

## New Respite Care Services To Ease The Burden On Caregivers




Young children depend on their caregivers for physical nurturing and emotional growth. This responsibility requires a full-time commitment, which can be challenging, especially when unexpected issues like illness arise. Caregivers must not only care for the children but also find time for their own well-being.

The P. C. Lee OneSky Global Centre started providing free respite care for caregivers in July 2024. Our early childhood development trainers and trained community helpers temporarily care for children aged 0-8, alleviating caregivers' stress. Activities like playtime, crafts, lunch, and snacks are provided, ensuring children are cared for in a safe, engaging environment.

Yan Yan, a service user, became a full-time mother when her 2-year-old daughter was born. Juggling the needs of her daughter and her 8-year-old son, who often feels left out, has been challenging for her. She shared: "Hong Kong summers can be stormy. Sometimes, I have to carry my daughter, hold shopping bags, and manage an umbrella for my son. It's overwhelming." Our respite care service allows her to take a break: "During the summer holidays," she says, "I wake up each morning thinking about how to keep them both happy and occupied, but leaving no time for myself." By using respite care for her daughter, she can join caregiver activities at the Centre, and spend more quality time with her son.

The Fu Tak Iam Foundation generously sponsors the respite care services. Please contact the Centre staff for details.



Hours of Operation: Monday to Friday,  
9:45 AM - 6:15 PM. Except on public holidays.

## ★ Caregiver Support

### Empowering Caregivers: Skill-Building and Wellness Initiatives

Caregivers work round the clock, often setting aside their priorities to care for their families. At OneSky, we regularly organize activities that allow caregivers to take a break, reignite their passions, and gain energy.

In recent months, we have hosted DIY classes led by community helpers, such as a lip balm workshop (image 1), bracelet-making and handbag-weaving. The Zentangle bag workshop (image 2) enabled caregivers to stay mindful and rediscover hobbies. Recognizing the importance of health for caregivers, we organized parent-child K-POP dance and yoga sessions to strengthen family bonds and encourage everyone to stay active.

We also experimented with a breakfast gathering (image 3) in the Relax Zone, where caregivers made sandwiches and shared their favorite recipes, fostering community connections. The parent-child cafeteria not only introduced a new children's menu on Fridays but also hosted activities like "Community Cooking Group", showcasing the cooking talents of our members.

We would like to thank the instructors and caregivers who organized these activities, providing moments of relief in busy lives. We look forward to everyone's active participation!



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### Knitting with Hana: transforming passion into teaching

Auntie Hana (wearing the purple tee in the picture) loves crafting, especially making scarves and hats. After a knitting class at OneSky, she uses the extra yarn provided to weave handbags. A social worker noticed her beautiful work and invited her to hold classes at the Centre.

Hana began by explaining different yarn types and how to make various styles of small handbags. She then focused on making the class accessible to caregivers of all experience levels, abilities, and learning speeds.

Hana quickly recognized how remarkable all caregivers were. She shared, "A left-handed mother quickly mastered the technique and knitted beautifully, even though I could only teach her right-handed. Another mom initially thought she couldn't do it and was so anxious that she almost cried; however, one day, I saw her proudly wearing a finished handbag and felt her joy. Through knitting, everyone can relax, learn new skills and create useful items."

Hana is always ready to support the Centre's participants and boost their confidence in trying new things. She believes the caregiver community possesses many skills to contribute to the OneSky family. "This is the beauty of the knitting journey," she says. Everyone can learn and share!"





## What's New

# Hello SUMMER

### OneSky's Summer Fun Recap

This summer, the Centre has been bustling with activity! To ensure that the children and their caregivers have a fun and fulfilling summer, we organized many activities, including picture book reading, art camp, a summer dessert class (image 4), a trip to Tuen Mun Park (image 5), a summer movie screening, and a pajama party, all to support children's development.

We also extended our programs to older siblings. A violin class (image 6) led by "Joined By Music" allowed children to experience music and develop persistence in practicing. The program, run by two passionate 14-year-olds, also raised funds to provide free violins. All new to musical instruments, the older siblings performed "BABY SHARK" after just nine lessons, which delighted the instructing team! Volunteers from "Joined By Music" will continue the program, and we are grateful for their dedication. Additionally, the Centre held a beaded jewelry class (image 7), where children made phone straps and bracelets to give to their caregivers, making these small gifts extra special.



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### OneSky's Summer Fun Recap

Every August, all OneSky children who turn seven "graduate" from the Centre. This year, we hosted a special graduation ceremony for our graduates. It began with the children singing the Centre's theme song, "Hello Song," followed by each child sharing their favorite activity at the Centre. They made their own graduation badges and left handprints on a banner reading "Happy Graduation." They received their graduation certificates from the teachers, symbolizing the end of one chapter and the beginning of a new one.

Caregivers expressed gratitude for the Centre's support and for the "Homework Fun" program tutor. One mother shared that her family has gained so much over the years at OneSky, including more harmonious family relationships. Another mother mentioned that her son, without knowing many words, tried to write a thank-you note to the early childhood development teachers. We wish all graduates to carry the love and care from OneSky and continue to explore their own horizons!



## Community Collaboration To Enhance Social Experience



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OneSky is honored to partner with organizations for community projects benefiting young children. In April, we joined the “Come Phil Festival” (image 8) by Chow Tai Fook Charity Foundation and SVhk, which featured 40 themed booths and over 5,000 participants. Our “Throw Your Love” booth inspired families to express love and care. It was heartwarming to see participants hugging their family members, adding a special touch to the event.

In the second half of 2024, we embarked on a project with the community organization Baak6zou6 (image 9) to revitalize our cafeteria. This involved incorporating food education elements to encourage children to eat and learn independently and provide caregivers with a platform to showcase their cooking skills, creating a lively community space.

OneSky also participated in The STEAM Carnival (image 10), part of the CoolPlay Project by the Jockey Club, co-organized by YCCECE and Hong Kong Christian Service. We formed a Green Warrior team and made seed bombs and eco-printing with the participants, enhancing children’s creativity and deepening their bond with nature.

We truly appreciate the community's support in providing resources for underprivileged children and their caregivers to grow and develop. If you wish to collaborate with OneSky, please contact us.

### Empowering Caregivers through Training

OneSky is committed to upskilling community helpers who care for infants and young children. Based on OneSky’s Caregiver Training Program, our caregiver outreach training emphasizes early childhood brain development, nurturing trust with young children, managing emotions, promoting self-care skills, recognizing the significance of play, and fostering language development. We welcome inquiries from charities, childcare centres, schools and institutions interested in early childhood development to work with us to deliver community caregivers training.



### OneSky Children Shine at Charity Gala

We were delighted to feature children from the P. C. Lee OneSky Global Centre at this year’s OneSky gala. The children sang the Centre’s beloved “Hello Song” and “Twinkle, Twinkle, Little Star” in sign language. Their confidence on stage was met with applause from the audience. We extend our heartfelt thanks to our dedicated teachers for preparing this beautiful performance and to our generous donors for their support.

Opening  
Hours

MON - FRI 10:00am - 6:30pm  
SAT 10:00am - 4:30pm  
Closed on Sundays and Public Holidays

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