

**For Immediate Release**

## **5th KELY Social Circus Competition**

**(Hong Kong - 23 March 2019) KELY Support Group (KELY)** organises our 5th Social Circus Competition today. This is the fifth year since 2014 KELY has organised the annual competition. This year, we are delighted to have nearly 200 contestants and 250 audiences. The smooth running of our competition relies on much effort from young volunteers who were previous participants of our social circus training.

This year, the competition comprises Group Arts, 1-on-1 Battle and Designated Skills Competition. There was an open audition for the 1-on-1 Battle, where all participants were asked to submit a 1-minute video to demonstrate their circus skills. Eight participants were selected from screening to enter the competition. All the competitions are suitable for beginners to advanced artisans.

*"I was absent from one of the training sessions, thus forgot some gestures during the competition. Fortunately, with the great help of my teammates, we made a successful performance today. It taught me the importance of team spirit."*

Suen Tsz Yan - Buddhist Kok Kwong Secondary School

The Social Circus Competition stems from KELY's 'Get Positive!' Programme, which is a stress management programme funded by **The Community Chest of Hong Kong**. The programme offers local schools a range of opportunities to support young people under pressure and empower them to learn positive thinking techniques via learning social circus. The programme participants will perform in their schools and communities to conduct community services as well as share their social circus skills. It is hoped that students can be well equipped with a series of skills they have acquired through the programme, such as self-confidence, positive attitude, peer support, team spirit and resilience. Participants who completed the programme can join the Juggling Circle to further develop their confidence and life skills in the community.

A teacher from one of the participating schools, Stewards Pooi Tun Secondary School, acknowledged *"Diabolo, spinning-plate and juggling balls are magical activities that could be performed successfully not only by practising but at will. Students are willing to face difficulties, accept failure and learn new things through the preparation of the Social Circus Competition. In addition, the group practice teaches students the importance of sharing responsibility and supporting each other."*

Cindy NG, Programme Manager of KELY Support Group also expressed *"Many participants from 'Get Positive!' Programme reflected that academic, expectation from family members etc are their major stress. KELY believes that every youth has their own strengths and can achieve great success if they can be well equipped. Participants of 'Get Positive!' Programme are lacking in confidence in manipulating the juggling tools when first joining the programme. With the guidance of trainers, practicing and the support of peers, their circus skills are trained and enhanced."*

Chan King Choung, Vice Principal of Ling Liang Church M H Lau Secondary shared *"I appreciate KELY for their arrangement of today's competition as it provides me an opportunity to witness how my students are active in learning social circus and eager to acquire hardest skills. I believed that they felt joyful during the learning process."*

Young people in Hong Kong nowadays face more challenges and heavy stress. Some young people attempt to take their own lives to get away from a situation. A survey conducted by the *Hong Kong Playground Association* in May 2018 found that one in

three youth suffered from stress, anxiety or depression. Thus, it is vital to educate youth about proper ways to relieve stress and equip them with resilience and positive thinking skills. KELY is delighted to have worked with around 10,000 young people from 46 schools through 'Get Positive' programme in 2017/18 and equipped them with stress management skills.

### **5th KELY Social Circus Competition**

**Date:** 23 March 2019 (Saturday)

**Time :** 11:30pm to 3:00pm

**Venue :** Buddhist Kok Kwong Secondary School, Sha Kok Estate, Sha Tin

#### **Officiating guests:**

Mr. CHAN King Choung, Vice Principal of Ling Liang Church M H Lau Secondary School

Ms. TAM Ka Yan, Social worker of Ko Lui Secondary School

Ms. Cindy NG, Programme Manager of KELY Support Group

Ms. SIEK Tsz Ying, Youth Representative

#### **Judges:**

Ms. Cindy NG, Programme Manager of KELY Support Group

Mr. WONG Kin Man, Director of Juggling Home of Hong Kong

Mr. LEUNG Kin Wing, Famous Clown in Hong Kong

Mr. HO Ho Yeung, Experienced Circus Performer

Mr. LAM Chi Ho, Chris, Famous Crystal Ball Performer

Mr. LEE Wai Lok, member of the famous juggling team, CBO Juggling Team

**Photo album at** <https://goo.gl/mzn7ei>

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### **About KELY Support Group**

KELY Support Group (KELY) is a non-government funded bilingual organisation which provides support to youth between the ages of 14 and 24 in Hong Kong from all backgrounds.

Our mission is to empower young people to reach their full potential.

Our programmes and services range from resistance and harm reduction around drug and alcohol misuse to positive youth development for vulnerable and disadvantaged youth. With a priority to understand young people's perspectives, we equip them with key life skills and resilience as they face various challenges growing up in Hong Kong.

KELY's 3 Core Services:

- Drug and Alcohol Awareness
- Mental Health & Well Being
- Positive Youth Development

[kely.org](http://kely.org)