

# 置地公司·家基金 / 思健贊助活動

## HOMEFUND by Hongkong Land / Mindset Sponsored Activities

服務對象 Target : 擁有6歲至24歲兒童及青少年之基層家庭。  
Grassroots families with children or youth aged 6-24.

服務地區 Service areas : 油尖旺區 Yau Tsim Mong District

暑期活動報名日期間  
(19-21/5) 只接受留名

During Summer Programmes  
Enrollment Day (19-21) only  
reservation will be accepted

- 申請家庭須先成為中心會友及外展家庭會員。  
Applicants must first become an YMCA's member and outreaching family member.
- 申請辦法請參考第48頁  
Please refer to page 48 for the application procedure.

### 外展家庭

### Outreaching Family

#### 親子狂想「Cook」 Parent-Child Fantastic “Cooking Class”

享受親子製作美食的樂趣，同時與其他家長交流育兒心得，家長和兒童亦可藉此輕鬆減壓。  
Enjoy making delicious food while sharing parenting with others. Parent and child can also relieve stress during food making.

4503.2405/HF01

- 內容 Content : 親子製作不同的美食  
Parent and child making delicious food
- 日期 Date : 3/5、10/5/2024 (星期五Friday)
- 地點 Venue : 佐敦會所 Jordan Centre
- 對象 Target : 外展家庭會員 Outreaching Family Service members
- 負責同工  
Staff Responsible : 鍾志恒 (CHUNG Chi-hang)
- 備註 Notes: 1. 請自備圍裙及手袖 ; Please bring your own apron and sleeves;  
2. 請自備食物盒 ; Please bring your own lunch box ;  
3. 由置地公司·家基金贊助。 Sponsored by HOMEFUND by Hongkong Land.
- 時間 Time : 7:00pm-8:30pm
- 費用 Fee : \$20 /人 \$20 / person
- 名額 Quota : 12對親子 12 pairs of parent-child

#### 咖啡拉花小組 Latte art group

舒緩日常壓力和煩惱；豐富興趣愛好，提升自信心。  
Relieve daily stress and worries; Enrich hobbies and interests, enhance self-confidence.



4503.2405/HF02

- 內容 Content : 咖啡拉花 Latte art
- 日期 Date : 7/5、14/5、21/5、28/5、4/6、1/6、18/6、25/6/2024  
(逢星期二Every Thursday)
- 地點 Venue : 佐敦會所 Jordan Centre
- 對象 Target : 外展家庭會員之家長 Parents of outreaching Family Service members
- 費用 Fee : \$20 /人 \$20 / person
- 負責同工  
Staff Responsible : 鍾志恒 (CHUNG Chi-hang)
- 備註 Notes: 由置地公司·家基金贊助  
Sponsored by HOMEFUND by Hongkong Land
- 時間 Time : 10:30am-12:00pm
- 費用 Fee : \$20 /人 \$20 / person
- 名額 Quota : 8名 8 Participants

## 溜一天與你喘息 Skate and Breath with you

提升兒童身、心、 的健康發展。

Promote the wealthy body, mind and spirit children.

4503.2405/HF03

內容 Content :	溜冰 Ice skating	時間 Time :	5:00pm-6:00pm
日期 Date :	9/5、16/5、23/5、30/5、6/6、13/6/2024 (逢星期四Every Thursday)	費用 Fee :	\$200 /人 \$200 / person
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre		
地點 Venue :	待定 TBC		
對象 Target :	外展家庭會員之兒童 Children of outreaching Family Service members		
名額 Quota :	14名 14 Participants		
負責同工 Staff Responsible :	黃康悅 (WONG Hong-yuet)		
備註 Notes:	由置地公司·家基金贊助		Sponsored by HOMEFUND by Hongkong Land

## 香氛蠟燭 DIY Fragrance Candle DIY

幫助助眠緩和情緒、生活壓力、促進親子交流和關係。

Promote sleep, relieve stress and enhance parent-child communication and relationship.



4503.2405/HF04

內容 Content :	設計並獨特調製且有色彩的香氛蠟燭		
	Design and uniquely crafted colored fragrance candles		
日期 Date :	25/5、1/6、8/6、15/6、22/6、29/6、6/7、13/7/2024 (逢星期六Every Saturday)	時間 Time :	7:00pm-8:30pm
對象 Target :	外展家庭會員	地點 Venue :	佐敦會所 Jordan Centre
	Outreaching Family Service members		
費用 Fee :	標準收費: \$20 /人 迎新優惠: \$5 /人 (現有會員), 新會員全免		
	Standard fee: \$20 / person Promotion: \$5 / person (for existing members), free for new members.		
名額 Quota :	12對親子 12 pairs of parent-child		
負責同工 Staff Responsible :	鍾志恒 (CHUNG Chi-hang)		
備註 Notes:	由置地公司·家基金贊助		Sponsored by HOMEFUND by Hongkong Land

## 親子/兒童心理學講座—吾講吾聽 Parent-Child Psychology Talk

透過聆聽心理學講座以互相了解家長及兒童心理並加以改善親子關係。

Through listening to psychology talk allow parent and children understand each other more, thus improve parent child relationship.



4503.2405/HF05

內容 Content :	聆聽心理學專業分享講座 Professional psychology talk	日期 Date :	8/6/2024 (星期六Saturday)
		地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員之家長 Parent of Outreaching Family Service members		
負責同工 Staff Responsible :	鍾志恒 (CHUNG Chi-hang)		
備註 Notes:	由置地公司·家基金贊助		Sponsored by HOMEFUND by Hongkong Land

## CU Again

透過參觀香港中文大學以提升學生的積極性。

Increase students' motivation through visiting Chinese University of Hong Kong.

4503.2405/HF06

內容 Content :	到香港中文大學參觀 Visiting The Chinese University of Hong Kong
日期 Date :	30/6/2024 (星期日 Sunday)
地點 Venue :	香港中文大學 The Chinese University of Hong Kong
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員 Outreaching Family Service members
費用 Fee :	\$10/人 \$10/ person
名額 Quota :	15名 15 Participants
負責同工 Staff Responsible :	鍾志恒 (CHUNG Chi-hang)
備註 Notes:	由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land



## 興趣小組 — 卡通甜品班 Interest Group — Cartoon Dessert Class

以製作有趣的卡通人物造型的甜品，讓兒童享受製作美食的樂趣，放鬆心情。製作美食時，可鍛練兒童手眼協調，培養他們的自理能力及創造力。

Let children enjoy the fun of making cartoon character-shaped desserts. Children can train their hand-eye coordination, cultivate their self-care ability and creativity.

4503-9837-(C2.1)

內容 Content :	製作有趣的卡通人物造型的甜品 Making cartoon character-shaped desserts
日期 Date :	14/6、21/6、28/6、4/7、5/7、12/7/2024 (逢星期五 Every Friday)
時間 Time :	4:30pm — 6:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	外展家庭會員之兒童 Children of Outreaching Family Service members
費用 Fee :	\$50/人 \$50/ person
名額 Quota :	12名 12 Participants
負責同工 Staff Responsible :	黃康悅 (WONG Hong-yuet)
備註 Notes:	由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land





## 青年分隊 Youth Team

### 「友里同行」互助探訪 Caring Home Visits

提供機會讓參與青少年進行義工服務，探訪參與家庭提供關顧及支援，促進彼此間之聯繫。  
Provide opportunities for teenagers to engage in volunteer services, offering care and support to participating families, fostering connections between them.



4503.2405/HF08

內容 Content :	以親子形式探訪區內不同階層人士 Explore visits to individuals from different social strata within the community in a parent-child format.
日期 Date :	3/5、10/5、17/5、24/5/2024 (逢星期五Every Friday)
時間 Time :	7:30pm-9:00pm
集散地點 Drop-off & Pickup:	佐敦會所及九龍城及油尖旺區 Jordan Centre, Kowloon City District and Yau Tsim Mong District
地點 Venue :	佐敦會所及九龍城及油尖旺區 Jordan Centre, Kowloon City District and Yau Tsim Mong District
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	全免 Free
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)、趙泳茵 (CHIU Wing-yan)
備註 Notes:	由思健贊助 Sponsored by Mindset

### 「我餐您」餐宴支援分享 Caring Neighborhood

提供機會讓青少年及其家人一同參與各家庭間之美食分享活動。  
Provide opportunities for teenagers and their families to participate in food sharing activities among different households.



4503.2405/HF09

內容 Content :	享受食物製作及分享聚會 Enjoy a food making and sharing party
日期 Date :	18/5/24 (星期六 Saturday)
時間 Time :	6:30pm-8:30pm
地點 Venue :	油尖旺區 Yau Tsim Mong District
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	\$20
名額 Quota :	40名 40 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)、趙泳茵 (CHIU Wing-yan)
備註 Notes:	1.任何食物敏感，請盡早通知工作人員； 1.Please notify staff of any food allergies as early as possible ; 2.由思健贊助 2.Sponsored by Mindset



## 「家家有球」運動迎新活動 Family Welcoming Day

舉辦促進家庭成員，以及參與家庭之間互動的運動，從而促進家庭成員間之聯繫及增強其網絡支援  
Organizing sports activities that promote interaction among family members and encourage family participation, thereby fostering stronger connections and enhancing their network of support.



4503.2406/HF10

內容 Content :	體驗網球活動，強身健體 Experience tennis activities for physical fitness and overall well-being.
日期 Date :	30/6/2024 (星期日 Sunday)
時間 Time :	2:00pm-5:00pm
集散地點 Drop-off & Pickup:	待定 To be confirmed
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	*區內基層青少年及其家長 Youth and parent from low-income family
費用 Fee :	全免 Free
名額 Quota :	10對親子 10 pairs of parent-child
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes:	由思健贊助 Sponsored by Mindset

## 一級山藝課程 Level 1 Mountain Craft Training

為對登山活動，在香港本土行山、遠足有興趣之人士提供基本技術及理論訓練、灌輸安全的登山觀念，並培養良好的登山態度。

Provide basic technical and theoretical training for individuals interested in hiking and trekking activities in Hong Kong, instilling a safety-oriented mindset and cultivating a positive attitude towards mountaineering.

4503.2407/HF11

內容 Content :	香港登山運動的認識，無痕登山，遠足裝備及衣著的認識與選擇，地圖閱讀，指南針運用，行山技巧等等 Understanding Hong Kong Mountaineering, Leave No Trace, knowledge and selection of hiking equipment and attire, map reading, compass usage, hiking skills, and more
日期 Date :	理論課 Theory class 17/7/2024 (星期三 Wednesday) 實習課 Practical class 1 20/7/2024 (星期六 Saturday) 實習課 Practical class 2 27/7/2024 (星期三 Saturday)
時間 Time :	理論課 Theory class 2:30pm-5:00pm 實習課 Practical class 10:30pm-5:00pm
地點 Venue :	待定 To be confirmed
集散地點 Drop-off & Pickup:	佐敦會所 Jordan Centre
對象 Target :	區內12歲以上基層青少年 Youth aged 12 or above from low-income family
費用 Fee :	\$50
名額 Quota :	8名
負責同工 Staff Responsible :	蘇志樂 (SO Chi-lok)
備註 Notes:	1.完成課程及合格的學員將可申請由「中國香港攀山及攀登總會」簽發的證書； 1.Upon completion of the course and meeting the requirements, participants will be eligible to apply for a certificate issued by the "China Hong Kong Mountaineering and Climbing Union ; 2.由思健贊助 2.Sponsored by Mindset