



The Society for
AIDS Care
愛滋寧養服務協會

LOOK N

愛寧通訊

第五十六期 Issue 56



AIDS Walk 慈善步行 2020

愛滋病自我檢測服務
HIV Self-Testing Kit Service

健康講座
Health Talk

分享愛與關懷
Fighting COVID-19 with PLHIV

註: 為保障活力中心會友的私隱, 其容貌不便亮相。
Remarks: The identities of SAC members are not revealed on photos to protect their privacy.

Previous Activities 過往活動

AIDS Walk 慈善步行 2020



The Society for AIDS Care (SAC) has wrapped up the first ever month-long Virtual AIDS Charity Walk. During the month of October, over 600 people across Hong Kong, Macau, Taiwan, Singapore and Indonesia joined together to support people living with HIV/AIDS (PLHIV), and to appeal for all sectors of the public to be aware that PLHIV should seek proper treatment without fear of discrimination or being turned away due to their HIV status. Together, we “Say No to Discrimination!”. In addition, without knowing the walk date would change, for the first time we held a social event to celebrate the walk on 21 January 2020 at the Upper House. The pre-walk party was declared a spectacular success.

愛滋寧養服務協會於2020年11月8日為首次以新模式舉行的AIDS Walk慈善步行活動作總結。是次活動為期一個月，反應異常熱烈。於10月份，有600多位來自香港、澳門、台灣、新加坡及印度尼西亞的參加者參與活動，與我們攜手支持愛滋病病毒感染者，表達對他們的關愛與祝福，消除歧視。令愛滋病病毒感染者不再懼怕別人的目光，尋求適切的援助，重投社會生活，一起「向歧視說不！」。此外，在活動宣佈延期之前，我們於2020年1月21日在奕居首次為慈善步行舉行社交活動，並獲得空前成功。





We would like to thank the Walk sponsors and supporting organizations for their generous donations, including Gilead Science, Goldman Sachs, J.P. Morgan, Baker Mackenzie, Sweaty Betty, PricewaterhouseCoopers, JOYCE Group, Marathon Sport, Simple Approach, Sim's Sweet, SparkRaise and The Upper House.

本會特別鳴謝活動贊助商及支持機構的捐款支持，包括：Gilead Science、Goldman Sachs、J.P. Morgan、Baker Mackenzie、Sweaty Betty、PricewaterhouseCoopers、JOYCE Group、Marathon Sport、Simple Approach、Sim's Sweet、SparkRaise 及奕居，令活動得以圓滿舉行。



Previous Activities 過往活動

World AIDS Day 2020 世界愛滋病日



According to the figures in 2019, the Centre for Health Protection of Department of Health reported that HIV cumulative cases was over 10,000 (10,550 cases) in Hong Kong. And stigma remains a significant barrier to HIV testing. Therefore, we have launched a HIV self-testing program using non-invasive oral swab aims to improve the awareness of HIV testing. The advantage for it can be performed at a private place at any time. We hope to promote the importance of “early testing, early treatment”. SAC had also set up a pre and post-test counselling consultation hotline, which is answered by our professional nurses and social workers, to provide relevant information and follow-up services to those in need.

To echo 1 December annual international World AIDS Day this year, we offered a buy 1 get 1 free HIV Self-testing kit promotion during December. Through the event, we urge the public to talk openly about HIV, eliminate misconceptions and understand more about HIV.

根據2019年香港衛生署衛生防護中心數據指出，香港的愛滋病毒病毒感染呈報個案已突破1萬宗（10,550宗）。在香港，不少公眾對愛滋病毒病毒的傳播途徑仍存在誤解，亦因害怕被標籤，而對進行愛滋病毒病毒檢測有所卻步。因此，本會推出愛滋病毒病毒自我檢測服務，透過非入侵性口腔黏液檢測工具讓檢測者在私密的情況下隨時進行檢測，推廣「及早發現，提早治癒」的重要，提高愛滋病毒病毒檢測的意識。並特意設立測試前後輔導諮詢熱線，由本會專業護士及社工接聽，為有需要人士提供有關資訊及跟進服務。

今年，本會繼續響應12月1日世界愛滋病日這項全球活動，於12月份推出愛滋病毒病毒自我檢測工具買一送一優惠，反應熱烈。我們希望透過是次活動讓公眾認識及了解愛滋病，推廣「及早發現，提早治癒」的重要，消除歧視和誤解，接納愛滋病毒病毒感染者，建立共融社會。



愛滋病自我檢測服務 HIV SELF-TESTING KIT SERVICE

OraQuick® Oral fluid test 口腔液檢測工具

買一送一

Buy one get one free

* 售完即止 Until stocks last *

為什麼要進行自我檢測？

Why do we need to have HIV self-testing?

- 讓公眾或對自身感染情況有懷疑及有高風險行為的人士進行檢測
The public and people who may worry about their own situation or future lives if they are infected to take the HIV self-testing
- 在私密的情況下進行自我檢測，作初步篩查，以了解其感染愛滋病毒狀況
Users can take the test privately and view their results as a preliminary screening of their HIV status
- 可以隨時進行檢測
Convenience, test can be done at your own time
- 容易使用，需時20分鐘
Easy to use, results obtained in 20 minutes
- 達至「及早發現，提早治療」的果效
To reach the standard of “early testing, early treatment”



若遇到下列情況，您需要考慮接受測試：

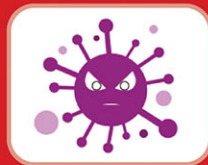
You should consider testing if you encounter the following situations:



計劃結婚/ 懷孕
Plan for marriage/
pregnancy



懷孕前期及後期
At early/ late
stage of pregnancy



懷疑自己或性伴侶感染愛滋病/
肝炎病毒/ 性病
Either you or your sexual partner
suspected of HIV/ hepatitis/
sexually transmitted infected



曾有不安全性行為
Had unsafe sex

OraQuick® 口腔液檢測工具可於愛滋寧養服務協會購買

OraQuick® Oral fluid test kits are available for sale at The Society for AIDS Care



詳情致電 For more information, call: 6730 8050*

* 如有需要可致電與本會愛滋病專科護士及社工聯絡，將提供跟進及支援服務
You can contact our HIV nurses and social worker if needed, follow-up and supporting service will be provided

The Society for AIDS Care
愛滋寧養服務協會

Previous Activities 過往活動

Cambodia Project - “Love with Care School Project” 柬埔寨計劃「愛與關顧學校計劃」



SAC has continued our partnership with KHENARA Cambodia and commenced another 12-month joint school project, “Love with Care School Project” in 2019-2020. The project aims to empower school students in sexual reproduction health education and HIV prevention. With the support of SAC, KHEMARA Cambodia had distributed 240 prevention packs with hygiene materials to help students and their families in Thma Pechr Secondary High School in Tbong Khmum to protect themselves from COVID-19 and strengthen awareness on hygiene standard as to improve their health condition. This meaningful event has also been supported by a wide range of people around the community, which include the representatives of The Deputy District Governor, The District of Youth, Education and Sport, The Commune Council of Women and Children, school director, teachers and peer educators. The year-long project has reached over 1,073 students.

本會與KHEMARA Cambodia於2019至2020年度再次展開為期一年的「愛與關顧學校計劃」，啟導當地學齡兒童在生育健康及預防愛滋病的發展。新型冠狀病毒病的疫情在世界各地肆虐，在本會的支持下，KHEMARA Cambodia在Tbong Khmum省的高中學校向學生及其家庭派發240個抗疫包，並提供預防疫情的知識，提高他們的衛生意識，一同守護家庭及社區健康。是次活動亦獲得多個社區團體支持及參與，包括地區州長、地區青少年、教育及運動代表、婦女及兒童委員會、學校校長、老師及朋輩領袖等。而本年度計劃受惠的學生更多達1,073人。



Previous Activities 過往活動

Mask Design Contest 2019-2020 面具設計比賽



SAC has organized Mask Design Contest annually since 2011. Mask is used as a symbol of identity protection for people living with HIV/AIDS (PLHIV) due to the fear of discrimination. The Mask Design Contest with the theme to communicate empathy and acceptance has attracted several thousand entries from more than 80 secondary schools and colleges this year. All winning submissions has been uploaded on our official website to share with the public in the design concepts as well as the anti-discrimination messages. Mask Design Contest 2020-2021 is now open for application! Facebook Most Popular Awards will be chosen. All participant will receive a certificate. Trophy and gifts will be presented to awardee.

本會所舉辦的年度面具設計比賽，以面具作為愛滋病毒感染者懼怕公開病情及自我保護的象徵，傳遞包容和接納等訊息。今年收到幾千多份來自80多間中學及大專院校的參賽作品，反應熱烈。得獎作品已於本會網頁展出，與公眾分享設計理念及消除歧視的訊息。2020-2021年度面具設計比賽現正接受報名! 是次比賽設「Facebook最受歡迎獎」，所有參加者將獲得獎狀乙張，各優勝者均可獲獎座及豐富獎品。



The 5th Asia Pacific Conference on AIDS and Co-infections 第五屆亞太愛滋病及其合併感染醫學會議

Under the threat of COVID-19, The 5th Asia Pacific Conference on AIDS and Co-infections has gone virtual on 15-17 October this year. The conference featured regional experts to provide community and health care perspectives. We are honored to be one of their supporting organizations for the fifth consecutive year. In addition, we have given an opportunity to brand our first virtual booth to introduce our services. It also featured a one-to-one chat function allowing our professional team to interact with the conference participants.

受到COVID-19 的影響，第五屆亞太愛滋病及其合併感染醫學會議於2020年10月15至17日首次以網上形式進行，邀請一眾地區專家進行演說，分析社會對愛滋病的看法和觀點等。本會非常榮幸連續第五年成為會議支持機構；我們的專業團隊亦透過網上連結向參加者介紹本會的服務，進行單對單互動對話，交流資訊。



Sharing Love Together - Fighting COVID-19 with People Living with HIV/AIDS (PLHIV) Project

分享愛與關懷 – 愛滋病毒感染者抗疫支援計劃



The epidemic of COVID-19 has brought serious impact on Hong Kong. Apart from worrying about infections, rushing for buying epidemic prevention stuff and unemployment causing by deteriorated economic environment have caused a heavy burden on the public. Most of our members are grassroots, living alone or unable to work due to their physical conditions, extra expenses for purchasing epidemic prevention goods or other living needs also put a lot of pressure on them. With the support of corporate partners and organizations, we immediately distribute anti-epidemic materials and food support for members in need. In addition, health information related to epidemic is distributed regularly through electronic means and psychological support has also been rendered. We hope to walk through this tough period together with our members.

新型冠狀病毒病的疫情為本港帶來嚴重衝擊，市民除擔心感染外，四周張羅防疫物資及經濟環境轉差導致失業或收入減少亦為他們帶來沉重負擔。本會會友大多是草根階層、獨居或因身體狀況影響未能工作，故用於購買防疫用品的額外開支或其他生活所需對他們亦帶來很大壓力。承蒙多間機構及團體的支持，本會即時為有需要會友派發防疫用品及食物支援，解決燃眉之急；並定時透過電子媒介向會友發放抗疫衛生資訊及提供心理支援，希望在這段時間與他們同行，一起渡過疫情。



Previous Activities 過往活動

Health Talk 2020 健康講座



SAC is committed to provide professional services to people living with HIV to strengthen their self-care ability, build up their self-confidence, so as to facilitate community reintegration. To achieve our missions, our professional team constantly updates knowledge in HIV care and prevention through latest research and study. With the sponsorship of Gilead Science, we will organize 5 educational seminars for our professional staff. With the insight and knowledge gained from the educational seminars, we are able to deliver better direct care services to our patient members, as well as to share the new medical information and trends with our members.

我們一直致力為愛滋病病毒感染者提供專業服務，增強他們的自理能力，建立自信，促進社區共融發展。為了實踐我們的使命，本會的專業團隊透過最新的研究，不斷提升預防愛滋病及愛滋病護理的知識。在吉利德科學公司的贊助下，將為本會的專業團隊進行5次的教育研討會，讓我們能向愛滋病病毒感染者分享最新的醫療資訊及提供更完善的直接關顧服務。



Rice Dumpling Sharing 2020 「糉」有你關懷 2020

With the perseverance of COVID-19 epidemic this year, the activity of making rice dumplings with members in SAC Centre need to be suspended. However, in order to share the joy of the traditional Dragon Boat Festival with members, we have prepared delicious rice dumplings to share with members during home visits, so that everyone can still feel caring and support even under the epidemic.

今年受到新型冠狀病毒病的影響，活力中心會友及義工包糉活動亦需要暫停。為了與會友分享端午節傳統節日的喜悅，中心亦準備了美味的糉子於家訪時送贈予會友，讓大家即使在疫情之下仍能感受關懷及支持。



Mid-Autumn Festival Celebration 歡慶中秋

For this year Mid-Autumn Festival, we have prepared a special gift pack for our members with donated mooncakes, household products, anti-epidemic materials and catering to share the joy of the festival. With the theme “Love & Care, We Walk Together”, our members share their blessings on the message board.

今年中秋節，本會特為會友們準備內容豐富的禮物包，送贈捐助的月餅、生活用品、防疫用品及其他食物等，感受節日氣氛。會友們在活力中心的心聲分享板上寫下祝福字句，共享「關愛身心，抗逆同行」的活動理念。



本人願意作以下捐款 I would like to make the following donation

*每月捐款 MONTHLY DONATION: 港幣 HK\$150 港幣 HK\$200 港幣 HK\$300 其他 OTHER: HK\$ _____

*一次性捐款 ONE-OFF DONATION: 港幣 HK\$500 港幣 HK\$1,000 港幣 HK\$2,000 其他 OTHER: HK\$ _____

*港幣 \$100元或以上捐款獲發報稅收據。 Receipt will be issued for donations of HK\$100 or above.

個人/聯絡資料 Application Details

先生 Mr 小姐 Miss 女士 Ms 中文姓名 Chinese Name _____

英文姓名 English Name _____ 電話 Tel No. _____

通訊地址 Mailing Address _____

電郵 E-mail _____ 出生日期 Date of Birth ____ DD ____ MM

信用卡捐款 Credit Card Donation

Visa MasterCard American Express JCB

持卡人姓名 Cardholder's Name _____

信用卡號碼 Credit Card Number _____

信用卡有效日期 Card Valid Until 月 MM 年 YY (須於三個月內有效 Must be valid for the next three months)

請在其中一適當方格內加上✓號, Please check the appropriate box below:

個別捐款 請於本人的信用卡賬戶內一次過扣除以上賬款。
One-off donation Please charge my credit card once for the above specified amount.

每月捐款 本人現授權愛滋寧養服務協會由本人之信用卡賬戶內定期扣除上述賬款,直至本人另行通知為止。本人同意此授權書於本人之信用卡有效期後及獲發新卡時繼續生效,並無須另行填寫授權書。(如需要取消或更改本授權書,請於取消或更改生效日期七個工作天前通知我們。)
Monthly donation I hereby authorize The Society for AIDS Care Limited to charge my credit card account for the amount specified in a regular manner as agrees upon by me and The Society for AIDS Care Limited until further notice. I agree the validity of this agreement will continue before or after the expiry date of the credit card account. (Cancellation or variation of this authorization shall be given to The Society for AIDS Care Limited at least 7 working days prior to the date on which such cancellation or variation is to become effective.)

持卡人簽名 Cardholder's Signature _____ 日期 Date _____

每月捐款將於信用卡到期日後自動延續,直至閣下另行通知為止。捐款將於收到此表格後即日生效,並於每月十號左右扣除有關款項。

Upon expiry and renewal of a credit card, monthly donations will continue unless notified otherwise. Donations will be effective immediately upon receipt of this form. Transactions will normally be processed around the 10th of every month.

有關個人資料絕對保密,只會用於發放本會最新消息,如閣下願意於日後收到相關資訊,請於方格內加上✓號。Personal information collected will be treated as highly confidential and used to the purpose of sending our latest news only. Should you **decide to receive** any updates from us, please ✓ the box.

網上捐款 Online Donation

www.aidscare.com.hk/direct-donation

請到以上連結,便可以使用信用卡作即時捐款,網上捐款免交回此回條,我們將依據你的資料發收據。
You can make real me donation with your credit card on the link above. You do not need to return this slip. Receipt will be issued according to the information you provided online.

支票捐款 Cheque Donation

支票號碼 Cheque No.: _____

抬頭: 愛滋寧養服務協會有限公司 Payable to "The Society for AIDS Care Limited"

直接存款 Direct Deposit

請將捐款直接存入本會其中一個銀行戶口,並將收據寄給我們。
Please deposit the donation into one of our following bank accounts, and send us the receipt.

東亞銀行 BEA account: 015-228-10-400465-6
匯豐銀行 HSBC account: 096-158233-838

繳費靈捐款 PPS Donation

 商戶編號: 6325 Merchant Code: 6325
商戶名稱: 愛滋寧養服務協會 Merchant Name: THE SOCIETY FOR AIDS CARE
交易編號 Payment Reference No.: _____

便利店捐款 Donation at Convenient Stores

閣下可以到全港任何一間OK便利店*/U Select/U Select Food/VanGO便利店或華潤萬家超級市場,出示以下捐款條碼,以現金作捐款。請將有關收據連同填妥表格交回本會以作記錄。
Present the donation barcode before to any Circle K*/ U Select/ U Select Food/ VanGO convenient stores or CRVanguard Supermarkets in HK when making a cash donation to SAC. Please complete this form and send us along with the receipt for our records.



9999653003622015

*單一慈善捐款金額不能超過港幣五千元正。
Cash donation to charity merchants shall not exceed HK\$5,000 per transaction.

銀行每月自動轉賬 Bank Monthly Autopay

請致電3622 1293索取授權書。
Please call 3622 1293 for a bank autopay authorization on form.

捐款收據 Donation Receipt

一年內累積捐款港幣一百元或以上可憑收據在香港申請免稅。
Accumulated donations of HK\$100 or above annually are tax deductible with a receipt.

請寄發收據。Please send me a receipt.

1. 若收據抬頭並非捐款者本人,請以英文列明 Please specify the recipient if it is different from the donor;

2. 若未有捐款者姓名或地址,恕未能寄發收據 We are unable to provide receipts to donors without full name or address.

為幫助節省行政開支,本人不需要收據。
To help save administrative costs, please do not send me a receipt.



E	POSTAGE PAID HONG KONG	PERMIT NO. 6485
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九龍旺角郵箱78978號活力中心 SAC Center P.O. Box 78978. Mongkok Post Office, Kowloon

愛滋寧養服務協會於一九九四年十一月成立，為一所以社區為基礎的非牟利慈善機構。本會是亞洲首個為愛滋病毒感染的兒童、成人、孕婦、長者及其照顧者提供直接關顧服務的非牟利慈善機構。我們亦積極服務性少數群體(簡稱LGBTQ)，並獨有地提供涵蓋由愛滋病預防以至為感染者銜接相關治療與護理的全面服務。我們致力提供專業的服務，增強愛滋病毒感染者的自理能力、建立自信，促進社區共融發展。本會為支持U=U(感染者的愛滋病毒載量達至無法檢測水平=透過性接觸傳播愛滋病毒機會微乎其微)的社區伙伴。

The Society for AIDS Care established in November 1994, is a community-based and non-profit making charitable organization. We are the first NGO in Asia providing high quality direct patient care services to children, adults, pregnant women and elderly people living with HIV/AIDS (PLHIV) and their care-givers. With the active work in LGBTQ community, we are unique in delivering HIV prevention to link up with treatment and care for the affected. We are committed to provide professional care service to the PLHIV to strengthen their self-care ability, build up their self-confidence and vision of positive living, so as to facilitate their full community reintegration. The SAC is a U=U(HIV Undetectable = Untransmittable) community partner.

Founder 創辦人

Sr. Maureen McGinley MBE
麥潔妮修女MBE

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Ms. Nichole Garnaut

Vice Chairperson 副主席

Mr. Christopher Jackson

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Mr. Craig Beattie

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