) Employee entitlements to annual leave and long service leave are recognised when they accrue to employees. A provision is made for the estimated liability for annual leave and long service leave as a result of services rendered by employees up to the end of reporting period. Employee entitlement to sick leave and maternity or paternity leave are not recognised until time of leave.
- (ii) Retirement benefit costs  
The Federation's contributions to retirement scheme are expensed as incurred.

##### g. Foreign currencies

Items included in the financial statements are measured using the currency of the primary economic environment in which the entity operates ("the functional currency"). Transactions in foreign currencies are translated at exchange rates ruling at the transaction dates. Monetary assets and liabilities expressed in foreign currencies at the end of reporting period are translated at rates of exchange ruling at the end of reporting period. Exchange differences arising in these cases are dealt with in the statement of comprehensive income.

##### h. Operating leases

Leases where substantially all the rewards and risks of ownership of assets remain with the leasing company are accounted for as operating leases. Rental payment under operating leases is recognised in the statement of comprehensive income on a straight line basis over the relevant lease term.

#### 4. Critical accounting estimates and judgement

The Federation's management makes assumptions, estimates and judgements in the process of applying the Federation's accounting policies that affect the assets, liabilities, income and expenses in the financial statements prepared in accordance with HKFRSs. The assumptions, estimates and judgements are based on historical experience and other factors that are believed to be reasonable under the circumstances. While the management reviews their judgements, estimates and assumptions continuously, the actual results will seldom equal to the estimates.

##### a. Key assumption and other key sources of estimation uncertainty

Certain key assumptions and risk factors in respect of the financial risk management are set out in note 16. In the opinion of Executive Committee, there is no other key sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the financial year.

##### b. Critical judgements in applying the company's accounting policies

In the opinion of Executive Committee, there is no critical judgements in applying the Federation's accounting policies.

#### 5. Funding income and subsidies

	2010 HK\$	2009 HK\$
Deferred income utilised and released during the year (Note 12)		
- AIDS Trust Fund	-	198,746
- Operation Santa Claus Donation	325,234	87,151
- Sustainable Development Fund	334,751	275,567
- The Community Investment and Inclusion Fund	255,641	159,158
- Women Empowerment Fund	40	-
	915,666	720,622
Government subvention		
- Employees Retraining Board (Note 9)	1,594,323	1,799,150
- Adult Education (Note 11)	144,203	220,939
- Rent and rates subsidies from Social Welfare Department	240,048	227,484
The Community Chest of Hong Kong		
- allocation donations	2,076,200	1,958,670
- capital project fund	58,500	16,880
Contributions for programme	141,054	84,139
	5,169,994	5,027,884



## Notes to the financial statements

### For the year ended 31 March 2010

#### 6. Surplus before tax

The surplus before tax is arrived at after charging the following items,

		2010 HK\$	2009 HK\$
Executive Committee's Remuneration	- as Executive Committee	-	-
	- for management	-	-
		-	-
Auditor's remuneration		10,000	8,000
Depreciation		18,383	20,776
Hire of office premises under operating leases		235,270	223,020

#### 7. Income tax

The Federation is exemption from Hong Kong profits tax by reason of its charitable status under Section 88 of Inland Revenue Ordinance.

#### 8. Equipment

		Computer equipment HK\$	Office equipment HK\$	Total HK\$
Cost	As at 1.4.2008	52,436	40,468	92,904
	Addition during the year	8,128	-	8,128
	As at 1.4.2009	60,564	40,468	101,032
	Addition during the year	11,040	1,240	12,280
	As at 31.3.2010	71,604	41,708	113,312
Accumulated depreciation	As at 1.4.2008	33,999	11,338	45,337
	Charge for the year	12,683	8,093	20,776
	As at 1.4.2009	46,682	19,431	66,113
	Charge for the year	10,187	8,196	18,383
	As at 31.3.2010	56,869	27,627	84,496
Carrying amount	As at 31.3.2010	14,735	14,081	28,816
	As at 31.3.2009	13,882	21,037	34,919

The principal annual rates used for depreciation are as follows:

Computer	33.3%
Office equipment	20%

## Notes to the financial statements

### For the year ended 31 March 2010

#### 9. Accounts receivables

	2010 HK\$	2009 HK\$
Utility deposit	22,450	22,450
Other receivables and prepayments	13,713	12,921
Amount due from Employee Retaining Board (note below)	13,163	77,607
Amount due from the Community Investment and Inclusion Fund-reclassified from Deferred Income (note 12)	115,205	-
	<u>164,531</u>	<u>112,978</u>

Note:		
Amount due from/(to) Employee Retraining Board		
As at 1 April	77,607	(135,362)
Funds received	(1,658,767)	(1,667,917)
Refund of deduction of subsidies	-	81,736
Amount utilised and released to the Statement of Comprehensive Income (Note 5)	1,594,323	1,799,150
	<u>13,163</u>	<u>77,607</u>

#### 10. Cash and cash equivalents

	2010 HK\$	2009 HK\$
Fixed deposit	2,705,160	2,704,301
Cash at bank and on hand	1,472,307	1,433,931
	<u>4,177,467</u>	<u>4,138,232</u>

#### 11. Accounts payable

	2010 HK\$	2009 HK\$
Accrued charges	555,846	543,768
Received in advance for Adult Education (note below)	89,964	82,470
	<u>645,810</u>	<u>626,238</u>
Note:		
Received in advance for Adult Education		
As at 1 April	82,470	111,140
Donation received	151,697	192,269
Amount utilised and released to the Income Statement (Note 5)	(144,203)	(220,939)
	<u>89,964</u>	<u>82,470</u>

## Notes to the financial statements

### For the year ended 31 March 2010

#### 12. Deferred income

		As at 1.4.2008	Donation received	Utilised and released to Income Statement	As at 1.4.2009	Donation received	Utilised and released to Income Statement	Reclassified under accounts receivable (note 9)	Transfer to Designated Funds (Page 4)	As at 31.3.2010
Note	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$
<b>(a) Lai Kok Centre</b>										
Lai Kok Fund Raising Walk		14,446	-	-	14,446	-	-	-	(14,446)	-
Promotion Activities Fund		8,689	-	-	8,689	-	-	-	(8,689)	-
Zonta Club of New Territories		2,677	-	-	2,677	-	-	-	(2,677)	-
Lai Kok Removal Expenses		5,484	-	-	5,484	-	-	-	(5,484)	-
Operation Santa Claus 2007 Donation (a)		-	556,252	(16,285)	539,967	(256,352)	(139,400)	-	-	144,215
The Community Investment and Inclusion Fund (b)		-	109,362	(159,158)	(49,796)	190,232	(255,641)	115,205	-	-
Women Empowerment (c)		-	575	-	575	235	(40)	-	-	770
AIDS Trust Fund (d(i))		116,936	-	(116,936)	-	-	-	-	-	-
Others (h)		231,048	-	-	231,048	-	-	-	(231,048)	-
Sub-Total		379,280	666,189	(292,379)	753,090	(65,885)	(395,081)	115,205	(262,344)	144,985
<b>(b) Tai Wo Centre</b>										
Film Gala 95 for Furniture and Equipment		103,049	-	-	103,049	-	-	-	(103,049)	-
Women Empowerment (c)		13,172	-	-	13,172	296	-	-	-	13,468
AIDS Trust Fund (d(ii))		81,810	-	(81,810)	-	-	-	-	-	-
Film Fala of "The Day – Tripper"		66,679	-	-	66,679	-	-	-	(66,679)	-
Operation Santa Claus 2006 Donation (e)		248,481	-	(70,866)	177,615	-	(177,615)	-	-	-
Operation Santa Claus 2007 Donation (a)		-	-	-	-	256,352	(8,219)	-	-	248,133
Sustainable Development Fund Project (SDF208) (f)		52,303	322,536	(275,567)	99,272	51	(85,341)	-	-	13,982
Sustainable Development Fund Project (SDF 321) (g)		-	-	-	-	272,118	(249,410)	-	-	22,708
Others (h)		288,225	-	-	288,225	-	-	-	(288,225)	-
Sub-total		853,719	322,536	(428,243)	748,012	528,817	(520,585)	-	(457,953)	298,291
<b>TOTAL</b>		<b>1,232,999</b>	<b>988,725</b>	<b>(720,622)</b>	<b>1,501,102</b>	<b>462,932</b>	<b>(915,666)</b>	<b>115,205</b>	<b>(720,297)</b>	<b>443,276</b>



## Notes to the financial statements

### For the year ended 31 March 2010

#### 12. Deferred income (cont'd)

The detailed natures of deferred income are as follows,

- a. It represents donations received from Operation Santa Claus 2007 for the project named "Caring for Carers-A Locality-based carer support project".
- b. It represents donation received from The Community Investment and Inclusion Fund for the project named "Women Going Hand in Hand – Sham Shui Po Community Inclusion Project".
- c. It represents donations received to support the related expenses for women to attend conferences and workshops.
- d. (i) It represents funds received from AIDS Trust Fund for the project named "Silver Lining: Community-based Supportive Project for Female Patients with Sexually Transmitted Infections (STIs) and Women at Risk of HIV".
- (ii) It represents funds received from AIDS Trust Fund for the project named "AIDS Prevention Project for Women at Risk of HIV in Community".
- e. It represents donations received from Operation Santa Claus 2006 for the project named "Silver Lining – Mutual Support Network for Unemployed Women".
- f. It represents donations received for the project named "Community Sustainable Development Workshop – Promoting Community Sustainable Development by Women and Youth".
- g. It represents donations received for the project named "Striding Forward – A Tai Po Sustainable Community Project by Women".
- h. They represent donations received from various corporations and trust funds for programs in Lai Kok and Tai Wo Centres specified by the donors.

#### 13. Designated Funds

The movement of designated fund during the year are disclosed in statement of charges in reserves on page 4 and the nature of the Funds are as follows.

- a. It represents funds raised for renovation of Lai Kok Centre.
- b. It represents funds raised for removal expenses of Lai Kok Centre.
- c. They represent donations received from various corporations and trust funds for programs in Lai Kok and Tai Wo Centres specified by the donors.
- d. It represents donations received to support promotion activities.
- e. Staff Emergency Reserve Fund represents funds designated for the purpose of supporting salary deficits in future time for Lai Kok Centre.
- f. Women's Relief and Support Fund represents funds designated for the purpose of offering immediate and timely help to women who are in need of financial assistance for Lai Kok Centre.
- g. It represents donations received for renovation of the Women's Helpline service room in Lai Kok Centre.
- h. It represents funds raised for equipping and maintaining Tai Wo Centre.
- i. It represents donations received for subsidizing recurrent expenses of Tai Wo Centre.
- j. Tai Wo – Fook Wo House represents funds designated for renovation of Tai Wo Centre and subsidizing the recurrent expenses of Fook Wo House.

#### 14. Significant operating lease commitment

At the balance sheet date, the Federation had contracted as tenant for the following future minimum lease payments,

	2010 HK\$	2009 HK\$
Within one year	151,200	223,020
After one year, but within five years.	302,400	-
	<u>453,600</u>	<u>223,020</u>

#### 15. Capital disclosure

The Federation's objectives when managing capital are to safeguard the Federation's ability to continue as a going concern in order to carry out its principal activities.

The Federation's overall strategy remains unchanged from prior year.

In order to maintain or adjust the capital structure, the Federation may appeal for donations from the general public.

#### 16. Financial instruments

The Federation has classified its financial assets in the following categories:

	2010 HK\$	2009 HK\$
Accounts receivable	164,531	112,978
Cash and cash equivalents	4,177,467	4,138,232
	<u>4,341,998</u>	<u>4,251,210</u>

The Federation has classified its financial liabilities in the following categories:

	2010 HK\$	2009 HK\$
Accounts payables	645,810	626,238
Deferred income	443,276	1,501,102
	<u>1,089,086</u>	<u>2,127,340</u>

Notes to the financial statements  
For the year ended 31 March 2010

16. Financial instruments (cont'd)

All financial instruments are carried at amounts not materially different from their fair values as at 31 March 2010.

The Federation is exposed to credit risk and liquidity risk arising in the normal course of its operations and financial instruments. The Federation's risk management objectives, policies and processes mainly focus on minimizing the potential adverse effects of these risks on its financial performance and position by closely monitoring the individual exposure.

a. Credit risk

Credit risk is managed on an organisational basis. Credit risk arises mainly from cash at banks.

The Federation's bank balances are deposited in reputable bank. As such, no significant credit risk is anticipated. The Federation has policies in place for the control and monitoring of the relevant concentration of credit risk.

The Federation's main source of income is the donations from the general public. It has no other significant financial assets which lead to any credit risk to the Federation. Accordingly, the Executive Committee are of the opinion that the relevant credit risk of the Federation is low without any significant concentration.

The maximum exposure to credit risk is represented by the carrying amount of each financial assets in the statement of financial position.

b. Liquidity risk

Prudent liquidity risk management included maintaining sufficient cash and bank balances so as to enable the Federation to meet its liabilities as and when they fall due and to continue operating for the foreseeable future. The Executive Committee are of the opinion that the Federation does not have any significant liquidity risk.

17. Hong Kong Financial Reporting Standards issued but not yet effective for the year

HKFRSs that have been issued but are not yet effective for the year include the following HKFRSs which may be relevant to the Fund's operations and financial statements:

		Effective for annual periods beginning on or after
HKFRS 1 (Revised)	First-time Adoption of Hong Kong Financial Reporting Standards	1 July 2009
HKFRS 9	Financial Instruments	1 January 2013

The Federation has not early adopted these HKFRSs. Initial assessment has indicated that the adoption of these HKFRSs would not have a significant impact on the Federation's financial statements in the year of initial application. The Federation will be continuing with the assessment of the impact of these HKFRSs and other significant changes may be identified as a result.

# 顧問委員會、 執行委員會及職員名單

## 顧問委員會

名譽會長	陳保琮博士
名譽副會長	胡紅玉女士
名譽法律顧問	洪珀姿女士
名譽顧問	王秀容女士
	方旻煥女士 (2010年1月1日起)
	方敏生女士
	白嘉露女士
	李頌基醫生
	楊東鈴女士

## 執行委員會

主席	黃玉雲女士
副主席	藍宇喬女士
名譽秘書	程思雅博士
名譽司庫	陳翠琮女士
委員	招璞君博士
	葉永麗女士
	廖雅芬博士
	羅雅莉女士

## 核數師

華強會計師事務所

## 職員 (截至2010年3月31日)

總部	總幹事	廖珮珊女士
	行政秘書	袁碧儀女士
	資源拓展幹事	傅詠芝女士
麗閣中心	中心主任	梁綺華女士
	教育幹事	吳惠娥女士
		陳秀芬女士
		劉升平女士
		關嘉儀女士
	程序助理	陳翠儀女士
太和中心	中心主任	葉長秀女士
	教育幹事	陳詠詩女士
		盧愷茵女士
		倪志達先生
	程序助理	林秀聰女士
		梁瑞貞女士

# List of Advisory Board, Executive Committee and Staff

## Advisory Board

Hon President	Dr Chan Po-king, Betty
Hon Vice President	Ms Wu Hung-yuk, Anna
Hon Legal Advisor	Ms Hung Barbara Anne
Hon Consultants	Ms Wong Sau-yung, Linda
	Ms Fong Man-ying (since January 2010)
	Ms Fang Meng-sang, Christine
	Ms Carole J. Petersen
	Dr Li Chung-ki, Patrick
	Ms Young Dong-ling, Cecilia

## Executive Committee

Chairperson	Ms Ng Gaik-hoon, Evelyn
Vice Chairperson	Ms Lam Yu-kiu, Rita
Hon Secretary	Ms Shelia Twinn
Hon Treasurer	Ms Chan Chui-king, Liliane
Executive Committee	Dr Chiu Po-kwan, Patricia
	Ms Young Wing-lai, Geraldine
	Dr Liu Ngar-fun
	Ms Alley Law

## Auditor

LKY China

## Staff (as of 31 March 2010)

Head Office	Director	Ms Liu Pui-shan, Si-si
	Administrative Secretary	Ms Yuen Pik-yee, Vikki
	Resources Development Officer	Ms Fu Wing-chi, GiGi
Lai Kok Centre	Centre-in-charge	Ms Leung Yee-wah, Eva
	Education Officer	Ms Ng Wai-nog, Joanne
		Ms Chan Sau-fan, Joyce
		Ms Lau Shing-ping, Yvonne
		Ms Kwan Ka-Yi
	Programme Assistant	Ms Chan Chui-yee
Tai Wo Centre	Centre-in-charge	Ms Ip Cheung-sau, Heidi
	Education Officer	Ms Chan Wing-sze
		Ms Lo Hoi-yan
		Mr Ngai Chi-tat, Simon
	Programme Assistant	Ms Lam Sau-chung, Jane
		Ms Leung Sui-ching, Ada



# 服務

## 支援服務

### 婦女求助熱線：

由女性義務輔導員向求助者就法律、醫療、婚姻及情緒問題提供資料及支援服務。有需要時，會轉介予專業人士跟進。

### 免費律師面見諮詢服務：

由註冊律師接見有需要的婦女，就有關離婚、撫養權、贍養費、財產分配及家庭暴力等問題提供免費法律諮詢服務。朋輩輔導員會協助婦女使用服務。

### 個案輔導服務及自強小組：

特別為面臨婚姻或其他情緒困擾的婦女、單親婦女及性暴力和家庭暴力受害人，提供個別輔導及小組支援服務。

## 發展項目

### 就業再培訓：

舉辦再培訓就業課程及轉介職位服務，協助婦女獲職及重新投入社會工作。

### 經濟充權：

鼓勵婦女嘗試另類經濟參與模式，成立合作社或互助社來促進婦女參與經濟活動。

### 健康充權：

向婦女推廣整全健康訊息。

### 持續教育：

提供多元化的持續教育課程，以鼓勵婦女提升自我，從而推廣平等教育機會的理念。

### 資訊科技教育及推廣：

透過婦女IT大使朋輩教學計劃，讓婦女可以掌握電腦知識和技術。

### 社會參與：

鼓勵和支持婦女積極參與社會生活，以體現和推動性別平等。

### 社區網絡及共融：

與社區團體合作，結連不同社群及人際網絡，提升社區的資源和能力，從而建立互助互利之社區，加強社會資本的積累。

### 義工發展：

提供義務工作技能訓練，鼓勵婦女參與社區活動和事務，貢獻社會。

### 資源閣（視聽資源及書籍借閱服務）：

備有大量有關婦女議題的書籍、研究報告、小說、影視資源及報紙予公眾借閱。

### 資訊科技閣：

中心提供電腦及網頁資訊予婦女瀏覽。

### 遇到服務：

開放屬下兩間中心予婦女和社區人士使用，鼓勵她/他們參與和運用本會和社區資源。

## 倡議項目

### 推廣婦女權利社區教育：

舉辦講座、大型社區教育推廣日、課程、諮詢站及小組工作，內容包括：婦女健康、法律權益、公民意識等。

### 自助組織發展：

鼓勵婦女發展自助組織，從而推動婦女參與社會事務、爭取權益及促進互助。

### 性別意識訓練：

向各界別人士，如社會服務界、醫護界、資訊科技界、商界、教育界、政界等傳播關注婦女需要的訊息和倡導性別平等。

### 研究和出版：

研究婦女的需要和整理婦女服務的經驗，以推廣婦女所關注的議題。

### 倡議：

就婦女關注的議題向政府及公眾反映意見。

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# Services

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## Supportive Services

### Women's Helpline:

Women volunteer counsellors offer information and support in the areas of legal, medical, marital and emotional matters. Referrals to professional workers for follow up will be made when necessary.

### Free Legal Advice Clinic:

Practicing lawyers provide free legal advice to women on matters of divorce, custodial rights, alimony, and allocation of property and domestic violence. Peer counsellors assist women service users on these matters.

### Case Counselling Service and Self-help Groups:

Professional workers offer counselling on an individual and group basis to women facing marital distress and/or other emotional problems, single parents, and victims of sexual or domestic violence.

## Developmental Services

### Employment-related Retraining:

We provide retraining courses and job-matching services to assist women re-enter the job market.

### Economic Empowerment:

We encourage women to explore alternative economic participation models, establish cooperatives or mutual help groups to enhance women's participation in economic activities.

### Health Empowerment:

We promote messages of holistic health among women.

### Continuing Education:

We provide a variety of courses, including language, legal rights, psychology, stress management, IT, and family education. We also encourage women's self-development and advocate equality in educational opportunities.

### IT Education and Promotion:

We promote information access, IT skills and knowledge among women through peer IT project by women IT Ambassadors.

### Social Participation:

We encourage and support women to actively take part in social life to realize and promote gender equality.

### Community Networking and Inclusion:

We link up with various community groups and social networks in order to enhance community resources and strength and build up a mutually beneficial and supportive community for the accumulation of social capital.

### Volunteer Development:

We provide skills training for volunteers, and encourage women to participate in community work and contribute to the society.

### Resource Corner (AV resource and books loan-out service):

Our centres are equipped with a large quantity of books on women-related themes, research reports, novels, AV resources and newspapers for the public.

### Information Technology Corner:

Our centres are also equipped with computers with internet access for women to use.

### Drop-in Service:

Our centres are opened for drop-ins by women and others in the community for participation and use of our services and community resources.

## Advocacy Work

### Community Education on Women's Rights:

We organize seminars, large-scale community education and promotional events, information booths, courses, and group activities to promote women's health, legal rights, and civic rights.

### Self-help Group Development:

We encourage women to develop self-help groups so as to promote women's social participation, rights, and mutual support.

### Gender Awareness Training:

We raise public concern on women's needs and promote gender equality across different sectors of the community including the social services, health, IT, business, education and political sectors.

### Research and Publication:

Based on our experience in direct services, we conduct studies on the needs of women to highlight their issues.

### Advocacy:

We voice out our views and opinions to the government and public on women's issues.

我願意成為捐款者，為改善婦女脫離不利處境；展現生命姿彩出一分力！  
Yes! I want to be a donor and enjoy the satisfaction of knowing that every cent of my gift is helping

☐

每月定額捐款

Regular Monthly Donation

☐

\$100

能支付1位熱線輔導員接受專業培訓的費用。  
can cover the professional training fee for one helpline counsellor.

☐

\$300

能為8名失業、受困擾或貧困婦女提供持續教育的機會。  
can provide continuing education courses for eight unemployed, distressed or impoverished women.

☐

\$500

能為1名飽受困擾的婦女提供1節專業的輔導服務。  
can cover the cost of one session professional counselling service for a distressed woman.

☐

\$1,000

能為不符合資格申請或不獲綜合社會保障援助計劃，且未能維持基本生活的婦女提供臨時的經濟援助，以解決她們燃眉之急。  
can provide temporary financial assistance to women who are not eligible to the Comprehensive Social Security Assistance, and failed to maintain a basic living.

☐

其他金額

\$

(請註明Please specify)

☐

Other donation amount

☐

一次性捐款

One-off Donation

☐

\$200

☐

\$500

☐

\$800

☐

\$1,000

☐

其他金額

\$

(請註明Please specify)

☐

Other donation amount

捐款者資料

Donor Information

捐款人姓名

Name

小姐 / 女士 / 先生

Ms / Mrs / Mr

職業

Occupation

聯絡電話

Telephone No.

電郵

E-mail

傳真號碼

Fax No.

地址

Address

捐款方法

Donation Method

☐

信用卡

Credit Card

信用卡號碼

Credit Card No.

持卡人簽名

Signature

☐

VISA

☐

Master Card

有效日期

Expiry Date

月 /

MM /

年

YY

持卡人姓名

Name of Cardholder

☐

自動轉賬

Autopay (Direct Debit)

本會將聯絡閣下，安排銀行轉賬

We will contact you to arrange monthly direct debit matters

☐

直接傳入戶口

Deposit to Bank

東亞銀行賬戶

BEA Bank A/C

161-40-00805-8

☐

支票

Cheque

劃線支票抬頭請寫「香港婦女中心協會」

Crossed cheque payable to "Hong Kong Federation of Women's Centres"

銀行

Bank

支票號碼

Cheque No.

☐

網上捐款

Online Donation

www.womencentre.org.hk

\* 請將支票或銀行入數紙，連同本表格一併寄回香港婦女中心協會。捐款港幣100元或以上將獲得退稅收據，多謝支持。  
Please send the cheque or deposit slip with this donation form to HKFWC. Tax-deductible receipt will be issued for donation of HK\$100 or above. Thank you.

\* 以上資料只作為寄發收據及通訊用；所有資料均絕對保密。  
The above information will be used for mailing receipts and sending out information only, and will be kept confidential.

多謝您的支持! Thank You for Your Support!

聯絡我們 Contact us at:







香港婦女中心協會  
促進婦女建立  
**自信、自主、自立**

The Hong Kong Federation of Women's Centres  
enables women to develop their  
**CONFIDENCE, INDEPENDENCE**  
and **COMPETENCE**

**總會及麗閣中心**  
**Main Office & Lai Kok Centre**

地址 address : 香港九龍長沙灣麗閣邨麗蘭樓305-309室  
305-309, Lai Lan House  
Lai Kok Estate, Cheung Sha Wan  
Kowloon, Hong Kong  
電話 tel : 2386 6256  
傳真 fax : 2728 0617  
電郵 email : [hkfwc@womencentre.org.hk](mailto:hkfwc@womencentre.org.hk)  
網址 website : [www.womencentre.org.hk](http://www.womencentre.org.hk)

**太和中心**  
**Tai Wo Centre**

地址 address : 香港新界大埔太和邨喜和樓地下101及110室  
101 and 110, G/F, Hei Wo House  
Tai Wo Estate, Tai Po  
N.T., Hong Kong  
電郵 tel : 2654 6066  
傳真 fax : 2654 6320

