## 2015 - 2016年報 **Annual Report**

## 葵青安全社區及健康城市

Kwai Tsing Safe Community and Healthy City



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# 前言

## Foreward



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葵青安全社區及健康城市協會 Kwai Tsing Safe Community & Healthy City Association

葵青區是首個結合「安全社區」及「健康城市」運動的中國香港社區。在過去一年,葵青安全社區及健康城市運動得到區議會及社區組織的支持,在葵青區繼續成功推行了多個促進社區安健的工作計劃,成為其他地區和組織的模範。同時,我們亦透過世界各地的健康城市及相關機構聯繫及交流,分享協會在葵青區推行安健計劃的成果。

協會過去十多年的成績,全賴各協作伙伴的竭力支持,在此我們衷心感謝他們的無私付出和努力。在2014年10月,協會正式承辦葵青區議會的葵青重點項目計劃。葵青社區重點項目以「醫、福、社」合作為本的服務模式,不但讓葵青區居民直接受惠,更作為一個先導計劃,希望能夠優化社區醫療服務和融合社區資源,令到更多居民能使用基層醫療服務及更妥善的運用社區資源,以及能夠擴大服務對象的範疇。

除了繼續獲得葵青區議會資助外,2013年12月本 會亦獲得賽馬會慈善基金新資助於QK部落推行另 一個三年計劃,促進青少年健康成長。計劃透過體 適能及個人行為評估,為身心發展稍有偏差的青少 年提供適切的輔導和轉介服務。

隨着社區老齡化,展望未來,我們將積極發展社區健康網絡及長者服務,盼望能成為社區健康的發展模式,讓長者得到適當的照顧,努力使葵青社區變得更安全、更健康、更有活力及更和諧。協會感到十分欣慰及對未來的發展充滿憧憬。

Kwai Tsing is the first district to launch the Safe Community and Healthy City project in Hong Kong. In the past year, the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) has successfully launched several projects in promoting health and safety in Kwai Tsing with the support of the district council and community partners. The success is an exemplary role for other districts and organisations and we are very happy to share the successful experience with other international healthy cities and organisations.

To make the achievement possible, I have to salute the Board of Directors, funders, partners and collaborators for their unfailing hard work and valuable contribution over the years. In October 2014, we were officially approved by Kwai Tsing District Council to deliver services under the Kwai Tsing Signature Project Scheme. As an exemplary campaign, we hope to enhance community healthcare service and allow more residence to enjoy the service by pooling and collaborating medical, social and community resources and concerted efforts.

In addition to the funding by Kwai Tsing District Council (KTDC), we also obtained funding support from the Hong Kong Jockey Club Charity Fund to launch a 3-year project in QK Blog to promote adolescents' health. The campaign helps to identify problematic teenager via physical and behavioural evaluation and provides them with appropriate support and referral services.

As ageing problem persists, we strive to develop a healthy community network, strengthen services for the elderly and provide them with appropriate care and attention in the future. Looking forward into the future, we aim at becoming the model of healthy community development and turning Kwai Tsing into a safer, healthier, livelier, and more cohesive community.

# 葵青安全社區 Kwai Tsing Safe Community

#### 安全社區及世衛安全社區網絡

「安全社區」由世界衛生組織倡導,指藉著社區 上不同界別,如公私營機構、學校、醫院等組織相 互協作,為區民提供一個安全健康的生活及工作 環境。

世衛安全社區網絡是一個由下而上的概念:著重發揮地區固有的資源,透過各界相互協作和有效的實踐,將社區的水平提升至世界水平。自1989年成立以來,世衛已確認了逾120個由人口二千至二百萬不等的社區為安全社區。

#### 葵青安全社區

依據葵青區各類意外,如工業、家居、交通意外的發生情況,實有需要為區注入「安全社區」的元素,提升公眾對安全的意識,故此,2000年10月,葵青區議會與職業安全健康局聯同區內十多個公私營機構,共同成立了「葵青安全社區」,透過整合社區上資源,並以有系統的改善措施,推動社區安全文化,為葵青區居民締造一個安全健康的生活及工作環境,並與其他社區分享成果,為世界衛生組織所推動的「安全社區網絡」作出貢獻。

#### Safe Community and WHO Safe Community Network

The concept of building a safe community is initiated by the World Health Organisation (WHO). It depends on the collaborative action by all of our partners, including the public and private sectors, the community, schools and hospitals, all of which will help us to collectively achieve a safe and healthy living and working environment.

The WHO Safe Community Network promotes mutual support, sharing and collaborative efforts among countries and cities to work towards a vision of a safe community. Since 1989, more than 120 communities with populations ranging from 2,000 to 2,000,000 have been certified as safe communities by WHO.

#### Kwai Tsing Safe Community

According to the accidents statistics in Kwai Tsing district, it is essential to promote safety community and increase citizens' awareness about safety. Various types of accidents include industrial, home and road traffic accidents. In order to create a healthy living and working environment by making safety a priority, Occupational Safety and Health Council and many other community organisations jointly set up Kwai Tsing Safe Community and contribute significant resources to enforce and implement comprehensive policies and strategies since October 2000. We are very happy to share our successful experience within the community and promote a safe community network in accordance with the WHO.

# 葵青健康城市 Kwai Tsing Healthy City

#### 世衞健康城市

世界衛生組織所倡議的「健康城市」並非純粹一個衛生標準,而是一個可適用於世界任何地區的理念,該理念強調共同參與、聯繫、承諾以及平等。透過各界別參與和相互協作,強化社區資源,改善共同擁有的社區環境,建設健康和積極的社區生活。

#### 葵青安全社區及健康城市

葵青安全社區自2000年成立以來,已為葵青區居 民舉辦數十項安全文化的推廣活動,主題包括: 職業安全、家居安全、道路安全、防止罪案等。據 瑪嘉烈醫院急症室2001-2003年度求診個案數據 顯示,該期間因意外受傷求診人數大幅下降48%, 相信在葵青安全社區計劃的引領下,市民大眾的安 全和健康意識會得到顯著提升。

2001年10月「葵青安全社區」在葵青區議會主席 帶領下加入了「健康城市」元素,藉固有的「安全 社區」組織和網絡,讓健康社區的概念一同帶到 區內每一個社會層面。

2003年3月18日, 葵青區經世界衛生組織作實地評核後,正式確認葵青區為全球第73個「安全社區」。承著葵青區持續推動本區安健文化,於2007年11月本區再經認證審核再次獲確認為國際「安全社區」。

2004年10月,本區更成為世界衛生組織西太平洋 區域「健康城市聯盟」創會會員,在成立「健康城 市聯盟」香港分會上,擔當重要的角色。

2014年6月,葵青安全社區通過職業安全健康局制定的香港安全社區確認機制,成為本港首個本地認證的「安全社區」。在這個葵青社區極具高興的時刻,本會特別邀請區內各個持份者,出席確認典禮,見證歷史的一刻,並且再次共同簽署「2014 葵青安健約章」,以示我們共同努力的目標。

#### Healthy Cities of WHO

According to the World Health Organisation (WHO), Healthy City initiative is not merely a health standard, it is a commitment to worldwide health and sustainable development. Key principles include community participation, inter-sectorial partnerships, commitment and equity. It aims at creating and improving physical and social environments and expanding the community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.

#### Kwai Tsing Safe Community and Healthy City

A lot of local activities were organised in Kwai Tsing to promote a safety culture since the establishment of Kwai Tsing Safe Community in 2000. The activities were mainly about occupational, home and road safety as well as crime prevention and so on. Figures from Princess Magaret Hospital shows that the number of patients who seek treatment at emergency department from 2001 to 2003 has a 48% reduction. We believe that public awareness about safety and health will continue to increase under the Kwai Tsing Safe Community Campaign.

Kwai Tsing Healthy City was initiated in October 2001 under the leadership of the Chairman of the Kwai Tsing District Council. It aims at integrating health promotion together with safety programs so that both safety and health messages can be brought to every setting within the district.

Kwai Tsing district was designated by the WHO to be the 73rd Safe Community on 18 March 2003 and re-designated in November 2007.

In October 2004, Kwai Tsing became one of the Founding Members of the Alliance for Healthy City in the West Pacific Region of the WHO. Kwai Tsing district plays a crucial role in the development of Healthy City in Hong Kong.

Kwai Tsing district was certified as the very first Hong Kong Safe Community under Hong Kong Safety and Health Certification Scheme which was launched by the Occupational Safety and Health Council in June 2014. Together we witnessed this historical moment and co-signed the '2014 Kwai Tsing Safe and Health Pledge' which demonstrate our mutual commitment to achieving the goal.

葵青安全社區及健康城市協會致力與其他國際機構緊密合作,透過互相交流,分享經驗,促進會務的發展。在2015-2016年度,協會獲得本地及世界不同的機構的邀請,分享協會的工作成果。當中包括:「社區醫療新世界」--- 社區基層衞生建設高層官研討班(第九屆)、天津市政府考察團及香港政府司長級官員的到訪。



葵青安健認證計劃啟動禮



天津市政府考察團



政務司司長林鄭月娥女士GBS太平紳士參觀社區健康諮源中心

Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) strives to facilitate the development of KTSCHCA's affairs via the cooperation and sharing of experience with international organisations. In 2015 / 2016, we were invited to share our successful experience with various local and international organisations and authorities including members of a workshop under the program, 'New Horizon in Community Health', Tianjin Government delegation and high-level Hong Kong government officials.



香港安全社區承諾帖



民政事務局局長劉江華太平紳士參觀社區健康資源中心



劉江華及周奕希與義工們及工作人員合照

## 葵青安全社區及健康城市協會

## Kwai Tsing Safe Community and Healthy City Association

為了更有效推動安全和健康社區的持續發展, 「葵青安全社區及健康城市協會」於 2002年8月 正式成立,協會成立目的和理念是:

- 1. 推動健康及安全概念,為地區建立安全環境和 文化
- 2. 匯聚地區資源和力量,對公共健康及社區安全 的議題提出改善措施
- 3. 聯繫社區夥伴,為葵青區居民推展和維持公共 健康及安全的環境
- 4. 作為社區平台,讓不同種族、宗教、政見、經濟環境、社會地區人士,均獲得有關健康及安全訊息
- 5. 與世界衛生組織及其他國際機構緊密合作,促 進會務發展

同時為了穩健發展會務,協會亦邀請政府長官及捐款資助者擔任榮譽贊助人;葵青區區議會主席、葵青民政事務專員、荃葵青中學校長會主席、醫院及大學管理層代表亦應邀加入本會成為董事局成員。有關2015-16董事會、顧問委員會及各計劃的督導委員會成員名單,請參閱附錄3。

## 社區健康資源中心

本會致力推廣及延續社區安全,在本地慈善組織的 資助下於瑪嘉烈醫院設立了社區健康資源中心。中 心在 2002年1月成立,為居民提供了一個方便查詢 家居安全及職安健資訊、示範、培訓和交流的綜合 性平台。同時中心亦設有秘書處負責協調社區活動 及與不同界別人士和義工商討各項事宜。 In August 2002, the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA), an independent charitable organisation was established. It seeks to build a healthy and safe community with sustainable development. Objectives of the Association are as follows.

- To promote public health and public safety by establishing safe environments and healthy habits in daily living;
- To recognise major public health and public safety issues and for such purposes to make innovative changes by pooling community resources and concerted efforts;
- To create supportive environments for promoting and sustaining the public health and public safety of Kwai Tsing citizens through inter-sectorial participation and community partnership;
- As a community platform, the Association enables people of all races, religions, political beliefs, economic or social statuses to have equal access to healthcare; and
- To work closely with the World Health Organisation and other international bodies for advancing the objects of the Association.

In order to facilitate the development of the Association, high-level government officials were invited to be Patrons and generous donors as Advisors. The Board of Directors consist of various parties including Kwai Tsing District Council Chairman, District Officer (Kwai Tsing), Chairman of Tsuen Kwai Tsing Secondary School Principal Organisation, and renowned leaders from Kwai Tsing district, government, hospital and university. A list of members (2015-16) was attached in Appendix 3.

#### Community Health Resource Centre

To promote and sustain safety for the population, Community Health Resource Centre (CHRC) was established in Princess Margaret Hospital (PMH) with the funding support from local charitable organisations. The Centre was opened in January 2002, which serves as the hub of communication, training, information and demonstration units of home safety and occupational health and safety. A secretariat office were also set up in the Centre to coordinate all the community activities and liaise with various stakeholders and volunteers.

#### 青衣社區健康中心

為加強社區服務網絡,本會於2004年在青衣長青邨開設「青衣社區健康中心」。中心設有運動設施、自助健康檢查儀器和健康安全資訊站,為居民提供不同資訊之餘,培養居民對運動的興趣,從而促進居民的健康生活。此外,中心亦是義工訓練和服務平台,匯聚社區資源及社區活動的地方,於2015年2月,中心正式成為葵青社區重點項目的社區健康中心之一。中心至2016年3月為止共有約3,000名註冊成員,平均每月多達4,000名人士親臨使用中心設施。

#### 葵涌社區健康中心

為惠及更多葵青區的居民,葵涌社區健康中心於2015年 12月15日成立,也是葵青社區重點項目的社區健康 中心之一,提供的服務與青衣社區健康中心相同。 中心至2016年3月為止共有約上170名註冊成員, 平均每月多達1,000名人士親臨使用中心設施。

#### Tsing Yi Community Health Centre

To build up the community networks in the local setting, the Tsing Yi Community Health Centre (TYCHC) was established in Cheung Tsing Estate in November 2004. The TYCHC aims at bringing safe and health information to the community, providing sport facilities and self-help medical equipment and creating health information channel within public estates to develop local residents' interest in physical exercise and to adopt a healthy lifestyle. In addition, the Centre is a multifunctional place providing volunteer training, services, community resources and events. The Centre has a total of 3,000 registered members as of March 2016. On average there are 4,000 people visiting the Centre and using the facilities each month.

#### Kwai Tsing Community Health Centre

Kwai Tsing Community Health Centre was established on 15 December 2015 in order to benefit Kwai Tsing citizens as well and this is one of the signature project of Community Health Resource Centre which provides similar service to the one in Tsing Yi Community Health Centre. The Centre has a total of 170 registered members as of March 2016. On average there are 1,000 people visiting the Centre and use the facilities each month.



## 以地區為本的安建計劃 Settings Approach

要有效達至計劃的目標,讓「安建」文化得以在社區紮根,計劃必須以「地區」為基礎。各決策者、團體、以至地區內各個家庭和個體各盡其責,共同推動同一目標之餘,亦需積極聯繫,建立地區網絡,強化計劃的效能。

另外,計劃亦需設置於日常生活場所,如學校、工作場所等,讓市民在固有和熟悉的社區網絡和關係下,有效落實以地區為本的計劃目標。

自2003年香港爆發「非典型肺炎」後,葵青安全 社區及健康城市協會作出了重大的架構重整,採 取以地區為主的安建計劃,使「安建」文化孕育 在葵青社區。透過葵青區議會的經費支持和民政 事務處的協助,將安全管理有系統實踐於不同的 機構和地區內。

#### 安健屋邨

目標:加強鄰舍支援,改善屋邨管理,提升安全和健康的居住環境。

#### 安健學校

目標:提倡安全健康的學校環境,減少受傷,為教師、學生以及家長提供理想的學習場所。

#### 安健院舍

目標:透過系統建設、管理指引和員工教育,為安 老院舍建立安全管理系統和安全文化

#### 安健工作間

目標:為僱主和僱員訂立有效的預防受傷措施,建 立安全健康和健康的工作間。

#### 安健家庭

目標:提倡安全健康的家庭環境,減少家居意外的機會。

Settings Approach, the settings-based approaches to health and safety promotion, involve a holistic and multi-disciplinary method and "whole-of-society" approach in which policy makers, health authorities, members of non-health sectors, community members and families and individuals work together, with specific roles and responsibilities, develop and implement a response plan. It is a collaborative approach that builds on and strengthens existing networks, and recognises the importance of positive working relationships and effective decision-making.

Settings represent effective contexts where community resilience can be enhanced and strengthened. Settings are the normal contexts in people's daily lives where they "live, work and play" such as schools, workplaces, markets and cities. Collaborative actions and integrative approaches are best possible within such settings that allow for the natural set of relationships, social networks and existing social capital to be utilized.

Since October 2003, being recovered from the SARS epidemic, the KTSCHCA undertook a major review to identify effective strategies for building a Safe and Healthy Community. The Settings Approach was adopted to implement safe and healthy schemes in a defined geographical area.

#### Safe and Healthy Estates

Objectives: Encouraging mutual support within the community, improving estate management and developing a safe and healthy living environment.

#### Safe and Healthy Schools

Objectives: Promoting safe and healthy school environment with less injuries and providing a good learning and teaching environment for teachers, students and parents.

#### Safe and Healthy Elderly Homes

Objectives: Developing a safety management system and promoting safety within elderly homes through systematic approach, strategic management and staff trainings.

#### Safe and Healthy Work Place

Objectives: Creating a safe and healthy work place by implementing effective policies about injuries prevention for employers and employees.

#### Safe and Healthy Family

Objectives: Reducing home injuries by promoting safe and healthy home.



Safe and Healthy Community 安健社區





Safe and Healthy

Estate

安健屋邨



## 安健學校

## Safe and Healthy Schools



#### QK部落青少年健康成長資源中心

承蒙香港賽馬會慈善信託基金捐助,座落於荔景邨日景樓的QK部落青少年健康成長資源中心(QK部落)於2014年10月正式投入服務,以推動青少年在身、心、社、靈四方面的全面發展;提供早期識別及支援予有需要學生;並以QK部落為平台,綜合地區資源作有組織及持久的服務。

在2015年06月至2016年05月期間,共有5,227位中一至中六學生參與服務計劃,包括2,822位男生及2,405位女生;經初步健康評估後,其中284位參加者被挑選進入第二階段作深入評估;在完成第二階段後,其中的62位有持續跟進的需要。除此之外,為了推廣身心健康的重要,在上年度共舉辦了18個健康講座,共有2,608位參加者。

建立協作關係,以全面支援青少年的需要。

QK部落於本年度提供了不同的服務,當中核心服務是有系統且連貫的發展性活動,以「運動」、「健康」和「關懷」為服務主題,並透過三個階段進行。第一階段進行體適能評估,包括身體質量

#### QK Blog

Community

醫療界

Medical

學校

The new centre of Hong Kong Jockey Club - QK Blog in Yat King House Lai King Estate was officially launched in October 2014, to facilitate an all-round development in physical and psycho-social well-being of the adolescents, providing early intervention and support to the youth in needs, also, using QK Blog as a platform to mobilize and integrate community support and resources for sustained and coordinated action.

Adopting the model of "Medical-Social-Community" with strong community support, aiming at connecting education, healthcare and social welfare sectors and aligning them with the best interest of adolescents, in order to better utilize the available community resources and provide quality and sustainable care. The services of OK Blog featured school-based healthy programs and coordinated series of developmental appropriate activities in service delivery. The Center network with the secondary schools in Kwai

Tsing and Tsuen Wan, to well-support the needs of adolescents.

During the period of June 2015 to May 2016, there were 5,227 F.1 – F.6 students from 12 schools joined the service, including 2,822 boys and 2,405 girls. Among the 5,227 students, 284 of them were selected into phase 2 for in-depth physical and psycho-social assessment, 62 out of 284 students received further follow-up. Besides, 18 health talks were held with 2,608 participants for promoting the importance of health.

Various services were launched out this year. A core service component was the coordinated series of developmental appropriate activities, which is composed of 3 phases. To have a better understanding of the students, there are 3 assessments in phase 1 including weight and height measurement, eye-hand coordination assessment and

指數(BMI)、手眼協調測試及個人行為評估,初步辨認有需要的學生進入第二階段,包括按情況而舉辦的日營及在本中心進行的深入評估,評估將由兒科專科醫生、護士及輔導員主理;當完成第二階段後,計劃會為有需要的參加者在第三階段提供輔導及轉介服務。

web-based lifestyle questionnaire; In phase 2, a variety of assessments will be conducted to have a holistic conceptualization of the students, the assessments include in-depth physical and occupational assessment, questionnaire for lifestyle and psychosocial assessment, also the medical assessment done by pediatrician; after collecting the sufficient information from phase 2, the students in need will be selected to join phase 3 for further follow-up with medical consultation/counselling or referral.

## 階段1 Phase



- 量度身高及體重
   Weight and Height Measurement
- 手跟協調測試
   Eye-hand Coordination Assessment

網上生活模式問卷
 Web-based Lifestyle
 Questionnaire

## 階段2 Phase 2



- 較深人體適能評估 In-depth Physical Assessment
- 身心健康評估
   Questionnaire for Lifestyle
   and Psychosocial Assessment

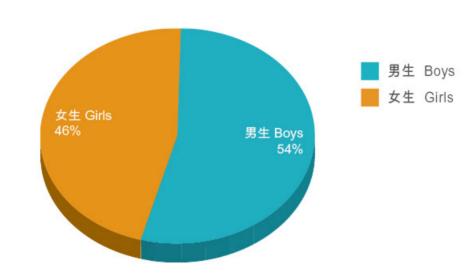
 兒科專科醫生評估 Medical Assessment

## 階段3 Phase 3



- 兒科專科醫生諮詢/輔導 Medical Consultation/ Counselling
- 轉介 Referral

## 健康校園計劃的參加人數 NUMBER OF PARTICIPANTS



抱持著持續改進的精神,QK部落計劃邀請獨立的 專業團體進行一項檢討研究。透過收集學校老師 的口頭回應及參加者填寫的問卷內容進行分析。 有關的招標計劃書已草擬並準備發放。另外,從 計劃的參與人數及參加者正面的回應得知,服務 能及早識別有需要的青少年並提供支援及能提供 有質素及持續的關懷。

在來年的QK部落服務中,將會加入一些新元素以優化對這個組群的支援,包括在2016年6月舉辦的2個日營活動。除此之外,中心將會積極葵青及荃灣區的中學開展系統協作,以拓展對青少年的支援,因此,參計劃邀請信將會於6月下旬寄往各所中學。

To evaluate the service effectiveness and for excelling service quality, a formative and summative evaluation study will be held by outsourcing professional party. Verbal feedback of schools' staffs and personal data from the questionnaires were collected for the study. A tender proposal was ready for recruiting appropriate party. Moreover, the number of participants and the positive feedback from the schools showed that the services could support the adolescents in need in early stage and providing quality and sustainable care.

In the coming year, some new elements would be added into the service to enhance the support of the population. 2 day camps would be held in June 2016. In addition, the Centre would initiate system collaboration with more schools and NGOs in Kwai Tsing and Tsuen Wan intensively to expand holistic support to adolescents. So, invitation letter to schools will be sent in late June.

QK部落的全年服務數字 Service Output of QK Blog				
計劃學校名單 List of School	參與階段一、二及三的總 人次 Total Number of Attendance in Phase 1,2 & 3	參與健康講座的總人次 Total Number of Attendance of Health Talk		
香港四邑商工總會陳南昌紀念中學 HKSYC & IA Chan Nam Chong Memorial College				
棉紡會中學 Cotton Spinners Association Secondary School				
葵涌蘇浙公學 Kiangsu-Chekiang College (Kwai Chung)				
葵涌循道中學 Kwai Chung Methodist College				
荔景天主教中學 Lai King Catholic Secondary School				
嶺南鍾榮光博士紀念中學 Lingnan Dr. Chung Wing Kwong Memorial Secondary School				
中華基督教會燕京書院 CCC Yenching College	5,227	2,608		
獅子會中學 Lions College				
聖公會李炳中學 S.K.H. Li Ping Secondary School				
循道衛理聯合教會李惠利中學 The Methodist Lee Wai Lee College				
東華三院陳兆民中學 TWGHs Chen Zao Men College				
東華三院吳祥川紀念中學 TWGHs S C Gaw Memorial College				

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## 安健院舍

## Safe and Healthy Elderly Homes

#### 有「為」生活計劃

此項目是由2014至2016年為期兩年的活動計劃; 安老院舍是長者渡過晚年的家,除照顧起居飲食, 提供有「為」的生活更是現今安老服務積極發展的 一環。有「為」是有合適的活動、崗位及日常任務; 令剩餘能力得以運用,感覺生命有意義,活得愉快 和有尊嚴,達至完滿人生。對患有認知障礙症或情 緒行為問題的長者,更見成效。

於2015年6月18日在瑪嘉烈醫院禮堂舉行了工作 坊,是次活動共有62間院舍77位參加者出席。今 年度的活動計劃包括有「為」生活活動設計比賽, 本會聯同香港小童群益會及瑪嘉烈醫院設計及製 作特刊,成品贈予參與計劃的院舍及送交香港公 共圖書館書刊註冊組。詳情如下:

參賽日期:於2015年6月18日至9月30日進行

參賽內容: ● 每間院舍提交有「為 | 生活的設計參賽

- 10問最優秀設計獎獲頒「彩虹院舍」 獎及於典禮會場展出
- 所有參賽相片將製作成紀念特刊

參賽地點: 安老院舍 參賽院舍: 共34間

頒獎日期: 2016年1月30日計劃總結及頒獎典禮

63位院舍巡查大使經訓練和配對後,在2015年10 月至12月其間到所屬院舍提供評估和指導;總共有 69間院舍接受了服務。有「為」生活計劃總結及頒 獎典禮於2016年1月30日舉行,香港特別行政區勞 工及福利局局長張建宗先生GBS太平紳士為主禮 嘉賓及致辭,典禮共有200人參加,反應熱烈。

#### Promote Active Living (PAL) Program

This is a 2-year project launched from 2014 to 2016. Elderly homes are places for elder to spend their late years. In addition to routine care and diet, providing purposive living is a core component of the current elder services. Active living refers to living lives to the fullest by engaging in suitable activities, roles and daily duties to make life meaningful and joyful with respect. This approach is particularly effective for elders with dementia or emotional or behavioural problems.

Workshops were held in Princess Margaret Hospital (PMH) on 18 Jun 2015. 62 homes and 77 participants joined the program. A design contest about active living promotion was held. We particularly produce a special issue together with The Boys' and Girls' Club Association of Hong Kong and PMH for the homes, while some of them were distributed at the Hong Kong Public Library. Details are as follows.

Design Contests

Period: 18 June 2015 - 30 September 2015

Details: • Each home submit a design about active living promotion

- The 10 best designs will be awarded as the 'Rainbow Home' and will be exhibited at the awards ceremony.
- · All submitted designs will be put into the special issue.

Place: Elderly home

No. of Participants: 34 elderly home Date of Award Ceremony: 30 January 2016

63 hospital staff volunteers provided evaluation and guidance to their respective homes from October to December 2015 after training and matching. A total of 69 homes joined the program. We are happy to invite Secretary of Labour and Welfare, Mr. Matthew Cheung Kin-Chung, GBS, JP as the officiating guest for the awards ceremony on 30 January 2016. A total of 200 participants ioined the ceremony.

## 有「鳥」生活計劃(工作坊)











## 有「為」生活計劃(計劃總結及頒獎典禮)













## 有「為」生活計劃(工作坊)







## 安健屋邨 Safe and Healthy Estate

#### 「乳健」教育講座及檢查計劃

本港的乳癌新增個案連年上升,而且增長迅速,是 女性的頭號癌症。定期檢查乳房能夠及早發現毛 病,及早治療,從而減免治療帶來的痛苦和醫藥費 的負擔。同時,我們朝向社區保健的方向發展,讓 廣大市民更方便地獲得乳房檢查服務,令乳房健 康真正成為生活的一部份。

「安健屋邨計劃—乳健教育講座及檢查計劃」聯同香港乳癌基金會協作,在青衣及葵涌區內舉行三場教育講座及進行臨床乳房檢查,計劃詳情如下。

#### Breast Health Education and Screening Programme

Breast cancer is one of the most common cancers among Hong Kong women. New cases have also increased substantially at a faster rate over the years. Regular checks and screening on breasts can help patients to detect the cancer and have treatment early in order to reduce associated pain and costs. We hope to provide local impetus for prioritising and coordinating efforts to improve breast screening uptake.

The 'Safe and Healthy Estate – Breast Health and Screening Programme' were launched together with the Hong Kong Breast Cancer Foundation. 3 seminars involving breast health education and breast screening services were organised. Details are as follows.

## 「乳健」教育講座及檢查計劃







日期及時間地 Date and Time	地點 Location	名額 Quota	報名人數 No. of Applicants	參加人數 Participants
11/08/2015 下午2時至5時 11/08/2015 2:00 p.m. — 5:00 p.m.	南葵涌服務中心 South Kwai Chung Service Centre	50位 50 people	30位 30 people	28位完成 28 people
2/09/2015 下午2時至5時 2/09/2015 2:00 p.m. — 5:00 p.m.	光愛中心 Light & Love Home	50位 50 people	52位 30 people	42位完成 42 people
19/09/2015 上午10時至下午1時 19/09/2015 10:00 a.m. — 1:00 p.m.	青衣社區健康中心 Tsing Yi Community Health Centre	50位 50 people	51位 30 people	47位完成 47 people
	加乳房X光造影檢查共 ople joined the mammogr			共117位 117 people in total

## 社區健康推廣

## Community Health Promotion Programme

#### 精神健康急救證書課程

「安健屋邨計劃—精神健康急救證書課程」聯同 葵涌醫院合辦,推廣「精神健康急救」的知識及處 理原則,加強照顧者對精神健康的意識,學會辨識 旁人及自身的心理狀態,在需要時作合適的介入及 支援,共同建立互助和諧的生活環境。

課程的對象是精神健康問題患者之家屬/照顧者, 或工作上需要有精神健康急救知識的人士:課程 共12小時訓練,修畢全期課堂者將獲贈 [MHFA 精神健康急救(香港)]課程手冊及頒發證書,詳情 如下圖表。

#### Mental Health First Aid (MHFA) Course

The course was organised with Kwai Chung Hospital to promote 'Mental Health First Aid' knowledge and management principles. By enhancing caregivers' knowledge about mental health, they would be able to identify their own and others' psychological states in order to take appropriate action and provide support when necessary, thereby building up a harmonious living environment with mutual support to each other.

The target audience of the course are caregivers and family members of patients with mental problems or workers who need to acquire relevant knowledge. Trainees will be granted Mental Health First Aid (Hong Kong) course booklets and certificates after completing the 12-hour training course. Details are as follows.

課程	日期	學員	參加人數
Course	Date	No. of Trainees	No. of Graduates
А	18 & 25/08/2015 (二)	30位	共27位畢業完成113人次
	18 & 25/08/2015 (Tue)	30 Trainees	27 Graduates
В	9, 16, 23 & 30/11/2015 (一)	30位	共19位畢業完成98人次
	9, 16, 23 & 30/11/2015 (Mon)	30 Trainees	19 Graduates













## 第六屆「戒煙大贏家」無煙社區計劃 1. 有獎攤位遊戲 2. 免費健康檢查(包括一氧化碳 測試、量度體質指數、驗膽固醇 葵涌荔景邨仰景樓對出公園 ○ateman California 古港吸煙與健康委員會 南葵消服務中心

#### 第六屆「戒煙大贏家」無煙社區計劃

分享無煙信息、鼓勵區內居民戒煙及招募吸煙人 士參與「戒煙大贏家 | 比賽, 爭取吸煙人士與非

吸煙人士的支持,為無煙香港建 立正面的社會環境。

「清新女人魅」無煙學堂由香港 方式減輕生活壓力及建立健康嗜 好來取代吸煙。

# 取级煙人士與非吸煙人士的支持·海無煙器避建立正面的社 **医邻卵管螺**裂出公司 鋤免舊

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#### The 6th "Ouit to Win" Smoke-Free Community Campaign

The campaign was organised with the Hong Kong Council on Smoking and Health (COSH) to create a smoke-free environment in Hong Kong, Besides encouraging smokers to guit smoking, the "Quit to Win" Smoke-free Community

> Campaign aims for the community involvement and support in spreading smoke-free messages by holding a series of promotion activities and contests.

> COSH launches a Smoke-Free Academy under 'Smoke-free Women', a Women Smoking Cessation Promotion Programme. Smoke-free Academy hosts classes and seminars on fitness, personal grooming, Chinese medicine and dietary to help participants to keep fit and beauty. During the event, a pilates instructor of Smoke-Free Academy demonstrated some simple exercises which can be practised at home. Such exercises help individuals to breathe healthily, strengthen heart and lungs, promote personal well-being and relieve stress. In addition, it allows individuals to develop healthy interests instead of smoking.

#### 無煙推廣活動詳情如下:

: 戒煙 — 世界扳晒嚟

舉行日期: 2015年9月12日 (星期六) 舉行時間: 下午1時30分至4時30分

活動內容: 普拉提動作示範,專題展覽, 攤位遊

參與人數: 325人次

Smoke-Free promotion event details are as follows.

**Event:** Smoking Cessation Promotion Programme

Date: 12 September 2015 (Saturday)

Time: 1:30 p.m. - 4:30 p.m.

Venue: Lai King Estate

Activities: Pilates demonstration, exhibitions,

game booth, health examination

No. of attendees: 325

## 社區健康推廣

Community Health Promotion Programme









# 「葵青社區重點項目」計劃背景 Kwai Tsing Signature Project

2013年《施政報告》中宣布,為每區區議會預留 一億元撥款以推行「社區重點項目」。每區的「社 區重點項目 | 須回應地區需要或彰顯地區特色, 並在地區達致明顯和長遠成效。 鑒於葵青區內 居民對社區醫療服務的需求殷切,葵青區議會決 定以「加強社區健康服務」為主題。經過完善而 公平的遴選程序後,葵青區議會決定與葵青安全 社區及健康城市協會組成重點項目計劃伙伴,合 作提供社區健康服務。

作為社區重點項目計劃伙伴, 葵青安全社區及健 康城市協會致力為葵青區的居民提供優質及專業 的基層醫療服務。

「葵青社區重點項目」自2014年10月開始推行, 為期3年。當中包括6大範疇:

> 為葵青居民 提供優質·專業 愛心服務

Providing high quality

and professional caring

services

流感疫苗注射

Influenza vaccination

The 2013 Policy Address announced that the Government would launch a Signature Project Scheme (SPS) to strengthen District Administration by earmarking a one-off allocation of \$100 million for each district to carry out signature projects to address local needs, or be able to highlight the characteristics of the district which have a significant and long-term impact on the community. In view of the growing demand for healthcare services in Kwai Tsing district, the Kwai Tsing District Council (KTDC) has decided to launch 'Enhancement of Community Healthcare Service' as Kwai Tsing's Signature Project. After a robust and fair selection process, KTDC has decided to engage us as its main SPS partner for the delivery of community healthcare services.

Being a significant partner to implement the project, we strive to provide high quality and professional public healthcare services for Kwai Tsing citizens.

Kwai Tsing Signature Project is a 3-year project which was initiated since October 2014. Below are the 6 main categories involved.

## 眼科醫生診症 白內障手術資助

Eye health examination Ophthalmologist consultation

Cataract surgery

Kwai Tsing Signature Project

愛心探訪改善家居 安全環境資助

Caring site visit Funding for improving home safety

中醫診所 護士諮詢 物理治療

Chinese medicine clinic Nursing consultation Physiotherapy

> 健康評估 健康教育 健康資訊

Health evaluation Health education Provision of health information

#### 「葵青社區重點項日」計劃背景

Kwai Tsing Signature Project

#### 工作滙報

#### 眼睛健康檢查

眼睛健康檢查服務包括綜合眼科視光檢查、眼鏡驗配、 眼科醫生診症及津貼「耀眼行動」白內障手術。

眼科視光檢查及眼鏡驗配服務由理工大學社區結 合保健中心提供。眼科視光檢查包括:

- 屈光度數量度
- 雙協調功能評估
- 眼睛焦調節功能檢查
- 眼睛健康檢查
- 視覺評估
- 詳細問症

眼睛健康檢查預計每年會為大約3500名60歲以 上的葵青區居民提供服務。由開展至今,此服務深 受葵青區居民歡迎,現仍有超過5000名葵青區居 民輪侯此服務。

香港理工大學社區綜合保健中心亦就眼睛視光檢 查進行服務使用者滿意調查,全部參加者表示十 分滿意此服務,配眼鏡服務也十分滿意。

服務使用者心聲:王女士,現年62歲,剛剛在2015 年接受了眼科視光檢查。她表示十分滿意眼科視 光檢查及眼鏡驗配服務。她很感謝葵青區議會的 資助及協會的安排, 使她在晚年仍有貼身及貼心 的服務。

她還說:「一直想配眼鏡,但唔捨得。今次可以用60蚊 一次過做檢查同配眼鏡,我覺得自己很幸福!」



#### Progress Report

#### Ocular Health Care Services

Comprehensive ocular healthcare services involve sight test. optical dispensing services, ophthalmologist consultation and subsidy for Cataract Surgeries Programme.

Primary eye care consultation and optical dispensing services were provided by the Integrative Community Health Centre (ICHC) of PolyU. Comprehensive services involve the following.

- Measurement of refractive error
- · Assessment of the coordination between the two eves
- Evaluation of the ability to change focus
- · Evaluation of ocular health
- Assessment of vision
- Case history

There were around 3,500 senior Kwai Tsing citizens with age of 60 or above joined the ocular health care services. The services are very popular among Kwai Tsing citizens in which more than 5,000 of them are queuing for the services.

A service satisfactory survey was conducted in the Integrative Community Health Centre (ICHC), all the respondents commented the services as 'good' or 'very good', and were satisfied with the Optical Dispensing Services, too.

Service Recipients' Opinion: 62 years old Ms. Wong has just completed the eve examination services in 2015 and was very satisfied with the services. She was very grateful that she could enjoy such caring services with KTDC allowances and our arrangement, 'I have always been hoping for optical dispensing, but never done so since it is too costly. I feel so happy that I only need to pay \$60 for this."



#### 社區健康資源中心

協會在葵青區共有4間社區健康資源中心,分別是:

#### 青衣區

- 1) 青衣(西南)社區健康資源中心—位於長青邨
- 2) 青衣(東北)社區健康資源中心—位於長安邨(二期)

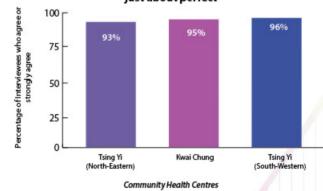
#### 葵涌區

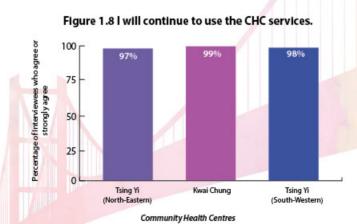
- 3) 葵涌(中南)社區健康資源中心—位於葵芳邨
- 4) 葵涌(西)社區健康資源中心—位於葵聯邨

在2015/16年度,4間社區健康資源中心約有2000 名會員,共提供了超50,000人次的健康服務;當中 包括:護士諮詢、中醫診症、痛症管理、復康運動、 音樂治療、健康講座、患者與照顧者訓練及義工培 訓等10種不同類型的健康服務。

協會在2015年12月至1月期間進行服務滿意度問卷 調查,共訪問了270名中心會員。當中超過90%的服 務使用者滿意我們的服務,更有超過95%的受訪者 會繼續使用社區健康資源中心的健康服務。

Figure 1.4 The health care I have been receiving is just about perfect





#### Community Health Resource Centre

We have 4 Community Health Resource Centre in total within Kwai Tsing district.

#### Tsing Yi District

- 1. Tsing Yi (Southwest) Community Health Resource Centre - located at Cheung Tsing Estate
- 2. Tsing Yi (Northeast) Community Health Resource Centre - Located at Cheung Tsing Estate Phase II

#### Kwai Chung District

- 1. Kwai Chung (South) Community Health Resource Centre - Located at Kwai Fong Estate
- 2. Kwai Chung (West) Community Health Resource Centre - Located at Kwai Luen Estate

In 2015/2016, the 4 Community Health Resource Centre have around 2.000 members and more than 50.000 people joined our services with 10 different types including nursing consultation, Chinese medical consultation, pain management, rehab exercises, music treatment, health seminars, caregivers and patients training, training for volunteers and so on.

We carried out a questionnaire survey with 270 members during the period December 2015 and January 2016. 90% of them were satisfied with our services, while more than 95% of them claimed that they will continue to join our healthcare services.

謹明遣區?慰械得不問青都 祝女多居在不操中少家衣人 祝以結民此知令檢難得社乃 消交抽謹各體查題中 堂友近體結各應却 來各們遲及交站中退 多姑社長有退多多娘間休 項娘區者否化項位協座長 選及中及同實運朋助打者 擇其心葵感感動友解發常

服務使用者心勢 User Reviews

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#### 「葵青社區重點項日」計劃背景 Kwai Tsing Signature Project

## 外展健康檢查及健康諮詢服務



諮詢服務在2015年12 務會與區內的社福機 槿, 如葵青區內的長者 鄰舍中心、長者地區中 心、不同的宗團體及其 他的社福機構合作提 供到戶的健康檢查及 健康諮詢服務。在短 短的4個月內,此服務 共提供了超過4000多 人次的眼睛檢查服務 及1900多次由註冊 護士主理的健康諮詢

服務。如發現服務使用者有潛在的健康風險,尤其 是急需醫護人員介入的個案,我們會積極鼓勵及轉 介至協會的社區健康資源中心繼續跟谁。

未來的日子,我們不但會繼續同葵青區內的社福機 構合作,協會會更進一步進入社區,在葵青區內的 社會堂舉辦健康檢查及健康諮詢的服務,惠及每一 位葵青區的居民。

#### 服務使用者心聲

#### 「一個簡單的檢查」,想不到那麼大的幫助!」

現年68歲的梁伯,平常從不感到自己有甚麼眼睛的 毛病,想不到一個簡單的檢查會有這樣的發現。葵 青社區重點項目其中一項是眼睛檢查,所使用的是 阿姆斯勒方格測試。在二月中旬,梁伯在護士諮詢 站做了眼睛檢查,發現了他的左眼可能患上了濕性 老年性黃斑病變。梁伯對於這個測試的結果很擔 心, 所以立即轉介了他到北葵涌分科診所。翌日, 科作進一步檢查。不出兩個星期,眼科醫生已證 實他患上濕性老年黃斑病變,現在他在排期做手 術。梁伯很感恩可以在短時間內有眼科醫生跟谁 和安排做手術。



#### Community Health Checking Service and Consultation Services

Community Health Checking Service and Consultation Services were initiated in December 2015. We cooperated with various social welfare organisations including Neighbourhood Elderly Centre (NEC), District Elderly Community Centre (DECC), religious groups and so on, to provide on-site visiting healthcare services. A total number of 4,000 times of ocular health examinations and 1.900 times of registered nurse consultation services were carried out in shortly less than 4 months. Once any service recipients with potential health risks were screened, especially those who required urgent treatment by the medical officers, we would strongly encourage or transfer them to Community Health Resource Centre to follow up their cases.

In future, we will not only carry on to cooperate with the social welfare organisations within the Kwai Tsing district, but will also go to the district to organise health check and health consultation services at the community halls of the Kwai Tsing district for the benefit of every local citizen.

#### Service Recipient's Opinion

#### 'A Simple Check-up' - Unexpected Great Assistance

Mr. Leung, aged 68, never felt anything wrong with his eves, did not expect just a simple check-up would get such a big discovery. One of the main service of the Kwai Tsing Significant Project is the ocular health examination by adopting the Amsler grid eye test. In mid-February, Mr. Leung received the ocular health examination at nursing consultation spot, and was found that his left eye might develop the Age Related Macular Degeneration (AMD). He was very worried about the test result, so he was transferred at once to the North Kwai Chung Clinic, After consultation by the clinic doctor there, he was transferred immediately to the ophthalmology department of Caritas Medical Centre for further checking. Within 2 weeks, the ophthalmologist confirmed that Mr. Leung was suffering from AMD and is now under surgery arrangement. He is most gratified by the ophthalmologist's follow up as well as the surgery arrangement within such a short period.

#### 外展服務

在2015/16年度,外展服務共探訪了958戶居住 在葵青區的長者。協會得到公開大學李嘉誠專業 進修學院健康及社會科學學部的支持,鼓勵學院 的學生成為健康大使,到葵青區的公共屋邨進行 家訪,並為有需要的家居提供改善家居安全環境 的服務,共74個家庭受惠。

#### 同事心聲(許惠玲姑娘,社工,行政經理)

2016年3月,我在一次家訪中發現在葵盛東邨有 一位姓劉的伯伯家居物資非常缺乏, 連床褥、棉 被都沒有。家訪後,我立刻為劉伯張羅所有的禦 寒物資,並即日送到他的家中。希望劉伯在寒流 襲港的期間,可以多一點的溫暖。我覺得我的工 作十分有意義,可以幫到真正有需要的長者。我 會繼續努力。

#### Healthcare Home Visit

During 2015/16, health visit teams reach out 958 elders in Kwai Tsing district, KTSCHCA was supported by the Health and Social Department of the Li Ka Shing Institute of Professional and Continuing Education of the Open University of Hong Kong by encouraging their students to be the health ambassadors, and go to the public housing estates at Kwai Chung District for home visits and home safety modification service would be provided for the required residence, of which 74 families were benefitted from such service.

#### Officer's Opinion (Hui Wai Ling, Social Worker, Administrative Manager)

In March 2016, when I paid home visit at the Kwai Shing East Estate, I found an old man, Mr. Lau, whose residence was seriously in lack of home resources, including mattress and thick guilt. After the visit, I looked for at once all the cold weather necessities for Mr. Lau and sent them immediately to his home on the same day, hoping that he might have more warmth to fight against Hong Kong's cold wave attack. I feel that my job is very meaningful as I can help the needy elderly. I will go on to work with great effort.





#### 「葵青社區重點項目」計劃背景 Kwai Tsing Signature Project

## 健康教育 Health Education







## 2015/16年度葵青社區重點項目—服務數字 (截至2016年3月) 2015/16 Kwai Tsing Signature Project — Service Figures (Until 2016 March)

眼睛健康檢查 Ocular Health Care Services					
項目 Items	計劃總目標 (三年) Target No. of Service Recipients (3 Years)	服務人數 Actual No. of Service Recipients	完成百份比 Target Achieved (Percentage)		
綜合眼科視光檢查 Ocular Health Care Services	10500人次/ people	3772人次/ people	35.9		
眼鏡驗配 Optical Dispensing Services	3750人次/ people	1878人次/ people	50.1		
眼科醫生診症 Opthalmologist Consultation	2400人次/ people	161人次/ people	6.7		
津貼「耀眼行動」 白內障手術 Subsidy for Cataract Surgeries Programme.	450人次/ people	5人次/ people	1.1		

社區健康資源中心 Community Health Resource Centre				
項目 Items	計劃總目標 (三年) Target No. of Service Recipients (3 Years)	服務人數 Actual No. of Service Recipients	完成百份比 Target Achieved (Percentage)	
健康評估 Health Evaluation	112,500人次/ people	44,946人次/ people	40.0	
護士諮詢站 Nurse Consultation Spot	7500人次/ people	1624人次/ people	21.7	
中醫診所 Chinese Medicine Clinic	7500人次/ people	1841人次/ people	24.5	
痛症管理中心 Pain Management Centre	7200人次/ people	1413人次/ people	19.6	
復康運動班 Rehab Exercises Courses	2360人次/ people	832人次/ people	35.3	
患者支援小組 Patients Support Group	3750人次/ people	940人次/ people	25.1	
護老者培訓 Training for Elderly Caregivers	1800人次/ people	694人次/ people	38.6	
音樂治療小組 Music Therapy Group	360人次/ people	291人次/ people	80.8	
健康講座 Health Seminars	15000人次/ people	4247人次/ people	28.3	
義工訓練 Training for Volunteers	1800人次/ people	752人次/ people	41.8	

總統	
Conclusion	

外展健康檢查及健康諮詢服務 Healthcare Home Visit (2015年12月開始展開)						
項目 Items	計劃總目標 (三年) Target No. of Service Recipients (3 Years)	服務人數 Actual No. of Service Recipients	完成百份比 Target Achieved (Percentage)			
健康檢查 Health Check	60000人次/ people	24013人次/ people	40.0			
簡單眼睛健康評估 Primary Eye Care Consultation	30000人次/ people	3233人次/ people	10.8			
護士健康諮詢 Nursing Consultation	30000人次/ people	1983人次/ people	6.6			
藥物諮詢 Drug Enquiry	15000人次/ people	1088人次/ people	7.3			

	外展服務 H	lome Visits	
項目 Items	計劃總目標 (三年) Target No. of Service Recipients (3 Years)	服務人數 Actual No. of Service Recipients	完成百份比 Target Achieved (Percentage)
愛心探訪 Caring Visits	3000人次/ people	958人次/ people	31.9
家居清潔 Home Cleaning	960人次/ people	13 人次/ people (6月前完成:40)	1.4 (4.2)
家居安全用品 Home Safety Essentials	300人次/ people	16 人 <i>次/</i> people (6月前完成:30)	5.3 (10)
家居小維修 Home Maintenance	300人次/ people	0 人次/ people (6月前完成:4)	0 (1.3)
健康大使訓練 Training of Health Ambassadors	180人次/ people	180 人次/ people	100
義工人數 No. of Volunteers	300人次/ people	299 人次/ people	99.9
戶外運動班 Outdoor Sports Activities	600人次/ people	500 人次/ people	83.3

	健康教育 Hea	Ith Education	
項目 Items	計劃總目標 (三年) Target No. of Service Recipients (3 Years)	服務人數 Actual No. of Service Recipients	完成百份比 Target Achieved (Percentage)
健康講座 Health Seminars	60場/3000人次 60 times / 3000 Participants	22場/2063人次 22 times / 2063 Participants	36.7/68.8
慢性疾病工作坊 Chronic Diseases Workshops	30場/600人次 30 times / 600 Participants	11場/280人次 11 times / 280 participants	36.7/46.7
健康教育組件 Health Education Package	15個題目/ Themes	9個題目/ Themes	60
其他學習經驗訓練 Others Learning Experience	900	1104	122.7

葵青安全社區及健康城市協會為葵青區居民服務十數年,致力推動安健社區的工作,冀望可為社區締造一個安全及健康的環境,令居民可安居樂業。來年,協會會繼續秉承世界衞生組織所提倡「安全社區」及「健康城市」的宗旨,與區內不同的持分者協作,建設一個更安全又健康的社區。

Kwai Tsing Community and Healthy City Association (KTSCHCA) have been serving Kwai Tsing residence for a decade. We strive to promote safe and healthy community, hoping to create a safe and healthy living and working environment. We will continue to cooperate with various parties to work in accordance with the World Health Organisation (WHO) initiates of safe community and healthy city in order to develop a safer and healthier community.

2015-2016年程 装青安全社區及健康城市

姜青安全社區及健康城市 2015-2018年報 ng Safe Community and Healthy City Annual Report



#### Robert Chui & Co. Certified Public Accountants Unit1715, 17/F., Concordia Plaza, No.1 Science Museum Road, Tsimshatsui, Kowloon, Hong Kong

崔志仁會計師行

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INDEPENDENT AUDITOR'S REPORT

#### TO THE MEMBERS OF

#### KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

(incorporated in Hong Kong as a company limited by guarantee and not having a share capital)

We have audited the financial statements of Kwai Tsing Safe Community and Healthy City Association set out on pages 4 to 15, which comprise the statement of financial position as at 31st March, 2016, and the statement of profit or loss and other comprehensive income, statement of general fund, and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

#### Directors' responsibility for the financial statements

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

#### Auditor's responsibility

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with 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. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of financial statements that give a true and fair view 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 entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the director, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

AFS-KTSC16a

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31st March, 2016 and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

-3-

Robert Chui & Ca Certified Public Accountants (Practising) Hong Kong 3 0 JUN 2016

#### KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

Year ended 31st March, 2016

	Note	2016 HK\$	2015 HK\$
INCOME			
Grants and project income:			
- Kwai Tsing District Council (KTDC)	5	335,185	405,102
- Community Investment Inclusion Fund (CIIF)	6	_	105,843
- Hong Kong Jockey Club Charities Trust (HKJCCT)	7	1,214,919	1,653,253
- Signature Project Scheme (SPS)	8	7,592,694	2,242,149
- Occupational Safety and Health Council (OSHC)		-	46,597
	_	9,142,798	4,452,944
Less: Activity expenses	9	(8,930,089)	(4,450,492)
(Deficit)/surplus on activities	_	212,709	2,452
Programme income		26,241	139,608
Less: Programme expenses		(27,782)	(205,447)
Deficit on programme	_	(1,541)	(65,839)
OTHER INCOME			
Membership subscription fee		1,550	1,000
Donation received		-	100,803
Interest income		20	41
Sundry income		10,100	7,999
	_	11,670	109,843
Less: EXPENSES			
Bank charges and interest		402	670
Minor equipment		-	1,728
General expenses		9,146	10,903
MPF contribution		5,562	9,594
Staff salaries and allowance		23,942	89,621
Telephone			3,211
	_	39,052	115,727
SURPLUS/(DEFICIT) AND TOTAL COMPREHENSIVE			
INCOME / (LOSS) FOR THE YEAR	12 =	183,786	(69,271)

The annexed notes form an integral part of these financial statements.

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# 鳴謝 Acknowledgement

#### KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF FINANCIAL POSITION

31st March, 2016

	Note	2016 HK\$	2015 HK\$
NON-CURRENT ASSETS			
Plant and equipment	12	(5)	20
CURRENT ASSETS			
Grant receivable	13	3,946,018	2,564,309
Account receivable and other receivable		10,143	12,943
Deposits and prepayments		22,425	22,025
Cash and bank balances		303,148	1,004,841
		4,281,734	3,604,118
CURRENT LIABILITIES			
Accruals and receipt in advance		608,674	514,844
Other payable	14	200,000	200,000
Amounts due to directors	15	315,000	315,000
		1,123,674	1,029,844
NET CURRENT ASSETS		3,158,060	2,574,274
NON-CURRENT LIABILITIES			
Other loans	16	(2,400,000)	(2,000,000)
NET ASSETS		758,060	574,274
GENERAL FUND		758,060	574,274

Chow Yick Hay Director Lee Chi Keung, Alan Director

Dir

The annexed notes form an integral part of these financial statements.

葵涌 (中南) 分區委員會	Kwai Chung (Central and South) Area Committee
青衣(東北)分區委員會	Tsing Yi (North East) Area Committee
青衣(西南)分區委員會	Tsing Yi (South East) Area Committee
中國基督教播道會福安堂長者中心	Evangelical Free Church of China Fook On Church Social Centre for the Elderly
荃灣安全健康社區督導委員會	Tsuen Wan Safe and Healthy Community Steering Committee
西太平洋區健康城市聯盟中國香港支部	The China Hong Kong Chapter, Alliance for Healthy Cities
香港中文大學公共衛生及基層醫療學院	The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
香港理工大學醫療及社會科學學院	Faculty of Health and Social Sciences, The Hong Kong Polytechnic University
香港大學公共衛生學院	School of Public Health, The University of Hong Kong
臨時香港護理專科學院有限公司	The Provisional Hong Kong Academy of Nursing Limited
香港兒科護理學院	Hong Kong College of Paediatric Nursing
香港社區及公共健康護理學院	Hong Kong College of Community & Public Health Nursing
香港公開大學	Open University of Hong Kong
香港防癌會	The Hong Kong Anti-Cancer Society
香港中文大學賽馬會大腸癌教育中心	CUHK Jockey Club Bowl Cancer Education Centre
光愛中心	Light & Love Home
信恩醫護復康	Mercy Medirehab Professional Group Limited
喆臻顧問有限公司	C&C Consultancy Ltd.
香港理工大學眼科視光學診所	The Optometry Clinic at PolyU
瑪嘉烈醫院	Princess Margaret Hospital
葵涌醫院	Kwai Chung Hospital
東華醫院	Tung Wah Hospital

2015 - 2016年報 美青安全社區及健康城市 Annual Report Kwal Tating Safe Community and He

		ng Safe Community and Healthy City Association w城市協會董事名單 (2015 - 2016)
ं	主席	Chairman
	周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
	副主席	Vice Chairman
	董秀英醫生 MH	Dr. TUNG Sau Ying, Nancy, MH
	李志強先生 MH	Mr. LEE Chi Keung, Alan, MH
	義務秘書	Honorary Secretary
	梁麗華女士	Ms. LEUNG Lai Wah
	義務司庫	Honorary Treasurer
	曾其鞏先生 MH	Mr. TSANG Kee Kung, MH
	董事	Directors
	黎雪芬女士 (已於2015年12月請辭)	Ms. LAI Shuet Fun, Adela (Resigned from Dec-2015)
	盧德明先生	Mr. LU Tak Ming
	趙莉莉醫生 BBS (已於2015年12月請辭)	Dr. CHIU Lee Lee, Lily, BBS (Resigned from Dec-2015)
	周鎮邦醫生 BBS 太平紳士	Dr. CHOW Chun Bong, BBS, JP
	劉雪婷醫生	Dr. LAU Suet Ting
	汪國成教授太平紳士	Prof. WONG Kwok Shing, Thomas, JP
	盧慧蘭女士	Ms. LO Wai Lan
	陳慧媚女士	Ms. CHAN Wai Mai, May
	蔡沛華先生	Mr. CHOI Pui Wah, Philip
	鍾慧儀教授	Prof. CHUNG Wai Yee, Joanne
	葉健雄教授	Prof. Maurice YAP
	鄧華勝先生	Mr. Tang Wah Shing
	羅振邦醫生	Dr. Law Chun Bon, Alexander
	梁翠雯女士	Ms. Leung Chui Man, Vera
	陳笑文先生	Mr. Chan Siu Man, Simon
	當然董事	Ex-officio Directors
	葵青區議會主席 方平 BBS 太平紳士 (已於2015年12月請辭)	Chairman of Kwai Tsing District Council Mr. FONG Ping, BBS, JP (Resigned from Dec-2015)
	葵青民政事務專員 羅應祺太平紳士	District Officer (Kwai Tsing) Mr. LO Ying Ki, Alan, JP
	葵涌醫院行政總監 盧德臨醫生	HCE of Kwai Chung Hospital Dr. LO Tak Lam, William
	職業安全健康局總幹事 游雯女士	Executive Director Occupational Safety & Health Council Ms. Yau Man Bonnie
	荃灣,葵涌及青衣區中學校長會主席 張欽龍校長	Chairman of Secondary School Principals Committee of Tsuen Wan & Kwai Tsing Principal Cheung Yam Lung
		THE RESERVE OF THE PARTY OF THE

梁麗華女士

潘韻文女士

當然秘書

葵青安全社區及健康城市協會委員會 Committee of Kwai Tsing Safe Community & Healthy City Association

顧問委員會	Advisory Committee
主席	Vice Chairman
梁智鴻醫生 GBM, GBS, OBE太平紳士	Dr. Leong Che Hung, GBM, GBS, OBE, JP
委員	Committee Member
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周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
董秀英醫生 MH	Dr. TUNG Sau Ying, Nancy, MH
謝德富醫生	Dr. TSE Tak Fu
王春輝先生 MH	Mr. Hugo WONG, MH
鄧耀邦先生	Mr. Jason TANG
馬偉文先生	Mr. Benjamin MA
當然秘書	Ex-officio Secretary
潘韻文女士	Ms. Candy POON

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周鎮邦醫生 BBS 太平紳士	Dr. CHOW Chun Bong, BBS, JP
周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
汪國成教授太平紳士	Prof. WONG Kwok Shing, Thomas, JP
鍾慧儀教授	Prof. CHUNG Wai Yee, Joanne
李志強先生 MH	Mr. Alan LEE, MH
曾其鞏先生 MH	Mr. TSANG Kee Kung, MH
陳慧媚女士	Ms. CHAN Wai Mai, May
梁麗華女士	Ms. LEUNG Lai Wah
當然秘書	Ex-officio Secretary
潘韻文女士	Ms. Candy POON

風險管理小組	Risk Management Committee
周鎮邦醫生 BBS 太平紳士	Dr. CHOW Chun Bong, BBS, JP
周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
羅振邦醫生	Dr. Law Chun Bon, Alexander
梁翠雯女士	Ms. Leung Chui Man, Vera
當然秘書	Ex-officio Secretary
潘韻文女士	Ms. Candy POON
眼科專責小組	Ophthalmic Designated Functional Group
周鎮邦醫生 BBS 太平紳士	Dr. CHOW Chun Bon, BBS, JP
周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
鄭錦怡醫生	Dr. Karen CHENG
	Dr. Rita Anil GANGWANI

Prof. Jimmy LAI

Ms. LEUNG Lai Wah

Ms. Candy POON

Ex-officio Secretary

#### 葵青安全社區及健康城市協會

#### · 葵青區安健校園計劃督導委員會 -

#### 主席)

曾其鞏校長MH

葵青安全社區及健康城市協會董事

#### 聯 席 主 席

盧德臨醫牛

謝紀招醫生 3 張欽龍校長

葵涌醫院行政總監 瑪嘉烈醫院兒童及青少年科部門主管 荃灣葵涌及青衣區中學校長會主席

羅應祺先生JP 羅競成先生MH

溫崇超博士

林靜華女士 陳慧媚女士

**遭玫瑰醫牛** 鍾明恩博士

劉興華先生 MH

林日豐校長

10 何滿添校長 11 陳國邦先生

12 周鎮邦醫生 BBS. JP 13 周奕希先生 BBS. JP

14 鍾慧儀教授

## 列席人士

梁筱筠醫牛 潘韻文女士

秘書: 韋安女士

葵青民政事務專員

葵青區議會主席

教育局葵青區高級學校發展主任

社會福利署荃灣及葵青區助理福利專員

醫院管理局九龍西聯網部門運作經理(社區護理及社區醫療)

衛生署高級醫生(社區聯絡) 香港教育大學助理教授 葵青區撲滅罪行委員會主席

獅子會中學校長

佛教善德英文中學校長

香港小童群益會服務總監(葵青及荃灣) 葵青安全社區及健康城市協會主席 香港教育大學博文及社會科學學院院長

QK部落專責小組主席

葵青安全社區及健康城市協會會員 葵青安全社區及健康城市協會總經理

QK部落經理

## - QK部落計劃專青小組

召集人: 鍾慧儀教授

委員: 周鎮邦醫生BBS. JP

汪國成教授JP 張欽龍校長

周奕希先生BBS. JP

曾其鞏校長MH 列席人士:潘韻文女士 (協會總經理)

秘書: 韋安女士 (QK部落經理)

## - 醫校社同行計劃專責小組

召集人: 陳慧媚女士

曾其鞏校長MH

列席人士:潘韻文女士 (協會總經理)

韋安女士 (QK部落經理)

陳國邦先牛

張欽龍校長

#### 有「為| 生活參與計劃的安老院舍名冊(2015-16) Homes of Promote Active Living (PAL) Program (2015-16)

嗇色園主辦可安護理安老院

騰達護老中心(葵涌)

松濤護老中心 (第一分院)

仁濟醫院香港半島獅子會安老院

順泰護老中心

松龄(保德)護老中心分院

基督教香港信義會恩頤居

宇達護老中心

瑞安護老中心(葵盛東)有限公司

保良局樂安居暨耆盛長者日間護理中心

石籬惠安護老院

惠康護老中心

好好護老中心

豐盛護老院

惠心護老院有限公司

香港蘇浙滬同鄉會葵青良友安老院

仁濟醫院郭玉章夫人護理安老院

永安老人健康中心有限公司

愛德(葵涌)安老院有限公司

松悦園耆欣護養院暨日間護理中心

延年老人屋

仁愛護老院第一分院

昌樂護老中心

成和護理安老院

石圍角石荷護老中心有限公司

善衡專業護養有限公司

佛教東林安老院

圓玄護理安老院

定安護老院有限公司

來來護老中心(荃灣)有限公司

荃威安老院有限公司 (舊院:嘉濤護老院)

**富安護老院總院** 

仁人安老院

健安長者之家

瑞康護老中心(象山邨分院)

華豐護老中心有限公司

康慈護老院有限公司

啟成護老院

葵芳護老院

康寧護老院

松龄(保德)護老中心

安慈護理之家(葵盛)

永安老人健康中心

荃德護老院

禮賢會葵盛東護理安老院

安福護老院有限公司

柏龄護理院

寶星護老中心

新萬福護理院(葵涌分院)

保良局福慧護老院

仁濟醫院華懋護理安老院

蔚耆苑

榮基頤養之家有限公司

惠心護老中心有限公司

香港聖公會林護長者之家

圓玄護養院暨長者日間護理中心(梨木樹邨)

劍橋護老院(荃灣)

康樂護老院

民康護老中心有限公司

荃灣新劍橋護老院

耆康會石圍角護理安老院

圓玄安老院

仁愛護老中心有限公司

來來護老中心(荃威)有限公司

荃灣老人中心

中華基督教禮腎會香港區會

禮賢會詩田頤養院

妍景安老院

華豐護老中心(葵涌分院)

德昌護老中心(葵興分院)有限公司

排名不分先後

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有「為」生活大使名冊單 (2015-16) Ambassadors of Promote Active Living (PAL) Program (2015-16)

	Name	姓名	醫院 Hospital
Team 1			
1	Ms. Stella CHENG *	鄭慧慈	PMH
2	Mr. WONG Yee Shing	黃義成	PMH
3	Ms. LEUNG Mui Ying Rita	梁梅英	KWC
4	Mr. LO Cho Kin	盧祖健	PMH
5	Ms CHAN Choi Kuen Betty	陳彩娟	PMH
6	Mr. CHUI Po Fan Paul	崔寶勳	PMH
Team 2			
1	Ms WONG Kin Ping *	黃見萍	PMH
2	Mr. LAI Yuk Wah	黎郁華	KWH
3	Mr. YIM Jok Chee	嚴爵慈	PMH
4	Ms. YUNG Sau Wai Annie	容秀慧	PMH
5	Mr. LAU Siu Hung	劉兆雄	PMH
6	Ms. Wivina WONG	黃筱雅	PMH
7	Ms. Wong Siu Ping	黃少萍	PMH
Team 3			
1	Mr. SO Ming Loi Eric *	蘇明來	PMH
2	Ms Gladys WONG	黃潔鳳	NLTH
3	Mr. Eric YIP	葉志夫	PMH
4	Ms. CHAN Suet Fan	陳雪芬	PMH
5	Ms. HO Fung Ha Candy	何鳳霞	PMH
6	Ms. LI Wai Ching	李慧貞	OLMH
7	Ms. WONG Mei Han	王美嫺	PMH
Team 4	and the second s		
1	Mr. CHEUNG Siu Wing *	張兆榮	PMH
2	Ms. PANG Shuk Han	彭淑嫻	KWC
3	Mr. TSUE Siu Kin	徐兆堅	OLMH
4	Ms. SUEN Dan	孫 丹	PMH
5	Ms. Wong Yuk Kwan	黃玉群	KWC
6	Ms. Poon Shuet Fan,Mary	潘雪芬	KWH
Team 5	;		
1	Mr. WONG Siu Lun *	黃兆麟	PMH
2	Mr. LAM Chi Hong Eric	林志康	PMH
3	Mr. TSANG Kwok Keung	曾國強	PMH
4	Ms. HO Pui Yan	何貝茵	PMH
5	Ms. LAW Siu Ping	羅少萍	KWC
6	Ms.Polly FONG	方雪蘭	PMH

有「為」生活大使名冊單 (2015-16) Ambassadors of Promote Active Living (PAL) Program (2015-16)

	Name	姓名	醫院 Hospital
Team 6			•
1	Mr. YUEN Pui Man Jimmy	梁耀國	PMH
2	Ms.YU Chi San, Sandra	袁沛文	PMH
3	Ms. Leung So Yin	余智珊	PMH
4	Mr. Chan Chun Man	梁素然	PMH
5	Ms. Lai Yuet Ngor	陳俊文	PMH
6	Ms. YIP Tsz Hing	黎月娥	PMH
7	Ms. YIP Tsz Hing	葉芷馨	PMH
Team 7			
1	Ms. TAM Yuen Yee, Vincey*	談婉儀	YCH
2	Ms. CHENG Mei Yi, Rita	鄭美儀	YCH
3	Ms. LAM Shuk Han, Bassi	林淑嫻	YCH
4	Ms. LO Sau Kuen	盧秀娟	YCH
5	Ms. LAU Yuen Ling, Ann	劉婉玲	YCH
6	Ms. WONG Hau Yee, Anna	黃巧儀	YCH
Team 8			
1	Ms. Magdalene HO*	何綺霞	YCH
2	Ms. YAN Fung Ping, Leona	殷鳳萍	YCH
3	Ms.Ng Yam Yam	吳音音	YCH
4	Ms.Wong Wing Yin	黃詠然	YCH
5	Mr.Li Ying Chung	李應忠	YCH
6	Ms. Lau Lai Wan	劉麗雲	PMH
Team 9			
1	Ms. CHENG Po Po, Peggy*	鄭寶寶	YCH
2	Ms.Wong Ho Yan	黃可欣	YCH
3	Ms. Yip Tak Fung, Monie	葉德鳳	YCH
4	Ms.Sin Siu Kuen	冼少娟	YCH
5	Ms.Joki Lee	李婉薇	YCH
6	Mr. KWAN Wai Sum	關偉森	PMH
Team 10			
1	Dr. Tang Hoi Yin *	鄧愷妍	KCH
2	Mr. LEUNG Cheung On	梁長安	KCH
3	Ms. Ho Man Yee	何敏儀	КСН
4	Ms HO Wing Sze	何詠詩	KCH
5	Ms. Wong See Man	黃思敏	KCH
6	Ms. TSANG Lai Wah, Kanes	曾麗華	KCH



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http://www.ktschca.org.hk

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