



2019-2020 年報  
**ANNUAL REPORT**

多點關心 照亮人生 Together We Make A Difference

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**The Society for AIDS Care**, established in November 1994, is a community-based and non-profit making charitable organization. It is the first non-governmental organization in Asia providing high quality direct patient care services to children, women, adults and elderly people living with HIV/AIDS (PLHIV) and their care givers in the community, as well as implementing women phone-in hotline and free HIV and Syphilis testing service. With the active work in the LGBTQ community, we are unique in delivering HIV prevention to link up with treatment and care for the affected. Our professional service team consists of nurses, social workers, counselors and physiotherapists. We provide both outreach services and center-based services on care and prevention of HIV/AIDS, including drug supervision, therapeutic counseling, psychological support, physiotherapy, physical training, peers support, public education and volunteers training. 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. We are also a U=U (HIV Undetectable = Untransmittable) community partner.

**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病毒感染的兒童、婦女、成人、長者及其照顧者提供直接關顧服務，同時提供女士免費諮詢熱線及愛滋病與梅毒測試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。本會擁有護士、社工、輔導員及物理治療師的專業團隊，不但提供外展服務，亦在日間中心進行各種關顧及預防愛滋病的服務，包括藥物督導、治療輔導、心理治療、物理治療、體能訓練、朋輩支援、公眾教育及義工培訓等。我們致力提供專業的服務，增強愛滋病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（感染者的愛滋病病毒載達至無法檢測水平=透過性接觸傳播愛滋病病毒機會微乎其微）的社區伙伴。

## Mission Statement 使命宣言

As advocate for PLHIV, The Society for AIDS Care supports and empowers community groups and individuals with response aiming at developing and implementing integrated and sustainable HIV/AIDS programs on care and prevention.

致力為愛滋病病毒感染者爭取應有權益，策動社區組織或個人提供資源及支援，鼓勵發展及推動綜合式愛滋病的預防及關顧計劃。

## Objectives 目標



To advocate for PLHIV on their rights to have quality of life and rights to be respected.

促進社會各方面，支持愛滋病病毒感染者爭取獲得基本尊重及提高生活質素的權利。



To collaborate with and to empower partners including community groups or individuals to develop integrated sustainable HIV/AIDS programs on care and prevention.

推動社區組織或個人的合作伙伴，共同策劃及發展長遠綜合式愛滋病的預防及關顧計劃。



To act as resources and support for partners in implementing HIV/AIDS programs on care and prevention.

為合作伙伴提供資源及援助，落實執行預防愛滋病及關顧愛滋病病毒感染者的服務項目。



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# Board of Directors 董事會成員

Founder 創辦人



Sr. Maureen McGinley MBE 麥潔妮修女MBE

Chairperson 主席



Ms. Nichole Garnaut

Vice Chairperson 副主席



Mr. Christopher Jackson

Honorary Treasurer 義務司庫



Mr. Craig Beattie

Directors 董事



Dr. Susan Chiu 招瑞生醫生

Mr. Marcus Pollard

Mr. Marcel Thoma

Mr. Randy Weddle

Dr. Andrew Yuen 阮偉文博士

Honorary Auditor 義務核數師



Mr. Charles Yang BBS JP 楊傳亮先生BBS JP

S.Y. Yang & Co. 楊錫禹會計師行

Honorary Co. Secretary 義務公司秘書

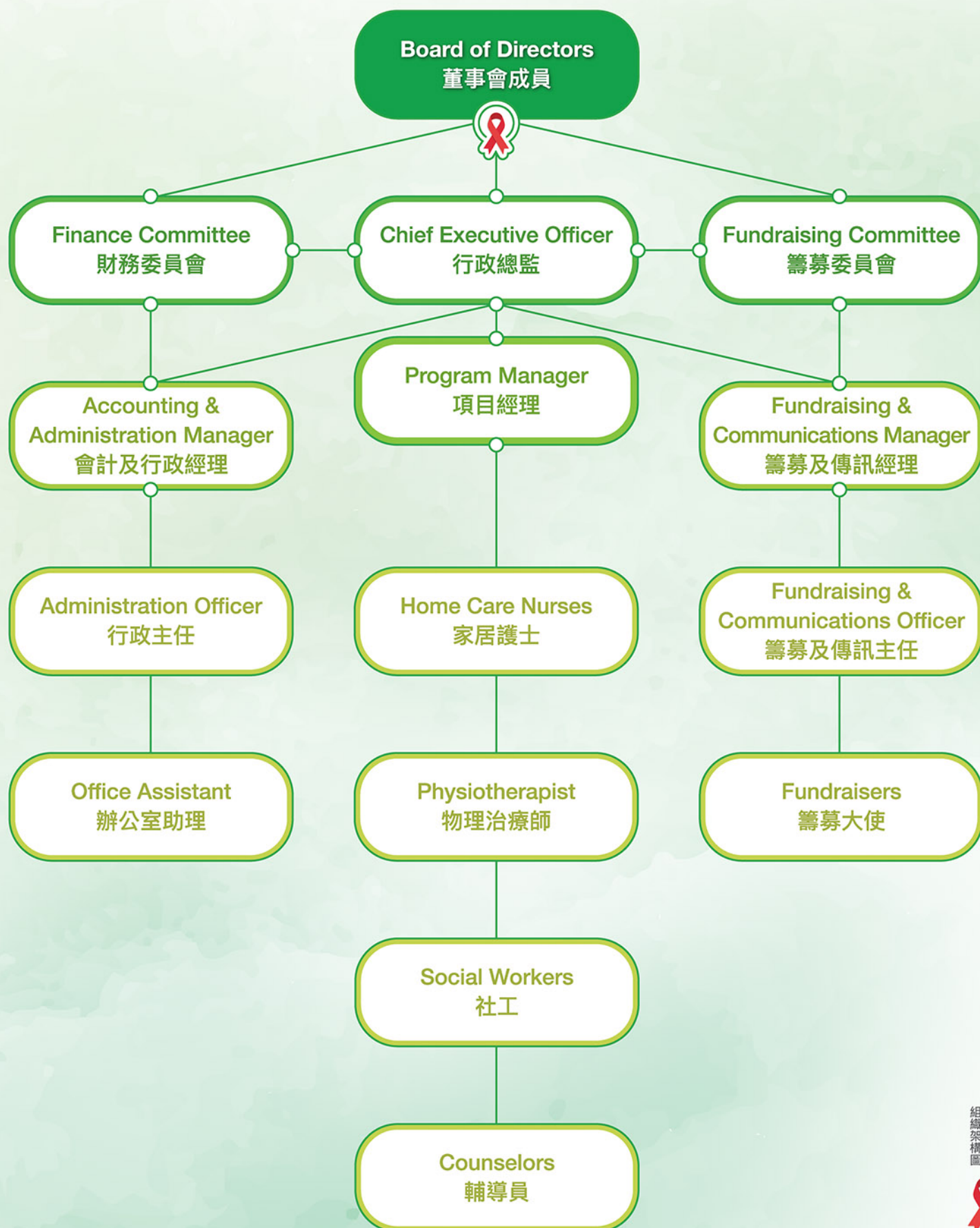


Clyde & Co. 其禮律師行



# Organization Chart

## 組織架構圖



## Founder's Message 創辦人獻辭



*Along with this message is my applause and gratitude for the wonderful job SAC has achieved.*

*Keep up the good work!*

Best Wishes,  
**Sister Maureen McGinley**





## Chairperson's Message 主席獻辭

It has been a year full of challenges with the human tragedy of COVID-19 pandemic and its impact on global economy. At the beginning of 2020, COVID-19 had been spreading in Hong Kong. With the experience of SARS, our centre immediately stepped up the precautionary measures to ensure a safe environment for our members. Fortunately, support came from unexpected quarter. We have received significant grants and in-kind donations from corporates and individual donors to purchase and distribute antibacterial hand wash, hand sanitizer and surgical masks to help our members fighting against COVID-19.

Over these years, with strong support from our Board of Directors and staff, it is my honour and privilege to be the chairperson of the Society for AIDS Care (SAC). I have witnessed our Society meeting different levels of challenges and facing all obstacles from economic down turns to public health epidemic. At the SAC, we stand firm on the mission to provide high quality direct patient care services to children, adults, pregnant women and elderly people living with HIV/AIDS (PLHIV) and their care-givers with our professional team at our Centre. We have worked with dedication to ensure that our essential services, programs and activities are carried out efficiently and effectively. 100% of service recipients expressed the home care service helped to improve their confidence and ability to cope with the disease. At the international level, we have extended our empowerment project further to support local HIV care organizations in the less developed countries. We have continued a 1-year joint school program with KHEMARA Cambodia, the longest serving NGO for women and children in Phnom Penh, to empower school students in sexual reproduction health education and HIV prevention, and the program has successfully reached over thousand students directly.

In Hong Kong, a total of 565 new cases of HIV infection were reported by the Centre for Health Protection of Department of Health in 2019. As of the second quarter of 2020, the cumulative infections number recorded five-digits and reached 10,550 cases since 1984. In order to better prepared meeting the needs of new case increase, we pledge to further increase our efforts in fundraising to set our finances onto firmer ground. To achieve this goal, the challenges will be many, but I am confident we will continue to overcome it. A special thanks to Gilead Science for their grant of HK\$400,000 to support our new digital application and animation creation for our school and public educational activities launched on World AIDS Day.

Last year, under the leadership of the AIDS Walk chairpersons, Mr. Christopher Jackson, Dr. Andrew Yuen, Mr. Marcel Thomas, Mr. Dexter Ong and Ms. Simmi Malhotra, we have successfully organized the first social event to celebrate our annual AIDS charity walk on 21 January 2020 at the Upper House. The committee will continue to support the event in 2021.

We would like to extend our sincere thanks and appreciation to all our individual donors and corporations which have made the SAC a success. Special tributes are made to AIDS Trust Fund, the Community Chest, Gilead Science, M·A·C Viva Glam Fund, other supporting corporations, media members, and all related parties which have continued supporting us.

Nichole Garnaut  
October 2020

飽受2019冠狀病毒病在香港迅速蔓延的衝擊及經歷全球性經濟衰退，在過去一年我們仍然緊守崗位，努力克服各種危機。在2020年初，2019冠狀病毒病開始在香港廣泛傳播。經歷過沙士等疾病，我們憑著過往經驗，即時為本會會友及其照顧者提供各種適切的保護措施，讓他們能在安全的環境下繼續接受服務。本會亦有幸獲得各商業機構及個人捐款者的鼎力支持，與我們攜手杜絕愛滋病毒及2019冠狀病毒病的傳播。

在過去的日子，本人衷心感謝各董事會成員及各職員的支持，亦非常榮幸成為協會主席。在任期間，本人親身見證愛滋寧養服務協會面對種種挑戰，從經濟衰退至疫情肆虐，我們仍堅毅不屈地面對。本會的專業團隊一直致力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。本會的團隊時刻緊守崗位，確保主要服務、計劃及活動能有效地實行。百分之百的服務使用者表示，本會所提供的家居護理服務能有效地協助他們增強自信，令他們有能力對抗病毒。在國際層面上，本會在發展中國家展開啟導計劃，支援當地為愛滋病毒感染者提供服務的機構。去年，本會繼續與一所為柬埔寨金邊婦女及兒童改善生活，於當地歷史最悠久的非牟利機構— KHEMARA Cambodia合作展開為期一年的學校計劃。此計劃是為了啟導及強化當地學生生育健康教育及預防愛滋病毒傳播，而計劃已成功接觸千多名學生。

根據衛生署衛生防護中心報告，本港於2019年度共錄得565宗新增愛滋病毒個案，而截至2020年第二季，感染呈報個案已累積並突破一萬宗(10,550宗)。為了能完善地應付增長個案的需要，我們歇盡所能籌募更多經費，繼續鞏固本會的發展基礎。雖然未來充滿挑戰，但本人有信心我們必定會戰勝這些困難。在此，我們特意鳴謝吉利德科學贊助港幣40萬元予本會發展嶄新的資訊平台和創意動畫，讓我們於世界愛滋病日推行學校及公眾教育活動。

今年，在 AIDS Walk 主席 Mr. Christopher Jackson、阮偉文博士、Mr. Marcel Thomas、Mr. Dexter Ong 及 Ms. Simmi Malhotra的帶領下，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。來年，小組委員會將繼續支持我們策劃更多活動。

我們衷心感激所有支持本會的個人捐款者及機構，讓我們能夠提供更完善的服務。同時，特別鳴謝愛滋病信託基金、香港公益金、吉利德科學、M·A·C Viva Glam及其他支持機構、傳播媒介和相關團體，以不同的方式支持我們，攜手向歧視說不。

Nichole Garnaut  
2020年10月





## Chief Executive Officer's Report 行政總監報告

Since the first reported case of COVID-19 in late December last year, there have been many significant changes in our daily routines, many workers requiring to work from home and many needy services were closed. The arrangement provided a lot of undesired worries for our service recipients. Besides having to remain in isolation at home, they worried more if their HIV status will intricate complications from COVID 19. According to two large scale studies of the coronavirus pandemic in the United Kingdom, both found that people living with HIV had between 63 and 130% higher risk of dying of COVID-19 than other people. The studies showed that co-morbidities such as obesity, poorly controlled diabetes and high blood pressure were important risk factors in people living with HIV.

In response to the government appeal to stay home, special measures were introduced to assign more support for our patients. During the period, door to door delivery of surgical mask, hand sanitation gel and antibacterial hand wash together with our food bank items were provided for them. Instead of attending our center, our social worker provided mindfulness relaxation exercises through virtual face to face phone and telephones with good effects. The 24 hour nurses hot-line remained open to assist any patients who might need to consult about medication intake and support from our team.

The SAC Centre is devoted to providing a comfortable, relaxing and caring environment for our patients to participate in various activities and meet their peers. The theme in 2019-2020 was "Live a Happy Life". We hoped to use diversified activities and life support skills to encourage patients to be more engaged in the community, build different interests, enjoy and live a wonderful life with a variety of targeted programs and special projects. Regular education seminars, delivered by doctors, nurses and nutritionist took part in our talks last year. The topics covered were "health talk series including "Diet Tips on High Blood Pressure, Blood Sugar and Cholesterol Level", "Diet and Exercise on Bone Health", "Effects of Drug Metabolism on Liver and Kidney Function", "Healthy Aging" and "How to Live a Happy Life". We aimed to improve holistic health of our patients through the different targeted education programs.

The SAC Mother-to-Child Transmission Prevention Program (MTCTPP) has been introduced since 2002 aiming at eliminating HIV transmission in all new infants through the cooperation and support from doctors and nurses in hospitals and HIV clinics. Our home care nurses worked closely with the multi-disciplinary team ensuring the pregnant mother adhered to the highly active antiretroviral therapy (HAART) prescribed in order to suppress the viral load to undetectable level. 41 healthy babies were born since the beginning of this program. The success rate is 100%.

We continue to provide free HIV and syphilis testing with professional counselling to women in need. According to WHO, it is estimated that only 79% of people living with HIV know their HIV status, it is therefore imperative for the public to increase HIV testing uptake. Our HIV self-testing program using non-invasive oral swab aims to improve the awareness of HIV testing continued last year. The advantage for it be performed at a private place at any time becomes a new way of regular testing in demand. The program will continue in the coming year.

自去年12月底出現首宗2019冠狀病毒病確診個案後，市民的日常生活出現重大改變，例如在家工作安排及暫停各項非緊急服務。各種突如其來的轉變，令本會的服務使用者感到憂心。除了留在家中抗疫帶來社交孤立，他們亦擔心一旦染上疫症，會因愛滋病病毒的影響而加重病情。根據英國對2019冠狀病毒病的兩次大規模研究指出，愛滋病病毒感染者感染2019冠狀病毒病的死亡率較其他人高出63%至130%；而身形肥胖、患有糖尿病及高血壓等長期病患的愛滋病病毒感染者，更屬高危及易受感染的群組。

回應政府留在家中抗疫的呼籲，本會為會友提供各種適切的保護措施及支援。在疫情期間，運送抗疫物資包括外科口罩、酒精搓手液、消毒洗手液及食物支援予會友，解決燃眉之急。本會社工亦透過視像及電話熱線支援教導會友正念放鬆練習，舒緩緊張情緒。此外，由本會專業護士接聽的24小時電話熱線繼續維持服務，為有需要會友解答藥物管理問題及提供輔導支援。

本會日間中心致力為愛滋病患者提供一個舒適、放鬆及關愛的環境，讓他們可以參與小組活動，建立朋輩互助網絡。2019-2020年度，中心以「樂活人生」為主題，希望藉著多元化的活動及生活支援，鼓勵會友多走出社區，建立不同興趣，享受生命活出精彩人生。去年，本會誠邀多位醫生、護士及營養師舉辦恆常教育講座，講座主題包括：「三高飲食宜忌」、「飲食及運動與骨骼健康」、「藥物代謝對肝、腎功能的影響」、「健康老化」及「如何活出快樂人生」等，希望透過各範疇分享提升會友身心靈健康。

本會自2002年起展開預防母嬰感染計劃，目標是透過專業醫護團隊支援，杜絕新生嬰兒受愛滋病病毒感染。本會的護士會實施一套關鍵的干預措施，協助孕婦採用高效能抗病毒療法抑制病毒至不能偵測的水平，並為孕婦提供適當的輔導及支援。直至現在，已有41位健康寶寶誕生，成功率達100%。

我們繼續為有需要的女士提供免費愛滋病病毒與梅毒測試及輔導支援服務。世界衛生組織指出，大約只有79%的愛滋病病毒感染者清楚自身愛滋病病毒感染狀況，因此有需要鼓勵公眾進行愛滋病病毒測試。本會於去年推出的愛滋病病毒自我檢測服務使用非侵入性口腔黏液檢測工具，藉此增強公眾對愛滋病病毒自我檢測的意識。該服務讓檢測者於任何時段在私密的情況下進行自我檢測，了解其感染愛滋病病毒的狀況，而服務將在來年繼續推行。





In terms of youth education, the mask design contest for schools and public with the theme of "Say No to Discrimination!" remained very popular with over 8000 students took part in our Facebook award competition. The program provided youth with good opportunities to learn about HIV and measures to protect them.

The Cambodia program collaborated with Khemara, Cambodia, which aims to improve life quality of women and girls in Cambodia continues to expand this year. Our joint program "Love with Care" provided the much needed sexual/reproductive health and HIV education for secondary school students with the theme of "Say No to Discrimination!" Last year, we have increased our support in COVID-19 prevention materials to distribute to students and outreach to families at home.

The preventative education on HIV/AIDS and sexual transmitted infection for transgender group and their sex partners through online outreach and workshops completed with good feedback. The pilot project is a joint effort together with the Transgender Resource Center in Hong Kong. Free HIV antibody and syphilis testing service with pre and post counselling were provided to encourage them to conduct regular tests. The testing service can identify infected person and link them for care and treatment.

Due to COVID-19 affecting gathering of people this year, our AIDS walk Committee has decided to take the activity online for our participants to complete the walk remotely using their own creativity to complete the activity. Our special thanks to our T-shirt producer Simple Approach, T-Shirt designer DFT x JOYCE Group, celebrities, ambassadors, key opinion leaders and sponsors making this event to its new dimension.

A new mobile app featuring "Know more about AIDS" was launched this year, it aims to provide the general public education and information on HIV transmission and prevention knowledge. Together with the newly launch API (short video) showing in all free TV channels, we hope it will help to eliminate misconceptions on HIV/AIDS.

We are very thankful and appreciative of all donations received and we always work to be good stewards of your donations. All of this good work cannot be overstated without the generosity from our supporters and volunteers. We look forward to bringing about even greater positive change in the HIV/AIDS community in our coming years.

**Alice Chan**  
October 2020

在青少年教育方面，本會為學校及公眾舉行以「向歧視說不」面具設計比賽，更有8000多名學生參與Facebook最受歡迎獎，反應熱烈。透過面具設計比賽，讓青少年了解有關愛滋病及預防愛滋病的資訊。

今年，本會將繼續擴展與KHEMARA Cambodia的「愛與關顧學校計劃」合作計劃，為柬埔寨婦女及兒童改善生活。計劃以「向歧視說不」為主題，向當地中學生提供有關生育健康及愛滋病教育。去年，因2019冠狀病毒病的影響，我們增加了計劃的支助，為當地學生及家庭購買防疫物資，預防病毒傳播。

本會與跨性別資源中心進行合作計劃，透過網上外展及工作坊向跨性別人士及其性伴侶推廣預防感染愛滋病病毒及性病教育，而計劃已完滿結束。該計劃提供免費愛滋病病毒抗體及梅毒測試和檢測前後支援服務，鼓勵跨性別人士及其性伴侶定期進行測試。計劃能盡早識別感染者並聯繫治療，達致治療即預防的目標。

因2019冠狀病毒病傳播對人數聚集的限制，本會的AIDS Walk委員會決定將活動以新模式舉行，參加者可親自設計合適自己的步行路線及完成步行。我們特別鳴謝 Simple Approach提供活動T-shirt、DFT x JOYCE Group設計活動T-shirt、影視明星、活動大使、時尚名人及贊助商的支持，讓活動能順利舉行。

此外，本會於今年推出嶄新的流動應用程式「愛知愛滋」，為公眾提供有關愛滋病知識、傳播及預防方法等；透過流動應用程式亦能瀏覽全新製作的電視宣傳片，從而消除對愛滋病病毒感染者的誤解和歧視。

我們衷心感謝所有捐款者及義工的支持，令本會能盡心地提供更好的服務，而我們將繼續為愛滋病病毒感染者提供更好的關顧服務。

**陳麗卿**  
2020年10月





SERVICE REPORT  
服務報告





## Community Home Care Service 社區家居護理服務

The Society for AIDS Care (SAC) Community Home Care Service has been providing direct care services to people living with HIV/AIDS (PLHIV) and their care givers since 1995. This service is conducted by professional HIV nurses adopting a holistic health approach to improve PLHIV's management of medication adherence, ability in self-care and awareness of prevention in HIV transmission. In order to support patients and care givers outside office hours for urgent consultation, a 24-hour emergency hotline service is also provided. Till now, the service has provided support to over 1,300 cases.

With the advancement in HIV treatment, the life of PLHIV has been prolonged. Most of our cases have various chronic illness and complications such as high level of blood pressure, blood sugar and blood cholesterol, diabetic, cancer, stroke, liver and kidney failures. Some patients have great difficulties in drug compliance because of poor physical or mental health. Apart from drug supervision, SAC Home Care Team also provides nutrition and diet advice for cases to have a better living style. Besides, some patients have no access to other community services due to their fear of disclosure and discrimination against them. Our professional nurses stick to case privacy when providing direct care services, support the patient to alleviate stress for being discriminated and assist them to seek relevant community support services for overall improvement on health management. The SAC Home Care Team serves as a crucial service within the multidisciplinary team in the community in Hong Kong.

Besides direct care service renders to PLHIV, education on HIV/AIDS and support are provided to their care givers to alleviate anxieties regarding HIV/AIDS and learn to care the patient at home. Professional nurses also assist care giver on death related matters of the patient such as death certificate collection related to HIV status issue, providing information on funeral arrangement for HIV patients and collaboration with other working partners including HIV clinics for providing holistic support to the care-givers.

愛滋寧養服務協會社區家居護理服務由1995年起為愛滋病病毒感染者及照顧者提供直接關顧服務，由本會專業護士以全人健康模式跟進轉介個案，提升感染者服藥依從性、加強自我照顧能力及預防病毒傳播意識。本會亦設立24小時的緊急支援熱線，為有需要感染者及照顧者在辦公時間外仍可獲得適切支援，至今已為超過1,300個案提供服務。

近年隨著愛滋病治療進步，感染者壽命得以延長，大多個案亦同時有各種長期病患及併發症如三高、糖尿病、癌症、中風及肝腎衰竭等，感染者往往因身體或精神健康等因素影響服藥依從性，家居護理團隊除藥物督導外，亦就個案生活及飲食習慣提供意見。此外，部份感染者會因擔心感染身份被知悉或被歧視而避免使用其他社區服務。本會專業護士注重個案私隱，協助個案減輕擔心被歧視或標籤化的壓力及尋求社區相關支援服務，全面改善健康管理狀況。

除感染者外，團隊亦會支援其家屬或照顧者，並教導他們有關愛滋病知識及學懂如何在家中照料病患者，以減輕他們的焦慮。另外，專業護士亦協助照顧者處理感染者身後事，如領取死亡證涉及感染者身份事宜、殯葬資訊、哀傷輔導及與相關愛滋病專科診所同工聯繫以提供全面支援。



In 2019-2020, 100% of service recipients expressed the home care service helped to improve their confidence and ability to cope with the disease. 100% expressed they understand better the importance of adhering to treatment and practicing safer sex. All care givers receiving bereavement service were thankful and expressed the important support of the bereavement counseling provided.

在2019-2020年度，百分之一百的服務使用者均表示家居護理服務能增加他們面對病患的信心、處理健康問題的能力及明白服用抗病毒藥物與安全性行為的重要性。另外，全部接受哀傷輔導服務的家屬均認同服務的重要性及對服務致以最衷心的感謝。

## Statistics 服務統計

### Health Improvement for patients who received SAC Home Care Service

#### 接受本會家居護理服務會友健康狀況改善

Yes  
是

95%

The virus load reaches "undetectable" level after taking Highly Active Antiretroviral Therapy (HAART) in the past year.

過去一年，會友服用抗病毒藥物，而且病毒指數達不能檢測的程度。

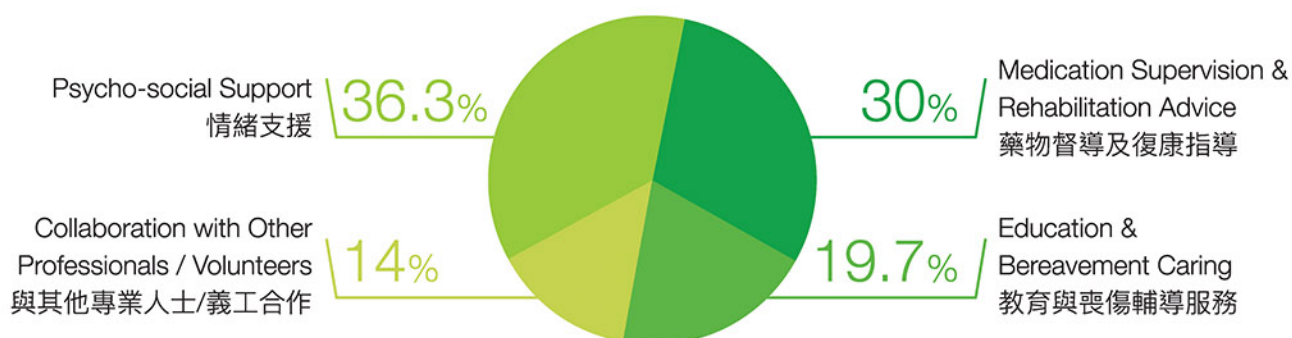
100%

Attendance adherence in HIV Clinic consultation in the past year.

過去一年，能按時到愛滋病專科門診覆診。

### Statistic on services provided by Home Care Team

#### 家居護理隊提供的服務統計





## Mother To Child Transmission Prevention Program (MTCTPP) 預防母嬰感染計劃

Mother-to-child transmission of HIV is the spread of HIV from an HIV-infected woman to her child during pregnancy, childbirth, or breastfeeding. With interventions, the infection rate of babies with the HIV virus passed from their mothers can be lowered from the highest 45% to less than 2%. As stated in UNAIDS Report 2019, there were 150,000 children newly infected with HIV. Although there was a 52% reduction since 2010, it was still a far away to reach less than 40,000 target annually.

The Society for AIDS Care (SAC) has launched Mother-to-Child Transmission Prevention Program (MTCTPP) since 2002 and we are the only organization offering the MTCTPP service by working with doctors and nurses in hospital. Our home care nurses provide care and support to HIV positive pregnant women such as medication supervision, baby caring and emotion support. The baby will be followed through till confirmation of HIV free after 18 months old. Moreover, the mother can seek instant consultation through the 24 hours emergency hotline whenever they are in need.

According to the data of the Center for Health Protection of the Department of Health, there were still 2 cases of mother-to-child HIV infection in 2019. SAC encourages all prospective mothers to take HIV test at the early stage of their pregnancy and re-test in the third trimester (preferably before 36 weeks) for early detection and treatment if necessary.

Since 2002, 100% successful MTCT cases are achieved. The total intervention number is 41.

愛滋病病毒母嬰傳染是指受感染的母親在懷孕期間、分娩過程、以及孕後哺乳期間將病毒傳染給嬰孩。如採取適當的預防措施，感染率可從最高百分之四十五降低至百分之二以下。根據聯合國愛滋病規劃署報告，2019年仍有150,000兒童感染愛滋病病毒，雖然相比2010年已減少百分之五十二感染人數，但與目標每年少於40,000人仍有一段距離。

本會自2002年起開展預防母嬰感染計劃，是本港唯一與醫院人員合作提供預防母嬰感染愛滋病病毒服務的機構。當孕婦確診為愛滋病病毒感染者後，本會護士會為孕婦提供輔導及支援，例如藥物督導、育兒技巧及情緒支援等。新生嬰兒將接受觀察18個月，直至確實嬰兒沒有感染愛滋病毒。除此之外，本會更提供24小時緊急支援熱線，讓母親可於辦公時間外隨時致電本會護士，及時得到協助。

根據衛生署衛生防護中心資料，2019年仍有2宗經母嬰感染愛滋病病毒感染個案。愛滋寧養服務協會鼓勵孕婦應盡早接受愛滋病病毒抗體測試並於懷孕後期(約36週)再進行第二次檢測，以便及早發現和接受治療。

由2002年至現在，本會已處理41個預防母嬰傳播個案，而成功率達100%。

## Statistics 服務統計

### Statistics on HIV prevention in Mother-to-child Transmission 接受預防母嬰感染計劃統計

100%

Success MTCT case  
預防母嬰感染成功案例





## Community and Home Based Rehabilitation Service 社區及外展復康服務

The Society for AIDS Care (SAC) has launched physiotherapy service aiming at providing rehabilitation support to people living with HIV/AIDS (PLHIV) and their care givers since 1999. Through comprehensive assessment conducted by SAC professional physiotherapist, we set up individual treatment plan for clients and arrange home-based or center-based physiotherapy services to them according to their own physical condition. Ultimately, the service is expected to improve clients' mobility and self-care ability, so they can have more confidence to re-integrate into the community and better quality of life can be achieved.

It is common for PLHIV have systemic problems such as poor lung function, lipodystrophy, high blood sugar levels maybe induced by the side effect of the drug therapy (Highly Active Antiretroviral Therapy, ART) PLHIV received and their immunodeficiency. Orthopedic illnesses, such as osteonecrosis, various arthritis and tendinitis are also usually reported by PLHIV. They are more prone to suffer from various physical illnesses, sensory and motor defects resulting in poor balance as well as impaired mobility. It implies that there is a strong need of physiotherapy service among our clients to help them eliminate those disabilities and impairments.

In recent years, with the continuous advancement of HIV treatment, the life span of PLHIV has also been prolonged. Accelerated aging and chronic diseases such as high blood sugar, blood pressure and blood cholesterol level, cardiovascular disease, liver and kidney function decline are also other challenges for PLHIV. SAC physiotherapist especially strengthened the group exercise training for clients, including regular ball games and stretching groups. In addition, this year, we also organized vitality fitness workshops and Tai Chi classes to encourage members to establish regular exercise habits in order to improve personal endurance, cardiopulmonary function and muscle strength. Hence, delaying the impact of aging on physical functions.

Clients benefited from SAC physiotherapy service and showed significant improvement on physical function. In addition, the interaction with physiotherapist and other service clients through treatment process and group exercise training allowed them to develop peer support networks and enhance positive attitude towards future life. This is vital for their optimal rehabilitation outcomes.

愛滋寧養服務協會由1999年開始提供物理治療服務，為愛滋病病毒感染者及其照顧者提供全面復康支援。本會物理治療師透過全面評估，為個案訂立治療目標和計劃，根據其身體狀況安排在日間中心或以外展形式接受服務，從而改善個案活動及自我照顧能力，提升於社區生活質素。

愛滋病病毒感染者較高機會出現系統性疾病例如肺功能衰退、膽固醇偏高、血糖超標等，可能是由於長期服用高效能抗病毒治療藥物及愛滋病病毒本身的併發症引起。另外，骨科疾病如骨壞死、多種關節炎及肌腱炎亦常見於感染者。加上感染者的免疫力較低，較容易出現各種身體機能 and 神經線的問題，患者平衡和行動能力亦會因此受到影響。因此，物理治療支援對感染者尤其重要，能減輕病患帶來的不便和傷害。

近年，隨著愛滋病治療藥物不斷進步，感染者壽命亦得以延長。身體機能衰老及長期病患如三高、心血管疾病、肝腎功能衰退等亦成感染者另一挑戰。本會物理治療師特別加強會友運動小組訓練，其中包括恆常舉辦球類運動及伸展運動小組，另外，本年度亦舉辦了活力健體教室及太極班，鼓勵會友建立定期運動的習慣並透過運動改善個人耐力、心肺功能及肌肉力量，從而延緩衰老對身體機能帶來的影響。

接受物理治療服務的會友除身體狀況改善外，在治療過程及小組運動中與物理治療師及其他會友的溝通互動，讓其建立相互支援網絡，強化個案培養積極人生態度，鞏固其康復過程的基礎。

## Statistics 服務統計

### Health improvement for physiotherapy service users 使用物理治療服務後健康情況改善

agree

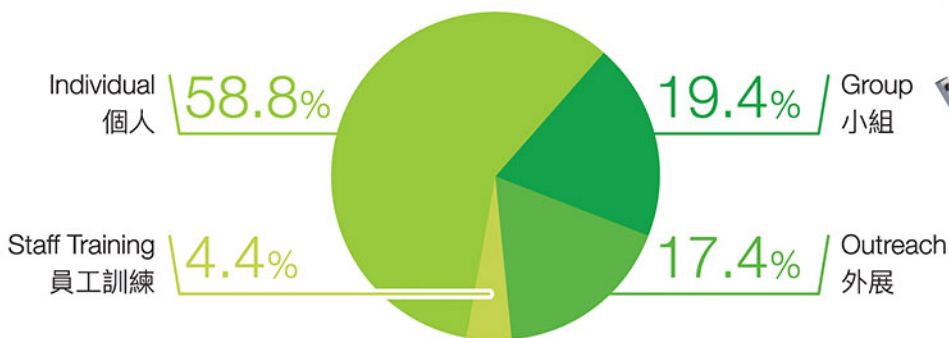
100%

Health condition and physical ability have been improved  
身體狀況和活動能力有所改善

100%

Self-confidence has been improved as health condition improved  
身體狀況和活動能力改善，增加了對生活的自信心

### Statistics on recipients of physiotherapy service 接受物理治療服務的對象統計



Activities 活動	Description 簡介	Date/Time 日期/時間
After-lunch exercise group 飯後鬆一Zone	Stretching and relaxation exercises to encourage members exercise regularly. 進行簡單伸展運動，鼓勵會友恆常運動。	2019-2020 Wed and Thu 星期三,四 2:00-2:15pm
Tai-chi Class 太極班	Through teaching basic Tai-chi steps to encourage members establish to cultivate daily practice habit and improve their balance and endurance. 透過學習基礎太極，培養會友每日持之以恆鍛鍊，從而改善平衡及耐力。	4-5/2019 2:30-3:30pm
SAC Sport Day 活力大比拼	Through various challenges to test members' ability, increase self-awareness on maintaining personal fitness and knowledge on health management. 透過各種競技遊戲挑戰，測試會友運動能力及技巧，並提升保持個人體能意識及增進健康管理的知識。	12/12/2019 2:30-4:30pm
Ball games group 休閒運動樂	Bowling groups were organized to improve cardiopulmonary fitness, muscle endurance and body coordination 透過球類活動小組如保齡球，改善心肺功能、肌耐力和協調性。	2019-2020 Organize regularly 恆常舉行
Fitness Training Workshop 活力健體教室	Combined aerobic and muscles resistance training improving the cardiopulmonary fitness and muscles performance among participants. 透過結合帶氧和肌肉阻力訓練，參加者的心肺功能和肌肉力量也能得到改善。	2019-2020 Organize regularly 恆常舉行





## SAC Day Center 日間中心

SAC Centre is devoted to providing a comfortable, relaxing and caring environment for members to participate in various activities and meet their peers. Our professional team including social workers, nurses and physiotherapist plans various recreational activities, health education, therapeutic groups and daily support service for members in response to their needs. In addition to participating in activities in the center, members can also use various facilities including a fitness room, massage chair, self-service blood pressure checking facility, reading pavilion, computer and audio-visual facilities. Besides, there is also a multifunctional kitchen where members can make simple snacks and drinks to enjoy and chat about life together. SAC center is a support platform for members, enabling them to share feelings and difficulties with fellows and establish a peer mutual help network.

Our center theme in 2019-2020 was "Live a Happy Life". We hoped to use diversified activities and life support to encourage members to be more engaged in the community, build different interests, enjoy and live a wonderful life. The targeted programs and special projects are as highlighted below:

### (1) Peer Support Program

SAC center actively builds peer support networks for members through various peer support and festival activities including "Home Cooking Health Lunch", "Health Soup", "Quarterly Birthday Party", "Mid-Autumn Festival Celebration", "SAC Christmas Party" and "Chinese New Year Party for Singleton Members" and so on as for members to share daily stories with each other and strengthen the relationship of mutual help among peers.



愛滋寧養服務協會日間中心致力提供一個舒適、輕鬆及關愛氣氛的環境讓會友參與各種活動及與朋輩相聚。本會專業團隊包括社工、護士及物理治療師因應會友需要，計劃各種康樂活動、健康教育、治療性小組及安排生活需要支援予會友。會友除可參加中心活動外，亦可以使用各種設施包括健身室、按摩椅、自助量血壓設施、閱讀閣及電腦與影音設施。另外，中心亦設多功能小廚房，會友可以製作簡單小食及飲料，一起享用及暢談生活近況。中心成為會友間聯繫平台，令會友能夠與同路人分享感受及困難，建立朋輩互助網絡。

2019-2020年度，中心以「樂活人生」為主題，希望藉多元化的活動及生活支援，鼓勵會友多走出社區，建立不同興趣，享受生命活出精彩人生。本年度已推行的恆常及特別計劃包括：

### (1) 朋輩支援

本會日間中心積極為會友建立朋輩支援網絡，藉著各種朋輩支援及節慶活動包括「有營家常飯」、「有營湯水」、「季度生日會」、「活力慶中秋」、「聖誕大派對」及「獨居人士團年聚會」等，讓會友間能互相分享生活點滴，強化朋輩互助關係。







## (2) SAC Food Bank and “Sharing the Bless” Program

SAC specially set up the Food Bank to provide basic food support to members who cannot work due to poor physical function or with adverse family economic situation. At the beginning of Year 2020, the economic situation in Hong Kong was adversely affected by the COVID-19 epidemic. SAC members also faced the situation of unemployment and with less income. We actively looked for donation for enhancing food bank support to keep on providing basic food including rice, oil and noodle to needy members. On top of that, in order to promote the spirit of cherishing food and sharing together, SAC Centre continued “Sharing the Bless” Program to share donated healthy food including hot food, bread and juice with our members as to encourage them to cherish food and reduce waste.

## (3) Fighting COVID-19

From the beginning of 2020, the epidemic of COVID-19 has brought serious impact to 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 SAC 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. We lined up with various sponsorship to donate anti-epidemic materials including masks, sanitation and home cleaning stuff for our members. In addition, health information related to epidemic is distributed regularly through electronic means and psychological support has also been rendered. We hoped to walk through this tough period together with our members.

## (2) 食物銀行及有福同享

本會特別設立食物銀行，為受因身體機能影響未能工作或因家庭經濟狀況變差的會友提供基本食物需要支援。2020年初開始，新冠肺炎疫情嚴重影響本港經濟，本會會友亦面對失業及收入減少情況。中心積極尋找捐助，加強食物銀行支援，繼續提供基本食糧包括米、油及麵條予有需要會友，支援他們生活所需。另外，為宣傳珍惜食物及共同分享的理念，中心亦繼續推行「有福同享」計劃，將獲捐贈的熱食、麵包及果汁等轉贈予有需要會友，希望向會友帶出有福同享的訊息及鼓勵會友減少浪費食物。

## (3) 抗疫支援

2020年開始新冠肺炎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。本會努力聯繫各界善長捐助防疫用品，包括口罩、消毒及家居清潔用品派發予會友。另外，中心同工亦定時透過電子媒介發放抗疫衛生資訊及提供心理支援予會友，希望在這段時間與他們同行，一起渡過疫情。





#### (4) Health Education

SAC center organizes different types of health workshops for members every year to strengthen their understanding on HIV/AIDS and increase awareness and knowledge of practicing healthy living. In response to advances in HIV treatment, life span of people living with HIV (PLHIV) prolonged and as long as other people. At the same time, PLHIV also faced aging health problems. Therefore, SAC Centre especially enhanced aging PLHIV health education this year and invited our close working partners including HIV clinic specialists, dietitians, physiotherapists and psychiatrists to share with members how they can lead to a healthy and happy life. The topics covered in this year's health talk series including "Diet Tips on High Blood Pressure, Blood Sugar and Cholesterol Level", "Diet and Exercise on Bone Health", "Effects of Drug Metabolism on Liver and Kidney Function", "Healthy Aging" and "How to Live a Happy Life". We hoped to improve holistic health of our members through various aspects.

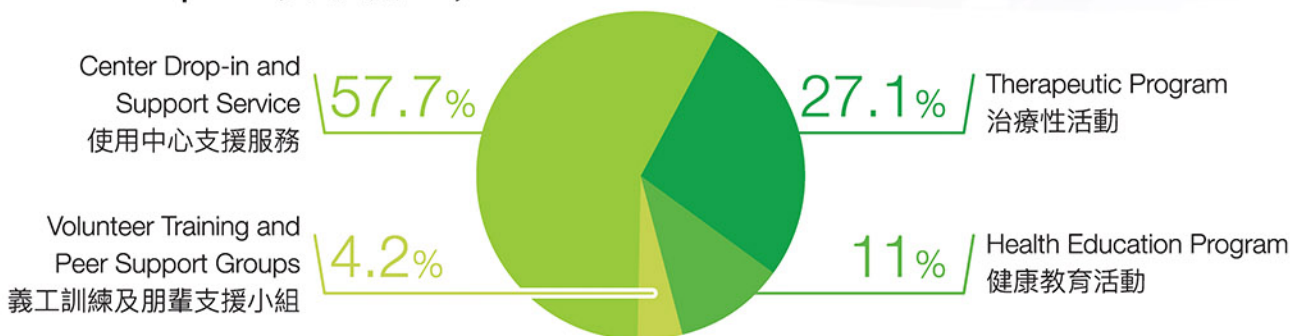
#### (4) 健康教育

中心每年都為會友舉辦各類型健康講座以加強其對愛滋病認識及實踐健康生活的意識及方法。因應愛滋病治療進步，愛滋病病毒感染者的壽命得以延長與一般人無異，同樣需要面對老年健康問題。故中心今年特別加強年長愛滋病病毒感染者健康教育，邀請緊密合作伙伴包括愛滋病診所專科醫生、營養師、物理治療師及精神科醫生與會友分享感染者如何活出健康快樂的生活。本年度健康講座涵蓋的主題包括：「三高飲食宜忌」、「飲食及運動與骨骼健康」、「藥物代謝對肝、腎功能的影響」、「健康老齡化」及「如何活出快樂人生」等，希望透過各範疇分享提升會友身心靈健康。



#### Statistics of Programs in Day Centre 日間中心活動統計 2019-2020

Total Participants 參與人數: 16,824





## Empowerment Mutual Help Service

### 會友賦權互助服務

Through various training and volunteer service opportunities, the Society for AIDS Care (SAC) supports members to develop their potential, enhance mutual support among members and contribute to the society. SAC Empowerment Mutual Help Service has been launched since 2000. Initially, it provided home cleaning and maintenance training for members, and then participated in volunteer visits arranged by social workers to take care of weaker members and assist in cleaning and repairing work. With the development of the service, besides visits, SAC has also provided opportunities for volunteers to participate in the preparation and support of center activities as to enhance their ability and sense of belonging to the centre. Moreover, they can use their talents to contribute to the centre and society.

This year, volunteers participated in Christmas decoration work of the center, learned how to make Chinese New Year ornaments and prepared "Fei Chun" as gifts for members. In addition, in the early stage of COVID-19 epidemic, volunteers also assisted in packing anti-epidemic material for centre to distribute to members for early protection. As to recognize the contribution of our volunteers, SAC organizes volunteer recognition activity every year. In addition to expressing gratitude to volunteers, it also allows them to share their experience of volunteer participation and provide suggestions for the development of volunteer services.

愛滋寧養服務協會透過各種訓練及義工服務機會，讓會友發揮潛能，助人自助，利用所學幫助會友及貢獻社會，強化支援網絡。會友賦權互助服務自2000年起已成立，初期為會友提供家居清潔及維修訓練，之後參與由社工安排義工探訪活動，關顧身體較弱會友並協助清潔及維修家居。計劃發展至今，除義工探訪外，本會亦多讓義工參與中心活動籌備及支援工作，增強會友能力感和歸屬感及運用個人才能回饋中心及社會。

本年度中心義工參與中心聖誕節佈置工作，學習製造賀年掛飾及寫揮春送贈會友。另外，在2019冠狀病毒病疫情初期，義工亦協助包裝抗疫包，以便盡快為中心會友提供預防保護。為肯定義工的付出，本會每年安排義工嘉許活動，除表達對義工感謝外，亦讓他們分享參與服務心得及為義工服務發展提出意見。

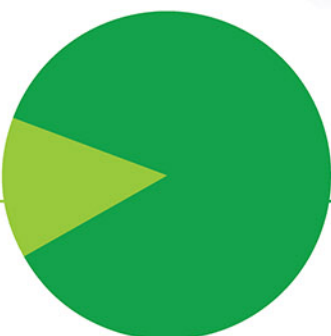
## Statistics 服務統計

Statistics on empowerment mutual help service.

會友賦權服務統計

Total Participants 參與人數: 493

Volunteer Training  
義工訓練 14%



86%

HIV/AIDS Education &  
Empowerment Mutual  
Help Activities  
愛滋病教育或賦權互助活動





## Counseling Service 輔導服務

People living with HIV (PLHIV) usually worry personal health condition affected by HIV infection, have burnout of facing long-term treatment or feel stressed as being discriminated against by their families and society. Besides, PLHIV need to face challenges arising from the illness such as work and economic problems, family and partner relationship, worrying of being discriminated and become self-isolated. Many cases are suffering from depression.

All our counseling cases are referred by HIV clinics in Hong Kong. With a comprehensive assessment, we provide outreach, centre-based counselling service and day centre support in response to case needs. The Society for AIDS Care (SAC) has been funded by The Community Chest for a 3-year “Mindfulness-based Mental Health Supportive Program for People Living with HIV (PLHIV)”. The Program has been launched since August 2019 and it aims at using Mindfulness-Based Stress Reduction Approach and Mindfulness-Based Cognitive Therapy to provide outreach and centre-based counseling support, training workshops and day centre support service for PLHIV and care-givers who are isolated or depressed to alleviate mental distress, establish peer support networks and strengthen their confidence in treatment adherence and integrating into the community.

Besides, in conjunction with the services of SAC Day Centre, social worker also encouraged cases to participate in centre activities and established mutual support network with other members.

愛滋病毒感染者往往擔心身體感染狀況、面對持續治療疲累或因感染者身份受家人及社會歧視等感到巨大壓力。此外，感染者亦需面對其他生活挑戰如因身體機能影響工作能力、家庭及與伴侶關係、擔心被歧視而自我疏離等，許多個案因而患上抑鬱症。

本會的輔導服務個案經各愛滋病專科診所轉介，透過評估後因應個案需要提供外展或中心為本輔導服務及日間中心支援。本會獲得香港公益金資助，於2019年8月開展為期三年「愛滋病病毒感染者靜觀訓練及情緒健康支援計劃」，計劃透過利用靜觀減壓及正念認知療法，為孤立或有抑鬱傾向的愛滋病病毒感染者及照顧者提供外展和中心輔導支援、工作坊及日間中心服務，以緩解其精神困擾及建立朋輩支援網絡，加強其持續接受治療及於社區生活的信心。會友透過服務認識何謂靜觀及嘗試練習靜觀，學習放鬆外亦改善睡眠質素，協助減低負面及焦慮情緒，減輕抑鬱症徵狀等。中心每星期進行靜觀練習小組，讓會友恆常參與各種靜觀練習包括靜觀及分享體會，從而培養持續鍛鍊的習慣並將其融入生活之中。

另外，配合日間中心的服務，社工亦會鼓勵個案參加中心其他活動，多認識其他會友及建立相互支援的網絡。

## Statistics 服務統計

服務個案 No. of cases: 160  
服務人次 No. of attendance: 7,769  
熱線支援 No. of hotline support: 747





## Women Phone-in Hotline and Free HIV and Syphilis Testing Service 女士諮詢熱線及免費 愛滋病與梅毒測試服務

As at the second quarter of 2020, there were 10,550 reported cases of HIV infection accumulated in Hong Kong and in which nearly 80 per cent were infected through sexual contact. Among the infected cases, one in every five infected cases was female.

In Hong Kong, women generally have misconception that HIV transmission is only related to sexual promiscuity or men have sex with men. Their awareness on HIV prevention is relatively weak. Moreover, even if women are infected with HIV or other sexually transmitted diseases through their husbands or stable partners, they are reluctant to get HIV testing as to avoid being labelled with sexual promiscuity. According to our working experience, women cases referred to our service often diagnosed HIV when only complications occurred. Their physical function has already been affected to a certain extent.

In response to the above situation, the Society for AIDS Care (SAC) launched a Women HIV and Syphilis Testing Service promoting "early testing, early treatment". SAC female professional nurses and social workers were in-charge of the hotline service and answered the enquiries on HIV and sexually transmitted diseases transmission. Moreover, they provided infection risk assessment, testing service arrangement, pre and post test counseling support and information on local AIDS-related services. Whenever there were positive cases found, our nurse would provide instant support and accompany the cases to attend the HIV confirmation test and follow-up treatment in HIV Clinic. The service proactively encourages women to take HIV testing and educates them about HIV/AIDS for reducing their chances to reach late diagnostic stage of illness.

截至2020年第二季，香港的愛滋病病毒感染個案累積至10,550宗，當中接近百分之八十經由性接觸感染，而大約每五位感染者當中就有一位是女性。

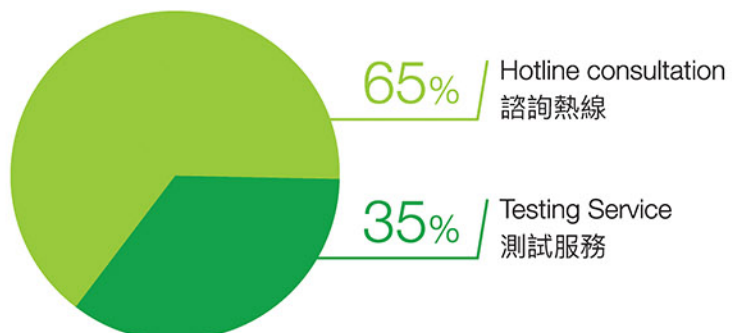
在本港，一般女士普遍認為感染愛滋病病毒主要與濫交或男男性行為有關，她們預防感染愛滋病病毒意識相對薄弱。另外，女士往往因擔心被誤會性濫交，即使她們可能被丈夫或穩定性伴侶感染愛滋病病毒或其他性病，她們都不進行檢測。根據本會服務經驗，接收女士個案大多在併發症出現時才被診斷出感染愛滋病病毒，身體機能已受一定程度影響。

有見及此，本會推出女士愛滋病與梅毒測試服務，鼓勵女士「及早測試、盡早治療」。本會女性專業人員包括護士及社工透過諮詢熱線接聽查詢，解答有關愛滋病病毒及性病傳播疑問、感染風險評估、提供測試安排及測試前後輔導支援和本地愛滋病相關服務的資訊。測試後如有感染個案，本會專業護士即時提供支援及陪伴個案往愛滋病專科診所進行確診及跟進治療。服務希望推動女士積極參與愛滋病病毒測試及預防教育工作，減少出現後期診斷的問題。

### Statistics 服務統計

Total Participants 參與人數: 547

Types of service  
服務類型



## HIV Self-Testing Service 愛滋病毒自我檢測服務



As to encourage the public to participate in HIV testing, the Society for AIDS Care (SAC) has launched HIV Self-Testing Service to provide OraQuick® oral fluid test (prequalified by World Health Organization) for participants to conduct self-test in privacy as a preliminary screening of their HIV status since July 2019.

SAC has also set up a pre and post-test counselling consultation hotline to provide relevant information and follow-up services to those in need. If the self-test result is preliminary positive, our professional team will assist the case to take traditional blood testing for further confirmation. We hope to promote the importance of “early testing, early treatment”.

為鼓勵公眾參與檢測，本會自2019年7月推出愛滋病毒自我檢測服務，提供 OraQuick® 口腔黏液檢測工具(通過世界衛生組織資格預審)讓參與檢測人士在私密情況下進行自我檢測，以了解其感染愛滋病毒的情況。

此外，本會亦設立測試前後輔導諮詢熱線，為有需要人士提供有關資訊及跟進服務。若檢測結果呈初步陽性，本會專業同工會協助個案透過傳統抽血測試再進行確診。本會希望推廣「及早發現，提早治癒」的重要。

## HIV/AIDS Prevention and Testing Support Service for Transgender persons 跨性別人土愛滋病預防教育及測試服務



The Society for AIDS Care (SAC) and the Transgender Resource Center started a joint pilot project on HIV/AIDS prevention and testing support service for transgender person (TG) from March to December in 2019 to promote preventive education on HIV/AIDS and sexual transmitted infection (STI) for TG and their sex partners through online outreach and workshops. Free HIV antibody and syphilis testing service was also provided to encourage them to conduct regular tests.

The project conducted 707 online outreach contacts and successfully collected 115 questionnaire surveys about TG's / crossdressers' knowledge on HIV prevention, safe sex practices and participation in HIV antibody testing. The collected data showed that respondents had relatively weak awareness of safe sex and their motivation to participate in HIV antibody testing was low. Among them, only 20% of the respondents who had had sex in the past 12 months used condoms for every sexual contact while 80% had not undergone HIV antibody testing in the past 12 months.

Through this joint project, we hoped their awareness on HIV/AIDS and STI would be enhanced. Furthermore, the testing service could identify infected people as soon as possible and link for treatment to achieve the goal “Treatment as Prevention”.

愛滋寧養服務協會與跨性別資源中心由2019年3月至12月期間合作進行跨性別人土愛滋病預防教育及測試服務試驗計劃，透過網上外展及工作坊向跨性別人土及其性伴侶推廣預防感染愛滋病及性病教育，並提供免費愛滋病毒抗體及梅毒測試服務，鼓勵跨性別人土及其性伴侶定期進行測試。

計劃進行了707次網上外展接觸，成功收集115份有關跨性別人土/易服人士對預防感染愛滋病毒病毒的認識、安全性行為實踐及參與愛滋病毒抗體測試情況問卷調查。數據顯示受訪人士對安全性行為認知及參與愛滋病毒抗體測試的動力相對較弱。其中過去十二個月曾有性行為的被訪者只有百分之二十每次性接觸都有使用安全套；百分之八十表示過去十二個月沒有進行與愛滋病毒抗體測試。

本會希望透過此合作計劃，加強跨性別人土預防感染愛滋病及性病的意識，並盡早識別感染者聯繫治療，達致治療即預防的目標。





# EDUCATION AND TRAINING

## 教育與培訓





## 2019 Mask Design Contest 面具設計比賽2019

The Society for AIDS Care (SAC) has organized Mask Design Contest 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 annual 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.

After rounds of selection, the Champion, 1st Runner-up, 2nd Runner-up, Outstanding Awards and Facebook Most Popular Award were chosen and announced at our official website. 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. Through the creation, every unique and meaningful design brings encouragement and hope for PLHIV. Together We Make a Difference!

愛滋寧養服務協會於2011年起，每年均舉辦面具設計比賽，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，傳遞包容和接納等主題訊息；吸引過千名參加者參與比賽，而今年有80多間中學及大專院校參與支持，反應熱烈。

面具設計比賽經過數輪的甄選，順利選出冠軍、亞軍、季軍、傑出作品及Facebook最受歡迎獎，並於本會網頁上公佈得獎名單。而今屆得獎作品已於本會網頁上展出，與公眾分享作品的設計理念及宣揚消除歧視的訊息。透過面具設計，每份獨特及別俱有意義的參賽作品均為愛滋病毒感染者帶來鼓勵及希望。多點關心，照亮人生!







## Health Talk 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 full 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 have organized 5 educational seminars in 2019 for our professional staff. Through the educational seminars, we were 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.

本會致力為愛滋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，於2019年為本會的專業團隊進行5次的教育研討會，讓本會能向愛滋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。



活出快樂人生

講者：陳佳釵教授, OBE, JP  
香港中文大學精神科學系榮譽教授

日期：2020年1月9日(星期四)  
時間：下午2:30-4:00  
地點：活力中心



## Cambodia Project 柬埔寨計劃

### “Love with Care” School Project

The Society for AIDS Care (SAC) has provided HIV-related educational training for secondary school students and development programs for less developed countries since 1995. To continue the meaningful work, we have continued a 1-year joint school program, “Love with Care School Project”, with KHEMARA Cambodia, the longest serving NGO for women and children in Phnom Penh. The project aims to empower school students in sexual reproduction health education and HIV prevention. It also provides HIV testing and counselling services to the needy, to ensure that they can receive proper medical treatment and support. The year-long project has reached over 1,073 students.

### Educational Training

The project has adopted the train-the-trainer teaching model, and over hundreds students voted and 38 students were elected as the project peer educators. The peer educators received training on HIV prevention and sexual reproduction health education every six months, supported by local healthcare centers. The project peer educators applied the learned information into practice through sharing the knowledge with their classmates. As part of the program supported by SAC, Khemara Cambodia has distributed school materials and program T-Shirts at two Secondary-High Schools in Tbong Khmum district, Tbong Khmum province, and in Peam Chileang district, Thma Pechr province, on 24 and 25 December 2019.

### Valentine's Day Event

On 15 February 2020, Khemara Cambodia organized a Valentine's Day Event with over 200 high school students in the Province of Tbong Khmum. Teachers and the local authorities also participated in the event. The students took part in a Question and Answer Session on Sexual and Reproductive Health Education. By the end of the program, the students were able to gain a lot of knowledge on issues such as HIV prevention and child protection information.

### 愛與關顧學校計劃

愛滋寧養服務協會自1995年成立以來，致力為發展中國家提供有關愛滋病的教育培訓及推行相關的發展計劃，讓更多人能認識和了解愛滋病。近年，本會與一所為柬埔寨金邊婦女及兒童改善生活、於當地歷史最悠久的非牟利機構—KHEMARA Cambodia繼續展開為期一年的「愛與關顧學校計劃」。該計劃啟導當地學齡兒童在生育健康及預防愛滋病的發展，增加他們相關的知識，藉以減少愛滋病的感染率。同時為有需要人士提供病毒測試及輔導服務，而測試呈陽性反應或有生育健康問題的人士亦會獲得支援，確保他們得到適切的藥物治療。本年度計劃受惠的學生更多達1,073人。

### 教育培訓

「愛與關顧學校計劃」以培育朋輩訓練領袖的形式進行，並由百多位學生透過投票形式選出38位朋輩領袖。這些朋輩領袖每六個月會在當地健康中心的協助下，進行預防愛滋病及生育健康教育的培訓，再向同學們詳細分享培訓所獲得的資訊。在本會的贊助下，KHEMARA Cambodia於2019年12月24日至25日在Tbong Khmum省及Thma Pechr省的兩所高中學校發放活動物資及T-shirts。

### 情人節活動

KHEMARA Cambodia於2020年2月15日在Tbong Khmum省舉行情人節活動，約有200多名高中學生、教師及當地機構一同參與是次活動。學生們踴躍參與活動中有關生育健康的問答環節，活動後他們均表示對預防愛滋病及保護兒童的資訊有更深的認識。





## Stand with KHEMARA Cambodia

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. During the event, students were being taught to protect themselves from COVID-19 and strengthen family awareness on hygiene standard as to improve the health condition. The event aims to help those who cannot afford and educate those who don't have the knowledge to do so. 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. By adhering to important hygiene standards and social distancing rules, the team was able to make the event a complete success even in the current difficult times of COVID-19.

## Project Outcome

With limited resources, families living in rural areas and the Province of Thma Pechr have little or no knowledge of HIV prevention. In addition, cultural difference has made it harder for them to learn the importance of sexual and reproductive health. Through this school project, KHEMARA Cambodia became the first non-profit organization promoting HIV-related educational training and development programs in rural areas to raise public awareness. In the program, over 200 students have joined a series of face to face interviews and surveys. 100% of the student stressed that the project helps building personal knowledge, skills and understanding of HIV/AIDS prevention and sexual and reproductive health. 95% of students indicated that the knowledge learned from the program have improved their personal life. More significantly, after the training, 92% agreed that they are ready to share the knowledge with their family, friends and community members outside of school.

## 同心抗疫

2019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，希望透過使用抗疫包的衛生用品，有效預防2019冠狀病毒病的傳播。活動當日，KHEMARA Cambodia為學生提供預防2019冠狀病毒病的知識，提高他們的衛生意識；希望幫助當地沒有經濟能力及接受衛生教育的人士，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。透過嚴謹的衛生標準及維持一定的社交距離，令活動在疫情期間仍可安全及成功地舉行。

## 計劃成效

在柬埔寨Thma Pechr省以及一些農村地區，因資源缺乏，令當地市民從未接觸過預防愛滋病的知識；而文化差異亦令他們難以明白生育健康的重要性。透過此合作計劃，KHEMARA Cambodia成為首個在農村地區推行有關愛滋病教育培訓及相關發展的服務機構，讓更多人受惠。活動期間，已有200多位學生進行了一系列面談訪問及調查。當中全部學生均表示，是次計劃能有效地增加個人知識，取得正確預防愛滋病及生育健康的資訊。而有95%的學生表示，透過計劃學到的知識能有效地改善個人生活。在培訓結束後，有92%的學生同意及準備向其家人、朋友及社區分享計劃所學的資訊。





## 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, to ensure all participants can join the conference under a safe environment condition. We are honored to be one of their supporting organizations for the fifth consecutive year. The conference featured regional experts to provide community and health care perspectives, as well as national plans/ programs for implementation for strategies to eliminate stigma and discrimination. In addition, we have given an opportunity to brand our first virtual booth to introduce our services and activities. The virtual booth also featured a one-to-one chat function allowing our professional team to interact with the conference participants.

受到2019冠狀病毒病的影響，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，讓各地的人士能夠在安全的環境下交流愛滋病的資訊。本會非常榮幸連續第五年成為會議的支持機構。是次活動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，並提供各項建議或策略減低愛滋病患者的標籤及歧視。此外，本會亦於會議進行網上連結，向參加者介紹本會的服務及活動；而我們的專業團隊透過網上連結與參加者進行單對單的互動對話，交流有關愛滋病的資訊。

## “Know More about AIDS” Mobile Application 「愛知愛滋」流動應用程式

An innovative mobile application, “Know More about AIDS” (APP) has been launched this year. The APP aims to provide HIV/AIDS knowledge, transmission and prevention methods; to introduce SAC services and programs with VR experience. It also featured a creative animation to express the messages on early diagnosis of HIV infection and good adherence to treatment, the number of viruses in the blood can be reduced. People living with HIV can as well live a normal life like everyone else and give birth to healthy babies with appropriate support. By using this APP, we urged the public to learn more about HIV/AIDS, as well as the challenges people living with HIV/AIDS faced, in order to eliminate misconceptions and discrimination.

本會於2020年推出嶄新的流動應用程式—「愛知愛滋」，為公眾提供有關愛滋病的知識、傳播及預防方法等；並透過VR虛擬實境影像介紹本會的服務及計劃。同時，利用創意動畫帶出愛滋病病毒感染者只要及早診斷同持續治療，令血液內病毒數量維持偵測不到的水平，感染者跟大家一樣可以過正常生活，也可以有健康的下一代。本會希望透過該流動應用程式，推動愛滋病的公眾培訓及教育，讓公眾了解愛滋病病毒感染者所面對的挑戰，從而消除對他們的誤解和歧視。





# RESOURCE DEVELOPMENTS AND PROMOTION

資源發展及推廣





## 2019 World AIDS Day 世界愛滋病日2019

Established by the World Health Organization in 1988, World AIDS Day, designated on 1 December every year, is dedicated to raise public awareness towards HIV/AIDS knowledge. To echo this annual international event, The Society for AIDS Care (SAC) organized a public roadshow to introduce our services at different locations across Hong Kong from 28 November to 29 November. SAC red ribbon, information on our unique women phone-in hotline and free HIV & Syphilis testing and other services were also distributed during the event.

We are pleased to kick off the launch of our “Know More about AIDS” animation at our roadshow event. Through the event, we hoped to facilitate better understanding on HIV/AIDS, eliminated the stigma and discrimination towards people living with HIV/ AIDS (PLHIV) and to build up zero infection in the future.

世界衛生組織於1988年將每年的12月1日訂為「世界愛滋病日」，藉以提高全球對愛滋病的關注及認識。今年，愛滋寧養服務協會繼續響應這項全球活動，於11月28日至11月29日在本港不同地區設置公眾宣傳活動，即場派發紅絲帶、提供女士諮詢熱線及免費愛滋病與梅毒測試服務以及本會服務的資訊等。

本會更於宣傳活動上率先播放「愛知愛滋」流動應用程式資訊平台內的創意動畫，向公眾傳遞愛滋病的知識。希望透過活動鼓勵公眾正確認識愛滋病，消除對愛滋病毒感染者標籤和歧視，攜手創造零感染未來。





## 2020 AIDS Walk 慈善步行2020



The Society for AIDS Care launched the first AIDS Charity Walk in Hong Kong at the Peak in 2002. This fun-filled fundraising campaign held annually afterwards. This year, due to the COVID-19 pandemic, the walk has been extended and gone virtual on 8 November 2020. All participants were invited to design and complete the route within the designated period and place, to avoid the crowd during the outbreak of COVID-19. The moments and counted distances have been captured and promoted through our digital channels. With generous support from our donors, sponsors and other parties, we are grateful to complete the event with great success.

愛滋寧養服務協會於2002年首次在山頂舉行「AIDS Walk 慈善步行」，獲得空前成功，而這具有意義的活動更成為本會年度籌募活動之一。今年，受到2019冠狀病毒病疫情的影響，活動延期至2020年11月8日並首次以網上形式舉行。為了減少人多聚集而傳播病毒的風險，本會邀請所有參加者在指定時間內各自設計及完成活動步行的路線，並透過本會的資訊平台記錄盛事。本會非常感謝捐款者、各大贊助機構及單位的鼎力支持，令是次活動得以完滿舉行。

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.

此外，在活動宣佈延期之前，本會於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。



## New Announcement of Public Interest to Broadcast 政府電視宣傳片播放

We have successfully applied for government's Announcement in the Public Interests, featuring a brand-new TV Announcement with creative animation to promote AIDS acceptance. The new TV Announcement started broadcasting on RTHK, Viu TV (Now TV), TVB and Hong Kong Open TV (Cable TV) on 28 November 2019. With the messages on HIV Undetectable viral load is equal to HIV Untransmittable (U=U) and our mother-to-child transmission prevention program, this creative animation aims to appeal for all to understand that PLHIV should seek proper treatment without fear of discrimination or being turned away due to their HIV status. In addition, the radio announcement with the same message has aired on the radio channels of RTHK, Commercial Radio and Metro Broadcast with Cantonese, Mandarin and English since 5 December 2019.



“Know more about AIDS” Video: Can You Tell If Someone Is HIV-positive? 「愛知愛滋」影片：看不見的愛滋病毒感染者？

愛滋寧養服務協會成功申請在各政府電視頻道，播放全新製作的電視宣傳片，鼓勵公眾正確認識愛滋病。該電視宣傳片於2019年11月28日起在香港各政府免費電視頻道，包括香港電台、Viu TV (Now TV)、無線電視及香港開電視(有線電視)等播出。廣告採用創意動畫，說明只要感染者的愛滋病毒載量(病毒在人體血液內的數量)達至無法檢測的水平，便不能透過性接觸傳播愛滋病毒(U=U); 同時亦介紹本會的預防母嬰感染計劃。希望公眾能支持愛滋病毒感染者，令他們不再因害怕被歧視而諱疾忌醫。此外，本會亦按宣傳片的內容製作宣傳聲帶，並於2019年12月5日起在香港電台、商業電台及新城廣播的電台頻道內以廣東話、普通話及英語的版本播放。

## Community Fundraising Team – SAC Fundraising Ambassadors 社區籌款隊 – 愛滋寧養服務協會籌募大使

Our community fundraising team was set up since 2004. The team aims to recruit donors from the public to support charity on regular and fixed basis through street promotion to ensure stable income for charities to carry out our direct care services. More importantly, our fundraisers explored every corner of Hong Kong every day, spared no efforts to raise public awareness on HIV/AIDS by providing accurate information on HIV/AIDS and eliminate discrimination, igniting hope for those who are fighting this severe illness alone, in the most direct, accurate, face-to-face and heart-to-heart way. Over years of hard work, our fundraising ambassadors become an important bridge connecting the general public to our direct service and help to promote community acceptance.

本會的社區籌款隊自2004年正式成立，透過街頭宣傳活動邀請公眾以行動支持，成為我們的捐款者或者每月捐款者，讓本會能為有需要人士提供直接關顧服務。本會的籌募大使每天不為餘力地穿梭本港各區，以直接面談的形式誠心地向公眾介紹正確的愛滋病資訊，藉此消除公眾對愛滋病毒感染者的標籤和歧視，與他們並肩同行，燃點希望。在多年的努力下，本會的籌募大使已成為連結公眾與本會服務的重要橋樑，讓更多人了解及認識有關愛滋病的訊息，促進社區共融發展。







# FINANCIAL HIGHLIGHTS

## 財務摘要



## Honorary Treasurer's Report

*For the year ended 31st March 2020*

### *Activities during the year*

The Society continues to provide professional care and comprehensive rehabilitation services for the benefit of people whose lives are impacted by HIV and AIDS. In addition, various support programmes are run focused on prevention of mother-to-child transmission, counselling and empowerment.

All of these services are provided in the field and through the operation of the Society's Day Centre in Mongkok. In the second half of 2019, the social unrest events in Hong Kong occasionally impacted the ability to operate the Day Centre and run certain events, but the financial performance of The Society for the year ended 31<sup>st</sup> March 2020 was resilient despite these challenges.

### *Income, expenditure and surplus for the year*

The Society's income for the year's activities comprised HK\$12.6 million (2019: HK\$11.9 million), of which HK\$2.2 million was granted by the AIDS Trust Fund (2019: HK\$2.2 million) and HK\$0.8 million was granted by The Community Chest of Hong Kong (2019: Nil) with the remainder being primarily derived from a variety of fund-raising activities. Interest earned on bank deposits also increased throughout the financial year following a rise in bank interest rates.

Expenditure incurred during the year was HK\$11.5 million (2019: HK\$10.4 million), with the majority of the increase in cost attributable to the HK\$0.7 million spent on The Community Chest of Hong Kong project.

The Society's surplus for the year was HK\$1.2 million (2019 HK\$1.5 million).

### *Financial position as at 31st March 2020*

The Society remains in a strong financial position. At 31st March 2020, cash on deposit was HK\$63.8 million (31<sup>st</sup> March 2019: HK\$63.6 million). These funds were primarily held in the form of short-term cash deposits placed with investment grade banks.

### *Looking forward*

The Society plans to remain active raising funds to enable it to continue to provide HIV and AIDS related services and professional care in Hong Kong. The Society's principals programs will continue, which include running the Day Centre, the women's hot-line and testing programme as well as a HIV self-testing program.

The Society has also secured funding for two specific initiatives as follows:

- The AIDS Trust Fund (a government funded agency) has provided HK\$6.6 million funding for a three-year Home Care Project and Rehabilitation Project that commenced on 1<sup>st</sup> April 2020.
- Hong Kong Community Chest has agreed to grant HK\$3.2 million for a three-year project 'Mindfulness-based Mental Health Supportive Program for PLHIV' from August 2019.

As at 30<sup>th</sup> Sept 2020 the balance of the Society's reserves was HK\$64.5 million, an increase of HK\$0.9 million from the position at 31 March 2020.



Craig Beattie  
Honorary Treasurer  
Date: 4 November 2020

## INDEPENDENT HONORARY AUDITORS' REPORT TO THE MANAGEMENT BOARD OF THE SOCIETY FOR AIDS CARE LIMITED

(Incorporated In Hong Kong And Limited By Guarantee)

### Opinion

We have audited the financial statements of The Society For AIDS Care Limited ("the Organisation") set out on pages 7 to 19, which comprise the statement of financial position as at 31st March, 2020, and the income and expenditure statement, statement of cash flows and statement of changes in funds for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Organisation as at 31st March, 2020, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

### Basis For Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSA") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditors' Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organisation in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Other Information

The directors are responsible for the other information. The other information comprises the information included in the report of the directors set out on pages 1 to 3, but does not include the financial statements and our auditors' report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**INDEPENDENT HONORARY AUDITORS' REPORT  
TO THE MANAGEMENT BOARD OF  
THE SOCIETY FOR AIDS CARE LIMITED**

**(Incorporated In Hong Kong And Limited By Guarantee)**

**Responsibilities Of The Directors And Those Charged With Governance For The Financial Statements**

The directors are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Organisation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Organisation or to cease operations, or have no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organisation's financial reporting process.

**Auditors' Responsibility For The Audit Of The Financial Statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also :

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

**INDEPENDENT HONORARY AUDITORS' REPORT  
TO THE MANAGEMENT BOARD OF  
THE SOCIETY FOR AIDS CARE LIMITED**

**(Incorporated In Hong Kong And Limited By Guarantee)**

**Auditors' Responsibility For The Audit Of The Financial Statements (Cont'd)**

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organisation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organisation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause the Organisation to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

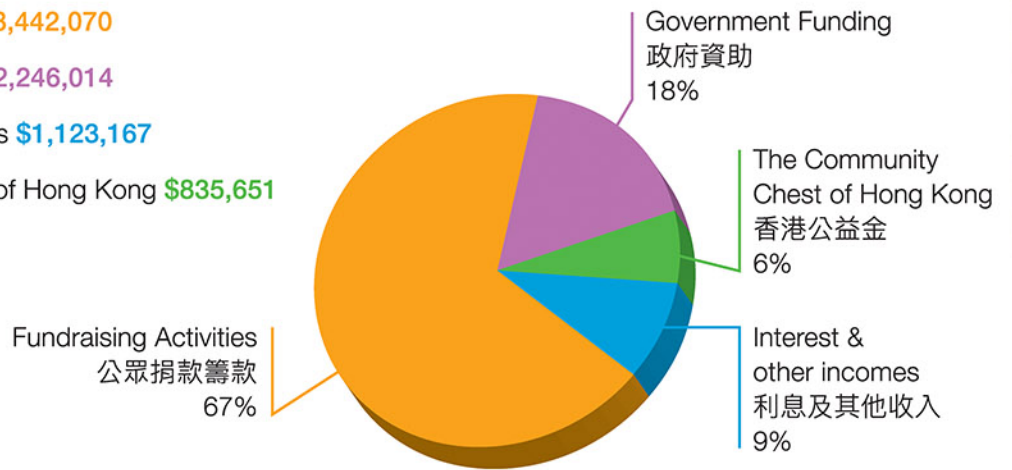
  
**S. Y. Yang & Company**  
Certified Public Accountants

Hong Kong : 2nd September, 2020



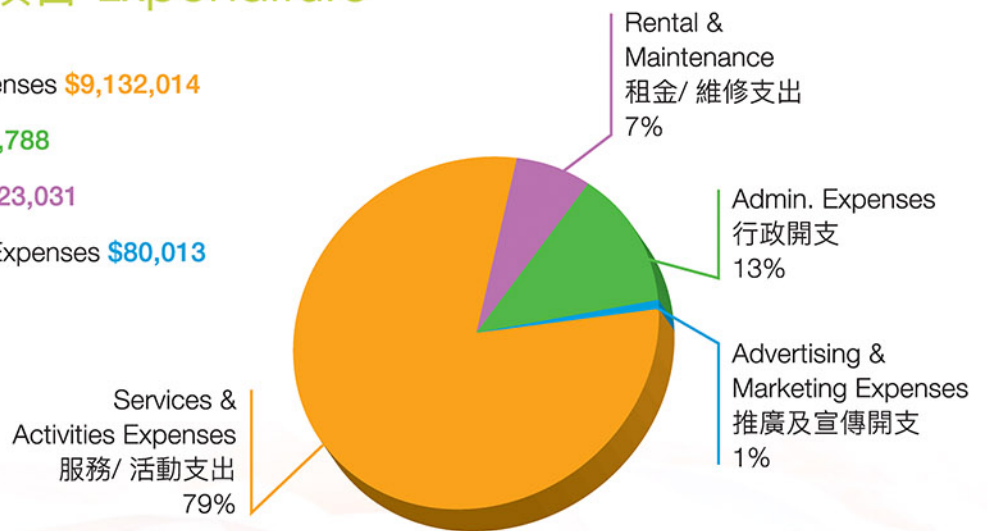
## 2019-2020 收入來源 Income

- Fundraising Activities \$8,442,070
- Government Funding \$2,246,014
- Interest & other incomes \$1,123,167
- The Community Chest of Hong Kong \$835,651



## 2019-2020 支出項目 Expenditure

- Services & Activities Expenses \$9,132,014
- Admin. Expenses \$1,459,788
- Rental & Maintenance \$823,031
- Advertising & Marketing Expenses \$80,013





# Acknowledgement

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We wish to express our thanks to the following organizations and individuals for their generous donation and support:  
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- Hong Kong Exchanges and Clearing Limited
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- Koo Tin Lok Charitable Foundation Limited
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- The Community Chest of Hong Kong
- The Hong Kong Council of Social Service





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 Wong Man Ho  
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 Wong Yuet On  
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 啤啤  
 梁偉廉  
 梁焯棟  
 梁耀明  
 葉妙  
 劉雅芬  
 蔡榮星  
 豬豬  
 鄧桂蓮  
 鄧淦友  
 鄭文康  
 鄭家賢  
 鄭雅晨



We would like to give our deepest gratitude to our generous donors, sponsors, volunteers, members and staff. With your support, our services have been developed successfully. We apologize for the missing acknowledgement, if any.

承蒙各界善長、贊助商、義工、會友及員工的鼎力支持，本會服務得以順利推廣，謹此向各位致以萬二分謝意。致謝名單如有任何遺漏，謹此致歉。







# We are committed

For more than 30 years, Gilead has pursued - and achieved - breakthroughs that were once thought impossible in medicine. We made history when we first introduced the single tablet antiretroviral therapy for HIV that transformed the disease.

Now, we are more motivated than ever to end the HIV epidemic.

Together with our partners and the community, we are committed to breaking down barriers and pushing the boundaries to create what is possible for a better, healthier world tomorrow.



GILEAD

HIV



# 請助我們 以助他人 HELP US TO HELP OTHERS

請填妥以下捐款表格，並連同支票或捐款收據，寄回「九龍旺角郵政信箱 78978 號」或傳真至 (852) 2521 7668。  
Please fill in this form, send together with cheque or payment receipt to P.O. Box 78978, Mongkok Post Office, Kowloon or Fax to (852) 2521 7668.

姓名 Full Name:  先生 Mr  小姐 Miss  女士 Ms \_\_\_\_\_

生日(月/日) Birthday(MM/DD): \_\_\_\_\_ 電郵E-mail: \_\_\_\_\_

電話Tel.: \_\_\_\_\_ 地址Address: \_\_\_\_\_

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.

## 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: 港幣 HK\$ \_\_\_\_\_

\*一次過捐款 ONE-OFF DONATION:  港幣 HK\$500  港幣 HK\$1,000  港幣 HK\$2,000  其他 OTHER: 港幣 HK\$ \_\_\_\_\_

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

## 捐款方法 DONATION METHOD

支票 Cheque 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 Ltd"

直接存款或網上轉帳至匯豐銀行戶口號碼 096-158233-838 或東亞銀行戶口號碼 015-228-10-400465-6。請把存款或轉帳收據傳真至本機構。  
By Direct Deposit or Online Transfer to our HSBC account 096-158233-838 or BEA 015-228-10-400465-6. Please fax us the deposit receipt or online confirmation.

信用卡 By Credit Card:  Visa  MasterCard  American Express  JCB

持卡人姓名 Cardholder's Name: \_\_\_\_\_ 信用卡號碼 Credit Card Number: \_\_\_\_\_

有效期至 Expiry Date: \_\_\_\_\_ 月 M \_\_\_\_\_ 年 Y 持卡人簽名 Cardholder's Signature: \_\_\_\_\_

每月捐款將在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.

自動轉賬 By Autopay (自動轉賬授權表格將隨後寄上 Autopay authorization form will be sent to you shortly)

網上捐款 Online Donation (請把網上存款收據寄至本會 Please send us the deposit receipt) <http://aidscares.com.hk/direct-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

OK便利店\*/ U Select/ U Select Food/ VanGO便利店/ 華潤萬家超級市場現金捐款  
Cash Donation in Circle K Convenience Stores\*/ U Select/ U Select Food/ VanGO Convenience Stores/ CR Vanguard Supermarkets  
\*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.



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Thank You for Your Generous Support!  
謝謝您的慷慨支持!

# 愛滋病自我檢測服務

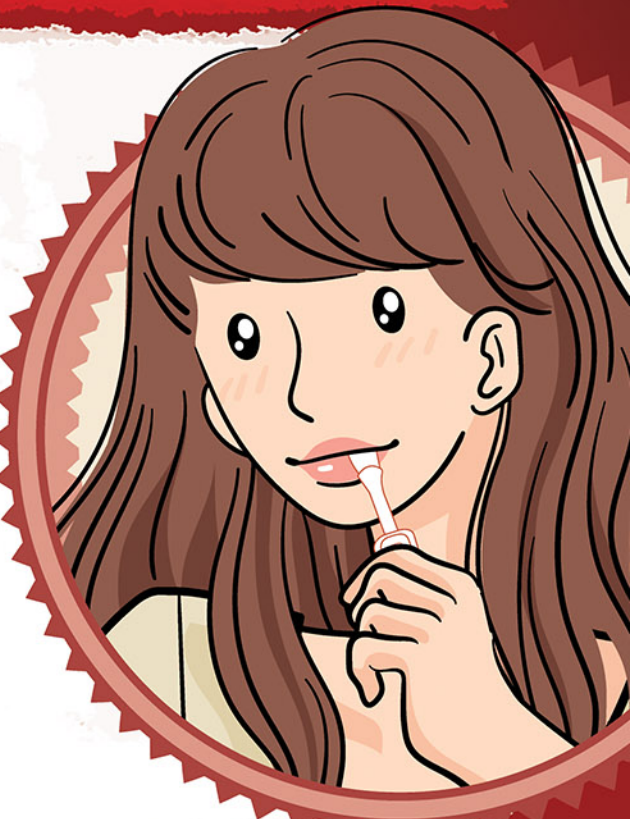
## HIV SELF-TESTING KIT SERVICE

### OraQuick® Oral fluid test 口腔液檢測工具

#### 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：

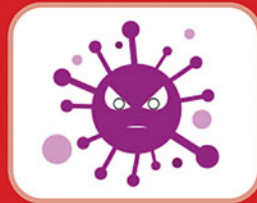
#### You should consider testing if you encounter the following situations:



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



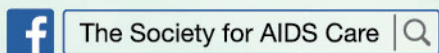
詳情致電 For more information, call: 6730 8050\*


\* 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




 **多點關心 照亮人生**  
**Together We Make A Difference**



 Donation Hotline 捐款熱線: 3622 1293

 [www.aidsare.com.hk](http://www.aidsare.com.hk)

 SAC Centre, P.O. Box 78978, Mongkok Post Office, Kowloon  
九龍旺角郵政信箱78978號愛滋寧養服務協會

