



ISSUE NO. 61

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Voices of Hope

HARNESSING OPPORTUNITIES AND POTENTIALS FOR ETHNIC MINORITIES



Featured Story: HOPE Ethnic Minority Care Team that gives HOPE

The diverse members of the HOPE Ethnic Minority Care Team (HOPE EM Care Team) include both staff and volunteer care ambassadors from the multi-ethnic community.

The HOPE Ethnic Minority Care Team personally reaches out to the community, actively engages with the individuals and families, and provides valuable support and care.



Story of Irene

Irene was living alone in Wan Chai when she began facing serious accommodation challenges, including the risk of eviction. With limited support and growing uncertainty about her future, she was in a vulnerable situation that could have led to homelessness.



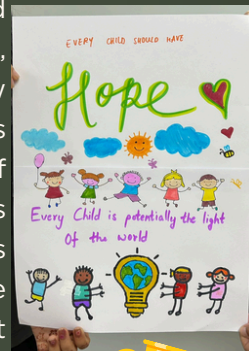
Walking with Irene

Upon learning about Irene's situation, the EM Care Team at HOPE Centre quickly stepped in. The social worker from the team assessed her needs and referred her to stay in a temporary shelter, ensuring she had a safe place to stay. They also helped her apply for transitional housing, guiding her through the process and advocating on her behalf. Thanks to their timely and compassionate support, Irene has now successfully moved into transitional housing, where she can begin rebuilding her life with greater security and peace of mind.



CHILDREN'S RIGHTS AND PROTECTION WORKSHOPS

HOPE Centre has provided Children's Rights and Protection workshops on 1, 8, & 15 August 2025, in partnership with Guardian Angel Project, Yew Chung College. The sessions covered UNICEF's Convention on Children's Rights, the roles of parents and guardians, and promoting children's well-being. Participants engaged in discussions and activities, culminating in a certificate ceremony for eight attendees. On 26 August 2025, the group poster designed by the HOPE Centre service users won the first place in a competition, reinforcing the key messages from the workshops.





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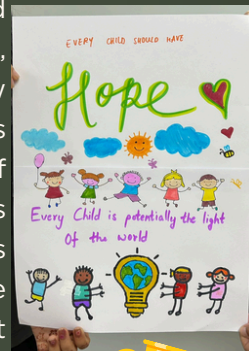
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PROGRAMMES FOR ELDERLY AND ACTIVE AGING

Active Aging is a concept promoted by the World Health Organization (WHO) that refers to the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.



WHAT'S NEW?

Between June and August 2025, a lively bunch of seniors assembled to sprinkle some sunshine on their social lives and well-being! Their toolkit? Chair yoga for those oh-so-gentle stretches, crafting flower bags, and painting blossoms galore. These fun-filled meet-ups sparked creativity and mindfulness, all while weaving a tapestry of community spirit. It was all about skill-building, friendship-strengthening, and basking in a delightful camaraderie!



FLOWER PAINTING FOR ELDERLY

Flower painting sessions for the elderly promote mindfulness and artistic enjoyment while fostering mutual support. With vibrant colors and gentle brushstrokes, these sessions created a serene atmosphere for free expression. Laughter enhanced the experience, nurturing artistic talents and strengthening bonds. Each stroke of brush contributed to a more valued community, inspiring joy and camaraderie.



HOPE DRAGON BOAT TRAINING

The HOPE Dragon Boat Team, representing ethnic minority communities, is training for the Stanley Dragon Boat Race on 5 October 2025. Their sessions focus on teamwork, strength, and endurance, promoting unity and cultural exchange. The team aims to compete against other teams, highlighting athletic skills and the spirit of diversity and inclusion.



VOLUNTEERING FOR FUN DAY

On 26 July 2025, HOPE Centre volunteers participated in the "Fun Day 2025" event organized by the Catholic Diocese of Hong Kong at Wah Yan College, assisting a few hundred displaced persons. Volunteers packed 160 gift bags, organized food and drink distribution, and supported families throughout the activities, fostering a welcoming atmosphere.



CHIKUNGUNYA FEVER



Chikungunya fever is a **mosquito-borne viral disease** caused by the chikungunya virus.

MODE OF TRANSMISSION

- Chikungunya fever is most commonly transmitted to humans through the bites of infective female Aedes mosquitoes

INCUBATION PERIOD

- The incubation period ranges from 2 to 12 days, commonly 3 to 8 days.

➔ CLINICAL FEATURES



Fever



Muscle pain



Rash



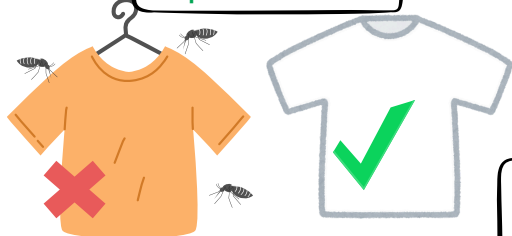
Fatigue

➤➤➤ TREATMENT ➤➤➤

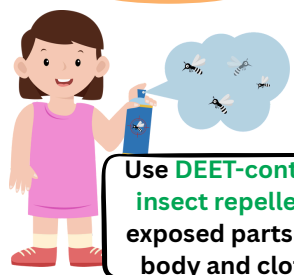
At present, there is no locally registered chikungunya fever vaccine available in Hong Kong. The best preventive measure is to avoid mosquito bites and prevent mosquito proliferation.

Prevention of mosquito bites

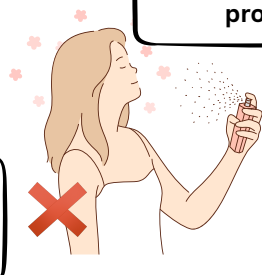
Wear **loose, light-coloured, long-sleeved tops and trousers**



Avoid using **fragrant cosmetics or skin care products**



Use **DEET-containing insect repellent** on exposed parts of the body and clothing



Prevention of mosquito proliferation



Put all used **cans and bottles** into covered dustbins



Avoid using **saucers underneath flower pots**



Cover water containers tightly



Prevent accumulation of stagnant water.



LET'S ROCK THE SUMMER!

HOPE Centre performed at Kwei Wah Shan College with the HOPE Bollywood group, showcasing a full choreography learned in dance classes. Parents watched proudly as participants danced with energy and joy, parents were happy, and the school expressed gratitude for the performance.



Boba Milk Tea Making Workshop

HOPE Centre organized a Boba Milk Tea Making Workshop for youths to learn and enjoy making boba milk tea from scratch. Chinese volunteers were invited to assist the process. The volunteers and participants worked together to make the boba and the milk tea. They decorated their cups to reflect their personal style and made it unique to themselves. Throughout the activity, the volunteers and the participants interacted with each other. At the end of the programme, there was a short quiz about different cultures around the world. This helped everyone to learn some information about cultures around the world.



Be a Leader and grow together!

HOPE Centre's Leadership Training 1 empowered young individuals with essential skills in self-understanding, communication, and teamwork through 12 training sessions and 3 activities. Participants gained confidence and showed interest in organizing community events and leading projects. The program fostered a supportive network for young leaders to thrive and collaborate in their growth journey.



RECENT ACTIVITIES



Happy Raksha Bandhan!

Raksha Bandhan is a celebration of love and bonds between siblings. On 9 August 2025, HOPE Centre celebrated it with a party. Party-goers enjoyed games (including our themed Simon-says of "Sibling-says"), won prizes and received souvenirs, enjoyed traditional desserts related to the custom, got a personalized Rakhi for themselves, and had lots of fun!

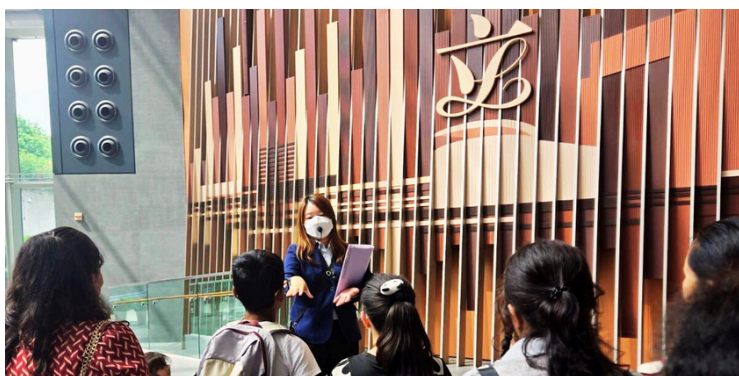
Hong Kong Food Expo 2025

On 16 August 2025, HOPE Centre took 56 participants to the Hong Kong Food Expo, providing them with a vibrant local experience filled with delicious food. Attendees enjoyed various local delicacies and snacks and returned home with souvenirs.



Manulife Company Visit

On 21 July 2025, HOPE Centre organized a visit for ethnic minority adults to MANULIFE. The event included a guided tour of the office and an informative session on the role of financial advisors, emphasising accessible career paths for individuals with foreign degrees. Participants learned about various financial services, including insurance and the Mandatory Provident Fund (MPF), and concluded with an interactive quiz to reinforce their financial knowledge.



Let's Celebrate HKSAR Establishment Day: Tour to Legislative Council

The EM Care Team hosted a guided tour of the Legislative Council on 15 July 2025. Participants found the experience valuable, as many engaged directly with legislative institutions for the first time. This deepened their understanding of the system and fostered a sense of connection to their city.



Chinese Speaking Skills Competition

On 19 August 2025, 18 youth service users took part in a speaking skills competition, showcasing their Cantonese through various performances, many of which were from our Chinese Enhancement classes. Congratulations to all participants and winners!

About Us

Funded by the Home Affairs Department, HOPE Support Service Centre (HOPE Centre) is operated by ISSHK with the goal of providing support service to ethnic minorities to facilitate their integration into Hong Kong community. Aiming to create an inclusive community that embraces cultural diversity, racial harmony and equality for all, HOPE Centre has been providing services and programmes since May 31, 2009.

Our Services

Language Programmes
Computer Classes
Employment Services and Seminars
Recruitment Days
Orientations and Seminars on Issues and Concerns
Personality Development and Common Interest Support Groups
Parent and Child Activities
Self and Skills Enhancement Classes
Cross-Cultural Appreciations
Outdoor Activities
Family Days and Outings
Hotline, Counselling, Guidance
Referrals and Sight Translation Services
EM Care Team

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Upcoming Programmes

Programme Name	Date	Time	Quota	Location
Beyond Race & Cultural Show 2025	30 Nov 2025	10:00am-4:30pm	80	Chater Road, Central
Diwali Party for Children and Youth	11 Oct 2025	3-5pm	25 EM +10 Chi. Youths	HOPE Centre
Secondary School Interview Skills Workshop	27 Sept 2025	11am-12:15 pm	15 EM Youths	HOPE Centre
Putonghua	8 -22 Oct 2025 (Wed/Fri)	TBC	16	HOPE Centre
Clay Making for Elderly	9 Oct 2025	2:30-4pm	10	HOPE Centre

After School Tutorial Programme



Every Mon, Tues, Wed, Thurs
Time: 4.30 pm - 6.30 pm

Contact Us

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Fax. : 2508 0207
Hotline : 5188 8044
E-Mail : ethnic_centre@isshk.org
Website : www.isshk-hope.org
Address : 3/F Tak Lee Commercial Building
113-117 Wan Chai Road, Wan Chai

Office Hours

Monday : 9.00 am - 6.30 pm
Tuesday - Sunday : 9.00 am - 9.00 pm

Useful Contact

Airport Hotline	2181 8888
Consumer Council	2929 2222
Education Bureau	2891 0088
Equal Opportunities Commission	2511 8211
Department of Health	2961 8989
Home Affairs Department	2835 2500
Social Welfare Department	2343 2255

Emergency Hotline



999

Police
Fire
Ambulance