

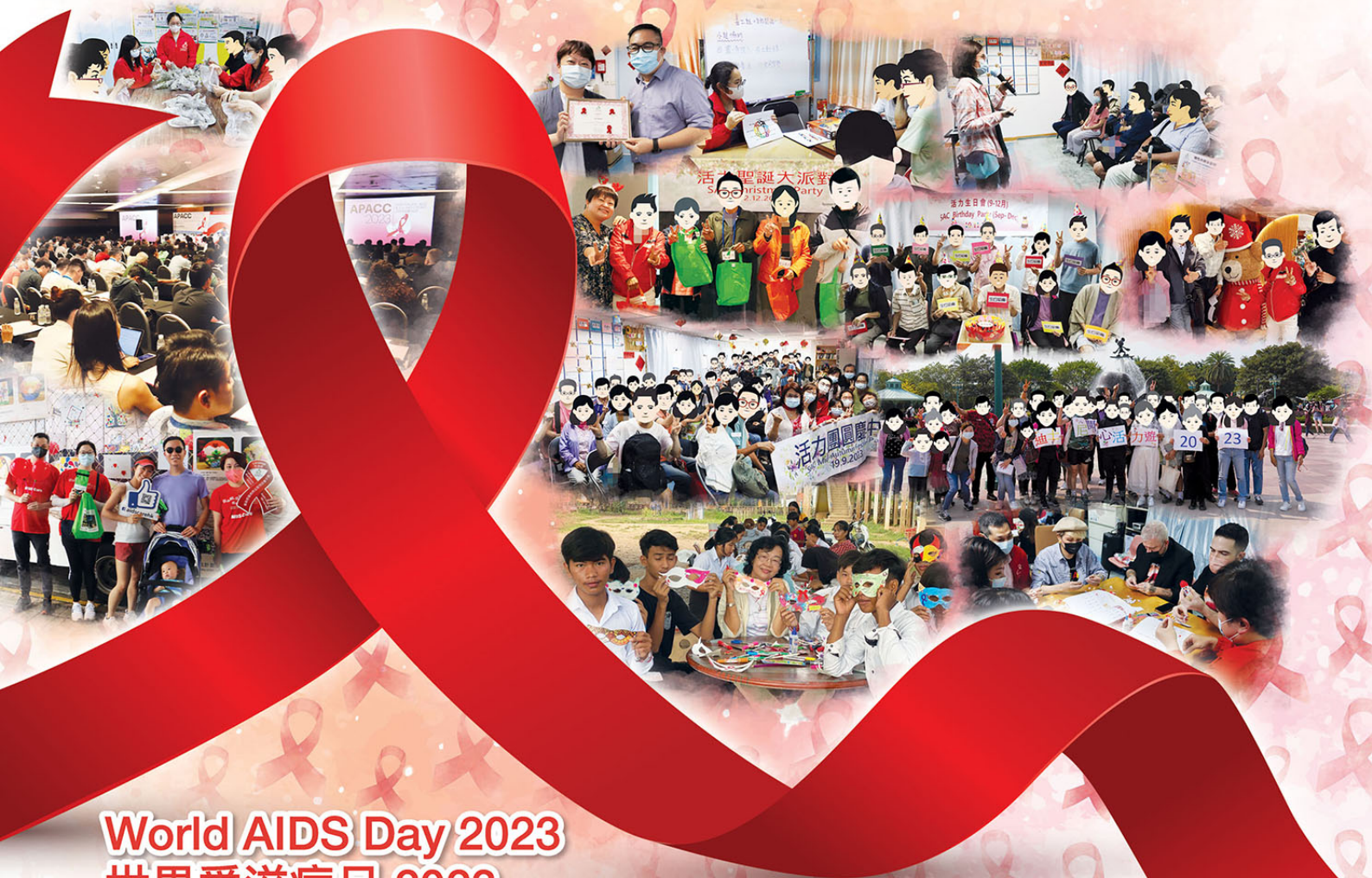


The Society for
AIDS Care
愛滋寧養服務協會

LOOK N

愛寧通訊

第五十九期 Issue 59



World AIDS Day 2023 世界愛滋病日 2023

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

World AIDS Day 2023

世界愛滋病日2023

World AIDS Day, observed annually on December 1st and established by the World Health Organization in 1988, aims to raise public awareness towards HIV/AIDS knowledge. December marks HIV/AIDS Awareness Month, we urged everyone in Hong Kong to demonstrate their support. Active participation is key to diminishing discrimination against People Living with HIV (PLHIV). This year, with the support of MTR Corporation Limited, SAC HIV Self Testing Service promotional posters have been placed at MTR stations along the East, West, and Ma On Shan Lines, as well as on the Kwun Tong, Island, Tseung Kwan O, Tung Chung, and South Island Line, along with the Light Rail. This campaign, running from November 22 to December 7, 2023, is designed to inspire the public to participate in the SAC HIV self-testing service, aiming to achieve the goal of "early testing, early treatment."

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，藉此提升公眾對愛滋病的認知，減低社會的偏見。每年12月，本會都會舉行不同活動呼籲香港各界人士向愛滋病毒感染者表達支持，消除歧視。今年，本會在香港鐵路有限公司的支持下，於2023年11月22日至12月7日期間在本港所有沿線鐵路站，包括東西鐵線、馬鞍山線、觀塘線、港島線、將軍澳線、東涌線、南港島線及輕鐵線等，放置海報進行宣傳，介紹本會的愛滋病毒自我檢測服務，鼓勵公眾進行自我檢測，達致「及早發現，盡早治療」的目標。



Fundraising & Promotion 籌款及推廣

Sharing Love Workshop 分享愛工作坊



工作坊亦邀請了M•A•C的團隊參與。
We are pleased to have M•A•C team joining our workshop.

We organized “Sharing Love” workshop at SAC center irregularly. We invited volunteers and donors to join our workshops. During the workshop, participants created their special art pieces. By guiding participants step by step, this meditative art form facilitates concentration, relaxation, and inner peace. Their special art pieces will send to our members to extend their blessings to families affected by HIV/AIDS. If you're interested to attend future workshops, please reach out to us at sacpr@aidscare.com.hk for more information.

本會在活力中心不定期舉行「分享愛工作坊」，邀請義工及捐款者參與。參加者在工作坊中，透過藝術創作投進專注又放鬆的狀態，達至內心平靜，改善身心健康。而參加者亦可將其藝術作品送贈予本會的會友，向愛滋病毒感染者及其家庭送上祝福，為社區帶來更多正能量。如欲參與工作坊，請電郵 sacpr@aidscare.com.hk 了解詳情。



Previous Event 過往活動

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



SAC has continued a joint school program, “Love with Care School Project” with KHEMARA Cambodia since 2018. This annual project is dedicated to empowering school students with comprehensive sexual reproductive health education and HIV prevention knowledge. Furthermore, it extends HIV testing and counseling services to those in need, ensuring access to appropriate medical care and support. This year, 34 students from four different High Schools in Peam Chileang and Thmor Pich provinces have been selected as peer educators. These peer educators have received training on HIV prevention and sexual reproductive health, organized in collaboration with local healthcare centers. After the training, the peer educators would put their newly acquired knowledge into practice by sharing it with their classmates and the community. The cooperative program has been executed with success this year, benefiting over 1227 students directly.

本會自2018年起與KHEMARA Cambodia 展開年度「愛與關顧學校計劃」，為當地學齡兒童提供全面的生育健康及預防愛滋病的知識。該計劃亦為有需要的人提供愛滋病毒檢測及輔導服務，確保他們獲得適切的藥物治療及支援。今年，KHEMARA Cambodia分別在Peam Chileang省及Thmor Pich省的四所高中學校選出34位學生，成為計劃的朋輩領袖。這些朋輩領袖於當地健康中心進行預防愛滋病及生育健康教育的培訓，讓他們能向同學們及社區詳細分享培訓所獲得的資訊。本年度計劃已順利結束，直接受惠的學生更多達1227人。



Previous Event 過往活動

SAC Birthday Parties 2023 活力生日會 2023



SAC Birthday Party has been suspended for three years since COVID-19 epidemic. In 2023, SAC reorganized the parties again. Our members gathered together to celebrate their birthdays. Everyone enjoyed the games and snacks prepared by center staff, chit chat happily for a wonderful afternoon.

自新冠疫情相隔三年，活力中心再次為會友舉辦活力生日會。會友們共聚一堂為生日會友慶祝，大家都非常投入參與遊戲和分享由中心同工準備的小食。各人歡聚暢談，共渡了一個愉快的下午。



Previous Event 過往活動

The 8th Asia Pacific Conference on AIDS and Co-infections 第八屆亞太愛滋病及其合併感染醫學會議



Since its inception in 2016, the Asia-Pacific AIDS and Co-Infection Conference (APACC) aimed to provide a scientific forum where healthcare professionals from the region to share, showcase and exchange their research findings, and by doing this, stimulate and strengthen the HIV/AIDS research in the Asian Pacific region. SAC has been proudly supporting this initiative since the inaugural conference. This year, the SAC team and a dedicated volunteer continued our tradition of attending the physical conference, while some of our members joined the conference virtually due to prior commitments. In addition, we set up a display area at the venue, where we showcased our services and activities. As a token of appreciation, we distributed our branded souvenirs and handmade masks from our annual Mask Design Contest to participants, which were received with great enthusiasm and positive feedback. Indeed, the contest artworks, made possible by the exchange opportunity at the conference, embarked on an extensive voyage to Nepal and took part in the inaugural Pride Rally held in Dhangadhi, Nepal on June 28, 2023.

自2016年起，亞太愛滋病及其合併感染醫學會議致力提供一個科研平台，讓地區的專業醫療人員分享、展示及交流他們的研究成果，藉此刺激及增強亞太地區對愛滋病的研究。本會十分榮幸自首屆會議起，一直都是會議的支持機構之一。今年，本會的團隊和義工延續了參與實體會議的傳統，到場支持會議。而本會的另一團隊則以線上形式參加會議。此外，我們於場內設置攤位，向參會者介紹本會的服務及活動。為了感謝參會者，我們向他們送贈紀念品及面具設計比賽的手製面具作品，大受歡迎，反應非常熱烈。透過是次會議交流，比賽作品亦被帶到尼泊爾，參與在2023年6月28日於丹加地首次舉行的同志遊行。



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 2023 for our professional team. Through these health talks, our professional team constantly updates knowledge in HIV care and they were able to enhance the quality of direct care services provided to our patient members, as well as to share the new medical insights and trends with our 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2023年為本會的专业團隊舉辦一系列健康講座。透過這些講座不斷提升預防愛滋病及愛滋病護理的知識，讓我們能向愛滋病病毒感染者分享最新的醫療資訊及提供更完善的直接關顧服務。



Center Activities 日間中心活動

Christmas Party 活力聖誕大派對



As we approach the end of 2023, it is time for us to celebrate Christmas. This year, we organized the "SAC Joyous Christmas Party" on December 2nd, generously sponsored by M•A•C Viva Glam and an individual donor. The event brought together our members in a warm atmosphere, where over 100 attendees delighted in a buffet lunch alongside their family and longtime friends. The day was filled with Christmas carols, exciting lucky draws, a gift exchange, and festive gift bags for all who joined. It was a joyous and fulfilling occasion for everyone. A heartfelt appreciation goes out to M•A•C Viva Glam and all the contributors for their invaluable support in making this celebration a success.

在2023年完結前，本會與會友們一同慶祝聖誕節！在M•A•C Viva Glam及捐款者的贊助下，本會於12月2日舉行了「活力聖誕大派對」，讓會友聚首一堂慶祝佳節。超過100位會友表現雀躍，興高采烈地和家人朋友享受自助餐。是次活動亦設有合唱聖誕歌、幸運大抽獎及交換禮物等環節，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。衷心感謝M•A•C Viva Glam及活動支持者的付出，令是次聖誕活動得以成功舉行。



Mid-Autumn Festival Celebration 2023

活力團圓慶中秋 2023



The annual Mid-Autumn Festival celebration of SAC Center was held on 19 September with the theme of “Be Together for Glorious Future.” Apart from participating in games, lucky draws and gift packs sharing, nearly fifty members enjoying delicious food and chatting in a restaurant for celebrating the Mid-Autumn Festival together. We would like to give a big applause to all sponsors and our private donor for the generous donation of mooncakes and gifts to support our activity.

活力中心一年一度中秋慶祝活動「活力團圓慶中秋」於9月19日舉行，今年以「結伴同行 活出未來」為主題。會友們聚首一堂，除參與由義工及中心同工安排的遊戲、抽獎及贈送禮物包外，接近五十位會友同往酒樓聚餐，享用美食及暢談，一起歡度中秋。本會特別鳴謝各商業機構及私人捐助為活動贊助月餅、禮物及抽獎禮品。



Rice Dumpling Sharing 2023

「糰」有你關懷 2023

In order to carry on the tradition of sharing joy and happiness during the Dragon Boat Festival, we have prepared a bunch of rice dumplings for the celebration and distributed to our members during centre activities and home visits. With the ease of COVID-19 pandemic, members are also actively participating in various activities in the center, connecting with each other, and maintaining holistic health!

延續每年與會友歡度端午的傳統，中心今年繼續準備了一批美味的糰子於活動及家訪時與會友分享。隨著疫情過去，會友亦積極投入中心各活動，互相聯繫，保持身心靈健康！



Disney Trip 2023 迪士尼開心活力遊 2023

With the pass of COVID pandemic, SAC Centre organized Disney trip 2023 for members and their families to enjoy a day in Hong Kong Disneyland. With the warm and sunny weather, we treasured again for such a great time for reunion. Members and their families toured around and took lots of photos in the park. All of us had a memorable and joyful day together.

隨疫情過去，活力中心於3月18日與一眾會友和他們的家人一起前往香港迪士尼樂園遊玩。在晴朗的天氣下，我們都十分享受再次共聚的時光，享受樂園內設施及四處參觀，在不同的地方拍照，共渡愉快一天。



Together We Love – Mental Health Support Project (Peer Support Groups) 同途有愛 – 精神健康支援計劃 (朋輩支援小組)

Supported by Mental Health Initiatives Funding Scheme under Health Bureau, “Together We Love – Mental Health Support Project” has been launched in May 2023. The project aims at enhancing the knowledge on mental health and motivation in help seeking for the elderly with HIV infection and their carers. One of the programs in the project is peer support group training. Professional social worker delivers training on self-awareness, emotion management and communication skills for people living with HIV and their carers. In addition to improving self-affirmation, participants can also build mutual trust through group sharing and establish peer support networks in the community.

活力中心於今年5月開展由醫務衛生局精神健康項目資助計劃支持「同途有愛 – 精神健康支援計劃」，提升愛滋病毒感染長者及照顧者對精神健康認識和尋求協助的動力。計劃其中一個項目是朋輩支援小組訓練，由專業社工提供自我認識、情緒管理及溝通技巧訓練，讓參加者除提升自我肯定外，亦於小組間透過分享建立互信，於社區中建立朋輩支持網絡。



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

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

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

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

個人/聯絡資料 Application Details

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

英文姓名 English Name _____ 電話 Tel No. _____

通訊地址 Mailing Address _____

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

信用卡捐款 Credit Card Donation

☐ Visa ☐ MasterCard ☐ American Express ☐ JCB ☐ UnionPay

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:

☐ **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 agreed 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 on or variation on of this authorization on shall be given to The Society for AIDS Care Limited at least 7 working days prior to the date on which such cancellation on or variation on 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,只會用卡發放本會最新消息,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,以現金或易辦事作捐款。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 or EPS donation to SAC. Please complete this form and send us along with the receipt for our records.



9999653003622015

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

銀行每月自動轉賬 Bank Monthly Autopay

☐ 請致電3622 1293索取授權書。

Please call 3622 1293 for a bank autopay authorization on form.

捐款收據 Donation Receipt

一年內累積捐款港幣一百元或以上可憑收據在香港申請免稅。

Accumulated donations of HK\$100 or above annually are tax deductible with a receipt.

☐ 請寄發收據。Please send me a receipt.

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

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

☐ 為幫助節省行政開支,本人不需要收據。

To help save administrative costs, please do not send me a receipt.



E	POSTAGE PAID HONG KONG	PERMIT NO. 6485
---	---------------------------	-----------------------

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。本會為支持測不到=傳不到(感染者的愛滋病病毒載量達至無法檢測水平=不能透過性接觸傳播愛滋病病毒)的社區伙伴。

The Society for AIDS Care (SAC) established in November 1994, is a community-based and first non-profit making charitable 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. 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

Honorary Treasurer 義務司庫

Mr. Craig Beattie

Directors 董事

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