

World AIDS Day 2021 世界愛滋病日 2021

AIDS Walk 慈善步行 2021

慶祝聖誕
Christmas Celebration

健康講座
Health Talk

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.



Fundraising & Promotion 籌款及推廣

World AIDS Day 2021

世界愛滋病日 2021



The Society for AIDS Care (SAC) continued its signature “Red Day” campaign this year. Under this theme, we urged the public to wear Red on World AIDS Day to show their support for people living with HIV/AIDS (PLHIV). From 27 to 28 November, we organized a public roadshow at Yau Tsim Mong District, to showcase the art pieces made by PLHIV. They made use of own creativity in fascinating mask design to express personal feelings and bring encouragement to the community.

本會今年繼續以「紅飾日」為主題，鼓勵公眾於「世界愛滋病日」穿著紅色衣飾，表達對愛滋病病毒感染者的關愛、支持與祝福。同時亦於11月27日至11月28日在油尖旺區進行公眾宣傳活動，展出由愛滋病病毒感染者所創作的藝術作品，希望為社區帶來鼓勵。活動當日亦即場向公眾派發紅絲帶、介紹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，反應熱烈。







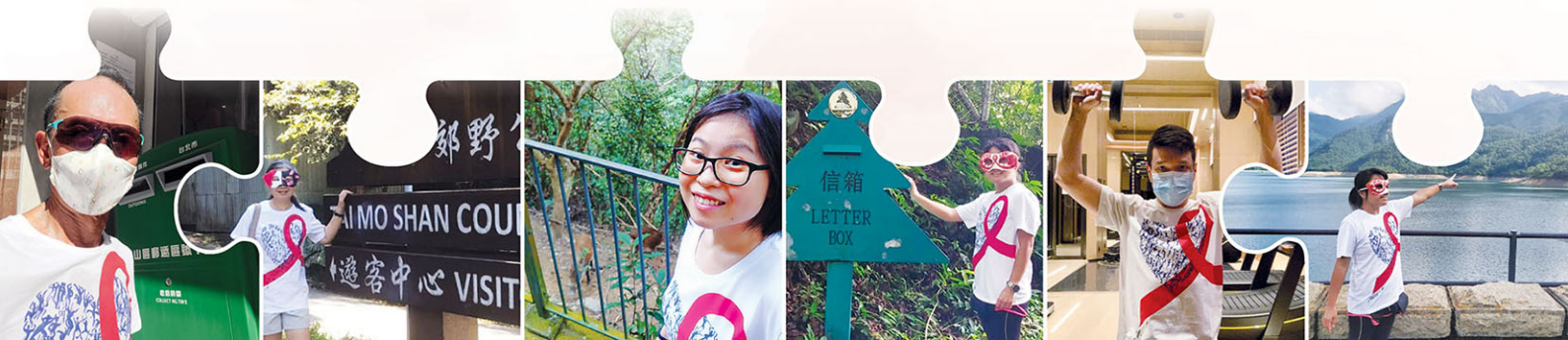
Fundraising & Promotion 籌款及推廣

AIDS Charity Walk AIDS Walk 慈善步行



SAC organized the annual AIDS Charity Walk to promote HIV/AIDS acceptance and to reinforce the importance of supporting people living with HIV/AIDS (PLHIV). Like last year, it continued as virtual walk. In the month of October to mid-November, near 700 participants joined together 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!”. We would like to thank the Walk sponsors and supporting organizations for their generous donations, including Gilead Science, J.P. Morgan, PricewaterhouseCoopers, OKAMOTO, JOYCE, Simple Approach, Sim’s Sweet, Mentholatum and The Upper House.

本會舉行年度AIDS Walk慈善步行活動，鼓勵公眾接納愛滋病毒感染者，表達對他們的關愛與祝福，消除歧視。今年，本會繼續採用往年的活動模式，以線上形式舉行。於10月份至11月中旬，有700多位來自不同界別的參加者參與活動，與我們攜手對抗愛滋病。令愛滋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！」。特別鳴謝 AIDS WALK贊助商及支持機構的捐款支持，包括：Gilead Science、J.P. Morgan、PricewaterhouseCoopers、OKAMOTO、JOYCE、Simple Approach、Sim’s Sweet、曼秀雷敦及奕居。





Previous Event 過往活動

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



The Society for AIDS Care (SAC) has continued a joint school program, “Love with Care School Project” with KHEMARA Cambodia since 2018. This annual program aims to empower school students in sexual reproduction health education and HIV prevention. Under the impact of COVID-19, schools in Cambodia have been reopened in November 2021. To echo World AIDS Day on 1 December, KHEMARA Cambodia held a community event this year. Students put on their handmade masks to urge the public to learn more about HIV/AIDS knowledge, eliminate misconceptions and discrimination towards people living with HIV/AIDS. This meaningful event has also been supported by a wide range of people around the community, which include the representatives of Deputy Municipal Chief, The Commune Council of Women and Children, police officers, teachers and peer educators.

本會自2018年起與KHEMARA Cambodia 展開年度「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，增加他們相關的知識。在COVID-19嚴峻的疫情影響下，柬埔寨的學校於2021年11月重啟面授課程，並於12月1日世界愛滋病日舉行社區活動。學生們戴上親手設計的面具，鼓勵公眾正確認識愛滋病，消除對愛滋病病毒感染者的標籤和歧視。是次活動亦獲得多個社區團體支持及參與，包括市委副市長、婦女及兒童委員會、警察、學校老師、學生及朋輩領袖等。





Center Activities 日間中心活動

SAC Christmas Celebration 2021

慶祝聖誕



Before the end of 2021, it's time for us to celebrate Christmas! This year, with the continued support of M·A·C VIVA GLAM, we organized a Christmas celebration on 4 December for our members to get together like one big family. During the Christmas event, lucky draws and exchange gifts sessions were organized for our members. Festive gift bags have been sending to our members after the party. They all enjoyed a happy and fruitful day. We would like to give a big applause and congratulation to M·A·C VIVA GLAM entering 27 years of giving back and support people living with HIV/AIDS.

在2021年完結前，本會與會友們一同慶祝聖誕節！在M·A·C VIVA GLAM的贊助下，本會於12月4日舉行了聖誕聚會，讓會友聚首一堂，慶祝佳節。活動當日設有小組遊戲及交換禮物等環節，會友們都踴躍參與，表現雀躍；而每位會友均收到豐富的禮物包，各人滿載而歸，渡過一個快樂滿載的一天。本會祝賀M·A·C VIVA GLAM邁向27週年，並衷心感謝他們多年來對愛滋病毒感染者的熱心支持。





Center Activities 日間中心活動

SAC Health Talk Series 2021

SAC 健康講座系列 2021



With the sponsorships of Gilead Science and GlaxoSmithKline plc, we organized a series of health talks in 2021 for our professional team. Doctors from public sectors were invited to share the new medical information and trends through presentation and discussion. Through the health talks, our professional team constantly updates knowledge in HIV care and they were able to deliver better direct care services to our patient members.

在吉利德科學公司及葛蘭素史克股份有限公司的贊助下，於2021年為本會的專業團隊舉辦一系列健康講座。公共醫療機構醫生透過投影片及以討論的形式，分享最新的醫療資訊，有效增強團隊對愛滋病護理的知識，提供更完善的直接關顧服務。





Center Activities 日間中心活動

Physical Fitness and Endurance Test 身體機能及耐力評估

Functional fitness is important to sustain a healthy lifestyle and accomplish everyday tasks, especially for people approaching or in their senior years. Components like strength, flexibility, endurance and balance are assessed; any weaknesses detected can then be advised upon before causing serious functional limitations. Some of the tests used are functional reach test, six-minute walk test, 30 seconds sit to stand, berg balance scale and handgrip strength.

對於初老或年長人士，擁有良好體適能對維持健康生活方式和完成日常工作是非常重要的。本會物理治療師透過評估會友肌肉力量、柔韌度、耐力和平衡力等，協助會友提早發現個人弱項，再作出適當建議，希望減低日後受傷或跌倒風險。測試包括功能性伸展測試、六分鐘步行測試、30秒坐立、伯格氏平衡量表和手握力等。



SAC Healthy Walk – A Journey to Sky 100 活力健步行 — 天際樂齡遊

To encourage regular physical activities and communications among our members, SAC lead a visiting event at the Sky100 Hong Kong Observation Deck on 29 November. Enjoyable moments were shared during the walk, enhanced by the fantastic weather and view of the day.

為了鼓勵恆常運動和加強會友彼此之間的關心和溝通，活力中心於11月29日帶領會友參觀了天際100觀景台。活動中享受著維港美景和良好天氣，會友們都在步行過程中渡過了愉快的時間。



“Love Life; Share Love” Project – Nagomi Pastel Art Workshop 「愛生命。分享愛」計劃 – 創意和諧粉彩活動

SAC Center has launched the "Love Life; Share Love" Project. Professional instructor facilitates our members to create Nagomi pastel art pieces. In addition to learning painting skills, it is far more important for members to discover their personal creativity and review their inner feelings through paintings. Also, members learn to appreciate themselves and others through sharing of artworks. We expect members will share love and hope with others through Nagomi pastel artworks.

活力中心開展「愛生命。分享愛」計劃，由專業導師引導會友學習創作和諧粉彩作品，會友除學習繪畫技巧外，更重要是發揮個人創意，透過繪畫檢視內心感受，亦從作品分享中學習欣賞自己，欣賞他人。活動亦期望參加者透過和諧粉彩，將愛與希望与他人分享。



From Depression to Expression: Arts-based Intervention in Helping Community-Dwelling Depressed Elderly 「耆幻藝行」計劃 – 表達藝術與長者心理健康

SAC Center has participated in the Project "From Depression to Expression: Arts-based Intervention in Helping Community-Dwelling Depressed Elderly" organized by the Centre of Behavioral Health of the University of Hong Kong with promoting expressive art and mental health for the elderly. Registered expressive art therapist used various means of art including painting, handicrafts, music and body movements to facilitate aging PLHIV in art creation. Through the creation, participants explored self-creativity, expressed personal feelings in the process and established mutual support network to promote their holistic health.

活力中心參與了由香港大學行為健康教研中心舉辦以表達藝術與長者心理健康為主題的「耆幻藝行」計劃，由註冊表達藝術治療師透過不同藝術方式，包括繪畫、手工藝、音樂及形體動作等，引導年長感染者參與藝術創作，發揮創意並於過程中表達個人感受及建立互相支援網絡，促進感染者身心健康。



愛滋病自我檢測服務

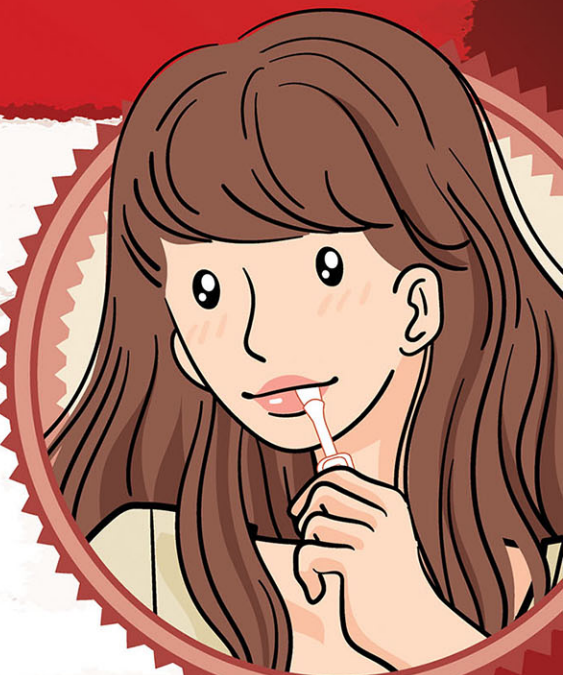
HIV SELF-TESTING KIT SERVICE

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：

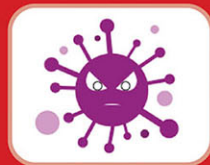
You should consider testing if you encounter the following situations:



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

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 ____ 日 ____ 月 ____ 年 ____ 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 (須於三個月內有效 Must be valid for the next three months) ____ 月 ____ 年 ____ MM ____ YY

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日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.aidscares.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.



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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

Chairperson 主席

Ms. Nichole Garnaut

Vice Chairperson 副主席

Mr. Christopher Jackson

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