



**New Life**

Psychiatric Rehabilitation Association  
新生精神康復會

From Recovery to Well-being 從復元邁向身心靈健康



住宿330

Residential Services

# 關於新生精神康復會

# About New Life Psychiatric Rehabilitation Association

## 從復元邁向身心靈健康

新生精神康復會(新生會)成立於1965年,是專注發展精神健康服務的非政府社會服務機構。我們致力透過專業服務、社會企業、精神健康教育推廣和預防工作、社會創新項目及家屬支援,為精神病康復者爭取平等機會,協助他們改善生活質素,以達致全面融入社會。我們屬下設有超過70個服務單位/項目及20多項社會企業,每年服務約15,000名精神病康復者、其家屬,以及43,000公眾人士於精神健康教育方面。我們持守提供「以人為本」、「以復元為導向」及「以實證為基礎」的服務,尊重服務使用者及重視他們的個人優勢、自我管理、充權、互相支援及維護人權。我們亦積極推廣精神健康教育,提升市民對身心靈健康的關注,並加強市民對康復者的接納。

經過50多年的蛻變,我們從復元為本的服務,邁向推廣身心靈健康。我們將330(身心靈)融入日常生活中,而330整全人生即「善待自己·與人連繫·關愛社會·擁抱自然·豐富人生」。在未來,我們將堅守「以人為本、從心關顧·與時並進、追求卓越」的核心價值,繼續提供優質的精神健康服務。

## From Recovery to Well-being

Established in 1965, New Life Psychiatric Rehabilitation Association is a leading non-governmental organization specializing in mental health. We aim to make a positive difference by advocating for equal opportunities for people in recovery, enhancing their quality of life and moving towards an inclusive society through direct services, social enterprises, mental health promotion and prevention, social innovation projects and family support. We currently operate more than 70 service units/projects and over 20 social enterprises.

We serve around 15,000 people in recovery of mental illness and their families, as well as 43,000 general public in mental health education annually. We are committed to provide people-focused, recovery-oriented services and evidence-informed practices that respect our service users and value their strengths, self-management, empowerment, mutual support, as well as human rights. We also strive for raising the awareness on well-being and acceptance of people in recovery in the community through mental health promotion and prevention.

After 50 years of development, we move forward from recovery-oriented service to promote well-being for all. We integrate 330 (physical, psychosocial and transcendental well-being) into daily life. 330 well-being represents "Treat Ourselves Well – Connect with People – Care for the Society – Embrace the Nature – Enrich Our Life". In future, we will continue to uphold to our core value of "Care for People, Excel for Quality" for providing high quality mental health services.

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# Residential Services



正向生活 · 融入社群 · 自我管理  
Positive Living · Integration ·  
Self-management

我們為不同需要及能力的精神病康復者及中度智障人士提供住宿服務，並透過多元化及不同層面的介入，讓他們提升自我管理及社區生活的能力。

We provide different kinds of residential care services through multiple approaches and interventions for people in recovery of mental illness and people with mental handicap to enhance their self-management and community living abilities.







## 創建積極健康人生 Building Up a Positive Healthy Life

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- 適切及優質的住宿照顧服務，提升他們的生活質素
  - 協助他們保持身心健康及精神狀況穩定
  - 發展他們既有的優勢和能力
  - 提升自主獨立能力、學習承擔責任
  - 發展社交和溝通能力，培養興趣和善用餘暇，建立健康的生活模式
  - Providing appropriate and quality residential care services to enhance the quality of life of people in recovery of mental illness
  - Supporting them to maintain their well-being and mental stability
  - Developing their strengths and abilities
  - Enhancing their personal independence and responsibility
  - Developing their social and communication skills, cultivating hobbies and positive use of leisure time, and building up a healthy lifestyle

我們設有  
We have

## 長期護理院 Long Stay Care Homes

為慢性精神病康復者提供長期的  
全人照顧服務

Providing long-term holistic care  
for people in recovery of chronic  
mental illness

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我們設有兩間長期護理院，包括屯門長期護理院及新生會大樓長期護理院。長期護理院為患有慢性精神病康復者提供長期住宿照顧、生活技能訓練及精神康復服務，並持續發展他們各方面的優勢和能力，讓他們逐漸融入社區生活。兩間長期護理院分別可容納 210 及 200 位康復者，由不同專業人員，包括社會工作員、護士、職業治療師、物理治療師、保健員、舍監等提供 24 小時住宿照顧服務。

We operate two long stay care homes, namely Tuen Mun Long Stay Care Home and New Life Building Long Stay Care Home. Long Stay Care Homes (LSCHs) provide long-term residential care, active maintenance services and recovery-oriented services for people with chronic mental illness to develop their strengths and abilities that enable them to lead a more integrated living in the community. The two LSCHs accommodate 210 and 200 people in recovery of mental illness respectively and are manned by a team of professional staff including social workers, nurses, occupational therapist, physiotherapist, health workers and wardens that provides round the clock residential care services.



# 中途宿舍 Halfway Houses

提供過渡性質的住宿服務

Offering transitional residential  
service

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我們在香港各區設有11間中途宿舍：4間設於特定建造大樓內，7間設於公共屋邨內，以協助精神病康復者在融合的社區環境中康復。每間宿舍可為40至42名需要獨立生活訓練的康復者，提供以復元為本開放式過渡期社區住宿的康復服務。中途宿舍的工作團隊包括社會工作員、護士、職業治療師、保健員和福利工作員等，為康復者提供24小時的服務。

We operate eleven halfway houses in different districts of Hong Kong among which four are located in purpose-built buildings and seven are located in public housing estates so as to support the integration of people in recovery (PIR) of mental illness in the community. Staffed by a team of social workers, nurses, occupational therapists, health workers and wardens, each halfway house provides 24 hours transitional residential and recovery oriented services to 40 to 42 people in recovery who are not yet ready for independent living.

我們設有  
We Have

## 輔助宿舍 Self-financed & Subvented Supported Hostels

為康復者提供較獨立的住宿服務

Facilitating a higher degree of  
independent community living for  
people in recovery of mental illness

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我們分別於屯門、粉嶺及沙田區設有4間自資宿舍及1間由社會福利署資助的輔助宿舍，為已接受過渡期宿舍服務，或具備基本自我照顧能力，但仍需社區生活輔助支援的精神病康復者，提供較獨立的社區住宿服務。自資 / 輔助宿舍的工作團隊包括社會工作人員、護士、職業治療師、保健員和福利工作人員等，為康復者提供24小時的住宿及復元為本的服務。

We operate four self-financed hostels and one subvented supported hostel by Social Welfare Department in Tuen Mun, Fanling, and Shatin facilitating a higher degree of independent community living for PIR who are either discharged from halfway houses or required care and support to live independently in the community. Staffed by a team of social workers, nurses, occupational therapist, health workers and wardens, each hostel provides round the clock residential and recovery oriented services.





## 中度智障人士宿舍 Hostels for the Moderately Mentally Handicapped

為同時患上精神病及中度智障人士而設

Enhancing the growth of people  
with co-occurred mental illness and  
moderate level of intellectual  
disabilities

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我們設有兩間中度智障人士宿舍，包括新生銀禧宿舍及田景宿舍。中度智障人士宿舍專為具有基本自我照顧，但仍未有足夠能力在社區獨立生活的中度智障人士，提供長期住宿照顧及生活技能訓練，並持續發展他們各方面的優勢和能力，讓他們逐漸融入社區生活。每間宿舍可容納51位智障人士，由社會工作人員、護士、保健員和福利工作人員等，提供24小時的住宿照顧及訓練服務。

We operate two hostels for moderately mentally handicapped, namely New Life Jubilee Hostel and Tin King Hostel. Hostel for Moderately Mentally Handicapped (HMMH) provides long-term residential care, active maintenance services and recovery-oriented services for people with mentally handicapped who are capable of basic self-care but lack of adequate skills for independent living in the community, to develop their strengths and abilities that enable them to lead a more integrated living in the community. Each hostel, with a capacity of 51, is staffed with social workers, nurses, health workers and welfare workers to provide 24 hours residential care and training service.



## 住宿暫顧服務

# Residential Respite Services

為康復者及中度智障人士提供  
短期住宿照顧服務

Providing residential respite services  
for people in recovery of mental illness  
and people with mentally handicapped

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我們於思悅園（沙田區）及新生銀禧宿舍（屯門區）分別為精神病康復者及中度智障人士提供短期住宿照顧服務，以讓他們的家人或照顧者暫時卸下照顧的責任，減壓調息。暫顧服務一般以不超過14天住宿為期限。

We provide residential respite services at Joyous Place, Shatin and New Life Jubilee Hostel, Tuen Mun for the family members/ carers of people in recovery of mental illness and people with mentally handicapped respectively, so that their family members/ carers can be relieved from the stress of caregiving. The service period should be no more than 14 consecutive days in general.

# 聯絡我們

# Contact Us

## 過渡期宿舍 Halfway Houses

服務單位 Service Unit	地址 Address / 電話 T / 傳真 F / 電郵 E
新翠宿舍 Sun Chui Halfway House	新界沙田新翠邨新俊樓低座地下21-31號 Units 21-31, G/F, Low Block, Sun Chun House, Sun Chui Est, Shatin, N.T. T 2606 7456 F 2693 0172 E schh@nlpra.org.hk
博康宿舍 Pok Hong Halfway House	新界沙田博康邨博逸樓地下10號及一樓109至116室 Unit 10, G/F & Units 109-116, 1/F, Pok Yat House, Pok Hong Est, Shatin, N.T. T 2646 1884 F 2632 7570 E phhh@nlpra.org.hk
天悅宿舍 Tin Yuet Halfway House	新界天水圍天悅邨悅榮樓B, C及D翼地下及悅泰樓C翼地下 G/F, Wings B, C & D, Yuet Wing Hse and G/F, Wing C, Yuet Tai House, Tin Yuet Est, Tin Shui Wai, N.T. T 2459 8080 F 2452 4023 E tyhh@nlpra.org.hk
山景宿舍 Shan King Halfway House	新界屯門山景邨景華樓C208-C212及C301-C312室 Units C208-C212 & C301-C312, King Wah House, Shan King Est, Tuen Mun, N.T. T 2462 6481 F 2469 9545 E skhh@nlpra.org.hk
石籬宿舍 Shek Lei Halfway House	新界葵涌石籬(一)邨石逸樓低座地下及二樓G/F & 1/F, Low Block, Shek Yat House, Shek Lei (I) Est, Kwai Chung, N.T. T 2426 7577 F 2425 3209 E slhh@nlpra.org.hk

服務單位 Service Unit	地址 Address / 電話 T / 傳真 F / 電郵 E
竹園宿舍 Chuk Yuen Halfway House	九龍竹園(北)邨梅園樓102-107及201-208室 Units 102-107 & 201-208, Mui Yuen House, Chuk Yuen (North) Est, Kln T 2327 4926 F 2246 0945 E cyhh@nlpra.org.hk
利東宿舍 Lei Tung Halfway House	香港鴨脷洲利東邨東逸樓111-114及209-216室 Units 111-114 & 209-216, Tung Yat House, Lei Tung Est, Apleichau, H.K. T 2874 7770 F 2871 4729 E lthh@nlpra.org.hk
新生會大樓宿舍(I) New Life Building Halfway House (I)	九龍南昌街332號新生會大樓三樓 3/F, New Life Building, 332 Nam Cheong Street, Kln T 2776 7318 F 2777 3090 E nlbhh1@nlpra.org.hk
新生會大樓宿舍(II) New Life Building Halfway House (II)	九龍南昌街332號新生會大樓四樓 4/F, New Life Building, 332 Nam Cheong Street, Kln T 2776 8072 F 2788 1927 E nlbhh2@nlpra.org.hk
新生會大樓宿舍(III) New Life Building Halfway House (III)	九龍南昌街332號新生會大樓五樓 5/F, New Life Building, 332 Nam Cheong Street, Kln T 2776 1086 F 2994 9220 E nlbhh3@nlpra.org.hk
賽馬會農舍 Jockey Club Farm House	新界屯門新福路33號 33 San Fuk Road, Tuen Mun, N.T. T 2461 2818 F 2469 9645 E jcfh@nlpra.org.hk



## 長期護理院 Long Stay Care Homes

服務單位 Service Unit      地址 Address / 電話 T / 傳真 F / 電郵 E

屯門長期護理院  
Tuen Mun Long Stay  
Care Home      新界屯門青新徑2-6號  
2-6 Tsing San Path, Tuen Mun, N.T.  
T 2454 3866    F 2454 0980  
E tmlsch@nlpra.org.hk

新生會大樓長期護理院  
New Life Building  
Long Stay Care Home      九龍南昌街332號新生會大樓地下至五樓  
G/F-5/F, New Life Building,  
332 Nam Cheong Street, Kln  
T 2776 2820    F 2779 7431  
E nlblsch@nlpra.org.hk

## 中度智障人士宿舍

### Hostels for the Moderately Mentally Handicapped

新生銀禧宿舍  
New Life Jubilee  
Hostel      新界屯門山景邨景安樓A及B翼地下  
G/F, Wings A & B, King On House,  
Shan King Est, Tuen Mun, N.T.  
T 2463 7190    F 2465 8659  
E nljh@nlpra.org.hk

田景宿舍  
Tin King Hostel      新界屯門田景邨田樂樓201-218室  
Units 201-218, 1/F, Tin Lok House,  
Tin King Est, Tuen Mun, N.T.  
T 2461 7115    F 2454 3529  
E tkh@nlpra.org.hk

## 輔助宿舍 Supported Hostel

思悅園  
Joyous Place      新界沙田馬鞍山亞公角街25號地下至一樓  
G/F-1/F, 25 A Kung Kok Street,  
Ma On Shan, Shatin, N.T.  
T 2690 2239    F 2690 2001  
E jip@nlpra.org.hk

## 自資宿舍 Self-finance Hostels

服務單位 Service Unit      地址 Address / 電話 T / 傳真 F / 電郵 E

頤悅軒  
Yi Yuet Hin      新界屯門青麟路8號青麟山莊  
第1, 2A及2B座  
Blocks 1, 2A & 2B, Greenery Villa,  
8 Tsing Lun Road, Tuen Mun, N.T.  
T 2467 3120    F 2454 0980  
E yyh@nlpra.org.hk

悅和居  
Yuet Wo House      新界屯門新福路7號  
7 San Fuk Road, Tuen Mun, N.T.  
T 2797 0809    F 2797 0927  
E ywh@nlpra.org.hk

思健園  
MINDSET Place      新界粉嶺聯昌街2號  
2 Luen Cheong Street, Fanling, N.T.  
T 2675 7667    F 2675 9292  
E mp@nlpra.org.hk

思悅園  
Joyous Place      新界沙田馬鞍山亞公角街25號二至三樓  
2/F-3/F, 25 A Kung Kok Street,  
Ma On Shan, Shatin, N.T.  
T 2690 2239    F 2690 2001  
E jp@nlpra.org.hk

所有院舍已按《殘疾人士院舍條例》領有社會福利署發出之牌照或豁免證明書。

All hostels have been issued with License or Certificate of Exemption under the Residential Care Homes (Persons with Disabilities) Ordinance.

總辦事處 Head Office

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