

軍信 SCENE

2021 11月 - 12月
NOV - DEC

抱抱您
為照顧者加油打氣



BIG HUGS FOR YOU
WALKING TOGETHER WITH CAREGIVERS

目錄 Contents

編者的話 Editor's Note	001
封面故事 - 抱抱您為照顧者加油打氣 Cover Story - Big Hugs for You Walking Together with caregivers	002
活動花絮 Activities	010
他們的點滴 Their Sharing	013
專欄 - 別讓毒性壓力影響幼兒的發展 Column - Don't Let Toxic Stress Affect Children's Development	014

救世軍知多啲 The Salvation Army Nowadays

歡渡聖誕 為有需要人士送上祝福

聖誕是紀念耶穌降生的日子，亦是向弱勢社群傳遞愛與關懷的時節。

每年，救世軍上下都馬不停蹄提供服務，向大眾分享神的恩典。部隊會帶同樂隊報佳音；服務中心會進行探訪，更會舉辦節日棉花糖義賣為弱勢社群籌款。

疫情下雖然有不少大型活動未能舉行，但我們的關懷不會止步。近年，服務單位更會送上防疫物資，向有需要人士傳遞愛和溫暖。

Bring Blessings to People in Need at Christmas Time

Christmas is a time to remember the birth of Jesus. It is also a season to show our love and care to the disadvantaged communities.

Every year, The Salvation Army tirelessly provides services and shares God's grace with the community. Corps and their bands sing carols, service units pay home visits, and the Command organises Festive Charity Sale to raise funds for the disadvantaged communities.

The pandemic has caused many mass events to be cancelled or postponed, but it doesn't stop our care for others. In recent years, our service units include anti-epidemic supplies in the goods they give out during Christmas to bring more love and warmth to those in need.

《軍信》雙月刊 Army Scene Bimonthly Newsletter
2021 年 11 至 12 月 Nov - Dec 2021

出版 Publisher
救世軍
The Salvation Army

編採 Editorial Team
機構傳訊及籌募部
Corporate Communications and
Fundraising Department

設計及印刷 Design & Printing
d creation

如欲免費訂閱《軍信》請聯絡：
For free subscription, please contact:

救世軍港澳軍區機構傳訊及籌募部
Corporate Communications and Fundraising Department
The Salvation Army Hong Kong and Macau Command

香港九龍油麻地永星里 11 號
11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong

電話 Tel: (852) 2332 4531
電郵 Email: info@hkm.salvationarmy.org
傳真 Fax: (852) 2332 4286
網頁 Website: <https://salvationarmy.org.hk>

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抱抱照顧者 BIG HUGS FOR CAREGIVERS

近日，不少機構發表有關照顧者的調查，再次令大家關注照顧者的需要。當中，有機構以訪談形式收集了 15 個家庭的無酬主要照顧者，發現在家庭幸福及家庭健康方面，均低於 2019 年的全港調查平均數，而且屬於「偏低」水平。有部分照顧者更指，因時刻擔心需被照顧的家人狀況，而引致情緒繃緊及爆發，甚至不敢對未來抱有期望。這些照顧者往往以被照顧的家人為先，忽略了自己的身心健康。

今期《軍信》的 3 位照顧者均疲於照顧他們的家人，忙得連自己的身心需要都遺忘了，更遑論是否感到幸福：彥仔（化名）媽媽為兩名有特殊需要的兒子疲於奔命，也為着他們的出路而擔憂，情緒頻臨崩潰邊緣；阿清除了忙於照顧兒女外，也因為自己的問題而否定了自我價值；Bonnie 全力照顧兩名年幼、有特殊需要的兒子，感到吃力徬徨。在救世軍服務支援他們照顧孩子時，我們也不忘給予她們身心支援，提醒她們照顧身、心靈、健康也同樣重要。

臨近聖誕及新年，在這些普天同慶的日子裡，如果你是一位主要照顧者，請抱抱自己、讚賞自己；你也可以選擇抱抱家中的照顧者，給他們安慰，為他們打氣。

Recently, many organisations have released results of their surveys on caregivers, bringing the needs of caregivers to public attention again. In one of the surveys, data was collected from unpaid primary caregivers of 15 families by conducting interviews, and the findings showed that the scores of these caregivers in terms of family wellbeing and family health are lower than the territory-wide average of 2019 and on a 'relatively low' level. Some caregivers even expressed that they were constantly worried about family members under their care, which led to emotional tension and outbursts or even hopelessness about the future. It shows that very often these caregivers are too absorbed in worries and have neglected their own physical and mental wellbeing.

In this issue of Army Scene, three caregivers are so tied up in taking care of their families that they have forgotten about their own needs, not to mention their sense of wellbeing. Yin's (alias) mother strived to take care of her two sons with special needs every day and was overwhelmed by worries over their future. As for Ching, on top of losing her life balance as she got too busy with all the chores at home, she has also lost her sense of self-worth due to her own health issue. Bonnie took care of her two young children with special needs, which made her anxious and exhausted. While giving support for taking care of their children, the Salvation Army services also support their physical and emotional needs and remind them their own wellbeing is equally important.

Christmas and the New Year are drawing near. In this season of celebration, if you are a primary caregiver, give yourself a big hug and some well-deserved credits; or if you have caregivers in your family, it is a good time to cheer them up and show your care by giving them a warm huddle.

BIG HUGS FOR YOU
WALKING TOGETHER
WITH CAREGIVERS

抱抱您
為照顧者
加油打氣



彥仔媽媽照顧兩名有特殊需要的兒子心力交瘁，幸得到「結伴行」家長資源中心的團隊社工張姑娘的協助，生活和與兒子關係都有明顯改進。
Yin's mother struggled to take care of her 2 sons with special needs. Thankfully, with the assistance from 'Share-care' Parents Resource Centre social worker Ms Cheung, her life with the children has improved a lot.

「養兒一百歲，長憂九十九」，這份「憂」往往讓照顧者忘記了自身的身心健康，以致回過頭來，才發現身心早已傷痕累累。我們的3位母親在照顧過程中，與她們的孩子不斷角力，身心俱疲，但有幸在照顧路上得到我們社區關懷服務的全面支援，他們的孩子才得到改善，同時她們也獲得身心支援，從而釋放壓力，慢慢放下擔憂，重新學習愛自己。

Parents worry about their children no matter how old their children get. Sometimes they are too absorbed in worries, neglecting their own physical and mental wellbeing and finding themselves burnt out and exhausted only much later. This time we share the stories of 3 mothers, who were overwhelmed by the challenging tasks of taking care of their children. Their life quality improved after receiving the comprehensive support from The Salvation Army Community Care Services, which helped them release stress, put down their worries and love themselves again.



「結伴行」家長資源中心教材豐富，為彥仔媽媽提供不少專業的知識。With abundant teaching materials, Yin's mother gets access to professional knowledge in 'Share-care' Parents Resource Centre.

憂心兩個兒子的前路

「兩兄弟相親相愛，開心、獨立、健康就足夠了。」這是彥仔（化名）媽媽最大的願望。

彥仔媽媽兩名兒子今年分別 24 歲及 16 歲，同時有特殊需要，每天都是一場角力。哥哥彥仔患有自閉症及輕度智障，情緒起伏不定，如乘搭不到喜愛的巴士型號時，便會在街上大吵大鬧；有時甚至會情緒失控橫臥在街上，引來不少途人圍觀。弟弟方面，他因在校被同學欺凌，情緒壓力「爆煲」，導致衍生了腸胃問題，更有退學的念頭。種種情況令彥仔媽媽崩潰、心痛萬分，但不懂得任何求助的途，導致一家處於黑暗之中苦苦掙扎。

Worrying the future of her sons

'I hope my two sons love and support each other; as long as they are happy, healthy and independent, I am content,' Yin (alias)'s mom told us her greatest wish.

The 24-year old Yin and his 16-year old brother both have special needs and their daily life is challenging. With autism and a mild intellectual disability, Yin's emotions fluctuated greatly. For instance, he may throw a tantrum on the street when he is unable to ride the bus of the type he prefers; or he can have an emotional meltdown and throw himself on the street, drawing the attention of many passers-by. At the same time, his younger brother was bullied at school and was emotionally distressed, causing him to have digestive issue and to think about quitting school. Their mother was heartbroken by the plights of her sons but did not know how to get help. The family was struggling in grim days.



彥仔喜歡靠著窗看路上行駛的車，媽媽都會牽著他的手，靜靜地陪伴著。

Yin loves watching cars drive pass. Every time, Yin's mother would hold his hands, enjoying the moment together.

直到三人認識救世軍，他們的生命出現了曙光。哥哥先加入救世軍恒安宿舍的「陽光路上」培訓計劃，接受在職工作輔導及指導。及後經轉介到「結伴行」家長資源中心，彥仔媽媽的生活終於重見希望。每當彥仔鬧情緒時，社工都立即向她提供解決方案，一方面又舒緩她的情緒。即使是打風，社工都會進行家訪，確保他們得到及時的協助。為處理弟弟的學業前途，社工利用多個月的時間，努力不懈的嘗試打開他的心門，最終社工得知弟弟喜歡下廚，對廚藝非常講究。其後順利找到了主流學習的另一出路入讀西廚學院，慢慢變得自信開朗，臉上重現笑容。

彥仔媽媽直言「輕鬆了不少」。而在兒子上課期間，她也得以「啾啾氣」，找回了自己一點私人時間，參加資源中心定期舉辦的講座和健康小組，加強知識之餘透過運動釋放壓力，重拾身心靈健康和盼望。

The family regained hope again when they found help from The Salvation Army. First it was Yin joining The Salvation Army Heng On Hostel's on-the-job training programme 'Sunnyway', where he received on-the-job training, counselling and guidance. Yin's case was then referred to 'Share-care' Parents Resource Centre, which provided multiple services to Yin's mother that help her life. Whenever Yin gets unstable emotionally, social worker will guide Yin's mother on how to handle the situation and provide her with comfort and emotional support. Social worker also pays home visits to them, even during typhoon, to make sure the family can get assistance in a timely way. For the younger brother, social worker had been working with him for months building trust and connection and got to know what really interested him. When they knew that he has great interest and passion in cookery, they helped him to enroll in a western culinary institute. The younger brother gained confidence as he received the cooking training and has become happier and positive.

Yin's mother said her life 'has become much easier'. She can have some personal time when her sons are having lessons. In her free time she has joined the seminars and health group meetings regularly held by the Resource Centre, regaining both health and hope in heart, mind and soul by learning how to make balance in life and release stress by doing exercises.

救世軍「結伴行」家長資源中心

中心於 2020 年 3 月在沙田區投入服務，服務對象包括有特殊需要、自閉症、智障及身體殘障人士及其家庭，涵蓋的年齡層廣泛。以「家庭為本」及「伙伴同行」為理念，專為殘疾及特別需要人士的家長、親屬及照顧者提供 360 度全方位專業社區支援服務。中心提供小組及活動，為家長提供支援及網絡、深化治療小組及個別化服務等。

The Salvation Army 'Share-care' Parents Resource Centre

The Centre started its services in Shatin in March 2020. The services' targets include persons of all ages with special needs, autism, intellectual disability or physical disability and their families. With the principal aim to offer 'family-oriented services' and 'companion support', the Centre provided comprehensive professional community support to persons with disability or special needs and their families and caregivers. The Centre also provides group support and activities, assistance and networking services for families, in-depth healing group and individualised services.

重新認識自己 重拾自信

成為母親後，阿清的生活只圍繞着子女，每日忙着照顧家庭及處理大小事務，只能把自己的興趣、生活擱置。另一方面，阿清數年前因患上咽喉疾病令聲帶受損，以致她說話聲線緩慢不清。從此，阿清變得缺乏自信，漸漸疏遠友人。

因此，跟進阿清個案的社工邀請她參與「屯愛手藝坊」，嘗試踏出以往的生活圈及發揮所長。初時，阿清比較慢熱、被動，未有太多的投入感，多數只以聆聽者的角色參與小組。但經過社工和組員們無數指導、關心及互相鼓勵下，阿清漸漸被小組的熱情及愛融化，開始打開心扉，嘗試表達自己，亦向組員們解釋因自己的身體狀況影響了初時在小組的活動表現。組員們會互相欣賞彼此的作品，將技巧無私地與大家分享，互相體諒和扶持。阿清明白到自己並不孤單，背後有他們支持，共同面對困難。

Regain confidence by finding herself again

After becoming a mother, Ah Ching has put her kids first. She was busy with all the chores at home and has put aside her own hobbies and life. A few years ago, Ah Ching suffered from an illness in her throat, which had damaged her vocal cord and resulted in slurred and slowed speech. She lost confidence since then and distanced herself gradually from friends.

Her case was followed up by a social worker, who invited Ah Ching to join 'Tuen Mun Caring Handicraft Workshop' as the first step of stepping out the old life pattern and finding self-expression. At first, Ah Ching was distant, passive and was not so committed. She often participated in the group only as a listener. But through a great amount of guidance, care and encouragement from social workers and team members, Ah Ching was moved and gradually opened up and tried to express herself. She explained that it was because of her health condition that her was acting aloof at the beginning. In the workshop, members appreciate each other's works and share their own techniques with each other. The mutual care and support among members show Ah Ching that she is not alone, and she knows these group members are there for her to support her through the difficult times.



阿清透過「屯愛手藝坊」發揮潛能，突破自身缺憾，找到人生方向。

Ah Ching regained confidence through 'Tuen Mun Caring Handicraft Workshop'. She was able to display her talents and get her life back on track.

阿清的作品表現了她的細心精緻手藝，色彩設計豐富。

The handcrafts made by Ah Ching are delicate and colourful.



救世軍「屯愛手藝坊」

由一群屯門的基層婦女組成，透過「屯愛手藝坊」發揮大家的潛能，將才藝發掘出來並轉化為能服務他人的優勢和能力，由大家用心學習、研發、製作的布藝品，每件作品在發揮「人盡其才」的理念，訴說著她們的故事。這群婦女大多因照顧家庭和未曾投身勞動市場而對工作卻步，卻因為大家都同樣被生活和現實上不同的問題而制肘著，然而藉着小組的組成，她們在小組時間共同學習多種才藝和手作，及提供在墟市上擺賣的機會，讓她們重新認識自己，重建自信心。

The Salvation Army 'Tuen Mun Caring Handicraft Workshop'

Formed by a group of grassroots women at Tuen Mun, 'Tuen Mun Caring Handicraft Workshop' is a place where they can express their potentials and transform their talents into ability to help others. The group learns and develops fabric crafts and creates craft products with great passion. Their works express their potentials and talents, and more importantly tell the stories of them. Out of different reasons, such as the need of taking care of families or lack of actual working experience, most of the members experience the difficulties of getting into the labour market, feeling they are restricted by life issues and conditions. Through joining the group, they learn together various handicraft skills and have the opportunity to sell their works later in bazaars. These experiences help them to get to know themselves from another angle and re-build their confidence.



Bonnie 每日 24 小時不間斷照顧兩個年幼的特殊需要兒子，含辛茹苦，感到十分氣餒。「在乎你」家庭支援計劃的社工為兒子提供個別功課訓練及上門學習支援，也鼓勵 Bonnie 勇敢面對。

Bonnie worn herself out while looking after 2 young sons, both with special needs. 'Care About You' Family Support Project provides her sons with individual homework training and home learning support, and encourages her to overcome the difficulties.



中心內有不少來自家長的感謝信，讓計社工更有推動力，用知識和熱心幫助更多有需要的家庭。

Many thank you letters written by parents displayed in the Centre motivate the social workers to help more families in need.

壓力「爆煲」得支援稍作喘息

小浩（化名）今年就讀小二，專注力不足；小明（化名）4 歲則有自閉症及語言發展遲緩，只能說單字，均入讀於主流學校。媽媽 Bonnie 每日全天候照顧兩名兒子，力有不逮之餘更令自己身心俱疲，感到氣餒。

每天與小浩完成功課是道難題。小浩會出盡法寶，包括玩遊戲或看電視，藉此避開或拖延做功課的時間。雖然 Bonnie 讓小浩參加補習班，卻又因學生太多，結果分散了他的注意力，適得其反。而弟弟的情緒容易波動，經常發脾氣，難以控制。Bonnie 缺乏支援，感到無助，加上作為全職照顧者而未能工作，家中財政重擔全由丈夫承擔。支付高昂租金、日常支出及兩個孩子的費用，已讓他們完全透支，喘不過氣。

透過救世軍「在乎你」家庭支援計劃，Bonnie 逐步認識到如何有效與孩子相處，變得更積極面對困難。針對小浩的功課問題，計劃提供個別功課訓練及上門學習支援，減輕了 Bonnie 不少的擔憂。上門

Supports that bring relief from overwhelming stress

Primary 2 student Ho has concentration issue and his brother, 4-year-old Ming, is autistic with language delay and can only speak single words. It was overwhelming for their mother Bonnie to take care of them around the clock, especially as both of the boys go to mainstream schools. At one point Bonnie was so frustrated and found herself worn out.

Finishing homework with Ho is a daily challenge, as he always avoids doing homework or procrastinates in many ways such as playing games or watching TV. Bonnie has tried putting Ho into a tutorial class, but the situation got worse as it was even harder to keep him focused on the homework as there were too many other students in the class. Meanwhile, the emotions of Ming, Bonnie's younger son, fluctuate drastically and can be out of control. Bonnie was lack of support and felt helpless as she strived to take care of the boys. As she needs to stay home to look after her children, her husband became the sole financial support of the family. The high rent, high costs of living and the fee needed to raise the children gave the family considerable financial burdens, making their days tense and dim.

Through The Salvation Army 'Care About You' Family Support Project, Bonnie got to know how to get along with her children effectively and learn to face the difficulties with a positive attitude. To help Ho coping with the homework issue, the Project provided the boy with individual homework training and home learning support, which lightened Bonnie's worries.

探訪亦有助社工深入了解他們的家庭狀況、小朋友成長的需求，更有效地令 Bonnie 明白如何與孩子相處。小明也在特殊幼兒工作員和治療師指導下，改善其認知和社交技巧。看到兩位兒子的進步，她倍感安慰，從而開始放鬆自己，變得更積極面對人生。照顧家庭之外，Bonnie 不想停下來，想將自己多年的經驗帶給同樣面對困境的家長。Bonnie 稱：「我見到很多同路人有不同的需要，很想以自己的經驗回饋跟我一樣的同路人。」她繼而接受訓練，成為計劃義工，盼望幫助更多徬徨的同路人。

In addition, social worker paid home visits to the family to get an in-depth understanding of their situation and the needs of the children, which allowed them to help Bonnie by guiding her on how to communicate with her children effectively. Under the guidance of special child care workers and therapists, Ming's cognitive and social skills improved. Bonnie was happy to see the improvement of her two sons, and was gradually able to relax herself and build a more positive outlook on life. Besides taking care of her family, Bonnie also wants to stay active and considers how her experience can help parents going through the same situation. 'I see many fellow parents going through difficult times with various needs, I want to share my experience and help them just like I got help before,' said Bonnie. She joined the training and became one of the volunteers in the Project, hoping to give support to others who are distressed in similar situations.

救世軍「在乎你」家庭支援計劃

承蒙香港公益金資助，救世軍於2020年4月中於全港開展「在乎你」家庭支援計劃。計劃旨在以「家庭為本」及「伙伴同行」為理念，為育有2-12歲特殊需要兒童的基層家庭及照顧者提供全方位家庭支援服務。透過評估、個案輔導、到戶支援、家長小組、家庭活動及講座等服務，建立家長及照顧者支援網絡，增強家長及照顧者的照顧知識及技巧，提升其教養信心及舒緩壓力，亦藉此重塑家庭系統關係。

The Salvation Army 'Care About You' Family Support Project

Supported by The Community Chest, The Salvation Army launched the 'Care About You' Family Support Project in Hong Kong in April 2020. The Project aims to provide family-oriented services and companion support for grassroots families with special need children between 2 and 12 years old. Their comprehensive family support services include case assessment, counselling services, home visit support, parent group, family activities and seminars. Through building a supporting network among parents and caregivers, enhancing their caring knowledge and techniques, increasing their confidence in parenting and releasing the stress as caregivers, the Project works on assisting families to restore relationships and family dynamics.

救世軍願意與照顧者同行分憂，擁抱他們疲累的身心，讓他們釋放壓力，放下擔憂，重新學習愛自己。你的捐助支持亦能有效讓我們發揮作用，進一步幫助他們跨越一個個難關，為每一位有需要的人加油打氣！

The Salvation Army walks with caregivers, shares their worries and embraces their worn-out souls, helping them to release their stress, put down their worries and love themselves again. Your donation can empower us to help caregivers to tide over their difficulties. Please support our caregiver support services and give the caregivers in need a boost!

捐助支持
Donate to Support



抱抱您

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備註：你的個人資料只供救世軍作簽發收據、通訊、募捐或收集意見之用，如不希望收到我們的資訊和募捐郵件，請在空格加上「✓」號。
Remarks: Your personal data collected will be used for issuing receipts, communications, fundraising and conducting surveys for The Salvation Army. If you do not wish to receive any communications or fundraising mailings from us, please mark "✓" in the opt-out box.

救世軍「定向無定向 2021」 分時分日分地新玩法

The Salvation Army Orienteering 2021 Not Limited by Date, Time and Starting Points



「定向無定向 2021」於 2021 年 11 月 6 日及 13 日圓滿舉行。參加隊伍分別於灣仔、九龍及沙田出發，挑戰三小時定向旅程，憑無字地圖及不同交通工具，穿梭遍佈港、九、新界的控制點。

是次活動共籌得接近港幣 \$600,000，除了家庭及青年朋友組隊支持外，商界夥伴亦積極以各種形式支持，包括企業員工及其家人組成機構隊參與、贊助本軍的服務使用者組隊參加活動、現金及禮品贊助及招募企業員工擔任義工等。

'The Salvation Army Orienteering 2021' completed successfully on 6 and 13 November 2021. Participating teams set off from Wanchai, Kowloon and Shatin respectively and navigated through Hong Kong Island, Kowloon and the New Territories to complete the orienteering challenge within a 3-hour limit, where they needed to search for checkpoints using different means of public transportation and a wordless map.

The event raised nearly HK\$600,000. We are grateful for the support from the participants of family teams and teams from open class. Our corporate partners also gave us their full support through various means, including the participation of their staff members and families, sponsorship for the teams of our service users, cash in-kind sponsorship, and the volunteer support from their staff.



了解更多企業支持資訊

Learn more about our Corporate Partnership

「『掃』心事」- 囤積行為人士社區支援計劃 'HOME' Community Support Scheme for Persons with Hoarding Behaviours

露宿者綜合服務開展了一項名為「『掃』心事」- 囤積行為人士社區支援計劃。服務以專業協作手法，為囤積症或有囤積行為人士提供全面協助。計劃以外展方法接觸有囤積行為人士，並與心理學家、專業醫護合作，提供個案管理服務。同時，計劃會組織露宿者成立義工隊，提供棄置囤積物和執拾家居服務。



Collaborating with psychologists and medical professionals, 'HOME', the Community Support Scheme for Persons with Hoarding Behaviours, was launched by Integrated Service for Street Sleepers with the aim of helping persons with hoarding disorder or behaviours to make changes to improve their life quality. Meanwhile, a volunteer team formed by street sleepers provides disposal services for users of the Scheme.



保護環境 從小做起 Protect the Environment from a Young Age

循環再用計劃到訪蘇屋幼稚園向學生講解環保的重要性。學生發現在他們長大後，有不少兒時的衣物和玩具都被棄掉，十分浪費。而這些最終都會運到堆填區，進一步破壞環境。

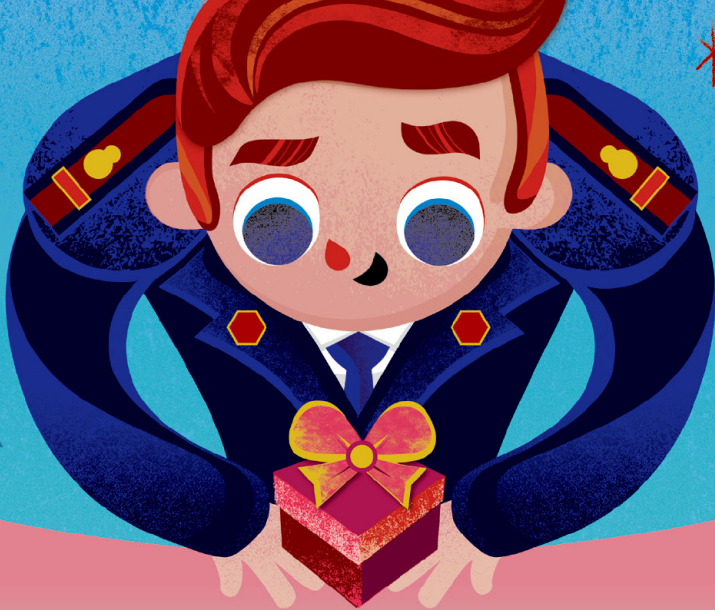
因此，循環再用計劃向學生介紹學校附近的分類回收箱，可處理金屬、塑膠、紙張、玻璃和電池。捐贈衣物及其他物資予救世軍更可轉贈到有需要人士手上。



Colleagues from Recycling Programme were invited to So Uk Kindergarten to introduce the importance of environment protection to students.

Students discovered that most of the baby clothing and toys will be discarded when they are no longer useful, and those items will be sent to landfills at the end, which further causes pollution to the environment.

The Programme's colleagues then introduced the classified recycling bins near the school to the students, explaining that metals, plastics, used paper, glass and batteries can all be recycled. Donations of clothing and other used items to the Salvation Army can also help the people in need.



節日棉花糖慈善義賣

Festive Marshmallow Charity Sale



HK\$20 每盒
Box

HK\$80 全套四款
Full Set (4 Boxes)

HK\$200 禮物包
Gift Set

包括一套4款棉花糖及由救世軍復康學員親手製作紗線握手派套裝
A set of 4 Candy Boxes and a Saori bag handmade by The Salvation Army Rehab Services trainees with a sanitiser





助人的逆齡響鬧藥盒

SMART PILLBOX WITH ALARM FOR ELDERLY

Jason 於 2017 年參加救世軍新界西綜合服務舉辦的「聯校小學生領袖訓練計劃」，過程中除了學習領袖技巧和關心社區，更開始關注獨居長者生活的困難。計劃結束後，Jason 與幾位組員及社工組成社創團隊，開始深入了解長者吃藥上的困難和需要，並且設計出「逆齡響鬧藥盒」，在社區持續進行推廣和測試，希望為更多長者帶來幫助。

現年中三的 Jason 坦言長者對藥盒的回饋是他持續參與的一大動力。「最初做需要調查時，有長者分享有時自己忘了是否有吃藥，便多吃一顆。我心裡大叫糟糕。有個婆婆在試用我們的藥盒一段時間後，養成了良好的食藥習慣。這些經歷令我建立了自信及同理心」。儘管中學生活十分忙碌，他希望自己能一直把創新和助人的精神持續下去。

Jason joined the 'Joint-School Primary School Student Leader Programme' organised by The Salvation Army New Territories West Integrated Service in 2017. In the Programme, he has acquired leadership skills and has become more conscious of the needs of the community, especially the elderly people living alone who encounter difficulties in their daily life. After the Programme was completed, Jason teamed up with some group members and social workers to form the 'Social Innovation Team', and together they studied closely the difficulties and needs of the elderly people who need to take medication regularly. The Team has then designed the 'Smart Pillbox', a device with alarm with an aim to help elderly people to improve medication adherence. The device is now undergoing promotion and testing in the community.

Jason, now studying in Secondary 3, admitted the feedback from the elderly is a strong motivation for his continued participation in the project. 'When I first started doing research for the project, some elders shared that when they are not sure about whether they have taken their medication, they choose to take one more pill. I thought to myself, "Oh, that's not good." An old lady tried using our pillbox for some time and gradually built up a good medication routine. Positive experiences like hers have helped build my confidence and empathy.' Despite his busy life in secondary school, Jason wants to keep on fostering the innovative spirit and helping others.

別讓**毒性壓力** 影響幼兒的發展

Don't let **toxic stress**
affect children's development

救世軍學前教育駐校社會工作服務
The Salvation Army Pre-school Education
and School Social Work Services



在進行家長教育工作時，每當講解毒性壓力（Toxic Stress）如何影響幼兒的發展時，起初家長們的心情都是平靜的。但越聽下來，大家便會開始出現愁容，甚至越來越擔心，更有家長忍不住說：「哎呀！乜咁都會造成毒性壓力架？我仲成日咁話個仔添……」沒錯，我們可能為孩子添加了毒性壓力也不知道。

During parenting work sessions, when parents are first introduced to the idea of toxic stress and how it can affect young children's development, they are usually quite calm. But when they get to know more and more about it, some of them may begin to frown and start worrying. Some even exclaim 'Oh no! These can also cause toxic stress? I have been talking to my son like that all the time...'. It is indeed true that we may impose toxic stress on our children without even knowing it.

不同類型的壓力

所有壓力都有毒嗎？答案：不是。學習處理壓力是幼兒成長必要的一環。當幼兒面對壓力時，心跳、血壓及壓力荷爾蒙皆會上升。身邊成人的關懷和支持是幫助他們的關鍵，能讓幼兒嘗試克服壓力，建立承受壓力的能力。可是，如果幼兒長期、頻密地遭受強大壓力，又沒有身邊成人的支持和保護，會影響大腦的正常發育和功能，長遠更會增加罹患身心疾病的機率。這些足以損壞幼兒大腦的壓力，稱為「毒性壓力」。常見的壓力如下：

Types of stresses

Are all stresses toxic? The answer is no. Learning how to handle stress is an important lesson for young children's development. When young children facing stress, their heart rate, blood pressure and stress hormone levels increase. The care and support from the adults around them are crucial; they can help children to overcome stress and build up the ability to cope with stress. However, if a child has been bearing frequent and intense stress since young age without the support and protection from adults around, the normal development and functioning of his/her brain can be affected, and the chance that him/her suffering physical and emotional diseases can increase in the long term. The stress that can cause damage to young children's brains is called toxic stress. The common types of stresses are as follows:

	特徵 Nature	例子 Example	成人的支持 和保護 Support and protection from adults	結果 Results
正向壓力 Positive Stress	成長期出現， 正常 Expected during growth, normal	第一次上學 First day to school	有。 事前預告鼓勵， 事後支持安慰。 Yes - explaining and encouragement in advance; support and consolation afterwards.	推動健康成長 Promote healthy growth and development
可承受壓力 Tolerable Stress	突如其來，強烈 Sudden, intense	交通意外 Traffic incident	有。 事後支持安慰。 Yes - support and consolation afterwards.	抗逆力提高 Increase the ability to cope with adversity
毒性壓力 Toxic Stress	長期、頻密、 強烈 Long-term, frequent, intense	傷害 / 虐待、 疏忽照顧 Harm, abuse or neglect	沒有或缺乏。 No or insufficient.	易有情緒、行為 及人際問題 Increase the possibility of emotional, behavioural and interpersonal issues

甚麼事情會導致毒性壓力？

研究顯示，童年創傷經驗（Adverse Childhood Experiences, ACEs）會導致毒性壓力。這包括：身體及心理傷害 / 虐待、疏忽照顧 / 長期被忽視、照顧者的負面情緒或精神病、家庭暴力、家庭經濟負擔。家長們可能在不自覺間傷害了子女，甚至形成了童年創傷經驗而不自知。試想想，你有試過對子女做以下行為嗎？

1. 威嚇孩子，希望使他警覺；
2. 冷漠對待，希望使孩子堅強；
3. 體罰孩子，希望使他警惕；
4. 羞辱孩子，希望使他謙虛；
5. 父母爭吵、冷戰，其他親人批評對方不是；
6. 要求不斷面對恐懼 / 厭惡的事；
7. 要求子女擔當成人 / 父母的角色。

以上的種種為不少家長的寫照，心中希望教好孩子，但沒發現運用這些方法，在教好孩子之前已賠上他們的大腦發展及健康。要避免毒性壓力的影響，家長可以透過正向管教，為孩子建立安全感來取代以上的做法。

What causes toxic stress?

According to researches, Adverse Childhood Experiences (ACEs) can cause toxic stress. ACEs include physical and mental harm / abuse, neglect and long-term aloofness, caregiver having negative emotions or mental illness, domestic violence and financial pressure. Parents may hurt their children without knowing it, imposing adverse experiences on them. Have you done the following things to your children?

1. Threatening them as a way to make them alert of something
2. Treating them coldly, hoping they can toughen themselves up
3. Physical punishment as a way of warning
4. Shaming them, hoping they can be more modest
5. Having quarrels or silent treatment with your partner, or family members criticising each other in presence of children
6. Repeatedly forcing them to face things that they are too frightened or repelled to do
7. Requiring them to take up the roles of adults/parents

The behaviours above are common among parents. While they intend to guide their children, they unintentionally give serious negative influence to their children's brain development and health. To avoid imposing toxic stress to children, parents can guide them with positive parenting skills, which can help children to build up the sense of security.



何謂正向管教？

簡單來說，正向管教是讓家長與子女持續地及無條件地，建立溫暖關愛、非暴力、循循善誘、相互交流的關係，正向管教亦鼓勵家長提供子女所需的指導及限制，促進子女成人成長，使他們發展成具自尊自信的人。不少學者提出了對正向管教的定義及看法，綜合來說，可概括為以下9項：

1. 承認為人父母是充滿壓力的，在育兒路上犯錯是必經階段；
2. 享受與孩子接觸的每一刻；
3. 平衡家長本身的需要及孩子的需要；
4. 敏銳地留意孩子給你的信號，並表示興趣；
5. 肯定孩子學習及成長的能力、長處，並替他高興；
6. 回應孩子前，了解及調節自己的情緒及行為；
7. 以孩子的角度理解或想像事件，尤其在他們挑戰你的時候；
8. 提供持續、合乎孩子年齡的指引及限制，以教導正確行為；
9. 有需要時，尋求身邊人的協助或資訊。

What is positive parenting?

Simply put, positive parenting is the continual unconditional relationship of parents and children that includes caring, guiding, leading and communicating without violence of any form. Positive parenting encourages parents to provide their children with proper guidance and rules that the children need in order to have comprehensive development and build self-confidence and self-esteem. Many scholars have given their definitions and viewpoints of positive parenting, which can be summarised as follows:

1. Accept that parenting is stressful and it is inevitable to make mistakes
2. Enjoy every moment being with children
3. Balance the needs of yourselves as parents and the needs of your children
4. Observe keenly the signals your children give you and respond with interest
5. Approve your children's learning progress, development and strengths and be happy for them
6. Acknowledge and adjust your own emotions and behaviours before responding to your children
7. Think and look at things from the standpoint of your children, especially when they challenge you with different opinions
8. Provide continual guidance and rules for children based on their ages in order to guide them to act properly
9. When in need, seek help from others for assistance or information

聽過不少家長說：「要是早點知道該如何做就好了！」別懊悔，只要心中銘記著愛孩子的初心，由今天起改變過來也不遲啊！
Many parents had said, 'I wish I knew how to do it earlier!' Don't berate yourselves, just recall that you do it for the love of your children. It is never too late – you can make the change today.

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救世軍機構傳訊及籌募部 Corporate Communications and Fundraising Department, The Salvation Army
 地址：香港九龍油麻地永星里十一號 Address : 11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong
 電話 Tel : (852)2783 2323 傳真 Fax : (852)2783 0363 電郵 E-mail : ds@hkm.salvationarmy.org



Merry
 Christmas

