



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>

Message from Mrs. Patricia CHU, Chairperson, CIFA



Time really flies and it is the end of an unforgettable 2020! With the continuing threat of COVID-19 which has disrupted many aspects of our lives, life goes on!!

While a lot of efforts had been made to organise the 'Bringing Hope Home' Charity Concert on 22 November 2020, regrettably CIFA had to make a difficult decision not to participate in the concert due to the worrying pandemic situation. We are so thankful to all our supporters who have generously donated to us, and others to allow us to share their artistic pieces in the E-Program Brochure of the concert, three of which presented by service recipients have been included in this issue.

On the front of the Wofoo 3A Project 2020, we are pleased to have received 30 submissions. Upon the vetting by the Screening Committee, 16 projects have been shortlisted and we look forward to meeting the teams at the Second Round interviews to be conducted in March 2021.

To record happenings in the year in the midst of COVID-19, share valuable experience in coping with the challenges, and stimulate thoughts on coping strategies and policies, I have decided to cover activities and researches related to the pandemic in this and coming issues. In this issue, I am grateful to the Hong Kong Anti-Cancer Society for sharing its humanistic ways in meeting the needs of cancer patients and their carers, despite the threat of the pandemic.

I am also pleased to inform that I have, through the connection initiated by Mrs. Renata Kaczmarek of the Focal Point of the Family of the United Nations, attended the first webinar on The Impact of the Pandemic on Family Life Across Cultures with insightful presentations on findings of researches in Malaysia, Singapore and Mongolia. I am thankful to Dr. Anis Brik who leads this international study has agreed to contribute pieces in the coming issues of CIFA-NET. Let's look forward to learn from these interesting studies which will shed light on how we should develop our services and formulate policies to enhance the capacity of the families to cope with adversities.

Although the pandemic has brought about a lot of challenges, we witness the phenomenon that every cloud has a silver lining, and often a crisis brings opportunities. It is with positive energy and hope, we continue to cope through acceptance of and adjustment to the new normal situation, making life more meaningful, memorable and valuable!

Courage and Good Practices in Meeting Challenges of COVID-19

The Hong Kong Anti-Cancer Society (HKACS)

A member organisation of CIFA

Brutal and Battering Year 2020: COVID-19 Crisis

2020 has been quoted by many as the worst year ever and will be remembered as a brutal and battering year for all people due to the horrible attack of Coronavirus (COVID-19). As reported by WHO on 21 December 2020, over 75 million persons have been confirmed with COVID-19 and over 1.6 million have lost their lives in this battle.

Indeed, the outbreak of the COVID-19 has posed significant challenges for all Non-Profit-Making Organisations (NGOs) in Hong Kong and the Hong Kong Anti-Cancer Society (HKACS) is no exception. As a humane and loving welfare organisation, we have always put our clients in the first place even under the very critical pandemic situation. With our faith and love for our clients, we have strived to maintain the support and care for our cancer patients and their families alongside a number of virus control measures. At the same time, special care and considerations have been given to all staff and volunteers, with various arrangements for staff to work from home and volunteers to continue their support remotely. However, a number of fundraising activities were cancelled or postponed, bringing a substantial financial pressure to the organisation.

Timely Support to Cancer Patients and Their Families in the Community

The COVID-19 has caused unprecedented turmoil not only to patients and their families but has also triggered an abrupt change in the provision of healthcare at societal level. This unparalleled health crisis has caused tremendous strain in cancer patients who are highly vulnerable in the pandemic due to their immune-compromised physical condition caused by cancer and the treatments. Moreover, cancer patients often feel isolated and the need to stay home further causes them to feel loneliness and powerlessness. Unfortunately, the lack of face-to-face contact, emotional support, practical advice and care has exacerbated their feelings of anxiety and distress which is detrimental to their psychological wellbeing in their fight against cancer.

Surgical Masks & Hand Sanitisers & Nutritional Supplements

At the outbreak of the COVID-19, HKACS has succeeded to purchase surgical masks and hand sanitisers to meet the desperate demands from its patients despite the very limited supply in Hong Kong. Together with the donation of masks and hand sanitisers by various foundations and corporations, we had distributed 104,963 pieces of high quality surgical masks to 6,028 cancer patients and families under our care, and 5,000 Anti-Epidemic Care Packs to other cancer patients in the community. Hand sanitisers and nutritional supplements were given to patients through mail, outreach and walk-in contacts, as well as through multiple mobile pick-up points in different locations.



Each HKACS's Anti-Epidemic Care Pack contained surgical masks, hand sanitisers, moisturiser and educational leaflets.

Calls & Outreach Visits to Cancer Patients and Families

Since many cancer patients could only stay at home to protect themselves from being infected, we have produced a series of at-home workout videos to encourage patients to stay positive and active. The caseworkers of the **Walking Hand-in-Hand Cancer Family Support Project (WHIH Project)** have made frequent calls to the patients and their caregivers, offering personalised counselling. Online nutritional talks, stretching exercise and sharing support sessions were held to maintain connection with the patients. Dissemination of taxi coupons gave flexibility for patients especially among the frail and invalid to attend medical appointments with minimum hassle. Outreach visits have been resumed in May 2020 for the needy clients, mostly held in the open space near their homes such as parks.



WHIH Project case manager delivered anti-epidemic consumables to the needy patient during an outreach visit in a park.

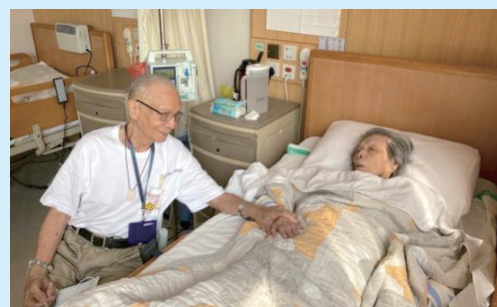


Arrangement in HKACS Jockey Club Cancer Rehabilitation Centre (JCCRC)

The COVID-19 has created unprecedented challenges to the operation of JCCRC. Apart from strictly monitoring the health condition of staff working in the nursing home, additional personnel have been employed to station at the main entrance of HKACS to screen and register all visitors entering the premises. New cases have to go through strict screening on their contact history, and signs and symptoms of coronavirus. They would be admitted only upon negative result of COVID-19 tests. After admission, they are required to undergo a 14-day observation in designated rooms with their health conditions closely monitored.

Compassionate Visiting Arrangement—Balance between Virus Protection and Psycho-social Needs of Patients

As a facility to take care of palliative and end-of-life cases, the cancer patients and their families are always encouraged to spend as much quality time together as possible during the last stage of their life. However, under the pandemic, we have encountered huge challenges to keep a balance between protecting the patients from the risk of exposure to COVID-19 and fulfilling their psychological and social needs. When most residential homes in Hong Kong have adopted a “close door” policy in response to the pandemic, the clinical team has chosen to adopt a humanistic approach with strict infection control practices. Families are allowed to have daily face-to-face visit to their loved ones on compassionate ground under a tightened visiting arrangement which implies extra manpower and additional workload. With the understanding and strong support from all parties concerned, the compassionate arrangements proves to be successful and deeply appreciated by all during the critical time.



Sharing by 朱伯 to show his appreciation for the Compassionate Visiting Arrangement of JCCRC.

Flexible Arrangement for Recreational & Diversional Therapy Services



To meet the challenges of COVID-19, new tailor-made activities like drawing sessions have been introduced to give patients a tranquilising time. Besides, virtual visits to patients and their groups of beloved friends and families particularly on occasions like birthday or festival times have been arranged to maintain their social connection. Tea and dim sum have been served to patients periodically with warm greetings, and small gifts have been delivered to boost up their morale during this difficult time.

Go Online for Cancer Education and Counselling

Cancer education is always vital to raise public awareness and concerns. Online platforms have been developed for cancer education for the public and healthcare providers. Facebook live health talks are being conducted to enrich people's cancer awareness. Zoom teaching has been used for the Integrated Oncology Course. Video series on lung cancer education has been broadcasted through social media like YouTube and Facebook page. Health questionnaires have been developed and disseminated online. All these have been facilitated by an efficient and smooth IT support.

Recognition and Support from the community

With the postponement or cancellation of fund-raising events such as the Standard Chartered Hong Kong Marathon, the Charity Golf Tournament and the Charity Dinner, etc. we have adopted innovative means to reach the public to appeal for support. Apart from making use of the publication of newsletters and appeal letters, we have made better use of the social media, such as YouTube and Facebook, uploading touching stories through specially produced videos and micro-films. We are most encouraged to receive the support from the community demonstrating their recognition of our efforts in our fight against cancer. We will continue to try our best to cope with the challenges and provide comprehensive quality services delivered in a humanistic manner to meet the needs of cancer patients and their families despite the threat brought about by the pandemic.

Sharing by the Ho's Family

September 2020

"Watching the one you love wither away is painful enough in "normal" times. It is even harder to witness my grandmother's health condition deteriorating during a pandemic. Our family is grateful to JCCRC for making compassionate visiting arrangement which allowed us to be with her during her passing. You gave us strength and comfort, which has brought us peace and harmony as a family. Our heartfelt thanks to each of you who cared for our grandmother."

HKACS website: <http://www.hkacs.org.hk>

Wofoo 3A Project 2020

This year, despite the outbreak and continuing threat of the COVID-19, affecting every aspect of life, we are pleased to receive a total of 30 submissions covering a wide range of topics from 4 countries/ regions including Hong Kong, Malaysia, Singapore and Taiwan. The Screening Committee has gone through the vetting process with 16 projects shortlisted to enter the Second Round Adjudication. The first round result, in order according to date of submission, has been uploaded onto the CIFA website at <http://cifa-net.org/content.aspx?urlkey=Uggj80FYI/HMRnpJ> on 20 November, 2020. We have also assigned a Resource Person for each shortlisted team to facilitate their preparation of the second round submission and the Interview Session.

Important Dates:

Deadline for Submission of Projects for Second Round Adjudication: **29 January, 2021**

Second Round Adjudication Interview: **18-19 March, 2021**

Announcement of Second Round Adjudication Results: **16 April, 2021**

Final Round Adjudication & Award Presentation Ceremony at the Gala Dinner (in Taiwan): **10 June, 2021**

Bringing Hope Home Concert 2020



In the light of the latest development of COVID-19 pandemic and the advice of the Government to minimise unnecessary social activities and gatherings, and taking into consideration the safety of performers and audiences, as well as the staff and volunteers, CIFA, being a responsible organisation was not in a position to endorse large scale indoor congregation under the current pandemic situation.

While SAR Philharmonic Orchestra and Haven of Hope Christian Service preferred to go ahead with the concert, CIFA decided not to participate in the concert on 22nd November, 2020 (Sunday) at the Concert Hall of the Hong Kong Cultural Centre. That being the case, CIFA was not represented at the event. A Special Announcement had been immediately sent out to

all our sponsors and supporters to inform them of this decision and we had received a lot of support as they agreed that safety should be the top priority. We understand from SAR that there were about 350 attendees at the concert.

To save trees and printing cost, we have produced E-Program Brochure on the Bringing Hope Home Concert 2020. It is now available at http://www.cifa-net.org/files/news/concert%202020/Bringing%20Hope%20Home%202020_Brochure.pdf. Apart from messages and information on SAR Philharmonic Orchestra and CIFA, and acknowledgement on support by sponsors and donors, there is a special section on artistic pieces by Ah Chung, Ven Chang Lim, Mr. Wong Ying Kit, Ms. Sui May and Mrs. Susan Mak as well as social service recipients from 3 member organisations of CIFA, which brings out the theme of the concert.

Despite the short lead time in organising the concert, and the uncertainties in the midst of COVID-19, we have raised around HK \$620,000 which was above our target, demonstrating collaborative efforts of all parties involved, as well as the sharing of the common goal of Bring Hope Home among people in Hong Kong in facing the unprecedented challenges brought about by the pandemic.

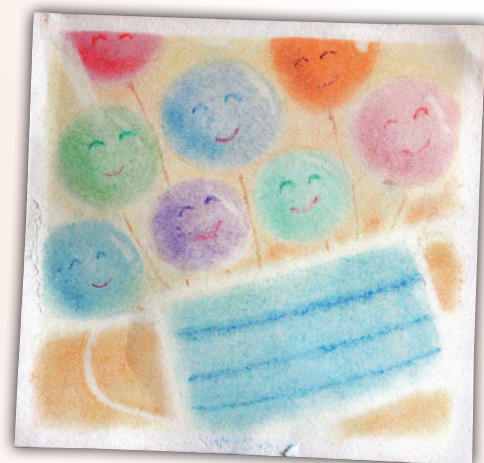
Sharing of Artistic Pieces by Service Recipients

The international research project on Impact of the Pandemic on Family Life Across Cultures led by Dr. Anis Ben Brik, has pointed out that the pandemic has affected the mental health and relationship among family members, it has also identified their coping strategies and resilience. While there are negative effects, many researchers have highlighted the silver linings and positive development in couple and parent/child relationship arising from the pandemic. In the following, we would like to share artistic pieces created by service recipients from member organisations of CIFA.

Smile behind your mask

Your smile behind the face mask can always empower others. Stay positive and fight against the pandemic together with a smiling face. One day, you will find all the masks being taken away by the smiling balloons flying up to the sky. Let's smile while wearing mask!

**By service recipient from Aberdeen Kai-fong Welfare Association
Social Service Community Centre**



Embracing Hope

Hello everyone, I have separated with my husband for a few years and have to take care of my two daughters as well as having part time job to cover the daily expenses. I felt depressed and stressful in balancing various demands. I would like to share the drawings by my two daughters. My elder daughter drew a rose to express our happiness and sweetness in the family. Although we are not an intact family and sometimes with minor conflicts, my elder daughter felt happy. The other one is drawn by my younger daughter. She said the sun is me, flower is her elder sister and herself is the water. I am deeply touched with the warm feeling in the picture. I put the two pictures on the wall of my home, cheering me up in everyday busy life. Even though life is difficult and I sometimes feel distressed, I am hopeful to work for my family, that is my two lovely daughters.



By Tao from Jockey Club Embracing H.O.P.E.S Project of New Life Psychiatric Rehabilitation Association

Four seasons of Hong Kong under the outbreak of COVID-19



Since the COVID-19 pandemic began, the whole city was thrown into a helplessness status and schools being suspended. My children and I have spent much time together in a cubicle and conflicts happened daily. When I felt stressful or being irritated, I would start drawing which helped me to calm down, sooth emotion and project myself into the drawing. After finishing the art product, it seemed like that I could conquer a mountain. Now, my son and I often enjoy drawing and sharing our creative ideas together. I noticed that my son can focus on one thing and has lots of his own ideas. The epidemic has indeed caused us much inconvenience, but it also gave us more precious moments to share and understand each other.

By Abby from The Salvation Army New Territories East Integrated Service Lung Hang Children and Youth Centre

