



## Happy Family Kitchen Movement

### Project Background

Facing stressful lifestyle in Hong Kong, people tend to be implicit in showing love and care to their family members<sup>1</sup>. In consequence, family relationship is becoming more fragile and isolated. It has been even harder for family to cope with crises due to the weakening family function. In view of this, with collaboration of The Hong Kong Council of Social Service (HKCSS) and the School of Public Health of The University of Hong Kong, the “Happy Family Kitchen Project” (快樂家庭廚房計劃) which is funded by The Hong Kong Jockey Club Charities Trust has been initiated. The project is under the “FAMILY: A Jockey Club Initiative for a Harmonious Society” project<sup>2</sup>, launched from 2010 in Yuen Long District and then extended to Tsuen Wan, Kwai Chung and Tsing Yi Districts in 2012.

The project aims at encouraging citizens to make good use of the experience of family dining to develop positive family communication and enhance FAMILY Health, Happiness and Harmony.

As the success of the project, The Hong Kong Jockey Club Charities Trust continued its support by launching the “Happy Family Kitchen Movement” in February 2015, so as to extend the project message in the whole territory. Through joint efforts of different organizations in Hong Kong, a range of evidence-based family programmes will be delivered, with the view to promote family holistic health through positive psychology, 0-1 Exercise and healthy diet.

### Project Objectives

- To enhance the FAMILY Health, Happiness and Harmony so as to strengthen the family functioning;
- To promote positive and healthy family life in the community with collaboration with various district service units;
- To build up and test a service delivery model for strengthening family function.

<sup>1</sup> Excerpted from FAMILY: A Jockey Club Initiative for a Harmonious Society: Hong Kong Family and Health Information Trends Survey” 2009

<sup>2</sup> Details of “FAMILY: A Jockey Club Initiative for a Harmonious Society” project: <http://www.family.org.hk/>

## Project Content

<b>Training Programme</b>	Training workshops conducted by clinical psychologist and nurse will be held to train up professionals on positive psychology, family-centered programme design, research design and concept of family holistic health.  <u>Implementation Date:</u> May - July 2015 (First Batch) February - April 2016 (Second Batch)
<b>Community-based Family Programmes</b>	Trained professionals will design and conduct echoed programmes for families in respective service units throughout the territory.  <u>Implementation Date:</u> September 2015 - January 2016 (First Batch) May 2016 - September 2016 (Second Batch)
<b>Community Education and Publicity</b>	15,000 copies of "Happy Family Cookbook 3" with practical tips of positive family communication and healthy recipes will be published and distributed in the community. Through publicity events, social media and mass media, message of positive family life will be conveyed so as to enhance the public awareness of FAMILY Health, Happiness and Harmony.
<b>Evidence-based Research</b>	The School of Public Health of The University of Hong Kong will conduct the evidence-based research to examine the project outcomes and testify the service delivery model for strengthening family function.
<b>Practice Wisdom Forum</b>	Forum will be held for cross-disciplinary professional exchange to consolidate their practice wisdom, in particular on the family-centered practice.

### Enquiry:

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