

Project No : 0106-02
Project Title : Self-help Mutual-help Resources Network
Name of Organisation : **Self-help Development Centre**
Grant Approved : HK\$500,000

Project Highlights:

The “Self-help Mutual –help Resources Network” project consists of two major parts: the “Hong Kong Self-help Mutual-help Development Oral History Project” and the “Self-help Mutual-help Web-base Resources Project”. The project will facilitate the formation of self-help groups/networks, promote the spirit of self-help mutual-help, and share experiences regarding organizing activities and forms of development. In turn, mutual support among various levels of self-help groups’ development will be created and consolidated.

“Hong Kong Self-help Mutual-help Development Oral History Project” will collect experiences from the development of different self-help groups, stories of difficulties and successes experienced during the self-help participation. The collected stories will be combined with the “Self-help Mutual-help Web-base Resources Project” and uploaded to the Internet for sharing. An Oral History book will also be published.

A self-help volunteer network will be established through this project. The volunteer network will be involved in the promotion of the self-help movement in Hong Kong and will be available to collaborate with individual self-help groups. The network’s knowledge and experience will be a useful resource for groups who want assistance in dealing with any developmental problems they may encounter.

Brief Description of Programmes to be organized:

- a) Training workshop for organizers
Provide training and strengthen the self-help concepts and organizing skills of organizers.

- b) Self-help Mutual-help Groups Oral History
Collect different self-help groups’ development stories and share them with other self-help groups.

- c) Self-help Mutual-help Web-base Resource
Establish a self-help mutual-help resources web page, including both guidance information and personal or group stories and self-help experiences. It serves as a platform for all kinds of people to understand self-help. At the same time, it helps to

facilitate the interaction and communication among all self-help groups.

d) Volunteer network

Establish and maintain a network of volunteers, enabling their continued involvement in promoting the self-help movement and supporting self-help groups.

Unique Features of the Project:

There is a lack of support for self-help groups in Hong Kong, which hinders the development of self-help groups in different aspects. The inadequate understanding of the self-help concept in society also makes it difficult for self-help groups to survive. This project tries to help improve the development environment of self-help groups and also encourage participants to take the responsibility to help themselves and promote the self-help movement in Hong Kong.

Project Duration: 15 months (from 11 / 2003 – 3 / 2005)

Target Groups: Self-help Groups

Location of the Project: All Hong Kong Districts

Expected outputs and outcomes:

1. Building up social capital indicators:

▪ Increase of community resources

Publish an oral history book about self-help groups; establish a self-help web base resource and self-help volunteer network.

▪ Develop and strengthen skills and capacities

Participants have ability to identify their problems; learn how to mobilize social resources to solve the problem.

Strengthen the self-help concepts and skills of organizers.

▪ Increase interaction among self-help groups and develop network

Provide opportunities for interaction and coordination among self-help groups and volunteers. Develop network and improve the social environment for the development of self-help groups collectively

2. Building up social capital impact:

- *Self-help groups' better equipped to deal with developmental difficulties*

Self-help group members increase participation. Individuals can develop their own potential and capacities in coping with daily problems, which helps eliminate social instability.

- *Better understanding of self-help concept in society*

People have a better understanding of self-help and share similar understandings of what the concept means.

Therefore, more networks will be formed naturally and existing networks will prolong their existence. Social alienation decreases and social participation is increased as specific groups of people in society act to develop a better future for themselves, bettering society as well.