

HOME CENTRE

There's no place like home.

Newsletter January-March 2019 Vol.25



新家園協會
NEW HOME ASSOCIATION



HOME Centre
Support Services for Ethnic Minorities



Sponsored by
Home Affairs Department

In this newsletter, we cover "Youth Adventure Training Overnight Camp", in addition to programme reviews. Also, upcoming activities are not to be missed!

You are cordially invited to register for our coming activities through our website (www.nhahome.hk). Please also follow us on Facebook (www.facebook.com/NHAHOMECentre).

今期我們將會介紹「青少年歷奇訓練營」，及本中心的活動花絮。當然，各位亦不要錯過即將舉行的活動！

我們也誠邀你透過中心的網站 (www.nhahome.hk) 登記參加即將推出的活動。若要留意我們的最新消息，亦可前往我們的Facebook 專頁 (www.facebook.com/NHAHOMECentre)。

Youth Adventure Training Overnight Camp 青少年歷奇訓練營

In early November, HOME Centre (YTM) and HOME Sub-Centre (SSP) jointly organized Youth Adventure Training Overnight Camp in Wong Yi Chau. Under coaches' guidance, participants tried various adventure games, such as Moving Nuclear Waste, filling Water Pipe and Building Raft. Let's take a look on participants' feedback:

- ✦ Raft building game helped boost my self-confidence and build sense of achievement.
- ✦ I learnt the importance of teamwork in the camp.
- ✦ This camp was an amazing experience. I had the best time ever with friends.

十一月上旬，油尖旺中心和深水埗分中心舉辦了青少年歷奇訓練營。在教練的指導下，參加者嘗試了不同種類的歷奇活動，例如搬運核廢料、灌水管和紮木筏。我們來看看參加者的心聲：

- ✦ 從紮木筏的活動中，我感到自信心有所提升和建立了成就感。
- ✦ 我在訓練營中學到了團隊合作的重要性。
- ✦ 這次訓練營的經驗很棒，為我和朋友帶來美好的時光。



Programme Review 活動回顧

21A Social Harmony Friendly Football Match 21A 足球共融友誼盃

In order to celebrate the 21st Anniversary of the Establishment of the Hong Kong Special Administrative Region and promote social harmony, HOME Sub-Centre (SSP) organized "21A Social Harmony Friendly Football Match" on 18th November 2018. It was our pleasure to invite Sham Shui Po Police Station, Project Himalaya, and BHJS+ to join our football match. Both local and ethnic minority players put a great effort in competing for the Champion. After 4 matches, Sham Shui Po Police Station and HOME Sub-Centre (SSP) football team won the Champion and the third place respectively. Congratulations to all winners!

在 11 月 18 日，為慶祝香港特別行政區成立 21 週年及推廣社會共融，深水埗分中心舉辦了 21A 足球共融友誼盃。中心很榮幸邀請了深水埗警署、元朗警區喜馬拉雅計劃、聚友足球隊參與比賽。不論本地或是少數族裔選手均施展渾身解數競逐冠軍。經過四輪比賽，深水埗警署和深水埗分中心足球隊分別奪得冠軍和季軍獎項。恭喜所有得獎者！



Primary Resilience Programme 2016-2019 2016-2019 小學生 抗逆力訓練活動

The 3-year Resilience Programme organised in collaboration with Sir Ellis Kadoorie (S) Primary School has completed recently. Pupils enhanced the core skills in resilience like problem solving, communication and conflict management through joining volunteer training, adventure day camps and other team work activities. Also, parents were important in developing children's resilience and thus parenting workshop and family day camp were organized. We were glad to see all positive changes among students. Many of them also explored their strengths, such as kindness, generosity and optimism through the 3-year programme. On 9th November 2018, we invited students and their parents to attend the closing ceremony and review all achievements in the last 3 years.

與官立嘉道理爵士小學合作、為期三年的小學生抗逆力訓練活動最近完成了。透過義工訓練、挑戰日營和不同團隊活動，學生提升了抗逆力中重要的解難、溝通和衝突處理能力。另外，家長在提升子女抗逆力方面也扮演著重要角色。故此，我們也舉辦了家長工作坊和親子日營。在這過程中，我們也為學生不斷的進步感到高興。不少學生從中發掘了許多自我優點，如仁愛、慷慨和樂觀等。在 2018 年 11 月 9 日，我們邀請了學生和家長出席結業禮，以見證學生在過去三年的成就。



Kindergarten Parallel Group Reunion - Family Picnic 幼稚園親子小組重聚活動 - 家庭野餐



Many kids who joined our kindergarten parallel group for the last 2 years are now primary school pupils. We recently organized one reunion activity – family picnic at the West Kowloon Cultural District for them. Our families prepared and even shared their food with locals. Also, our kids introduced traditional Nepali game "Chongji" to local families. All of us are looking forward to the next reunion time!

過去兩年的幼稚園親子小組參加者於今年成為小學生了！我們最近舉行了第一次重聚活動 - 西九文化區家庭野餐。家長準備了食物，還樂於和本地家庭一起分享。小孩還向本地家庭介紹了尼泊爾小遊戲「Chonji」。我們期待日後更多的重聚活動！

Henna Festival 手繪日

HOME Sub-Centre (SSP) held a "Henna Festival" in Un Chau Estate Podium to introduce Southeast Asian culture to the public. We displayed some art pieces which were made by our centre members. Moreover, the public experienced henna and mandala paintings at the festival.

深水埗分中心在元州村元州商場外平台舉行了「手繪日」，向大眾展示東南亞文化。我們展覽了由中心會員製作的藝術作品，同時大眾也可體驗手繪繪畫。



Orientation Talk – Social and Welfare Policies

社會及福利政策簡介會

HOME Sub-Centre (SSP) invited ethnic minority women to join an orientation talk regarding New Smart I.D. Card, Work Incentive Transport Subsidy Scheme, Public Transport Fare Subsidy Scheme and labour market information.

深水埗分中心邀請了少數族裔婦女參加社會及福利政策簡介會，向她們介紹了新智能身份證、鼓勵就業交通津貼計劃、公共交通費用補貼計劃及就業詳情資訊。

Joyful Community: Autumn Family Day Camp

快樂社區系列：秋季家庭日營



To broaden ethnic minorities' social circle and promote social cohesion, HOME Centre (YTM) held a family day camp at Wu Kai Sha Youth Village. On that day, we had lucky draw, game time and BBQ. Participants all enjoyed the activities.

為了擴闊少數族裔的社交圈子和推動社會共融，油尖旺中心於烏溪沙青年新村舉辦了秋季家庭日營。活動當天，我們和一眾親子家庭一起燒烤、玩遊戲和進行大抽獎。大家都很享受當天的活動。



Women Mutual Support Group – Paper Quilling Art Workshop

婦女支援小組 - 捲紙藝術工作坊

Many ethnic minority women were talented in making handicrafts. HOME Centre (YTM) organized a paper quilling art workshop for ethnic minority women so as to show their talents. Feedback about this workshop was positive and participants would like to join more art workshop in the coming future.

大多數少數族裔婦女都擁有藝術天份。油尖旺中心舉行了婦女捲紙藝術工作坊，讓少數族裔婦女展示她們的才能。參加者均對是次工作坊給予正面評價，她們表示日後希望有興趣參加更多不同的藝術工作坊。



Government Corner

Prevention of Influenza

預防季節性流行性感冒

Prevention of Seasonal Influenza



每年接種季節性流感疫苗
Receive seasonal influenza vaccination every year



打噴嚏或咳嗽時應掩蓋口鼻
Cover nose and mouth when sneezing or coughing



保持雙手清潔
Keep hands clean



保持室內空氣流通
Maintain good indoor ventilation



如有呼吸器感染病徵，應佩戴外科口罩
Wear surgical mask when having respiratory symptoms



衛生防護中心網站 Centre for Health Protection Website
www.chp.gov.hk



衛生防護中心 Facebook 專頁 Centre for Health Protection Facebook Page
fb.com/CentreforHealthProtection



衛生署二十四小時健康教育熱線
24-Hour Health Education Hotline of the Department of Health
2833 0111

Community News

Say "No" to Chronic Diseases

Include detail about Common Chronic Diseases:

- Cancer
- Diabetes Mellitus
- Hypertension
- Stroke
- Heart Attack
- Osteoarthritis



Tips to live a healthy life:

- Move More
- Healthy Food and Recipe Video
- Tips on quitting Smoking
- Preventive Measures



Self Check Corner

- Individual Stress Test
- BMI calculator
- Test your knowledge



Scan it for more information, or visit:
<http://minorityhealth.nu.cuhk.edu.hk/>



Programme Schedule @HOME Centre Yau Tsim Mong (YTM)*

活動時間表 油尖旺中心*

Programme Name 活動名稱	Date 日期 (all date ranges are inclusive)	Time 時間	Venue 地點	Responsible Staff 負責同事
Classes and Courses				
Daily Life Chatting in Cantonese A (I)	6 Jan – 17 Mar 2019 (Every Sun)	11:00am – 1:00pm	HOME Centre (YTM)	Miss Apple & Miss Deepa
Daily Life Chatting in Cantonese B (I)	2 Jan – 27 Mar 2019 (Every Wed)	10:00am – 12:00nn		
Daily Life Chatting in Cantonese C (II)	3 Jan – 14 Mar 2019 (Every Thu)			
Daily Life Chatting in Cantonese D (II)	4 Jan – 15 Mar 2019 (Every Fri)			
Daily Life Chatting in English E (I)	8 Jan – 19 Mar 2019 (Every Tue)			1:00pm – 3:00pm
Daily Life Chatting in English G (II)	3 Jan – 14 Mar 2019 (Every Thu)			
Daily Life Chatting in English H (I)	6 Jan – 10 Mar 2019 (Every Sun)	2:30pm – 4:30pm		
Tutorial P1-P3(A)	2 Jan – 27 Mar 2019 (Every Tue & Wed)	5:00pm – 6:30pm		Miss Apple & Miss Rajina
Tutorial P1-P3(B)				
Tutorial P4-P6	3 Jan – 29 Mar 2019 (Every Thu & Fri)	6:30pm – 8:00pm		Miss Apple & Miss Sehrish
Tutorial S1-S3	4 Jan – 29 Mar 2019 (Every Tue & Fri)			
Computer Class (I)	6 Jan – 17 Feb 2019 (Every Sun)	4:30pm – 6:00pm		Miss Apple & Miss Deepa
Computer Class (II)		6:00pm – 7:30pm		
Integration Programmes				
Interest Class – Ballet Dance Class	16 Feb - 23 Mar 2019 (Every Sat)	2:00pm – 3:30pm	HOME Centre (YTM)	Miss Anna
Basic Make-up Training Workshop	5 Jan – 2 Feb 2019 (Every Sat)	2:00pm – 4:00pm	Offsite	Miss Sally & Miss Sehrish
Advanced Make-up Training Workshop	23 Feb – 23 Mar 2019 (Every Sat)			
Ethnic Minority Volunteer Service – Visit Elderly Homes	5, 19 & 26 Jan 2019 (Sat)	1:00pm – 5:00pm		
Women Mutual Support Group – D.I.Y Workshop	9 – 30 Jan 2019 (Every Wed)	2:30pm – 4:30pm	HOME Centre (YTM)	Miss Vivian & Miss Sehrish
Social Harmony Programmes				
Kindergarten Parallel Group II	23 Jan - 6 Mar 2019 (except 6 Feb) (Every Wed)	2:30pm - 4:30pm	Home Centre (YTM)	Miss Kong & Miss Sehrish
Kindergarten Parallel Group III	27 Mar 2019 (Wed)	2:30pm - 4:30pm		
Pre-school Parent-child Learning Group I	4 Jan - 8 Feb 2019 (Every Fri)	3:00pm - 4:30pm		
Pre-school Parent-child Learning Group III	12 - 26 Mar 2019 (every Tue)			
Youth Unit Programmes				
Youth Union Outing	2 Feb 2019 (Sat)	11:00am - 4:00pm	TBC	Miss Miryam & Miss Fish
Youth Union Movie Day	19 Jan, 23 Feb & 16 Mar 2019 (Sat)	5:30pm - 8:30pm	HOME Centre (YTM)	
Youth Cantonese Class Season 1	19 Jan - 30 Mar 2019 (Sat)	2:00pm - 3:30pm	HOME Centre (YTM)	

*Subject to Change without Prior Notice

Programme Schedule @HOME Centre Yau Tsim Mong (YTM)*

活動時間表：油尖旺中心*

Programme Name 活動名稱	Date 日期 (all date ranges are inclusive)	Time 時間	Venue 地點	Responsible Staff 負責同事
Youth Unit Programmes				
Kids Hockey Class 2019 Season 1	5 Jan - 30 Mar 2019 (Every Sat)	9:00am - 11:00am	TBC	Mr Rafi & Miss Fish
Table Tennis Group	5 Jan - 23 Mar 2019 (Every Sat)	6:00pm - 8:00pm	Home Centre (YTM)	Miss Kong & Mr Ankit
Running Group		3:00pm - 5:00pm	West Kowloon Waterfront	Miss Kong & Mr Rafi

*Subject to Change without Prior Notice

Programme Schedule @HOME Sub-Centre Sham Shui Po (SSP)*

活動時間表：深水埗分中心*

Programme Name 活動名稱	Date 日期 (all date ranges are inclusive)	Time 時間	Venue 地點	Responsible Staff 負責同事
Classes and Courses				
Daily Life Chatting in Cantonese A (I)	5 Jan - 9 Mar 2019 (Every Sat)	2:30pm - 4:30pm	HOME Sub-Centre (SSP)	Miss Apple & Miss Rummy
Daily Life Chatting in Cantonese B (I)		6:30pm - 8:30pm		
Daily Life Chatting in Cantonese C (I)	8 Jan - 19 Mar 2019 (Every Tue)	2:00pm - 4:00pm		
Daily Life Chatting in English D (I)				
Tutorial P1-P3	3 Jan - 28 Mar 2019 (Every Tue & Thu)	6:30pm - 8:00pm		Miss Apple & Miss Sana
Tutorial P4-P6				
Computer Class (I)	6 - 20 Jan 2019 (Every Sun)	12:30pm - 2:00pm		Miss Apple & Miss Rummy
Computer Class (II)	27 Jan - 24 Feb 2019 (Every Sun)			
Integration Programmes				
New Year Family BBO	3 Feb 2019 (Sun)	9:00am - 5:00pm	TBC	Miss Blaire
Volunteer Training & Service - Singing Team	5, 6, 12 & 15 Jan 2019 (Sat & Sun)	Training: 3:00pm - 4:30pm Service: 11:00am - 4:00pm	Offsite	Miss Blaire & Miss Sana
Social Harmony Programmes				
Secondary Programme - Girls' Morning Yoga	6 Jan - 24 Feb 2019 (except 3 Feb) (every Sun)	11:30am - 12:30pm	HOME Sub-Centre (SSP)	Miss Blaire
Secondary Programme - Movie Day	5, 19 Jan, 2 & 16 Feb 2019 (Sat)	7:00pm - 8:30pm	InnoHOME (SSP)	
Youth Unit Programmes				
Cantonese Class for beginner 1	2 Feb - 9 Mar 2019 (every Sat)	2:30pm - 4:00pm	HOME Sub-Centre (SSP)	Miss Blaire & Mr Ray
O1 Football Training	6 Jan - 24 Feb 2019 (every Sun)	10:00am - 12:00nn	Offsite	

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Programme Schedule @Mobile Centre*

活動時間表 多元文化共融流動服務車*

Programme Name	Innovative Programme – Multi-functional Mobile Car	
Date and Time	10, 13, 24, 27 Jan; 2, 10, 22 Feb; 3, 14, 17 & 28 Mar 2019	
Location	18 Districts in Hong Kong	
Programme Description	1. Enquiry and referral service 2. Community resources exhibitions 3. Cultural workshops	4. Computer classes 5. Children corner 6. Chinese Medication and health check services

From time to time, HOME Centre organizes different culturally featured activities to promote cultural diversity and community inclusion. Please contact us at 3610 4418 (YTM Centre) or 3610 4428 (SSP Sub-Centre) for more information.

HOME Centre舉辦不同的特色文化活動，以推廣多元文化及社區融和。詳情請致電 3610 4418 (油尖旺中心) 或 3610 4428 (深水埗分中心) 查詢。

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About Us 關於中心

The Home Affairs Department commissioned New Home Association to establish the HOME Support Service Centre for Ethnic Minorities in Yau Tsim Mong and a sub-centre in Sham Shui Po.

With its missions to promote racial harmony and facilitate the integration of ethnic minorities into Hong Kong Community, HOME Centre provides a wide range of services, which include Language Classes; Tutorial Classes; Computer Classes; Family Outings; Interest Classes; Employment Support Service; Volunteer Service; Youth and School Projects; Integration Programmes; Social Harmony Programmes; Counseling Service; Emergency Fund and Scholarship.

民政事務總署委託新家園協會在油尖旺區成立 HOME 少數族裔人士支援服務中心及在深水埗成立分中心，為少數族裔人士提供一系列的支援服務，以促進種族和諧及協助他們盡早融入香港社區。這些服務包括中英語文課程、功課輔導班、電腦班、參觀活動、興趣班、就業支援服務、義工服務、青少年和學校項目、共融活動、社會和諧活動、諮詢和輔導服務、緊急援助基金和獎學金。

Homey, originated from the word "Home", means pleasant, domestic and warm. We hope that through this newsletter, which provides news and information about our centre's activities and community resources to our ethnic minority friends, will make them feel like at home while living in Hong Kong.

HOMEY是源自HOME(家)的字詞，意指滿足，家園和溫暖。我們希望透過報導中心和社區有關少數族裔的資訊，讓少數族裔朋友們感受社區和香港帶來「家」的溫暖。

Join Us 加入我們

Membership is free of charge. After becoming our member, you can enjoy both HOME Centre's and New Home Association's services and benefits. Please contact our staff for details.

We are actively recruiting volunteers of different cultural backgrounds including local and ethnic groups. If you are willing to spend your time and enthusiastic in serving the community, please join us!

申請成為HOME中心會員是免費的。成為會員後，可同時享用HOME中心及新家園協會會員服務及福利。詳情請向中心職員查詢。

我們現正積極招募不同文化背景包括本地和少數族裔的義工。只要您願意奉獻您的時間服務社會，請即報名成為本會義工。

Contact Us 聯絡我們

HOME Centre (YTM) (油尖旺中心)

地址Address : Shop B, G/F and 1/F, Sun Wah Building, 73 Battery Street, Yau Ma Tei, Kowloon
九龍油麻地炮台街73號順華大廈地下B舖及1樓

Telephone電話 : 3610 4418
Fax傳真 : 3590 4642

OPENING HOURS : Tuesdays - Sundays (9am-9pm)
開放時間 : 星期二至日(早上九時至晚上九時)
** Mondays & Public Holidays Closed
星期一及公眾假期休息

HOME Sub-Centre (SSP) (深水埗分中心)

地址Address : Shop A, G/F, 130 Kiu Kiang Street, South Ocean Building, Sham Shui Po, Kowloon
九龍深水埗九江街130號南洋大廈地下A舖

Telephone電話 : 3610 4428
Fax傳真 : 3590 4643

OPENING HOURS : Thursdays - Tuesdays (9am-9pm)
開放時間 : 星期四至二(早上九時至晚上九時)
** Wednesdays & Public Holidays Closed
星期三及公眾假期休息