

# 承擔、超越——廿一世紀女性

Women's Commission Conference 2009  
Beyond Limits - Women in the 21<sup>st</sup> Century

## 關懷行動——失業婦女互助網絡

Silver Lining — Mutual Support Network for Unemployed Women

香港婦女中心協會

Hong Kong Federation of Women's Centres



精神健康講座：為失業及低收入婦女提供一個輕鬆的環境，讓她們學習處理壓力的技巧。  
Mental Health Workshop: A relaxing environment for unemployed women to learn about skills to cope with stress.



義工訓練：培訓婦女成為「關懷大使」，為失業及低收入的姊妹提供支援。  
Volunteer Training Workshop: Women were trained to be "Care Ambassadors" to provide support for unemployed and low-income sisters.



朋輩支援計劃——家訪：婦女義工探訪失業及低收入的姊妹，表示關懷及分享各種對抗逆境的經驗。  
Peer Support and Sharing (Home Visit): Women volunteers paid home visit to unemployed women to show their concern and share with them their surviving experience.



公眾論壇：我們與公眾人士分享計劃經驗，同時希望提高社會對失業及低收入婦女的精神健康及就業需要的關注。  
Public Forum: We shared our project experience with the public and hoped to raise public concerns on the mental health and employment needs of unemployed and low-income women.



意識提升活動：透過與婦女討論跟她們的就業狀況及精神健康有關的議題，提高她們對影響自身處境的各種因素的認識及關注，及增加她們對爭取自身權益的信心。  
Consciousness raising programme: Holding discussion with women on various issues affecting their employment and mental health, to raise their understanding and concern on various issues relating to their plight, and to increase their confidence in fighting for their rights.

得到「愛心聖誕大行動(2006)」的資助，此計劃於2007年初至2009年3月推行。旨在透過社區教育和朋輩互助計劃，提升中年失業婦女的精神健康；以及進行探索性研究，增加社會人士對中年失業婦女的精神健康及需要的認知。計劃內容包括：社區教育、朋輩互助計劃、出版通訊、深入就業培訓、個人能力提升、意識提升活動、進行有關婦女就業與精神健康的研究。

From early 2007 to March 2009, the HKFWC launched the Silver Lining - Mutual Support Network for Unemployed Women with funding from Operation Santa Claus (2006). The project aimed to enhance the mental health of unemployed middle-aged women through community education and peer mutual support schemes; as well as to conduct an investigative study to enhance society's understanding of the needs and mental health of unemployed middle-aged women. The components of project included community education, Peer Supporter Scheme, publication of newsletters, intensive employment training, capacity building, consciousness raising activities and a survey entitled "Employment and Mental Health for Women".