

(Translation)

Minutes of the 6th Meeting of the Youth, Community Development and Innovation Committee of
Sham Shui Po District Council (7th Term)

Date : 19 December 2024 (Thursday)
Time : 9:30 a.m.
Venue : Conference Room, Sham Shui Po District Council

Present

Chairman

Mr HO Kwan-chau, Leo

Vice-Chairman

Mr LEUNG Ping-kin

Members

Ms WU Wanqiu
Ms WU Sze-wan
Mr CHEUNG Tak-wai
Mr CHAN Wai-ming, BBS, MH, JP
Mr CHAN Kwok-wai, MH
Mr CHAN Lung-kit
Ms CHEN Lihong
Ms CHUM Pik-wa
Mr WONG Chun-hung, Hanson
Dr WONG Chung-leung, JP
Ms LAU Pui-yuk, MH
Ms CHUNG Ching-may, MH
Mr LO Chi-chiu
Dr PONG Chiu-fai, MH

In Attendance

Miss LAI Ho-ting, Ally

Ms YUEN Pui-yuk, Quinnie

Mr YEUNG Tsz-hin

Ms LEUNG Shui-toi, Polo

Mr LI Yiu-ming, Leo

Ms CHUNG Kit-sum

Dr CHIM Pak-wing

Ms TAM Sau-wai

Assistant District Officer (Sham Shui Po) 1

Senior Liaison Officer 2, Sham Shui Po District Office

Senior School Development Officer (Sham Shui Po)1, Education Bureau

Social Work Officer 1 (Planning & Coordinating), Sham Shui Po District Social

Welfare Office, Social Welfare Department

Assistant Police Community Relations Officer, Sham Shui Po District, Hong Kong Police

Force

Neighbourhood Police Coordinator, Police Community Relations Office, Sham Shui Po District, Hong Kong Police Force

Senior Medical and Health Officer (Emergency Preparedness and District Relations) 2, Department of Health

Registered Nurse (Emergency Preparedness and District Relations), Department of Health

Secretary

Miss LO Ki-chi, Becky

Assistant Executive Manager (District Council) 5, Sham Shui Po District Office

Absent

Mr LAM Wai-keung

Opening Remarks

The Chairman welcomed members and representatives of government departments to the 6th meeting of the Youth, Community Development and Innovation Committee (“YCDIC”) of the 7th term of the Sham Shui Po District Council (“SSPDC”).

2. Before the meeting, the Secretariat received from co-opted member Mr LAM Wai-keung a Notification of Absence from Meetings, stating that he would be out of town from 13 to 19 December 2024 due to personal affairs and therefore unable to attend the meeting. As the reason for absence did not fall within the circumstances set out in Section 64(5) of the Sham Shui Po District Council Standing Orders, the Committee did not give consent to his application for absence.

Item 1: Confirmation of Minutes of the 5th Meeting of the Youth, Community Development and Innovation Committee

3. The Committee confirmed the above minutes without amendment.

Item 2: Leveraging the Physical Platform for Interaction of “Youth Link” in Nam Cheong District Community Centre to Strengthen the Promotion and Publicity of Patriotic Education in Sham Shui Po District (YCDIC Paper No. 4/2024)

4. A member introduced Paper No. 4/2024.

5. Assistant District Officer (Sham Shui Po) 1 responded that: (i) thanked Members for being concerned about the youth policies formulated by the Home and Youth Affairs Bureau (“HYAB”); (ii) expected that the “Youth Link” physical platform for interaction could play a positive role in developing sustainable district-based education programmes and enhancing youth engagement; and (iii) the Sham Shui Po District Office (“SSPDO”) would actively consider leveraging the platform to organise various types of activities.

6. The views of members were consolidated as follows: (i) hoped that the partner organisations would engage schools, community organisations and various stakeholders in the design of the activities, allowing participants to familiarise themselves with the national development during those activities and subsequently practise the spirit of patriotism in various areas within the community; (ii) opined that the space at Nam Cheong District Community Centre was vital for the implementation of youth work and hoped that the platform could serve as a base for the promotion of youth work in Sham

Shui Po District, disseminating youth-related information and activity updates; (iii) suggested using landmarks like the Tung Chau Street Temporary Market as cultural communication and promotion points to strengthen young people's sense of belonging to the community; and (iv) considered that the whole community should jointly take forward the promotion of patriotic education to cultivate a patriotic atmosphere in society.

7. The Chairman concluded that the Committee noted the content of the paper and relevant views would be forwarded to HYAB.

Item 3: Concern about the Mental Health Issue of School Children in Sham Shui Po District (YCDIC Paper No. 5/2024)

8. A member introduced Paper No. 5/2024.

9. Ms Polo LEUNG introduced Response Paper No. 5a/2024.

10. Dr CHIM Pak-wing introduced Response Paper No. 5b/2024.

11. The views of members were consolidated as follows: (i) expressed appreciation for the initial results achieved by various departments in providing mental health support to school children; (ii) suggested strengthening the Three-tier Emergency Mechanism in Sham Shui Po with the involvement of local stakeholders (such as service units, Members' ward offices and residents' organisations) after referrals for professional support, with a view to collaboratively building an emergency safety net for students; (iii) suggested that on top of the existing 24-hour hotline and other services, targeted plans be developed for Sham Shui Po, a district with a significant wealth gap and densely packed with subdivided units, or non-governmental organisations should be encouraged to expand services targeting these specific groups; (iv) enquired about the participation rate of the student annual health assessment services provided by the Department of Health ("DH") and statistics on the number of individuals with mental health issues successfully identified; and (v) believed that given the various causes of suicide, inter-departmental collaboration was necessary for preventing and addressing the problem more effectively.

12. Dr CHIM Pak-wing responded that: (i) in the 2023/24 school year, a total of over 410 000 primary and secondary school students received annual health assessment at the Student Health Service Centres, including approximately 240 000 primary school students and about 160 000 secondary school students; and (ii) among them,

approximately 1.4% of the students, i.e. around 4 500 primary school students and 1 400 secondary school students, required referral to the Special Assessment Centres, specialist out-patient clinics or other institutions for psychosocial problems.

13. The views of members were consolidated as follows: (i) surveys had shown that aerobic exercise could help students relieve stress and enhance their resilience against stress. It was therefore suggested that the Department should provide more opportunities for students to participate in physical activities; (ii) suggested utilising e-platforms to present content by way of games or embedded messages that helped students enhance their mental well-being as a more effective means of prevention and assessment; (iii) suggested strengthening support for areas or targets with more pressing needs; (iv) suggested providing channels such as websites or hotlines for relevant stakeholders of extracurricular interest classes and tutoring centres to report suspected cases, which should then be followed up by relevant departments; (v) suggested encouraging students to cope with negative emotions by confiding in social workers or teachers, and educating students to promptly seek help from teachers or social workers if they noticed any peers having unusual behaviours or speech patterns; (vi) opined that students' mental health issues were often underestimated as they grew up, and therefore suggested collecting more comprehensive data to understand their mental health conditions; (vii) some students had developed mental health problems due to family pressures and genetic factors, which warranted early identification and timely treatment. Yet, efforts should also be made for the avoidance of causing labelling effects; (viii) suggested fostering collaboration between public and private organisations and that a committee be established to enhance the effectiveness of resource utilisation and shorten waiting times for consultation and treatment; (ix) enquired about the details of the Whole School Health Programme and the number of schools in Sham Shui Po District participating in the 4Rs Mental Health Charter launched by the Education Bureau ("EDB"); and (x) opined that teachers' teaching pressure might also have impact on students and enquired whether adequate psychological support was provided to teachers.

14. Mr YEUNG Tsz-hin responded that: (i) EDB had been committed to providing a wide array of training for teachers, parents and students to enable early identification of students with mental health needs, and equip frontline teachers and classmates with appropriate coping strategies. The training included the thematic course for teachers targeting students with mental illness, "Gatekeeper" training and the Peer Power – Student Gatekeeper Training Programme designed for secondary students; (ii) leading a healthy lifestyle was one of the seven learning goals of primary and secondary education as set by EDB, aiming to help students achieve balanced physical and mental development. EDB was dedicated to promoting values education, including life education and health education, through subject learning and life-wide learning

activities that taught students basic knowledge about physical and mental health within and beyond the classroom, such as self-understanding, understanding the meaning of life and grasping proper strategies to deal with stress and anxiety. At the same time, it was hoped that students would develop proper values and positive attitudes towards life such as “perseverance”, “be grateful”, “treasure what we have”, “stay positive” and “stay optimistic”, learn how to manage their own emotions and stress, face adversities with a positive and optimistic attitude and pursue a meaningful life; (iii) EDB would also collaborate with the “Shall We Talk” initiative to arrange for athletes to visit schools to share the themes of positive thinking and perseverance so as to enhance students’ resilience; and (iv) at least 600 publicly-funded primary and secondary schools across the territory had participated in the 4Rs Mental Health Charter.

15. Ms Polo LEUNG responded that: (i) promoting mental health was a major priority of the Sham Shui Po District Social Welfare Office under its work plan, and she agreed that physical activity was beneficial to mental well-being. In this regard, de-stressing spaces would be provided to residents through various channels; and (ii) any members of the public or adolescents with mental health support needs, if noticed by different stakeholders within the district, would generally be referred to the Integrated Family Service Centre or the Integrated Community Centre for Mental Wellness.

16. Dr CHIM Pak-wing responded that: (i) DH had all along attached importance to the promotion of physical activity and therefore, in promoting mental health, it also encouraged the public to engage in physical activities to maintain their mental health; (ii) the mental health promotion and publicity campaign adopted different promotional strategies for different age groups. For young people, the Internet and social media were the primarily used channels; (iii) the “Shall We Talk” initiative aimed to raise public awareness of mental health, and help members of the public promptly identify peers who suffered from mental health issues and learn how to provide support; (iv) the annual health assessments alone could not ensure identification and referrals of all cases, and collaboration of stakeholders across different areas was the key to identifying mental health issues; and (v) starting from the 2019/20 school year, DH had launched the Health Promoting School Programme as a pilot project in 30 primary and secondary schools. Since the 2023/24 school year, DH had regularised the Health Promoting School Programme and renamed it “Whole School Health Programme”. Making reference to the “Health Promoting School” framework advocated by the World Health Organization, the Programme compiled health reports for each participating school and assisted schools in systematically reviewing and formulating health promotion measures related to physical activity, healthy eating, mental health and social well-being. As of November 2024, a total of 695 schools across the territory had participated in the Programme.

17. The Chairman concluded that: (i) the Committee noted the content of the paper; (ii) it was hoped that relevant departments would further take forward the work related to the mental health of school children; and (iii) members were encouraged to refer to the data from the “Suicide Prevention Early Warning System” developed by the Hong Kong Jockey Club Centre for Suicide Research and Prevention of the University of Hong Kong.

Item 4: Occupational Safety and Health Promotional Campaign 2024-25

18. The Chairman presented a brief report: (i) SSPDC recently, at the invitation of the Occupational Safety and Health Council (“OSHC”), participated in the Occupational Safety and Health Promotional Campaign 2024-25 in the name of the Committee, aiming to promote the safety and health culture among all sectors of the community; (ii) OSHC would allocate \$40,000 in 2024-25 to support the District Council and local organisations in organising occupational safety and health promotion activities; (iii) the themes for this year’s activities included “Prevention of Cardiovascular and Cerebrovascular Diseases”, “Heat Stroke Prevention”, “Work at Height and Work Above Ground Safety”, “Healthy Diet and Exercises”, “Work Stress Management” and “Prevention of Lower Limb Muscle Strain”. One or more of these themes could be used as the promotion focus when organising community activities; (iv) the Committee was working on drafting activity proposals, with key responsible persons being the Chairman, Mr Leo HO, and members Mr CHEUNG Tak-wai and Ms WU Wanqiu. Any members who were interested to participate could contact the Chairman after the meeting; and (v) reports on these activities would be provided in due course after the relevant details were finalised.

Item 5: Any Other Business

19. Assistant District Officer added that: (i) the “Suicide Prevention Early Warning System” developed by the Hong Kong Jockey Club Centre for Suicide Research and Prevention of the University of Hong Kong produced a daily estimated “Suicide Risk Index” for Hong Kong and for various districts, which could be taken as reference by members; and (ii) there would be further discussions with members after the meeting to explore the implementation plans of mental health programmes.

Item 6: Date of Next Meeting

20. The next meeting would be held at 9:30 a.m. on 27 February 2025 (Thursday).

21. There being no other business, the meeting ended at 10:45 a.m.

District Council Secretariat
Sham Shui Po District Office
February 2025