

Community Partnership Programme on Mental Health Promotion in Hong Kong (Elderly) Field Sharing Session

Date:
18 December 2018 (Tuesday)

Time:
14:00 – 17:00

Venue:
Shaw Auditorium, 1/F, School of Public Health and Primary Care, The Chinese University of Hong Kong (CUHK), Prince of Wales Hospital, Shatin

Objective:
To introduce the mindfulness programme and cognitive and social stimulation programme of this project, and to share the experience of training and intervention implementation in community setting

Target:
Staff in the fields of elderly services or health care

Fee:
\$200 (Refundable)
*Fee will not be refunded to absent participants

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www.jccpa.org.hk



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Time	Topic	Guests/Speakers
13:45 – 14:00	Registration	
14:00 – 14:15	Welcome Speech	Dr Anne Fung Assistant Director of Health (Health Promotion), Centre for Health Protection, Department of Health, HKSAR Government
14:15 – 15:00	Project Introduction; Cognitive and Social Stimulation Programme; Programme Evaluation	Prof Timothy Kwok Professor, Department of Medicine & Therapeutics and School of Public Health, CUHK; Director, Jockey Club Centre for Positive Ageing
15:00 – 15:30	Latest Development in Mindfulness Intervention and Research on Elderly Mental Well-being	Prof Samuel Wong Professor and Head, Division of Family Medicine and Primary Healthcare, Associate Director (Undergraduate Education), Co-Director (Master of Public Health), JC School of Public Health and Primary Care, CUHK
15:30 – 15:45	Break	
15:45 – 16:15	Feasibilities and Challenges of Offering Mindfulness Training in Elderly Setting: Trainer's Perspective	Mr Peter Chan Centre-in-charge and Registered Clinical Psychologist, Hong Kong Sheng Kung Hui Counselling Service
16:15 – 16:40	Benefits and Difficulties Implementing Mindfulness Programme and Cognitive and Social Stimulation Programme in Community Setting	Ms Wechele Ng Social Worker, YCH Fong Yock Yee Neighbourhood Elderly Centre Mr Andrew Lau Social Worker, Jockey Club Centre for Positive Ageing
16:40 – 17:00	Q&A	All speakers