



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

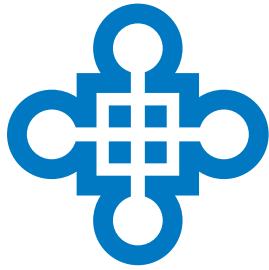
2010-2011

Annual Report 年報

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香港婦女中心協會的標誌以4個代表婦女的符號組成。
4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
comprises of four symbols representing women.
These symbols are tightly intertwined to represent
unity among women despite differences in
age, social background, religion and race.
Collectively, women from all strata strive
to express women's needs and inspirations and
to promote women's rights and social status.*



機構簡述

Agency Profile

歷史

在20世紀70年代末，香港婦女協會（現已解散）的「反強姦運動」成功引起了公眾對當時傳媒處理性暴力受害者新聞的關注。及後，組成了婦女中心小組委員會；並於1981年5月5日開設一條處理公眾查詢的熱線，專線設在前市政局委員杜葉錫恩女士的辦公室內，由一群熱心義工負責接聽。1985年，婦女中心建址深水埗麗閣邨；1989年8月成為香港公益金成員機構。雖然仍隸屬於香港婦女協會，但婦女中心持續發展，並有獨立的執行委員會。1992年9月，婦女中心宣佈獨立並易名為「香港婦女中心協會」以邁向新的方向。1996年，香港婦女中心協會在大埔太和邨成立太和中心，擴展新界區的服務。香港婦女中心協會現時是香港社會服務聯會的會員機構，並於2002年取得聯合國經濟及社會理事會特別諮商成員地位。

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

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。

History

In the late 1970s the Hong Kong Council of Women (HKCW) (now disbanded) conducted a successful campaign to highlight the handling of rape victims by the media. This 'War on Rape Campaign' was followed by the formation of the Women's Centre sub-committee which opened a telephone line on May 5, 1981 to handle public enquiries. The telephone service was manned by volunteers in a back room of the office occupied by the former Urban Councilor, Ms Elsie Tu. In 1985, the Women's Centre acquired its own premises in Lai Kok Estate, Sham Shui Po, and in August 1989, it was accepted as a member of The Community Chest of Hong Kong. While still affiliated to HKCW, the Centre continued to develop and had its own dedicated Executive Committee. In September 1992, the Women's Centre was subsequently renamed the "Hong Kong Federation of Women's Centres" (HKFWC) in order to chart a new direction for itself. 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 in 2002 acquired Special Consultative Status with the Economic and Social Council of the United Nations.

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.

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 effectively.
5. To pioneer the development of resources and services that are in the interest of women.

名譽會長獻辭

Message from the Honorary President



陳保琮博士

Dr Chan Po-king, Betty

名譽會長

Honorary President

這是我第3年以香港婦女中心協會名譽會長的身份，為年報撰寫獻辭，著實與有榮焉。

2011年度是香港婦女中心協會慶祝30周年紀念的里程碑。我們在一間儲物室起步，從開設全港第一條婦女熱線開始，發展到現時的兩間服務中心，並開辦不同類型的活動。要走過這段漫長的道路，需要不同年代的支持者的努力不懈及堅持不渝。過去30年來，承蒙各界人士的熱心支持、慷慨解囊，支持香港婦女中心協會的工作，藉以協助提升香港婦女的地位和權益。

過去一年充滿著歡樂的氣氛，賽馬會麗閣中心成立的好鄰舍服務隊及兩個由協會一手栽培的小組——香港主婦聯盟及婦女綠色生活職工有限責任合作社積極舉辦多項活動，成功提高大眾對婦女發展的關注。同時，我們亦對施政報告及財政預算案作出回應，發放文件呼籲政府投放更多資源促進婦女的发展。最叫我們雀躍的是，獲准於太和邨內擴展成立新中心。這可謂慶祝協會30周年最珍貴的禮物。

香港是一個服務及知識型經濟的社會，婦女在社會的發展中扮演著重要的角色。雖然，近年婦女對社會事務的參與度已大大提升，但特區政府、婦女組織及非政府團體仍需繼續合作促進大眾對香港婦女發展的了解。展望將來，香港婦女中心協會仍會繼續精益求精，在輔導及法律支援、經濟充權、健康充權、社會參與、持續教育、義工發展及倡導工作方面推行不同的計劃，以提高婦女在社會的地位。

我們的工作雖然已略見成效，但前路仍然充滿挑戰。我們仍需倚賴員工、執行委員會成員、義工及贊助者的決心、支持及堅忍，才可繼續前行。期盼各界不斷支持我們的工作，繼續伙伴同行，攜手促進婦女的发展。

It gives me great pleasure to once again write this Foreword for our Annual Report, the third in my capacity as the Honorary President of Hong Kong Federation of Women's Centres (HKFWC).

2011 marked a milestone for HKFWC when we celebrated its 30th anniversary. This is worthy of celebration and thanksgiving. It required the unremitting efforts and steadfast persistence of people over generations for HKFWC to develop from a small operation of the Women's Helpline service in a storeroom to a complex provider of a wide range of services at two drop-in centers. I wish to extend my warmest gratitude to those who have contributed or donated to HKFWC over the past decades in enhancing the status of women and promoting the well-being and interests of women in Hong Kong.

In the joyous spirit of celebration, I commend the Good Neighbourhood Action team, based in the Jockey Club Lai Kok Centre and our two independent satellite groups, the Hong Kong Homemakers' Alliance and the Women Green Life Workers Co-operative Society, Limited, who have worked hard to deliver various successful programs to raise public awareness of women's development over the last year. In response to the Policy Address and the Budget, we made known our position paper which called on the government to devote more resources to advancing the development of women. What overwhelmed all of us in the last year was the grant of the new premises in Tai Wo in the New Territories. This could be regarded as a precious gift to celebrate HKFWC's 30th anniversary.

Hong Kong is a service and knowledge-based economy with women playing a key part in the city's progress. Although women have made strides in their participation in society over the years, the Hong Kong Government, women's groups and non-governmental organisations still need to continue to work together to promote a better understanding of women's development in Hong Kong. Looking ahead, HKFWC will continue to take the initiative and strive for excellence to help women realise their importance in society through programs in the areas of counseling and legal support, economic empowerment, health empowerment, social participation, continuing education, volunteer development and advocacy.

Notwithstanding the achievements made during the year, we face many challenges ahead. The determination, support and perseverance of the staff, Executive Committee members, volunteers and donors remain the keys to our delivery of excellent services to our target groups. We appeal for continuous support and partnership to work hand in hand to help create an environment favorable to women's development.

主席感言

Chairperson's Remarks



黃玉雲

Ng Gaik-hoon, Evelyn

執行委員會主席

Chairperson

每一年我們都在忙碌的活動和計劃中，回顧已取得的成果，藉此鼓勵自己做得更好。我們一向關心和鼓勵內部的團隊精神並積極與社區內的其他團體合作。一直以來，要在有限的資源下維持兩所開放式中心的營運，重視培養人才和提供資源配套，對我們來說都是一項挑戰。儘管如此，我們深信婦女是改變的原動力，而香港正需要更多更美好的改進。

我很高興向大家報告，兩個由我們栽培而成並已獨立的小組——香港主婦聯盟和婦女綠色生活職工有限責任合作社已集結成為我們的力量。香港主婦聯盟成功藉戲劇《玩偶之家》，宣傳她們的使命和重新肯定婦女無償工作對家庭和社會所作的貢獻。婦女綠色生活職工有限責任合作社則打破市場壟斷，持續地經營清潔服務，為婦女提供就業機會。無疑，她們正通過不同的方法實踐倡議工作，由通過有意義的演出以致自僱式的經營業務。她們的成功，實有賴團隊合作和友好伙伴的建立。

今年，我們亦專注培育居住於中心附近的居民關心社區事務。最突出的莫過於賽馬會麗閣中心的「好鄰舍行動隊」。年內，她們合共探訪了128個居住於中心附近，對社會資源和服務不熟悉的長者或低收入家庭。我們需要鼓勵他們去參加活動，以免被社會異化。同樣，太和中心的員工也忙於組織社區導賞團，使知識得意承傳。並且讓這引以為傲的生態環境，成為鼓勵和孕育出更多對可持續發展和保護香港自然資源的意見和聲音。這些社區行動，為我們日後進行照顧者的研究，能更準確地收集數據以及了解照顧者的需要以改善精神健康奠定基礎。建立信任和社會關係更需要時間和極大的力量。

通過舉辦不同類型的照顧者交流活動及經過針對性訪談後，我們決定將2011年3月8日國際婦女節的重點放在她們的困境上。我們成功於遮打花園舉行照顧者論壇，並藉遊行至中環政府總部，呼籲更多社會人士關注這些被社會忽略的人士。相信，這正是很多人面對的難題，亦正為人所廣泛討論。

最後，在我們獲准取得一個更大的單位成立新太和中心後，經過多番努力，最終於2011年2月向香港賽馬會提交裝修工程的計劃書。

我不能誇大員工、執委會成員及義工們的無私奉獻，讓協會成為推動社會改革的沃土。我們嘗試並勇於創新，同時亦提供務實的解決方法去改善人們的生活。為有需要的人士帶來希望和減輕她們的困苦，看似渺小，但卻是我們繼續存在的理由。

Every year amidst the flurry of activities and on-going projects, we look back to see what had been achieved in order to encourage ourselves to do better. We were mindful about encouraging teamwork within the organisation and collaboration with many other partner groups in the community. It has always been a challenge to maintain two drop-in centres on our allocated budget and give due attention to personnel training and resource matters. Nonetheless, we were guided by the belief that women are important agents for change and that there is much to change for the better in Hong Kong.

I am happy to report that we drew mutual strength from our two independent satellite groups, the Homemakers' Alliance and the Women Green Life Workers Co-operative Society, Limited. The Homemakers' Alliance had a successful run using drama — *A Doll's House* to publicise their mission and to re-affirm women's contribution to the family and the community through their unpaid work as homemakers. The Women Green Life Workers Co-operative, Society, Limited against great odds, continued to operate their cleaning services and organise employment opportunities for numerous women. Steadfast in their course, they demonstrated alternative ways of doing advocacy work, from meaningful entertainment to running a self-employment project. Their achievements could not have been possible without team work and collaboration with other interested parties.

We put great stress on nurturing a sense of community among the residents near our centres. In particular, I highlight the work of the 'Good Neighbourhood Action' team based in the Jockey Club Lai Kok Centre which reached out to 128 families nearby. They were either elderly residents or low income families who had to be informed about available community services. They needed to be encouraged to join activities and be aware of the problem of alienation in the community. Likewise, Tai Wo Centre staff were equally busy organising tours around Tai Po so that knowledge and pride in the environment would encourage better responses to sustainable development and protection of natural resources in Hong Kong. Community action of this nature in addition laid the base for our ongoing research project on collecting accurate data about what caregivers needed and the services they required to improve their mental health when coping with the demands of care-giving. Building trust and social ties take time and tremendous energy.

Insights from these diverse interactions, and targeted interviews with caregivers led to the decision to focus on their plight during the International Women's Day on 8 March 2011. A successful forum was held at Chater Garden followed by a march to the government headquarters in Central to call for more public attention towards a neglected group. This promised to be the start for more discussion on a difficult issue facing many people in Hong Kong.

Finally, after successfully being granted a bigger site for the new Tai Wo Centre, we went through an intense stint to submit a proposal to the Hong Kong Jockey Club for funds to renovate the vacant premises. The culmination of our team work in writing the proposal was sent in February 2011.

I cannot overstate the dedication of the staff, Executive Committee members, and many volunteers to make the organisation a fertile place for social change. We tried to be creative and at the same time delivered practical solutions that make a difference to peoples' lives. Bringing relief and hope to those who need them, however small, is the *raison d'être* for our continual existence.

總幹事報告

Director's Report



廖珮珊

Liu Pui-shan, Si-si

總幹事

Director

2011年是香港婦女中心協會（婦女中心）成立30週年紀念。本會自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。我們由創辦熱線起步，當時專線設立在前市政委員杜葉錫恩女士的辦公室內，並由熱心義工接聽；時至今日，婦女中心已發展成擁有兩間服務中心，每年財政預算超過5佰萬的機構。

我們非常感謝各資助團體過去的鼎力相助，特別是香港公益金及僱員再培訓局。過去一年，在他們的支持下，我們能夠持續為79,000位有需要的婦女提供治療性、發展性和教育性服務。

今年，關懷照顧者計劃和可持續發展計劃繼續於大埔區推行，而低收入家庭支援計劃亦在深水埗區推展。是年度，我們針對性地以照顧者的處境為倡議專題，於國際婦女節當日舉辦論壇，並將焦點集中在她/他們的困境上。這承接著我們之前進行的一項照顧者狀況問卷調查，受訪對象為照顧者和她們的家人。當日，我們於論壇結束後和百多位婦女及她們的家庭成員一起遊行至政府總部。我們希望通過媒體的報導，及通過成功的傳媒策略，為被社會和政府所漠視及忽略的她們發聲。



2011 marked the 30th anniversary of the Hong Kong Federation of Women's Centres (HKFWC), which has been committed to a women-centred perspective that promotes gender equality and advancement of women's human rights since its establishment. Over the years, we were lucky to be able to develop from a volunteer-managed hotline that stationed in the back office of the former Urban Councilor, Ms Elsie Tu, to an organisation with two service units with an annual budget of more than \$5 million.

We are grateful to the unfailing support by many funding bodies, in particular the two major donors The Community Chest of Hong Kong and the Employees Retraining Board. They enabled us to continue providing the remedial, developmental and educational services to more than 79,000 women in need during the past year.

Our projects on carers, sustainable development in Tai Po and low-income families in Shum Shui Po also continued this year. The situation of carers became our advocacy focus this year and we placed their plight under the spotlight in a forum on International Women's Day. This came after a survey with carers of their family members, followed by rally to the Central Government Office with more than 100 women and their family members. We hope the media coverage on that event as well as other efforts we made in realising our media strategy have successfully given a voice for the voiceless who have been performing an important care-giving role yet largely neglected by our public policy-makers.



總幹事報告

Director's Report

2011年亦同時標誌著香港主婦聯盟邁向成立10週年的里程碑。香港主婦聯盟由婦女中心孕育和栽培，至今已成為我們的重要倡議夥伴。她們成功創作話劇《香港娜拉的秘密》，並進行5場公演，藉此向欣賞的觀眾帶出她們的訊息——無酬勞動工作者對社會所作出的貢獻及社會政策如何歧視家庭主婦。

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消除歧視婦女的公共政策，如強制性公積金。

在追求兩性平等的路上我們並不孤單。我們不能遺忘數以百計為我們提供超過19,000小時義工服務的義工，以幫助社區內有需要的人士。這一再證明，婦女是推動社會改變的重要行動者和貢獻者。除此之外，我們亦與眾多團體合作，積極推動兩性平等。

最後，我們以一個美好的消息為2011年畫上句號。我們成功向香港賽馬會慈善信託基金申請撥款，為將於太和邨成立的新中心進行裝修。展望未來，我們希望能在往後的30年及更往後的日子，能夠繼續接受種種挑戰，在社會發熱發光。

2011 also marked the 10th anniversary of the Hong Kong Homemakers' Alliance, which has grown from an HKFWC-nurtured self-help group to our partner in advocacy. They successfully created a drama *A Doll's House in Hong Kong* and staged five performances to leverage their messages — recognition of the contribution of unpaid work and the discriminatory public policies against their status as homemakers — to the many audiences.

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. Our mission cannot be accomplished without the hundreds of volunteers who contributed more than 19,000 hours of voluntary services to help people in need in the community. This shows that women are important agents and contributors for social changes. We also worked with numerous partners who share our vision on gender equality.

2011 ended with the great news of grants by The Hong Kong Jockey Club Charities Trust to renovate the much larger site in Tai Wo Estate for our new centre. We are excited to make the next 30 years and beyond of HKFWC as meaningful as we have been and fill it with challenges.



輔導及法律支援

Counselling and Legal Support

婦女求助熱線

計劃簡介

婦女求助熱線是香港第一條專為婦女而設的求助熱線，自1981年5月服務至今已30年。各位經培訓的婦女義工，以同路人身份，為來電者提供各種支援，包括情緒疏導、簡單婚姻問題解答及社會資源轉介等。

本年度重點及成效

本年度共接獲3,726個來電，包括新、舊個案、代問個案及常客個案。1,997個新個案中有超過5成（57%）來電者年齡在40歲或以上（見圖一），近半數（49.3%）為已婚婦女（見圖二）。新個案查詢或遇到的問題，以精神困擾為主，其次是婚姻及同居關係、法律問題、生活問題及家庭問題等（見圖三）。

於2010-11年度共有51位已接受嚴格訓練及通過實習的婦女熱線輔導員，分別於早、午、晚3個時段提供服務。

相關服務

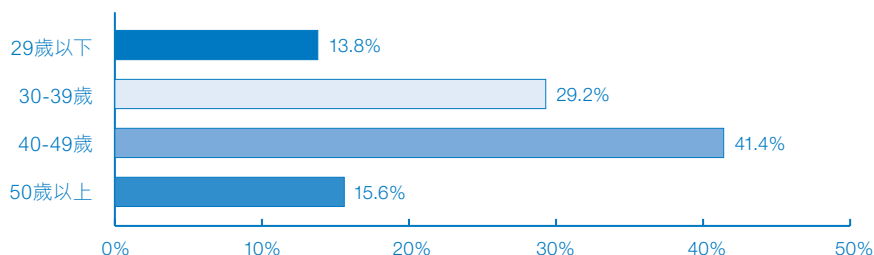
熱線輔導員在職培訓

本年度合共為熱線輔導員提供4次在職培訓。培訓內容包括精神病的認識及處理技巧、正向心理學認識及電話介入技巧等。希望藉提供不同類型的培訓，提升熱線輔導員的技巧和應變能力，豐富她們的知識。

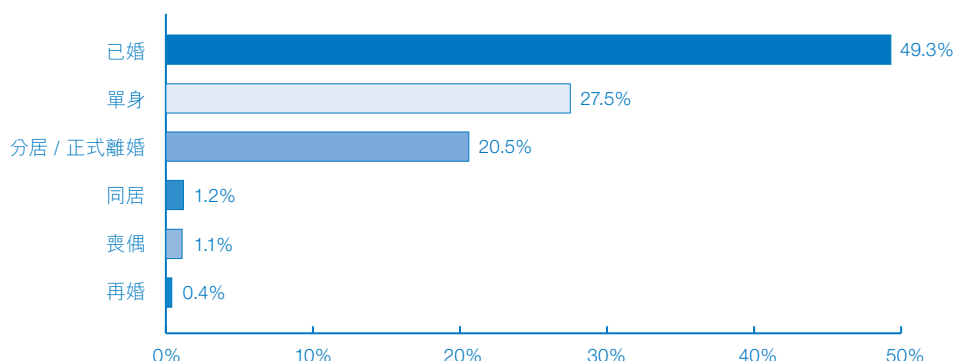
熱線分享會

每月舉行的分享會，目的為提供平台讓各班組的熱線輔導員彼此交流個案經驗，及研討不同個案的處理技巧，分享感受及建立互相支援的網絡，讓輔導員能更有信心實踐所學，投入服務。全年度共有113人次參與熱線分享會。

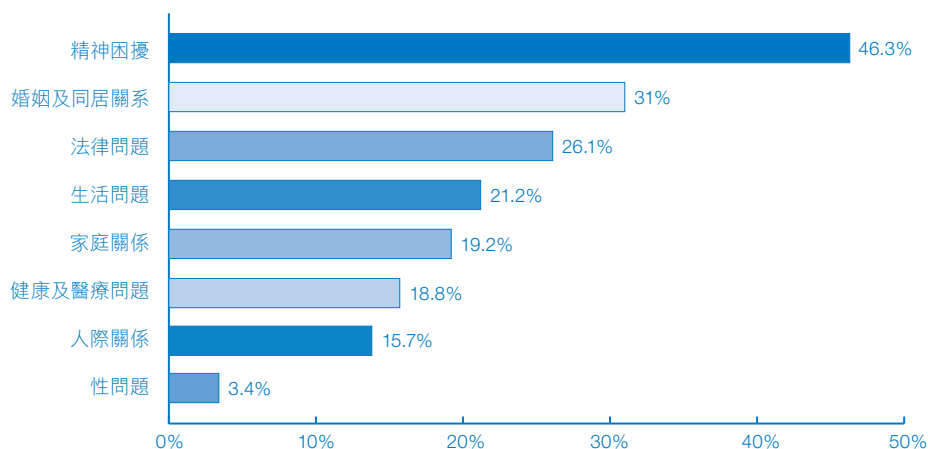
圖一：求助者年齡分佈



圖二：求助者婚姻狀況



圖三：求助問題類別（可選多項）



我曾致電婦女求助熱線尋求輔導員的協助。受婚姻問題影響，情緒困擾。每當我情緒受到困擾及無法控制時就會致電熱線，數數手指我合共打過3次到熱線。熱線輔導員很有耐性聽我講我的困擾，安撫我的情緒，而且讓我的情緒得到支援。輔導員冷靜的分析和講解，讓我清楚自己的處境，亦能夠仔細考慮輔導員所提供有關離婚法律的資訊。我感到在無助的困境中找到一條出路。對我來說，熱線的幫助很大，我實在非常感激。

婦女求助熱線服務使用者 / 阿美

輔導及法律支援

Counselling and Legal Support

Women's Helpline

Introduction

The Women's Helpline, Hong Kong's first hotline solely targeting women, has been servicing callers for 30 years since it opened in May 1981. The Helpline's trained female volunteers, many of whom have walked the same path as the Helpline's callers, offer emotional support, respond to inquiries on marriage issues, provide referrals to social services, and other services.

Focal Points and Results for 2010-2011

The Helpline received a total of 3,726 calls in 2010-2011, which includes new cases, old cases, proxy cases, and cases from repeat callers. Amongst the 1,997 new cases, more than half (57%) were from women aged 40 or over (Chart 1), and almost half were married (Chart 2). The majority of new cases and issues were regarding mental distress, followed by marital issues, legal concerns, economic issues, and family issues (Chart 3).

In 2010-11, a total of 51 hotline counsellors serviced the Helpline in morning, afternoon, and evening shifts. All counsellors went through rigorous training and a practical observation period prior to volunteering for the Helpline.

Familial relations

Helpline Counsellor Training

The HKFWC provides training sessions four times a year for Helpline counsellors. The courses cover techniques for recognising and handling mental disorders, positive psychology, and telephone crisis intervention skills. We aim to provide different types of training so as to enhance the skills and adaptability of our Helpline counsellors, as well as enrich their personal knowledge.

Helpline Sharing Sessions

We hold monthly sharing sessions for the Helpline to give the counsellors a platform to share their experiences and discuss how they have processed cases that have arisen. The sharing sessions also help counsellors establish mutual support networks so they can be more confident and invested in their work. The sharing sessions drew a total of 113 participants throughout the 2010-2011 year.

Chart 1: Age Distribution of Helpline Callers

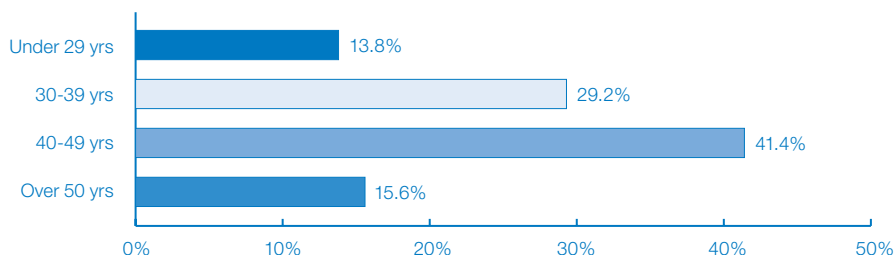


Chart 2: Marital Status of Helpline Callers

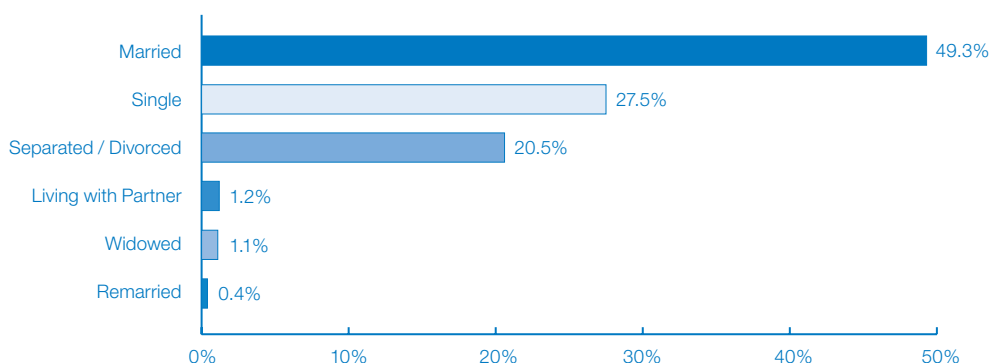
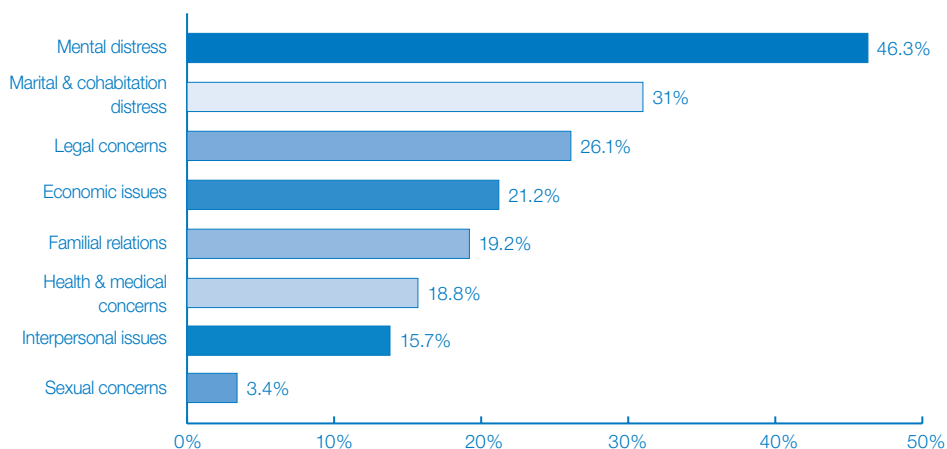


Chart 3: Topic of Call (Multiple Selections)



I called the Women's Helpline to get help from the counsellors. Due to marital problems, I was an emotional wreck. Every time I felt anxious and like I was spinning out of control, I called the Helpline – a quick count tells me it was three times. The Helpline's counsellors patiently listened as I spoke about my troubles, and helped calm my nerves as well as offer emotional support. They would offer their analysis and advice gently and evenly so that I could fully understand my situation and carefully consider the legal process for divorce that the counsellor had walked me through. I felt like they were the way out of the path of helplessness that I had found myself on. The Helpline has been of great benefit to me. I am extremely grateful to it.

Ah-Mei / Women's Helpline Caller

輔導及法律支援

Counselling and Legal Support

免費律師見面諮詢服務

計劃簡介

「免費律師面見諮詢服務」計劃自1992年展開，是全港第一所專為婦女提供免費法律諮詢服務的機構。計劃由當值律師服務轄下的「免費法律諮詢計劃」成員為求助婦女提供專業及免費的法律諮詢，旨在提升婦女處理危機的意識，保障她們在離婚過程中的法律權益，讓她們掌握有效的資訊以解決問題，實踐婦女法律充權。而朋輩輔導員一方面以同路人身份陪伴婦女，協助她們整理和解決自己的問題，同時亦鼓勵她們建立支援網絡和平台，並回饋社會。

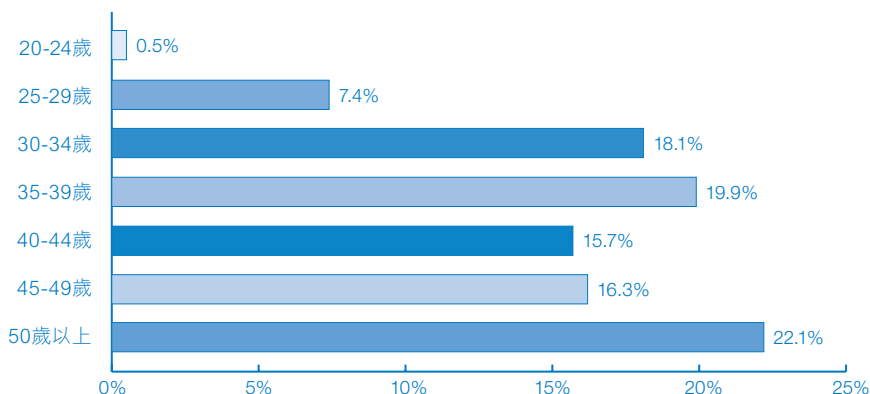
本年度重點及成效

本年度共有37位義務律師為218位婦女提供法律諮詢服務。服務使用者中有近6成為（59%）結婚逾10年的婦女；而求助者的年齡有7成介乎30至50歲之間（70%）（見圖四）；有超過兩成為來港未滿7年的新來港婦女（22%）。主要求助問題包括：有關離婚的法律問題、住屋問題及要求贍養費（見圖六）。

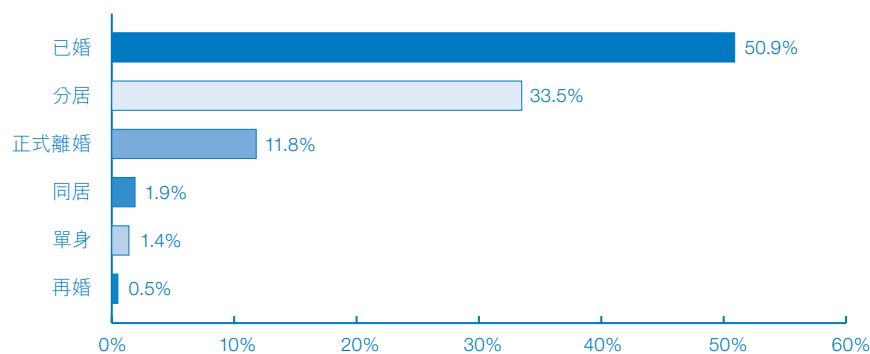
為回應服務使用者的需要，我們更加強跟進服務。在每節服務完結後，進行個案討論，藉以掌握婦女的需要，並進一步跟進個別婦女，針對他們的情況轉介相關服務，包括：個案輔導、社區資源轉介、週末茶聚及互助小組等。

本年度曾使用免費律師面見諮詢服務的婦女，有（86%）滿意本會提供的服務，有（96%）受助婦女表示對於自己在法律上的權益有更多了解及有（86%）婦女表示更清晰明白自己目前面對的問題。這些數據均反映免費律師面見諮詢服務能有效舒緩婦女在處理離婚過程中，所引起的無力感及壓迫感，讓她們在絕境中不至於灰心；在無助困苦中，讓她們體會生命總有轉機，給予婦女一個從過新生活的轉機，讓她們看見出路。

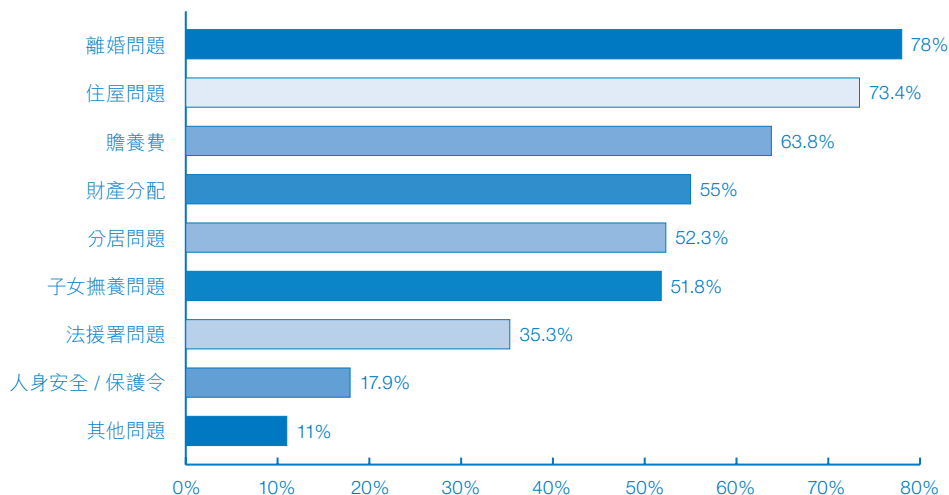
圖四：服務使用者年齡分佈



圖五：服務使用者婚姻狀況



圖六：問題類別（可選多項）



Free Legal Advice Clinic

Introduction

The Free Legal Advice Clinic was set up in 1992, the first of its kind in Hong Kong. The Clinic's volunteer lawyers are members of the Free Legal Advice Scheme under the Duty Lawyer Service and provide free, professional advice to legal enquiries. The Clinic aims to improve women's knowledge of handling crises, protect their rights during divorce proceedings, help them resolve their problems using effective information, and empower them legally. The Clinic's peer counsellors help counsellees organise and solve their own problems, and encourage them to build a support network and platform and to give back to society.

Focal Points and Results for 2010-11

In 2010-11, 218 women consulted our Clinic's 37 volunteer lawyers for legal assistance. 59% of our counsellees were women who had been married for over ten years; and 70% (Chart 4) of counsellees were between the ages of 30 and 50; 22% were women who had been in Hong Kong for less than seven years. The major enquiries included: legal issues of divorce, housing problem, and alimony (Chart 6).

We have reinforced our follow-up services to respond to the needs of our counsellees. Following every counselling session there is a case discussion. We follow up with her case per her individual needs and, if necessary, refer her to related services. These may include case counselling, community resources referrals, and referrals to our weekend tea receptions and support groups.

86% of the women who used the Clinic in this financial year reported being satisfied with our services. 96% said that they had learned more about their legal rights, and 86% said that they feel more certain about the issues currently facing them. These data show that our Clinic can effectively offer relief to women during their divorce proceedings, so that they will not lose heart or feel powerless or persecuted. Though they may feel helpless in their hardship, the Clinic is able to show them that the wheel of life is always turning. It gives them a turn for the better and allows them to see the way out ahead of them.

Chart 4: Age Distribution

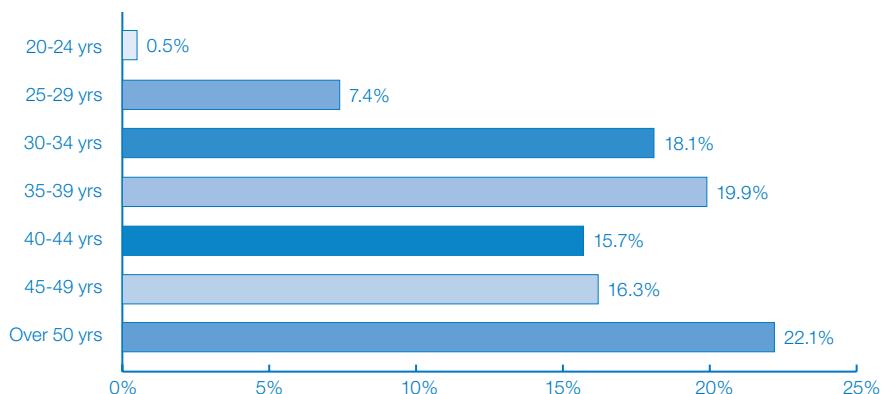


Chart 5: Marriage Status

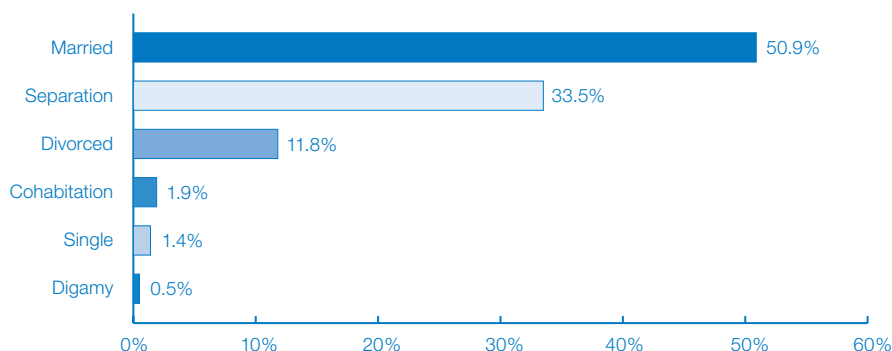
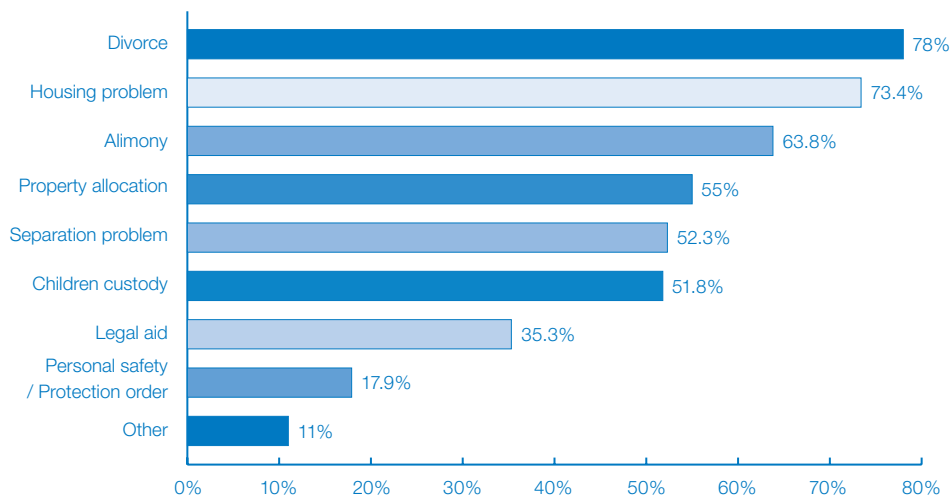


Chart 6: Topic of Enquiries (Multiple Selections)



輔導及法律支援

Counselling and Legal Support

法律研討會：從女同志的角度看 《家庭及同居關係暴力條例》及 相關社會服務研討會

本年度的法律研討會於2010年4月24日假香港城市大學舉行，由香港女同盟會的兩位女同志代表焯焯及韋少力與黃瑞紅大律師擔任講者。當日共有45位朋輩輔導員、義務律師、熱線義工及友好團體出席探討相關議題。

研討會上焯焯分享，指出香港同性親密伴侶暴力問題嚴重，但社會上對女同志遇到的親密暴力充滿迷思，這無疑阻礙了女同志向外界求助的空間，令她們求助無門。

是次研討會亦擴闊了朋輩輔導員和熱線義工的眼界，並從多角度出發了解不同組群女性的不同需要，加強婦女了解法律改革的重要性和連繫性。

黃昏派對

「黃昏派對」是免費律師面見諮詢服務下每兩年舉辦一次的活動，總結及匯報年度的服務成果和服務趨勢，同時讓義務律師、朋輩輔導員和服務使用者藉此時機交流意見。

本年度的黃昏派對於2011年3月23日假香港律師會舉行。當日共有22位參加者。義務律師解答婦女查詢與離婚相關的法律問題的婦女時，無論是法律知識或情緒支援都同樣重要，以協助有需要的婦女走出困境。而朋輩輔導員除了感謝義務律師對她們的認同和讚譽，亦分享到對服務的承擔及心聲。活動洋溢著愉快和團結的氣氛。

週末茶聚

於2010-2011年度，本會共舉辦了6次週末茶聚，共有123名參加者，她們均是曾使用免費律師面見諮詢服務的服務使用者。藉朋輩輔導員在茶聚中分享個人經歷，以同路人的身份與參加者分享箇中感受。當中亦會分享處理離婚時的感受，讓婦女彼此支持，加強支援網絡，讓她們在離婚的困境上不至於孤軍作戰。而且活動中也會分享法律知識及介紹相關的社會資源，好讓婦女能夠更掌握社區資源，舒緩離婚的壓力。



很高興能得到香港婦女中心協會的幫助。面對離婚時心情本是很無助，但在得到免費律師面見諮詢服務的專業律師的意見，及職員和朋輩輔導員的協助後，感到縱使自己身在異鄉，也有很多人在背後支持自己，不再感到那麼委屈，不會受到那麼重的傷害。相信這服務對於其他新來港婦女來說，也能幫忙。由於新來港婦女在港人地生疏，遇上婚姻事故，能有專業的律師意見，心情便能定下來。

免費律師面見諮詢服務使用者 / 阿月

我由親人介紹下認識了丈夫嫁來香港，一年後生了女兒。我婚後已發覺家姑很難相處，她對我諸多挑剔，甚不合理。但丈夫從不幫我，令我孤獨無援。後來家姑更多次虐待我，我去了綜合家庭服務中心找社工協助，可惜情況沒有改善，社工只叫我忍。其實我多次表示想離婚，不過也得不到回應，後來我亦多次報警。

後來有街坊建議我致電香港婦女中心協會的「婦女求助熱線」，社工很快便接見了我，協助我約見律師，了解離婚的程序及法律權益。社工亦協助我去處理和申請法律援助，之後又轉介我入住庇護中心，讓我和女兒遠離暴力危機。在婦女中心的支持及自己的不斷努力下，我和女兒已開始過新生活。我十分感謝婦女中心回應我的離婚的需要，給予我適切的支援。

個案輔導服務使用者 / 阿潔

Legal Seminar: Domestic and Cohabitation Relationships Violence Ordinance and Related Social Services for Lesbians

The HKFWC held a legal seminar at City University of Hong Kong on April 24, 2010; Wai-wai and Ah-lik of the Women Coalition of Hong Kong and barrister Wong Shui-hung, Linda were invited to speak. 45 Clinic's peer counsellors and volunteer lawyers, Helpline volunteers, and friends of the organisation were also in attendance.

During the seminar, Wai-wai shared that domestic violence amongst same-sex partners is a serious problem in Hong Kong, however the many myths about domestic violence between lesbians means that there are few places that they can turn to for help.

The seminar also broadened the horizons of the Clinic peer counsellors and Helpline volunteers, helping them understand that different groups of women have differing needs, and increasing their understanding of the importance and inter-connected nature of legal reform for women.

Evening Party

The Free Legal Advice Clinic's Evening Party is a biannual event where the Clinic reports its service achievements and trends in summation. It also provides a forum where the volunteer lawyers, peer counsellors, and counsellees can exchange ideas.

The latest Evening Party was held at The Hong Kong Law Society on March 23, 2011, and was attended by 22 people. The volunteer lawyers explained the legal issues involved in divorce proceedings, and they stressed that they viewed all aspects of the Clinic's work as vital, be it imparting legal knowledge or giving the women they were counselling emotional support. In addition to thanking the lawyers for their praise and acknowledgement, the peer counsellors also shared their commitment and aspirations for the Clinic's services. The atmosphere that night was full of feelings of happiness and unity.

Weekend Tea Reception

The HKFWC also held six weekend tea receptions over 2010-11. A total of 123 people participated in the sessions, which allowed previous counsellees to meet current counsellees of the Clinic. Some of the peer counsellors shared their own experiences at the receptions, allowing those currently walking the path of difficulty to know that others had travelled the same path. They also recounted how

they felt during their own divorce to show that women could support each other and build their own support networks, and letting those present know that when facing divorce they would not be alone. Participants also shared legal knowledge and tips on community resources, hoping that these could relieve some of the stress women in the process of a divorce may face by using community resources.

I'm very happy that the HKFWC has been able to help me. When faced with divorce, I felt helpless, but I was able to consult with one of the lawyers with the Free Legal Advice Clinic. After receiving help from HKFWC staff and peer counsellors, I felt that, even though I was in a strange phase in my life, there were many people supporting me from behind. I no longer felt that I'd been as wronged as I thought, and no longer felt that the divorce would take so much out of me. I believe that the legal services will be of great help to other women who have newly arrived from the mainland. Hong Kong is unfamiliar to us new arrivals. If we have any problems with our marriage, knowing that we can seek the advice of professional lawyers can help ease our minds a great deal.

Ah-Yuet / Free Legal Advice Clinic Counsellee

I came to Hong Kong to marry my husband, whom I was introduced to through family; after a year, we had a daughter. I found that I did not get on well with my mother-in-law; she was always so critical of me without any reason. But my husband never backed me up, and I felt alone and helpless. After my mother-in-law beat me a number of times, I turned to the social workers at Integrated Family Services Centre for assistance. Things did not improve, however, and they could only tell me to bear it. I mentioned to them that I was considering leaving my husband, yet to that they also said nothing. Later on, I reported her abuse to the police for a couple of times.

After a while, some neighbours recommended that I call HKFWC Women's Helpline. Soon thereafter I met with a social worker who hooked me up with a lawyer who was able to explain my rights and how to get a divorce. The social worker also helped me apply for legal aid and referred me to a shelter to get my daughter and me out of our violent situation. My daughter has a new life now, thanks to the HKFWC tireless work and support. I am grateful to the HKFWC for responding to my needs and helping me get a divorce, as well as all of the support they have given me.

Ah-Kit / Case Counselling Services Counsellee



個案輔導及小組工作

計劃簡介

本會貫徹以婦女為本的宗旨，為面對婚姻問題、受虐或受情緒困擾的女性提供個人輔導及小組支援服務。通過輔導和小組活動，協助服務對象檢視自身問題，了解自己及探索個人強項，擴闊對現況的分析及評估，提升她們面對逆境的能力，促進個人心理健康。如有需要，我們將轉介服務對象至其他社會服務機構。

本年度重點及成效

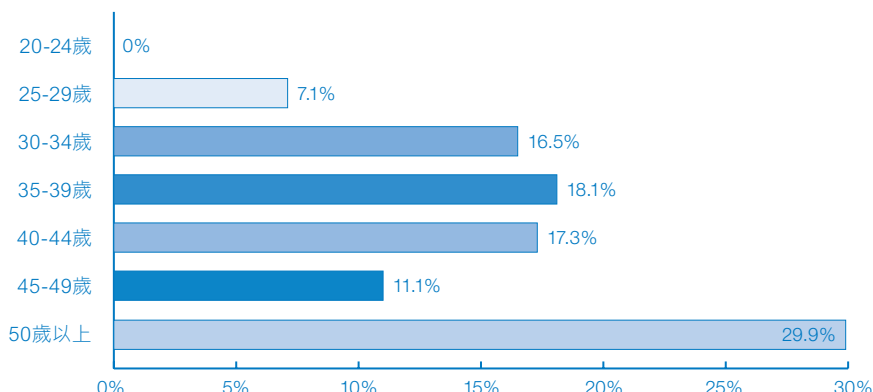
於2010-2011年度共有128位婦女接受輔導。求助婦女中有（46.5%，59人）已婚，分居的佔（24.4%，31人）（見圖八）。年齡主要是40歲以上，接近6成（58.3%，74人）（見圖七）。

求助問題，如往年相若，仍以精神困擾（69.5%，89人）和婚姻及同居關係（66.4%，85人）佔最多，其次是法律問題（50.8%，65人）（見圖九）。在精神困擾問題中，以情緒困擾/焦慮/抑鬱問題佔最多（62.5%，80人）。

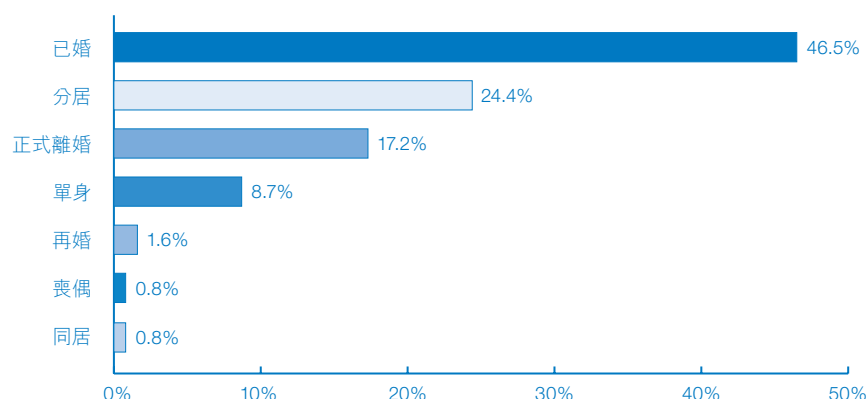
求助者中有（40.6%，52人）曾受虐。當中受精神虐待的佔（78.8%，41人），身體虐待的佔（53.8%，28人），性虐待的佔（3.8%，2人）（見圖十）。除此之外，亦有（21%，27人）曾企圖自殺，（8.2%，5人）則曾計劃自殺。

另一方面，我們於本年度共舉辦了10個互助小組，協助面對各種問題的婦女建立緊密的支援網絡，互相分享認識的社會資源，討論改善解決問題的方法。藉此自助互助，自立自強，增強能力，改善處境。

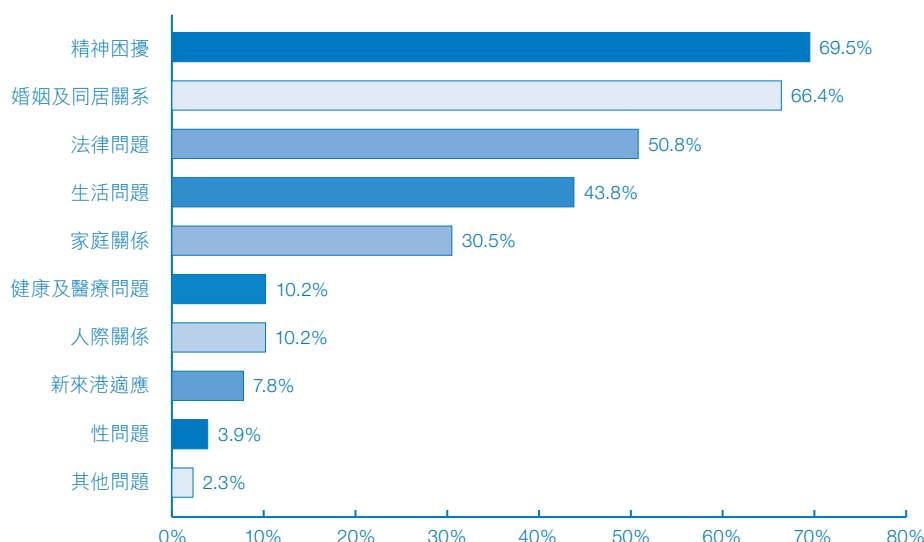
圖七：求助者年齡分佈



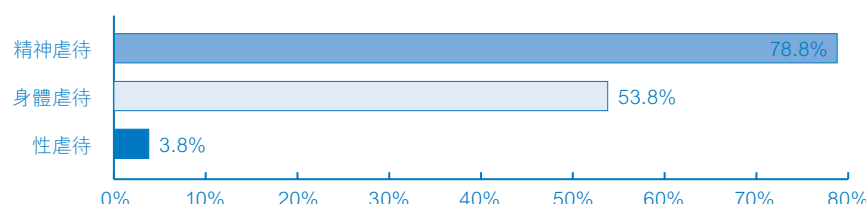
圖八：求助者婚姻狀況



圖九：求助問題類別（可選多項）



圖十：求助者受虐情況（可選多項）



Case Counselling and Group Work

Introduction

The HKFWC provides case counselling and group support services for women who are faced with marital issues, abuse, or emotional stress, with the goal of putting women's needs first. Through counselling and group activities, we assist counsellees in assessing their problems, understanding their strengths, weaknesses, and needs and in expanding how they look at their situations. This in turn helps them to be able to face adversity more squarely and stresses a positive mindset. We can also refer counsellees to other social service agencies should the need arise.

Focal Points and Results for 2010-11

A total of 128 women received individual counselling in 2010-11. Of these, (46.5%, 59) were married, and (24.4%, 31) were separated. (Chart 8) Nearly 60% (58.3%, 74) were over the age of 40. (Chart 7)

Counselling topics were similar to previous years. The majority of enquiries were regarding mental distress (69.5%, 89) and family relationship issues (66.4%, 85), as well as legal problems (50.8%, 65). (Chart 9) Amongst those with mental distress, the majority came under emotional distress, anxiety, and depression (62.5%, 80).

52 counsellees (40.6%) have been abused; among them 41 (78.8%) have undergone psychological abuse, 28 (53.8%) physical abuse, and 2 (3.8%) sexual abuse. (See Chart 10) 27 counsellees (21%) have attempted suicides; 5 (8.2%) planned to commit suicide.

We also organised 10 mutual support groups to help women facing various issues build strong support networks, share information on social resources, and discuss how to alleviate their problems. Within these groups women are able help out each other, become more self-reliant and empowered, and improve their situations.

Chart 7: Age Distribution

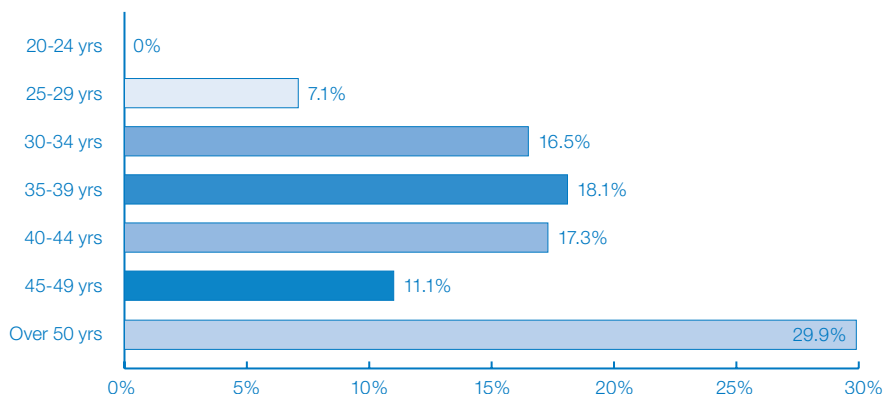


Chart 8: Marriage Status

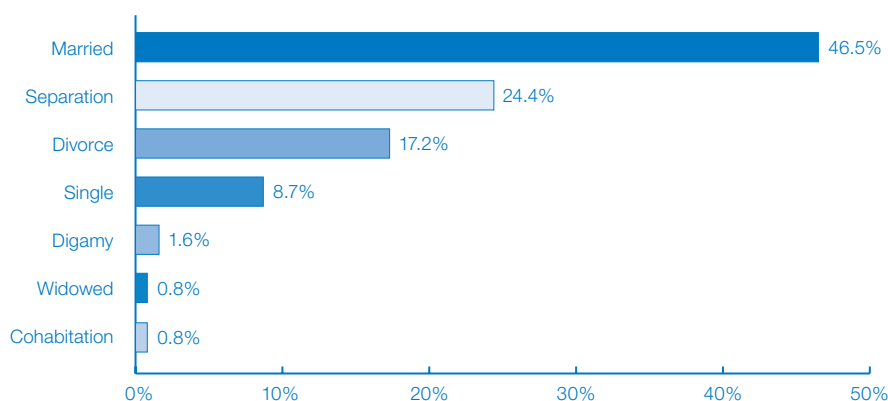


Chart 9: Topic of Enquiries (Multiple Selections)

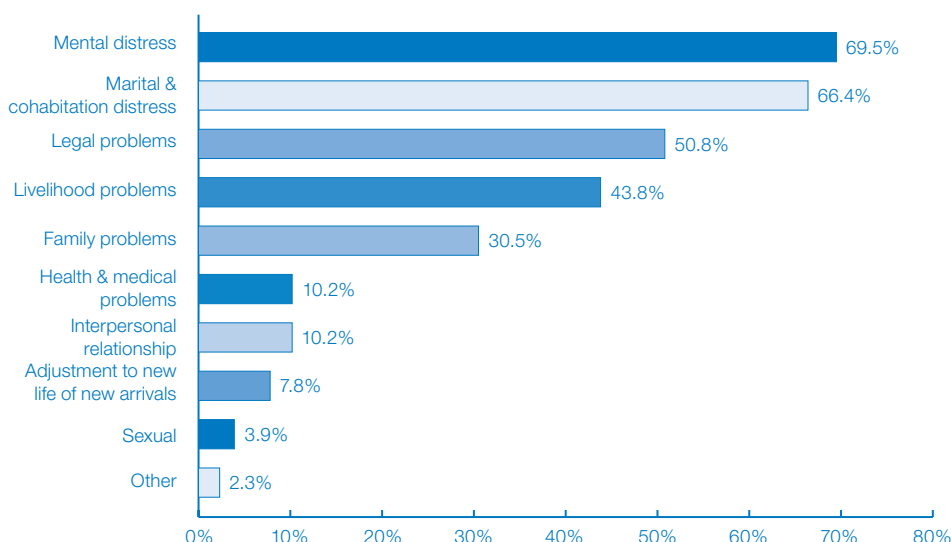
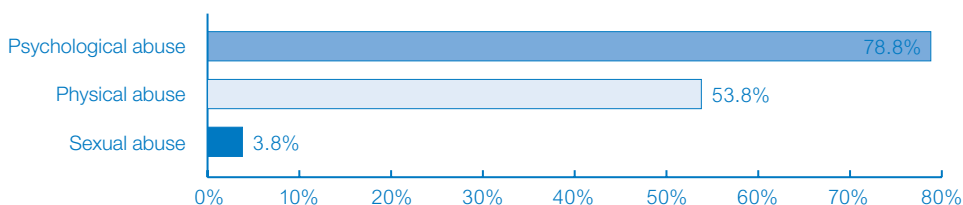


Chart 10: Types of abuse (Multiple Selections)



經濟充權

Economic Empowerment

婦女再就業計劃

計劃簡介

自1998年起，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。我們開辦的課程以基層婦女為本，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

於本年度，本會共開辦了19個課程，合共有393位婦女接受培訓。

是年度，共有308位學員完成課程，獲發證書。學員完成全日制就業掛鉤課程後，本會將提供不少於3個月的就業支援及配對服務，協助學員就業。年內共有250位學員通過就業配對服務成功就業，平均入職率達81%。

藉著提供就業訓練、技能提升及支援服務，本會除了協助婦女增加收入外，更鼓勵婦女走出家庭的框架，提升個人能力及實踐經濟自主。

賽馬會麗閣中心

全日制課程	課程數目	入讀人數
陪診員證書課程	3	71
保健按摩證書課程	2	34

太和中心

全日制課程	課程數目	入讀人數
陪診員證書課程	4	83
家務助理證書課程	2	46
陪月員證書課程	5	104
嬰幼兒照顧員證書課程	1	18
半日制課程		
家務助理家常廚藝單元證書課程	2	39
基礎英語I單元證書	1	18



在一個偶然的機會下，我參加了太和中心的陪診員證書課程，帶著好奇和增進知識的心情上課。

原來一眾導師都是業界「高手」！他們教學的內容非常簡易鮮明，令我們容易投入，且激發起學習的興趣；同時亦擴闊了我們的視野，讓我們學到更多相關的知識。

同學們每天都非常熱切期待接受專業培訓，積極參與和學習，從而掌握每個技巧的竅門。我謹代表全體學員感激每位導師，讓我們獲益良多，也感謝香港婦女中心協會各職員的幫助和支持。

再培訓課程畢業同學 / 李永結

Women Re-employment Scheme

Introduction

Since 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 basic level, making good use of their experiences so as to facilitate their economic independence.

Focus Points and Results for 2010-2011

In 2010-11, we offered 19 training courses, reaching a total of 393 women.

308 students have completed training courses and received certification in 2010-11. After students completed the full-time training courses, we provided at least three months of job search support and placement services to assist them in obtaining employment. Altogether a total of 250 women successfully found a job through our placement services, for an average employment rate of 81%.

By providing job training, skills enhancement, and support services, we are able to encourage women to leave the confines of their family status and enhance their ability and economic autonomy.

Jockey Club Lai Kok Centre

Full-time Courses	No. of Courses	No. of Participants
Certificate in Escort Service for Out-patient Visit Training	3	71
Certificate in Healthcare Massage	2	34

Tai Wo Centre

Full-time Courses	No. of Courses	No. of Participants
Certificate in Escort Service for Out-patient Visit Training	4	83
Certificate in Domestic Helper Training	2	46
Certificate in Post-natal Care Worker Training	5	104
Certificate in Infant and Child Care Worker Training	1	18
Half-day Courses		
Module Certificate in Household Cookery for Domestic Helpers	2	39
Module Certificate in Basic English I	1	18

I attended the certification course for escort services for out-patient visits by chance, and took the class out of curiosity and wanting to enhance my knowledge.

Our instructors were all true "experts" in the field! Their teaching was simple and easy to understand, making it easy for us to get into it as well as stimulate our interest in our studies. They also broadened our horizons, helping us learn more relevant knowledge.

My classmates and I eagerly anticipated our classes each day and actively participated in our studies, learning all the tricks of the trade. I would like to thank our teachers on behalf of all of us who joined in the classes. Thank you for giving us so much. Our thanks as well to the staff at the Hong Kong Federation of Women's Centres for your help and support.

Lee Wing-kit / Re-employment Training Course Graduate

再培訓課程畢業同學會

為鼓勵再培訓課程畢業同學發揮互助精神及爭取就業權益，本會於2001年協助畢業同學組成「再培訓課程畢業同學會」（簡稱「同學會」）。由同學組成的委員會於本年度共舉行了18次聚會，包括兩次行業分享會，支援畢業學員解決工作上的疑難；春天除霉、除虫講座及參觀清明上河圖電子版活動，分享生活上的知識和網絡同學間的情誼，各活動參加人數合共355人。

合作社

「合作社」的組織模式，不但讓基層婦女在平等的互助合作的關係上開拓另類就業出路，以創造經濟收入，及提升她們的自信心。同時，也讓他們運用其專長和人生經驗，集體創業。

本會先後協助一班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。

於2001年12月已正式註冊的婦女綠色生活職工有限責任合作社，現已全面獨立運作。本會則繼續擔任其顧問及提供簡單的辦公室位置和物資。而於2007年5月10日註冊的婦女健康生活職工有限責任合作社，社員亦已自行管理業務和社務。並由本會從旁提供意見和協助。

社會企業計劃

在香港這個自由市場，婦女的工作選擇甚少，大部分屬服務性行業，工時長兼工資少。為協助完成再培訓課程的基層婦女就業，本會太和中心希望通過組織基層婦女成立社會企業，一方面改善婦女貧窮的生活處境，讓她們擁有改善經濟的能力和機會；另一方面，通過參與社企，提升她們的自信心和自我價值及肯定她們的能力，從而達致充權的工作。

於2010年11月開始，我們舉辦不同類型，但圍繞籌備社會企業的講座及聚會予73位婦女，題目包括婦女創業的經驗，如邀請好安心專業陪月服務有限公司的創辦人來分享她個人的創業經驗；同時，亦舉辦了3節社會企業工作坊，將社會企業的概念帶入婦女們的認知範疇；以及舉行了4節社會企業聚會、探訪東華三院好當家社會企業等活動。藉上述各項活動讓有志投身社會企業的婦女一同參與討論和參與決策有關成立社會企業的具體事項。

通過就讀陪月員課程，讓我獲益良多。過往對產婦食療、嬰兒照顧技巧的誤解都能一一糾正。課程中，我亦與一班婦女建立起友誼、互相學習，讓我學懂了更多待人處事的方法。

完成課程後，我加入了太和中心的義工小組，起初只為消磨時間，但通過義工服務，讓我感受到能協助其他婦女的喜悅，同時我與她們的接觸增加後，我亦發覺我加深了對社區的認識。

由就讀課程至擔任義工的過程中，實在讓學獲得很多寶貴的知識及經驗。

再培訓課程畢業同學 / 慧菁

過往為了照顧自己的子女，一直未有時間自我增值，直至早前才有機會參加婦女中心的陪月員課程。就讀期間，中心職員非常友善，而導師亦不斷鼓勵我，使我重拾自信。

通過報讀不同課程，如普通話、產婦進階營養學、創業學堂及幼兒照顧單元證書課程等，拓寬我的視野，令我更有信心投入工作。

後來，自6月初開始參與中心的行政義工小組，雖然每星期一次的服務時間並不多，但能幫助有需要的婦女，亦使我獲得很大的滿足感。

再培訓課程畢業同學 / 佩賢

Retraining Course Alumni Association

Since its founding in 2001, the Retraining Course Alumni Association ("Alumni Association") has been aimed at encouraging graduates of HKFWC's retraining courses to develop a sense of mutual assistance and fight for their right to employment. In 2010-11, the Alumni Association Committee held 18 gatherings, which had a total of 355 people participating. Activities included two professional sharing sessions, and helped graduates resolve difficulties that they may face on the job. There were also talks on mould removal and insect extermination, as well as a trip to see the electronic version of painting, Along the River during the Qingming Festival. Everyone was able to share their experiences and make warm connections with their fellow alumni.

Co-operatives

A "co-operative" not only allows grassroots women to develop alternative employment opportunities in an equal relationship of co-operation and mutual aid; it also allows them to create income and increase their self-confidence while also allowing them to apply their experiences and skills to run a collective entrepreneurship.

The HKFWC has helped dozens of grassroots women to form the Women Green Life Workers Co-operative Society, Limited, and Women Healthy Living Workers Co-operative Society, Limited.

The Women Green Life Workers Co-operative Society, Limited, was formally registered in December 2001, and is now operating completely independently. The HKFWC continued to be its consultant and provide office space and facilities for their operation. The Women Healthy Living Workers Co-operative Society, Limited, registered on May 10, 2007, handles its administrative and co-operative affairs on its own, and the HKFWC offers suggestions and assistance from the sidelines.

Social Enterprise Scheme

Work choices are limited for women at the grassroots level in Hong Kong's free market. Most are in the service industry, with long hours and low wages. When helping graduates of our retraining courses find employment, the HKFWC mapped out a plan to organise grassroots women into forming a social enterprise. On the one hand, this would improve the conditions of women living in poverty so that they would have the ability and opportunity to improve their income. On the other hand, by participating in social enterprises, they can raise their self-confidence and self-worth as well as affirm their own abilities, thereby working to achieve empowerment.

In November 2010, our Tai Wo Centre began holding seminars and gatherings on various topics related to organising social enterprises, which 73 women participated in. They covered topics such as women's experiences in entrepreneurship; for example, the founder of Mother's Angel Care Service Co. Ltd was invited to share her personal experiences when starting the company. The Tai Wo Centre also organised three social enterprise workshops to help participants understand the concepts behind social enterprises, as well as activities including four social enterprise meetings and a visit to Versatile Home Services, a social enterprise under the Tung Wah Group of Hospitals. These activities let women with ambitions for social enterprise join in the discussions and make decisions on specific issues for setting up a social enterprise.

I learned a lot in the post-natal care training course. Any misunderstanding that I might have had on maternal diet and infant care techniques were corrected. I also made a number of friends in the course, and we were able to learn from each other; this gave me a greater understanding into how to deal with people.

I joined a volunteer group at Tai Wo Centre after completing the course. At first I did it just to kill time, but I found that volunteering allowed me to bring joy to other women and deepened my understanding of the community due to having greater contact with them.

I really feel that I've gained valuable knowledge and experience from this course and volunteering experience.

Wai-ching / Re-employment Training Course Graduate

In the past, I cared for my own children, and never had the time to improve my skills; it's only recently that I had the opportunity to take HKFWC's post-natal care training course. HKFWC's staff were very friendly, and the instructor was very encouraging, helping me regain my confidence.

Taking courses with the HKFWC – Putonghua, maternal nutrition, business school, infant and childcare certification – broadened my horizons and made me more confident in re-joining the work force.

Since June I've been a part of the HKFWC's administrative volunteer group. I can only volunteer once a week, which isn't much, but I am able to help women in need. This brings me great satisfaction.

Pui-yin / Re-employment Training Course Graduate

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」資助，自2008年4月起於本會賽馬會麗閣中心推行。基於社區的需要，本會繼續獲「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。

本年度於太和中心合共舉辦了11個講座，40次照顧者活動，以及7次義工訓練，合共有537位照顧者參加。而賽馬會麗閣中心則重點推行「照顧者之友支援計劃」，合共培訓45位婦女義工成為照顧者之友，提供外展支援服務，服務71人次，服務時數350小時。

本年度重點及成效

1. 照顧者支援服務

照顧者之友支援計劃：

於是年度太和中心共舉辦了13次探訪活動，共有12位義工參與，為75位照顧者提供支援服務，包括為照顧者及其家人提供陪診服務、上門探訪照顧者家庭及其家人、以及到醫院探訪等服務。

賽馬會麗閣中心則培訓了45位義工作為照顧者之友，為13名照顧者及受關顧者提供外展支援服務，關懷面對不同壓力的照顧者。藉家訪聆聽照顧者的心聲，疏導情緒及轉介相關社會資源，合共提供了201小時服務。同時，亦與協康會長沙灣中心及香港盲人輔導會的視障兒童家長資源中心合作，由經訓練的照顧者之友義工，為出席的照顧者及受關顧者提供支援和進行活動，讓照顧者及其家人能稍作休息。

照顧者鬆一鬆園地：

本年度我們亦舉辦了15次聚會，共有132位照顧者參加，通過茶聚、工作坊及電影分享會，讓照顧者暫時放下重擔，舒解彼此的鬱結和壓力，藉此互相交流經驗，建立互助網絡。

照顧者戶外活動：

除了於中心進行聚會，我們亦通過舉辦戶外活動，一方面讓照顧者和家人能夠有機會舒緩彼此之間的相處壓力；同時，藉此協助她們建立健康的溝通模式，讓家人學習欣賞照顧者的付出和努力。過去我們共舉辦了4次戶外活動，共有236位照顧者和其家人參與。



Caring for Carers: A Locality — based Carer Support Project

Introduction

Caring for Carers, which received sponsorship from Operation Santa Claus, began in April 2008 out of the HKFWC Jockey Club Lai Kok Centre. HKFWC obtained continued 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' situations.

In 2010-11, the Tai Wo Centre held 11 public talks, 40 events for carers, and 7 training workshops for volunteers; 537 carers participated in these activities in total. The Jockey Club Lai Kok Centre focussed on running the Friends of Carers Support Scheme, training 45 volunteers to become "friends of carers" and provide outreach and support services. They served a total of 71 people with a combined time of 350 hours.

Focal Points and Results for 2010-11

1. Carer Support Services

Friends of Carers Support Scheme:

The Tai Wo Centre organised 13 visits in which 12 volunteers participated, providing support services such as escort services for carers and their families, visits to the homes of carers and their families, and hospital visits for a total of 75 carers.

The Jockey Club Lai Kok Centre trained 45 volunteers to become friends of carers. These friends provided outreach and support services for 13 carers and the cared, showing their concern for carers who are under all kinds of pressure. Over the course of 201 service hours, these friends visited carers and heard their concerns, referring them to relevant social services if needed, or relieving carers of their worries by listening. The Heep Hong Society's Cheung Sha Wan Centre and the Parents Resource Centre for Visually Impaired Children at the Hong Kong Society for the Blind coordinated with the trained volunteers in the befriending scheme to provide support and activities for carers and their charges, allowing carers and their families to have a break.

A Space for Carers to Rest:

The HKFWC Tai Wo Centre held 15 gatherings – tea receptions, workshops, and film sharing sessions – this year with a total of 132 participants. Carers were able to put aside their burdens, relieve their pent-up emotions, share their experiences, and network with each other at the gatherings.

Outdoor Activities:

In addition to holding indoor gatherings, we also had some outdoor activities. Carers and their families could both have the opportunity to let off some steam together while having fun, and they could develop healthier methods of communication that would help their families appreciate all the effort the carers put into their work. We held four outdoor events which were attended by a total of 236 carers and their families.



2. 照顧者講座及社區教育

通訊：

為了讓公眾對照顧者有更多了解和認識，社區教育非常重要。通過出版10期，每期2,000份《關懷照顧者通訊》，重點為提供各種與照顧者身心相關的資訊及適切的社區服務。

街頭展覽：

本年度共有12位熱心義工，參與合共18次的街頭展覽，接觸3,250人。通過與市民面談和派發照顧者服務單張，不單向大埔區的居民介紹本會的照顧者服務；同時，亦有助我們發掘區內隱蔽的照顧者。

講座：

通過舉辦18個不同的講座和工作坊，包括：扶抱技巧、預防腰背痛有妙法、長者家居安全及防跌講座、及中風護理知多D講座等，讓照顧者對自身的需要有更深的認識，以便及早察覺問題，防患於未然。

3. 照顧者權益小組

本會除提供多元化的支援服務予照顧者外，亦關注照顧者的權益，以及社區照顧服務不足的問題，導致照顧者的照顧壓力沉重。因此，於本年度開始，成立照顧者權益小組，合共舉辦了5次聚會，共有5位照顧者參加。小組工作主要關注照顧者的需要，以及現時社區資源和社會政策配套不足的問題



我的父母在內地居住了10多年後，在去年底決定回流返港定居。這製造了不少相處和生活上的磨擦。加上健壯的父母突然先後患重病，令我疲於應付及照顧。在這徬徨無助的時刻，無意中發現太和中心有照顧者小組，便主動報名參加。

在小組中，我學到如何當一個護老者，知道需要具備的心態（如：忍耐、接納等）；通過同路人的支持，就像「好似打了支強心針」般讓我釋懷。由最初悶悶不樂，常常愁眉苦臉到現在已能轉化寬容面對，臉上的笑容亦再現。

得到幫助後，我更主動去關懷及扶助其他有需要的照顧者，協助她們跨越難關及壯大照顧者小組，以便日後能向政府及有關部門爭取更多合理權益，包括：照顧者津貼。

照顧者之友 / 芳月

2. Seminars and Community Education

Newsletter:

Community education is vital in order to give the general public a greater understanding about carers and their work. Over this past year, we published 10 issues of the Caring for Carers Newsletter and distributed 2,000 copies each time. The focus of the newsletter was to provide information relevant to the carer's mental and physical health as well as information on relevant social services.

Sidewalk Exhibits:

We held 18 sidewalk exhibits with the participation of 12 enthusiastic volunteers, reaching 3,250 people. We spoke with residents about carers and handed out information on services for carers in Tai Po, introducing them to the services HKFWC provides for carers. We also were able to come into contact with carers in the area whom we had not met before.

Public Talks:

We held 18 public talks and workshop on various topics, including lifting techniques, preventing lower back pain, at-home safety and fall prevention for the elderly, and how to care for stroke patients. These talks gave carers a better understanding on important vocational topics so they could detect problems they may have early and take preventive measures.

3. Carers' Rights Group

In addition to providing a wide range of support services for carers, the HKFWC is also concerned with carers' rights and the lack of adequate community services for carers, which has resulted in a great deal of pressure being placed on carers. That is why in 2010-11, we formed a Carers' Rights Group. The group held five meetings and five carers participated in them. The group's work is focussed around the needs of carers and the lack of adequate community resources and social policies geared toward carers.



After living for ten years in the mainland, my parents returned to live in Hong Kong toward the end of last year. This led to a good deal of chafing from living together. On top of that, both of my parents fell seriously ill, and I was struggling to cope and care for them. It was at this vulnerable time that I stumbled across the Tai Wo Centre's Carers Group and took it upon myself to sign up.

In the group I studied how to be a carer and learned the sort of mindset I would need (for example, patience and acceptance). I was able to let go and express myself with the support of others like me in activities such as "like a shot to the heart" I started out in low spirits, with a frown frequently plastered to my face, and now I have changed to confronting the situation with tolerance, and my smile has returned.

After benefiting from the group's guidance, I began to take the initiative to watch out for and assist other carers, helping them through their own difficulties and expanding the group, so that we can fight for more of our rightful interests from the government and other departments, such as subsidies for carers.

Fong Yuet / Friend of Carers

社會參與

Social Participation

婦女協力同行 —— 深水埗社區共融計劃

計劃簡介

「婦女協力同行——深水埗社區共融計劃」蒙勞工及福利局社區投資共享基金資助，為其3年，自2008年7月開始推行，已順利完成。計劃旨在通過社區網絡工作，支援區內的新來港和低收入婦女和家庭，促進不同背景人士及家庭的交流和互助，建立社區共融，體現和推動性別平等。

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

為減輕深水埗區內低收入家長的管教和照顧壓力，通過開設課餘託管小組，協助有需要的孩子解決功課上的種種疑難，鞏固學業基礎。年度內共有超過20個家庭，共合60位小朋友接受課託服務，服務達5,236人次。課託服務不但提升了孩子們對學習的興趣和學業成績，家長的壓力更得以舒緩，而且能預留時間和空間參與更多社區活動。

於2010年9月開始更與深水埗區的聖公會聖安德烈小學合作，為10位患有自閉症或有其他特殊學習需要的學生提供為期兩個學期的深入功課支援。

● 社區導師培訓

為配合課託服務，於本年度我們合共為16位婦女及青少年提供導師培訓。於2010年4月開始與許仲繩紀念學校扶輪少年服務團合作支援區內有需要家庭，讓曾擔任社區導師的同學指導課託孩子完成功課，並為課託學童安排遊戲日及郊遊活動，讓受經濟環境限制社交生活的學童可以舒展身心，減輕家長的照顧壓力和經濟負擔。

2. 婦女自強訓練

● 社區縫補『埗』

隨近年人口老化，居住於麗閣邨內不少都是長者。「社區縫補『埗』」正是一個平台讓6位婦女義工發揮所長，善用她們的針黹手藝，為區內的獨居長者及有需要家庭縫補衣物。同時，婦女亦運用這手藝縫製「爪子」，讓接受課託的孩子在遊戲中學習，提高專注力。

除此之外，本會亦與麗閣護老院建立協助關係，為患有老人痴呆的長者在衣服上縫上姓名及聯絡方法，以備長者若不慎走失，能讓有心人協助長者回到護老院。

● 好鄰舍行動隊

通過家訪居住於麗閣邨內的128戶家庭，包括獨居長者、與長者同住和兩老同住家庭及低收入核心家庭，讓婦女更積極投入社區，建立互助網絡。接受家訪的大部分受訪者由於不活躍於社區，因此不太認識社區資源或不願參加活動。婦女義工藉探訪，轉介合適的社會資源予有需要的長者和家庭，如：經濟援助、住屋、就業、和其他社會機構提供的服務，協助受訪者減輕生活的重擔。同時，持續在區內設置「愛社區行動站」，以街展方式，向社區人士介紹社區資源。全年度合共服務超過1,860人次。



Women Going Hand in Hand: Sham Shui Po Community Inclusion Project

Introduction

The Women Going Hand in Hand: Sham Shui Po Community Inclusion Project, a three-year long project begun in July 2008 and supported by funding from the Labour and Welfare Bureau Community Investment and Inclusion Fund, has now come to an end. The project's goal was to support women newly-arrived in Hong Kong for residency and low-income women and families through community networks. It promoted exchange and mutual support between families of different backgrounds in order to establish community integration and promote gender equality.



Focus Points and Results for 2010-11

1. Support Services

for Low-income Families

- **After-school Care for
Primary School Students**

We created small groups for after-school tutoring in order to alleviate parents in low-income families of some stress they face with after-school care and academic performance, to help their children with any homework problems they might have and strengthen their academic foundation. 60 children from more than 20 families participated in 2010-11 with a combined total of 5,236 individual tutoring sessions logged. The After-school Care not only piqued the children's academic performance and interest in learning and eased some stress for their parents; it also allowed their parents more free time to participate in activities in the community.

Beginning in September 2010, we also provided two semesters of intensive homework support for 10 students with autism spectrum disorders and other special needs with the cooperation with St Andrew's Anglican Primary School.

- **Community Tutor Training**

To go with our tutoring services, we trained 16 women and youths to become community tutors in 2010-11. In April 2010, we partnered with the Hui Chung Sing Memorial School Rotary Youth Service Corps to support local families in need of assistance in getting community tutors to help their children finish their studies. The tutors also arranged game days and outings to allow children whose economic backgrounds limited their social environments a chance to unwind, and to allow their parents the chance to reduce their stress and financial burdens.

2. Building Bridges in the Community

- **Mending the Community "Po"**

Many of the Lai Kok Estate residents are elderly in part due to the aging population. Mending the Community "Po" is a platform where six volunteers handy with a needle thread assist the elderly and needy families in the community with mending their clothes. They also sew sacks for the children to play jacks with so that they can improve their concentration with playing a fun game.

The HKFWC has also built up a relationship with the Lai Kok Nursing Home, and volunteers of the sewing group also sew the names and contact information of patients suffering from dementia. This allows them to be able to get back to the nursing home in the event that they become lost.

- **Good Neighbour Action Team**

For this project, we visited 128 families in Lai Kok Estate, including elderly who live alone, families whose elderly relatives live with them, elderly couples who live together, and low-income families, to become more actively involved in their community and build stronger networks. Most of those whom we visited were not active in the community, so they were unfamiliar with community resources or unwilling to join in community activities. Volunteers visited their homes and referred them to community resources per their situation to reduce the burdens they faced; these resources included financial assistance, housing, employment, and other social services. The volunteers also set up a Community Love Action Station street-side exhibition so they could introduce others in the community to local resources. More than 1,860 people were touched by the Good Neighbour Action Team in 2010-11.

除此之外，本會先後與舊色園可健耆英地區中心、許仲繩紀念學校扶輪少年服務團和聖公會聖安德烈小學建立協作關係。除了婦女義工到可健耆英地區中心教授長者做保健操外，亦以協作形式定期推展探訪活動。受訪的33個長者家庭中，有18個長者家庭接受了不少於12個月的探訪，其餘的長者家庭則接受了不多於3個月的探訪。及後，於2010年12月更開展「寒冬電話慰問」計劃，讓婦女義工在寒冷天氣慰問高危長者，以便適時安排衣物及其他保暖用品給有需要長者。直至2011年初，合共慰問超過300位高危長者，讓他們在寒冷的冬日仍可溫暖地渡過。

3. 生活智慧工作坊

是年度共有106位新來港婦女和本地婦女參與生活智慧工作坊。在烹飪工作坊中，通過分享家鄉小食和日常菜餚，讓彼此更了解不同家鄉的文化特色和經歷，促進兩個不同群體的婦女的溝通和了解。而其它工作坊，包括「按摩鬆一鬆」、「足按輕鬆路」（3節）、「花•蝴蝶•義動」（3節）、「得意蔬果畫」、「女人保健坊」和「我的慳錢秘笈」等，亦讓婦女們互相交流生活智慧，學習互相欣賞和尊重。

「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」。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。

計劃旨在組織大埔區內婦女成為計劃的行動者，參與推動生活環境的改造，建立大埔區可持續發展的生活模式。本年度合共舉辦了96個活動，合共有6,063位婦女及社區人士參加。計劃內容包括：社區媽媽工作室、可持續生活講座、社區導賞團、家家有酵素運動、大埔綠色生活地圖等活動，令更多街坊認識可持續發展概念，以及在生活中當中的實踐。

本年度重點及成效

社區媽媽工作室

在重整社區媽媽工作室的方向後，除了提供不同的機會讓社區媽媽學習更多可持續發展的生活模式，鞏固團員間的知識和技巧，更著力推動社區媽媽走出社區，成為社區的行動者，與不同的地區團體及學校家長分享寶貴而且豐富的生活經驗，同時將平台不斷在社區內擴大。是年度，共舉辦了47個活動，共有743位婦女參加。

社區導賞團

本年度已完成了第二期導賞員訓練課程，共培訓了20名導賞員。通過訓練，讓導賞員掌握帶領社區導賞團的技巧，建立對大埔區的歸屬感。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。年度內合共舉辦了11團社區導賞團，帶領113位參加者暢遊大埔。



我仔仔阿杰，今年入讀小學一年級。由於我不懂英文和繁體字，所以教不到他做功課。聽其他家長說婦女中心有課託班，於是便來幫仔仔報名。參加婦女中心的課託班後，仔仔的成績進步了。我自己都覺得好開心，婦女中心真的幫了我一個大忙。後來，我在仔仔返學的時間，參加「好鄰舍行動隊」與其他婦女一起探訪長者。

課託服務家長 / 阿梅

The HKFWC also partnered with the Sik Sik Yuen Ho Kin District Senior Citizens Centre (Ho Kin Centre), the Hui Chun Sin Memorial School Rotary Youth Service Corps, and St. Andrew's Anglican Primary School. Volunteers from the Good Neighbour Action Team taught calisthenics to the elderly residents at Ho Kin Centre and also set up a regular visit schedule. They interviewed 33 elderly households, and 18 said that it had been less than a year since they had been visited; the others said that it had been more than three months since they had last been visited. In December 2010, the Ho Kin Centre set up the Call of Comfort for the Cold Winter campaign, asking volunteers to give a ring to high-risk elderly residents on cold days so they could arrange for the elderly to receive warm clothing and other supplies in time. Up to early 2011, volunteers had reached out to more than 300 high-risk elderly residents, offering them a bit of warmth during the cold months.

3. Living Wisdom Workshops

106 women who were new to Hong Kong and local women participated in our Living Wisdom Workshops in 2010-11. Participants were able to share recipes for snacks and every-day dishes in cooking workshops, so that everyone could learn from each other's hometown specialties and experiences; they also promoted communication and understanding amongst women of different backgrounds. Topics for the workshops included massage; foot massage (three sessions); "Flowers, Butterflies, and Righteous Action" (three sessions); still life painting; women's health; and "My Penny-pinching Tips." The workshops allowed women to share their wisdom and to learn mutual appreciation and respect.

Striding Forward: A Tai Po Community Sustainable Development Project

Introduction

In November 2009, the HKFWC Tai Wo Centre launched Striding Forward, a three-year project to promote sustainable development in the community by women with sponsorship from the Sustainable Development Fund. Striding Forward's objective is to further expand the results of HKFWC's promotion of sustainable development in Tai Po.

Striding Forward aims to organise women in Tai Po to get involved in promoting the transformation of their living environment and build a sustainable living model in Tai Po. 96 activities were held this year and 6,063 people total from the community participated. Activities included: Community Mama Workroom, public talks on sustainable development, guided community tours, the Every Family Has Enzymes waste recycling programme, and green living mapping of Tai Po. These activities gave residents a deeper understanding of sustainable development and how to practice it in themselves each day.



Focus Points and Results for 2010-11

Community Mama Workroom

In 2010-11, the Community Mamas held 47 events which were attended by a total of 743 women. We restructured the focus of the Community Mama Workroom from previous years. In addition to providing opportunities for Community Mamas to learn more about the sustainable living and pooling their knowledge and skills amongst their fellow Mamas, we encouraged them to go out into the community and share their rich life experiences with schools and organisations in the area. Doing this, the Community Mamas could also be sustainable living advocates in the community and further expand the strength of the sustainable development movement in Tai Po.

Community Tour Group

This year we completed our second phase of community guide training during which we gained 20 new community guides. Participants studied how to best lead guided tours in the community and built a sense of belonging in Tai Po District. As guides, they will lead participants around Tai Po to see the many traditional culture spots and attractions from the perspective of sustainable development. Over 2010-11, the guides held 11 tours of Tai Po, reaching 113 participants total.

My son, Ah-kit, is enrolled in primary one this year. I don't know English or traditional characters, so I can't help with his homework. When I heard other parents say that their children were enrolled in after-school classes at the Women's Centre, I signed up my son for the course. Since he joined the after-school care program, his performance has improved. This makes me ecstatic – the Women's Centre has really done me a big favour. I later joined in the Good Neighbour Action Team; while Ah-kit is studying, I go with the other women volunteers to visit the elderly.

Ah-mui / Parent of a student of the After-school Care Group

酵素俱樂部

通過酵素俱樂部這個平台，網絡不同的家庭，互相分享在家中推動酵素運動的經驗和實踐的過程。藉定期的聚會，凝聚更多家庭參與家家有酵素運動。本年共舉辦了4次酵素俱樂部的聚會，共有129個家庭參與家家有酵素運動，承諾在家中使用酵素及推廣予其他家庭。

新大埔、新生活行動

於2011年1月15日本會太和中心假大埔區人流眾多的「大埔超級城」舉行了「『新大埔、新生活』行動日」。當日以推動生活環境改造，建立可持續發展的生活模式為主題，內容包括：社區媽媽工作室表演、酵素俱樂部分享、環保清潔酵素製作示範及社區導賞團大埔承傳遊戲等。當日擔任計劃推廣大使的著名歌星謝安琪女士更現身支持，而出席的嘉賓還有婦女事務委員會主席高靜芝女士、可持續發展基金代表、大埔區議員王秋北先生、社會福利署大埔及北區協調委員楊偉忠先生、大埔官立小學家長教師會主席陳志鈞先生、太和邨業主立案法團主席譚麗霞女士、以及太和邨互助委員會石偉民先生及石玉珍女士。當日共吸引到超過500名大埔居民參與當中。

可持續生活講座

本年度合共舉辦了7個講座，題目包括：綠色家居工作坊、有機菇菌種植、家居堆肥、廚餘回收、自制廢油皂等工作坊，共有118位婦女參加。

社區巡迴展覽

於本年間，我們共舉辦了12次社區巡迴展覽，接觸接近3,295人次。通過社區巡迴展覽，並得到社區媽媽的協助，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。



從1994年開始參加婦女中心的活動，轉眼已經16年了。隨著兒女長大，自己的時間多了，可以騰出更多時間投入參與各項活動，亦漸漸成為中流砥柱。由最初中心職員帶出「婦女可以為社區做甚麼」的意念，構思組織大埔區婦女成為社區媽媽，為社區帶來一些改變，到成為社區媽媽後，學習到不同的技能，又接觸到其他婦女組織，開闊了我的眼界。我發現原來世界真的很大，婦女們不應只留在家裡，應該走前一步，擴闊視野。

社區媽媽 / 蔡玉嬋

社區媽媽讓我們組織了一班志同道合的朋友，很開心能夠成為當中的一份子。自從新同事溫姑娘到職後，我們有更多機會接觸新事物，如學習製作玻璃畫、石頭畫等。讓我們生活起了變化，帶來新的衝擊。現在每次來到太和中心參加活動，我都感到很有歸屬感，氣氛很好！

社區媽媽 / 陳惠儀

雖然我在大埔居住，但對大埔景點了解不多。在成為社區導賞員後才發現大埔有不少美麗的景點近在咫尺，加深我對大埔區的認識。經過密集的訓練後，帶領不同社區人士認識大埔，從中獲得不少學習機會，提升了不少個人技能，又看到不少人生百態。

社區導賞員訓練是一個十分具挑戰性的課程。希望有更多有興建的朋友能加入，成為其中一份子，一起探索大埔的可愛和可貴之處。

社區導賞員 / 葉長君

Enzyme Club

Families from different backgrounds joined in the Enzyme Club to share their experiences in promoting the use of using enzymes at home. By having regular meetings, we were able to draw in even more families to the movement. The Enzyme Club held four gatherings in 2010-11. 129 families participated in the Everyone Has Enzymes campaign and made the commitment to spread the word and to use enzymes in their homes.

A New Tai Po, A New Way of Life

On January 15, 2011, the HKFWC Tai Wo Centre participated in the New Tai Po, New Life Day of Action held at Tai Po Mega Mall. The event, in the middle of a large flow of people, promoted the transformation of Tai Po's environment, with emphasis on building a sustainable lifestyle. Events included performances by the Community Mamas Workroom, an information sharing session from the Enzyme Club, demonstrations of environmentally-friendly cleaning methods, and community heritage tours. Leading the ceremony was pop music star Kay Tse On-kei, who came out to show her support for the cause. Other honoured guests at the events included Ms Sophia Kao Ching-chi, Chairperson of the Women's Commission; representative of Sustainable Development Fund Mr Wong Chau-pak, Tai Po District Councillor; Ms Yeung Wai-chung, a member of the Tai Po and North District Local Committee of the Social Welfare Department; Mr Chan Chi-kwan, President of the Parent-Teacher Association at the Tai Po Government Primary School; Ms Connie Tam Lai-har, President of the Tai Wo Estate Owners Corporation; and Mr Shek Wai-man and Ms Shek Yuk-chun of the Tai Wo Estate Mutual Aid Committee. The event managed to attract more than 500 Tai Po residents.

Public Talks on Sustainable Development

We held seven public talks on sustainable development that were attended by 118 women from the community. Topics included: green home workshop, organic mushroom cultivation, home composting, kitchen waste recycling, and making homemade oil-based soap.

Community Exhibitions

We held 12 community exhibitions that received nearly 3,295 visitors. Thanks to the assistance of our Community Mamas, who helped with the exhibitions, we promoted sustainable living practices to Tai Po residents in hope that more people can understand the concepts of sustainable development.

I start to get involved with the Women's Centre in 1994 – in a blink of an eye, 16 years have gone by. I've more time to myself now that my children are grown and can devote more time to joining in various events; over time, I've become a mainstay to the group. From when the Centre staff first proposed "What can women do for their community?" and thought of organising women in Tai Po District to be Community Mamas in order to effect changes in the community, up to when I become a Community Mama myself, I have learned various skills and have come into contact with other women's groups and broadened my horizons. I've discovered that the world is truly large and that women should not just be at home – they should advance and broaden their horizons.

Choi Yuk-sim / Community Mama

Community Mamas organised us into a group of like-minded friends, and I'm very happy to be a part of it. Whenever the warm-hearted new women join the group, we have more opportunities to engage in new things like learning how to do glass and rock paintings. It's brought changes and new impact to our lives. When I go to the Tai Wo Centre, I feel that I am a part of something – the atmosphere there is excellent!

Chan Wai-ye / Community Mama

Although I live in Tai Po, I don't know much about what to see there. It was only after I joined the community guides that I discovered the many beautiful sites nearby in Tai Po, which deepened my understanding of Tai Po District. After undergoing intensive training, I guided others from the community to learn more about Tai Po, and had a number of learning activities, raised a good deal of my own skills, and saw all kinds of ways of living.

The training for becoming a community guide is a highly challenging course. I hope that more constructive people can join in, so we can all find more of what's wonderful and precious about Tai Po.

Ip Cheung-kwan / Community Guide



幸福連線計劃

本會賽馬會麗閣中心獲深水埗「幸福由『深』出發運動」籌備委員會推薦及深水埗區議會資助，舉辦「幸福連線」計劃。重點在於培訓本會的熱線輔導員，為「婦女求助熱線」的來電者推廣「堅毅自強」及「開放心靈」等正向心理訊息。熱線輔導員在接受正向心理學的培訓後，更能調節自己的情緒，以正面及開放的心態持續提供服務，助己助人。全年度共舉行了4次培訓及研討會，共有97人參加。

每月熱線分享會

由同工督導25位熱線輔導員於提供輔導時融入正向心理學中「堅毅自強」及「開放心靈」等訊息；期間117位熱線來電者接收「堅毅自強」及「開放心靈」等正向訊息，從而舒緩困擾，更積極地面對人生的挑戰。

培訓

於2010年11月20日及2011年1月15日分別由聯合健康教育中心臨床心理學家陳紫婷姑娘及資深社工趙皓頤姑娘為超過36位義務熱線輔導員提供培訓，簡介正向心理學。內容包括感恩、希望、維持樂觀及正面思想的方法；及協助義務熱線輔導員總結學習及實踐心得，鞏固義工對「堅毅自強」及「開放心靈」的領會，促進她們對這些訊息的持續實踐。

「我們的石硤尾創意藝術中心」社區實踐計劃

本會聯同深水埗區內12間非政府機構，與深水埗區議會關注貧窮問題工作小組及承辦機構社區文化發展中心共同協作完成歷時21個月的『我們的石硤尾創意藝術中心』社區實踐方案。計劃旨在以位於賽馬會創意藝術中心L2-16單位的深水埗社區創藝資源中心為基地，以展覽、裝置藝術等手法，鼓勵來自不同弱勢社群的群體參與和發展文化及藝術活動。

本會於2010年6月參與了其中一個方案，舉辦了「『我們的石硤尾創意藝術中心』社區實踐方案歷程記錄發佈會」、機構聯展及「L2-16社群藝術要著陸」社區論壇。藉跨界別、跨機構和跨社群的社區論壇，作為方案總結並展望下一階段的發展。

主婦戀「暖」繫社區計劃

本會賽馬會麗閣中心於本年度獲深水埗區議會資助，於2010年7月至2011年3月間舉辦「主婦戀『暖』繫社區計劃」。目的為提升參加者對所屬社區的認識和關注；並以藝術手法，協助參加者整理個人及與社區之間的關係和經驗，增強她們的表達能力，讓她們認識自己的潛能和肯定自我價值。通過舉辦社區展覽，展示參加者的藝術作品，提升個人滿足感，促進社區人士肯定無酬家務勞動者對社區所作出的貢獻。計劃內容包括主婦小組、宿營及社區展覽。

計劃合共有30位婦女參加小組及宿營活動，她們大部分都是居住於深水埗區內的街坊。婦女彼此分享曾認識和曾使用的區內資源，從社區導賞中重遊社區，讓她們對社區有更深的體會。於兩日一夜的宿營活動中，婦女有機會接觸不同藝術元素，包括平面設計、倒模及話劇等，並通過藝術表現方式，呈現她們對深水埗區的關愛情懷。

除此之外，我們更與社區文化發展中心假石硤尾創意藝術中心小型展覽室L2-16合辦社區展覽，吸引不少社區人士到場參觀，累積有512人次。整個展覽由12位參加者進行設計和佈置，並展示出她們的藝術品。這次展覽獲社區人士的高度評價，讚賞婦女甚有藝術天份及表示非常認同主婦在社區上的貢獻。



Well-Being Link Project

The HKFWC Jockey Club Lai Kok Centre conducted the Well-Being Scheme through the recommendation of the Sham Shui Po "Happiness Starts with 'Sham'" Organising Committee and funding from the Sham Shui Po District Council. The focus was to train our Helpline counsellors in promoting self determination, keeping an open mind, and other positive messages to the Women's Helpline callers. Helpline counsellors were better able to control their own emotions and maintain a positive and open mindset on the line after the training, and the training has proven helpful. Four training classes and seminars were held in 2010-11, with a total of 97 participants.

Helpline's monthly sharing sessions

The Helpline's 25 supervising counsellors offered other counsellors positive messages such as "self determination" and "keeping an open mind". Counsellors in turn offered 117 Helpline callers these positive messages in order to relieve their stress and allow them to actively face life's challenges.

Training

On November 20, 2010, and January 15, 2011, Clinical Psychologist Ms Chan Tze-ting and Senior Social Worker Ms Chiu Ho-yi of the United Centre of Emotional Health and Positive Living held training sessions for 36 Helpline counsellors in positive psychology. The United Centre representatives introduced counsellors to using techniques such as gratitude, hope, optimism, and positive thinking. They also helped Helpline counsellors put their learning to use in practical sessions, strengthening their understanding of "self-determination" and "keeping an open mind", and asked that they continue to use these methods in their work.

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

The HKFWC and twelve other NGOs in Sham Shui Po has fulfilled 21 months of the "Our Shek Kip Mei Creative Arts Centre" community practice plan with the collaboration from the Sham Shui Po District Council Working Group on Poverty and the Centre for Community Cultural Development. Set at the Sham Shui Po Community Creative Arts Resource Centre in Room L2-16 at the Jockey Club Creative Arts Centre, the plan encourages disadvantaged groups from various backgrounds to participate and develop art and cultural activities through exhibitions, installations, and other projects.

In June 2010, the HKFWC partook in a colloquium including a progress report on the "Our Shek Kip Mei Creative Arts Centre" community practice plan, an exhibition, and a community forum entitled "The L2-16 Social Art Centre Will Have a Clear Landing." The forum, which had other organizations, groups, and sectors participating, gave a summary of the plan's progress and put forward its next stage of development.

Housewives' "Warm" Community Ties Project

The HKFWC Jockey Club Lai Kok Centre held the "Housewives 'Warm' Community Ties Project" from July 2010 to March 2011 with funding from the Sham Shui Po District Council. The project's goals were to strengthen participants' understanding and awareness of their own communities. The project aimed to help participants sort out the relationship and experience they have between themselves and their community, increase their ability to express themselves, and recognise their potential and self-worth by participating in art activities. The project also aimed to facilitate the community-at-large to recognise the contribution of homemakers to the community. The project included group activities, a camping excursion, and community exhibitions.

Thirty women, most of whom lived in Sham Shui Po, joined in the group activities and camping excursion. They shared amongst themselves their knowledge and experiences local resources, taking a guided tour through the community to give them a renewed, deeper understanding of what it had to offer. During the overnight camping excursion, they were introduced to various mediums – graphic design, moulding, and skits – allowing them to express their adoration for Sham Shui Po through art.

The HKFWC also organised a community exhibition at the Shek Kip Mei Creative Arts Centre with the co-operation of the Community Cultural Development Centre. Twelve participants from the project designed and planned the exhibition of their works of art. The exhibit attracted 512 visitors from the community and received high praise. Visitors commended the artists' skill and said that they identified with their contributions to the community.



《消除對婦女一切形式歧視公約》公眾教育活動

本會於今年度獲勞工及福利局資助舉辦以《消除對婦女一切形式歧視公約》為主題的公眾教育活動。有關計劃於2010年7月至2011年2月間舉行。於2010年4月18日本會總幹事廖珮珊女士代表參與有關計劃的開幕典禮，為活動揭開序幕。而本會賽馬會麗閣中心的心聲戲劇組亦協助推行，計劃目的是通過話劇表現，促進社區人士認識《消除對婦女一切形式歧視公約》的內容、在香港實施的情況，及就實施的情況進行討論和檢討。內容包括8堂「一人一故事劇場」的話劇訓練、3次小型話劇演出及兩次大型社區推廣。

整個計劃共有11位婦女參加，由最切接受一連串的培訓，致集思廣益一起創作劇本，婦女們都表示提升了自信和滿足感，擴闊了她們的知識和視野，並且對《消除對婦女一切形式歧視公約》有更深入的認識，有效協助推廣當中的訊息。3次小型話劇演出合共吸引了不少社區人士欣賞。

另一方面，藉街頭展覽和話劇、攤位遊戲等活動，積極於社區內推廣《消除對婦女一切形式歧視公約》，加深公眾對公約的認識；並對不同形式的歧視及兩性平等的現況有更深理解。兩次大型社區推廣活動合共接觸超過680人次。

平等機會委員會資助計劃

本年度本會再次獲得平等機會委員會的資助，舉辦「『施多』行動：《消歧公約》（消除對婦女一切形式歧視公約）社區教育計劃」。計劃於2009年11月至2010年6月期間進行，共舉辦了兩次茶聚及日營。通過輕鬆的活動，與參加者分享和討論《消除對婦女一切形式歧視公約》的內容，及公約在香港實施的情況。而通過4次街站及翻印2,000本《平權先鋒2：消除對婦女一切形式歧視公約》小冊子，向社會大眾介紹公約的內容。

除此之外，於2010年11月至2011年6月期間，本會賽馬會麗閣中心亦舉辦了「減貧行動——由兩性平等說起」計劃。我們分別舉辦了「美麗特務——社區記者」小組；兩次專題工作坊，主題為「職業與貧窮」婦女午間茶聚及「男男女女——性別平等工作坊」。同時，舉辦「職業與貧窮」街展及「平等的天空」性別歧視條例訓練日營。通過不同形式的活動，與參加者探討婦女貧窮的情況及成因，分析兩性在事業上的發展如何受傳統觀念影響。並且，出版了《平權先鋒4——性別歧視與婦女貧窮》小冊子，藉淺白的用語及例子向社會大眾推廣《性別歧視條例》，與及介紹性別歧視與貧窮之間的關係。

「和諧健康家庭」社區教育計劃

於2010年11月13日，本會太和中心獲社會福利署大埔及北區家庭及兒童福利協調委員會資助，舉行「照顧者健康家庭日」。我們希望通過是次活動，讓一班照顧者及其家人舒緩彼此之間的相處壓力，協助她們建立健康的溝通模式，讓家人懂得欣賞照顧者的努力，而照顧者亦能夠感受到家人的支持。而且，通過社區資源介紹及認識中心的義工支援服務，從而幫助照顧者減低其日後照顧的壓力。是次活動有5位義工，53位照顧者及其家人參與。



Public Education Campaign on the Convention on the Elimination of All Forms of Discrimination against Women

The HKFWC Jockey Club Lai Kok Centre held a public education campaign from July 2010 to February 2011 for the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) with funding from the Labour and Welfare Bureau. On April 18, 2010, HKFWC Director Ms Si-si Liu represented the organisation at the opening ceremony to set off the campaign. Members of HKFWC's Hearts Talk Drama Group also joined in the campaign, planning drama-themed activities to promote understanding in the community of CEDAW and how it is being implemented in Hong Kong, as well as discussion and review of CEDAW's implementation in Hong Kong. These activities would include eight training workshops on Playback Theatre, three skit performances, and two major community awareness events.

11 women joined for the entire drama project. From the beginning training workshops to the brainstorming for script ideas, the women all said that they were enthused and confident in their work. It broadened their knowledge and worldview, they said, and gave them a deeper understanding of CEDAW, which helped them promote its message more effectively. The three skits were enjoyed by many of their neighbours from the community.

In the two major community awareness events, we organised street-side exhibitions, skits, games, and other activities to promote public awareness of CEDAW in the local community. They also shed light onto different forms of discrimination and current gender equality issues in Hong Kong. These two events reached more than 680 people.

Projects Funded by the Equal Opportunities Commission

The HKFWC has again obtained funding from the Equal Opportunities Commission and held the campaign CEDAW Action: Community Education Programme to Promote CEDAW. The scheme ran from November 2009 to June 2010, during which two tea receptions and a day camp were held; at these events, participants discussed CEDAW and its implementation in Hong Kong during light activities. We also had four street campaigns during which we handed out 2,000 introductory booklet on CEDAW, *Vanguards of Equal Rights II: The Convention on the Elimination of All Forms of Discrimination against Women*.

From November 2010 to June 2011, the HKFWC Jockey Club Lai Kok Centre also held End Poverty with Gender Equality. We held the discussion forum Beautiful Spies: Community Reporters as well as two thematic workshops: Vocation and Poverty, a tea reception for women, and Men and Women: A Gender Equality Workshop. We also ran a street exhibition themed around vocation and poverty and a day camp on the Sex Discrimination Ordinance. We had participants explore the varying causes and circumstances of poverty amongst women and analyse how traditional concepts of gender can impact one's occupation. We also printed 2,500 copies of the booklet *Vanguards of Equal Rights IV: Gender Discrimination and Poverty amongst Women*. These booklets explained the Sex Discrimination Ordinance through plain language and examples and described the relationship between gender discrimination and poverty.

Harmonious and Healthy Family Community Education Scheme

On 13 November 2010, the HKFWC Tai Wo Centre held a Carers Healthy Family Day thanks to funding from the Social Welfare Department Tai Po and North District Co-ordinating Committee on Family and Child Welfare Services. We hoped that this would allow carers and their families to relieve pressure of living together, to open healthy communication channels, and to help families appreciate the carers' hard work, and we hoped that the carers would be able to feel the support of the families they aid as well. During the event, participants were also introduced to support services from volunteers in the community, who could be there to help carers reduce stress in the future. Five volunteers and 53 carers and families participated in the Carers Healthy Family Day.



大埔區議會活動

本會太和中心於是年度獲大埔區議會關懷社群工作小組資助，舉行「三八婦女節義工服務經驗交流會暨嘉許禮」。通過這個平台，讓不同義工彼此交流和分享經驗，確認和肯定婦女義工的價值，並鼓勵她們持續參與社區活動。當日共有132位義工參加，同時得到大埔區區議員黃碧嬌、王秋北、鄧友發、譚榮勳的支持和嘉許，表揚義工的無私服務精神，義工們及她們的家人均感到鼓舞。

麵包轉贈計劃

為了減少食物的浪費，協助區內有需要的貧困家庭。本會太和中心與消費者力量及一間法國麵包公司合作推行一個試驗計劃，於逢星期五晚，麵包公司將即日未能售出的三文治送往太和中心，轉贈予區內低收入家庭。此計劃自2010年9月進行至今，已為區內30個貧窮家庭提供食物，服務超過420人次。

SEWA分享會

本會於2010年11月20日與香港教育學院管治與公民研究中心假本會賽馬會麗閣中心合辦分享會，有超過20人出席。當日由印度 Self Employed Women's Association (SEWA) 的 SEWA Academy 的總幹事 Namrata Bali 女士分享基層婦女的經濟充權和教育，協助婦女就業或創業。



Tai Po District Council Event

The HKFWC Tai Wo Centre held an International Women's Day Volunteers' Experience Exchange Forum and Recognition Ceremony through funding from the Tai Po District Council. At the forum, volunteers for different services could share their experiences with each other. The value of their efforts was also recognised, and they were encouraged to continue actively joining in community activities. 132 volunteers joined in the forum, and members of the Tai Po District Council, Ms Peggy Wong Pik-kiu, Mr Wong Chau-pak, Mr Tang Yau-fat, and Mr Eric Tam Wing-fun were also present to offer their support and praise for the volunteers' generous service. The volunteers and their families truly felt galvanised by the experience.

Bread Donation Programme

The HKFWC assisted poor families in the district in reducing extravagant food costs. Our Tai Wo Centre launched a pilot scheme along with Consumers Acting for People and the Environment (Consumerpower) and a French bread company where, every Friday evening, the bread company would send unsold sandwiches to the Tai Wo Centre, and these sandwiches were donated to low-income families in the region. The programme began in September 2010 and is on-going. It has provided food to 30 families, servicing more than 420 people.

SEWA Sharing Session of the Self Employed Women's Association (SEWA), India

The HKFWC held a joint sharing session with the Centre for Governance and Citizenship, The Hong Kong Institute of Education at Jockey Club Lai Kok Centre on November 20, 2010. Over 20 people attended the session. During the session, Director of the India's Self Employed Women's Association's (SEWA) SEWA Academy Ms Namrata Bali shared insight into grassroots women's economic empowerment and education, as well as into assisting women in finding employment or starting their own businesses.



持續教育

Continuing Education

婦女成人教育計劃

計劃簡介

持續教育能夠提升婦女的自信及生活技能。本會自1998年開始舉辦一系列成人教育課程，以配合婦女不同的學習需要，藉此提升婦女的個人潛能和知識發展。所有成人教育資助計劃課程均得到勞工及福利局資助。

本年度重點及成效

於2010-11年度，本會舉辦了12個不同類型的課程（共17班）。

賽馬會麗閣中心 —— 開辦了9個課程，共12班。包括：婦女小學英語（初級）、婦女小學英語（中級）、婦女法律入門、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、婦女自強課程、跨越中年危機及管教子女EQ。

太和中心 —— 開辦了4個課程，共5班。包括：婦女基礎普通話班、基礎普通話拼音班、婦女心理學入門及婦女小學英語課程（高級）。

全年度共有336位婦女和社區人士報讀課程，服務2,338人次。

婦女IT大使朋輩教學計劃

計劃簡介

本會於自2000年開始通過「婦女友善」及「教學相長」的手法，教授婦女基礎電腦知識，擴闊視野。經培訓的婦女IT大使以「一對一」或「一對二」的方式提供教學，以提高學員的學習動機和信心。我們同時鼓勵婦女學習資訊科技，縮短數碼鴻溝，促進數碼共融。

本年度重點及成效

開辦課程：基礎電腦、上網、電子郵件及倉頡輸入法

賽馬會麗閣中心 —— 205位婦女，太和中心 —— 118位婦女；合共有323位婦受惠於這計劃。



參加婦女中心舉辦的《管教子女EQ》後，更懂得與因因溝通。了解孩子都有自己的想法，要學會互相尊重。以前她功課做不好，甚或測驗、考試成績差，我就會又打又罵，現在不會了，會和她傾計，了解她的問題。現在母女的關係得到改善，實在很感激婦女中心呢！

成人教育課程參加者 / 阿施

我成為IT大使已有11年，由最初個性內斂逐漸變成一位開朗大使。

在教學過程中目睹婦女用心學習的歷程，由完全不懂電腦到可以自行應用，感到很有成功感。

每有婦女發問，作為IT大使定必詳細解釋直到對方明白、掌握為止。我們亦鼓勵婦女若有不明白的地方便要問，要讓自己掌握到。其實，學員們常會因疏於練習而容易忘記，但又會不好意思一而再，再而三的問同一個問題。所以在上課時我們都會提醒學員有不明白的地方可隨便發問，否則會浪費了學習的時間和心血，實在不值呢！

婦女IT大使朋輩教學計劃大使 / 陳燕芬

Adult Education Scheme for Women

Introduction

Continuing education can enrich a woman's self-confidence and life skills. Since 1998 the HKFWC has offered adult education courses to meet the differing learning needs of women and enhance their personal potential and intellectual development. All Adult Education courses were funded by the Labour and Welfare Bureau.

Focus Points and Res 2010-2011

We offered 12 different courses (17 classes total) in 2010-11.

Jockey Club Lai Kok Centre offered nine courses with a total of 12 classes. These included: Primary English Course for Women (Elementary Level), Primary English Course for Women (Intermediate Level), Legal Literacy for Women, Advanced English Course for New Arrival Women, Basic Putonghua Course for Women, Advanced Putonghua Course for Women, Women's Empowerment Course, Managing Middle Age Crisis, and Basic Parenting Course for Women.

Tai Wo Centre offered four courses with a total of five classes. These included: Basic Putonghua Course for Women, Basic *Han Yu Pin Yin* Course, Introduction to Psychology for Women, and Primary English Course for Women (High Level).

336 women and people from the community registered for our classes, with a total of 2,338 individual lessons attended.

Peer IT Project by Women IT Ambassadors

Introduction

The HKFWC has adopted a women-friendly and peer-learning approach in teaching women the contemporary development of computer technology and broadening their horizon since 2000. Participants are taught basic information technology knowledge by trained IT Women Ambassadors on a one-to-one or one-to-two basis, which helps raise students' motivation and confidence. The HKWFC aims to promote women's learning of information technology, thereby reducing the digital divide and promoting digital inclusion.

Focus Points and Results for 2010-2011

Courses offered in 2010-11 included: Basic computer skills, Internet, E-mail, Cangjie character input. A total of 323 women enrolled in courses, with 205 at Jockey Club Lai Kok Centre and 118 at Tai Wo Centre.

After taking the Women's Centre's Basic Parenting Course for Women, I knew how to better communicate with my daughter. I came to understand that children have their own ideas as well and that we must learn to respect each other. Before, when she wasn't doing well in school, or if she received poor marks on her exams, I would hit and scold her. I no longer do that; instead, we talk things through so I can understand where she's having trouble. Our relationship has much improved. I'm truly grateful to the Women's Centre!

Ah-Sze / Adult Education Course Participant

I have been an IT Ambassador for 11 years now, going from a rather introverted person to an outgoing ambassador.

I have witnessed many women work hard to learn IT since becoming a teacher; they have gone from not understanding computers one bit to being familiar with them, which I find to be a great success.

Whenever a woman asks a question, we IT Ambassadors would explain in great detail until she could understand the issue. We also encourage that women feel free to ask questions whenever they don't understand something so that they could get a firm grasp on it. Sometimes students will forget what they've learnt from lack of practice, and, with an apology, ask the same questions again and again. That's why in class we remind them to ask questions whenever they don't understand something, otherwise they will only be wasting time and money, and that's just not worth it!

**Chan Yin Fan /
IT Ambassador, Peer IT Project by Women IT Ambassadors**

爭取婦女退休保障權利

政府經常強調現行的退休保障制度有「三條支柱」，包括綜援、個人儲蓄及強積金。可是，這三條支柱早已被社會各界猛烈抨擊，特別是強積金制度與有酬工作掛鉤，將所有無酬家務勞動者排拒於外；同時，低收入人士（根據政府統計處2010年的數字，收入少於\$7,000的人士當中，女性佔超過60%）的供款額低，加上高昂的手續費，滾存的金額根本不足以應付退休所需。本會認為現行的退休保障制度是一個帶有性別盲視的政策。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，加入「爭取全民退休保障聯席」，與其他長者、勞工、婦女、殘疾人士團體，共同爭取全民養老金。

過去一年，本會除定期參與聯席的會議外，亦參與了聯席的各項行動，包括1次長者日遊行、10次請願行動、協助拍攝1段宣傳片、兩場街頭論壇、1次社會論壇、3次街頭收集簽名運動、1次花車巡遊、4次團體分享、兩次會見議員及官員等。同時，本會亦加入了聯席的宣傳及教育組，協助於地區上進行宣傳教育工作。

參與平等機會婦女聯席行動

本會是平等機會婦女聯席（聯席）成員，一直積極參與聯席的工作。

本會聯同聯席於9月30日約見平等機會委員會（平機會）主席林煥光先生，就平機會處理個案的手法、修訂現行性別歧視法例、訂立反性傾向及年齡歧視立法進度的建議及設立審裁處等議題表達意見。這是自林煥光先生自出任平機會主席後，聯席與他的第二次會面。聯席期望平機會除執行現有四條反歧視法例外，亦應肩負政策倡議者的角色，保障婦女在社會上的平等參與。

除了監察平等機會委員會的工作外，聯席亦關心作為中央機制的婦女事務委員會（婦委會）事務。於是年度，本會及聯席的代表獲婦委會邀請，自2010年4月起出席合共3次有關婦女發展指標的諮詢會。本會提出要求政府提升婦委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中進行性別預算，以解決婦女貧困、就業和保障等問題、加強對照顧者的支援及設立照顧者津貼、設立全民退休保障以包括家庭主婦等無酬人士。

國際婦女節活動

2011年3月8日是國際婦女節，本會於當日除發佈了「照顧者生活狀況問卷調查」的調查結果，同時動員超過100位婦女，由中環遮打花園遊行至政府總部，表達對照顧者權益的關注。

本會於2011年1月至2月期間，以問卷方式訪問了301位需要照顧兒童、長者、長期病患者或殘疾人士的照顧者，以了解照顧者的生活及心理狀況。調查發現受訪者每星期平均需要花上46.8小時照顧受關顧者，56.5%感到疲倦，47.5%感到心情煩躁，44.9%出現腰酸背痛的問題；58.0%感到壓力沉重，52.5%表示經濟負擔沉重，51.9%表示缺乏私人時間。對於現有的社會支援服務，54.5%受訪者表示不足或非常不足，只有8.1%表示足夠或非常足夠，顯示現行服務並不足以協助照顧者面對照顧工作。最後，有70.4%認為政府應提供照顧者生活津貼，減輕照顧者面對的經濟壓力。

發佈會結束後，百多位婦女於遮打花園合力砌出一幅20呎乘20呎的圖畫，展示婦女齊心關注照顧者的需要，並一同遊行前往政府總部，提交意見書，要求政府正視並改善對照顧者的支援政策。

跳出貧窮 —— 婦女政治參與計劃

計劃獲美國國際民主研究院資助，通過一系列活動，提升婦女對「貧窮女性化」問題的認識，包括基層女性收入較男性低、照顧者（以婦女為主）及家庭主婦缺乏保障、單親婦女就業困難等，並探討如何藉政策上的改變，改善情況。

計劃於2010年6月至2011年3月間進行，包括6節工作坊及8節女公民小組，提升婦女對社會時事的關注；另外，藉4次街展，將有關婦女貧窮的訊息帶入社區。於計劃期間亦完成了一份問卷調查，共訪問了301位照顧者，藉此了解她們的生活狀況及提出改善建議。除此之外，通過參與對外聯席及記者會共42次，讓婦女學習通過不同渠道表達訴求；並有10次向報章投稿，反映於工作坊及小組中婦女對社會現況的意見；及於2011年3月8日舉行調查發佈會及行動。上述計劃能有效加強婦女對社會事務的認識及參與，並學習及實踐通過不同的渠道，表達訴求。



Fighting for Retirement Protection for Women

The government frequently stresses that it has adopted a "three-pillar" approach for retirement protection, namely the Comprehensive Social Security Assistance, personal savings, and the Mandatory Provident Fund. Yet these three pillars have long since come under criticism across society, especially the MPF system being linked to paid wages and thus excluding unpaid domestic workers. Furthermore, low-income earners (of whom women account for more than 60%) make lower contributions and have exorbitant service fees, leaving the amount accumulated insufficient to meet their retirement needs. The HKFWC believes that the current retirement protection system 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 for universal pensions with other organisations for the elderly, workers, women, and the disabled.

Over the past year, the HKFWC has participated in many group actions in addition to regular joint meetings. These include the Senior Citizens' Day march, 10 petition drives, filming a promotional video, two street forums, a social forum, three signature campaigns, a float parade, four organisation sharing sessions, and two meetings with LegCo members and public officials. The HKFWC also joined a retirement protection promotion and education group to assist spreading information about retirement protection throughout the region.

Hong Kong Women's Coalition on Equal Opportunities

The HKFWC is a member of the Hong Kong Women's Coalition on Equal Opportunities and has been an active participant in the Coalition's work.

The HKFWC and the Coalition held a joint meeting with Equal Opportunities Commission (EOC) Chairman Mr Lam Woon-kwong to discuss how the EOC handles cases, the revision of Sex Discrimination Ordinance, proposals for the schedule for passing anti sexual orientation and age discrimination legislation, establishing a

tribunal, and other topics. This was the second time that the Coalition had met with Mr Lam Woon-kwong since he became Chairman of the EOC. The Coalition hopes that the EOC shall undertake the role of policy advocates in addition to enforcing the four existing anti-discrimination ordinances, to safeguard equal participation in society for women.

In addition to monitoring EOC's work, the Coalition also follows the work of the Women's Commission, a central mechanism to promote women's affairs in the administration. Since April 2010, representatives from the Coalition and the HKFWC were invited by the Women's Commission to attend consultation meetings on targets for women's development. The HKFWC put forward the request that the government promote the Women's Commission to be the central mechanism for furthering women's rights. We also requested that funds be allotted gender budgeting, in order to address issues such as poverty amongst women, employment, and insurance; to strengthen support services for carers and to set up carers subsidies; and to have universal retirement protection include unpaid workers such as housewives.

International Women's Day

On 8 March 2011, International Women's Day, the HKFWC released the results of its Survey into the Living Conditions of Carers. That same day, we mobilised more than 100 women to march from Chater Garden to the Central Government Offices to express their concern for the rights of carers.

From January to February 2011, the HKFWC interviewed 301 carers who watch after children, the elderly, the chronically ill, and the disabled, in order to better understand their living conditions and mental states. The survey found that carers spent on average 46.8 hours a week attending to their charges. 56.5% of respondents reported feeling tired, 47.5% said that they felt dysphoric, and 44.9% had back problems. 58.0% said that they felt that they were under immense pressure, 52.5% reported severe economic burden, and 51.9% said that they lack time for themselves. 54.5% of respondents said that existing social support services are inadequate or highly inadequate, and only 8.1% said that they are adequate or highly adequate. This shows that

existing services are insufficient to assist working carers. Finally, 70.4% of respondents believed that the government should provide living subsidies for carers so as to reduce their financial pressure.

After the release press conference, the women gathered at Chater Garden pieced together a 20-by-20 feet picture expressing their solidarity and concern for the needs of carers and then marched together to the Central Government Offices. There, they submitted proposals calling for the government to face up to the problems in support policies for carers and improve them.

Poverty Alleviation: A Project to Enhance Women's Political Participation

Poverty Alleviation, which received funding from the American National Democratic Institute for International Affairs (NDI), raised women's knowledge of issues on the "feminisation of poverty" through a series of activities. We covered topics including wage disparity amongst men and women, lack of protection for carers (predominately women) and housewives, and difficulties facing female-headed households. We also explored how change could be made on a policy level in order to improve the situation for women.

This project ran from June 2010 to March 2011 and consisted of six workshops and eight groups for women citizens to raise their concern of social issues they face each day. HKFWC also held four street fairs to spread information about poverty amongst women to people in the community. We also conducted surveys amongst 301 carers, questioning them about their living conditions and how they thought it could be improved. We also participated in 42 joint meetings and press conferences to show how women can use various channels to convey their demands, and submitted 10 op-eds on the opinions gathered at the workshops and group meetings on the issues facing women in society. Finally, on 8 March 2011, we held a press conference to release the results of our survey and campaign. The Poverty Alleviation scheme effectively raised awareness and participation in social affairs amongst women, and it taught them how to voice their demands through different channels by actively doing so.

香港主婦聯盟

香港主婦聯盟（簡稱「主盟」）成立於2001年3月4日，由本會一群熱心推動和確認家庭主婦社會地位及家務勞動價值、支持婦女的自我發展並提高對各項保障和政策的關注的香港婦女中心協會會員一起成立。過去10年來主盟的成員積極參與培訓、教育和倡議的工作。

《香港主婦聯盟10週年誌慶活動》

今年是香港主婦聯盟成立10週年，為慶祝這重要日子，故於2011年3月4日假大埔太和鄰里社區中心舉行了《香港主婦聯盟10週年誌慶活動》。當日出席的嘉賓眾多，包括主禮嘉賓平等機會委員會主席林煥光先生、大埔民政事務處高級聯絡主任張麗華女士、大埔區議員朱景玄大平紳士、羅舜泉先生及關永業先生，以及過去10年見證主盟成長、為爭取權益的各方好友出席。活動先由主禮嘉賓林煥光先生致辭，緊接為香港主婦聯盟新徽章進行剪綵，象徵香港主婦聯盟邁向新里程。

《香港娜拉的秘密》話劇公演

本年度香港主婦聯盟獲婦女動力基金資助，進行《香港娜拉的秘密》話劇公演計劃。我們希望通過以話劇表演形式，讓社會人士認識及反思香港無酬家務勞動者（家庭主婦）的處境。有關計劃自2010年4月的讀書會開始，在拜讀貝蒂·弗萊頓的《女性的奧秘》和挪威劇作家亨利·易卜生的劇作《玩偶之家》後，主盟成員均表示對主婦的處境有了更系統性的了解，其後於6月開始接受資深舞台工作者吳紹熙先生的指導和訓練。

經過半年的籌備，參與其中的每一位成員除了學習到演出技巧外，更互相分享現時香港無酬家務勞動者的生活處境及對未來生活的擔憂，並將相關的訊息加插於劇本中。

劇組共有14位演員及3位舞台工作人員。自2010年12月26日在麗閣社區會堂進行首演後，直至2011年3月，分別在牛池灣文娛中心、香港專業進修學校、香港教育學院及太和鄰里社區中心作出5場演出，而最後一場演出結合10週年誌慶活動，累積接近500位觀眾。

爭取全民退休保障聯席

香港主婦聯盟作為爭取全民退休保障聯席的成員，積極參與各項工作和行動。於本年度主盟加入了教育組，協助爭取全民退休保障聯席推廣工作。同時，共有超過40人次於年度內參加長者日大遊行、社會論壇、財政預算案行動、簽名行動、花車巡遊、面見行政會議召集人梁振英先生及接受訪問等。主盟成員一方面通過參與集體改變社會的行動、並與政府官員及立法會退休保障小組會面等，爭取主婦權益和發聲的機會。



在香港婦女中心協會不覺已過了十多年，參加過很多不同類型的義工服務和課程，但最深刻的還是香港主婦聯盟獲婦女動力基金資助進行的話劇演出。

從籌備到演出真是花了很多心血和時間，幸好在中心職員及話劇導師吳紹熙先生協助下，我們先成立讀書會，一起閱讀及互相分享生活經歷，過程雖辛苦但有趣。隨後導師訓練每一位組員的演技及記憶力、由撰寫劇本到真正演出，各組員既興奮又擔憂！

興奮的是，我們辛勤排練，終於可以演出。著實開心多於擔心！經過5場演出，得到觀眾對我們的付出的讚賞及認同家務勞動者的貢獻，令在培訓時經歷的辛苦全消。我覺得今年的參與真是上了寶貴的一課。

香港主婦聯盟成員 / 林桂珍

Hong Kong Homemakers' Alliance

The Hong Kong Homemakers' Alliance (HKHMA) was founded on 4 March, 2001, by a group of HKFWC members who were passionate about promoting and affirming housewives' social status and the value of their work, supporting women's self-development, and raising concern for various social security and policies. Over the past decade, many HKHMA members have participated in training, education, and advocacy work.

Tenth Anniversary Celebration

2011 was the 10th anniversary of the HKHMA. To celebrate this important day, we held the Hong Kong Homemakers' Alliance 10th Anniversary Celebration in the Tai Po Tai Wo Neighbourhood Community Centre. There were a number of guests that day, including Equal Opportunities Commission Chairman Mr Lam Woon-kwong, as the guest of honor; other guests included Tai Po District Official Senior Liaison Officer, Ms Cheung Lai-wah, Tai Po District Council Chu King-yuen, Mr Lo Sou-chour, and Mr Kwan Wing-yip, along with many of the others who have witnessed the growth of the HKHMA over the past decade and fought for their rights. The ceremony began with a speech from Mr Lam, followed by a ribbon cutting ceremony for the new HKHMA seal, symbolising the new roads ahead for the HKHMA.

A Doll's House in Hong Kong

The HKHMA received funding from HER Fund this year to stage a performance of *A Doll's House in Hong Kong*. We hoped that by seeing the play, the community would be able to understand and reflect upon the situation of unpaid homemakers (housewives) in Hong Kong. We began with a reading session in April 2010, starting with Betty Friedan's *The Feminine Mystique* followed by Henrik Ibsen's *A Doll's House*. The selected readings gave them a more systematic understanding of housewives' situations, they said. In June, the housewives began training with Mr Larry Ng Siu-hei, a veteran of the stage.

By the end of their six months of preparation, HKHMA's members had shared amongst each other the living conditions of Hong Kong's homemakers and their concerns about the future in addition to learning how to perform, and the script they wrote reflected this.

The HKHMA's acting troupe consisted of 14 performers and 3 tech hands. The premier performance of *A Doll's House in Hong Kong* was on 26 December, 2010 at the Lai Kok Community Hall; subsequent performances were held at

the Ngau Chi Wan Civic Centre, the Hong Kong College of Technology, the Hong Kong Institute of Education, and the Tai Wo Community Centre. The final performance was in March 2011, at the HKHMA's 10th anniversary celebration. In total, close to 500 audiences attended the showings of *A Doll's House in Hong Kong*.

Alliance for Universal Pension

The HKHMA is a member of the Alliance for Universal Pension (AUP) and an active participant in the AUP's activities and campaigns. In 2010-11, the HKHMA joined the AUP's Education Group to assist with the group's promotional work.

More than 40 HKHMA members participated in the Senior Citizens Day parade, social forums, social actions in response to The Budget, signature campaign, float parades, meeting with Mr Leung Chun Ying, Convenor of the Non-Official Members of the Executive Council, and media interviews. Members of the HKHMA were involved in collective campaigns to change society and also met with government officials and the LegCo Subcommittee on Retirement Protection, fighting for homemakers's rights and their chance to speak.



I can't believe that it's already been over a decade that I've been involved with the HKFWC, during which I've participated in many different types of volunteer services and programmes. Yet what has been most profound for me was performing plays with the Hong Kong Homemakers' Alliance through the financial support of HER Fund.

Everything, from preparation to performance, took up a lot of our time. Fortunately, we had the assistance of the HKFWC staff and our drama instructor Mr Larry Ng. We started with the reading session, going through the books together and sharing our experiences; though difficult, it was also interesting. Then Larry drilled us all in acting and memorisation. We were all brimming with excitement and fear from the time that we wrote the script to the time that we'd perform it!

It was exhilarating to practice so hard and then finally perform — my happiness overcame my anxiety! After our five performances we could really feel the audience's appreciation for the price we pay and their recognition of the contributions made by domestic workers, which made all of the hard work we put into practice worth it. I think that my work with the HKFWC this year has been a truly valuable lesson for me.

Lam Kwai-chun / Member, Hong Kong Homemakers' Alliance

義工發展

Volunteer Development

義工嘉許禮

婦女義工一直以來默默的支持及付出，推動互助精神，讓機構持續進步。為答謝及表揚義工們的貢獻，機構於2011年5月28日假灣仔金皇廷酒樓舉辦了一年一度的義工嘉許禮，共有147位義工出席。

本年度適逢協會30週年紀念，在義工嘉許禮上先由總幹事廖珮珊女士聯同來自賽馬會麗閣中心及太和中心的24個義工小組代表進行了30週年的誌慶儀式。為今年的義工嘉許禮和30週年紀念揭開序幕，合力拼出協會30週年標誌，代表著協會的成長，各位義工的支持和付出不可或缺。

本年共有12位義工獲頒發5年長期服務獎、18位義工獲頒發10年長期服務獎及3位義工獲頒發15年長期服務獎。

5年長期服務獎

IT大使	謝玉鳳
社區宣傳大使	阮惠儀 張潔儀 蕭瑞君

婦女求助熱線輔導員

張錦屏 陳碧華 趙愛然 陳貞融

接待大使

劉麗琼 韋玉珍 吳淑嫻 袁英才

義務導師

10年長期服務獎

IT大使	朱艷娟 何珍 吳婉熔 林桂珍 袁繼英 陳燕芬 鄭桂芬
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朋輩輔導員

石玉蘭 何珍
徐翠嫻 陳秀清 陳笑卿

接待大使

朱艷娟 袁繼英 陳燕芬 黃美蓮

義務律師

梁錫濂律師 黃光文律師

15年長期服務獎

朋輩輔導員	黃麗賢
義務律師	李灝霖律師
義務導師	戴鳳

獲頒發義工訓練畢業證書的組別：

婦女求助熱線及朋輩輔導員（受訓於2010年7月至9月）

獲頒發婦女參與感謝狀的組別：

香港主婦聯盟、再培訓課程畢業同學會委員會、照顧者權益小組、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

獲頒發義工服務嘉許狀的組別：

賽馬會麗閣中心：IT大使、心聲戲劇組、好鄰舍行動隊、行政義工、免費律師面見諮詢服務之義務律師、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、再培訓課程畢業大師姐、照顧者之友、社區宣傳大使、社區媽媽、社區導賞員、接待大使、義務導師

「大踏步」慈善步行籌款2011

本會於1月9日假大埔海濱公園舉辦一年一度的「大踏步」慈善步行籌款，共有超過170位熱心人士參與，氣氛熱烈。我們很榮幸邀請到對公益事業不遺餘力的堪輿學家麥玲玲師傅、大埔太和邨業主立案法團主席譚麗霞女士蒞臨主禮，她們與立法會議員張國柱先生一起進行醒獅表演的點睛儀式，並為本會一系列成立30週年慶祝活動揭開序幕。在主禮嘉賓及各位嘉賓的帶領下，全場參加者一起邁步前往太和邨福和樓的終點。

在各界友好的慷慨捐助下，我們共籌得超過港幣135,000元。



Volunteer Award Ceremony

Our women volunteers have always quietly given us their support, promoted the essence of mutual assistance, and helped the organisation continue to advance. In thanks and recognition of all of their contributions, we held our annual volunteer award ceremony at Banquet Palace in Wan Chai on 28 May 2011. 147 volunteers attended the ceremony.

2011 marked the Hong Kong Federation of Women's Centres' 30th anniversary. During the award ceremony, HKFWC Director Ms Liu Pui-shan, Si-si and 24 volunteer representatives from the Jockey Club Lai Kok Centre and Tai Wo Centre held a 30th anniversary celebration ceremony. To kick off this year's award ceremony and the 30th anniversary celebration, we created a 30th anniversary logo that represented the HKFWC's growth and that the support of our volunteers is indispensable.

This year we recognised 12 volunteers with 5-year service awards, 18 volunteers with 10-year service awards, and 3 volunteers with 15-year service awards.

5-Year Long Service Award

IT Ambassadors	Tse Yuk-fung
Community Promotion Ambassadors	Yuen Wai-yee
	Cheung Kit-yee
	Siu Shui-kwan
Helpline Counsellors	Cheung Kam-ping
	Chan Pik-wah
	Chiu Hoi-yin
	Chan Yip-yung
Reception Ambassadors	Lau Lai-king
	Wai Yuk-chun
	Ng Shuk-han
Volunteer Tutors	Yuen Ying-choi

10-Year Long Service Award

IT Ambassadors	Chu Yim-kuen
	Ho Chun
	Ng Yin-yung
	Lam Kwai-chun
	Yuen Kai-ying
	Chan Yin-fan
	Cheng Kwai-fung
Peer Counsellors	Shek Yuk-lan
	Ho Chun
Helpline Counsellors	Tsui Chui-sim
	Chan Sau-ching
	Chan Siu-hing
Reception Ambassadors	Chu Yim-kuen
	Yuen Kai-ying
	Chan Yin-fan
	Wong Mei-lin
Volunteer Lawyers	Leung Shek-lim
	Wong Kwong-man

15-Year Long Service Award

Peer Counsellors	Wong Lai-yin
Volunteer Lawyers	Lee Beatrice Ann
Volunteer Tutors	Tai Fung

Graduation Certificate

Helpline and Peer Counsellors (Training from July to September 2010)

Certificate of Appreciation for Participation

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

Honorary Service Award

Jockey Club Lai Kok Centre: IT Ambassadors, Hearts Talk Drama Group, Good Neighbour Action Team, Administrative Volunteers, Volunteer Lawyers of the Free Legal Advice Clinic, Peer Counsellors, Community Tutors, Helpline Counsellors, Friends of Carers, Volunteer Tutors

Tai Wo Centre: IT Ambassadors, Big Sisters of Retraining Courses, Friends of Carers, Community Promotion Ambassadors, Community Mamas, Community Guides, Reception Ambassadors, Volunteer Tutors

Striding Forward Walkathon 2011

We held our annual walkathon on 9 January 2011 at Tai Po Waterfront Park. Over 170 enthusiastic people were out participating, giving the event a warm and friendly atmosphere. We were honoured that Feng Shui Consultant Ms Mak Ling Ling and President of the Tai Wo Estate Owners Corporation Ms Connie Tam Lai-har, two women who have done their utmost for the public good, presided over the event. They and LegCo member Hon Peter Cheung Kwok-che put on lion dance, and kicked off celebrations for a series of events honouring our 30th anniversary. Under the mark of our presiding guests and other guests of honour, everyone participating in the walkathon set off for the end point, Fook Wo House, Tai Wo Estate.

Thanks to the generous contributions of our friends throughout the community, we raised over \$135,000.



媒體訪問

HKFWC in the Media

日期 Date	題目 Headline	媒體 Media Outlet
31/03/10	《Made in HK 李志剛》： 平等機會多元共融行動	香港電台第2台 RTHK Radio 2
02/04/10	醫生：家中產子風險高	文匯報 Wen Wei Po
17/04/10	未婚懷孕應求助社福機構	新報 Hong Kong Daily News
17/04/10	未婚懷孕可求助社工	大公報 Ta Kung Pao
31/05/10	《甜心家族》：愛心家族： 兒童家居照顧 (自閉症及過度活躍症)	香港電台第1台 RTHK Radio 1
04/06/10	由心出發：公益金系列 黃永心照婦女中心協會	商業電台 Commercial Radio
29/06/10	智障家庭拍合照紓緩壓力	蘋果日報 Apple Daily
30/06/10	嘸模鬥賤嫩版 徐子淇自拍施暴片炸網	Face 週刊 Face Magazine
01/07/10	周汶錡斥教壞細路 Debby知哀認錯	太陽報 The Sun
01/07/10	Debby任撕暴婦團強烈譴責	東方日報 Oriental Daily News
02/07/10	嘸模拍性侵片宣傳受批評	蘋果日報 Apple Daily
02/07/10	書展嘸模再起風雲	南方都市報 Southern Metropolis Daily
16/07/10	中產家庭 遇危機應求助	生活區報 (香港經濟日報) Take Me Home (Hong Kong Economic Times)
03/08/10	安享晚年	明報 Ming Pao
13/08/10	香港公益金專題報導 香港婦女中心協會——單親家庭	新城財經台、 新城知訊台 Metro Finance, Metro Info
22/09/10	飽受家暴折磨苦不堪言 熱線助婦女走出陰霾	頭條日報 Headline Daily
24/09/10	加風四起	明報 Ming Pao
29/09/10	雙屍案警驗夫死因	太陽報 The Sun
07/10/10	家中產子隨時釀悲劇	新報 Hong Kong Daily News

日期 Date	題目 Headline	媒體 Media Outlet
16/10/10	社聯施政報告民調： 近半人指扶貧效用小	明報 Ming Pao
02/01/11	貧窮主婦度橋抗通脹	星島日報 Sing Tao Daily
02/01/11	港低收入女性 八成月入不足5000元	成報 Sing Pao Daily News
02/01/11	基層抗通脹各出其謀	明報加東版(多倫多) Canada Toronto Chinese Newspaper
02/01/11	基層抗通脹各出其謀 特賣會掃罐頭7元平菜吃兩天	明報 Ming Pao
16/01/11	「家家有酵素」菜頭鎰尾變清潔劑	新報 Hong Kong Daily News
21/01/11	《新文化運動》： 香港主婦聯盟—— 話劇《香港娜拉的秘密》	香港電台第5台 RTHK Radio 5
22/01/11	交通津貼·基層婦女又無份？	明報 Ming Pao
03/02/11	《千禧年代》： 新年特寫——小市民如何抗通脹？	香港電台第1台 RTHK Radio 1
24/02/11	各界對預算案回應	東方日報 Oriental Daily News
24/02/11	強積金注資遠水不能救近火	東方日報 Oriental Daily News
24/02/11	政黨團體齊炮轟	太陽報 The Sun
24/02/11	強積金注資6000元冇鬼用	太陽報 The Sun
26/02/11	無酬家庭主婦雷惠而： 我要做堅強女人，不是女強人	香港經濟日報 Hong Kong Economic Times
28/02/11	東方民調： 超廢預算案全民倒曾俊華	東方日報 Oriental Daily News
28/02/11	太陽民調： 曾俊華低能預算案官逼民反	太陽報 The Sun
07/03/11	聲音專欄文字版《小小西九》： 香港主婦聯盟訪問	商業電台 Commercial Radio
08/03/11	三八婦女節 多個團體遊行爭取婦女權益	亞洲電視本港台 Asia Television Ltd (Home Channel)
09/03/11	聲音專欄文字版《小小西九》： 香港主婦聯盟訪問	商業電台 Commercial Radio

媒體訪問

HKFWC in the Media

日期 Date	題目 Headline	媒體 Media Outlet
09/03/11	三八節婦女上街爭權益	成報 Sing Pao Daily News
09/03/11	婦女團體請願不滿無錢派	新報 Hong Kong Daily News
09/03/11	團體三八節遊行 促關注全職主婦	文匯報 Wen Wei Po
09/03/11	促倍增逾億元關愛四類人	太陽報 The Sun
09/03/11	平機會53%投訴涉懷孕歧視	香港商報 Hong Kong Commercial Daily
09/03/11	永遠的照顧者	星島日報 Sing Tao Daily
09/03/11	關愛基金擬撥逾二億扶貧—— 新移民婦女抗議歧視	東方日報 Oriental Daily News
09/03/11	More child-care services urged to help new mainland migrants	南華早報 South China Morning Post
09/03/11	Carers in need of helping hand	英文虎報 The Standard
09/03/11	香港婦女團體呼籲 政府支援女性照顧者	香港新聞網 Hong Kong China News Agency
10/03/11	聲音專欄文字版《小小西九》： 香港主婦聯盟訪問	商業電台 Commercial Radio
14/03/11	《笑容從家開始》：婦女權益	香港電台第5台 RTHK Radio 5
19/03/11	《女人傾心》： 「媽媽Vs外傭」由「預帶」談起	香港電台第1台 RTHK Radio 1
24/03/11	《笑容從家開始》：主婦聯盟	香港電台第5台 RTHK Radio 5
26/03/11	《女人傾心》： 「無法可修飾的一對手」由 「絨履手套」談起	香港電台第1台 RTHK Radio 1

協會言論

Press Releases & Statements

日期 Date	聲明 / 新聞稿 Press Releases & Statements
30/06/10	強烈譴責以性暴力宣傳少女模特兒寫真集 Stop using sexual violence to promote young female models' photo album
31/07/10	香港婦女中心協會對 《香港社會福利的長遠規劃諮詢文件》的意見 Response to the Consultation Paper for the Long-term Social Welfare Planning in Hong Kong
28/09/10	照顧壓力再釀慘劇 施政報告應增支援
28/09/10	香港婦女中心協會對《2010-11年施政報告》的意見 Suggestions to Policy Address 2010-11
27/10/10	香港婦女中心協會對《2010-11年施政報告》的回應 Feedback to Policy Address 2010-11
16/11/10	香港婦女中心協會對 最低工資水平訂立為時薪28元的意見 Response to Hong Kong's first minimum wage level
06/12/10	香港婦女中心協會就設立全民退休保障制度意見書 Submission to Legco Panel on Welfare Services about retirement protection
08/01/11	香港婦女中心協會30週年婦女大使麥玲玲女士熱心 支持「大踏步」慈善步行籌款2011 HKFWC 30th Ambassador Ms Mak Ling-ling attends the Striding Forward Walkathon 2011
14/01/11	人人撐環保 家家有酵素 New Tai Po, New Life Day of Action
28/01/11	《香港娜拉的秘密》話劇公演 Performance of A Doll's House in Hong Kong
23/02/11	香港婦女中心協會對 《2011-12年度政府財政預算案》的回應 Feedback to The 2011-12 Budget
08/03/11	香港婦女中心協會—— 「照顧者生活狀況問卷調查」問卷調查發佈會 Carers research press conference
08/03/11	香港婦女中心協會 「照顧者生活狀況」問卷調查簡要報告 Brief report of carers research

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	3,726
免費面見諮詢服務 Free Legal Advice Clinic	218
個案輔導 Case Counselling	295
互助小組 Mutual Support Group	444

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	2,398
語言、生活技能及興趣班 Language, Life Skill and Interest Class	14,024
婦女IT大使朋輩教學計劃 Peer IT Project	244

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	3,981

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	13,604
基礎保安及物業管理 Security and Property Management Training Course	26
再培訓課程畢業同學會互助網絡 Mutual Help Network of Retraining Course Alumni Association	355
婦女健康生活職工有限責任合作社 Women's Healthy Living Workers Co-operative Society	224
社會企業 Social Enterprise Scheme	70

自助組織發展

Self-help Group Development

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	1,350

社會參與

Social Participation

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	6,579
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	7,300
時事茶聚及研討會 Social Issues Tea Receptions and Seminars	447

社區教育

Community Education

計劃名稱 <i>Item</i>	受惠人次 <i>No. of Attendance</i>
街頭展覽及諮詢 / 外展活動 Side-walk Exhibitions and Outreaching Activities	13,926
講座及研討會 Public Talks and Seminars	2,645

會員活動

Members Development

計劃名稱 <i>Item</i>	受惠人次 <i>No. of Attendance</i>
會員活動 Members Activities	176
視聽資源及書籍借閱服務 AV Resource and Books Loan-out Service	478
義工網絡 Volunteer Network	6,753
義工嘉許禮 Volunteer Recognition Ceremony	115
大踏步慈善步行籌款（2011） Striding Forward Walkathon (2011)	170
麵包捐贈計劃 Bread Donation Programme	420

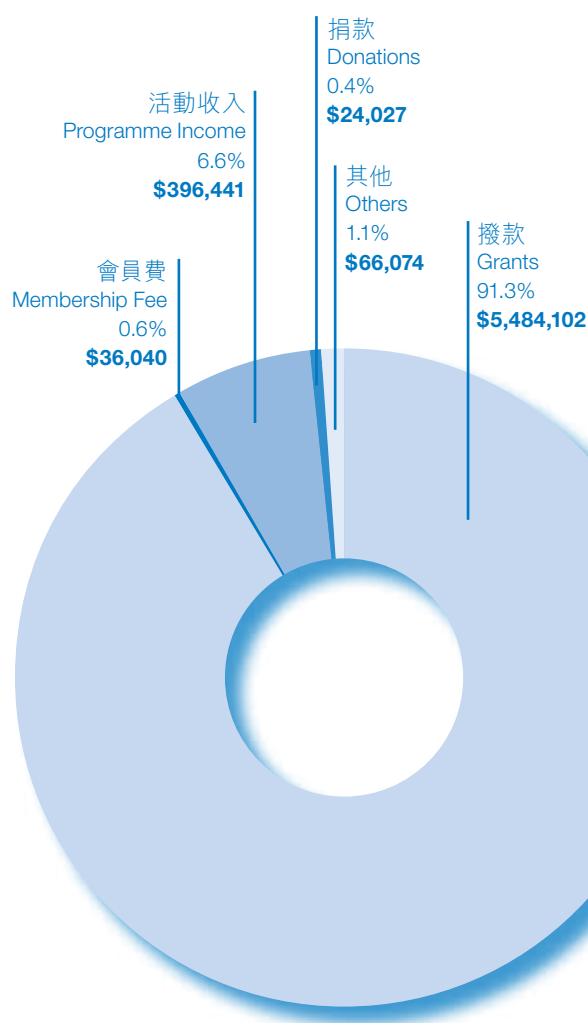
服務統計

Overview

計劃名稱 <i>Item</i>	受惠人次 <i>No. of Attendance</i>
有效會員人數（截至31/3/2011） Effective Membership (as of 31 March 2011)	1,178
偶到人數 Drop-in	37,733
義工人數 Numbers of Volunteers	491
提供服務時數 Volunteer's Hours of Service	19,239
總受惠人次 Total Number of Attendance	79,490

經費來源

Income

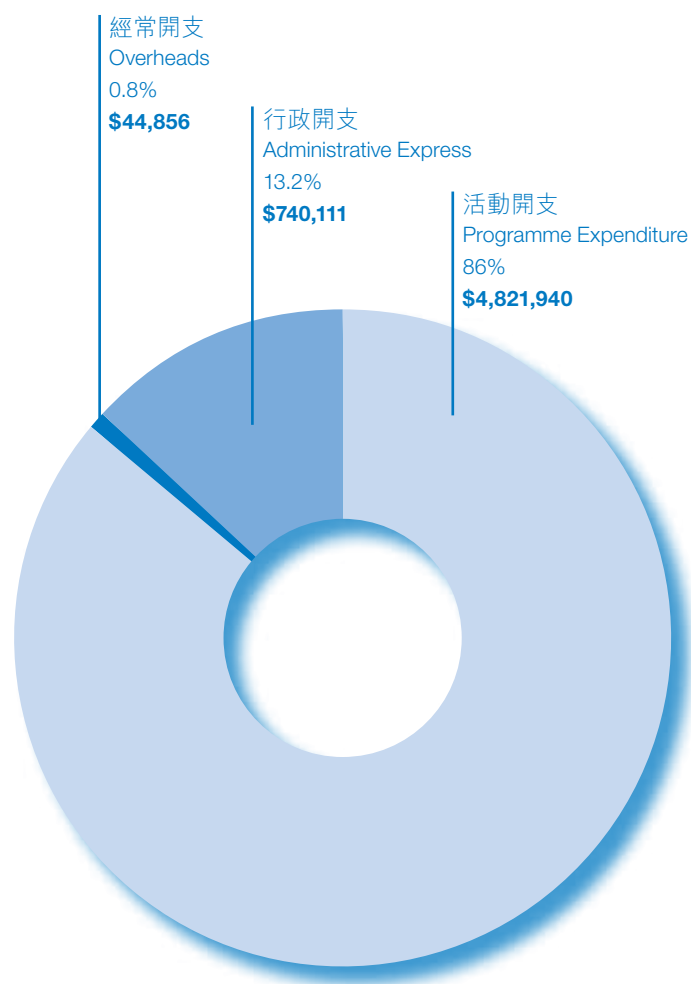


總收入 Total Income

HK\$6,006,684

經費用途

Allocation of Expenditure



總支出 Total Expenditure

HK\$5,606,907

鳴謝

Acknowledgements

本會衷心感謝以下資助團體、商號、社團及個別善長所作的財務支持和貢獻。（排名以筆劃次序排列）

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資助團體 FUNDING BODIES

大埔民政事務處
Tai Po District Office, Home Affairs Department

大埔區議會
Tai Po District Council

可持續發展基金
Sustainable Development Fund

平等機會委員會
Equal Opportunities Commission

何東爵士慈善基金
Sir Robert Ho Tung Charitable Fund

社區投資共享基金
Community and Investment and Inclusion Fund

社會福利署
Social Welfare Department

社會福利署大埔及北區及兒童福利服務協調委員會
Tai Po and North District Co-ordinating Committee on Family and Child Welfare Services

美國國際民主研究院
The American National Democratic Institute for International Affairs (NDI)

香港公益金
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香港社會服務聯會
Hong Kong Council of Social Service

香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

高盛（亞洲）有限責任公司
Goldman Sachs (Asia) LLC

婦女動力基金
HER Fund

深水埗區議會
Sham Shui Po District Council

深水埗民政事務處
Sham Shui Po District Office, Home Affairs Department

深水埗區青少年暑期活動統籌委員會
Sham Shui Po District Summer Youth Programme Coordinating Committee

勞工及福利局
Labour and Welfare Department

愛心聖誕大行動
Operation Santa Claus

僱員再培訓局
Employees Retraining Board

義務律師 VOLUNTEER LAWYERS: FREE LEGAL ADVICE CLINIC

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林志剛	Lam Chi-kwong

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Wong Kwong-man
Wong Yuen-ching, Susanna
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Cheng Woon-sun
Lai Yun-yee
Da Luz Maria Fatima Cesar
Ngan Siu-lun

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Chinese University of Hong Kong
香港城市大學應用社會科學系
Department of Applied Social Studies,
City University of Hong Kong
香港浸會大學社會工作系
Department of Social Work,
Hong Kong Baptist University
香港理工大學應用社會科學系
Department of Applied Social Sciences,
The Hong Kong Polytechnic University
香港專業進修學校人文及社會科學學部
Division of Humanities and Social Sciences,
Hong Kong College of Technology

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Wall Street Institute 英語學校
大坑坊眾福利會大坑青年中心
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協康會長沙灣中心
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香港版畫工作室
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香港專業進修學校
國際專業培訓協會
薈色園主辦可健耆英地區中心
聖約翰救傷隊

義工小組 —— 賽馬會麗閣中心

1. 熱線輔導員

早班：

黎慧儀	何慧怡	陳淑賢	謝綺梅
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趙愛然	勞恩	何樂詩	何煥珊
呂歡卿	劉道群		

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陳雪潔	潘妙玲	曾松華	梁全奕
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葉少堂	陳秀清	朱碧芬	朱紹珍
雷惠而	區麗娥	董雪儀	譚玉蓮
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晚班：

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2. 朋輩輔導員

石玉蘭	康詠賢	黃麗賢	劉婉月
呂歡卿	陳好定	李麗虹	陳獻紅
董雅麗	王議平	鄭翠英	黃馨漩
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馬惠玲	江彩玲	陳汝珍	

鳴謝

Acknowledgements

3. IT大使

何 珍	戴銀珠	唐蓮斯	吳婉熔
黃金碧	麥子融	林銀嬌	羅淑儀
歐秀萍	鄭桂芬		

4. 行政義工

楊梅英	梁詠珍	黃笑英	馮月珍
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吳麗芬	易惠芬	劉興葵	鄧慧菁
鄭麗霞			

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顏書琪	李純潔	孫巧瑩	曾愛英
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黃沛詩	簡連娣		

6. 心聲戲劇組

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麥肖英	朱碧芬	陳杏棠	雷惠而
羅月好	余美莉	方艷玲	馬妙儀
陳雪潔			

7. 社區導師

楊永健	葉周美梅	陳燕香	歐陽嘉慧
陳紅蕾	黃家雄	陳嘉欣	梁曉嫻
梁少梅	王康康	歐陽艷儀	李瑞嫻
羅珊珊	林添銘	勞慧燕	麥佩雄
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何聯貴	楊小歐	任澤成	羅思遠
周東雲	鄧澤威	歐能坤	

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陳麗華	許金蘭	房永銀	葉慧芳
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江潔玉	范順娟	方國定	陳秀玉
廖桂榮	張寶如	余妙虹	唐麗嫦
顏燕霞	陳 珍	梁順娣	

9. 義務導師

戴 鳳	袁英財	李美儀
Barbara Routledge		譚惠燕

義工小組 —— 太和中心

1. 接待大使 (至2010/12/31)

朱孝琮	朱艷娟	何舜兒	吳淑嫻
韋玉珍	袁繼英	陳小桃	陳燕芬
黃美蓮	劉麗琼	黎慧玲	賴莉梅
謝玉鳳			

2. 再培訓課程畢業同學會委員會

何惠珠	阮惠儀	林美玲	林惠卿
胡麗芳	郭影紅	彭秋月	廖月琼
劉煥儀	劉麗琼	錢麗紅	錢麗琼

3. IT大使

朱艷娟	袁繼英	錢麗紅	鍾珍妮
陳燕芬	謝玉鳳	林桂珍	

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陳麗華	賴玉珍	阮惠儀	劉玉微

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鍾楚蘭	蘇月歡		

8. 社區導賞員

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黃奕好	葉小瓊	葉長君	鄭麗華
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方艷玲	白志英	呂玉鳳	李少梅
李潔貞	林桂珍	林麗華	侯麗嬌
梁惠芬	陳穎思	劉玉微	劉宛月
蔡玉嫻	蔡建英	呂淑嫻	

10. 行政義工 (2011/1/1成立)

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阮惠儀	張潔儀	吳琮桂	謝玉鳳

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審核報告

Auditor's Report



華強會計師事務所

LKY CHINA

Certified Public Accountants (Practising), Hong Kong

Partners:

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

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ALBERT C. K. KO
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ASA, FTIHK, BBA, MA

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

Independent Auditor's Report

To the Members of HONG KONG FEDERATION OF WOMEN'S CENTRES 香港婦女中心協會
(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 2 to 16, which comprise the statement of financial position as at 31 March 2011, and the statement of comprehensive income, the statement of changes in reserves and the statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Executive Committee's responsibility for the financial statements

The Executive Committee is responsible for the preparation of the financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants, and for such internal control as the Executive Committees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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 of the financial statements that give a true and fair view 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 Committees, 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 2011 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, 27 OCT 2011

香港中環德輔道中99-105號大新人壽大廈五字樓

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審核報告

Auditor's Report

Income Statement

For the year ended 31 March 2011


	Note	2011 HK\$	2010 HK\$
Income			
Funding income and subsidies	5	5,485,773	5,169,994
General donation			
- walkathon donation		-	169,988
- others		26,391	58,327
Programme income		398,297	446,404
Membership subscriptions		35,020	38,880
Sundries		61,203	248,022
Bank interest income		2,510	902
		<u>6,009,194</u>	<u>6,132,517</u>
Expenditure			
Auditor's remuneration		10,000	10,000
Advertising		42,241	34,175
Bank charges		2,171	5,811
Consumable stores		-	347
Depreciation		16,888	18,383
Instructor fees		442,720	320,674
Insurance		19,363	17,674
Legal and professional fees		-	2,397
Newspaper and magazines		4,540	4,295
Postage		24,801	22,895
Printing and stationery		140,217	200,780
Programme expense		685,190	1,064,419
Rent paid for premises under operating leases		243,320	235,270
Rates		18,012	17,028
Repairs and maintenance		42,815	69,138
Retrainee's activities		1,841	2,530
Staff costs			
- Salaries		3,543,926	3,429,685
- (Reversal)/provision for unused annual leave		16,354	(62,365)
- (Reversal)/provision for long service payment		(48,532)	(47,140)
- Staff medical		31,230	35,841
- Staff training		17,823	10,116
- Mandatory provident fund		180,676	175,082
		<u>3,741,477</u>	<u>3,541,219</u>
Sundry expenses		52,015	50,086
Travelling		4,445	3,159
Utilities expenses		114,632	106,918
Written off of fixed asset		219	-
		<u>5,606,907</u>	<u>5,727,198</u>
Surplus for the year	6	<u>402,287</u>	<u>405,319</u>
Other comprehensive items			
- Amount transferred from deferred income		-	720,297
- Utilitised and released to designated Funds		(83,837)	(2,677)
		<u>(83,837)</u>	<u>717,620</u>
Total comprehensive surplus for the year		<u>318,450</u>	<u>1,122,939</u>

Statement of Financial Position

as at 31 March 2011

	Note	2011 HK\$	2010 HK\$
Non-current assets			
Equipment	8	17,359	28,816
Current assets			
Accounts receivable	9	562,848	164,531
Cash and cash equivalents	10	4,322,636	4,177,467
		<u>4,885,484</u>	<u>4,341,998</u>
Current liabilities			
Accounts payable	11	625,912	645,810
Deferred income	12	676,753	443,276
		<u>1,302,665</u>	<u>1,089,086</u>
Net current assets		<u>3,582,819</u>	<u>3,252,912</u>
Net assets		<u>3,600,178</u>	<u>3,281,728</u>
Represented by: -			
Agency Reserves			
Designated Funds	13	1,331,918	957,142
General Fund		2,268,260	2,324,586
		<u>3,600,178</u>	<u>3,281,728</u>

The financial statements and notes set out on pages 2 to 16 were approved and authorized for issue by the Executive Committee on **27 OCT 2011** and signed on its behalf by:


Honorary Treasurer


Chairperson

審核報告

Auditor's Report

Statement of Changes in Reserves

For the year ended 31 March 2011

		Total comprehensive income							Total comprehensive income						
		Balance as at 1.4.2009	Surplus for the year	Other comprehensive item			Balance as at 1.4.2010	Surplus for the year	Other comprehensive item			Balance as at 31.3.2011			
				Transfer from Deferred Income (note 12)	Utilised and released to Designated Funds	Transfer between Funds			Sub-total	Transfer from Deferred Income (note 12)	Utilised and released to Designated Funds		Transfer between Funds	Sub-total	
	Note	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	
Designated Funds															
(a) Lai Kok Centre															
Fund Raising Walk	13(a)	-	-	14,446	-	-	14,446	14,446	-	-	(4,800)	-	(4,800)	9,646	
Removal Expense	13(b)	-	-	5,484	-	-	5,484	5,484	-	-	(4,750)	-	(4,750)	734	
Other Specific Fund	13(c)	-	-	231,048	-	-	231,048	231,048	-	-	(6,000)	-	(6,000)	225,048	
Promotion Activities Fund	13(d)	-	-	8,689	-	-	8,689	8,689	-	-	(8,689)	-	(8,689)	-	
Staff Emergency Reserve Fund	13(e)	129,522	-	-	-	-	-	129,522	-	-	-	43,613	43,613	173,135	
Women's Relief and Support Fund	13(f)	50,000	-	-	-	-	-	50,000	-	-	(3,510)	-	(3,510)	46,490	
Zonta Club of New Territories	13(g)	-	-	2,677	(2,677)	-	-	-	-	-	-	-	-	-	
Maintenance and Development Fund	13(h)	-	-	-	-	-	-	-	-	-	-	300,000	300,000	300,000	
(b) Tai Wo Centre															
Film Gala 95 for Furniture and Equipment	13(i)	-	-	103,049	-	-	103,049	103,049	-	-	-	-	-	103,049	
Film Gala of "The Day - Tripper"	13(j)	-	-	66,679	-	-	66,679	66,679	-	-	-	-	-	66,679	
Fook Wo House	13(k)	-	-	-	-	60,000	60,000	60,000	-	-	-	115,000	115,000	175,000	
Other Specific Fund	13(c)	-	-	288,225	-	-	288,225	288,225	-	-	(56,088)	-	(56,088)	232,137	
Sub-total		179,522	-	720,297	(2,677)	60,000	777,620	957,142	-	-	(83,837)	458,613	374,776	1,331,918	
General Fund		1,979,267	405,319	-	-	(60,000)	345,319	2,324,586	402,287	-	-	(458,613)	(56,326)	2,268,260	
Total		2,158,789	405,319	720,297	(2,677)	-	1,122,939	3,281,728	402,287	-	(83,837)	-	318,450	3,600,178	

Statement of Cash Flows

For the year ended 31 March 2011

	2011 HK\$	2010 HK\$		2011 HK\$	2010 HK\$
Cash flows from operating activities			Cash flows from investing activities		
Total comprehensive income for the year	318,450	1,122,939	Bank interest received	2,510	902
Adjustments for			Purchase of furniture and equipment	(5,650)	(12,280)
Bank interest income	(2,510)	(902)	Net cash used in investing activities	(3,140)	(11,378)
Depreciation	16,888	18,383			
Written off of office equipment	219	-			
Operating cash flow before working capital changes	333,047	1,140,420	Net increase in cash and cash equivalents	145,169	39,235
Increase in accounts receivable	(398,317)	(51,553)	Cash and cash equivalents		
(Decrease)/increase in accounts payable	(19,898)	19,572	As at 1 April	4,177,467	4,138,232
Increase/(decrease) in deferred income	233,477	(1,057,826)			
			As at 31 March	4,322,636	4,177,467
Net cash generated from operating activities	148,309	50,613			

審核報告

Auditor's Report

Notes to the financial statements

For the year ended 31 March 2011

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 2011 is 24 (2010: 24).

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.

e. Revenue recognition

(i) Government subvention and general donations

Government subvention and general donations are recognized on receivable basis.

(ii) Programme income

Programme income is recognised when the programme are held.

(iii) 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.

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Notes to the financial statements
For the year ended 31 March 2011

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

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

	2011 HK\$	2010 HK\$
Deferred income utilised and released during the year (Note 12)		
- Operation Santa Claus Donation	56,621	325,234
- Sustainable Development Fund	353,197	334,751
- The Community Investment and Inclusion Fund	-	255,641
- Women Empowerment Fund	580	40
	<u>410,398</u>	<u>915,666</u>
Government subvention		
- Employees Retraining Board (Note 9)	1,997,709	1,594,323
- The Community Investment and Inclusion Fund (Note 9)	274,207	-
- Adult Education (Note 11)	152,611	144,203
- Rent and rates subsidies from Social Welfare Department	241,032	240,048
The Community Chest of Hong Kong		
- allocation donations	2,180,100	2,076,200
- capital project fund	-	58,500
Contributions for programme	229,716	141,054
	<u>5,485,773</u>	<u>5,169,994</u>

6. Surplus before tax

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

	2011 HK\$	2010 HK\$
Executive Committee's Remuneration		
- as Executive Committee	-	-
- for management	-	-
	<u>-</u>	<u>-</u>
Staff costs		
- Salaries and allowance	3,543,926	3,429,685
- instructor fees	442,720	320,674
- staff medical	31,230	35,841
- staff training	17,823	10,116
- mandatory provident fund	180,676	175,082
- provision/(reversal) for unused annual leave	16,354	(62,365)
- reversal for long service payment	(48,532)	(47,140)
	<u>4,184,197</u>	<u>3,861,893</u>
Auditor's remuneration	10,000	10,000
Depreciation	16,888	18,383
Hire of office premises under operating leases	281,720	235,270
Written off of office equipment	219	-
Programme expenses	<u>685,190</u>	<u>1,064,419</u>

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 1.4.2009	60,564	40,468	101,032
Addition during the year	11,040	1,240	12,280
	<u>71,604</u>	<u>41,708</u>	<u>113,312</u>
As at 1.4.2010	71,604	41,708	113,312
Addition during the year	5,650	-	5,650
Disposal during the year	-	(850)	(850)
	<u>77,254</u>	<u>40,858</u>	<u>118,112</u>
As at 31.3.2011	77,254	40,858	118,112
Accumulated depreciation			
As at 1.4.2009	46,682	19,431	66,113
Charge for the year	10,187	8,196	18,383
	<u>56,869</u>	<u>27,627</u>	<u>84,496</u>
As at 1.4.2010	56,869	27,627	84,496
Charge for the year	9,078	7,810	16,888
Written off from disposal	-	(631)	(631)
	<u>65,947</u>	<u>34,806</u>	<u>100,753</u>
As at 31.3.2011	65,947	34,806	100,753
Carrying amount			
As at 31.3.2011	<u>11,307</u>	<u>6,052</u>	<u>17,359</u>
As at 31.3.2010	<u>14,735</u>	<u>14,081</u>	<u>28,816</u>
The principal annual rates used for depreciation are as follows:			
Computer			33.3%
Office equipment			20%

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For the year ended 31 March 2011

9. Accounts receivables

	2011 HK\$	2010 HK\$
Utility deposit	22,450	22,450
Other receivables and prepayments	328,833	13,713
Amount due from Employee Retaining Board (note below)	91,885	13,163
Amount due from the Community Investment and Inclusion Fund (note below)	119,680	115,205
	<u>562,848</u>	<u>164,531</u>
Note:		
Amount due from/(to) Employee Retraining Board		
As at 1 April	13,163	77,607
Funds received	(1,918,987)	(1,658,767)
Amount utilised and released to the Statement of Comprehensive Income (Note 5)	1,997,709	1,594,323
As at 31 March	<u>91,885</u>	<u>13,163</u>
Amount due from/(to) the Community Investment and Inclusion Fund		
As at 1 April	115,205	-
Reclassified from Deferred Income (Note 12)	-	115,205
Funds received	(237,424)	-
Program income	(32,290)	-
Interest received	(18)	-
Amount utilised and released to the Statement of Comprehensive Income (Note 5)	274,207	-
As at 31 March	<u>119,680</u>	<u>115,205</u>

10. Cash and cash equivalents

	2011 HK\$	2010 HK\$
Fixed deposits	2,972,977	2,705,160
Cash at bank and on hand	1,349,659	1,472,307
	<u>4,322,636</u>	<u>4,177,467</u>

11. Accounts payable

	2011 HK\$	2010 HK\$
Accrued charges	529,291	555,846
Received in advance for Adult Education (note below)	96,621	89,964
	<u>625,912</u>	<u>645,810</u>
Note:		
Received in advance for Adult Education		
As at 1 April	89,964	82,470
Subvention received	159,268	151,697
Amount utilised and released to the Statement of Comprehensive Income (Note 5)	(152,611)	(144,203)
As at 31 March	<u>96,621</u>	<u>89,964</u>

12. Deferred income

	As at 1.4.2009 HK\$	Donation Received HK\$	Utilised and released to Income Statement HK\$	Reclassified under accounts receivable (note 9) HK\$	Transfer to Designated Funds (Page 5) HK\$	As at 1.4.2010 HK\$	Donation Received HK\$	Utilised and released to Income Statement HK\$	Returned of remaining fund HK\$	As at 31.3.2011 HK\$
(a) Lai Kok Centre										
Lai Kok Fund Raising Walk	14,446	-	-	-	(14,446)	-	-	-	-	-
Promotion Activities Fund	8,689	-	-	-	(8,689)	-	-	-	-	-
Zonta Club of New Territories	2,677	-	-	-	(2,677)	-	-	-	-	-
Lai Kok Removal Expenses	5,484	-	-	-	(5,484)	-	-	-	-	-
Operation Santa Claus 2007 Donation (Note a)	539,967	(256,352)	(139,400)	-	-	144,215	-	(10,485)	-	133,730
The Community Investment and Inclusion Fund (Note b)	(49,796)	190,232	(255,641)	115,205	-	-	-	-	-	-
Women Empowerment (Note c)	575	235	(40)	-	-	770	450	(580)	-	640
Others (Note h)	231,048	-	-	-	(231,048)	-	-	-	-	-
Sub-Total	753,090	(65,885)	(395,081)	115,205	(262,344)	144,985	450	(11,065)	-	134,370

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Notes to the financial statements
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12. Deferred income (cont'd)

	As at 1.4.2009	Donation Received	Utilised and released to Income Statement	Reclassified under accounts receivable (note 9)	Transfer to Designated Funds (Page 5)	As at 1.4.2010	Donation Received	Utilised and released to Income Statement	Returned of remaining fund	As at 31.3.2011
	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$	HK\$
(b) Tai Wo Centre										
Film Gala 95 for Furniture and Equipment	103,049	-	-	-	(103,049)	-	-	-	-	-
Women Empowerment (Note c)	13,172	296	-	-	-	13,468	582	-	-	14,050
Film Gala of "The Day – Tripper"	66,679	-	-	-	(66,679)	-	-	-	-	-
Operation Santa Claus 2006 Donation (Note d)	177,615	-	(177,615)	-	-	-	-	-	-	-
Operation Santa Claus 2007 Donation (Note a)	-	256,352	(8,219)	-	-	248,133	-	(46,136)	-	201,997
Sustainable Development Fund Project (SDF208) (Note e)	99,272	51	(85,341)	-	-	13,982	3,000	(3,000)	(13,982)	-
Sustainable Development Fund Project (SDF 321) (Note f)	-	272,118	(249,410)	-	-	22,708	411,645	(350,197)	-	84,156
Specific Donation 2011 for renovation of new centre (Note g)										
- Walkathon donation 2011	-	-	-	-	-	-	135,835	-	-	135,835
- Others donation	-	-	-	-	-	-	101,245	-	-	101,245
- Donation for Patchwork Sale	-	-	-	-	-	-	5,100	-	-	5,100
Others	288,225	-	-	-	(288,225)	-	-	-	-	-
Sub-Total	748,012	528,817	(520,585)	-	(457,953)	298,291	657,407	(399,333)	(13,982)	542,383
Total	1,501,102	462,932	(915,666)	115,205	(720,297)	443,276	657,857	(410,398)	(13,982)	676,753

The detailed natures of deferred income are as follows,

- It represents donations received from Operation Santa Claus 2007 for the project named "Caring for Carers-A Locality-based carer support project".
- 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".
- It represents donations received to support the related expenses for women to attend conferences and workshops.
- It represents donations received from Operation Santa Claus 2006 for the project named "Silver Lining – Mutual Support Network for Unemployed Women".
- It represents donations received for the project named "Community Sustainable Development Workshop – Promoting Community Sustainable Development by Women and Youth".
- It represents donations received for the project named "Striding Forward – A Tai Po Sustainable Community Project by Women"
- It represents donations received for establishment of the new Tai Wo Centre, and expansion of services.
- 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 changes in reserves on page 5 and the nature of the Funds are as follows.

- It represents funds raised for renovation of Lai Kok Centre.
- It represents funds raised for removal expenses of Lai Kok Centre.
- They represent donations received from various corporations and trust funds for programs in Lai Kok and Tai Wo Centres specified by the donors.
- It represents donations received to support promotion activities.
- Staff Emergency Reserve Fund represents funds designated for the purpose of supporting salary deficits in future time for Lai Kok Centre.
- 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.
- It represents donations received for renovation of the Women's Helpline service room in Lai Kok Centre.
- It represents funds raised for emergency maintenance of, equipment repair or replacement at, and IT development of the Lai Kok Centre.
- It represents funds raised for equipping and maintaining Tai Wo Centre.
- It represents donations received for subsidizing recurrent expenses of Tai Wo Centre.
- Tai Wo – Fook Wo House represents funds designated for renovation of Tai Wo centre and subsidizing the recurrent expenses of Fook Wo House.

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Notes to the financial statements
For the year ended 31 March 2011

14. Significant operating lease commitment

At the end of reporting date, the Federation had contracted as tenant for the following future minimum lease payments,

	2011 HK\$	2010 HK\$
Within one year	223,020	151,200
After one year, but within five years.	294,840	302,400
	<u>517,860</u>	<u>453,600</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:

	2011 HK\$	2010 HK\$
Accounts receivable	562,848	164,531
Cash and cash equivalents	4,322,636	4,177,467
	<u>4,885,484</u>	<u>4,341,998</u>

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

	2011 HK\$	2010 HK\$
Accounts payables	625,912	645,810
Deferred income	676,753	443,276
	<u>1,302,665</u>	<u>1,089,086</u>

All financial instruments are carried at amounts not materially different from their fair values as at 31 March 2011.

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
HKFRSs (Amendments)	Improvements to HKFRSs	1 January 2011
HKAS 9 (Revised)	Financial Instruments	1 January 2013
HKAS 24 (Revised)	Related Party Disclosures	1 January 2011

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

List of Advisory Board, Executive Committee and Staff

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 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 (截至2010年12月31日) 招璞君博士 (2011年1月1日起)
名譽司庫	陳翠琮女士
委員	葉永麗女士 羅雅莉女士 廖雅芬博士 招璞君博士 (截至2010年12月31日) 程思雅博士 (2011年1月1日起)

職員 (截至2011年3月31日)

總部	
總幹事	廖珮珊女士
行政秘書	袁碧儀女士
倡議及訓練幹事	倪志達先生
資源拓展幹事	傅詠芝女士
賽馬會麗閣中心	
中心主任	梁綺華女士
教育幹事	陳秀芬女士 劉升平女士 關嘉儀女士 譚鴻昌先生 譚淑儀女士
程序助理	陳翠儀女士
半職程序助理	陳梅冰女士
太和中心	
中心主任	何美儀女士
教育幹事	吳嘉怡女士 張慧珊女士
程序助理	林秀聰女士 梁瑞貞女士
半職程序助理	翟雙玲女士

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 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	Dr Shelia Twinn (until 31 December 2010) Dr Chiu Po-kwan, Patricia (since 1 January 2011)
Hon Treasurer	Ms Chan Chui-king, Liliane
Executive Committee	Ms Young Wing-lai, Geraldine Ms Alley Law Dr Liu Ngar-fun Dr Chiu Po-kwan, Patricia (until 31 December 2010) Dr Shelia Twinn (since 1 January 2011)

Staff (as of 31 March 2011)

Head Office	
Director	Ms Liu Pui-shan, Si-si
Administrative Secretary	Ms Yuen Pik-yee, Vikki
Advocacy and Training Officer	Mr Ngai Chi-tat, Simon
Resources Development Officer	Ms Fu Wing-chi, GiGi
Jockey Club Lai Kok Centre	
Centre-in-charge	Ms Leung Yee-wah, Eva
Education Officer	Ms Chan Sau-fan, Joyce Ms Lau Sing-ping, Yvonne Ms Kwan Ka-yi Mr Tam Hung-cheong, Winn Ms Tam Shuk-yee
Programme Assistant	Ms Chan Chui-yee
Half-time Programme Assistant	Ms Chan Mui-bing, Amanda
Tai Wo Centre	
Centre-in-charge	Ms Ho Mei-yee, Joyce
Education Officer	Ms Ng Ka-yi, Katie Ms Cheung Wai-shan, Koko
Programme Assistant	Ms Lam Sau-chung, Jane Ms Leung Sui-ching, Ada
Half-time Programme Assistant	Ms Chak Sheung-ling, Shelly

服務

Services

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。

偶到服務：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。

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)

☐

一次性捐款 One-off Donation

☐ \$200

☐ \$500

☐ \$800

☐ \$1,000

☐ 其他金額

\$

(請註明 Please specify)

捐款者資料 Donor Information

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Name

小姐 / 女士 / 先生
Ms / Mrs / Mr

職業
Occupation

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Telephone No.

電郵
E-mail

傳真號碼
Fax No.

地址
Address

捐款方法 Donation Method

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Credit Card

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Credit Card No.

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Signature

☐ VISA

☐ Master Card

有效日期
Expiry Date

月 /
MM /

年
YY

持卡人姓名
Name of Cardholder

☐

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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
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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**



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