



For a truly caring society Give Care to our Caregivers

13 November 2011
Chater Garden, Central

Compassion. Service. Care.

The first Day of Care under the Give Care to our Caregivers program of the Mission for Migrant Workers (MFMW Limited) was a huge success. It was a day of fun, a day of learning, a day of pampering, and a day of service to the more than 3,000 foreign domestic who availed of the various treats prepared by the MFMW, local organizations and individual supporters, and fellow migrants.

Funded by the Love Ideas, Love HK program of the Li Ka Shing Foundation, the Give Care to our Caregivers was mounted to give thanks to those who have taken care of the people of HK for decades now; those who raised the children of Hong Kong and took care of its elderly; those who gave comfort to households; those who have made valuable economic, social and cultural contributions to the HK society – the foreign domestic workers.

We gave thanks. We served. We promoted the concept of a truly caring HK society.

From booths that provided entertainment, to booths that catered to FDWs' personal grooming, to booths that delivered concrete services, and to education and information booths – all given for free – FDWs were treated to a day where they were the ones who were given the care they deserved. All of the booths were packed to the brim for the whole day.

Local organizations such as the Chinese Medicine for All, the Tung Wah Group of Hospitals, St. John's Counseling Service and the St. John's HIV Education Centre provided valuable medical and psychosocial services as well as educational inputs on various concerns such as HIV, women's health and reproductive health. Local volunteers including students from HKU, HKUST and HKIS also helped out from teaching FDWs the basic of Tai Chi, to Uncle Hung's entertaining stories, to simply helping manage the booths or disseminate information on the services available for the day.

Fellow migrant workers also provided services such as massage, reflexology, manicure, pedicure, haircut and styling and dance lessons from various Asian countries.



Truly it was a day for caring.

Until October 2012, the MFMW shall conduct a Day of Care program every two months in different areas in Hong Kong to spread the message of caring to the vulnerable and often rendered invisible members of the Hong Kong society, the FDWs.

We encourage everyone to join us.

Spread the word. Spread the care.

Give Care to our Caregivers.

Care Giving Booths

Medical & Dental Services

Check up with Chinese medicine doctors, dental check up, acupuncture and bone-setting services



Massage

15-minute full body massage to sooth tired muscles of FDWs



Wellness Checkup

Know thy health. Blood pressure-taking and BMI determination gave a health check for FDWs



Seminars and Lectures

Lessons in handling stress, addressing violence against women and information on health



Internet Hub

Even for a few minutes, loneliness due to family separation was eased through cyber communication



Manicure & Pedicure

Personal grooming provided for free by fellow migrant workers



Haircut & Styling

It was not a bad hair day for FDWs who availed of free hair services



Video Karaoke

A source of fun and entertainment and a discovery of the singing talents of migrants



Movie House

They laughed, they cried and they learned from the movies shown during the day



Dance Lessons

Shake that body! Talents were shared and cultural dances were exchanged



Counseling & Information

Information on rights, sound advices and paralegal help for those in need.



Reading Room

A place to relax, read cookbooks and magazines with free coffee and tea. Fun story from Uncle Hung and face sketching by Kim!



Tai Chi Lessons

Traditional Chinese exercise shared to FDWs for the wellbeing of their mind and body



Acknowledgments

The Mission for Migrant Workers (MFMW Limited) thanks the following for their support to the first Day of Care of the Give Care to our Caregivers program:

Tung Wah Group of Hospitals Cease Crisis Centre ● Chinese Medicine for All ● St. John's Counseling Service ● St. John's HIV Education Centre ● Consolidated Filipino Community Brigade ● FILREFLEX ● Komadrona ● Junior Association of Migrants ● Philippine International Dance Group ● Dance Sports ● Philippine Cultural Academy Dance Ensemble ● Overseas Nepalese Workers Union ● Association of Indonesian Migrant Workers ● Indonesian Migrant Workers' Union ● Open Door ● Dr. Polly Kwan ● Dr. Esperanza Ciriaco ● Dr. Sharmila Gurung ● Dr. Nicole Constable ● Prof. Amy Sim ● Uncle Hung ● Prof. Julian Groves and students from the HK University of Science and Technology ● Lyndsay Chow and Natalie Guzikowski of the HK International School ● Jun Ah of HK University ● Kim Minh

To the numerous volunteers who happily devoted their time and energy to make the day a genuine day of service for FDWs. To the Love Ideas, Love HK project of the Li Ka Shing Foundation. To those who came, availed of the services and appreciated the effort of the MFMW and of our friends to promote a truly caring Hong Kong society. Thank You!



GIVE our 關懷 CARE to GIVERS



A project funded by Love Ideas ♥ HK

