



## **Towngas and Hong Kong Sheng Kung Hui Welfare Council Limited Jointly Announce First Cognitive Training Cookbook and First Corporate Volunteer Team to Visit Elderly People with MCI Symptoms**

(7 September 2018) The Hong Kong and China Gas Company Limited (Towngas) and the Hong Kong Sheng Kung Hui Welfare Council Limited (the Welfare Council) jointly launched the “Chef Anchor” programme last year to conduct cognitive training through cooking for elderly people with Mild Cognitive Impairment (MCI), with very encouraging results to date. This year, the programme is enhanced with the launch of Hong Kong’s first cognitive training cookbook, “I Can Cook”, and the establishment of the first corporate volunteer team to visit elderly people with MCI, aiming to alleviate the pressure suffered by families and carers.

Joe Sham, Assistant Director of the Welfare Council, said, “I am very pleased that the ‘Chef Anchor’ programme has achieved such encouraging results since its launch last year. In May 2018, ‘Chef Anchor’ won the ‘Best Dementia Care Programme’ award at the 6<sup>th</sup> Eldercare Innovation Awards held in Singapore, the first business-social welfare collaboration to receive international recognition of this kind. I hope that the programme will continue to expand in future to benefit more elderly people with MCI and their families.”

Dr Adrian Wong, Research Assistant Professor and Registered Clinical Psychologist (DCP, HKPS), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK, has extensively studied the needs and support for the carers of patients with MCI. Dr Wong said, “Many MCI carers and family members may develop emotional problems as they do not have sufficient knowledge about the disease and they have to cope with the stress associated with the demands of daily care. Regular visits by corporate volunteers can provide much needed support and care for MCI patients and their families.”

Isaac Yeung, Towngas Corporate Affairs General Manager elaborated, “In a city like Hong Kong, with life expectancy among the world’s highest, support by home visits could be a major supplement to regular family and health care. Therefore, we have established the ‘Towngas Chef Anchor Volunteer Team’ today, to follow up with the elderly who have participated in the ‘Chef Anchor’ programme. Unlike ordinary home visits with gifts, our

volunteers will record the progress of the elderly through games and observations. At the same time, our volunteers can talk to the carers and help to ease their concerns and anxieties.”

To further enhance the “Chef Anchor” programme, the first cognitive training cookbook, “I Can Cook”, has been released. This is a specially designed cookbook with occupational therapy elements and practical tips highly recommended by the healthcare and social welfare sectors. Members of the public are welcome to obtain free copies at four designated locations in Hong Kong.

“Towngas is very pleased to collaborate with the Welfare Council in the ‘Chef Anchor’ programme,” added Mr Yeung. “We aim to promote love and care across different sectors of our community, and feel sure that the ‘Chef Anchor Volunteer Team’ and the cookbook will play a positive role to help elderly people with MCI and their families.”

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Press Photos:



Photo 1: Dr Adrian Wong, Research Assistant Professor and Registered Clinical psychologist (DCP, HKPS), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK (centre), Isaac Yeung, Towngas Corporate Affairs General Manager (right) and Joe Sham, Assistant Director of Welfare Council (left) at the ceremony.



Photo 2: Stephanie Lui, Occupational Therapist I of Welfare Council (1st from Right), Leung Chun Fat and Rita, Towngas volunteers and elderly participant Ms Kam (2nd from Left) share their experience on how the “Chef Anchor” programme helps them in different ways.



Photo 3: “Towngas Chef Anchor Volunteer Team” is established to pay home visits to programme elderly participants. Through games and observations during the visits, volunteers will record the progress of participants and provide reports for social workers’ follow-up work.



Photo 4: Officiating guests and participants at the “Chef Anchor” Volunteer Team and cookbook launch ceremony.

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