



Converging
PROFESSIONAL WISDOM
 FOR Family Well-Being

CIFA-NET EDITORIAL GROUP MEMBERS:

Dr. Miranda Chung, Mr. Timothy Li, and Dr. Herman Lo.
 Contribution of articles are welcome. Please express your interest
 to the editorial group through email cifasecretariat@gmail.com.

SECRETARIAT:

Portion B, 21/F Wofoo Commercial Building, 574-576 Nathan Road,
 Kowloon, Hong Kong.
 Tel: (852) 2363 0700 Fax: (852) 2363 3010
 Email: cifasecretariat@gmail.com Web: <http://www.cifa-net.org>

HAPPY
 NEW YEAR
 2024

Message from Mrs. Patricia CHU, Chairperson, CIFA



During the quarter, the most significant and time-consuming task was the preparation and actual operation of the Expert Group Meeting (EGM) on Demographic Changes & Ageing of Population in Asia, which was the first event coordinated by CIFA with the Focal Point on the Family of DESA and tertiary institutes in Hong Kong and Singapore, to kick start the celebration of the 30th Anniversary of the International Year of the Family (IYF+30). In this issue, we have included a detailed report on the EGM, the topics covered, presentations by experts and the follow up actions to be taken to share the deliberations and recommendations with the wider audience. It has been a very fruitful and inspiring two-day program at HKU, setting the scene for further collaboration among countries/regions in Asia and also further consolidating the link with the United Nations.

Other than that, various committees have been meeting to work out details of other IYF activities including that on the Asian Family Summit and preparatory work on the Regional Campaign on Family Well-Being, as well as the finalisation of the User Acceptance Testing so as to proceed onto migration of data to the new CIFA website.

In this issue, apart from the report on the EGM, we have shared an article on Hong Kong's first "Child & Youth Friendly" Interactive Multi-media Exhibition presented by the Boys' and Girls' Clubs Association of Hong Kong (BGCA). In this new age of information technology, the BGCA Web3.0 Digital Art Lands in the Central Market is an excellent example to showcase innovative ways to present ideas and issues, involving seasoned artists and young people, to promote a friendly Hong Kong for the development of the younger generation.

Time really flies and it is already the end of the year and we are looking forward to a very significant milestone in 2024, that is the 30th Anniversary of the IYF which has a very special meaning to me. I can still remember the memorable experience in attending the NGO Forum in Malta in November 1993 in preparation for the International Year of the Family in 1994. On that occasion, I met like-minded people who shared the vision of enhancing the well-being of the family for the long-term sustainable development of society. This laid the foundation for the setting up of CIFA in 2008 to actualise the dream for a regional platform for advancing family well-being. Let's continue our passion and commitment, in collaboration with all concerned stakeholders in Converging Professional Wisdom for the Well-Being of Families, to achieve the Sustainable Development Goal 17 of Partnerships For the Goals!

Expert Group Meeting (EGM) on Demographic Changes & Ageing of Population in Asia



The EGM on Demographic Changes & Ageing of Population in Asia held from 30 November to 1 December at the University of Hong Kong was co-hosted by the Centre for Family and Population Research (CFPR) of National University of Singapore, Consortium of Institutes on Family in the Asian Region (CIFA), Sau Po Centre on Ageing of the University of Hong Kong and Focal Point on the Family of the United Nations. It is the first event organised in Asia to kick start the celebration of the 30th Anniversary of the International Year of the Family (IYF+30) as promulgated by the United Nations. It provided a platform for 14 experts from 8 countries/regions, comprising former policy-makers, academics, researchers and practitioners from tertiary institutes and non-profit organisations to exchange knowledge and insights on the topic of Ageing in Asia, under the mega trend of demographic changes. We are thankful to the Social Welfare Department, the Best Wishes Charity Limited and the HKU Research Hub of Population Studies to sponsor the event.

Opening Ceremony

We are most grateful to have Mr. Chris SUN, Secretary for Labour and Welfare of the HKSAR to be the Guest of Honour in the midst of his very busy schedule, delivering a pre-recorded Opening Address providing an overview of the efforts made in Hong Kong to enhance the well-being of the older persons, and stimulating thoughts on initiatives and measures to cope with the challenges brought about the ageing of population in Asia.



Scientific Program

Session 1 “Demographic Changes and Impact on Family”.

Ms. Sabine HENNING (Chief, Sustainable Demographic Transition Section, Social Development Division, Economic & Social Commission for Asia & the Pacific, United Nations) shared on the topic “Demographic Change and the Impact on the Family in Asia and the Pacific”, giving an overview of the demographic changes in Asia, including declines in fertility and mortality, increased migration and rapid ageing of population, and how these impact family life. This was followed by Prof. Ming WEN (Dean, Faculty of Social Sciences, University of Hong Kong, Hong Kong) sharing “Patterns, Sources, and Implications of Living Arrangements among Middle-aged and Older Adults in China”; and Prof. Wei-Jun Jean YEUNG (Professor, Yong Loo Lin School of Medicine, National University of Singapore, Singapore) presenting “Healthy Longevity and Productive Aging”.

Session 2 “Alleviation of Poverty among Older Persons”.

Mr. Eduardo KLIEN (Regional Representative, Asia Pacific Regional Office, HelpAge International) presented “Economic Insecurity and Poverty in Old Age in Asia Pacific”; and Prof. Shih-Jiunn SHI (Professor, Graduate Institute of National Development, National Taiwan University, Taiwan) shared “Situating Old-Age Security in East Asian Pension Reforms”, sharing concern over the economic insecurity faced by older persons, recommending policies and strategies to alleviate their poverty, quoting examples in various parts of Asia.

Session 3 “Well-Being of Older Persons and Enhanced Quality of Life”.

Prof. Teresa B.K TSIEN (Honorary Consultant, Research Centre for Gerontology & Family Studies, Hong Kong Polytechnic University, Hong Kong) shared her experience and insights on “Wellbeing of Older People and Enhancing Quality of Life in Hong Kong”; while Prof. Jung-Hwa HA (Professor, Department of Social Welfare, Seoul National University, South Korea) presented “Enhancing the Well-being of Older Adults and Their Families Affected by Dementia”. They highlighted the importance of holistic approach and collaborative efforts in enhancing the quality of life as well as the support system to improve the well-being of older persons and their families affected by dementia.

Session 4 “Enabling Environment and Innovations”.

Dr. Emi KIYOTA (Deputy Executive Director, Centre for Population Health, National University of Singapore, Singapore) presented “Creating Enabling Environments and Innovations: Perspectives from Asia and Beyond”; and Prof. Shuzhuo LI (Director, Center for Ageing and Health Research, Xi’an Jiao Tong University, China) shared on “Population Aging and Living Arrangements in Asia: Facts, Observations, and Responses”. There is an urge for inclusive environments, including e.g. bridging digital divide, universal design and accessibility and intergenerational living, and development of concepts and policies to cater for the evolving needs of the ageing population.



Session 5 “Ageism and Age Friendly Communities”.

Prof. Vivian LOU (Director, Sau Po Centre on Ageing, University of Hong Kong, Hong Kong) shared on the topic “Building Age-friendly Communities” reflecting on where we are and beyond, sharing the Age-friendly city concept while Dr. Reuben (Assistant Professor, Lee Kuan Yew School of Public Policy, National University of Singapore, Singapore) shared his experience and insights on “Ageism”. There is a need to change the mind-set especially that in the media, importance of developing policy initiatives and strategies for enhancing age friendliness, as well as the need for collaboration among different quarters in the community.

Session 6 “Partnership in Achieving SDGs”.

Mrs. Renata KACZMARSKA (Social Affairs Officer, Focal Point on the Family, Division for Inclusive Social Development, Department of Economic & Social Affairs, United Nations) and Ms. Sabine HENNING shared their insights on the significance of partnership and collaboration among academics, policy makers and practitioners as well as the private sector, civil society in achieving the sustainable development goals as promulgated in the 2030 Agenda for SDGs. They emphasised that no one can work alone and it is only through consensus building, resource allocation and support, and readiness to collaborate that we can take things forward. They also shared the role of the United Nations and its various arms can render support and assistance to countries in achieving the SDGs.

Session 7 “Impact of Covid-19 and Recovery Roadmap”.

Prof. Peng DU (Director, Institute of Gerontology, Renmin University of China, China) presented “Impact of COVID-19 and Recovery Roadmap in China”; and Dr. Mala Kapur SHANKARDASS (Retired Senior Faculty, University of Delhi, Sociologist & Gerontologist, India) shared on the “Path to Recovery from COVID 19: Towards Holistic Wellbeing of Older Persons and Families”. Both pointed out the devastating impact on older person, affecting their physical and mental health, financial insecurity, changes in family dynamics and increased vulnerability to abuse and neglect. They called for proactive policy, strengthening health care systems and collaborative efforts between government and stakeholders in implementing measures to cope with these challenges.

At the **Closing Session**, Mrs. Renata KACZMARSKA and Mrs. Patricia CHU gave the Closing Remarks and Conclusions & Recommendations for the Road Ahead. All participants found the EGM to be a very fruitful and stimulating one, with well-prepared presentations and the active and in-depth deliberations facilitated by experienced moderators. They were also thankful to the University of Hong Kong in making all the logistical arrangements for the smooth operation of the EGM. They were pleased to note that the presentations and conclusions/recommendations of the EGM will be compiled and submitted to the United Nations, with a view to be reflected in the Report of the Secretary General on the Preparations for and observance of the IYF+30. These will be uploaded onto the website of the Department of Economic & Social Affairs (DESA) in due course for wider audience. All participants looked forward to future opportunities for networking and collaboration.



Hospitality events

Despite the full schedule of the scientific program on the 2 days, experts appreciated the welcoming and farewell dinners hosted respectively by the University of Hong Kong and CIFA with the sponsorship of Social Welfare Department and the Best Wishes Charities Limited. They also enjoyed the opportunity to have a sightseeing tour at the Peak to experience the spectacular scene of the Victoria Harbour by night.

For those interested in the EGM, you may access

[http://www.cifa-net.org/files/news/EGM2024/EGM_Program_booklet v.3.pdf](http://www.cifa-net.org/files/news/EGM2024/EGM_Program_booklet_v.3.pdf)

for the Program Brochure. Please also watch out for the announcement when report is uploaded onto the DESA website!

Family
We-Time

Family We-Time Campaign

The regional "Family We-Time Campaign" in Asia will be held from January to March 2024. The campaign aims to commemorate the 30th Anniversary of the International Year of the Family (IYF +30) declared by the United Nations and to promote the importance of spending quality time with family to build family resilience.

In 2022, CIFA organised the "Family We-time at Home" Challenge which was met with overwhelming support from the community. Families from Asian region actively participated in the event, promoting the need to maintain positive energy through togetherness in the critical time of the COVID-19 pandemic. Building on this success, CIFA is going to expand the campaign to a larger scale by involving more families from Asian Region in 2024.

The sub-themes of the Campaign will be about Clothing (惜衣), Food & Nutrition (足食), Living & Environment (安居) and Travelling & Leisure (樂行). Photos or colour-filling artpieces will be collected to produce a photo collage, which will be presented at an online presentation event to celebrate the International Day of Families on 15 May 2024.

May I appeal for your support and active participation in this regional wide campaign. For participation and/or more information about the campaign, please visit: <https://family-we-time.vercel.app/en>.

The Boys' and Girls' Clubs Association of Hong Kong Web3.0 Digital Art Lands in Central Market

Hong Kong's First "Child and Youth Friendly Hong Kong" Interactive Multimedia Exhibition



Presented by the Boys' and Girls' Clubs Association of Hong Kong, the "Child and Youth Friendly Hong Kong" Interactive Multimedia Exhibition ("The Exhibition") revolves around the theme of creating a "Child and Youth Friendly Hong Kong". It showcases the collaborative efforts of families, schools, and communities in the "Seven Service Areas for Child and Youth Friendly Hong Kong". The Exhibition aims to inspire the public to embrace their social responsibilities and join hands in building a "Child and Youth Friendly Hong Kong" that nurtures the all-round development of children and youth. The Exhibition was held for public for free from 18 to 20 August 2023, on the 1st and 2nd floors of Central Market, Hong Kong.



Under the banner of "Unleashing a Radiant Future, Where Innocence Takes Flight," this exhibition artfully weaves the concept of "Child and Youth Friendly Hong Kong" into its multimedia and artistic elements. Showcasing imaginative artworks, interactive experiences, and captivating video presentations. It invited visitors to embark on a journey into the boundless potential of child friendly development in Hong Kong, seen through the eyes of children and youth. The exhibition offered enriching experience, where public could appreciate imaginative creations by young talents and illustrators as well as positively interact with the young generation. While parents and children had fun and created cherished memories together in various parent-child interactive activities.

On the grand opening day of the exhibition, the event was inaugurated by the distinguished presence of honourable guests namely Assistant Director of Social Welfare Department, Council Chair and Agency Head of the organisation, collaborators, and famous celebrities as the esteemed "Child and Youth Friendly Ambassadors" as well as attended by numerous guests from a wide variety of sectors including policy makers, philanthropic bodies, NGOs, educational institutions, caring companies, professional groups etc. There were over 110,000 people visiting the Exhibition during the three days. More than 20 creative and interactive activities around the Seven Service Areas of the organisation were run for the children, young people, parents and public which were well received by the participants. Moreover, the core messages were widely promulgated through all means of media.





Exhibition Highlights:

"Seven Service Areas for Child and Youth Friendly Hong Kong" Showcasing Collaborative Efforts of Families, Schools, and Communities

Various services provided by BGCA and the intervention approaches employed are introduced with particular focus on demonstrating how collaboration among families, schools, and communities in creating a supportive environment that offers equal opportunities for the next generation to unleash their potential.

- Zone 1: Child-centred Early Intervention
- Zone 2: Career and Life Development
- Zone 3: Digital Literacy and Creativity Enhancement
- Zone 4: Family Support and Enrichment
- Zone 5: Mental Health and Social Capital
- Zone 6: Social Innovation and Participation
- Zone 7: Sports and Health

Web3.0 Digital Art Exhibition

Four renowned local illustrators namely Din Dong, Tony Electronic, Oh...little sweet, and Zion, are invited to collaborate with 10 children and teenagers in creating large-scale digital art using Web3.0 technology. These digital art pieces are showcased during the exhibition and serve as commemorative items for charitable donations in the future.

"Innocence Express" Stamp Collection Expedition

The exhibition introduces the "Innocence Express" Stamp Collection Expedition to enhance interactivity and engage visitors, all while heightening public awareness of fostering a child and youth friendly environment. Specially designated stamp stations are set up throughout Central Market for exploration. Participants can complete their exhibition stamp card by gathering 4 mission stamps and showing support by liking or following BGCA's Facebook or Instagram page, unlocking the opportunity to receive a delightful free gift.





"Blessings in the Name" Parent-child Deco DIY

In this heartwarming activity, parents and children join forces to create a three-dimensional hut, unleashing their creativity while designing their dream "home." Throughout the crafting process, parents can lovingly share the stories behind their names, allowing children to grasp the profound love and heartfelt blessings carried by their names, passed down from their parents and elders.



"Through the Kids' Eyes" Experiential Activities

In partnership with Gamenoodlesoup, BGCA joins hands to promote "Empathy" and "Child's Perspective" as the foundation by inspiring children, teenagers, and parents to express their creativity through the Minecraft platform, incorporating child friendly design elements.

"Adventure of Finding the Magic Stone" Parent-Child Reading Adventure

The exhibition features a 1-metre-tall giant picture book "Adventure of Finding the Magic Stone" (for promoting acceptance for ASD children), along with various interactive games. Parents and children can read the story together while indulging in the joy of play and the pleasure of reading.

Nite Cat Online "Minecraft Youth Ambassadors" Experiential Activities

The exhibition showcases the designs of 7 young participants who have crafted youth centres on the Minecraft platform. Visitors can explore the ideal youth-exclusive spaces envisioned by these young minds, fostering understanding of the mental health needs of the youth, all through the power of listening and engaging on the Minecraft interactive platform.

We are H.E.R.E. Floral Therapy Workshop

Various art workshops, such as "Dried Flower Greeting Cards" and "Test Tube Dried Flowers" DIY activities, are organised to create a comfortable and relaxing space for young people to recharge, allowing them to momentarily escape the hustle and bustle, reconnect with themselves, and savour the moment.

Exercising Area and Sharing Session with Renowned Instructors

In addition to exciting parent-child foosball and immersive electronic bicycle experiences, fitness tests are also available during the exhibition, encouraging parents and children to participate in sports and relish the joy of bonding through active play. Furthermore, former Hong Kong team representative and the winner of the 2011 UCI Track Cycling World Championships, Kwok Ho Ting is invited to share his sports insights with the public.

"BALANCO Family Jenga"

The BGCA Exclusive BALANCO is a set of furniture perfect for the whole family. Six BALANCO pieces can be stacked together, emphasising balance, mutual support, patience, and attentiveness during the process, while also promoting parent-child communication and interaction. Visitors can freely participate in the balancing stone-stacking game, where parents and children can take on the challenge together and discover endless possibilities.