

For Immediate Release

## **KELY Support Group Celebrates 30 Years of Youth Development in Hong Kong** **Thirty Champions of Youth Empowerment Share** **“Moments of Impact” Stories in an Exhibition**

(Press Release – 23<sup>rd</sup> September 2021) KELY Support Group (“KELY”) unveiled its Moments of Impact Exhibition (“the Exhibition”) today as the first of a series of 30<sup>th</sup> anniversary celebration events. The Exhibition showcases the inspiring personal stories of 30 champions of youth empowerment, who are from different backgrounds and endorse KELY’s unique approach to supporting youth in an inclusive, non-judgemental and empathetic way, with an emphasis on peer support.

The Exhibition is held from 23<sup>rd</sup> to 29<sup>th</sup> September at Central Market (venue sponsor). Members of the public are welcome to visit and join an array of interactive workshops during the exhibition period. Visitors who take a quiz or make a donation to KELY will receive special gifts.

### **Evolution of KELY’s Approach to Youth Development**

At the launch event of the Exhibition, **Mrs. Fern Ngai, Board Chair of KELY**, shared about the genesis of the organisation. Thirty years ago, a young woman told her story of recovering from alcoholism in the South China Morning Post under the pseudonym “Kelly” with the hope of reaching other young people struggling with addiction. The response was overwhelming and Kelly decided to create an informal peer support group out of her own home, providing a safe space for young people like her to share their struggles. Those home meetings turned out to be a lifeline for the young people who found others willing to listen to them in a non-judgemental way. This was the beginning of what is now KELY Support Group (an acronym for Kids Everywhere Like You).

Ms Ngai said, *“Over the last three decades, KELY has grown and evolved its programmes to address the challenges that each new generation faces while carrying on Kelly’s legacy of compassion and determination to support Hong Kong’s young people. While drug and alcohol awareness continue to be at the core of our work, we learned that the rise in mental health issues and lack of appropriate support meant that many young people were self-medicating with drugs and alcohol. We also learned that in order for us to be most effective, it is equally important for us to engage in prevention work.”*

Today, KELY works with 100+ schools, reaching some 30,000 young people every year. Across

three programme areas: Drug and Alcohol Awareness, Mental Health & Wellbeing, and Positive Youth Development, KELY is guided by a steadfast commitment to its mission of equipping young people with the skills, knowledge, and opportunities needed to support themselves and each other.

**Mr. Chua Hoi Wai**, the Chief Executive of the Hong Kong Council of Social Service, one of the officiating guests of the launching event, endorsed the accomplishment of KELY in the front of youth development work over the past 30 years, including the participation in the discussion and experience-sharing in education and training, support and research and advocacy at UNESCO and WHO conferences. KELY also launched the first-ever bilingual online platform for youth in Hong Kong.

### **Celebrities Share Personal Experiences in Building Resilience**

**Mr. Sammy Leung**, famous programme host and emcee, who is one of the Moments of Impact story contributors, appeared in a dialogue with KELY alumni John and Prince at today's event. He shared his experience of overcoming learning difficulties at school. By turning homework questions into drawings, he discovered that this helped him concentrate and dispel absent-mindedness, an ADHD symptom which still affects him today. He named meditation and being honest in telling others about problems as the best ways to overcome his anxiety about memorizing long scripts.

**Siu Yu**, Moments of Impact story contributor talked about his learning from being a contestant in a TV talent show and coping with netizens' negative comments with an open and reflective mind. He encouraged young people to make use of KELY's resources to equip themselves with the skills and knowledge required for giving peer support and promoting emotional wellbeing on social media platforms.

### **Addressing the Need for Youth-based Accessible Mental Healthcare**

KELY's Executive Director **Sky Siu** said, *"In the digital era, technology has become increasingly essential in communication and learning. Hence KELY is leveraging IT technology to optimize the impact of its youth engagement efforts, expanding beyond in-person engagement and supplementing it with digital engagement. KELY recently launched a newly developed platform - the KELY Learning Management System – which has a series of interactive online training courses on topics such as mental health and stigma, crisis intervention training, mindfulness and meditation, common drugs in Hong Kong and the use of technology in our daily lives."*

*In the past few years, we've also seen a greater need for youth-focused mental health resources and support. Last year, we partnered with Mind HK to launch Coolminds, an initiative to improve mental health literacy for young people, teachers, and parents. We are also introducing Project Connect, a referral system that aims to guide young people in their help seeking journey, encouraging them to seek formal help and referring them to counseling services provided by 33*

*partner organisations.”*

Ms Siu reiterated KELY’s commitment to Hong Kong’s youth in the future, *“Young people have tremendous potential to create solutions for the unique challenges of this generation. As adults, our role is to help them build capacity to face an ever-changing world. We can support them to build a better future for themselves and for all of us.”*

Other 30<sup>th</sup> anniversary initiatives include:

- A mental health survey to understand the needs of young people since the outbreak of the pandemic and how KELY can more effectively provide them with relevant support as a youth organisation. The results will be released in October 2021 to commemorate World Mental Health Day.
- In November 2021, KELY will fundraise through an online Charity Silent Auction.
- In February 2022, KELY will be jointly organizing a participatory fundraising event “Weez Walk 2022” with its strategic partner, The Weez Project, with the aim to raise awareness of youth mental health and prevention of suicide. Weez Walk will involve a walk along the 62 km Hong Kong Island Coastal Trail and participants will have the flexibility to complete the walk on one designated day, over several days, or virtually.

Event photos can be downloaded from:

<https://drive.google.com/drive/folders/12VVYY0B9dMaDe1E7BvjFkWNDNpSAm7Cp?usp=sharing>

Photo captions



1. KELY Support Group celebrates its 30 years of positive impact on young people in Hong Kong with a series of events and activities, including a special exhibition “Moments of Impact” which will be held from 23rd to 29th September to showcase the inspiring personal stories of 30 champions for youth empowerment. Visit online: <https://kely.org/k30>



2. Famous programme host and DJ Sammy Leung talked with John Joseph and Prince, both are participants of KELY Support Group's positive youth development programmes about tips for stress management and resilience.



3. Famous programme host and DJ Sammy Leung and Siu Yu (Goodnight Show King Maker II Contestant) shared their personal experience of youth empowerment and how they handle negative comments in the cyberspace. Robyn Lamsam, former Olympian swimming athlete is the MC of the event.



4. Chua Hoi Wai, Chief Executive of Hong Kong Council of Social Services, celebrities Mary Cheung, Sammy Leung, Siu Yu, Angie Chung, Central Market representative with the company of Fern Ngai, Board Chair and Sky Siu, Executive Director of KELY Support Group officiated at the launching ceremony of the Moments of Impact exhibition, which kicks off the 30<sup>th</sup> anniversary celebration of KELY.

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**KELY Support Group**

KELY Support Group is a Hong Kong-based non-profit organisation founded in 1991 with a mission to equip young people with the skills, knowledge, and opportunities they need to support themselves and each other. We envision a world where young people are empowered to reach their full potential. We collaborate with schools and other partners to offer programmes to Chinese- and English-speaking youth between the ages of 14 and 24 around our three core focus areas: Drug and Alcohol Awareness, Mental Health & Wellbeing, and Positive Youth Development.

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



## [Annex 1] Event Information of Moments of Impact Exhibition



Everyone has a moment in life where their paths could have diverged - a moment that has had a significant impact on who they are today which inspired and motivated, or even impacted her/his values and perspective on life. We invited 30 champions of youth empowerment from different backgrounds to share their “Moment of Impact” story. Among the 30 story contributors are famous artistes including Joyce Cheng, Sammy Leung, 6@RubberBand, Andy Leung, Crisel Consunji and Vivek Mahbubani. Celebrities such as Middle, best-selling author, Pasu Ng, mortician and life & death educator, Chan Ka Ho, long-distance running coach, psychiatrist Dr Tsang Fan Kwong as well as many KELY’s supporters and programme participants have also shared their stories. The stories are expected to encourage and inspire, radiating positive energies to those facing challenges in their journey.

**Exhibition period:** 23rd September - 29th September 2021 (10.am-10 p.m. daily)

**Venue:** Event Space 1/F Central Market  
93 Queen's Road Central and 80 Des Voeux Road Central, Central

**Workshops:** Juggling, Well-being Card Game, Yoga, Henna Drawing, Lunch Hour Handpan  
For details and registration, please visit: <https://bit.ly/39eJG8v>

**Admission** Free of charge

**Webpage:** <https://kely.org/k30>

## **[Annex 2] “Moments of Impact” Story Contributors**

- Vivek Mahbubani, Comedian, KELY Ambassador
- Sammy Leung, Famous Programme Host and Emcee
- Joyce Cheng, Singer and Actress
- Andy Leung, Pop Singer
- 6@RubberBand, Lead Vocalist of Pop Band
- Crisel Consunji, Actress, Singer, Educator
- Yuyu Kitamura, Filmmaker and Actress
- Siu Yu, Dancer, Contestant of the Goodnight Show King Maker II
- Middle, Best-Selling Author
- Luna Is A Bap, Rapper
- Law Siu Fung, Hong Kong Gender Fluid Advocate
- Chan Ka Ho, elite Middle-Long Distance Runner, Long-Distance Running Coach
- Wilson Wong, Hong Kong Spirit Ambassador 2010
- Dr. Tsang Fan Kwong, Psychiatrist
- Pasu Ng, Mortician, Life and Death Educator
- Mancini Man, Art Cake Patisserie Owner
- Fion Leung, Co-founder & CEO, Time Auction
- Ernest Cheung, Artist and Art Gallery Founder
- James Gannaban, Director of Marketing & Communications, Recovery Advocate
- Andrew Jones, Emeritus Chairman, KELY Support Group
- Sky Siu, Executive Director, KELY Support Group
- Lau Siu Ming, Journalist, Founder of KELY’s Match magazine
- Ng Wei Chit, KELY Social Circus Trainer
- David Law, Parent of KELY Programme Participant
- Samantha Yung, Lawyer, KELY Alumna
- Xyra Sace, Business Development and Marketing Officer, KELY Alumna
- John Joseph, KELY Alumnus
- Terrence Vuu, Teacher, KELY Volunteer
- Kawaljot Kaur, KELY Alumna
- Lee Fu Wing, KELY Alumnus and School Social Circus trainer

## [Annex 3] Samples of Moments of Impact Stories

### Vivek Mahbubani, Comedian, KELY Ambassador



“你會有時覺得自己很奇怪嗎？可能到最後你會因此而走紅呢！”

棟篤笑藝人、啟勵宣傳大使 Vivek Mahbubani

我在香港長大，不過我以前總覺得自己是一個局外人——我在本地中文學校讀書，要學習廣東話，但因為少數族裔的身份而被針對，我覺得這種並不公平。很多人視我們這些少數族裔學生永遠都是外國人，令我這畫六王變成別人眼中的香港人。

唸中學的時候，我常跟着一位英文老師放學後一起走回家，一路上他總會說笑話，記得有一次他畫了一個黃色笑話，當年15歲的我隨即大笑，另一位同學聽到了，就對老師說：「你不應該講這種笑話，你是一位老師！」老師答：「是呀，但我也是一個人。」

這段對話至今深深影響着我。老師那句「我也是一個人」讓我明白，無論一個人得到多少成就，終究底層也跟我一樣，大家都是人。如果他們能做到，我也能辦得到。小時候我很崇拜幾位著名的喜劇大師，覺得他們很有才華。當我想到他們和我一樣，我告訴自己我沒有理由做不到出色的喜劇演員。

現在我很多時都會視自己的身份是一種優勢，是少數族裔這身份讓我笑面而出。我可以選擇局限自己，只去找為少數族裔而設的機會；也可以選擇開放自己，去爭取不論說中文或英文的人都有機會。身為棟篤笑藝人，我可用廣東話或英文演出，這為我帶來雙倍機會。我希望年輕人從我身上得到一點鼓勵，立下大志，追尋夢想。一個在香港的印度人能利用廣東話會棟篤笑演出而成功，還有甚麼夢想是不能實現的？

作為啟勵宣傳大使，我熱切為年輕人提供一個平台，讓他們有更多機會嘗試，鼓勵他們將意念付諸實踐。記得最初開始做棟篤笑的時候，每一次站在觀眾面前演出，都是非常寶貴的機會，幫助我改進。我期望和啟勵並肩而行，為年輕人創造更多發揮潛能的機會。

“You know how sometimes you feel there is something funny about you? Well, eventually you will be famous for that!”

Vivek Mahbubani, Comedian, KELY Ambassador

Growing up, I often felt like an outsider. As a handful of Indian students at my local Chinese school, I got picked on for my ethnicity and I thought it was unfair that I had to learn Cantonese. Similar to many other ethnic minority youths, I really grappled with what it means to be a Hongkonger, especially when others chose to see me as a perpetual foreigner.

When I was in secondary school, I would often take the same route home as one of my English teachers. He would tell jokes on our way home and I remember this one time he told an adult joke. As a fifteen year old, I laughed along with the joke, but another classmate overheard us and told the teacher, “You shouldn’t tell jokes like that – you’re a teacher!” The teacher responded, “Yes, but I’m human, too.”

That conversation has stuck with me to this day. My teacher’s words, “I’m human, too,” told me that no matter what anyone is able to achieve, they are human, too. When I look at super successful people or anyone that I admire, I know that they, too, are human. If they can do something, I can do it, too. As a kid, I used to look up to famous comedians and think how talented they were. But once I realised that they are human just like I am, I also realised that there’s no reason I can’t do that too.

Although it wasn’t always this way, I now see my identity as an advantage – it’s my identity that makes me stand out. I can choose to limit myself to opportunities that are designated for ‘ethnic minorities’, or I can open myself to the full breadth of opportunities available to Chinese- and English-speaking people. As a comedian, I can book shows in Chinese and English, which means double the opportunities. I hope that young people will see me and recognise that they, too, can think big and pursue their dreams. If an Indian guy in Hong Kong can successfully do Cantonese comedy, how crazy is your dream that you can’t do it?

As KELY’s ambassador, I’m passionate about providing a platform for young people to try things out and encourage them to realise the ideas that they have. When I was just starting out as a comedian, it was so valuable to be able to perform in front of a real audience to help me improve. I hope that together with KELY, we can create more of these opportunities for young people.

#啟勵一刻

#MomentsofImpact



## Sammy Leung, Famous Programme Host and Emcee



“不用怕，長大後就沒有事了。”

節目主持及司儀 森美

當電台節目主持和司儀多年，人人見我能言善道，臨場反應又快，都料不到我自小有專注力失調及過度活躍症（ADHD），直至今天長篇對我來說還是難事。

讀小學時，我總是無法專心上課，課餘讀書，我經常交不出功課，成績極差人意。每當我看著節目，就忍不住發呆，像進入了時光隧道，醒來時已過了一個多小時。那時社會大眾對ADHD的認識不多，我的好動和囂張，常常被長輩標籤為「懶惰」和「不用功」。從讀小二起那幾年，我感到壓力特別沉重，經常擔心自己做得不好，怕被父母和老師責備，我對自己沒有自信。

直到上初中，我終於找到適合我的學習方法。學校規定學生坐在座位上讀書，但我的心思總是四處游走。有一天我靈機一觸，想出「畫」功課的主意。做數學功課，我就把圖形慢慢勾劃出來。畫畫時，人靜下來，注意力也集中了，我終於把數學題看得明白。從此，我的成績進步起來。

做司儀多年，直至現在，我每次做節目前幾天仍然會焦慮，因為我記不到很長的司儀稿。除了用靜觀令自己平靜下來，我會主動告訴別人自己有ADHD，讓人理解和幫助我。我曾主持一個重溫節目，節目製作人員知道我的情況，就為我預先錄影講稿的重要部分，好讓我放鬆心情，做節目時可以專注臨場應對。

“Don't be afraid, things will be better when you're older!”

Sammy Leung, Famous Programme Host and Emcee

As a professional radio host and emcee, people often see me as a strong public speaker and someone who can improvise quickly. What they don't know is that I have had ADHD since I was young and that it's still extremely hard for me to memorise long passages.

When I was in primary school, I found it so difficult to concentrate in class and memorisation was even harder. Although I tried hard to focus, I found that my mind would wander and that I couldn't retain any of the information covered. At that time, society didn't know much about ADHD, so my behaviour was written off as "lazy" or "not trying hard enough". In Primary 3, I started to feel even more pressure. I was constantly worrying that I wasn't good enough, that I would get in trouble with my teachers and parents. I had no confidence in myself.

I finally found a way to help me study in secondary school. In school, we were supposed to stay in our seats during class, but my mind would often wander. One day, I came up with the idea of "drawing" my homework. By drawing simple shapes like circles and coloring them in, I was able to slow my mind down and make sense of complex homework problems. The more I drew, the more magic happened. Because of this, my grades improved significantly.

Although I have been a master of ceremonies for many years now, I still feel anxious about it, because I struggle to remember long scripts. After understanding my disorder, I have learned to calm myself by meditation. I also share openly with those around me that I have ADHD so that they can help me. One time when I hosted a major programme, the production staff knew my situation, so they pre-recorded key parts of the program so that I could relax and focus on being present for parts that required improvisation.

#啟勵一刻

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