

賽馬會社工創新力量

InnoPower@JC

## WOMATE's Campaign

兩個女人  
一個墟「我無朋友架，根本識唔到！」  
“I have no friend at all!”「我嘅朋友咪係社工和社康護士囉！」  
“The social worker and the community  
psychiatric nurse are my only friends!”

英國一項調查指 (Rachel, 2011) 當地 84% 精神復元人士感到被社會孤立，而 87% 的精神復元人士指自己的朋友數目是「零」。香港的精神復元人士在社交上亦面對同樣的問題，當中以患有抑鬱症的女性精神復元人士更為嚴重。她們在社會文化、女性角色定型及生理因素的影響下，情緒狀態容易受到影響，而高低起伏的情緒讓她們難以與人建立友誼。

## 「結交朋友，改善生活。」

我們相信任何人都有結交朋友的權利，精神復元人士也不例外，特別是患有抑鬱症的女士，更需要一個能互訴苦樂的「伴」，在面對壓力時與同路人傾訴，彼此扶持，面對生活上的挑戰。

在「賽馬會社工創新力量」的支持下，開展了「賽馬會社工創新力量：兩個女人一個墟」計劃。計劃參考了外地“Befriending Scheme”的模式，讓社區人士認識抑鬱症女患者的需要，與她們建立友誼。計劃亦會邀請意見領袖 (KOL) 和社區人士，跟患有抑鬱症的女士一同體驗日常生活，如買菜、照顧子女等等，共同探討女性的角色和家庭崗位所帶來的壓力，從而彼此鼓勵和學習以積極的態度面對人生的挑戰。

A UK study (Rachel, 2011) reported that 84% of local persons in recovery experienced social isolation, and 87% of them reported to have “Zero” friend. In the local context, persons in recovery, especially women with depressive disorders, also have difficulty in developing social network. The emotions of women may be influenced by the social circumstances, gender stereotypes and physiological factors. The swinging moods of women with depressive disorders become the major obstacle for them to develop friendship with others.

Jockey Club Charities Trust” (HKJC), aims to equip social workers with innovative and implementation capacity responding to the emerging social needs, leading to long term contribution to the social welfare sector. In the past 2 years, three social workers of Fu Hong Society, namely Ms. Chaki CHOI of “By your side” Family Support Pilot Project, Ms. Julie LEE of “Sunrise Centre”, and Ms. Phoebe LAU of “Yuet Hang



## “Making friends, changing lives.”

We believed that everyone has the right to enjoy friendship, particular women with depressive disorders, they need friends for mutual support when facing life challenges.

Realizing the importance of friendship in maintaining the mental health of women, the Society echoes with the “Befriending Scheme” of western countries to set up “The InnoPower@JC: WOMATE’s Campaign” with the support of InnoPower@JC, which aims at enhancing the public’s understanding about the needs of women with depressive disorders. It involves the development of one-to-one friendship between volunteers and women with depressive disorder to reduce the feelings of social isolation and loneliness. Meanwhile, Key Opinion Leader (KOL), community members and women with depressive disorders will be invited to share their activities of daily living, such as preparing meals or bringing children, and probe into the pressure coming from the feminine role and stereotyping for developing the mutual support and positive thinking when facing difficulties.

Home”, were selected by the judging panel of the Project as Innovative Social Worker Fellows. The selected social workers and their buddy teams had attended a 10-week local and overseas training to enhance their problem-solving abilities and leadership capabilities. With the financial support of the Project, 2 out of 3 innovative programs have been operating to meet the service needs.