Project Background
Since September 2010, the Happy Family Kitchen Project (HFK Project) was launched in Hong Kong Special Administrative Region (Hong Kong SAR) with the mission to promote family health, happiness and harmony (3Hs) by building family capacity in positive psychology, through collaboration between HKU and HKCSS and participation of many community partners. All public education events and community-based family intervention programs. In the Project II, 23 social service units and 8 schools were randomly allocated into 3 groups (cluster randomized): Group A (n=396, 2-hour sessions), Group B (n=636, 1-hour sessions) and Group C (n=300, control group). The randomization process was conducted to equip social service workers and teachers with knowledge and skills for designing and implementing the community-based family intervention programs.

Project Outcomes
At T4, intervention Groups A (1.9; ES=0.17, p<0.01) and B (1.8; ES=0.15, p<0.01) had greater changes in perceived family happiness (score range: 0-10), the higher the better! In control Group C (3.37), the changes for perceived family health (0.03; 0.02, 0.01), family harmony (0.53; 0.52, 0.22) and family conflict (0.07; 0.08, 0.02) were similar among the 3 groups. Changes of behavioral indicators and intention (score range: 3-15, the higher the better change) were significantly higher in Group A (e.g. dining with family, expressing gratitude and positive communication) than control Group (score range: 4-10 – behavior: 0.48; intention: 0.30) as the control group (score range: 4-10 – behavior: 0.01; intention: 0.18).

In the Project II, the 23 social service units and 8 schools were randomly allocated into 3 groups (cluster randomized): 1. Group A, n=396, with core intervention; 2. Group B, n=636, with booster session at 4 weeks plus tea gathering at 3 months post-intervention; 3. Group C (control group), n=300, with core intervention and booster session at 4 weeks plus booster session at 3 months post-intervention and Group C control group, n=707.

The simple intervention model was based on positive psychology “Five-Taste Model of Positive Communication” and delivered by social service workers or teachers in 2-hour single sessions. A 3-hour booster sessions were conducted to review the core messages were implemented and evaluated within the participants in Group A. Participants’ data were collected at baseline (T1), immediate post-intervention (T2, 4 weeks T2) and 3 months (T3) after baseline. Intervention to intent-to-treat (ITT - assuming those missing had not changed from baseline) participants’ data were employed and effect size was calculated among those aged 12 or above.

Message from Mrs. Patricia CHU

Chairperson CIFA

As we celebrate the Mid Autumn Festival in Hong Kong, people are watching the Supermoon from all corners of the world to witness this auspicious and wonderful astronomical phenomenon. I have received numerous messages from friends all over the world to share the beauty and peace that it represents. In the Chinese tradition, the Mid Autumn Festival is a time for family gathering, when all members come together to share the joy and blessings of family life which is normally in the form of a delicious and sumptuous meal.

To coincide with this festival which has a special meaning to the family, we are including in this issue a very informative and interesting project spearheaded by the Hong Kong Council of Social Service, namely the Happy Family Kitchen Project. Promoting Family Health, Happiness and Harmony Through Community Collaboration which echoes the 3SEM (Smart, Smile & Sharing Eating Movement) Project of Korea, one of the Outstanding Projects of 3A Project 2010. Apart from that, we have included a paper on Changes & Continuities in the Korean Family Project- Promoting Family Health, Happiness and Harmony Through Community Collaboration which echoes the 3SEM (Smile, Smart & Sharing Eating Movement) Project of Korea, one of the Outstanding Projects of 3A Project 2010.
From research findings, it is revealed that Koreans feel

- Fulfillment and Happiness?
- Why Families can help members achieve Personal Contributions to Society itself continuously and serve as the fundamental social unit family, the perception of the family in terms of strengths, tradition. With the changing nature and current status of the family, the perception of the family in terms of strengths, weaknesses and future prospects varies considerably between pessimistic and optimistic viewpoints. Regardless of perspectives, all agree that well-functioning families make critical contributions to society and families itself continuously and serve as the fundamental social unit of the society.

Well-functioning families make Critical Contributions to Society

- Families are reproductive and productive units.
- Families provide economic and emotional support to their members.
- Families are care providers for the most vulnerable family members.
- Families are fine productive workers.
- Families build competence and character of their members.
- Families contribute to social integration and social cohesion.

Why Families can help members achieve Personal Fulfillment and Happiness?

Families always stay with members to give comfort in all basis
Families always share with members their life on a daily
Families contribute to social integration and social
Families build competence and character of their family members
Families provide economic and emotional support to
Families are reproductive and productive units
Families are care providers for the most vulnerable family members
Families are fine productive workers
Families build competence and character of their members
Families contribute to social integration and social cohesion.

General Family Support Policies In 2005, Korean Government has enacted the Healthy Family Right Act to enrich family functioning, prevent and solve the various family problems through education, counseling, cultural activities and caring programs. To achieve this goal, the Government has operated Healthy and Multi-cultural Family Support Centre which is considered as effective support system extended from family unit to the local community.

Healthy and Multi-Cultural Family Support Centre Services:
- Family Life Education
- Family Health Counseling
- Child-Parent Education
- Child-Carerelation; and
- Cultural Activities

Master Plan for Healthy Families (Gender Equality & Family Ministry)
- Measures to promote the self-sufficiency of homes by developing family functions and developing home potential;
- Promotion of family community culture for social integration and cultural inheritance;
- Realization of healthy homes by satisfying various desires of families;
- Promotion of democratic family relationship and role sharing on a gender-equal basis;
- Creation of home-friendly social environment;
- Reduction of social costs by averting failures of the bringing-up, support, etc. of families as well as preventing family dissolution;
- Emergency assistance measures for families in crisis;
- Realization of a healthy society by improving families’ health; and
- Methods for raising funds related to implementation of family assistance policies.

Work and Family: Meaning of Works in the Post-Social Community
- Work jobs can provide major effect to overcome economic resources needed by the family’s (economic) value
- Work is an important medium to allow individuals to attain achievements and self-esteem (socio-emotional value)
- Working conditions and work types would have great influence on family relationships (dual-earners family vs. single-earner family)
- Work is major family streamer since family has little control over working hours and schedules. Priorities are given to work rather than family
- Work policies improve impacts on family decisions on residence, roles, communications and leisure.

Influential Factors leading to Increasing Female Work Participation in Korea

- Benefits to the family economy
- Increasing opportunities of female education
- Increasing opportunities in various occupations especially in the professional and managerial areas
- Decreasing birth rates and increasing home automation

Family Friendly Management In recent years, Korea has enacted a Family Social Conditions Promotion Act. The Ministry of Gender Equality and Family was created in 2013, including local governments, universities, business, etc. As regards the evaluation criteria, the owners’ acknowledgment of the importance of work-family balance for the optimal operation of business/institution, and the effect of sustainability of the enterprise would be assessed. Besides, their effort to build reciprocal and respectful relations with workers as well as the local community would be evaluated. Family friendly policies include maternity leave, paternity leave, child care leave, flexible working hours, shortened working hours, etc.

Future Directions of Family and Work policy
- Public policies: reducing public and private sectors; making workplace policies to support family friendly environment; promoting family friendly environment in the workplace; and
- Policy based on the realities of family.

In recent decades, Korean families are changing internally from big extended families to small and various family types while external forces such as economic crisis and poverty issues are influencing the basic structure and stability of families. Although, Korea has changed dramatically and family policy has been implemented, attitudes and behaviors of family members are still lagging behind. To conclude, to enrich family functioning, future directions of family and work policy in Korea, the Government has referenced with regard to the realities of family life in Korea.

CHANGES AND CONTINUITIES IN THE KOREAN FAMILY

YEONG-HEE KIM
CHUNGBUK NATIONAL UNIVERSITY, KOREA

Paper presented at Plenary Session, 4th Regional Symposium 2014 at the Sungkyunkwan University of Science and Technology (SWST), Seoul, Korea.

Several Council members led by Mrs.Patricia CHU, the Chairperson, will visit Seoul in late October 2015 to meet Prof. Kim Yeong Hee, Prof. Yoon Gyung Ja and Prof. Cho Hee Sun, the representatives of the co-organizers of the 5th CIFA Regional Symposium to be held at the Sungkyunkwan University (www.skku.ac.kr) from 28th to 30th October 2015. The purpose of the visit is to see the venue for the symposium and accommodation for delegates participation.

Other preparatory work such as formation of Organizing Committee and Scientific Committee is underway. A Symposium Website will be developed and launched in February 2016 to provide details of the Symposium. On-line registration will be arranged in September for interested persons wishing to join the Symposium. Watch out for it!

Meanwhile mark your diary and reserve the dates for this exciting event to be held at the beautiful campus of this prestigious private university which is located near the Blue House and the Palace in Seoul.

5th Regional Symposium 2016

Following the success of the 4th Project in 2012, 2013 and 2014, we are pleased to announce that the Wofoo 3A Project 2016 will be launched with Wolfoo Social Enterprises (WSE) as the Title Sponsor. We will continue to adopt the theme on "Inspiration for Sustainability, Innovation and Application (ISA) to depict the unique nature of this initiative, with the aim to share information and provide wisdom among organizations and countries for advancing family well-being for the long term sustainability of the Asian Region. Prepare your work and enjoy, and you may like to note that the Launching Ceremony of the Wofoo 3A Project 2016 will be held on 15 November, 2015. In addition to the Launching Ceremony, we are looking forward to the "My Favorite Project", a new award namely "The Best Collaborative Award" has been introduced to give recognition for the project works and initiatives that make a big difference in improving the well-being of families. We are looking to stakeholders to actualize the vision of "Converging Professional Wisdom for Family Well-Being". We are designing the "Partnering & Networking Award" to promote collaboration between the organizers and stakeholders to actualize the vision of "Converging Professional Wisdom for Family Well-Being". We are planning to invite a representative from the United Nations to be the Guest of Honor at the 5th Regional Symposium and the Award Presentation Ceremony, scheduled to be held on 28 – 30 October, 2016 at the Sungkyunkwan University in Seoul, Korea.

Whether you are a social service organization, a religion, or a professional group, a caring company, or an academic institute, just to name a few, please join us as a exhibitor. Watch out for the invitation letter and promotional packet together with submission form which will be uploaded and updated on the Wofoo website in due course. Please make your diary and join us on the Launching Ceremony. Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2016

Preparatory work is underway, and you may like to note that the Launching Ceremony of the Wofoo 3A Project 2016 will be held on 15 November, 2015. In addition to the Launching Ceremony, we are looking forward to the “My Favorite Project”, a new award namely “The Best Collaborative Award” has been introduced to give recognition for the project works and initiatives that make a big difference in improving the well-being of families. We are looking to stakeholders to actualize the vision of “Converging Professional Wisdom for Family Well-Being”. We are planning to invite a representative from the United Nations to be the Guest of Honor at the 5th Regional Symposium and the Award Presentation Ceremony, scheduled to be held on 28 – 30 October, 2016 at the Sungkyunkwan University in Seoul, Korea.

Whether you are a social service organization, a religion or a professional group, a caring company, or an academic institute, just to name a few, please join us as a exhibitor. Watch out for the invitation letter and promotional packet together with submission form which will be uploaded and updated on the Wofoo website in due course. Please make your diary and join us on the Launching Ceremony.

Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2016