

JOYFUL VOLUNTEERING

浸信會愛羣社會服務處去年有1500名義工，服務兒童、青少年、長者、精神復元人士、貧窮家庭、少數族裔人士，義工帶來的關愛、動力、專業知識和網絡，不知不覺地促進了服務的共融、減少歧視、豐富人才、共享資源、鼓勵青年參與。義工是本機構十分重要的「資產」。我們提倡大眾做義工同時關注個人身心健康。

Last year, there were 1500 volunteers worked with Baptist Oi Kwan Social Service for serving children, adolescents, the elderly, the people in recovery, and the ethnic minorities. The care, motivation, expertise and the network of the volunteers gradually promoted service integration, discrimination reduction, talent enrichment, as well as resource sharing and the encouragement of youth participation. Volunteers are a very important "asset" of our organization. We encourage the public to be volunteer and care for personal physical and mental health.

快樂
行義



浸信會愛羣社會服務處

BAPTIST OI KWAN SOCIAL SERVICE



BLESSING AMBASSADOR PROGRAM

長者。祝福師友大行動

助長者與時並進與科技接軌

To assist the elderly to advance with times

#助人自助



我們正召集一班關顧長者身心靈健康的義工，指導長者使用科技產品、理財、定期探訪等，讓他們與親友和社會接軌，令他們感到關愛。

行動包括一系列工作坊，讓義工學習與長者溝通技巧、照顧體弱長者技巧等，助人自助，與長者彼此同行，共建豐盛人生。

We are recruiting volunteers who care about the mental health of the aged. They will visit the elderly in regular time, assisting them to learn up-to-date technologies, and help them to further utilize the technique in daily life such as financial management.

In which, the seniors not only could be cared but also able to connect with their families and the society. A series of training workshops will be provided to advance various skills of the volunteers on elderly caring.

KIDDY HEART CANTEEN 「童心飯堂」

為清貧兒童及其家長而設的熱食飯堂
A hot-meal canteen for the underprivileged children and their parents



「童心飯堂」不單是親子飯堂，更讓孩子得到全人發展，培養正面態度來面對逆境；改善他們心理、社交、情緒和德育等方面的發展，加強他們向上流動的能力，減低跨代貧窮風險。

我們持續地需要義工協助：功課輔導班導師、舉行小組、支援飯堂活動及開飯運作。

Kiddy Heart Canteen is not only a parent-child canteen but also established to enhance children's comprehensive development, particularly in mental and social aspects, in order to enable them to face the future with confidence. By strengthening their ability to advance themselves, in order to alleviate the intergenerational poverty issues.

Volunteers are continuing needed for the tutoring sessions, meaningful activities and programs, and also the canteen operation.

服務介紹 Service Details



#社會需要

CHILD DEVELOPMENT FUND

兒童發展基金

成為友師鼓勵年青人敢夢敢想

Walk with youth in poverty



服務介紹 Service Details

在貧困的家庭環境中，年青人面對各式各樣的困惑。

計劃為每名參與青少年配對一位義務友師，在三年的計劃中與他們同行，分享人生的經驗，鼓勵他們積極地規劃未來，培養正面人生觀及理財的習慣。計劃亦會為友師提供培訓以了解青少年的需要及溝通相處的技巧。

Youths in poverty face various struggles. The 3-years project starts with matching each youth in need with a suitable mentor, who will walk with them, share with them and encourage them to develop their future plans.

Training will be provided prior to and throughout the project to support mentors for the knowledge and skills they may require for youth care.

#發展機會

WELLNESS COACH!

樂活教練

為正走出情緒低谷之青少年同行加Fun

Through interests, boost up moody youth

透過配對在運動、藝術、語文或科技方面等不同專長或興趣的義工，陪伴在情緒或精神復元路上的青少年一同尋找生活中的美善、學習及實踐，讓青少年重拾自信希望。

By matching volunteers with different interests or specialists in sports, arts language or technology, with those youths who are walking in mentally recovery journey, youths are accompanied to explore and practice what they learned, through the process they could regain their confidence and hope. Training will be provided on topics like , understanding mental wellness; youth psychological needs and how to effective communicate with them.



服務介紹 Service Details



#燃點希望

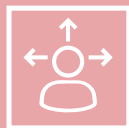
#你幸福嗎?

助人為快樂之本有點老生常談，但原來有科學及理論支持的。根據心理學家 Carol D. Ryff 的心理幸福感論，達到幸福需要六個元素，包括個人成長、獨立自主、建立關係、有生活目標、能夠自我接納和控制環境，而參與義務工作的過程，正好可以達到以上的元素。

"Service begets happiness" may seem a bit old-fashioned, but it originates from a solid ground in science and theories. According to the Psychological Well-being theory by psychologist Professor Carol D. Ryff, 6 elements are required to obtain well-being. These are Personal Growth, Independence, Good Relations, Self-Acceptance, Life Goal and Environmental Control. During the process of volunteer works, participants could acquire these elements.



個人成長
Personal Growth



獨立自主
Independence



建立關係
Good Relations



生活目標
Life Goal



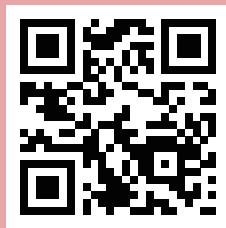
自我接納
Self-Acceptance



控制環境
Environmental Control



Bokss Oi Kwan



立即加入成為義工，
體驗快樂行義！

Join us to experience
the happiness of
being volunteers now!

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