ANNUAL REPORT 2015

年報



Empowering Young People to Reach their Full Potential 啟 發 青 年 潛 能 , 讓 其 盡 展 所 長







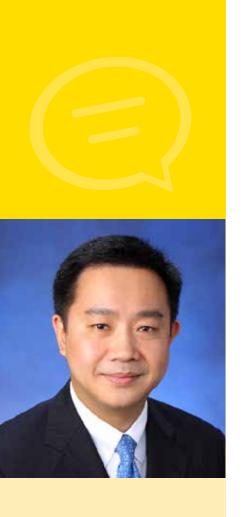


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Acknowledgements 鳴謝



MESSAGE FROM THE CHAIR

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

This quote embodies our achievement each time a young person takes his or her own decisions to become a unique and positive individual.

As we enter our 25th year - and having been a board member since 2000 - I've seen KELY's growth and transformation over the years as the issues and needs of Hong Kong's youth have gradually increased. However, peer pressure still remains one of the key factors in decision making for our young people - but while it might provide him or her with a sense of "belonging" with friends, sometimes these decisions may not be in the youth's best interests.

The song "Try" by Colbie Caillat describes the lengths people go to gain acceptance and how sometimes this leads to losing touch with our own identity: Get your shopping on, at the mall, max your credit cards, you don't have to choose, buy it all, so they like you. Do they like you? Wait a second, why should you care, what they think of you, when you're all alone, by yourself, do you like you? Do you like you?

Our young people face unprecedented pressure and many temptations in today's rapidly changing world - whether it's about material possessions, alcohol or substance use, or simply discrimination against others just to belong to a group, these challenges are always there. KELY's programmes and services provide tools to help them make informed choices by seeing the alternatives that would help them feel more confident, develop higher self-esteem and, ultimately, make healthy decisions for their lives.

However these programmes need the support of our donors, supporters and friends. You came through for us in 2015, for which we are extremely grateful - thanks to you, we've been able to improve our administrative structure, hold additional fund-raising events and invest in the future of KELY by launching an initiative to update our organisation to remain relevant for today's youth. While we still have a long way to go, I'm also delighted to tell you that KELY's existence is no longer threatened by financial difficulties as in past years, and we're now able to look forward to KELY playing a greater / more compelling role in our community as we move forward.

KELY is now stronger than ever - with a robust board of directors, a passionate team under the leadership of Executive Director Sky Siu, our experience from the past and your support, we'll continue to invest in the future to provide our youth a secure platform to which they can always turn.

As we celebrate our Silver Jubilee, on behalf of the board, management and staff of KELY Support Group, I'd like to thank you for making 2015 such a successful year, and look forward to your continued support in 2016, as we proudly continue to be of service to Hong Kong's young people!

With best wishes

Paul Tchen Chair

主席序言

『活在一個不斷被改造,迷失真我的世界裡,能夠『做回自己』彷彿是此生最大的成就。』

這句話正切實彰顯我們努力的成果 引領青年從心所想,慢慢蛻變成為一個獨特,正面的個體。

我自2000年起,擔任啟勵扶青會的董事會成員。不經不覺,啟勵已步入第25個年頭了。這些年來,本港青年的需要,以及相關議題都有 顯著變化,我看到啟勵亦隨之成長、改變。雖然如此,「朋輩壓力」至今仍是青年作出判 斷時關鍵的考慮因素。很多時候,他們作出決定,是為了得到朋輩的認同,而非完全跟隨個人意願。

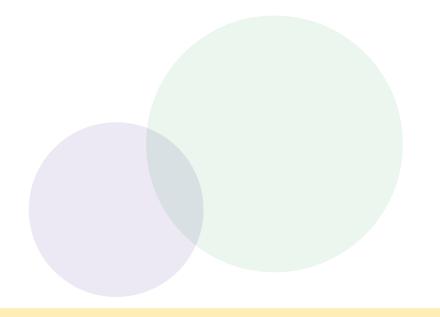
Colbie Caillat的歌曲《Try》中,道出人往往為了得到他人認同,不計後果,甚至失去自我。歌詞提到:「逛街吧!去商場吧!耗盡你的信用卡吧!不用仔細挑選,把所有東西都買下來,這樣他們才會喜歡你。他們真的喜歡你嗎?等一等,為何你要如此在乎別人怎樣看你?當你獨處時,你還會喜歡自己嗎?你真的喜歡自己嗎?」(以上歌詞為中文譯本)

在這瞬間萬變的世界裡,青年正面對史無前例的巨大壓力和誘惑。不論是追求擁有更多物質財富、酗酒、濫藥,抑或歧視他人,這些挑戰一直存在。亦因如此,啟勵透過舉辦不同活動和服務,提供更多渠道引導青年作出明智選擇,並從中幫助他們建立信心,以及提升自尊。

然而,啟勵在舉辦各項活動時,均需要得到贊助人、支持者,以及摯友們的支持才得以繼續運作。 我們感激每位陪伴我們走過2015年的您。全賴有您,我們成功改善我們的行政架構,能夠舉辦更多籌款活動,再通過自我增值,成為一所與時並進為青少年服務的機構。在此,我很驕傲地告訴大家,啟勵已不再像以往一樣,受財政資源所局限。我們期待啟勵於未來社會擔當更重要的角色。

當下的啟勵比以往更為強大。穩健的董事會,以及行政總監蕭加欣帶領充滿熱誠的團隊,讓我們能繼續穩步上揚。 啟勵會憑著過往經驗,瞭解當下。在您們默默的支持下,我們將為未來傾力付出,為青年提供一個他們可以依靠的 安全平台。

適逢啟勵扶青會踏入銀禧年,我在此謹代表董事會,管理層以及一眾員工,衷心感謝大家讓啟勵的2015年過得如此 精彩、成功!我期待著2016年再得到您的支持,讓我們能繼續為本港青年服務!



主席陳寶山



MESSAGE FROM EXECUTIVE DIRECTOR

2015 was a year of continued growth and development for KELY Support Group (KELY) in targeting the needs amongst young people from ethnic minority, Chinese and non-Chinese speaking communities across Hong Kong.

In the last year, we have been privileged to work with 70 school partners, running 12 programmes and outreach initiatives, reaching around 40,000 young people. Among our school partners, over 50% of these were recurring partnerships. Our programmes aim to enable young people in making informed decisions, particularly in the areas of drug prevention through harm reduction education and providing capacity building programmes, and have been proven to complement the current education gap in many schools, including those that are more under-resourced in disadvantaged districts in Hong Kong.

Given the fast-paced trends of pop culture and drug-related information, our team this year has placed a priority on effective, evidence-informed approaches. Outreach initiatives such as our annual hydration and harm reduction campaigns at the **Hong Kong Sevens** and **Clockenflap** are significant prevention efforts in providing on-site support and education needed around alcohol-related harm for young people. Several of our key programmes this year, including **Seeing the Possibilities** and **Moody's RiseUp**, have allowed vulnerable groups of young people from ethnic minority backgrounds to creatively confront their barriers and positively move forward while contributing back to society.

With support from **Mission Possible Foundation**, KELY was able to take a fresh look at our **Talk2Me IM** instant messaging helpline transforming it into a much needed peer support training programme, which aims to enable young people to be in the frontlines in providing emotional support to their friends through mobile technology and encourage more help seeking avenues before it is too late.

We were honoured to be selected as a case study by UNESCO to join the International Expert Meeting to Education on Education Sector Responses to Substance Use among Children and Young People in Turkey, Istanbul, co-hosted by WHO and UNODC, in September. KELY's role at the meeting was to share our model of peer education and our experience working with school communities as an NGO based in Asia. This joint meeting was the first of its kind in bringing together experts from around the globe to put together a recommendation paper to the education sector, to look at ways in approaching substance-related issues from an education perspective.

We are very thankful for our supportive funders, donors, school partners, active individual volunteers of around 440 individuals, and corporate groups. Their generosity, time and expertise shared with the youth have been invaluable in making a difference for Hong Kong's youth community.

As we look forward into the future, anticipating our 25th Anniversary, we continue to identify more innovative ways to strengthen our impact, and look forward to more collaborations with youth, as well as other community partners to create a healthy and positive future for our next generation.

Sky Siu
Executive Director

行政總監的話

2015年,是啟勵繼續拼搏、茁壯成長的一年。我們一如以往般,為滿足本港少數族裔、 華語及非華語青年的發展需求而奮鬥。

去年,我們很榮幸跟逾70所學校合作,推動合共12個項目,並展開多個外展行動。當中,我們成功接觸近40,000名青年。在我們眾多的學校伙伴中,超過50%的屬我們長期合作的伙伴。我們的項目主要針對預防濫藥,旨在通過緩害教育及能力提升培訓,引領青年作出明智抉擇。我們的項目已獲證實,能為不少學校(包括位於本港貧困地區的)補充相關知識。

本港流行文化和藥物資訊的發展一日千里。有見及此,我們團隊本年的首要目標,乃沿用有效、具明智實證的方針。我們的外展行動,如:在香港國際七人欖球賽、Clockenflap展開清水供給和緩害活動,均屬我們每年為本港青年提供場內支援,以及喚起他們對酒精意識的重大緩害工作。我們於2015年推行的重點項目,包括友你掌舵、Moody's RiseUp,旨在扶植處於弱勢的少數族裔青年,尋求創意方式打破他們在港面對的障礙,繼而引導他們勇於邁步向前,為未來社會作出貢獻。

啟勵在獲得Mission Possible Foundation的支持下,重新審視我們原有的Talk2Me IM輔導服務熱線,並作出改良、轉型,令整個項目更配合「朋輩支援」的訓練模式。此項目讓青年參加者站於最前線,透過傳送即時訊息為同儕提供情緒支援,並鼓勵他們及早尋求協助。

去年9月,我們很榮幸獲聯合國教科文組織挑選為研究個案,並獲邀出席由其跟世衛組織、毒品和犯罪問題辦事處攜手合辦的International Expert Meeting。是次會議於土耳其伊斯坦堡舉行,主題為Education Sector Responses to Substance Use among Children and Young People。啟勵在會議上,積極分享我們的朋輩教育模式,以及與學校社區合作的各種經驗。是次聯席會議首創先河,召集來自世界各地的專家聚首一堂,為以上3個組織出版的政策建議書提出寶貴意見。各國教育部門日後處理有關藥物的議題時,可參考有關建議書,並從教育角度尋覓有效的解決方法。

我們衷心感謝一直默默支持我們的資助者、學校伙伴、義工(當中包括440名個人參加者),以及多間企業機構。他們的無私奉獻,無論是時間,抑或跟參加者分享寶貴知識,都能一一為本港青年社會燃亮新的希望。

展望將來,我們希望在踏入25周年之際,繼續發掘更多創新方法,加強我們對青年、社會的影響力。同時,我們期待跟青年,以及社區各伙伴通力合作,共同為我們的下一代締造出一個健康、充滿正能量的未來。

行政總監 **蕭加欣**



Our mission is to empower young people through non-judgmental peer support to make informed choices in reaching their potential.

我們的使命,主要為 青年提供「不批判式」 的朋輩支援,藉此啟發 他們發掘潛能,幫助他 們在發揮所長的路上, 作出明確抉擇。

KELY Support Group (KELY) is a non-government funded bilingual organisation which provides empathetic, non-judgmental, confidential, and inclusive support to youth between the ages of 14 to 24 in Hong Kong.

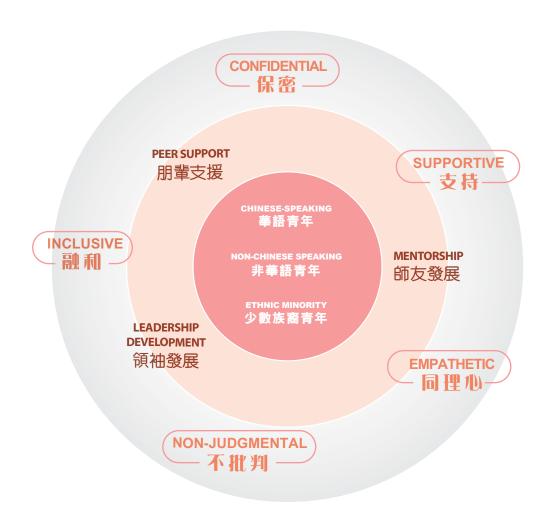
Our programmes and services focus on drug and alcohol prevention and intervention and are specially designed to tackle the root causes of misuse, including: boredom, peer pressure, lack of self-awareness, low self-esteem, poverty, unemployment, and discrimination.

啟勵扶青會 (啟勵) 屬非政府資助的雙語慈善機構,秉持以同理心、不批判、保密、融和,以及給予全面支持等核心價值,為本地14至24歲青年提供服務。

我們主要圍繞濫藥及酗酒方面,提供相應的項目及服務,並針對處理問題根源,包括困悶、朋輩壓力、缺乏自我意識、自尊心低落、貧窮、失業或歧視等。



Our Core Values, Target Communities and Work Approach 我們的核心價值、服務對象及工作策略



At **KELY**, we employ a holistic work approach to ensure that our services are approachable and inclusive to the youth communities in Hong Kong. As we recognise that each community may encounter different causes, and are dedicated to identifying and providing relevant support services to those who may be at-risk of drug and alcohol misuse.



40,000

Approximate number of young people reached through KELY's programmes and services in 2015

啟勵2015年從項目及服務所接觸的青年人數

PREVENTION & HARM REDUCTION 预防及緩害教育

Educate and inform vulnerable young people around drug and alcohol misuse. Build their capacity, resilience, and life skills to help them reach their potential. This includes: school-based drug and alcohol education, long-term capacity building and skills training programmes, and targeted harm reduction outreach.

教導處於弱勢的青年學習有關濫藥及酗酒的資訊。青年可從中學習如何融入社會,以及學習生活技能,讓他們發揮個人所長。我們的活動包括:校園藥物及酒精教育、長遠能力提升和技能培訓計劃,以及展開公眾緩害外展活動。

INTERVENTION 介入服務

Provide professional support to young people and their families. This includes: early risk identification, long-term core competence building programmes, one-to-one and group therapy and counselling.

為青年及其家人提供專業支援。 服務包括:早期識別風險、建 立個人競爭力,以一對一以 及小組方式提供治療及 輔導。

ADVOCACY 推廣活動

Raise awareness about drug and alcohol related issues young people face in Hong Kong. Campaign on behalf of young people, upstream thinking, influencing policy development and funding decisions to better support youth. This includes: mass media, public outreach, and social media campaigns.

喚起本港青年關注及認識藥物和酒精的議題。活動代表青年 發表意見,促進預防措施,影響政策發展及撥款決策,以 加強對青年的支持。我們的活動包括:大眾傳媒、外展及 計交媒體活動。

PREVENTION & HARM REDUCTION 預防及緩害教育

School-Based Drug and Alcohol Education

校園藥物及酒精教育

Life Skills Education Workshops

Funded by Narcotics Division

Our drug and alcohol workshops are interactive and engaging sessions that focus on raising awareness and educating young people on the risks around alcohol and drug use. In 2015, we delivered 124 workshops in 21 English medium of instruction schools, benefiting over 8,900 students. Every year, our workshops are modified to ensure that the content is evidence-based, up to date, engaging and also informative and relevant to young people.

Very informative and interactive.

It teaches you stuff you wouldn't know.

It Begins with One Story

Funded by The British Chamber of Commerce in Hong Kong September 2015 to September 2016

Aimed at increasing protective factors against drug use amongst low-income, disadvantaged ethnic minority secondary students, 35 Form 4 and Form 5 students have been recruited for the 2015 - 2016 cycle. Meeting weekly, participants are encouraged to act as positive role models amongst their peers and are supported by mentors who encourage students to develop supportive relationships with trusted adults. The participating students are to develop their own credible, culturally relevant drug awareness campaign at the end of the programme, which will be launched in their peer groups and wider communities.

[I hope to] to help raise drug awareness and contribute to the community, build stronger bonds with my friends and classmates and learn important and useful life skills.

禁毒處濫藥意識工作坊

保安局禁毒處資助

我們的預防濫藥及酗酒工作坊,著重跟青年之間的 互動。青年透過參與討論,有助提升他們預防濫藥 及酗酒的意識,減低他們濫用藥物及酒精的危機。 在2015年,我們於21間以英語授課的中學內,舉 辦合共124個工作坊,受惠學生超過8,900人。我們 每年都會更新工作坊內容,並查看實證基礎的資料 ,以確保我們為青年提供最新、最合適的資訊。

整個工作坊為我們提供不少資訊,且著重互動性。

我亦從工作坊學到課堂不曾學過的東西。

從一個故事開始

香港英商會資助 2015年9月至2016年9月

從一個故事開始的服務對象為出身基層的少數族裔中學生,旨在加強他們的保護因素,讓他們遠離監藥危機。在2015-2016年間,35名就讀中四及中五的學生獲挑選參加是次項目。透過每周跟師友會面,這群青年將漸漸培養成同儕間的好榜樣。同時,師友亦會鼓勵他們跟可信賴的成人建立互助互愛的關係。在這個項目步入尾聲時,參加者需制定出既可信,又切合自己文化的藥物宣傳活動,並在同輩之間及廣大社區中推行。

(我希望)能夠提高對藥物的認識,並對 社會作出貢獻。還有,鞏固跟朋友、同學 之間的關係,以及學習有用的生活技能。

Keeping It R.E.A.L.

Funded by American Women's Foundation Association of Hong Kong

September 2014 - July 2015

The aim of the programme is to equip young ethnic minorities with resistance strategies around drug and alcohol use, and to help them develop their own drug refusal messages through a range of artistic mediums. Running in its 4th year in 2015, we worked with 36 secondary students in a low-income disadvantaged district in West Kowloon to increase resilience, develop self-awareness and self-esteem. Participants in this cycle learnt a variety of art-based skills, such as spray painting and sculpture, to create drug refusal messages, which were then exhibited at the school as well as at a commercial art gallery in order to raise awareness in the public.

Keeping It R.E.A.L.

香港美國婦女會資助 2014年9月至2015年7月

這個項目旨在啟發少數族裔青年,學習婉拒濫藥及酗酒的策略,引領他們通過一系列的創意媒介,制定拒絕濫藥的訊息。2015年,這個項目不經不覺步入第4年。我們在九龍西一個低收入,處了,成功接觸36名中學生。在整個項目中,我們帶領學生們增加抗逆能力,建立自我意識,以及自尊心。在本階段中,參加者學習利用一系列「藝術為本」的技能,包括噴漆、雕刻來設計拒絕濫藥的訊息,並將製成品擺放在他們的學校,以及商業藝術畫廊展出,從而喚起公眾對濫藥及酗酒的意識。



25,742

The number of young people reached through harm reduction education and prevention training

從緩害教育及預防培訓活動所接觸到 的青年人數

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KELY SUPPORT C

11,335

The number of harm reduction and educational communication materials distributed

緩害及教育宣傳刊物的派發數量

Long-term Capacity Building and Life Skills Training

長遠能力提升及生活技能培訓計劃

"Know it Say it" Project for Ethnic Minority Youth

Funded by Constitutional and Mainland Affairs Bureau

April 2015 to September 2015

Looking at topics such as drug and alcohol misuse, bullying and neglect based on the United Nations' Convention on the Rights of the Child, the programme recruited 10 ethnic minority youth from a girls' school in Tai Wai and enabled them to understand what their responsibilities are as right holders in Hong Kong, and knowing who can help support them to protect their rights. At the end of the programme, participants produced their own education material in the form of postcards and shared their learning with their school about the Rights of the Child.

Defeat Failure, Get Positive!

Funded by The Community Chest of Hong Kong January to December 2015

Running in its 9th year, this stress management programme uses cognitive behavioural therapy alongside social circus skills development, to increase confidence, peer support, and communication skills amongst vulnerable youth in Chinese medium of instruction schools across Hong Kong. In 2015, we delivered 37 stress management workshops and 16 circus training programmes, reaching 4,722 students in 45 local secondary schools.

As a way of continuing a development pathway for participants beyond the school-based programme, our new *Juggling Circle* (formerly *Circus Troupe*) was re-launched in September, offering a gateway for young people to perform and explore potential talents in circus arts. 15 young people are currently in this group, further developing their confidence, peer support, performing skills, as well as stress-management skills.



有聲有「識」少數族裔篇

政制及內地事務局資助 2015年4月至9月

在聯合國《兒童權利公約》的多項條文中,我們主要探討有關濫藥及酗酒意識、欺凌及忽視等青年議題。我們從大圖的一所女校中,招收合共10名少數族裔女生參加是契項目。參加者能從中了解他們居於香港的權利及義務,以及誰能保障他們獲取應有權利。參加者在步入項目尾聲時,需自行製作屬於他們的教育素材一明信片,以及在學校分享從是实項目學到的兒童權利。

恐懼不再、成功在望

香港公益金資助 2015年1月至12月

踏入第九年,這個壓力管理項目繼續透過認知行為 治療,以及雜耍藝術訓練,協助本港一些就讀以母 語授課中學的弱勢青年,藉此提升他們的自信,朋 輩支援,以及溝通技巧。2015年,我們合共舉辦了 37個壓力管理工作坊,16個雜耍藝術訓練班,順利 於45所本地中學接觸合共4,722名學生。

除校本計劃外,是次項目亦是延續青年發展的另類途徑。我們最新的 Juggling Circle—(前稱: Circus Troupe) 於9月再度舉辦,為一眾青年提供表演及發掘雜耍天份的機會。15位青年在加入雜耍團後,逐漸提高了他們的自信心、朋輩支援、表演技巧,以及應付壓力的能力。



Mentoring Ethnic Minority Youth for Community Participation and Integration

Funded by a Private Donor and supported by the Department of Applied Social Sciences at Hong Kong Polytechnic University

First cycle: June 2012 to December 2013 Second cycle: December 2013 to May 2015

Developed in partnership with the Department of Applied Social Sciences at Hong Kong Polytechnic University, this three-year programme, developed into 2 cycles, aimed to motivate students to see beyond social barriers, understand their potential and develop realistic goals and aspirations. In the second cycle - named FUTURE by the participants - 41 ethnic minority youth developed life skills and set goals with their mentors, who were recruited from a diverse range of professions and ethnic backgrounds. Using writing, photography or videography as a medium of expression, participants created projects based on a social issue ethnic minorities face in Hong Kong. In March 2015, "Hong Kong Through the Eyes of Ethnic Minority Youth" multimedia exhibition was launched at Dragon Centre in Sham Shui Po with an aim to

> The programme has allowed me to widen my horizon...I look at a thing from different perspectives before judging. I was also able to improve my leadership skills.

extend these messages to the local community.

少數族裔青年社區參與 及融入嚮導計劃

由一名私人捐獻者資助;

香港理工大學應用社會科學系支持

第一階段: 2012年6月至2013年12月 第二階段:2013年12月至2015年5月

啟勵與香港理工大學應用社會科學系合作,展 開為期3年,分2個階段進行的項目。是次項目 旨在激勵學生於面對社會隔閡時看得更多更遠 、發掘自己的潛能,定立個人志向及切實可行 的目標。41名參加者將此項目的第二階段命名 為FUTURE。當中,參加者能跟來自不同少數 族裔及專業背景的師友學習生活技能。參加者 透過寫作、拍攝或錄像作表達自己的媒介,並 以當下少數族裔於本港面對的社會問題,作研 習題材。2015年3月,我們於深水 西九龍中 心,展出「香港與我少數族裔青年多媒體展覽 」,在本地社區傳遞有關訊息。

> 這個項目令我大開眼界.....在作出判 斷前,我嘗試以不同角度審視事物。 此外,我亦改善了自己的領導才能。

FUTURE 把沉睡中的我喚醒了,叫我

對自身目標抱持更堅定的決心。



Moody's RiseUp

Funded by Moody's Foundation
April 2015 to April 2016

Building on the success of the previous cycles, RISE and FUTURE, Moody's RiseUp gave 35 disadvantaged ethnic minority secondary students the opportunity to learn life skills and a technical skill - in this case, photography. They were mentored in groups by professionals who reinforced the life skills development including goal setting, self-esteem and self-awareness, communication skills, problem solving, and leadership skills. Participants went on to learn photography and applied the life skills by expressing their experience of opportunities and barriers in Hong Kong in a photography exhibition. This programme encourages young people to increase their aspirations and understand different perspectives on a range of fundamental issues.

> We were allowed to set our own goals, not necessary related to study. We had a chance to reflect our thoughts about our future career path and receive useful advice from the trainers.

I am happy to have the opportunity in meeting mentors and would like to build up further relationship with them.

Seeing the Possibilities

Funded by The Keswick Foundation
January 2015 to February 2016

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This programme focused on increasing life skills alongside a range of career preparation, confidence building and goal setting workshops. With 39 ethnic minority youth participants learning event management or fashion design skills, these transferable skills were put to use in a fashion show led by the participants, and an exhibition to follow.

This programme has increased my confidence and gave me some wonderful experiences. I'm no longer stepping back from society as I'm not afraid of taking chances or opportunities anymore.'

少數族裔青年社區參與及融入 嚮導計劃 (Moody's RiseUp)

穆迪基金會資助

2015年4月至2016年4月

在過去兩個項目RISE和FUTURE的成功輝煌下,Moody's RiseUp隨之誕生,為35名出身基層的少數族裔中學生,打造學習生活及專業技能的機會(學生於本期項目學懂了拍攝)。參加者獲分派成若干組別,然後跟隨來自不同專業的師友學習,從而強化他們的生活技能,包括訂立目標、建立自尊心和個人意識、學習溝通技巧、解難能力,以及領導才能。在整個項目中,參加者可透過參與照片展覽,直接表達他們於香港碰過的機會和障礙。過程中,這群青年能學得拍攝技巧,以及如何有效應用生活技能。總而言之,這項目除了激發年輕人提升個人抱負外,亦鼓勵他們利用多角度審視不同議題。

這計劃容許我們訂立與學術無關的目標。同時, 我們亦可藉此機會,反映出自己對未來職業導向 的一些期盼;以及從教練身上獲得寶貴建議。

> 我很高興認識這群師友。我希望 能跟他們建立更緊密的關係。





友你掌舵

由凱瑟克基金資助

2015年1月至2016年2月

此項目旨在幫助青年提升生活技能,並為他們提供一系列職前準備、增強自信,以及訂立目標的工作坊,。在是次項目上,39名少數族裔参加者於學習策劃活動和時裝設計後,成功將學到的多方技能,運用於籌備一場,由他們全力主導的時裝表演。「友你掌舵:小世界大宇宙」裡。



此項目令我增添自信,亦 為我送上一段段精彩的經 歷。現在,我不會再從社 會中退縮了一因為我已不 再懼怕冒險了!

77

Talk2Me IM

Funded by Mission Possible Foundation October 2015 - January 2016

Initially piloted as a helpline, the modified and upgraded Talk2Me IM is a school-based programme that aims to help develop peer support amongst young people through instant messaging (IM). Working with 25 ethnic minority young people between 15 and 18 years old, participants learnt a range of skills and coping mechanisms that would increase their ability to provide their peers with emotional support. These skills include problem solving and mythbusting around risk-taking behaviours, and communications skills to encourage help-seeking behaviour among peers. Using instant messaging in positive and supportive ways, participants also learn about boundaries, as well as when and where to seek referrals for the issues their peers are experiencing.

We believe that participants will come out of this programme with more resilience, skills and knowledge, so that their school community will have a group of equipped peer supporters who will be able to use technology to support young people in need.

Talk2Me IM

Mission Possible Foundation資助 2015年10月至2016年1月

我們為輔導服務熱線進行多次試點後,將 Talk2Me IM 提升為校本項目,旨在透過發送即時訊息,將「朋輩 支援」的元素加到扶植青年發展中。我們與25名介乎 15至18歲的少數族裔青年合作。通過教導這群參與者 一系列應對機制以及技巧,包括:解難技巧、摧毀青 年參與危險行為的念頭,以及溝通技巧等等,讓參加 者能為朋輩提供有效的情緒支援。參與者透過正面使 用即時通訊工具,不但能夠明白溝通是無分界限外, 亦讓他們了解應於何時,以及通過甚麼渠道轉介同儕 尋求相關協助。

我們深信,這群青年參與是次項目後,將擁有更強的 適應力、技巧以及知識;而他們就讀的學校社區,將 會因而得到一群訓練有素的朋輩支援者,利用科技支 援有需要的青年。

530

The number of workshops and training delivered 開辦工作坊及培訓課程的數目



Harm Reduction and Outreach

緩害及外展活動

Save Our Sevens

Funded by Hong Kong Rugby Union

Clockenflap Hong Kong's Music and Arts Festival

Sponsored by Clockenflap and Privé Group

Our team delivers outreach at large-scale events such as Hong Kong Sevens and Clockenflap annually. Our aim at these events is to raise awareness about the immediate risks of binge drinking, ensure young people stay hydrated, and offer a safe, alcohol-free environment for them to rest and receive appropriate support.

At the 2015 Cathay Pacific/HSBC Hong Kong Sevens, our SOSKELY ("Save Our Sevens") team, along with 90 trained volunteers, handed out approximately 2800 cups of water to young people, intervened in 28 cases of drunkenness where individuals sought help from our team, and referred 3 cases to the on-site first-aid team for medical attention.

With 35 volunteers supporting us, we reached over 1,900 young people at Clockenflap 2015, giving out approximately 400 litres of water to 14 to 24 year-olds at the music festival.

The fact that we have been invited back each year underlines the fact that KELY is a credible harm reduction partner and the go-to organisation for this work in Hong Kong.

Letting the young people know...that we don't judge and that we just wanna keep them safe - felt like I was doing something meaningful and the response was very positive.'

- KELY volunteer, Clockenflap

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'KELY is the silent hero of Clockenflap!'

66 'We're so glad you're here...we know where we can go when we need help!'

Save Our Sevens

香港欖球總會資助

Clockenflap 香港音樂及藝術節

由Clockenflap 及 Privé Group贊助

我們每年都會於本港大型活動,如Clockenflap香港音 樂及藝術節,以及香港國際七人欖球賽中,展開外展 服務。我們希望從中喚起大眾對過量飲酒的危機意證 ,以及確保在場年輕人補充足夠水份。此外,我們又 為青年提供一個安全、零酒精的環境,讓他們舒適地 歇息;同時,我們又為尋求情緒支持的青年打打氣。

在國泰航空/滙豐香港國際七人欖球賽2015中,我們團 隊帶同90名曾受訓練的義工,分批進駐比賽現場。我 們為場內青年派出接近2800杯清水,介入28宗向啟勵 求助的醉酒個案;轉介其中3宗個案,到駐場醫護團隊 尋求幫助。

而在Clockenflap音樂節中,我們帶同35名義工駐紮場 內。我們順利接觸近1.900名14至24歲青年,並派出 超過400升的清水。

我們每年都獲邀請參與這些大型活動提供外展服務, 這正正印證了,啟勵是個可信的緩害夥伴,以及實事 求是的機構。

> 我們要讓年輕人明白,我們並非想批判 他們的行為,而是想為他們提供安全平 台。我覺得,我所做的一切都很有意義 。同時,我亦得到不少正面回應。

啟勵是Clockenflap的沉默英雄。

我們很榮幸你們都在......讓我們知 道,當自己需要協助時,可往哪裡 尋求幫助。

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- Clockenflap 義工

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ADVOCACY

推廣活動

International Day against Drug Abuse and Illicit Trafficking

KELY's annual outreach campaign to advocate for International Day against Drug Abuse and Illicit Trafficking aims to raise awareness and promote youth substance use education in local communities. On 26 June 2015, KELY's "What's Your Alternative to Drugs?" - an education campaign and interactive installation - made a mark in Yau Tong and Chai Wan. KELY and a team of volunteers shared drug information and collected 650 ideas from shoppers on healthy living activities that are drug-free and applicable to youth.

International Youth Day

International Youth Day 2015 (IYD2015) has summoned a collective of youth around the world to reflect on the importance on community engagement. KELY's IYD2015 social media campaign "Y-Engage" was held from 16 July to 12 August to advocate for youth in Hong Kong and across the globe, and to inspire more young people to make contribution to their communities. With the aim to encourage young people to share examples of how youth can contribute to their communities, "Y-Engage" received 40 inspiring submissions from 18 different countries, and gained 110 engagements.



禁止藥物濫用和非法販運 國際日

為教育青年及喚起大眾對濫用藥物的關注,啟勵再次於禁止藥物濫用和非法販運國際日,舉行年度外展活動。2015年6月26日,啟勵以「藥物以外…有何選擇?」為主題,於油塘及柴灣舉辦具教育意義的大型藝術展覽。當天,啟勵與一眾義工除了竭力向市民分享藥物資訊外,還展開了一個鼓勵青年遠離藥物的活動。過程中,我們順利從參加者手中,收集近650個有關健康生活選擇的創意分享。

國際青年日

國際青年日2015(IYD2015)的主題,為召集世界各地的青年聚首一堂,齊齊向社會反映他們參與社區的重要性。為響應有關主題,啟勵於7月16日至8月12日期間,舉辦了一個跨越香港及全球的社交媒體活動「Y-Engage」,旨在策勉全球青年為貢獻社區出一分力。在進行整個IYD2015媒體活動期間,我們不時鼓勵青年分享他們曾為社區作出的奉獻。最後,我們很高興從「Y-Engage」活動裡,接獲40份來自18國青年的帖子,以及110個振奮人心的互動訊息。

65

Number of media opportunities to share about youth issues Hong Kong 啟勵獲媒體報導有關針對青年議題的次數

440

The number of committed mentors and active volunteers we had last year 去年曾參與啟勵活動的導師和義工人數















INTERVENTION 介入服務

Growing Up with KELY

Growing up with KELY is a whole school programme that aims to develop protective factors in teenagers, thereby increasing their resilience and supporting them to make drug free choices. It utilises a three-pronged approach combining early-risk identification, preventative modules, and intervention and support.

In 2015, 9 international schools participated in this programme, reaching approximately 1500 students. In addition, 686 mental health assessments have been conducted, which have been followed up with individual therapy sessions for 69 high-risk students and weekly group therapy sessions for a further 33 students.

Interesting, educational and very good knowledge for life.

It helps me to say NO confidently, since I have difficulties in saying NO.

Growing Up with KELY

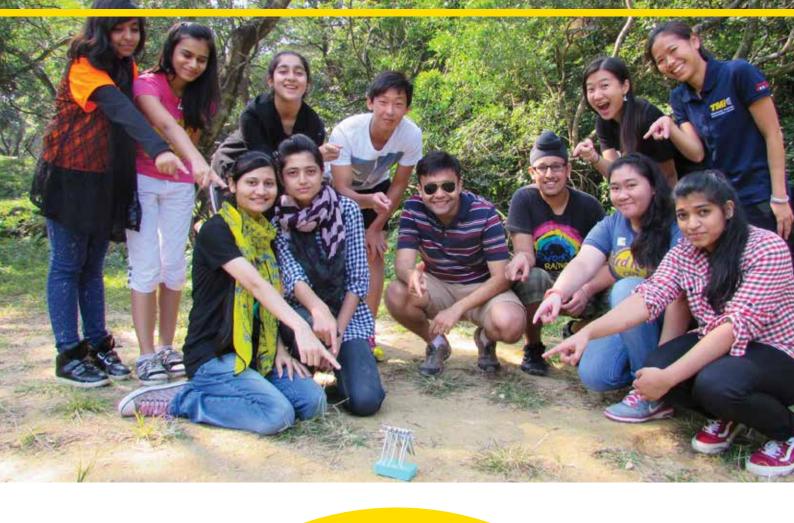
Growing Up with KELY屬一個全校性的項目,旨在為青年制定保護因素,藉此提升他們的抵抗能力,讓他們在面對藥物誘惑時,勇於說「不」。此項目以三管齊下的方式推行,包括前期心理風險識別、預防式評測模式,以及提供實質介入和支持。

2015年,我們跟9所國際學校合作,順利接觸接近 1500名學生。其次,我們進行686個精神評估,並為 當中69名高危學生提供「一對一」治療。此外,我們 亦為合共33名學生,提供週期性的小組治療。

(此項目)十分有趣呀,又具教育意義,這些知識有利於我們的生活。

這個項目教我自信地説「不」; 從前,我並不太懂得説「不」。





Parents, Teachers, and Community Support

家長、教師及社區支援

Bespoke Workshops

In response to the increasing demand for specific development needs across schools in Hong Kong, we have launched a new initiative, developing and delivering bespoke training sessions to students, parents, teachers, and other school staff. Working with schools, we are able to develop learning opportunities that focus on different aspects of drug and alcohol-related issues, as well as other contributing risk and protective factors such as communication skills for parents, drug awareness, bullying and self-esteem for non-teaching staff. In 2015, we provided training for the English School Foundation (ESF) school staff, organised by the ESF Therapy Centre and other schools for their individual Continuing Professional Development days.

訂制培訓

現時,本港不少學校在具體發展上,都有特別需求。有見及此,我們特意為學生、家長、教師,以及學校其他職員,開設一個帶有全新理念的訂制培訓。我們跟學校通過合作,將能營造更多學習機會,專注各種有關濫藥及酗酒的議題,還有當中衍生的危機和保護元素,例如:家長的溝通技巧、非教學人員對藥物的認知、欺凌,以及自尊心議題等等。踏入2015年,這些由我們為英基治療中心及其他學校訂制的培訓,已涵括為英基學校協會轄下學校的職員,於其持續專業進修日提供訓練。

2015 YEAR IN REVIEW 年度回顧





From January to April, KELY was sponsored by Hong Kong Rugby Union to be at various rugby events, such as the Prudential New Year's Youth Festival and KELY Support Group Super Saturday, to promote our work.

由一月至四月,啟勵承蒙 香港欖球總會贊助,在多 個欖球活動中推廣我們的 工作。贊助活動包括:英 國保誠元旦日青少年欖球 錦標賽、啟勵扶青會 Super Saturday •



Hong Kong through the Eyes of Ethnic Minority Youth multimedia exhibition

香港與我小數族裔青年名媒體展覽



Mission Possible, a collaborative fundraiser by The Peter Bennett Foundation and the Hong Kong Rugby Union at the Cathay Pacific / HSBC Hong Kong Sevens, donated funds towards KELY's programme development.

The Peter Bennett Foundation 及香港欖球總會 於國泰航空/匯豐香港國際七人欖球賽中,攜手 舉辦Mission Possible慈善活動,為啟勵的項目 發展籌募經費。



Caring Company Partnership Expo 2015 商界展關懷社區伙伴合作展2015



Renaissance College Hong Kong -Dance Without Borders 新書院- Dance Without Borders



Save Our Sevens



Bradbury School Charity Day 白普理小學慈善行動日

04

KELY was selected as the charity beneficiary at The EXperience CanCham 2015 Gala Ball.

香港加拿大商會於The EXperience CanCham 2015 Gala Ball周年晚會上,將抽獎 活動中的收益捐予啟勵。

03

05

KELY X The Peninsula

Chinese New Year

Pudding Charity Sale

啟勵 x 半島年糕賀年禮盒



Net proceeds from the opening gala performance of "Love Letters by A. R. Gurney" were donated by Brave Heart Theatre in support of KELY's work in youth substance use prevention.

英心劇團將美劇作家A. R. Gurney創作的百老匯名劇 「情信」搬上舞台,並將首 演的收益全數捐予啟勵。



KELY Appreciation Evening 2015 啟勵嘉許晚會2015







International Day against Drug Abuse and Illicit Trafficking 禁止藥物濫用和非法販運國際日



KELY Support Group SAR Philharmonic Charity Concert 啟勵扶青會SAR香港愛樂團慈善音樂會



KELY was selected as a charity beneficiary of The British Chamber of Commerce Annual Ball 2015.

啟勵獲選為香港英商會2015 周年晚會的慈善受惠機構。



KELY was chosen as a charity beneficiary by KIOSK, where 5% of all retail sales proceeds in 2015 of "ZERO Guide - your guide to responsible travel" were donated to help sustain our work.

KIOSK挑選啟勵為其慈善受惠者, 並協定將其於2015年「零導-低碳旅遊指南」的零售項目中,撥出全部盈利中的5%捐予啟勵,讓我們 繼續扶青工作。



Welcome to My Mind exhibition 我的腦海裡藝術展



KELY shared knowledge and expertise in the International Expert Meeting on Education Sector Responses to Substance Use among Children and Young People, organised by UNESCO, UNODC and WHO.

啟勵出席由聯合國教科文組織、世衛組織,以及毒品和犯罪問題辦事處攜手舉辦的International Expert Meeting,並就主題Education Sector Responses to Substance Use among Children and Young People分享專業知識。

活動摘錄:

我們衷心感謝所有願意獻出寶貴時間的義工、朋友。無論是擔任義務導師、委員,抑或專家,您們的無私奉獻,都讓啟勵能夠更有效地為青年提供最優質的培訓及發展,從而提高他們對 濫藥的意識。

We thank all our volunteers and friends who gave their invaluable time to KELY. Whether as mentors, committee members and experts, volunteers played an important role in enabling our team to provide the best training, development

and awareness building for young people.

Fundraising Highlights:

Events Highlights:

As a non-government subvented organisation, sustainable sources of donation are key to our continued development. We appreciate all our supporters, and are always looking for opportunities to fundraise and solicit support to advocate and enable vulnerable youth in Hong Kong to reach their potential.

籌款活動摘錄:

作為非政府資助的機構, 啟勵能夠持續發展, 實在有賴社會 各界多年的慷慨捐助。

我們在此由衷答謝各位善長仁翁。與此同時,我們未來亦會 繼續竭力籌募捐款及尋找支援,好讓本港弱勢青年獲得充分 支持,盡展所長。

KELY's annual Peninsula Mooncake Charity Sale 年度半島月餅慈善義賣



Clockenflap Hong Kong's Music and Arts Festival Clockenflap香港音樂及藝術節

12

Dec

11Nov

07 July

09Sep

08 Aug



International Youth Day 國際青年日



World Snooker Champion Ng On Yee chose KELY as one of the charity beneficiaries at the Igold and CGSE Charity Snooker Masters.

女子桌球世界冠軍吳安儀於領峰慈善 大師表演賽中·挑選啟勵為其中一所 慈善受惠機構。 10 oct



KELY was invited to participate in the Opening Ceremony of Equal Opportunity Festival, organised by the University of Hong Kong, in recognition of our work for the ethnic minority community.

啟勵獲邀出席香港大學主辦 2015平等機會節的開幕典禮 ,褒揚我們在服務少數族裔 社群方面不遺餘力。 Oktoberfest 2015 @ Rotary Club of Shouson Hill 壽辰山扶輪社 Oktoberfest 2015



Seeing the Possibilities Fashion Show 友你掌舵時裝展覽



Basketball Charity Tournament 慈善籃球錦標賽



Christmas Charity Comedy Night at KEE Private Members Club 在KEE Private Members Club 舉辦聖 誕慈善棟篤笑表演

FINANCIAL HIGHLIGHTS 財政摘錄



Income for the financial year ended 31st March 2015 dropped by 13% as general donations decreased by 2%, fundraising activities decreased by 39% and designated funding and grants decreased by 8% as some programmes were completed, while other programmes income increased by 3%.

Expenses for the financial year ended 31st March 2015 decreased by 10% primarily driven by streamlining team resources to match reduced programme activity. As a result staff costs dropped by 22%, and administrative and other operating expenses decreased by 15%. Expenses for fundraising activities also dropped by 7%, reflecting a fall in fundraising activities. Expenses for designated programmes grew by 40% due to the payment schedule of significant programme funding within this financial year.

There was an operating surplus of HK\$11,859 for this financial year ended 31st March 2015.

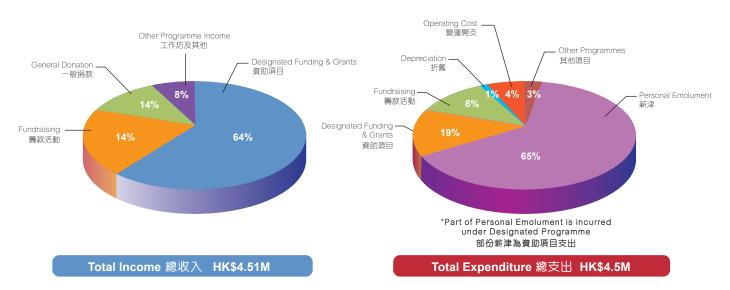
回顧本財政年度(截至2015年3月31日為止),啟勵扶青會的收入減少了13%,除了因為來自一般捐款的收入下跌了2%外,籌款活動所得之收入亦收窄了39%。加上部分資助項目於本年度逐一完結,啟勵從該些項目所獲的資助亦因而減少了8%。但啟勵在其他項目上,獲得近3%的收入增幅。

本財政年度(截至2015年3月31日為止),啟勵的開支費用削減了10%,主要源於啟勵因應項目的縮減調整開支。除了在薪津成本上,大幅縮減22%外,亦於營運上節省15%的開支。同時,隨着減少舉辦籌款活動,啟勵亦從中縮減該方面近7%的支出。另一方面,部分橫跨多逾一個財政年度的資助項目,多於本年度付清經費,致令相關開支有近40%的增長。

總括而言,啟勵於本財政年度(截至2015年3月31日為 止)獲得的營運盈餘為11,859港元。

KELY'S Income 2014-2015 收入來源

KELY's Expenditure 2014-2015 支出用途



PEOPLE





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ACKNOWLEDGEMENTS 鳴謝

Over the past year, KELY has been fortunate to have had various community leaders, corporate donors, and dedicated volunteers to help us continue our work for young people in Hong Kong. We thank all groups and individuals for their time and generosity.

過去一年, 啟勵有幸獲得眾多社區領袖、企業捐贈者, 以及義工朋友的鼎力支持, 讓我們繼續為香港青年服務。我們希望藉此機會, 衷心答謝所有付出實貴時間, 以及慷慨解囊的團體和人士。

(In Alphabetical Order 以英文字母排序)

Programme Funders 項目資助者

American Women's Association of Hong Kong	香港美國婦女會
Beat Drugs Fund, Narcotics Division, Security Bureau	保安局禁毒處,禁毒基金
Clockenflap	Clockenflap
Constitutional & Mainland Affairs Bureau	政制及內地事務局
Hong Kong Rugby Union	香港欖球總會
Narcotics Division, Security Bureau	保安局禁毒處
The British Chamber of Commerce Hong Kong	香港英商會
The Community Chest of Hong Kong	香港公益金
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Moody's Foundation	穆迪基金會
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Zennotgraphy	Zennotgraphy	

Community Partners 社區合作伙伴

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Fringebacker	Fringebacker	
Junior Chamber International (Island)	港島青年商會	
JustGiving	JustGiving	
SimplyGiving	SimplyGiving	
VoiceUp	VoiceUp	
Without Equal Production	Without Equal Production	

Media Partners 媒體合作伙伴

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Universities 大學

Pinoy Fuse

School Partners 學校合作伙伴

om como X+				
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The Chinese University of Hong Kong, Faculty of Medicine	香港中文大學醫學院			
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Palo Alto University (USA)	Palo Alto University (美國)			



Chinese Medium of Instruction Schools 中文教學學校

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CCC Kei San Sceondary School

CCC Rotary Secondary School

CCC Tam Lee Lai Fun Memorial Secondary School

Chinese YMCA Secondary School

Chong Gene Hang College

Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School

Confucius Hall Secondary School

Creative Secondary School

ECF Saint Too Canaan College

FDBWA Szeto Ho Secondary School

HHCKLA Buddhist Ching Kok Secondary School

HKFYG Lee Shau Kee College

HKSYC& IA Chan Nam Chong Memorial College

Holy Trinity College

King Ling College

Kwok Tak Seng Catholic Secondary School, KTSCSS

Lions College

Lok Sin Tong Young Ko Hsiao Lin Secondary School

Lok Sin Tong Yu Kan Hing Secondary School

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Precious Blood Secondary School

Rope Paul VI College

Shi Hui Wen Sceondary School

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Tin Shui Wai Government Secondary School

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Tseung Kwan O Government Secondary School

Tsung Tsin College

TWGHs Mrs Fung Wong Fung Ting College

Yan Chai Hospital Lan Chi Pat Memorial Secondary School

Yan Chai Hospital Law Chan Chor Si College

佛教沈香林紀念中學

中華基督教會全完中學

中華基督教會基新中學

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International and English Medium of Instruction Schools	國際學校及英語教學學校
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Bradbury School	白普理小學
Beacon Hill School	畢架山小學
Canadian International School	加拿大國際學校
Chinese International School	漢基國際學校
Concordia International School	協同國際學校
Delia Memorial School (Hip Wo)	地利亞修女紀念學校(協和)
The French International School of Hong Kong	法國國際學校
German Swiss International School	德瑞國際學校
Independent Schools Foundation Academy	弘立書院
Islamic Dharwood Pau Memorial Primary School	伊斯蘭鮑伯濤紀念小學
Island School	港島中學
Good Hope School	德望學校
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Po Leung Kuk Camões Tan Siu Lin Primary School	保良局陳守仁小學
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St. Margaret's Girls' College, Hong Kong	香港聖瑪加利女書院
West Island School	西島中學
Yaumati Kaifong Association School	油麻地街坊會學校
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^{*}KELY is a member of the Hong Kong Council of Social Services and The Community Chest of Hong Kong.

Due to limited space, we are unable to list the names of all donors and supporters who have given us invaluable support. On behalf of our beneficiaries, we extend our sincere thanks to all of them for supporting our work in enabling young people in Hong Kong to reach their potential.

由於篇幅所限, 未能盡列所有善長芳名。 我們謹代表所有受惠青年, 衷心感謝您們的支持。

^{*}啟勵扶青會為香港社會服務聯會及香港公益金之機構會員



KELY Support Group does not receive any government subvention. Your generous donation will enable us to help vulnerable youth make informed choices concerning drug and alcohol.

To donate, simply visit our website at kely.org or scan this QR code.

啟勵扶青會是非政府資助的慈善機構, 您的慷慨捐助可讓弱勢青年脫離濫藥及酗酒問題。

請即登上 kely.org 或掃描以下二維條碼捐款支持。



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2/F East Wing, 12 Borrett Road, Central, Hong Kong 香港中環波老道 12號東翼二樓









