

更生同行

Social Rehabilitation

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社會康復及家庭支援服務
Rehabilitation and Family Support Service

被捕及候審支援服務

Support Services for Arrestees and Accused Persons

法院社工服務
Court Social Work Service



服務概覽

SERVICE OVERVIEW

外展及個案輔導工作

法院社工外展到全港各區法院支援涉嫌違法、候審人士及其家屬，提供個案輔導工作，幫助他們處理刑事司法程序，解決個人及家庭福利問題。社工亦會為判刑者提供善後輔導，匡助更生。而專責為 60 歲或以上的被捕長者提供支援服務的「耆望計劃」亦本會提供額外資源下發展，建立及鞏固與社區上不同持份者的協作。

還押支援服務及實務工作坊

本服務進一步加強專門化服務，定期到還押院所提供小組，提升還押人士應對情緒壓力的能力及建立正向的支援網絡。再者，法院社工團隊不時應邀舉行社工實務工作坊，向不同背景的社區人士提供培訓，提升法律常識及實務技巧，參加者包括社福機構的同工及大學的社工學生。

法院義工服務

法社工推動社區人士參與義務服務，透過定期活動和訓練，凝聚不同背景的社區人士參加義工服務，並加強他們協助服務使用者處理困難的知識和技巧，宣揚自在共融的訊息。

義務律師諮詢計劃

「義務律師諮詢計劃」招募律師，為部份未能獲得合適的法律援助的候審人士安排周詳的法律諮詢服務，並由社工協助其完成法律程序。本年度有 3 位候審人士接受服務。

Outreach and Counselling Service

Court Social workers reach out to individuals and their families who are suspected of infringing the law or being taken into prosecution process, to provide comprehensive counselling services in Hong Kong. Our services aim at alleviating their pressure and assisting them to resolve their welfare problems throughout prosecution processes and post-sentencing stage. Our target is to empower them to develop healthy lives with confidence, harmony and rule-of-law spirit. In addition, "Project HOPE" was dedicated to providing support services for the arrestees those aged 60 and consolidate collaboration with different stakeholders in the community.

Service for Persons remanded in custody and Social Work Practice Workshop

Our service further strengthens specialized services and provides regular group visits to remand institutions for remand persons to enhance their ability to cope with emotional stress and establish a positive support network for their family members. In addition, our team was frequently invited to organise workshops to provide training to community members on basic legal knowledge and practical skills. Participants include colleagues from social welfare organizations and social work students from universities.

Court Volunteer Service

Court social workers allied people from different backgrounds to provide court volunteer service. Court social workers equipped volunteers with knowledge and skills to alleviate challenges faced by defendants and their families as well as disseminating the message of care within the community.

Free Legal Advice Scheme

The "Free Legal Advice Scheme" which voluntary lawyers were invited to provide legal advice to assist some defendants who attend court hearings have to go through all legal procedures alone and without appropriate legal aid. And our social workers would help to complete legal procedures. Three defendants received the service this year.



服務數據
SERVICE DATA



個案服務
Case Work

871

駐庭服務次數
No. of court service

223

深入跟進個案宗數
No. of in-depth follow-up cases

287

短期跟進個案宗數
No. of short-term follow-up cases

3,187

查詢個案宗數
No. of enquiries



義工服務
Volunteer service

39

人數
No. of volunteers

1,062

服務次數
No. of service sessions

2,647.5

服務時數
No. of service hours

112

出席訓練及活動人次
Attendance of training and programme

還押人士支援服務 Service for Persons remanded in custody

50

小組節數
No. of sessions

841

參加小組人次
Attendance of groups

耆望計劃
Project HOPE



個案服務
Case Work

32

深入跟進個案宗數
No. of in-depth counselling cases

64

短期跟進個案宗數
No. of brief intake cases

被捕候審社工實務工作坊
Social work practice workshop for arrestees and accused persons

8

工作坊數目
No. of workshop

166

出席工作坊人次
Attendance of workshop



讓義工認識自我照顧的方式，在法院外展工作時能有效協助服務使用者

To enable volunteers to understand self-care methods and help them effectively assist service users during court outreach work



邀請精神科醫生分享精神健康與違法行為的關係
Psychiatrists was invited to share the relationship between mental health and criminal behaviors



為長者服務的前線社工提供法律常識及社工實務分享

Social workers was invited to provide legal knowledge and social work practice sharing for frontline social workers serving the elderly

綜合更生康復服務 Integrated Service for Ex-offenders

釋前輔導服務
Pre-release Preparation Service



服務概覽

SERVICE OVERVIEW

本會為在囚人士提供的服務包括釋前輔導和其他活動。我們透過多元化的方法和及早介入的策略，協助他們做好釋前準備以應付出獄後的生活挑戰。我們的社工會按需要為他們安排合適的服務和轉介，包括家庭重聚、就業準備、住屋需求，以及健康教育等。同時，亦會在他們離開院所後作妥善跟進和支援。

SideBySide provides Pre-release Preparation Service and other activities for persons-in-custody. Through the implementation of multi-dimensional models and early intervention strategies, we assist persons-in-custody in preparing for life post-discharge. Our social workers coordinate essential services and referrals for persons-in-custody before and after they are discharged in areas such as family support, employment preparation, housing assistance, and health education.



服務數據

SERVICE DATA

443



小組簡介數目
No. of group briefing conducted

6,196



小組簡介的出席人數
No. of attendances of the group briefing

1,074



在懲教院所與在囚人士進行面談的數目
No. of persons-in-custody Interviews in panel institutions conducted

456

曾接受釋前輔導服務，其後成為綜合服務中心的服務對象的人數
No. of persons-in-custody of panel institutions turn to be service users of Integrated Service Center (ISC) after receiving Pre-release Preparation

98.78%

服務使用者表示接受釋前輔導服務後對社區資源的認識有所提升
Percentage of service users indicating enhancement of knowledge of community resources after attending persons-in-custody interviews of Pre-release Preparation Service in panel institutions

服務院所 Service Locations





服務概覽

SERVICE OVERVIEW

善導會營運四間社會康復及支援綜合服務中心，共設六個服務點，服務分佈全港。我們的社工運用實證為本的方法，協助服務使用者應對各種問題，同時提升他們的自信心和問題解決能力。我們致力於加強服務使用者與家人的關係，協助他們自力更生，使他們重建守法的自立生活，順利重新融入社會，並達致自在共融。

SideBySide operates four Integrated Service Centers for Social Rehabilitation & Community Support Centers (ISC), with a total 6 Revival Hubs distributed throughout Hong Kong. By adopting evidence-based practice, our social workers help service users to resolve and cope with their problems by enhancing their self-confidence and problem-solving abilities. We are also dedicated to strengthening the familial relationships of service users and supporting in becoming self-reliant. Our ultimate goal is to enable them to rebuild an independent, law-abiding life and re-integrate into the community to achieve Belonging.



服務數據

SERVICE DATA

個案資料 Casework

1,765

新開及重開個案
No. of new and reopened cases

28,205

輔導時數
No. of counselling hours

1,293

家庭探訪次數
No. of home visits

51,300

成功聯絡次數
No. of successful contacts

18,615

面談接觸次數
No. of face to face contacts

5,783

個案總數
Total no. of cases served

15,475

電話聯絡次數
No. of follow-up telephone contacts

小組及活動資料 Group and Activity

175

輔導/治療性小組節數
Counselling / Therapeutic group sessions

63

大型活動
Mass programmes

433

支持/互助/發展性小組及興趣班組節數
Supportive / Mutual-help / Developmental groups sessions and / Interest class sessions

90

社區參與/連繫活動
Community involvement / Linkage activities or programmes

761

小組及活動總節數
Total no. of groups / activities sessions

全港服務 Territory-wide Service

本會轄下有四間社會康復及
支援綜合服務中心（共六個服務點）
4 Integrated Service Centres for
Social Rehabilitation & Community Support
(Total 6 Revival Hubs)



四間社會康復及支援綜合服務中心（共六個服務點）與宿舍、職業發展服務、中途宿舍以及精神健康綜合社區中心等相關單位緊密協作，為服務使用者提供個人化的更生康復計劃，並加強家庭支援網絡。除個案輔導外，各綜合服務中心根據所在地區的特色提供不同形式的服務，並積極參與地區活動。此外，本會亦積極支援在澳門及境外涉及罪行而被判囚或需要社區更生康復計劃的香港居民。

Four Integrated Service Centers for Social Rehabilitation & Community Support (ISCs) (Total 6 Revival Hubs) collaborate closely with related service units such as Hostels, Employment Development Services, Halfway Houses, and Integrated Community Centres for Mental Wellness (ICCMWs) to provide personalized rehabilitation programmes for service users and enhance their family support network. Each ISC actively participates in community activities, customizing its services to meet the unique needs and characteristics of their specific districts. Additionally, we extend our services to Hong Kong residents who have committed crimes, are serving sentences, or require community rehabilitation in Macau and other countries.

去年，善導會推出了名為「Chill Lab」的計畫，為曾經接觸法律程序的年輕個案提供了一系列服務，活動專注於個人成長、職業探索與培養抗壓能力，其中最受歡迎的項目之一是定期舉行的拳擊課程。

Last year, SideBySide established a project called "Chill Lab", which made significant strides in supporting young service users who were remanded, incarcerated or ex-offenders, offering a wide range of services focused on personal development, career exploration, and building resilience. One of the most successful programmes was the boxing class.



「Chill Lab」年青人一起進行體能訓練，為拳擊比賽作準備

The youths of "Chill Lab" engaged in weight training, preparing for a boxing competition



「Chill Lab」年青人及其家人在露營期間透過製作風箏展現對未來的期盼

The youths of "Chill Lab" and their families expressed hope for the future by making kites during camping



「Chill Lab」年青人一起合奏音樂

The youths of "Chill Lab" jammed music together

各區社會康復及支援綜合服務中心會定期為服務使用者舉辦社區活動，透過加強人與人之間的互動，協助他們重投社會。

ISCs in different districts regularly organised community activities for service users. These events enhanced interpersonal interactions and assist individuals in reintegrating into society.



「九西俱樂部」成員一起參觀粉嶺高爾夫球場
Members of "Kowloon West Club House" visited The Hong Kong Golf Club at Fanling



「九西俱樂部」成員一起練習伸展及強化肌肉運動
Members of "Kowloon West Club House" practiced muscle-stretching exercises

九龍東社會康復及支援綜合服務中心於二零二三年四月十五日舉辦了「司法歷程體驗日」（CYAC 開放日）。活動旨在提高公眾對司法系統的認識，促進公民參與，並加深大眾對法律程序的了解。參加者可以透過各種互動環節及 VR 模擬真實的法庭場景，體驗司法系統運作。六位朋輩支援員亦向公眾分享了他們的康復故事，分享他們曾經刑釋後在社區生活的轉變。

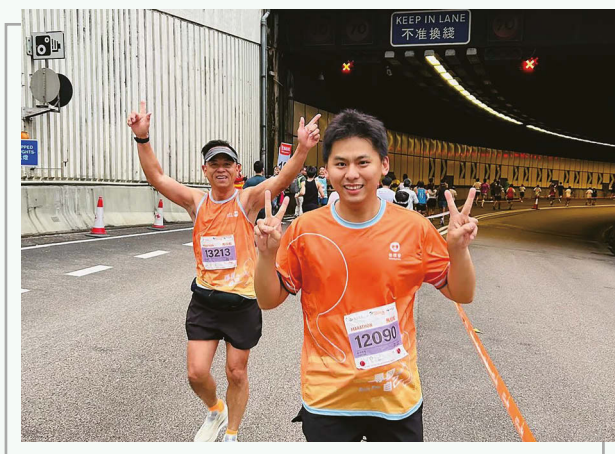


Kowloon East Integrated Service Centre held a “CYAC Open Day” on April 15, 2023. The event aimed to enhance public awareness of the judicial system, promote public engagement, and deepen the understanding of legal procedures. Participants had the opportunity to experience the workings of the judicial system through various interactive sessions and VR simulations of real courtroom scenarios. Six peer support workers also shared their recovery stories, recounting their experiences of life in the community.



九龍東社會康復及支援綜合服務中心與電視台合製賀年節目，透過節目帶出社工即使於假期中仍然謹守崗位，讓與人疏離的服務使用者亦能夠感受團圓的快樂。

The Kowloon East Social Rehabilitation and Support Integrated Service Centre collaborated with a television station to produce a New Year programme. The show highlighted how social workers remain dedicated to their roles even during the holidays, ensuring that service users who may feel isolated can still experience the joy of reunion.



善導會透過成立「尋回跑隊」，鼓勵服務使用者透過規律運動習慣，提升身心靈健康，協助他們改過遷善，轉化並自在地融入社會。至今，跑隊成員共 50 名，成員超過一半為更生康復服務服務使用者，並參與共 21 次本地賽事及 4 次海外賽事。

SideBySide established the “Run For Our Life” running team to encourage service users to adopt regular exercise habits, enhancing their physical, mental, and spiritual well-being. This initiative supports their journey of rehabilitation and helps them reintegrate into society comfortably. Currently, the running team has 50 members, with over half being service users from social rehabilitation service. They have participated in 21 local events and 4 overseas competitions.

專題故事 Feature Story

屬於年青人的企劃 – Chill Lab

在過去的一年中，善導會為曾經接觸法律程序的年輕個案提供了一系列服務，專注於個人成長、職業探索與培養抗壓能力。其中最受歡迎的項目之一是定期舉行的拳擊課程。阿陽、Wingo、琳軒、Marco 和阿昇都係課程的其中一員。他們都是廿來歲的年青人，經歷過失意頹廢和迷失自我的時候，失去了生活的重心，投入拳擊正好令他們學習重拾生活的節奏和目標。

這五人都是拳擊的初學者，透過善導會才正式接觸到拳擊訓練。拳擊課程由一位具豐富經驗的導師帶領，他曾擔任社工及記者，他的多元職業背景為課程注入了不僅僅是體能訓練，還有寶貴的生活經驗及職業見解。學員除了鍛煉身體，也提升了個人成長及情緒抗壓能力。課程環境亦發揮了支持的作用，讓年輕人不僅在體能有所進步，更在人生挑戰中建立起自信、紀律和應對生活轉變。

經過多月份的訓練下，大家更參加了一場由「善導會 Chill Lab」聯合東華三院越峰成長中心舉辦的拳擊比賽。

從練習中找到生活

拳擊比賽成為了他們的新生活目標，然而備戰卻並不輕鬆。拳擊對體能要求相對較高。作為新手的學員，要面對經驗豐富的對手，必須提升體能應對比賽。在社工的協助下，他們找到場地加強訓練，抽出額外時間進行跑步、體能訓練和對打。規律的集訓成為了生活的重心，雖然時有放棄的念頭，但在過程中他們慢慢學習到，「就算走得慢，只要堅定意志，一直在往前走，進步就不遠處」。

比賽在三月舉行，當日場館裡充滿緊張和期待的氣氛。在激烈的比賽中，他們全力發揮所學。雖然每人的參賽理由各不相同，有人是為了挑戰自己，有人想讓家人驕傲，也有人享受這份熱血，但是一樣的是大家都多了一份堅定不移、勇往直前的信念。社工文健希望這次經歷能激勵大家持續探索人生。「在訓練中，看到大家堅持追求目標，即使面對更強的對手也不輕言放棄。每一個小小的進步逐漸積累，都推動著我們跨越更大的障礙，這種態度比任何課本都來得重要。」



A Project for Young People – Chill Lab

Over the past year, SideBySide has comprehensive range of services to young individuals who have previously engaged with the legal system, focusing on personal growth, career exploration, and stress resilience. Among the most popular initiatives is the regularly held boxing class, which has become a transformative experience for participants.

Among these participants are A-Yeung, Wingo, Lam Him, Marco, and Lee Sing—five young people in their twenties who have faced disappointment, confusion, and a loss of direction in their lives. Engaging in boxing has allowed them to regain their rhythm and purpose in life.

All five began as novices in boxing, initially introduced to the sport through SideBySide. The classes are led by an instructor with extensive experience, who has worked as both a social worker and a journalist. His diverse professional background enriches the training, offering not just physical conditioning but also valuable life lessons and career insights. Participants not only improve their fitness but also enhance their personal development and emotional resilience. The supportive environment of the classes fosters confidence, discipline, and ability to face life's challenges.

After months of training, the group of five participated in a boxing competition organised by SideBySide's Chill Lab in collaboration with the Tung Wah Group of Hospitals' Youth Development Center.

Finding Life Through Practice

The boxing competition became a new goal for these young individuals, yet preparing for it was no easy feat. Boxing demands a high level of physical fitness, and as beginners, they had to face more experienced opponents. With the help of their social workers, they secured additional training venues and dedicated extra time to running, strength training, and sparring. The regular training sessions became the focus of their lives. Despite moments of doubt and thoughts of giving up, they gradually learned that "As long as the will is strong, moving forward will lead to progress even if the pace is slow."

The competition took place in March, filling the venue with a sense of tension and anticipation. In the midst of intense matches, each participant put forth their maximum effort and fully utilise their training. Each participant had different motivations for competing — some aimed to challenge themselves, others wished to make their families proud, and some simply enjoyed the thrill of the sport. Yet, they all shared a common belief in perseverance. Social worker Man-Kit hopes that this experience will inspire them to continue exploring life. "In training, I witnessed their commitment to pursuing their goals. Even when facing stronger opponents, they never gave up. Each small step forward accumulates, pushing us to overcome greater obstacles. This attitude is more valuable than any textbook."



被捕及候審、在囚及更生人士家庭支援服務

Services for Family Members of Arrestees, Remanded, Persons in Custody, and Ex-offenders

藍巴士賽馬會結伴成長計劃

Blue Bus Jockey Club Together We Grow Project



服務概覽

SERVICE OVERVIEW

本計劃由香港賽馬會慈善信託基金捐助，以多元及不同系統的服務介入，支援全港 18 歲以下因家長面對被捕、司法程序、在囚或更生階段而需協助的兒童、青少年及其家長和照顧者，促進正面的親子聯繫，建立良好的家庭關係，與他們結伴成長，一同面對挑戰。

本計劃期望與政策制定者及持份者建立策略性夥伴關係，協助因家長面對被捕、司法程序、在囚或更生階段的 18 歲以下兒童和青少年，透過建立身份認同、訓練社會適應力及生涯規劃，改善跨代弱勢問題；並重視兒童和青少年的觀點、需要和權利，推動業界對「父母牽涉刑事司法系統」的兒童和青少年提高關注。

Sponsored by The Hong Kong Jockey Club Charities Trust, our Project employs a multifaceted approach to provide support for children and youth under the age of 18 in Hong Kong who are affected by their parents' involvement in arrest, judicial proceedings, incarceration, or rehabilitation. We aim to foster positive parent-child relationships, cultivate healthy family dynamics, and collaboratively navigate challenges.

We aspire to establish strategic partnerships with policymakers and stakeholders to assist these children and youth. By fostering identity development, enhancing social adaptability, and facilitating career and life development to address intergenerational disadvantage. Furthermore, it prioritizes the perspectives, needs, and rights of children and youth, advocating for heightened awareness in the industry regarding the unique challenges faced by those whose parents are entangled in the criminal justice system.



服務數據

SERVICE DATA

118



牽涉刑事司法系統的父母
Parents involved in criminal justice system

282



照顧者
Caregivers

304



兒童及青少年
Children and youth

44



師友義工
Mentors

服務成效

- 90% 兒童及青年表示對未來更有希望
- 88% 牽涉刑事司法系統的父母表示能夠更好地理解孩子的需求和情感
- 86% 牽涉刑事司法系統的父母表示了解他們的行為對兒童和青少年成長的重要性
- 89% 照顧者表示他們可以更好地與孩子們聯繫
- 90% 照顧者表示他們更支持維持正向的親子關係和照顧孩子

Service Outcome

- 90% of the children and youth become more hopeful towards their future
- 88% of the parents involved in Criminal Justice System reported they can better understand the needs and emotion of their children
- 86% of the parents involved in Criminal Justice System understand the importance of their behaviour in the growth of the children and youth
- 89% of the primary caregivers report that they can better connect with the children
- 90% of the primary caregivers are more supported to maintaining positive relationship and take care of their children



善導會「藍巴士」在兒童事務委員會會議中分享服務經驗

The project team shared the service experience at the Commission of Children Meeting

「師友」計劃及義工訓練，讓他們有能力支持我們的兒童和青少年

The mentor and volunteer training equipped the participants to better support our children and youth



善導會藍巴士賽馬會結伴成長計劃參與懲教署親子中心啓動禮

Our Project participated in the Kickoff Ceremony of CSD Parent-child Centre



《Along Your Way — 曾接觸司法程序人士家屬精神健康支援計劃》 “Along Your Way”: Mental Health Support Program for Family Members of Remanded, Incarcerated individuals, and Ex-offenders



服務概覽

SERVICE OVERVIEW

Along Your Way — 曾接觸司法程序人士家屬精神健康支援計劃獲得精神健康諮詢委員會贊助、於二零二三至二零二五年推行為期兩年全港性的家屬支援計劃，服務對象為曾接觸司法程序人士及其家屬。此項目以「CARE」之概念以提升被捕／還押／在囚／更生人士及其家屬的精神壓力管理能力及引發公眾對服務對象的關注，共建共融社會。

在二零二三年，我們接觸了 72 名家屬，並為他們提供了 1,079 次院所接送服務以及 588 次探訪物品津貼。此外，推行了一個由義工組成的「支援組」，旨在陪伴家屬，幫助他們學會照顧自己。透過提供實質和情緒上的支持，緩解家屬在身心方面的壓力。

“Along Your Way” is a two-year, territory-wide project sponsored by the Advisory Committee on Mental Health. The service targets are mainly those who have been exposed to judicial procedures and their families. By using the concept of “CARE”, we aim to support and enhance the ability of mental stress management of arrested/remanded/incarcerated/formerly incarcerated individuals and their families and arouse public awareness to the service recipients, so as to build an inclusive society.

In 2023, we reached out to 72 family members and provided them with 1,079 transportation services and 588 visitation item subsidies. Additionally, we launched a “Support Group” composed of volunteers who accompanied family members and helped them learn to take care of themselves. By providing both practical and emotional support, we aim to alleviate the physical and mental stress experienced by family members.



服務數據

SERVICE DATA



接受服務的家庭: **72** 名家屬
Number of families served



參與義工人數: **42** 人
Number of Volunteer

院所接送服務: **1,079** 人次
Number of Prison visit transportation services

探訪物資津貼: **588** 人次
Number of Visitation item subsidies



支援組人次: **59** 次
Number of Support Group



教育工作坊: **260** 人
Number of Education Workshop

外展服務: **250** 人次
Number of outreach services

《Along Your Way – 曾接觸司法程序人士家屬精神健康支援計劃》 “Along Your Way”: Mental Health Support Program for Family Members of Remanded, Incarcerated individuals, and Ex-offenders



年度重點

HIGHLIGHTS OF THE YEAR

「Along Your Way」計劃為接觸司法程序的家屬提供精神健康支援，現在已開始得到廣泛認識。除了為家屬提供實際援助，包括院所接送、物資支援、支援小組及家屬支援小組外，計劃還將加強家屬的經驗轉化，鼓勵他們成為家屬朋輩。同時，計劃將舉辦各類教育工作坊和分享會，以提高公眾對接觸司法程序家屬的關注和理解。

The “Along Your Way” program, which provides mental health support for families involved in the judicial process, has started to gain widespread recognition. In addition to offering practical assistance such as transportation to institutions, provision of essential supplies, support groups, and family support groups, the programme will empower families to transform their experiences and encourage them to become peer supporters. At the same time, various educational workshops and sharing sessions will be organised to raise public awareness and understanding of the challenges faced by families involved in the judicial system.



家屬於香港電台節目－「萬千寵愛」分享了在面對家人在司法程序時所經歷的困難、辛酸和無助感

A family member “祺哥” on the Hong Kong Radio programme “萬千寵愛”，sharing the difficulties, hardships, and feelings of helplessness faced while navigating the judicial process involving their family members

家屬轉化經驗，成為同路人的支持者，與計劃職員及義工拍攝探訪物資的影片

Family members collaborating with programme staff and volunteers to create a video about visiting and obtaining essential supplies



通過不同大型活動，讓家屬照顧他人時，也學懂照顧自己的「身」、「心」健康

A mass programme encouraged family members to care for their own “physical” and “mental” health while caring for others

專題故事 Feature Story

藍巴士賽馬會結伴成長計劃－ 「Be My Hero」親子小組

很多人認為理所當然的天倫樂，對於在囚人士而言，要與孩子相見卻是一種奢侈。

在職媽媽阿儀育有一對分別3歲和6歲的兒子。細仔有長期病患，需要特別照顧；而大仔則與爸爸較為親近，以往爸爸的閒暇時間都會陪著兒子，大仔亦十分依賴爸爸。

在得知丈夫要坐牢時，阿儀坦言其實自己的心情都十分複雜和難受。然而，除了自己的情緒，她更要照顧兩個年幼兒子的心情。阿儀明顯地感受到自從父親入獄後，兒子的情緒起伏變得更大，「有時會因為找一件玩具而突然無故大吵大鬧」，親子關係因此出現磨擦。阿儀深明兒子對父親的需要，她會不時帶兒子到院所探望父親，但兒子卻十分抗拒有隔膜的相處，不斷催促要離開，阿儀亦為此感到難過。

由理解開始重新出發

藍巴士計劃成為改變阿儀一家關係的轉捩點。透過計劃，孩子可以打破隔閡，在院所親子中心與父親共聚。「在兩次探訪活動之後，兒子明顯變得更加開朗。」她與在囚的丈夫都會上堂學習親職技巧，並由社工跟進輔導及情緒支援。阿儀亦分享丈夫參加計劃後的轉變，「他會意識到我作為人母和妻子要面對的挑戰，所以變得更願意關心和理解。」整個家庭的溝通和關係似乎有了新的開始，充滿了重新出發的感覺。

作為阿儀一家的個案社工，房姑娘認為一牆之隔下父母要與子女維繫關係並不容易。「除了一個機會外，更重要的是父母都願意一起付出和踏出第一步，檢討、反思和作出改變。無論是學習到的親職技巧，或是父母的用心，都是一點一滴灌溉著孩子健康成長的重要養份。」

Blue Bus Jockey Club Together We Grow Project － “Be My Hero” Parent-child Program

A Journey of Connection: Yi's Story

For many people, the joy of family something taken for granted. However, for those incarcerated, the chance to meet with their children becomes a luxury.

Yi, a working mother, has two little sons aged three and six. Her younger son suffers from long-term illness that requires special care, while her older son shares a close bond with his father. In the past, his father would spend time with him during his leisure hours, making the older boy heavily dependent on his dad.

But everything changed when Yi learned that her husband was going to prison. Though she felt a whirlwind of complicated emotions, Yi also had to consider the emotional well-being of her two sons. She noticed a significant change in her sons' behavior since the father's incarceration.

"Sometimes, they would throw tantrums over trivial things, like searching for a toy", she explained. This led to friction in their parent-child relationships. Understanding her sons' need for their father, Yi occasionally took them to visit him in prison. However, the boys were often resistant to these encounters, wanting to leave quickly, which left Yi feeling disheartened.

Let's Begin Again

Joining the Blue Bus Jockey Club Together We Grow Project became a turning point for Yi and her family. Through this project, children could break down barriers and spend quality time with their fathers at Parent-child Centre. "After two visits, I can see that my sons noticeably became more cheerful", Yi remarked. Besides, both she and her husband attended parenting courses to learn to build up and maintain parent-child relationship, with social workers providing follow-up counseling and emotional support. Yi markedly felt that changes happened on her husband since joining the program, "He has begun to understand the challenges I face as a mother and wife, which has made him more willing to care and empathise." This newfound understanding seemed to foster a fresh start for the family, filled with hope and renewal.

As the caseworker for Yi's family, Ms. Fong recognised that maintaining a relationship between parents and children through prison walls is no easy feat. "It's not just about providing opportunities; it's crucial that parents are willing to invest effort and take that first step to reflect, reassess, and change. Whether it be the parenting skills learned or the genuine care from the parents, every little bit nurtures the healthy growth of the children."

Through the Blue Bus Jockey Club Together We Grow Project, Yi's family discovered a path back to connection and understanding, proving that even in the most challenging circumstances, hope and love can flourish.





服務概覽

SERVICE OVERVIEW

本會明白住宿是更生人士出獄後要面對的最大問題之一，所以本會透過提供過渡性住宿服務，幫助他們盡快在社會重新安頓下來。本會亦會以上限兩個月的短期租金津貼幫助未能獲得宿位及沒有領取綜合援助金的更生人士尋覓居所。

此外，為提供安全及舒適的居住環境予服務使用者，本會定期翻新各宿舍內部結構及設備；二零一二年十月香港女宿舍經裝修及更換傢具後，居住環境質素獲得大幅提升。

To help newly released prisoners tackle one of their biggest problems upon discharge, we provide transitional accommodation service to help them settle in society as early as possible. For those who are not receiving hostel service or comprehensive social security assistance, we will provide short-term rental assistance for them to rent private cubicles or non-SideBySide hostel spaces for not more than two months.

Moreover, in order to provide a safe and comfortable living environment for service users, we will periodically renew the internal structure and facilities of our hostels; the renovation of Hong Kong Female Hostel in October 2012 significantly enhanced the living quality of service users.

H

健康 HEALTH

- 培養服務使用者健康生活習慣，包括作息及情緒健康等；
- 主動提供健康測量及講座，與舍友討論其個人健康數據及改善方法
- Cultivate healthy living habits of our service users, including work, rest and emotional health;
- Provide proactive health measurements and seminars, and discuss with the residents on their personal health data and ways to improve their health

O

機會 OPPORTUNITIES

- 從規律生活習慣中、讓服務使用者堅固或建立的好習慣；
- 提供不同小組及康樂活動，讓舍友舒展身心及接觸不同活動
- Help service users to strengthen or build up good habits from regular living habits;
- Provide different groups and recreational activities for the residents to stretch their body and mind and to be exposed to different activities

M

生活意義 MEANING OF LIVING

- 藉不同小組及講座，與服務使用者同行尋找生活意義；
- 透過提供安全及舒適之居住環境能給予服務使用者，讓他們在重新投入社會前，協助重塑其個人價值觀及使命感
- Find out the meaning of living with the service users through different groups and seminars;
- Provide the residents a chance to reintegrate into the society, and the reshape their personal values and sense of mission by providing a safe and comfortable living environment

E

與人連結 ENGAGING PEOPLE

- 定期舉辦小組及康樂活動，讓服務使用者與其他過來人及同行者連繫，接受幫助同時幫助別人；
- 宿舍生活能讓服務使用者接觸不同背景之舍友，練習包容及被包容，更易重投社會
- Regular group and recreational activities are held to allow service users to connect with others who have gone through similar experiences and their peers, receiving help while also helping others.
- Hostel life enables service users to interact with residents from different backgrounds, practicing tolerance and acceptance, which makes it easier for them to reintegrate into society

住宿服務 Accommodation Service

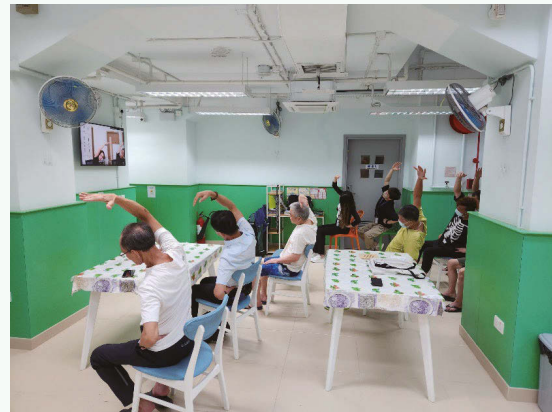


宿舍為服務使用者舉辦健康活動小組
Hostels held health activity groups for service users



為鼓勵邀請舍友參與社區活動，宿舍會不時與其他機構合作舉辦義工活動

To encourage residents to participate in community activities, hostels occasionally collaborated with external organisations to organise volunteer events.



為提升舍友睡眠質素，宿舍與地區康健中心合辦安眠運動練習班

To improve the quality of sleep for residents, hostels collaborated with the local health center to conduct sleep exercise workshop



宿舍不時邀請其他機構作舉辦探訪活動，交流服務心得

Hostel invited external organisations to conduct visit activities for sharing service experiences.



服務數據 SERVICE DATA

女宿舍 Female Hostel

1
宿舍數量
No. of Hostel

10
宿位數量
No. of bed space

80.42%
平均入住率
Average occupancy rate at
female hostel service in a year

23
2023/24年度入住人次
No. of admission at
female hostel service in a year

男宿舍 Male Hostel

5
宿舍數量
No. of Hostel

120
宿位數量
No. of bed space

87.11%
平均入住率
Average occupancy rate at
female hostel service in a year

310
2023/24年度入住人次
No. of admission at
male hostel service in a year

130
社交及康樂活動次數
Number of social and recreational
activities held

100%
服務使用者表示宿舍服務能滿足他們過渡的住宿需要
Service users indicated that the dormitory services meet their
transitional housing needs

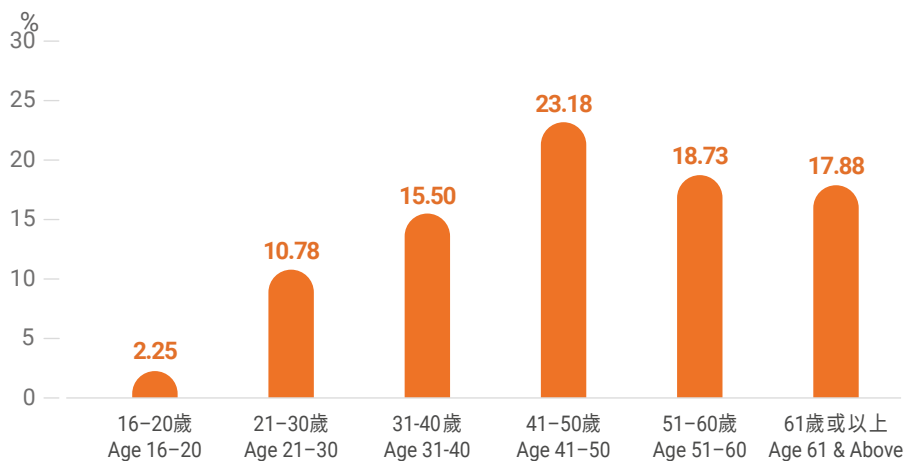
短期租金津貼計劃 Short-term Rental Assistance for Discharged Prisoners (SRA)

408
總資助人次
No. of beneficiaries

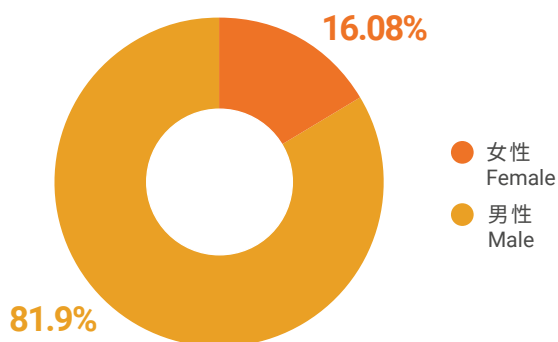
633
總津貼月數
No. of months of SRA
provided for discharged prisoners

HK\$1,561,494
總資助金額
Total subvented amount

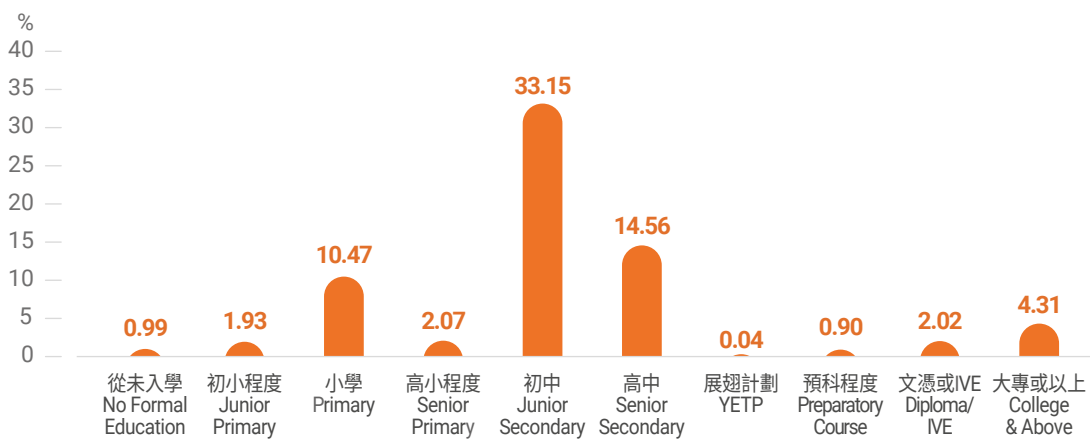
年齡 Age



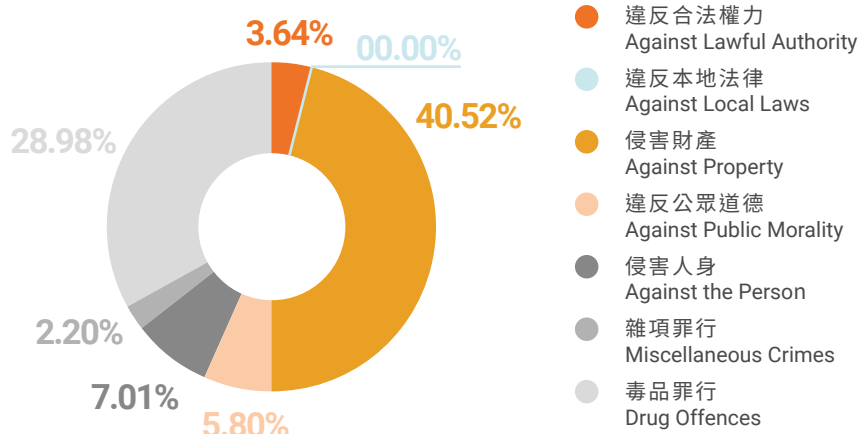
性別 Gender



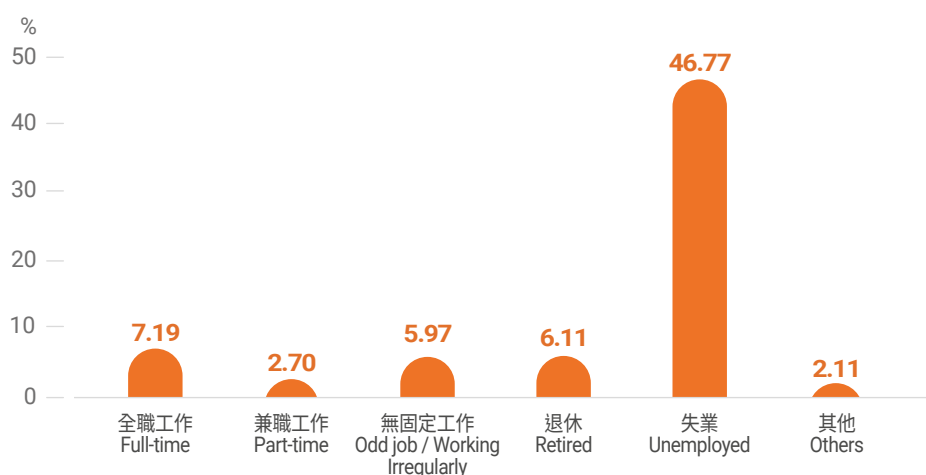
教育程度 Education Level



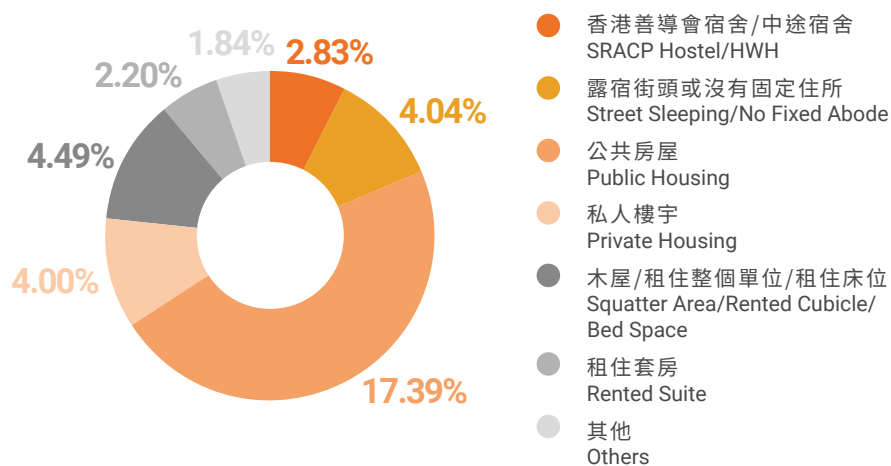
上一次犯罪紀錄 Last Offences



就業情況 Employment Status



住宿類型 Type of Accommodation



戒毒服務

Drug Rehabilitation Service

香港賽馬會社區資助計劃－綠洲計劃

HKJC Community Project Grant – Project OASIS



服務概覽

SERVICE OVERVIEW

「香港賽馬會社區資助計劃－綠洲計劃」與不同醫院的物質誤用診所合作，透過藥物治療及社區為本的跨專業模式，為有志戒除毒癮之人士提供一站式戒毒康復服務。

計劃服務包括提供善後跟進，個案輔導、就業支援及康樂活動等，協助他們重整生活，改善家庭和人際關係，發展個人潛能。此外，計劃設有持社會福利署「藥物倚賴者治療中心」牌照的善後康復宿舍，為居住環境不利戒毒康復人士提供短期住宿服務。白普理綠洲宿舍提供 16 個男性宿位，而在白普理綠洲宿舍康復理想，仍有住宿及康復需要之服務使用者，可申請入住自力綠洲宿舍，以協助其重返社區。

The Hong Kong Jockey Club Community Project Grant – Project Oasis provides comprehensive community based professional drug rehabilitation and recovery services for substance abusers who are determined to withdraw from their substance use and to foster healthier lifestyle.

The Project also provides comprehensive aftercare services for substance users who have completed their withdrawal treatment. The services include individual case counseling, employment guidance, and recreational services to support service users to rebuild their drug-free lives, to improve their family and interpersonal relationships, and to develop their potential. In addition, the Project's aftercare hostels, licensed and supervised by Social Welfare Department under the "Drug Dependent Persons Treatment and Rehabilitation Centres (Licensing) Ordinance", provide short-term accommodation services for substance users who do not have a favorable living environment to pursue their rehabilitation journey. The Bradbury Oasis Hostel provides 16 short-term accommodation spaces for male service users. Those who have rehabilitated well in Bradbury Oasis Hostel but still have residential and rehabilitation needs, can apply for another short-term supportive placement in Chi Lik Oasis Hostel, to facilitate their reintegration into independent living in the community.



服務數據

SERVICE DATA

102



新開展個案數目
No. of new cases served

202



小組活動次數
No. of group programmes offered

1,385



小組活動受惠人次
No. of programme beneficiaries

50



外出活動次數
No. of outdoor activities offered

501



外出活動受惠人次
No. of outdoor activity beneficiaries

1,277



輔導時數
No. of counselling hours

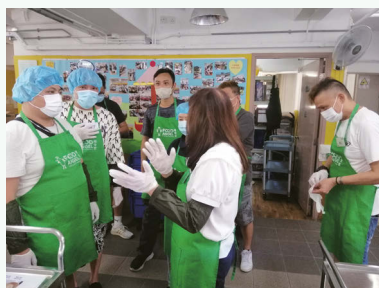


年度重點

HIGHLIGHTS OF THE YEAR

計劃鼓勵服務使用者參與義務工作回饋社會，其中與「惜食堂」合作為有需要之人士提供熱飯餐，亦定期為無家者派送物資

The Project encouraged service users to participate in different volunteer work to contribute to the society. We cooperated with Food Angel to provide hot meals to those in need, and also distribute supplies to the homeless regularly



計劃與聯合醫院職業治療部合作，透過功能認知訓練，讓宿舍舍友了解濫藥如何影響其認知能力，並提供復康訓練。

The Project collaborated with Occupational Therapy Unit from the United Christian Hospital to provide Functional Cognitive programme for our service users, to enhance their understanding on impact of substance use toward their cognitive function and how to improve it through rehabilitation training.

服務使用者與親友一同參與大型晚宴慶祝中秋節，享受天倫之樂。當晚綠洲計劃旗下的「無界樂隊」亦為晚宴表演增添歡樂氣氛。

Service users along with their families and friends participated in Mid-Autumn Festival Gala and enjoyed the joy of togetherness. The Project's band Boundless also performed at the Gala and made the night extra memorable.



計劃鼓勵服務使用者多接觸及認識社區，定期舉辦外出活動，有助他們連繫更多社會資源和建立正向人際關係。

The Project encouraged service users to engage with and understand more about their community, and organised regular outings to help them to connect with different community resources and to develop positive interpersonal relationships.

「齊來老友鬼鬼」－朋輩團隊支援隱蔽濫藥者計劃 “Buddies’ Hub” – Peer-in-a-Team Support Service on Hidden Drug Users



服務概覽 SERVICE OVERVIEW

「齊來老友鬼鬼－朋輩團隊支援隱蔽濫藥者計劃」由禁毒基金資助，旨在於二零二二年五月至二零二五年四月期間，透過社工及朋輩支援員之協作，為曾濫藥人士及活躍濫藥人士提供一系列高度參與性及身份轉化的活動及培訓。

去年，計劃透過加強訓練進一步提升朋輩支援員的實務技巧，並積極拓展社群交流，推動社區參與，與不同機構合作宣揚禁毒信息。

其中一個計劃重點讓參加者將吸毒者轉化為服務提供者，幫助他們在康復過程中發揮積極作用。參加者及計劃職員定期在牛頭角美沙酮診所、柏立基美沙酮診所和觀塘美沙酮診所進行外展服務，接觸濫藥人士，為他們提供戒毒支援及輔導服務。

“Buddies’ Hub – The Peer-in-a-Team Support Service for Hidden Drug Users is a territory-wide project” supported by the Beat Drugs Fund, covering the period from May 2022 to April 2025. A series of participatory and transformative activities and training are provided for ex-drug and active drug users through the cowork between social workers and peer supporters.

Last year, the project enhanced the practical skills of peer support workers through improved training and expanded community engagement by collaborating with various organizations to share drug prevention information.

A key initiative aimed to transform substance users into service providers, allowing them to play a positive role in their recovery. Participants and the project staff regularly conducted outreach at the Ngau Tau Kok, Park Ridge, and Kwun Tong Methadone Clinics, reaching out to individuals who misuse drugs and offering support and counseling for drug cessation.



服務數據 SERVICE DATA

「齊來老友鬼鬼」－朋輩團隊支援隱蔽濫藥者計劃 “Buddies’ Hub” – Peer-in-a-Team Support Service on Hidden Drug Users

外展服務次數: **48** 次
Number of outreach services

外展服務接觸人次: **1,251** 人
Number of clients reached by outreach services

小組活動次數: **118** 次
Number of group programme offered

小組活動受惠人次: **2,817** 次
Number of group programme beneficiaries

輔導服務個案數目: **277** 人
Number of counselling cases



年度重點

HIGHLIGHTS OF THE YEAR



「齊來老友鬼鬼－朋輩團隊支援隱蔽濫藥者計劃」積極到社區、中學及大專院校分享禁毒資訊。二零二三年共舉辦了 17 場分享會，參與人數達 585 人

"Buddies' Hub" – Peer-in-a-Team Support Service on Hidden Drug Users actively promotes anti-drug messages in the community, as well as in secondary schools and institutions of higher education. In 2023, a total of 17 sharing sessions were held, with 585 participants

台灣社團法人露德協會的朝露農場於到訪竹康活動中心與計劃職員及朋輩進行服務交流，雙方就兩地的戒毒服務進行了深入的了解

"台灣社團法人露德協會的朝露農場" visited the Chuk Yuen Activity Center for a service exchange, allowing both sides to gain a deeper understanding of the drug rehabilitation services in their respective regions



計畫與同儕參與粵港澳大灣區社會機構禁毒交流會（深圳），讓朋輩支援員分享服務經驗及想法

Buddies' Hub participated in the 粵港澳大灣區社會機構禁毒交流會 (深圳) with peers, providing an opportunity for them to share their experiences and insights in various discussions



6 名九龍東社會康復及支援綜合服務中心（包括「齊來老友鬼鬼」之朋輩支援員參與了基礎朋輩訓練課程（精讀班）。精讀班讓參加者掌握有關朋輩支援服務的實務技巧及具備作為朋輩支援員的基礎知識，以及更深入認識自己及裝備自己成為朋輩支援員

Six peer supporters from KEISC (including supporters from "Buddies' Hub") participated in a peer training course (grandfathering class). The grandfathering class equipped participants with practical skills related to peer support services and provided foundational knowledge necessary to become peer supporters



專題故事 Feature Story

尋回跑隊

一副標準跑手身材的阿修加入了「尋回跑隊」已經有六年多。不過，在健康的樣子的背後，其實阿修也曾誤入歧途，廿多歲時因朋輩影響下沉淪毒海，更因毒品先後入獄兩次。不僅與家人交惡，甚至曾因受毒品影響下失去理智，幾乎斷送親人性命，亦因而被判送往小欖精神病治療中心。

離開了治療中心的阿修在善導會的幫助和鼓勵下，除了戒斷了整整糾纏了五年的毒癮，更透過跑步建立起了規律的生活。「長年吸毒的我十分自卑，甚至不敢正眼望人。但是在加入跑隊後，除了生活變得更自律，我在鏡中看到了自信的樣子、更喜歡自己一點。」阿修會定期參與跑步訓練，在訓練中不但建立了更正面的思維，更重要得到機會重新認識自己，變得更自信。

由跑數百米都感辛苦，在跑友和教練的支持下，一步步愛上跑步，六年來跑過超過大大小小的賽事。最難忘的莫過於在 2018 年參與了海外賽事—「黃絲帶義跑」(Yellow Ribbon Prison Run)，更是阿修首次成功完成十公里賽事。每完成一場比賽都是跨越自己的界限，達成了一個又一個目標，就好像更生路上跨過難關和誘惑，成就了更好的自己。家人亦逐漸看到阿修的改變，「這幾年來，最令我感動的是媽媽親手將屋企鎖匙交給我的那一刻。」阿修十分慶幸能夠遇上「尋回跑隊」讓他可以找回一個健康的自己、尋回家人的接納。

跑步的意義

善導會社工謝紀良 (Tom) 除了擔任輔導的角色，亦是「尋回跑隊」的教練。每周日早上八時是跑隊的集訓時間，他都會風雨不改地與跑隊成員一同迎接操練，這都十分需要意志力、信心和耐力。「運動是公平的。多少成果都是取決於自律與否，就如在更生之路上，要有堅定的意志和付出才会有改變；而跑步就是要讓大家學習變得堅韌。」跑步很多時候都要獨自面對發生的問題，在磨練的過程中，亦需要引導更生人士將意志力轉化成抗逆力，應付日常生活各種挑戰和管理情緒。此外，跑隊中除了更生人士，亦有他們的家屬、社區義工，可以讓成員們感受到「互相支持、沿途有你」的感覺，鼓勵了不少更生人士積極重回社會。

“Run For Our Life”

Ah Sau has been a member of the “Run For Our Life” running team for over six years. While he is looking like as a typical runner now, his journey to this point was fraught with challenges. In his twenties, under the influence of peers, he fell into the depths of substance abuse, leading to two prison sentences. This not only strained his relationship with his family but also, he lost control due to drugs and nearly caused a family tragedy. As a result, he was sent to the Siu Lam Psychiatric Centre for treatment.

After leaving the treatment center, with the support and encouragement from SideBySide, Ah Sau not only overcame a five-year battle with addiction but also established a structured life through running. “Having been addicted for so long, I felt very insecure and often avoided making eye contact with others. However, after joining the running team, my life became more disciplined. I began to see a confident version of myself in the mirror and liked myself a little more”, he shared. Regular training sessions fostered not only a positive mindset but also gave him the opportunity to rediscover himself and grow in confidence.

Initially, running even a few hundred meters felt challenging. However, with the support of fellow runners and coaches, he gradually fell in love with the sport. Over the past six years, he has participated in numerous races, with the most memorable being the Yellow Ribbon Prison Run in 2018, where he successfully completed his first ten-kilometer race. Each race he finished represented a personal boundary crossed and a goal achieved, symbolizing his journey of recovery and resilience against temptation. His family has also begun to notice the changes in him. “What touched me the most was the moment my mom handed me the house keys. It symbolised her trust in me”, Ah Sau reflected. He feels fortunate to have encountered the “Run For Our Life”, running team which has helped him reclaim a healthier self and earn his family's acceptance.

The Meaning of Running

Tom, the social worker at SideBySide, serves not only as a counselor but also as the coach of the “Run For Our Life”, running team. Every Sunday at 8 a.m., regardless of the weather, he meets with team members for training, demonstrating the willpower, confidence, and endurance required for such dedication. “Sport is fair. The results depend on one's self-discipline. Similarly, in the journey of recovery, steadfast will and effort lead to change; running teaches resilience”, he explains.

Running often requires individuals to confront challenges alone. Throughout this process, Tom guides participants in transforming their willpower into resilience, helping them navigate daily challenges and manage their emotions. The team includes not only individuals in recovery but also their families and community volunteers, creating a supportive environment where members feel the encouragement of “mutual support, together along the way”. This camaraderie has motivated many individuals in recovery to actively reintegrate into society.

