



The Society for
AIDS Care
愛滋寧養服務協會

LOOK N

愛寧通訊

第六十一期 Issue 61



AIDS Walk
慈善步行 2026

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.

World AIDS Day 世界愛滋病日 2025



「向歧視說不！」設計比賽
"Say No to Discrimination!" Design Contest
2025-2026

Fundraising & Promotion 籌款及推廣

AIDS Walk 2026

慈善步行 2026



The Society for AIDS Care (SAC) has organized the annual AIDS Charity Walk since 2002, aiming to raise HIV/AIDS awareness and foster engagement in HIV prevention efforts. The Walk advocates for individuals to undergo HIV testing, understand their status, and access essential care and treatment. Proceeds from the Walk support SAC's programs and services, ensuring high-quality direct patient care for people living with HIV/AIDS (PLHIV). This year, the Walk continued in a virtual format, offering participants the flexibility to complete the walk remotely and creatively in ways convenient for them. All participants united to emphasize the importance of seeking proper treatment without fear of discrimination for PLHIV. We would like to thank all Walk donors and supporting organizations for their generous support and donations, including Gilead Sciences, OKAMOTO, Simple Approach, Cassian Lau, Sim's Sweet and Hutchison Telecom (Hong Kong).

愛滋寧養服務協會自2002年起，一直用心籌辦年度AIDS Walk慈善步行活動，旨在提高公眾對預防愛滋病的意識，鼓勵他們參與預防愛滋病的活動，進行愛滋病檢測，了解其自身狀況，並獲得適切的護理和治療。活動所籌募的款項將全數投入本會的服務及計劃，為愛滋病毒感染者提供專業的直接關顧服務。今年，AIDS Walk慈善步行繼續以線上形式舉行，讓參加者能更靈活及自由地參與活動。參加者攜手呼籲社會各界正確認識愛滋病，強調尋求適當治療的重要性，讓愛滋病毒感染者不再懼怕別人的目光，尋求援助。是次活動得以完滿舉行，本會非常感謝捐款者、各大贊助機構及單位的鼎力支持，包括：Gilead Sciences、OKAMOTO、Simple Approach、劉啟舜先生、Sim's Sweet及和記電訊香港。



Fundraising & Promotion 籌款及推廣

World AIDS Day 2025 世界愛滋病日 2025

世界愛滋病日
醫生話你知
一分鐘了解愛滋病



World AIDS Day, created by the World Health Organization in 1988, is observed on December 1 to raise awareness about HIV/AIDS and combat related stigma. This day promotes solidarity with millions affected worldwide, with people showing support through red ribbons and HIV testing.

To echo this global event, the Society for AIDS Care (SAC) is honored to invite Dr. Jonpaul Zee, Honorary Consultant in Infectious Disease and SAC Director, to participate in our Doctor Says series. In this special video program, Dr. Zee broke down the key facts about HIV and AIDS in the simplest and most accessible way, helping the public separate myths from reality. Through a quick Q&A format, Dr. Zee answered common questions and provided clear, trustworthy information — all within just one minute. The goal is to help everyone know more and fear less, by making HIV knowledge easy to understand and encouraging proactive steps such as regular HIV testing, and fostering open conversations about prevention and care.

世界愛滋病日（12月1日）由世界衛生組織於1988年設立，旨在提高全球對愛滋病的認識和消除對愛滋病病毒感染者的偏見。許多人通過佩戴紅絲帶或接受愛滋病病毒檢測來參與。

為了響應這項全球活動，愛滋寧養服務協會榮幸邀請到傳染病科名譽顧問醫生、愛滋寧養服務協會董事徐詩駿醫生，參與《醫生話你知》系列，用最簡單的方式同大家拆解愛滋病迷思。徐醫生以簡單易明的方式拆解愛滋病的迷思，透過一分鐘的快問快答，回答常見問題，提供清晰可靠的資訊，讓大家「知多啲，驚少啲」。同時，他亦鼓勵公眾積極行動，包括定期進行愛滋病病毒檢測，並持續推動社會對愛滋病的認識與關注。



Previous Event 過往活動

“Love with Care” School Project 愛與關顧學校計劃



Since 1995, the Society for AIDS Care (SAC) has been committed to providing HIV-related educational training and development programs for less developed countries. Continuing this meaningful work, we launched the “Love with Care School Project” in collaboration with KHEMARA Cambodia, the longest-serving NGO for women and children in Phnom Penh, in 2018. This annual project aims to empower school students through education on sexual reproductive health and HIV prevention. It also offers HIV testing and counselling services to those in need, ensuring proper medical treatment and support. A newly launched online safety workshop was organized to educate students on internet safety, providing tips on protecting personal information, recognizing threats, and practicing responsible digital behavior. Additionally, the Question Box Initiative allowed students to anonymously ask questions about SRH and STI, which were answered by prepared peer educators, creating a pressure-free environment for inquiry and discussion. This year, the joint program successfully reached near 1,000 students at four high schools in Beoung Proul and Chiro II communes.

愛滋寧養服務協會自1995年起，一直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，讓更多人認識愛滋病，減低感染率。由2018年起，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展開年度「愛與關顧學校計劃」。該年度計劃旨在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。同時，計劃亦為有需要人士提供愛滋病毒測試及輔導服務，讓測試呈陽性反應或有生育健康問題的人士獲得適切的藥物治療及支援。計劃亦加入了一個新的線上安全研討會，以教育學生網路安全，提供保護個人資訊、識別威脅和實踐負責任數位行為的小秘訣。此外，「問題收集箱」活動允許學生匿名提出有關性健康與生殖健康及性傳染病的問題，並由準備好的同儕教育者回答，創造了一個沒有壓力的探究和討論環境。而本年度計劃已順利於當地4所高中學校推行，直接受惠的學生更多達1,000人。



Previous Event 過往活動

“Say No to Discrimination!”

Mask Design Contest 2025-2026

「向歧視說不！」面具設計比賽 2025-2026



Since 2011, the Society for AIDS Care (SAC) has been organizing the annual Mask Design Contest themed "Say No to Discrimination!". The contest aims to spread the message of acceptance towards people living with HIV/AIDS (PLHIV). Masks are used as a symbol of identity protection for PLHIV due to their fear of discrimination. Through art creation, students and public participants are invited to learn more about HIV/AIDS and the challenges PLHIV face, thereby eliminating misconceptions.

This year, the contest attracted thousands of entries from secondary schools and colleges across Hong Kong. On April 17, SAC held the "Say No to Discrimination!" Mask Design Contest 2025-2026 Awards Ceremony at the Henry G. Leong Yaumatei Community Centre. SAC CEO, Ms. Alice Chan, delivered an opening speech to welcome nearly 300 attendees. The award ceremony honored the Champion, 1st Runner-Up, 2nd Runner-Up, Outstanding Awardees, and recipients of the Facebook Most Popular Award and the Most Active Participation School Award. After the ceremony, students, teachers, parents, and friends explored the displayed artworks and captured memorable moments through photos.

愛滋寧養服務協會自2011年起，每年舉辦「向歧視說不！」面具設計比賽，傳遞包容和接納愛滋病毒感染者的訊息。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；讓學生及公開組參加者透過面具設計，正確認識愛滋病和了解愛滋病毒感染者所面對的挑戰，消除誤解。

今年的面具設計比賽吸引了數千名來自香港多間中學及大專院校的學生踴躍參與。本會於4月17日在梁顯利油麻地社區中心舉行「向歧視說不！」面具設計比賽2025-2026頒獎典禮。本會的行政總監陳麗卿女士為頒獎典禮致辭，歡迎在場接近300位出席者。陳女士更為我們頒發冠軍、亞軍、季軍、傑出作品獎、Facebook 最受歡迎獎及最踴躍參與學校獎。頒獎典禮完結後，各同學、老師、家長及親友們都細心欣賞比賽的作品及拍照留念。



Previous Event 過往活動

Healthy QualiWalk 活力健步行



To encourage regular physical activities and communications among our members, SAC Centre led an outdoor healthy walk on December 17, 2025 and March 14, 2026. Walking enhances cardiovascular function, improves muscle strength and flexibility, and promotes blood circulation. It also boosts mood and relieves stress. From a social perspective, such activities foster closer connections among members and strengthen the spirit of teamwork. Both physical and mental health are equally important, and these events allowed everyone to experience joy through exercise!

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2025年12月17日及2026年3月14日舉行了活力健步行。健步行對增強心肺功能、改善肌肉力量和靈活性有顯著效果，還能促進血液循環。此外，步行是一種有效的提升情緒和減輕壓力的方式。在社交方面，這樣的活動讓成員之間建立了更緊密的聯繫，增強了團隊合作的精神。身體健康和心理健康同樣重要，這次活動讓大家在運動的同時，享受了歡樂的時光。



Previous Event 過往活動

Health Talk 健康講座



The Society for AIDS Care (SAC) is committed to providing exceptional direct patient services to individuals living with HIV/AIDS (PLHIV), empowering them to achieve self-care and community integration. Our dedicated team consistently enhances their expertise in HIV care and prevention by staying abreast of the latest research and advancements. In collaboration with esteemed partners such as Gilead Sciences and GlaxoSmithKline plc, SAC organized six specialized educational seminars in 2025. These seminars were exclusively tailored for our professional staff, enriching their skills and knowledge base. By promoting these educational initiatives, we not only enhance the quality of care provided to our patient members but also disseminate cutting-edge medical insights throughout our community.

愛滋寧養服務協會致力為愛滋病病毒感染者提供優質的直接關顧服務，增強他們的自理能力，建立自信，讓他們重新融入社會。我們的專業團隊透過最新的研究報告，不斷提升預防愛滋病及愛滋病護理的知識。在吉利德科學公司及葛蘭素史克股份有限公司的支持下，本會於2025年舉辦了6次的教育研討會。透過這些為我們專業團隊而設的研討會，有效增強團隊的技能及知識的基礎。教育研討會不僅提高了團隊對愛滋病病毒感染者的護理質素，亦能傳遞最新的醫學見解。



Center Activities 日間中心活動

Mid-Autumn Festival Celebration 2025

活力同行慶中秋 2025



SAC Centre's annual Mid-Autumn Festival celebration was held on September 20. This year's theme, "Caring Without Borders, Walking as One", encouraged members to support one another, journey side by side, and embrace the seasons of life while creating cherished memories together. Members gathered in high spirits, participating in games, live music performances, lucky draws, and receiving gift packs thoughtfully arranged by volunteers and staff. Around seventy members also enjoyed a festive banquet at a local restaurant, sharing delicious food and heartfelt conversations to celebrate the occasion. We extend our sincere gratitude to Maxim's Group and private donors for sponsoring mooncakes and gifts, making the event even more memorable. For those unable to attend, we distributed seasonal mooncakes and gifts to share the festive spirit. May we continue to embrace our differences and build warmth through mutual support and companionship.

活力中心一年一度中秋慶祝活動「活力歡聚慶中秋」於9月20日舉行，今年以「關愛無界攜手同行」為主題，希望會友們彼此扶持、攜手前行，在人生旅程中綻放光彩，共創美好回憶。會友們聚首一堂，除參與由義工及中心同工安排的遊戲、音樂表演、抽獎及贈送禮物包外，約七十位會友同往酒樓聚餐，享用美食及暢談，一起歡度中秋。本會特別鳴謝美心集團及私人捐助者為活動贊助月餅和禮物，讓活動更加難忘。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。願我們在彼此的陪伴與支持中，跨越界限、共築溫暖。



Center Activities 日間中心活動

SAC Volunteer Appreciation Ceremony

義工嘉許禮



SAC Volunteer Appreciation Ceremony was held to commend the volunteers of SAC Center for their contribution in the year 2025-2026. In addition to reviewing the past work with the volunteers and presenting certificates of commendation, social worker also looked forward to the direction of development and discussed the new year planning with the volunteers. Through training and various service opportunities, volunteers can enhance their self-understanding, communication skills and contribute themselves with full potential to sustain the development of SAC volunteer team.

為表揚活力中心義工於2025-2026年度在中心義務工作的參與，本會舉行義工嘉許禮，除與義工回顧過往工作點滴及頒發嘉許狀外，社工亦與義工展望及討論新一年工作發展方向，透過訓練及各種服務機會，期望義工可加深自我認識，提升溝通技巧，共同參與，讓中心義工團隊持續發展。



SAC Joyous Christmas Party 2025

活力聖誕大派對 2025



As we approach the end of 2025, we organized the "SAC Joyous Christmas Party" to celebrate Christmas with our members on 22 November. The event brought together our members in a warm atmosphere, where nearly 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.

在2025年完結前，本會於11月22日舉行了「活力聖誕大派對」，讓會友聚首一堂慶祝聖誕佳節。將近100位會友表現雀躍，興高采烈地和家人朋友享受自助餐。是次活動亦設有幸運大抽獎環節，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。



Fundraising & Promotion 籌款及推廣

“Sharing Love” Workshop 分享愛工作坊



The Society for AIDS Care (SAC) has been organizing the "Sharing Love" workshop at our center since its inception at the beginning of 2023. Initially held irregularly, the program quickly gained popularity and attracted a dedicated group of participants. Due to its success, we have transitioned it into a monthly event.

We invite donors and supporters to join our workshops, where participants create unique art pieces in various themed sessions. By guiding participants step-by-step, this meditative art form promotes concentration, relaxation, and inner peace. The finished artworks are then sent to our members, sharing blessings with families affected by HIV/AIDS.

自2023年初以來，愛滋寧養服務協會在活力中心舉行「分享愛工作坊」。該活動起初是不定期舉行的，但隨著工作坊的受歡迎程度日增，並吸引了一批穩定的參與者，本會將其改為每月舉辦一次。

我們邀請捐款者及支持者參與工作坊；透過不同的工作坊主題，參加者創作其獨特的藝術作品。通過指導，參加者在創作時投進專注又放鬆的狀態，達至內心平靜，改善身心健康。完成的藝術作品將送贈予本會的會友，向愛滋病病毒感染者及其家庭送上祝福及傳遞暖暖的心意，為社區帶來更多正能量。



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 DD _____ 月 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 MM _____ 年 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 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. : _____

PayMe



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.



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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。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、心理支援、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 Asia's first community-based, non-profit charitable organization providing high-quality direct patient care services to people living with HIV/AIDS (PLHIV) of all ages, including children, women, adults, and the elderly, as well as their caregivers. SAC also implements a women's phone-in hotline and offers free HIV and Syphilis testing services. The professional service team consists of nurses, social workers, counselors, and physiotherapists, offering both outreach and center-based services on HIV/AIDS care and prevention. These services include drug supervision, therapeutic counseling, psychological support, physiotherapy, physical training, peer support, public education, and volunteer training. SAC is committed to providing professional care to PLHIV, strengthening their self-care abilities, building their self-confidence, and promoting a vision of positive living to facilitate full community reintegration. SAC is also a U=U (HIV Undetectable = Untransmittable) community partner.

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麥潔妮修女 MBE

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