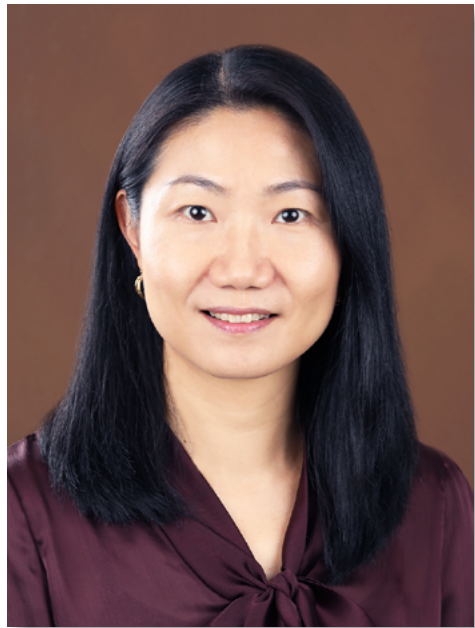


# 執行總監報告

## Executive Director's Report



執行總監林慧翔醫生  
Dr Mona Lam, Executive Director

新冠疫情持續三年，香港各行各業都遭受沉重打擊。2022 年年頭新冠變種病毒爆發，社會各方面更是始料未及。家計會感謝各部門同事並肩同行，共渡時艱，靈活應對疫情。

### 醫療及輔導服務

隨著疫後的社會復常，家計會開展了一項新服務計劃。承蒙香港賽馬會慈善信託基金捐助，家計會於 2023 年，以「『遺』『基』解孕」為口號，與香港中文大學（中大）醫學院合作開展賽馬會「高危配偶遺傳病基因篩查」這項饒有意義的計劃。家計會配合中大醫學院團隊在本會之港、九、新界診所處理申請個案，提供免費的基因測試前評估及諮詢服務，並透過社交媒體、大眾傳播媒介及少數族裔服務機構，以不同形式及語文提供相關資訊及公眾教育，從而提高社會大眾對遺傳健康的意識及知識，支援高危配偶計劃生育，組織美滿家庭。

The COVID-19 pandemic brought devastating impacts to various sectors in Hong Kong for the past 3 years. The society got out of hand with the outbreak of the Omicron variant at the start of 2022. With full support and great effort of our colleagues, the Association's resilience and agility were highlighted amid the turbulent times of the pandemic in facing the hardships.

### Clinical and Counselling Services

With the orderly resumption of normal lives after the COVID-19 pandemic, the Association introduced a new programme. Funded by the Hong Kong Jockey Club Charities Trust, the Association collaborated with The Chinese University of Hong Kong Faculty of Medicine (CU Medicine) to launch a meaningful programme "Jockey Club Genetic Carrier Screening Programme for High Risk Couples" with "Preg-at-ease" as the slogan. In addition to cooperating with the team of CU Medicine to handle applications and conduct free pre-genetic test assessment in the Association's clinics located in Hong Kong, Kowloon and the New Territories, relevant information and public education in different forms and languages would be delivered through social media, mass media, and ethnic minority service organizations, so as to improve the public's awareness and knowledge of genetic health, support high-risk couples planning to have babies and build happy families.

### Family Life and Sexuality Education

In celebration of the 10th Anniversary of the FPA Jockey Club Youth Zone Activity & Resource Centre (ARC), an Open Day targeting parents and their children was held on 20 August 2022. Activities included parent-child sex education game booths, parent consultation services, story-telling workshops, etc. Besides, we organized an exhibition titled Talking Wounds – A Self Discovery Journey: Poetry x Interactive Experience Exhibition from 9 September to 7 October 2022. Under the theme of love relationship reflected in and intertwined with literature, it was our first collaboration with local poets, artists and scholars, with the aims to inspire and empower

### 家庭生活及性教育

為慶祝家計會賽馬會青 Zone 活動及資源館成立十週年，我們於 2022 年 8 月 20 日為家長及兒童舉辦開放日，當日設有不同活動，包括親子性教育遊戲攤位、家長諮詢服務、繪本故事分享等。2022 年 9 月 9 日至 10 月 7 日，活動及資源館設置期間限定展覽「聊·傷 — 從關係中找回自我」，我們首次邀請多位本地詩人、藝術家與學者合作，藉著展覽的互動裝置與詩句文學，以及一系列以戀愛關係與文學為題的活動，旨在為青少年及公眾帶來一些啟發和思考，討論關係中的缺口，創造正面的戀愛藍圖。本會青年性教育義工組「面不紅研究社」亦籌辦了「南角邨失蹤案」體驗版劇本殺活動，與參加者探討建立健康戀愛關係的元素。參與是次活動之青年參加者表示，活動為他們帶來關於戀愛和性別的思考，也讓其關注到本會為青少年所提供的服務與資源。

2022 年，我們與天地圖書聯合出版全新性別平等教育繪本《性別教育繪本：啊——原來是我誤會了?!》，此書旨在幫助孩童從小了解自己及尊重別人，明白不論性別，每個人都是獨特而珍貴的存在，不要讓性別定型的觀念窒礙個人發展和心理健康。

2022–2023 年度，本會再次與香港性教育、研究及治療專業協會合辦「性教育專業證書課程」，為對性教育工作有興趣的教育及醫護同工提供專業培訓。

### 青年義工參與及發展

2022 年 9 月 19–22 日，本會青年義工代表參與國際計劃生育聯合會東亞及東南亞與海洋分區和菲律賓家庭計劃組織在馬尼拉舉辦的青年義工培訓，透過愉悅計劃（The Pleasure Project）工作坊和參觀活動，與不同區域（柬埔寨、印尼、馬來西亞、菲律賓、泰國、基里巴斯和所羅門群島）的青年積極

the youth and general public to open up their wounds for developing a positive love relationship through poetries and literature with interactive devices in the Exhibition. Our sexuality education youth volunteer team Red Face No More (RFNM) organized a live action role-playing program to facilitate participants reflect on the essence of a wholesome relationship. Youth participants commented that the program brought new insights on love relationship and gender issues, they were also more aware of the Association's youth services and resources.

In 2022, we collaborated with Cosmos Books Ltd. to jointly publish a new gender equality education storybook titled *Oh! I Misunderstood?! A Little Story About Gender*. The storybook was developed to help children understand themselves and respect others, understand that everyone is unique and precious regardless of gender, and break the gender stereotypes in order to promote personal development and mental health.

During 2022–2023, the Association continued to jointly organize the Sexuality Education Professional Certification Course with Hong Kong Association of Sexuality Educators, Researchers & Therapists (HKASERT), offering professional training for educators and healthcare workers who are interested in sexuality education.

### Youth Volunteer Engagement and Development

The Association's youth volunteer representative participated in the Regional Workshop held by IPPF ESEAOR and the Family Planning Organization of the Philippines on 19–22 September 2022 in Manila, Philippines. The workshop was organized in collaboration with The Pleasure Project and our representative actively exchanged views with regional youth representatives from Cambodia, Indonesia, Malaysia, Philippines, Thailand, Kiribati and the Solomon Islands. The youth-led "Youth SRHR Network in East & South East Asia and Pacific" (YSNAP) was established after the workshop to implement sexual and reproductive health and rights.

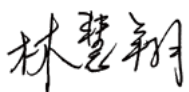
交流互動。是次參與計劃的青年義工們更組成了東亞及東南亞與太平洋地區的青年網絡（YSNAP），提倡及推廣年輕人能享有性與生殖健康及權利。

### 服務社區 推廣性與生殖健康

家計會婦女會聯同賽馬會流金匯和另外四間社會服務機構，得到香港賽馬會慈善信託基金撥款捐助，於2022年7月起推行專為50-64歲婦女而設的賽馬會「50 展新晴」婦女健康計劃。這項計劃為期三年，由跨專業團隊主理，服務內容多元化，包括教育講座、婦女健康篩查、體驗工作坊、重點介入課程、義工培訓等。計劃旨在全方位提升婦女的內在能力，從而鼓勵她們及早建立健康的生活模式，透過恆常運動、均衡飲食、心理社交健康，以及認知訓練和社區支援，幫助婦女輕鬆渡過更年期及培養健康老齡化。

### 持續發展

新冠疫情令經濟復甦之路充滿挑戰，紓緩經濟逆境乃當前要務，本會將繼續開源節流，努力謀求發展新資源。削減開支，難免會影響同事，而增加收入，如調整服務收費，則會增加市民的負擔。本會除了檢討我們的服務，將採取不同的措施，務求要與時俱進，才能滿足當今社會不斷變化的需要。我們要砥礪前行，就必須團結一致，迎接一切挑戰。我謹藉著這個機會，再次向各部門及服務單位的同事和義工的努力及付出致以最誠摯的感謝。只要大家齊心協力，相信有望逐步轉虧為盈，把逆境變成機遇。



執行總監  
林慧翔醫生

### Community Services with Sexual and Reproductive Health Promotion

Funded by the Hong Kong Jockey Club Charities Trust and co-organized with the Jockey Club Cadenza Hub and four social service organizations, the Association launched the Jockey Club “Shining Journey 50+” Women Wellness Programme in July 2022 targeting women aged 50 to 64. Managed by a multi-disciplinary team, the three-year programme offers diversified services, including educational talks, women health screening, experiential workshops, intervention programme, volunteer training, etc. The Programme aims to enhance the intrinsic capacity of women in a comprehensive manner and establish healthy lifestyles at an earlier stage. Through regular exercise, balanced diet, psychosocial health, cognitive training and community support, women are empowered to manage the menopause transition and prepare for healthy ageing.

### Sustainable Development

It is a tough period for the economic recovery after COVID-19 pandemic and relieving the financial deficit is the priority task. The Association will strive to introduce measures on generating more income, exploring alternative sources and managing costs. Cutting expenditure will inevitably affect our colleagues and raising income including adjustment in service fee will increase the burden on public. The Association reviewed our services and will implement different measures to keep up with the times and meet the demands of the changing society. For us to forge ahead, we have to be united to meet all challenges. I would like to extend my heartfelt gratitude again to all our staff and volunteers for their dedicated contributions. Together, with determination, I hope we can turn adversity into opportunity.



Dr Mona Lam  
Executive Director