



[中文版] f BOKSS





o bokss_hk



Integrated Mental Health Services Training & Employment Services (**) Christian Ministry



Winter



🖒 Integrated Elderly Services

Over the past year, the world has experienced many difficulties and uncertainty. As there is always light after darkness, we have seen hope silently grow in this ever-changing era. Hong Kongers have shown perseverance and togetherness despite many obstacles. We have overcome

diseases and climate change through collaboration, support, and unity. We still confront issues, but we think that if we stay strong and work together, we can overcome them and create a better, more hopeful future. As it says, "The old has gone, the new is here!" (2 Corinthians 5:17)

Let us keep going, believing in optimism and building a better future.

WHAT'S NEW

Due to Hong Kong's poverty crisis, the Social Innovation Fund (SIF) funded the Social Innovation Hackathon (SI Hackathon) to bring together people from different backgrounds to create innovative and feasible solutions to improve

The 2nd Social Innovation Hackathon

the physical and mental health of children in subdivided units. Teams explored root reasons, applied inventive thinking to design solutions, and evaluated their practicality on the day.

Deadline: 28 February 2024

Date: 23 March 2024 (Saturday)

Link: https://forms.gle/z9BVfHFhYwcdejhU7

Enquiry: 3611 7145 (Kelly) / 3413 1657 (Emma)







Have you ever taken care of yourself while caring for others? "Caring for You: Psychological Support Programme" provides customised psychological support for primary carers. Carers who qualify will receive a \$7,000 psychotherapy subsidy to pick

their own treatment for psychological and emotional stress. Call 5729 1077 for details.

"Caring for You:

- SERVICE MESSAGE
- **Territory-wide Flag Day 2023** The territory-wide Flag Day was held on December 2, 2023. The event sought HK\$1.3 million for four service projects:





as others.

Volunteers 4,232 people Flag Paper Design

Parent-Child Relationship Support, Elderly Mental Health, Child and Adolescent Mental Health, and Ethnic Minority Career Development. This year's programme, "Love Yourself," aims to remind people to care for themselves as much











Love yourself



and how to build a spiritually healthy and friendly church through the three keynote speeches. Four topic seminars addressed mental health concerns from the viewpoints of churches, ministry staff, ex-mental

Christian Mental Health Conference 2023

patients, and young people.

The 17 November seminar was successful. Over 150 pastoral staff, church leaders, and organisational

staff attended the seminar "Churches Working Together for Mental Health" online and offline, discussing Hong Kong's mental health situation, the challenges of welcoming people with disabilities to churches,









Concern for adolescent mental health



Programme

Revisited



2023 精神健康月」 闭幕 器計位 「Chill 愛自己」嘉年



Mental Health. They also talked to ex-mental patients, carers, and ethnic minorities at the territory-wide Integrated Community Centre for Mental Wellness (ICCMW) "Chill Experience" booth. In addition to "Chill Love Yourself", we should help recovering carers. A 24-hour Carer Support Hotline "182183" can help carers emotionally.

recovering from mental illness and those with mental health issues, as well as their families and carers. This year's campaign, "Chill Love Yourself", encourages self-love before caring for others. The Central Market hosted the "Mental Health Month 2023" Closing Ceremony and "Chill Love Yourself" Carnival on December 16. Mr Chris Sun, JP, Secretary for Labour and Welfare, Miss WONG Sau-wai, Vega, JP, Commissioner for Rehabilitation, Mr. CHOW Cheung Pong, Acting Assistant Director of Social Welfare (Rehabilitation and Medical Social Services) and Ms. Poon Fung Oi, Chairperson of the Mental Health Month 2023 Organizing Committee, officiated at the ceremony and took a tour around the Mental Health Month 2023 organised by the National Council for





"Navigation for Closing the Carer Support Gap" The project's second year began in October 2023. The project supports carers by "assisting them to plan their caring journeys, raising their awareness of self-care, assisting in the formulation of transitional arrangements, and providing community carer

Reach us at 3706 8158 or email nccsg@bokss.org.hk.



support for the 'left-behind' elders" and strengthening the community network and promotion to walk alongside them.





year, which is disturbing. This is deeply concerning, and we pray that God will provide these young





PRAYER LIST



















