

Community Living Room – The Life Upgrade Journal

Transcript of Cantonese short video

Voiceover:

The Community Living Room (CLR) help lives of “subdivided unit” households’ level up.

[Video showing]:

Stage 1: “Cooking” LEVEL UP

[Super]:

Project Social Worker of Ma Tau Kok Community Living Room, Ms. Poon

[Video showing]:

Ma Tau Kok Community Living Room; Spacious; Shared Pantry

Project Social Worker, Ms. Poon:

The CLR can provide a larger space for them to cook their own food.

[Super]:

Executive Director of Lok Kwan Social Service, Prince

Edward Community Living Room, Mr. Wong Man-shing

[Video showing]:

Cooking freedom; Well provided seasonings and dish soap

Executive Director, Mr. Wong Man-shing:

The CLR has also received some donated goods, such as soy sauce and dishwashing liquid.

[Super]:

Member of Sham Shui Po East Community Living Room,
“Ah-siu” (阿笑)

[Video showing]:

Sham Shui Po East Community Living Room ; Fully-equipped cookware

Member, “Ah-siu” (阿笑):

When you come to the CLR, you see a large kitchen with many utensils (cookware). It really is fully equipped

[Video showing]:

Sham Shui Po East Community Living Room ; Cakes Making; Desserts Making

Member, “Ah-siu” (阿笑):

and you can cook different dishes.

[Super]:

Social Work Supervisor of Sham Shui Po East Community

Living Room, Ms. Man

[Video showing]:

10 stoves; Shared dining area

Social Work Supervisor, Ms. Man:

We have ten stove sets here and also an important dining area, making it convenient for the neighbours

[Video showing]:

Stage 1: "Cooking" LEVEL UP COMPLETED

[Video showing]:

Stage 2: "Washing and drying clothes" LEVEL UP

[Video showing]:

Sham Shui Po East Community Living Room ; Saving laundry and drying expenses

Social Work Supervisor, Ms. Man:

Washing clothes here costs only \$8, and drying is

also \$8. Daily expenses are really much cheaper.

[Video showing]:

Sham Shui Po East Community Living Room ; Washing
large bedding

Member, “Ah-siu” (阿笑):

The duvets are large, and there’s no place to hang
them up, so we bring them here. It’s very convenient.

[Video showing]:

Stage 2: “Washing and drying clothes” LEVEL UP
COMPLETED

[Video showing]:

Stage 3: “Social Circles” LEVEL UP

[Video showing]:

Sham Shui Po East Community Living Room ; Participate
in activities held in community living room; Coffee brewing
class

Social Work Supervisor, Ms. Man:

The CLR actually offers different types of activities

[Video showing]:

Participate in activities held in community living room ; Art activities; Technology application activities

Social Work Supervisor, Ms. Man:

such as providing art or sports activities for children.

[Video showing]:

Make more friends; Friends +1 UP

Member, “Ah-siu” (阿笑):

I have met many members here.

[Super]:

Member of Sham Shui Po East Community Living Room,
“Ka-hei” (家熙)

[Video showing]:

Happy Childhood

Member, “Ka-hei” (家熙):

It's better than being alone at home. I can chat and play with friends here.

[Super]:

Member of Ma Tau Kok Community Living Room, Uncle
“Siu-kwong” (兆光)

Member, Uncle “Siu-kwong” (兆光):

I have made many good friends here.

[Super]:

Member of Ma Tau Kok Community Living Room, “Ah-kuen”
(阿娟)

[Video showing]:

Community living room staff providing support

Member, “Ah-kuen” (阿娟):

Become familiar with the staff working in this CLR.

When I am not familiar with the facilities outside (CLR), I
can find the staff to help me.

[Video showing]:

Stage 3: “Social Circles” LEVEL UP COMPLETED

[Video showing]:

FINAL STAGE: “Diverse additional living spaces” LEVEL UP

[Video showing]:

Prince Edward Community Living Room ; Diverse living spaces

Executive Director, Mr. Wong Man-shing:

As one of the goals of the CLR, it hopes to provide them with an additional living space.

[Video showing]:

Ma Tau Kok Community Living Room, Reading corner ;

Prince Edward Community Living Room, Fitness facilities

Project Social Worker, Ms. Poon:

We also have some shared area, learning area, and so on. Different facilities can meet the needs of different service users.

[Video showing]:

Sham Shui Po East Community Living Room; Children's

playing corner; Study room

Social Work Supervisor, Ms. Man:

We have a children's playing corner, a study room for kids to do homework.

[Video showing]:

Ma Tau Kok Community Living Room ; Homework Guidance

Project Social Worker, Ms. Poon:

With homework guidance, tutors provide homework assistance to them.

[Video showing]:

Brings a sense of home

Member, Uncle "Siu-kwong" (兆光):

Now with the CLR, you may relax here, watching television or reading a book. It's very comfortable.

[Video showing]:

Brings a sense of home

Member, "Ah-siu" (阿笑):

This place really feels like a second home to me.

[Video showing]:

CONGRATULATIONS “Happiness” MAX!

[Video showing]:

Sham Shui Po Community Living Room; Sham Shui Po East Community Living Room; Shau Kei Wan Community Living Room; Nam Cheong Community Living Room; Ko Shan Road Community Living Room; Ma Tau Kok Community Living Room; Prince Edward Community Living Room; To Kwa Wan Community Living Room; Hung Hom Community Living Room

Voiceover:

Currently, there are 9 CLRs in Hong Kong serving at least 4000 “subdivided unit” households in total with over 610000 attendances annually.