



## VOLUNTEER OPPORTUNITY

### **Briefing Session - Date, time & location**

18 September 2019 (Wednesday)

SC L5, 2:30 – 4:30 p.m.



香港基督教服務處  
HONG KONG CHRISTIAN SERVICE

全人關心 卓越創新  
*care for all excel in all*

樂暉長者地區中心  
Bliss District Elderly Community Centre

### **About the volunteer service program**

FNS is recruiting 20 students to provide nutrition services to a group of elderly singletons and families of elderly doubletons to improve their nutritional health. Volunteers in this program will provide continuous service to the elderly people from October 2019 to March 2020, approximately once a month (mostly on Saturday), depending on the levels of nutritional risk.

Students will be paired up. Services to provide include home visits, nutrition counselling, conducting health surveys, grocery shopping with/for the elderly people, etc. At the end of the program, students will develop a report summarizing their experience and share nutrition knowledge and diet recommendations. Students will need to attend training workshops prior to the volunteer service (in September, date, time & venue TBC). Participating volunteers will be supervised by the FNS registered dietitian.

This will be a good experience to learn and to interact with the elderly people and social workers. This will also be a chance for students to apply knowledge into practice.

## About the collaborating organization

Hong Kong Christian Service "Bliss District Elderly Community Centre" (BDECC) is a one-stop comprehensive and professional community support services for senior citizens. The Community Network and Support Service Team of BDECC mainly serve the elderly singletons and families of elderly doubletons in Kwun Tong District. Healthy lifestyle, including healthy eating, is one of the topics that the Centre has been paying attention to. Therefore, the Centre hopes to recruit nutrition students who are interested in serving the elderly to provide nutrition consultation in Kwun Tong District.

## Requirements

- Year 3 & 4 students are eligible to apply
- Able to work both independently and cooperatively
- Good communication skill, responsible, mature
- Willing to share experience with others
- Act professionally and ethically

Please come to the briefing session to learn more about this volunteer opportunity.



<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5307666>

Online registration for the briefing session

Deadline: 13/9/2019

For enquiries, please contact Ms Peggy Yip at [peggyyip@cuhk.edu.hk](mailto:peggyyip@cuhk.edu.hk) or 3943-1358.