



AIDS Walk 慈善步行 2022

World AIDS Day 2022  
世界愛滋病日 2022

健康講座  
Health Talk

活力聖誕大派對  
Christmas Party

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

## AIDS Charity Walk 2022 AIDS Walk 慈善步行 2022



SAC organized the annual AIDS Charity Walk to raise HIV/AIDS awareness and to encourage people to get involved in prevention efforts, get tested, know their status, and get linked to care and treatment. Celebrating its 20th anniversary, the walk continued as virtual format to adhere to pandemic health and safety protocols while raising money for a great cause.

本會舉行年度AIDS Walk慈善步行活動，提升公眾對愛滋病的認識及檢測的接受程度，並鼓勵他們定期進行測試了解自身狀況，盡早接受護理及治療。慈善步行活動踏入20周年，本會將繼續以線上形式舉行活動，減少因人多聚集而傳播病毒的風險，讓參加者能在安全的環境下支持活動。







In the month of October, nearly 600 participants joined together to appeal for all sectors of the public to be aware that people living with HIV/AIDS (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 Goldman Sachs, Gilead Science, Pricewaterhouse Coopers, OKAMOTO, J.P. Morgan, Simple Approach, Cassian Lau, Sim’s Sweet, Mentholatum and The Upper House.

於10月份，約有600多位來自不同界別的參加者參與是次活動，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!」。本會特別鳴謝AIDS WALK贊助商及支持機構的捐款支持，包括：Goldman Sachs、Gilead Science、PricewaterhouseCoopers、OKAMOTO、J.P. Morgan、Simple Approach、劉啟舜先生、Sim’s Sweet、曼秀雷敦及奕居。







Fundraising & Promotion 籌款及推廣

World AIDS Day 2022

世界愛滋病日 2022



To echo this year's World AIDS Day, SAC continues raising awareness and support for people living with HIV and encouraging HIV testing. From 26 to 27 November, we organized a public roadshow at Yau Tsim Mong District, to showcase the art pieces made by PLHIV. Other activities such as an exhibition to introduce the services of SAC and information on our unique women phone-in hotline and free HIV & Syphilis testing, red ribbon interaction zone and photo area were also held during the event.

今年，本會為響應世界愛滋病日，繼續提高公眾對預防愛滋病的關注，消除對愛滋病病毒感染者的標籤和歧視，同時鼓勵公眾進行愛滋病病毒檢測。同時亦於11月26日至11月27日在本港油尖旺區設置公眾宣傳活動，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。活動當日設有拍攝區，更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。





# 愛滋病自我檢測服務

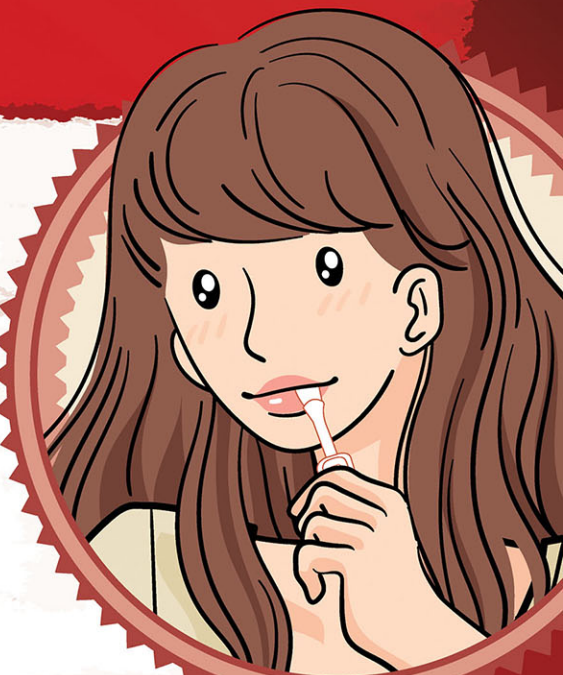
## HIV SELF-TESTING KIT SERVICE

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：

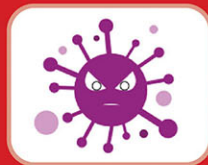
#### You should consider testing if you encounter the following situations:



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



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. To echo World AIDS Day on 1 December 2022, 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. Around 300 people participated in this meaningful event, the event has been supported by a wide range of people around the community, which include the representatives of The Commune Council of Women and Children, Chief of village, 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。並於2022年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，消除對愛滋病毒感染者的標籤和歧視。是次活動約有300人參與，並獲得多個社區團體支持，包括婦女及兒童委員會成員、村長、警察、學校老師、學生及朋輩領袖等。







Previous Event 過往活動

## SAC Health Talk Series SAC 健康講座系列

With the sponsorships of Gilead Science and GlaxoSmithKline plc, we organized a series of health talks in 2022 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2022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

## SAC Christmas Party 活力聖誕大派對



Before the end of 2022, it's time for us to celebrate Christmas! This year, we organized SAC Christmas Party on 3 December for our members to get together like one big family. During the party, blessing sharing corner, games, 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.

在2022年完結前，本會與會友們一同慶祝聖誕節！本會於12月3日舉行了活力聖誕大派對，讓會友聚首一堂，像一個大家庭的聚會，提早感受節日帶來的喜悅。活動當日設有祝福留言版、遊戲、抽獎及交換禮物等環節，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。





## Mid-Autumn Festival Celebration

### 活力有愛慶中秋



The annual Mid-Autumn Festival celebration of SAC Center was held on 27 August with the theme of “Walk together with love and energy”. Due to the extent of the social distancing, around 40 members joined the event. They gathered to participate in the guessing riddles and game booths arranged by volunteers. Members also enjoyed the games and lucky draws. And for those who could not attend the celebration in persons, to share the joy of the festival, mooncakes and gifts were delivered to their homes. We would like to give a big applause to all sponsors and our private donor for the generous donation of mooncakes, gifts and epidemic prevention goods to support our activity.

活力中心一年一度中秋慶祝活動「活力有愛慶中秋」於8月27日舉行，今年以「活力有愛 並肩同行」為主題，希望大家都能夠充滿健康活力，一起同行。受疫情的影響，是次活動的參與人數按規定而下調，約有四十位會友出席活動。會友們難得聚首一堂，參與由義工安排的猜燈謎等攤位遊戲，大家都樂在其中。本會亦安排了精彩的遊戲、抽獎及贈送禮物包等環節，與一眾會友歡度中秋。本會特別鳴謝各商業機構及私人捐助為活動贊助月餅、禮物、抽獎禮品及防疫物資。我們亦向未能出席是次活動的會友派發應節月餅及禮物，共享節日氣氛。



## Rice Dumpling Sharing 2022

### 「糰」有你關懷 2022

With the persistence of COVID-19 epidemic, the activity of making rice dumplings with members in SAC Centre still need to be suspended. We have prepared delicious rice dumplings for members to share care and blessing. The Society for AIDS Care wishes you to be healthy and with peace of mind!



今年持續受新型冠狀病毒疫情影響，活力中心會友及義工包糰活動仍需暫停。中心特別準備了美味糰子送贈予會友，在疫情下向會友送上祝福！本會在此祝大家身體健康、平安自在！



## Outdoor Healthy Walk 活力健步行



To encourage regular physical activities and communications among our members, SAC Centre led an outdoor healthy walk on 26 September. Clients enjoyed a relaxing stretching session led by Physiotherapist and the stroll around different areas of Kowloon Park and Hong Kong Heritage Discovery Centre in Tsim Sha Tsui. By exploring communal areas on foot as a group, interactive and enjoyable moments were shared by our members.

為了鼓勵會友於日常生活中建立恆常運動習慣和加強會友彼此之間的關心和溝通，活力中心於9月26日舉行了活力健步行。活動中會友在尖沙咀九龍公園進行步行運動，物理治療師於公園內帶領會友先作輕鬆伸展運動，繼而於園內不同區域漫步，並參觀了香港文物探知館。會友們體會了在都市中找尋運動空間樂趣，在步行過程中渡過愉快時間。



## Physiotherapy - Lower extremities strength training and balance group 物理治療 – 下肢肌力及平衡訓練班

Our members enjoyed the supervised resistance and balance training, which included exercises like squatting, single leg stand, tip-toe, wobble board etc. These exercises aimed to challenge and enhance our members' stability and coordination, reducing their intrinsic risk of falling. Members engaged and enjoyed the activity; positive peer interaction was also observed during the process.

透過腿部肌肉阻力運動和平衡力訓練，會友們能練習並加強平衡力和身體協調性，降低跌倒風險。當中包括深蹲、單腿站立、腳尖站、平衡板等練習。會友們之間亦有著良好互動，大家的參與相當積極並享受其過程。





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

<input type="checkbox"/> *每月捐款 MONTHLY DONATION:	<input type="checkbox"/> 港幣 HK\$150	<input type="checkbox"/> 港幣 HK\$200	<input type="checkbox"/> 港幣 HK\$300	<input type="checkbox"/> 其他 OTHER: HK\$ _____
<input type="checkbox"/> *一次性捐款 ONE-OFF DONATION:	<input type="checkbox"/> 港幣 HK\$500	<input type="checkbox"/> 港幣 HK\$1,000	<input type="checkbox"/> 港幣 HK\$2,000	<input type="checkbox"/> 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

<input type="checkbox"/> 先生 Mr	<input type="checkbox"/> 小姐 Miss	<input type="checkbox"/> 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 DD MM

## 信用卡捐款 Credit Card Donation

<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> American Express	<input type="checkbox"/> JCB
持卡人姓名 Cardholder's Name _____			
信用卡號碼 Credit Card Number _____			
信用卡有效日期 月 MM 年 YY Card Valid Until (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:			
<input type="checkbox"/> <b>個別捐款</b> 請於本人的信用卡賬戶內一次過扣除以上賬款。 <u>One-off donation</u> Please charge my credit card once for the above specified amount.			
<input type="checkbox"/> <b>每月捐款</b> 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。) <u>Monthly donation</u> 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

<input type="checkbox"/> 請致電3622 1293索取授權書。 Please call 3622 1293 for a bank autopay authorization on form.
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## 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.
- 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: \_\_\_\_\_
  - 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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