

## Enhancing Family Well-Being Project, The Shamshuipo Well-being Movement

### Background

Under the co-ordination of Shamshuipo District Social Welfare Office of Social Welfare Department (SWD), the Organizing Committee of the Shamshuipo Well-Being Movement (The Movement) was formed since 2009 and targeted to enhance the sense of well-being among the residents in Shamshuipo.

In 2011-2012, the Organizing Committee jointly ventured with the School of Public Health of The University of Hong Kong and FAMILY: A Jockey Club Initiative for a Harmonious Society, and funded by The Hong Kong Jockey Club Charities Trust, organize the Enhancing Family Well-Being Project (The Project). The Project adopts an evidence-based approach and aims at promoting positive family and family 3Hs through the strengthening of four character strengths including “gratitude”, “hope”, “resilience” and “open-mindedness” based on Positive Psychology.

### Objectives

- Promote family health, happiness and harmony (3Hs) so as to encourage family participation and strengthen family wellness
- Work with local service units to foster positive family
- Develop and evaluate community-based participatory programmes
- To build capacity of service practitioners

### Content

Launching Event	<ul style="list-style-type: none"> <li>• To officially kick off the event, advocate the core message of the project, conduct mass promotion and acknowledge the participating agencies.</li> <li>• An art carnival will be organized for the kick-off event to penetrate the messages of “Gratitude”, “Hope”, “Resilience” and “Open-mindedness” through art in the community. Booths will be set up with a variety of art activities, handicrafts making and performances by different community groups to promote the same messages. (Date: 12 February, 2012.)</li> </ul>
Capacity Building Programmes	<ul style="list-style-type: none"> <li>• The programmes are organized by professionals including clinical psychologists, experienced social workers and professors from the School of Public Health of The University of Hong Kong to refresh and strengthen 80 frontline workers’ knowledge of positive psychology and evidence-based approach, their professional skills in the design of appropriate intervention plan for families as well as the organization of family-based activities on an evidence-based approach. (Date: 1 December, 2011; 21 February, 2012 &amp; 8 June 2012.)</li> </ul>
Family Programmes	<ul style="list-style-type: none"> <li>• Trained frontline workers design and implement 30 programmes in their service units serving 1,200 families in the district. (Date: February to October, 2012.)</li> </ul>
Community Education and Promotion	<ul style="list-style-type: none"> <li>• Positive family is promoted through banners, posters and mass media, etc. with a view to increasing public awareness of family health, happiness and harmony (3Hs).</li> <li>• 10,000 free copies of booklet providing tips for family enhancement are delivered to families in the district.</li> </ul>
Evidence-based Evaluation	<ul style="list-style-type: none"> <li>• The School of Public Health of The University of Hong Kong is responsible for the evaluation of the Project so as to consolidate an effective intervention model strengthening family wellness through evidence-based research.</li> </ul>
Practice Wisdom Forum	<ul style="list-style-type: none"> <li>• The Forum facilitates the exchange of family-based service model experience and practice wisdom of the community-based participatory projects’ operators and research findings to different professionals territory-wide. (Date: January, 2013.)</li> <li>• A Practice Manual sharing the practice wisdom of the Project will be published and delivered to stake-holders in the territory for free so as to wide spread the knowledge and wisdom.</li> </ul>

### Enquiry

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