

Dear TWF friends



Motherhood in Unusual Times

"Sometimes the strength of motherhood is greater than natural laws." – Barbara Kingsolver, author

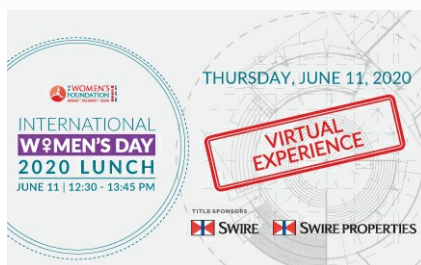
We can all agree this past Sunday was not a typical Mother's Day. COVID-19 kept some of us from celebrating with our mothers or mother figures in person. More significantly, mothers are experiencing a unique set of struggles during this pandemic. While the economy and whirr of city activity may have slowed down, COVID-19 has meant most mothers have had more responsibilities to manage and new problems and pressures to navigate.

In normal times, women – particularly mothers – disproportionately shoulder the majority of caregiving responsibilities, household chores and emotional labour. The physical, mental and financial toll of these duties is well documented. At times of crisis and uncertainty however, this responsibility is multiplied and so is the impact that it has on the physical and mental health of mothers, female caregivers and guardians.

COVID-19 has created and exacerbated mental health issues. A recent study found that women are more likely than men to suffer coronavirus related stress or worry and a negative impact on their mental health. For mothers of children under 18, almost 60% said their mental health has gotten worse because of the pandemic.

[Read More](#)

UPCOMING EVENT



Virtual International Women's Day Lunch

On June 11, we will be hosting our annual International Women's Day Lunch to celebrate the achievements of women and girls in Hong Kong. Due to ongoing government regulations on events, and to ensure the safety of our guests, our IWD Lunch will now be held in a virtual format.

Whilst the format of the event will be different, our mission remains the same: to build a gender equal Hong Kong.

Sponsored by **Swire Group** and **Swire Properties**, this year's virtual programme includes a compelling panel discussion titled "Designing Equality", messages from our programme participants, and opportunities to engage and network virtually, all whilst helping to raise critical funds for TWF.

For new corporate sponsorship opportunities, please contact Virginia.Li@twfhk.org.

Individual attendees can register [here](#).

Please confirm your attendance early to avoid disappointment.

[More info here](#)

#TECHFORGOD



Help Us Support Underprivileged Families During COVID-19

As Hong Kong fights the pandemic with ongoing school closures and other measures, TWF is committed to assisting underprivileged girls and their families. In collaboration with Hong Kong Association for Computer Education (HKACE), we intend to donate **500** much needed second-hand portable devices to underprivileged families to enable their children to access online school work and e-classes amid school suspensions.

We need your help to make this happen. Please consider joining this vital project for our community by donating 25-50 laptops, iPads or tablets; or by helping us [cover the costs](#) for coordination of this outreach project.

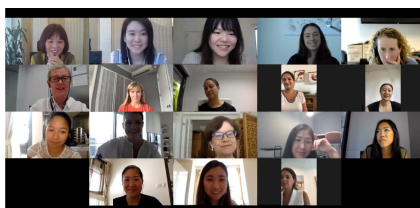
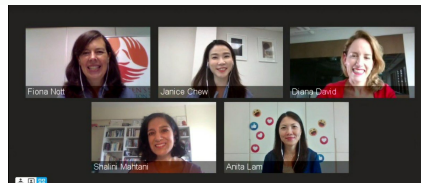
Visit [here](#) for more information. Kindly contact Connie.Cheung@twfhk.org or Deanie.Chiu@twfhk.org with any questions.

TWF PROGRAMME UPDATES

Special Edition for Mother's Day: Supermoms Fight Against COVID-19

Last Friday, TWF and Facebook together with Hong Kong Mompreneurs co-hosted a Mother's Day panel discussion. Moderated by Fiona Nott | TWF, speakers Janice Chew | JC Legal, Diana David | Future Proof Labs, Anita Lam | Facebook and Shalini Mahtani | The Zubin Foundation discussed navigating COVID-19, adapting to working from home while home schooling, how business as usual is being disrupted in positive ways, and how they are supporting each other and the most vulnerable members of the community.

[Watch the recording here](#)



Mentoring Programme - Programme Updates

On May 6, we had an interactive virtual session with William Bown | Heidrick & Struggles, to discuss ways of navigating the current job market.

William shared latest market trends, job security during the current crisis, as well as tips on communication with headhunters. Our participants also learned about opportunities for career pivots during the session.

On May 8, we also held a second virtual session of Show Up and Be Seen: How to Become a Courageous Leader. A TWF Alumni and ex-mentor herself, Angie Wong led an engaging session, where participants reflected on how embracing vulnerability contributes to becoming a more daring and compassionate leader.

Thank you William and Angie for the insights!



#MakePeopleCount Update

MEDIA & MTR

Our campaign is now featured on MTR escalator crowns and concourse TVs across Hong Kong! Read our [Op-Ed in HKQ1](#) and take our [online quiz](#) to test your knowledge about sexual harassment.

WAYS TO ENGAGE

Our campaign will be running through the end of May, so please share our [video](#), [resources site](#) and / or advocacy recommendations ([Chinese](#), [English](#)) with your networks or engage with us on social media.

If you have any questions or feedback about the campaign, please contact Lisa Moore at Lisa.Moore@twfhk.org.

DONATE TO TWF

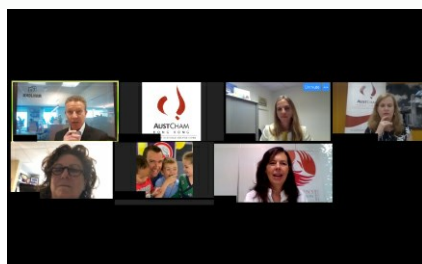


The COVID-19 pandemic is not only having a profound impact on our health, but also on our society. Women are disproportionately impacted by this crisis - from comprising the majority of health workers and undertaking the majority of care work at home without the support of schools or care centres to facing increased risks of domestic abuse and other forms of gender-based violence.

At TWF, we are committed to working with you all in forging a path forward that is equal – for men and women, boys and girls. As we continue to grapple with COVID-19, it's more vital than ever that gender equality, diversity and the needs of our most vulnerable are kept in mind. We know this next period will be a challenge for all of us and will leave our city changed in ways that are both predictable and unpredictable. Help us as we continue to empower and improve the lives of women and girls in Hong Kong. Please make a donation to support our critical work.

[Make your donation here now!](#)

IN THE SPOTLIGHT



TWF CEO Speaks on AustCham Hong Kong Panel

Yesterday, TWF CEO Fiona Nott spoke on a panel regarding "Leadership During Crisis" hosted by AustCham. Moderated by Nigel Smith | Colliers International Hong Kong, Fiona alongside Carli Renzi | ANZ and Dr Lucy Lord | Central Health Medical Practice discussed different ways to lead and manage teams through - and beyond - COVID-19.

IN THE COMMUNITY



Facebook's Go Digital Programme for the #SMB community

As part of #SheMeansBusiness, TWF is proud to support Facebook's Go Digital Programme for female entrepreneurs. Go Digital Programme will help you develop knowledge and skills around digital marketing and help your business

continue in the current crisis. Delivered in **Cantonese**, you can access the programme in your own time and join live Q&A sessions with Facebook experts.

[Sign up here!](#)

Shop with SENREVE & Support TWF

As a brand inspired by strong, bold women, SENREVE has a special place in their hearts for mothers. For their "Me & My Maestra" month-long campaign in May, all purchases made on www.senreve.com with the code **TWF2020** will receive a US\$50 discount – and on top of that, 8% of all sales generated with this code will be donated to The Women's Foundation.



TWF CARE PACK – HELPING YOU NAVIGATE COVID-19

As the COVID-19 situation in Hong Kong is slowly improving and we gradually transition into our new normal, we hope everyone still takes good care of their mental and physical well-being. Please refer to our previous TWF Care Packs on [May 6](#), [Apr 29](#), [Apr 22](#), [Apr 15](#), [Apr 8](#), [Apr 1](#), [Mar 25](#), [Mar 18](#) for some ideas.

WHAT WE'RE READING

Gender Equality

- [使用生鏽的刀、沒有麻醉。不做會讓父親蒙羞：蘇丹廢除女性割禮儀式。為什麼很重要？](#) (WOMANY)
- [廢止高跟鞋的#Kuttoo運動。日本航空打頭陣。下個換誰？](#) (WOMANY)
- [Why the Crisis Is Putting Companies at Risk of Losing Female Talent](#) (HBR)
- [All I Want for Mother's Day Is an Equitable Division of Labor](#) (UC Berkeley)
- [Sheryl Sandberg: The coronavirus pandemic is creating a 'double double shift' for women. Employers must help](#) (Fortune)
- [Dateci Voce: Italian women demand voice in Covid-19 fight](#) (BBC)
- [Women Are Bearing the Brunt of the Covid-19 Economic Pain](#) (Bloomberg)
- [For these female scientists who grew up in China and found fame in the US, gender equality needs more work](#) (SCMP)
- [Moms, Here's What All Your Pandemic Invisible Labor Is Actually Worth](#) (Huff Post)
- [Extra things to thank Moms for in 2020](#) (UNWOMEN)
- [UNESCO opens registration for the Prize for Girls' and Women's Education](#) (UNESCO)
- [International advice for frontline workers supporting women](#) (eSafety Commissioner)

Sexual Violence & Harassment

- [An activist met someone who sent her abusive messages - what happened next?](#) (BBC)
- [Global toolkit to help front-line workers combat scourge of domestic violence](#) (SMH)
- [#MeToo is at a crossroads in America. Around the world, it's just beginning.](#) (Washington Post)
- [Why Sexual Harassment Programs Backfire](#) (HBR)
- ['Call it out': A new campaign to empower bystanders seeing or hearing abuse](#) (Women's Agenda)

Masculinity

- [Sweden's male only supper clubs - for feminists](#) (BBC)
- [Nearly Half of Men Say They Do Most of the Home Schooling. 3 Percent of Women Agree.](#) (NYT)

Board Diversity

- [Bank of Japan gets first female executive director in 138-year history](#) (Japan Times)

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