

Wofoo 3A Project

Exchange Programme on Wofoo 3A Project 2018 cum Launching Ceremony of Wofoo 3A Project 2020

An Exchange Programme cum Launching Ceremony of Wofoo 3A Project 2020 co-organised with the Family Council of HKSAR and The Chinese University of Hong Kong will be held on 6 and 7 December, 2019 in Hong Kong. Once again we are encouraged by the full support from the Family Council as a sponsor, and honoured to have Prof. Leung Seung-ming, Alvin, Convenor of its Sub-Committee on Family Support to be our Guest of Honour at the Opening Ceremony.

At the Sharing Session, the 8 finalist teams of Wofoo 3A Project 2018 together with the Gold, Silver and Bronze Award winning teams of Wofoo 3A Project 2016 will be invited to present their projects, as well as the progress of that they have made thus far. Exhibition materials of all these projects will also be displayed. On the second day, agency visits have been arranged for participants to witness services on the ground and meet front line workers.

Sharing Session:

Date : 6 December, 2019 (Friday)

Time : 8:45 am – 5:30 pm

Venue : LT1, 3/F Sino Building, The Chinese University of Hong Kong

Agency Visit:

Date : 7 December, 2019 (Saturday)

Time : 8:30 am – 5:30 pm

Agency visits include (Tentative):

- Tung Wah Group of Hospital's The Oasis Co-working Space
- Hong Kong Council of Social Service's Community Housing
- Mission Healthy Green
- The Hong Kong Catholic Marriage Advisory Council's KID First Specialised Co-parenting Support Centre

A Study on Best Practices & Social Impact of Wofoo 3A Project

Since 2010, Wofoo 3A Project has attracted 180 projects which address common issues affecting family well-being in Asia, bringing forth innovative and effective strategies that can be replicated or adapted to meet cultural differences. The commitment in encouraging joint effort and exchange knowledge and work experiences among professionals through the Wofoo 3A Project has received most positive feedback from all quarters, including formal recognition from the United Nations with the presence of its representatives at the Award Presentation Ceremonies in Seoul in 2016 and Hong Kong in 2018 as well as the Opening Ceremony of the Exchange Programme in Hong Kong in June 2017. It is most encouraging that the work of CIFA, including the Wofoo 3A Project, has been uploaded onto the United Nations Portal and also featured in the reports by the Secretary General to the General Assembly.

To build on the solid foundation that the Wofoo 3A Project has created so far, CIFA is pleased to collaborate with Dr. Vivian Lou, Director of Sau Po Centre on Ageing, The University of Hong Kong and her team to conduct A Study on Best Practices & Social Impact of Wofoo 3A Project. Apart from compilation and analysis of data on the 40 projects entering the final round adjudication of the 5 rounds of competition, it also includes case study of 4 projects. We plan to present the preliminary findings of this study at the Exchange Programme on 6 December 2019.



6th CIFA Regional Symposium

Active preparatory work on the 6th CIFA Regional Symposium has been progressing smoothly in the quarter. The Symposium will provide yet another excellent opportunity for sharing and exchange of knowledge and experiences in policy formulation, researches, good practices and innovative initiatives on family issues, as well as strengthening the linkage and fostering close collaboration among various regions/countries to enhance family well-being in Asia.

Date: 25 to 27 November, 2020

Venue: International Conference Hall, GIS NTU Convention Center, National Taiwan University, Taipei, Taiwan
Theme and sub-themes: Family First: Supporting Asian Families in the Era of Inclusive Growth and sub-themes

Co-organisers:

CIFA ,National Taiwan University Children and Family Research Center Sponsored by CTBC Charity Foundation (CFRC), Child Welfare League Foundation (CWLf), R.O.C, Department of Social Work, National Taiwan University, International Council on Social Welfare, Taiwan (ICSW), Buddhist Compassion Relief Tzu Chi Foundation and Taiwan NPO Self-Regulation Alliance.

Highlight of Symposium:

- Opening Ceremony and Welcome Reception/Dinner
- 3 Keynote Speeches
- 3 Plenary Sessions
- 4 Concurrent Sessions & Poster Presentations
- Final Round Adjudication of Wofoo 3A Project 2020 & Award Presentation Ceremony at Gala Dinner
- Pre-Symposium Workshops & Agency Visits
- Closing Ceremony & Announcement of 7th CIFA Regional Symposium 2022

We firmly believe that by actively involving in the Symposium, either as a speaker or a participant, to share expertise and experiences, and to meet like-minded people who share the mission of “Converging Professional Wisdom for Family Well-Being”, we will be strengthened and aspired, in close partnership, to strive for more effective policies and innovative measures to cope with different family challenges, enhance family functioning and contribute to the global effort in actualising the 2030 Agenda for Sustainable Development.

Mark your diary and make arrangements for attending this important regional event. We look forward to meeting you again in Taipei in November 2020!

For more details of the 6th CIFA Regional Symposium, please visit: <https://cfr.ntu.edu.tw/cifa/>



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:

6/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong
Tel: (852) 2859 5301 Fax: (852) 2559 1813
Email: cifasecretariat@gmail.com Web: <http://www.cifa-net.org>

Message from Mrs. Patricia CHU, Chairperson, CIFA



The quarter has been a very busy one with a lot of things happening behind the scene. Preparatory work for the 6th CIFA Regional Symposium to be held in November 2020 in Taiwan is underway, with the development of the website and making arrangements for online registration, and identification of keynote and plenary speakers, as well as engaging trainers and organisations for pre-symposium workshops and agency visits.

On the front of the Wofoo 3A Project, there are exciting developments including the Study on Best Practices & Social Impact and the planning of the Exchange Programme and Launching Ceremony of next round of competition in early December. We are most encouraged to receive continuous support from the Family Council and the Wofoo Social Enterprises.

In this issue, an abstract on Environmentally Sustainable Living for Modern Family: The Asian Perspective presented by Prof. HO Kin Chung at the Asian Family Summit last August is included to echo the current worldwide concern and action on climate change. It is a most timely topic which demonstrates our foresight to advocate on one of the most important subjects facing the world where family plays a significant role.

After stationing in the Tsan Yuk Hospital for over a decade, the CIFA Secretariat has to be relocated due to the need to vacate premises therein to accommodate services decanted from the Queen Mary Hospital.

Last but not the least, we would like to announce that a Membership Renewal exercise is underway. We earnestly encourage you to continue to be part of this vibrant regional platform to advance family well-being. Take action quick in order to benefit from the reduced registration fee for the upcoming Regional Symposium!

Environmentally Sustainable Living for Modern Family: The Asian Perspective

HO Kin Chung
President
Hong Kong Academy of Environmental Science



Environmental protection is closely relevant to living quality, particularly for those countries which enjoy high GDP and urbanized living conditions. Asian cities have experienced accelerated economic growth during the past decades. Undoubtedly, people in the region would now have higher demand on housing, social security, hygiene, public health, and environmental quality than half a century ago. Ironically, rapid social and economic growth also resulted in pollution, soil and food contamination, poor air quality, noise, and cumulative environmental diseases. Examples in Hong Kong and the South China will be discussed and deliberated.

Environment plays a Crucial Role in People's Physical, Mental and Social Well-being

1. Life Expectancy
A positive correlation between longevity and environmental quality, both in the long run and along the transition path (Mariani et al., 2010)

2. Health and Fitness
Research showed that environmental quality was a very important factor affecting health and morbidity. Air and water pollution, depletion of natural resources, soils deterioration and the like, are all capable for increasing human mortality, thus reducing longevity (Elo and Preston (1992), Pope (2000), Pope et al. (2004) and Evans and Smith (2008).

Environmental Factors to be considered:
• Waterborne diseases: drinking water safety and quality
• Sanitary conditions: waste disposal and sewage systems
• Respiratory diseases: clean air, environmental hygiene and good ventilation
• Cancers: “Unnecessary” chemicals to body e.g. Persistent Organic Pollutants (POPs);

Micro-plastics; Seafood Contaminants (Heavy metals including but not limited to Selenium, Arsenic, Cadmium, Lead)
Natural and Man-made pollution: Red tide (algae) toxins including paralytic shellfish poisonings PSP, diarrhoea shellfish poisonings DSP; ciguatoxin.

3. The Built Environment and Mental Health (Evans 2003)
The built environment has direct and indirect effects on mental health:
• High rise housing is inimical to the psychological well-being of human beings particularly the happiness and safeness of women and their young children.
• Mental health of psychiatric patients has been linked to design elements that affect their ability to regulate social interaction (e.g. furniture configuration, privacy).
• Alzheimer patients adjust better to small-scale, homier facilities that also have lower levels of stimulation. They are also better adjusted in buildings that accommodate physical wandering.
• Residential crowding (number of people per room) and loud exterior noise sources (e.g. airport) would elevate psychological distress but are not directly correlated to serious mental illness.

- Malodorous air pollutants heighten negative affect, and some toxins (e.g. lead, solvents) cause behavioral disturbances (e.g. self-regulatory ability, aggression).
- Insufficient daylight is reliably associated with increased depressive symptoms.

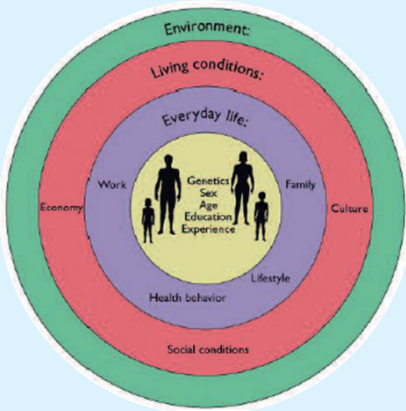
Directly and indirectly, the physical environment may influence mental health by altering psychosocial processes with known mental health sequelae.

Indoor Environmental Quality
Studies have actually shown that the air quality inside homes can be worse than it is outside. In fact, the air in homes can be 2 to 5 times more polluted, and in some cases up to 100 times more polluted than outdoor air (Underwriters Laboratories, 2015). The U.S. Environmental Protection Agency (EPA) estimates that the average person receives 72 percent of their chemical exposure at home, which means the very places most people consider safest actually exposes them to the greatest amounts of potentially hazardous pollutants (Underwriters Laboratories, 2015). Hence family is fundamental to environmental health and safety, so as to lifespan, health, public hygiene and benefits of the society in general!

- Recent Surveys by the Open University of Hong Kong**
- Poor indoor air quality is closely relevant to increased respiratory diseases of infants and some adults;
 - Poor indoor air quality (IAQ) at home resulted with increased medical consultation with regard to respiratory diseases (Correlation significant at 2% probability level);
 - Increased medical consultation cost = Increased social cost (externality) -- not only the cost of medical consultation and treatment but also the costs of sick leave, insurance and family care;
 - Poor IAQ resulted with 2 more medical consultations per year for infants, and 1.6 time of medical consultations for adults (~2 sick leave days per year);
 - For a family of 4 persons (Parents + 2 children), the actual cost is ~HK\$2,000 per year without taking into account of the other social cost such as pollution control, waste management, sick leave, insurance and family care).

- Significant Impacts of Global Climate Changes on Human Health:**
1. Temperature related impacts: heat waves, severe and prolonged coldness in winter.
 2. Air quality: Warmer temperatures and shifting weather patterns can worsen air quality, which can lead to asthma attacks and other respiratory and cardiovascular health effects. Wildfires, heavier rainstorms and flooding, which are expected to continue to increase in number and severity as the climate changes, create smoke and other unhealthy air pollutants. Rising carbon dioxide levels and warmer temperatures also affect airborne allergens, such as ragweed pollen. Global warming is also closely relevant to Ozone level increase and Photochemical Smog.
 3. Indirect impacts: Reducing the availability of safe food and drinking water; damaging roads and bridges, disrupting access to hospitals and pharmacies.
 4. Social Impacts: Interrupting communication, utility, and health care services.
 5. Recent Surveys: Global climate changes are relevant to creating and worsening mental health impacts such as depression and post-traumatic stress disorder (PTSD) due to unexpected change of surroundings.

- Spirit of Sustainable Development**
- Holistic
 - Integrated
 - Preventive (from cradle to grave)
 - Public engagement and public participation
 - “Totalness”
 - Family and community actions
 - Cooperation and collaboration



Family (home) is the most prominent source of exposure to environmental toxins and harmful environmental impacts

- Key Messages**
1. Environmental protection is closely relevant to living quality
 2. Specifically, environmental quality is crucial to life expectancy, fitness, healthy life and mental health, which have implications to social costs and social benefits.
 3. GDP increase not necessarily positively correlated with improved environmental quality -- in developing countries, such as those in the South-East Asia. The cost of environmental deterioration would be much higher than originally expected.
 4. Increased pollution at indoor environment is of great concern. Poor IAQ, particularly, is relevant to a number of family and health issues.
 5. Hong Kong Surveys showed that poor IAQ is correlated with increased medical consultation and sick leave of family members, particularly the infants.
 6. Global Climate Change, an important environmental issue, is relevant to all people of this generation and also the next generations. Sustainable development is the solution!
 7. Applying the spirits of Sustainable Development, management of Environmental Quality in Family should adopt Holistic, Integrated, Preventive Measures as Priority (from cradle to grave), Public Participation and “Totalness”.

Conclusion
Therefore, Total Environment Management (TEM), together with Total Quality Management (TQM), Total Security Management (TSM), Total Healthcare Management (THM) and Total Water Management (TWM), should be implemented immediately and systemically in the Asian societies. While family is fundamental for exercising environmental friendly life style, coherent family structure in the Asian culture could be beneficial in achieving environmental sustainability in the contemporary world.

Note: This paper is abstracted from the plenary presentation of Prof. Ho Kin Chung at Asian Family Summit on 22 August, 2018.



Announcement on Relocation of CIFA Secretariat

After stationing in the Tsan Yuk Hospital for over a decade, the CIFA Secretariat has to be relocated due to the need to vacate premises therein to accommodate services decanted from the Queen Mary Hospital. Actions are being taken to identify alternative accommodation. With kind assistance of Wofoo Social Enterprises, an office has been found in the Wofoo Commercial Building in Yau Ma Tei. With the signing of licence agreement, active steps are being taken to facilitate the removal, including minor fitting out work, installation of telephone lines and setting up of internet access etc. Notice of Removal will be issued to all concerned parties. Starting from November 2019, the CIFA Secretariat will be relocated to Portion B, 21/F Wofoo Commercial Building, 574-576 Nathan Road, Kowloon, Hong Kong.

Renewal of Membership for 2020-2021

The Membership Committee has been active to improve the record system of CIFA members and to improve the contact with members with a view to get them more involved in the work of CIFA. To facilitate data consolidation, members are requested to complete a Resource Information Sheet and return to the CIFA Secretariat so that these can be uploaded onto the CIFA website.

A Membership Renewal Exercise for 2020-2021 is underway. A Letter will be sent out in October to remind members to renew their membership by making timely payment of fees to benefit from their entitlements. The most imminent one being the discounted rate on registration fee for the 6th CIFA Regional Symposium, with a maximum of 10 participants from a Full Member organisation. Only paid up CIFA members will be given a code number by the CIFA Secretariat to entitle them to the reduced rate when registering for the Symposium. Watch out for the Letter and take immediate action to renew membership in order to catch the early bird registration!