

# 葵青安全社區及健康城市

Kwai Tsing Safe Community and Healthy City

2018-2019 Annual Report 年報



出版 Published by



葵青安全社區及健康城市協會  
KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

贊助 Sponsored by



葵青區議會  
Kwai Tsing District Council

主席的話

葵青-「安全社區」及「健康城市」的結合

葵青安全社區及健康城市協會簡介

以地區為本的安健計劃

## 安健學校

- 醫校同行急救及心肺復甦法訓練暨行業簡介工作坊

## 安健屋邨

- 精神健康急救證書課程推廣計劃
- 「骨質疏鬆症」健康講座及骨密度檢查計劃

## 社區健康推廣

- “齊來做個不倒翁”社區教育活動
- AED訓練推廣工作坊
- 第九屆「戒煙大贏家」無煙社區計劃

「葵青社區重點項目」計劃背景

## 「葵青社區重點項目」工作報告

- 綜合眼睛檢查及治療服務
- 社區健康中心服務
- 外展家居探訪服務
- 流感疫苗注射服務

「葵青社區重點項目」2018/2019年度服務數字

推廣基層健康：改變傳統醫療服務觀念

營辦「葵青地區康健中心」

2018 至 2019年度財政報告

服務人員名單

鳴謝

附錄

Chairman's Remark

Kwai Tsing – Integrated “Safe Community” & “Healthy City”

Introduction of Kwai Tsing Safe Community and Healthy City Association

Safe and Healthy Settings

## Safe and Healthy Schools

“Hospital- School- NGO Collaboration: First Aid and CPR Training cum Career Orientation Workshop”

## Safe and Healthy Estate

Mental Health First Aid (MHFA) Course Promotion Programme

Osteoporosis Health Talks and Bone Density Health Check Programme

## Community Health Promotion Programme

“Fall Prevention” Community Education Programme

“Promotion in using AED in the Community” Workshop

The 9th “Quit to Win” Smoke-Free Community Campaign

Background of Kwai Tsing Signature Project Scheme (SPS)

## Kwai Tsing Signature Project Scheme (SPS) – Service Reports

Ocular Care Services

Community Health Centers' Services

Outreach Service

Influenza Vaccination Services

Kwai Tsing Signature Project Scheme (SPS) –Service Figures 2018/2019

Promotion of Primary Health Care : To change the concepts of tradition medical services

Operating the Kwai Tsing District Health Centre (K&T DHC)

Financial Report for the year of 2018/2019

Staff List

Acknowledgement

Appendices





董事會主席  
Chairman of Board of Directors  
周奕希 BBS 太平紳士  
Mr. CHOW Yick-hay, BBS, JP

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。十多年以來，協會在獲得葵青區議會及社區上不同持份者的支持下，推行多項促進社區安健的計劃，成為其他地區和組織的模範，也促成了與世界各地健康城市及相關機構的互相交流，分享協會在葵青區推動安健計劃的成果。協會有如此的成績，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。

在本年度，協會繼續承辦葵青區議會的「葵青社區重點項目」計劃，以「醫、福、社」合作為本的服務模式，旨在提升居民對於身體健康的關注，發揮社區資源融合的作用，為居民提供優質的社區醫療服務。計劃已推行了超過3年，並先後在區內設立五間社區健康中心及舉辦不同的外展活動，讓健康的資訊滲透到區內的每一處，加強了居民對於疾病預防的認識及建立健康的生活模式。除此之外，協會亦會透過不同的資助計劃，推行各類健康教育活動，如推廣無煙生活、預防骨質疏鬆症及防跌等，並向在職人士推廣使用自動體外心臟去顫器，均能提高社區人士的安全和健康意識。

協會一直是推行基層醫療服務的先導者，憑藉十多年來所累積的經驗，協會於本年三月正式投得葵青地區康健中心的營運權，負責營運全港首間地區康健中心。這對於協會來說是一個重要的里程碑發展，而能夠成為推動基層醫療服務的其中一員，本會亦感到非常榮幸和鼓舞。

展望未來，我們會力求上進，積極配合基層醫療服務的發展方向，充分發展社區健康網絡及與時並進的長者服務，致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 years, 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 organizations and we are very happy to share the successful experience with other international healthy cities and organizations. 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 this year, we continued to deliver services under the Kwai Tsing Signature Project Scheme (SPS) of Kwai Tsing District Council. As an exemplary campaign of primary care, 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. Until now, SPS has been launched for more than three years with five Community Centres set up in different times. Together with different kinds of outreach services, more and more residents gained health knowledge and acquired health resources which aimed to prevent diseases and develop healthy living styles. In addition, we were funded by different schemes to organize health promotion and education programmes this year, such as the smoke-free programme, the osteoporosis and fall prevention programmes, as well as the AED training for working class.

We are the pioneer to promote primary care services in Kwai Tsing district which accumulated for more than ten years' experiences. In March 2019, we are successfully awarded the tender to operate the Kwai Tsing District Health Centre which is the first district to implement this pilot scheme. We believe that the setup of Kwai Tsing District Health Centre will be a milestone to develop primary care system. It is honorable and encouraging for us to become one of the stakeholders.

We will conform to the development path of primary care service and 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」及「健康城市」 Kwai Tsing – Integrated “Safe Community” & “Healthy City”

葵青是首個將「安全社區」及「健康城市」概念結合的社區。自2000年開始，葵青區議會與職業安全健康局合作，聯同瑪嘉烈醫院及區內十多個公私營機構一同提倡安全社區的文化，透過舉辦不同類型的安全推廣活動如防火、家居和道路安全，並舉辦大型的健康推廣活動，提升居民對安全健康生活的意識。此外，葵青區在多年內進行了不少社區診斷和居民健康普查，能針對社區內居民的需要，透過整合社區上的資源，提出有效的改善建議，建立一個安全 and 健康的居住和工作環境。

### 世界衛生組織的認可

根據瑪嘉烈醫院急症室提供的2001至2003年期間求診個案數據，該期間因意外受傷求診人數大幅下降48%，相信能反映社區人士對安全 and 健康的意識有顯著提升。在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」，而且亦在2007年11月再次經審核獲得國際確認。

此外，本區更在2004年10月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，擔當著重要的角色。而且葵青區亦多次奪得健康城市聯盟頒發的獎項，對葵青區作出了多次的肯定。

### 香港安全社區認證

在2014年6月，葵青區通過職業安全健康局制定的香港安全社區確認機制，成為首個獲得本地認證的「安全社區」，並與區內多個持份者共同簽署「2014葵青安健約章」，承諾繼續努力去建立安全和諧的社區。而在2017年6月，葵青區再次通過職業安全健康局的審核，再次獲確認為「香港安全社區」，肯定了多年來在葵青區推動的工作。

### 在葵青區推行地區康健中心試點計劃

政府在一二零一七年時宣佈會在葵青區設立全港首間地區康健中心，認同了葵青區一直擔當推動基層醫療服務的先導角色，亦是多年來推動「安全社區」及「健康城市」的成果。

Kwai Tsing is the first district integrating the concepts of “Safe Community” and “Healthy City”. Kwai Tsing District Council collaborated with Occupational Safety and Health Council (OSHC), Princess Margaret Hospital and more than 10 public and private sectors in the community to organize different kinds of safety promotion programs such as fire prevention, road and home safety starting from 2000, so as to encourage residents to build up safe and healthy living styles. In addition, Kwai Tsing district had conducted Community Diagnosis and different kinds of health assessments. By collecting the data of health conditions and living environments, several kinds of suggestions have been provided. Together with the integration of community resources, the living and working conditions in Kwai Tsing district could be improved.

### Designated by the World Health Organization (WHO)

According to the figures of Princess Margaret Hospital, the number of patients seeking treatment at Accident & Emergency Department due to injury of accident from 2001 to 2003 has a reduction of 48%. It was believed that the large scale promotion of safety and health programmes could raise the awareness of residents in preventing accidents occurred. On 18 March 2003, Kwai Tsing district was designated by the WHO to be the 73rd Safe Community after the site visit and verification. Then, it had been re-designated in November 2007.

Also, Kwai Tsing district 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. During the past years, Kwai Tsing district have been awarded by the Alliance for Healthy in the Creative Developments and Pioneers setting which recognized the efforts of all the community partners in Kwai Tsing district.

### Hong Kong Safe Community Certification

Kwai Tsing district was certified as the very first Hong Kong Safe Community under the Certification Scheme launched by the Occupational Safety and Health Council (OSHC) in June 2014. Different collaborative partners in the community have co-signed the “2014 Kwai Tsing Safe and Health Pledge” which demonstrate our mutual commitment to achieving the goal in developing a safe and harmonious community. In June 2017, Kwai Tsing district was redesigned as “Hong Kong Safe Community”.

### Implementation of District Health Centre Pilot Scheme in Kwai Tsing district

In 2017, Hong Kong government announced the plan to set up the first District Health Centre in Kwai Tsing district which recognized that Kwai Tsing is the pioneer in implementing primary health care. This is also the achievement of promoting “Safe Community” and “Healthy City” in the past years.



### 交流及探訪

本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。在本年度，協會繼續與醫院管理局合作，於2018年9月11日安排「社區醫療新世界-全科/家庭醫學專業進修培訓課程(第九屆)」的學員到葵青區學習，透過參觀服務單位和講解，了解香港基層醫療的發展。此外，新加坡保健促進局的代表亦曾於2018年10月8日到訪青衣中心，李大拔教授及趙莉莉醫生BBS與他們一同分享及交流。

除此之外，協會亦於2018年6月至7月期間獲得澳門健康服務單位的邀請，出席在澳門鏡湖護理學院舉辦的「第七屆預防濫藥系列活動」分享會及研討會，分享多年來推動青少年身心健康及預防青少年濫藥的工作。

### Exchanges and visits

The Association strives to promote the development of external affairs via the cooperation and sharing of experience with international organizations. In this year, we continued to work with Hospital Authority to arrange visits for the trainees of “New Horizon in Community Health: Training Program for Family Medicine & Primary Health Care for Mainland Practitioners (Class IX)” on 11 September 2018. Through the visits of service centres and briefing in Kwai Tsing district, the trainees could learn more about the development of primary health care services in Hong Kong. Moreover, the representatives from Health Promotion Board in Singapore had visited Tsing Yi Community Health Centre on 8 October 2018. Prof. Albert Lee and Dr. Lily Chiu represented the Association to share the experiences in promoting primary health care in Hong Kong.

In addition, the Association was invited by the Health Care organization in Macau to attend the “Drug Prevention Seminar and Training Course” during June and July in 2018, to share the experiences in promoting adolescents’ health and drug abuse prevention.



內地的醫護人員到南葵涌社會服務處的單位參觀，並學習葵青區在推動基層醫療服務的工作。



新加坡保健促進局的代表到青衣社區健康中心參觀



本會時任總經理韋珏璧女士到澳門分享推動青少年身心健康及預防青少年濫藥的工作



為了更有效推動安全 and 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：

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.

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

1. To promote public health and public safety by establishing safe environments and healthy habits in daily living;
2. To recognize major public health and public safety issues and for such purposes to make innovative changes by pooling community resources and concerted efforts;
3. 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;
4. 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
5. To work closely with the World Health Organisation and other international bodies for advancing the objects of the Association.

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；

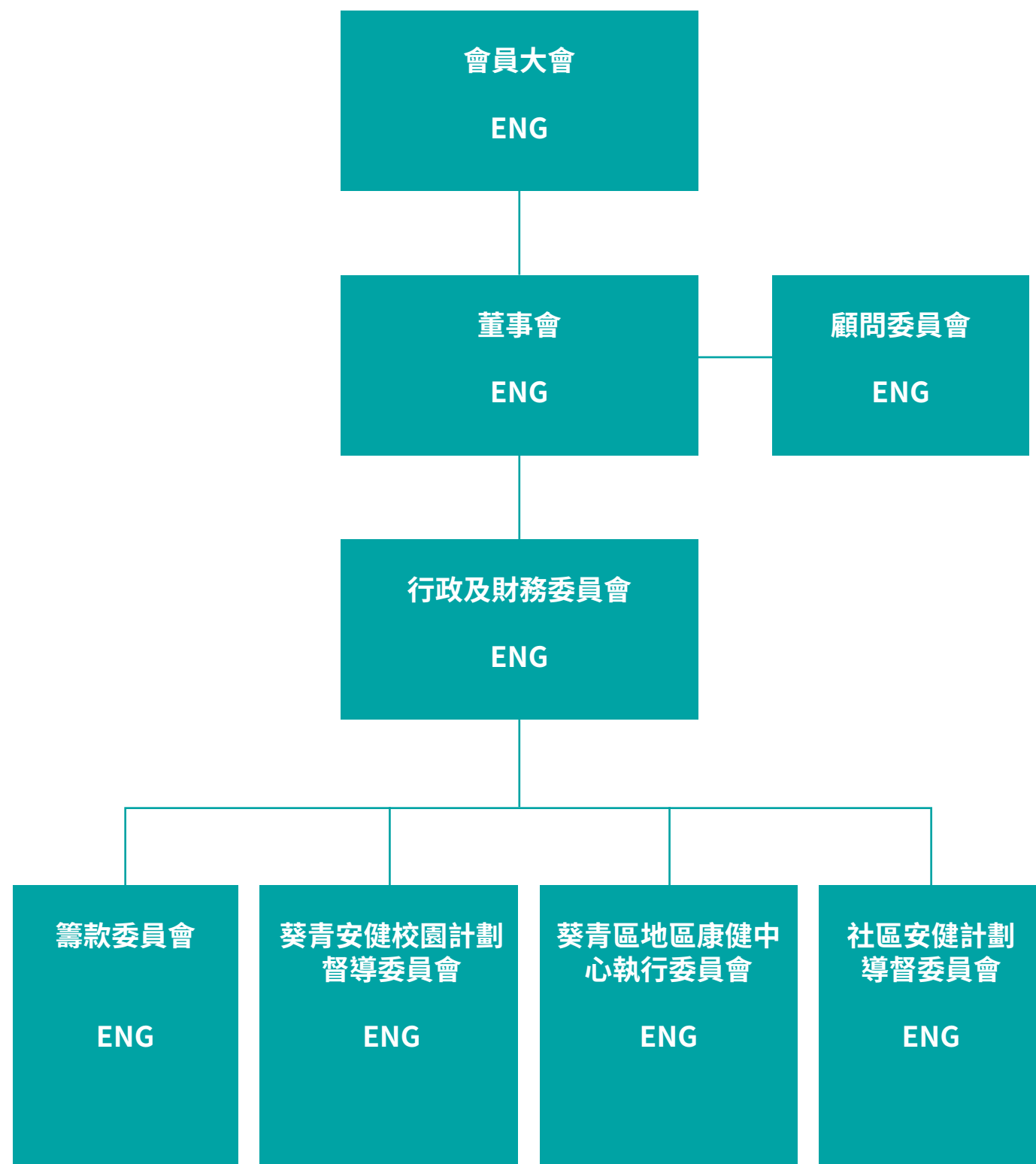
葵青民政事務專員、荃葵青中學校長會、職業安全健康局、醫院及其他機構代表亦應邀加入本會成為董事局成員。有關(2018-2019)年度董事會、顧問委員會及各附屬委員會的成員名單，請參閱附錄。

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 District Officer (Kwai Tsing), representative of The Association of Heads of Secondary Schools of Tsuen Wan Kwai Chung & Tsing Yi District, Occupational Safety and Health Council, hospitals and other organizations. A list of members (2018-2019) was attached in the Appendices.





組織架構圖 Organizational Chart



社區健康中心的服務包括以下各項 The services of CHCs are shown as below:



青衣社區健康中心  
Tsing Yi Community Health Centre

為了加強社區服務網絡，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，中心亦是義工訓練服務平台，匯聚社區資源及社區活動的地方，並於2015年2月起，正式成為葵青社區重點項目的青衣(西南)社區健康中心。中心現時的會員人數約1,300人。

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 creating health information channel within public estates to develop local residents' interest in physical exercise and to adopt a healthy lifestyle. It provides a variety of exercise and health assessment equipment. In addition, the Centre is a multifunctional place providing volunteer training, services, community resources and events. It became one of the Community Health Centres under the Signature Project Scheme since February 2015. The Centre has around 1,300 members using the services and facilities.

葵涌社區健康中心  
Tsing Yi Community Health Centre



為惠及更多葵青區居民，葵涌社區健康中心於2015年12月15日成立，也設立為葵青社區重點項目的葵涌(西)社區健康中心，提供的服務與青衣社區健康中心相約。現時的會員人數約600人。除此之外，協會亦正籌備在大窩口社區中心設立一個新的社區健康中心，期望於2020年開始逐步提供健康服務。

Kwai Chung Community Health Centre was established on 15 December 2015 in order to benefit Kwai Tsing citizens as well. This is one of the Community Health Centres under the Signature Project Scheme which provides similar service to the one in Tsing Yi Community Health Centre. The Centre has around 600 members using the services and facilities.

In addition, the Association is now setting up a new Community Health Centre in Tai Wo Hau Community Centre. We plan to provide different types of health services in 2020.





為了有效在葵青區內推動安全和健康的訊息，協會於2003年起推行以地區為本的安健計劃，目的是透過地區內的日常生活場所，如學校、屋邨及工作場所等，針對不同類別人士的需要，提供適切的服務計劃，讓市民在固有和熟悉的社區網絡和關係下，能夠建立一個健康和諧的安全社區。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。因此，葵青區議會的經費支持和民政事務處的協助，對協會的工作有莫大裨益，亦有助將安全和健康的訊息，有系統地實踐於不同的機構和地區內。以下是協會推行安健計劃的五大方向：

To promote safe and healthy information in Kwai Tsing district, the Association has adopted "The Settings Approach" to implement safe and healthy schemes in a defined geographical area. 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 the best within such settings that allow for the natural set of relationships, social networks and existing social capital to be utilized. Safe and healthy settings, 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 recognizes the importance of positive working relationships and effective decision-making. Therefore, the supports of Kwai Tsing District Council and Kwai Tsing District Office are crucial to the development of a safe and healthy community in Kwai Tsing district. Below are the five main directions for implementing the safe and healthy schemes:

#### 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。

#### Safe and Healthy Estates

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

#### 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。

#### 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.

#### 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

#### 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.

#### 安健工作間

目標：為僱主和僱員訂立有效的預防受傷措施，建立安全健康的工作間。

#### Safe and Healthy Work Place

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

#### 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。

#### Safe and Healthy Family

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



## 醫校同行急救及心肺復甦法訓練暨行業簡介工作坊

### Kwai Tsing – Hospital-School-NGO Collaboration: First Aid and CPR Training cum Career Orientation Workshop



本年度，協會獲得葵青區議會撥款資助，舉辦了「醫校同行」活動，並邀得香港小童群益會、香港專業護理學會以及香港公開大學李嘉誠專業進修學院協辦是次活動。計劃目的是為中學生提供基礎的急救知識和技巧，提昇他們對於校園安全的意識，而透過醫護行業的職業導向講座及工作坊，能夠增加學生對醫護專業的認識，為未來升學及就業作好準備。活動的對象為葵青區內的中四至中六學生，並能計算為新高中課程內的其他學習經歷(Other Learning Experiences)時數3小時。

本年度的活動是到校進行的，內容包括心肺復甦法簡介及訓練、包紮技巧等急救知識，並安排了醫護行業體驗活動及職業導向講座。訓練的用具由香港專業護理學會提供，並由導師向中學生作出示範和講解，使學生獲益良多。此外，職業導向講座亦能夠讓同學們認識醫護行業的具體情況，有助他們及早規劃未來的工作方向。

今年共有8間葵青區的中學參與活動，參加人數共有724人。在收集到的檢討問卷中，接近90%的學生認為活動能增加他們對於心肺復甦法的認識及了解，而透過學習基本急救，有大約64%學生表示他們有信心面對及處理校園意外。在醫護工作簡介方面，有60%學生表示講解能增加他們對護理及支援服務行業的了解，能增加對投身此行業的興趣。整體而言，84%學生表示滿意或非常滿意這項活動，亦認同活動所學的內容對他們有幫助。而在教師的意見當中，超過90%表示對活動感到滿意或非常滿意。

隨著活動已舉辦了超過十個年頭，協會希望未來繼續與協作伙伴緊密合作，積極開拓更多不同的活動模式，冀能發展出更合時宜及更適切中學生的活動，以建立安全健康的校園環境。

In this year, the "Hospital-School-NGO Collaboration" Programme was funded by Kwai Tsing District Council. We were glad to invite The Boys' & Girls' Clubs Association of Hong Kong (BGCA), Hong Kong Society of Professional Medical Care and Li Ka Shing Institute of Professional and Continuing Education, OUHK to become the co-organizers. The training consisted of the principles and basic skills of CPR and first-aids, aimed at enhancing the skills of secondary students to handle any incidents occurred in schools in order to achieve safety schools. Despite this, the career orientation talks about nursing and health care industries could provide more insights for higher secondary students to prepare further studies and develop career paths. The targets of this programme were Secondary 4 to Secondary Six students in Kwai Tsing schools. Also, the programme could be counted as 3 hours "Other Learning Experiences" which was required in the curriculum of higher secondary education.

This year's programmes were held inside the school campus. CPR training, basic first-aid skills, the experiences in health care industries training and career orientation talks were provided. The training materials were brought by Hong Kong Society of Professional Health Care. Their trainers have demonstrated the skills and shared their experiences, in which the students have enriched much knowledge. Moreover, the students could understand more about the health care industries through the workshop. It was useful for them to plan for their future career paths.

There were 8 secondary schools in Kwai Tsing district joined that programme this year. The total number of participants were 724. According to the evaluation questionnaires, approximately 90% of students thought that they could enrich knowledge and learn the skills in CPR. For the basic first-aid training, about 64% of students believed that they were confident to react immediately when the incidents occurred in schools. Moreover, 60% of students said that the presentation of career talk could enhance their understandings in nursing and health care industries, as well as raise their interests in this field. Overall speaking, 84% of students said that they were "satisfied" or "very satisfied" with that programme. Also, over 90% of teachers found the programme was "satisfied" or "very satisfied".

Since the "Hospital-School-NGO Collaboration" Programme has been held for more than 10 years, the Association looks forward to develop other modes of activities with collaborative partners in the future, so as to tally with youngsters' needs and build up safe and healthy environments in schools.





同學在學習成人及嬰兒心肺復甦法



同學在學習包紮技巧



同學在學習哽塞急救處理



同學在體驗暢通氣道技巧訓練



同學在體驗抽血技巧訓練

## 精神健康急救證書課程推廣計劃

### Mental Health First Aid (MHFA) Course

在本年度，協會繼續獲得葵青區議會的資助，與葵涌醫院合辦「精神健康急救證書課程」，而協辦的機構為香港公開大學李嘉誠專業進修學院。課程的目的是推廣「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、工作上需要精神健康急救知識或其他有興趣了解精神健康問題的人士；本年度的課程分為關懷青少年版及基礎版，上課時數分別為14及12小時，修畢全期課堂者可獲贈 [MHFA精神健康急救(香港)]課程手冊及頒發證書。此外，為了配合社區上少數族裔的需要，本年度的宣傳海報以中英文表達，而當中的一班關懷青少年版課程更會輔以英語解說及派發英文版課程手冊，讓他們更充分掌握課堂的內容及有用的資訊。

而完成課程的學員更可報名參觀葵涌醫院，當中包括有朋輩支援員的分享，學員可藉此加深對精神病患者及精神健康狀況的了解。

The course funded by Kwai Tsing District Council was co-organized by the Association and Kwai Chung Hospital. The Open University of Hong Kong Li Ka Shing Institute of Professional and Continuing Education (OUHK LIPACE) was also the cooperative partner. The course aimed to promote "Mental Healthy 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 immediate support when necessary, thereby building a harmonious living environment with mutual support to each other.

The target audiences of the course are the caregivers and the family members of patients with mental problems, workers who require relevant knowledge in the workplace and also other interested persons. This year, the course had two versions which were respectively Youth MHFA and Standard. The total numbers of hours for the course were 14 and 12 hours respectively. Students whom had completed the course would be awarded the course booklets and certificates. As there were many ethnic minorities residents in Kwai Tsing district, the posters were designed in both Chinese and English this time. Moreover, one of the Youth MHFA courses would be elaborated in English when necessary and the course booklets used were also written in English version, which could facilitate the students' learning throughout the course.

After completing the course, the students could enroll in a visit to Kwai Chung Hospital. During the visit, the Peer Support Worker shared their personal experiences and also their works. Thus, the students could understand more about the patients with mental problems and mental health issues.

課程 Course	日期 Date	完成課程人數 No. of students completed the course	參觀葵涌醫院 Visiting Kwai Chung Hospital
精神健康急救證書課程 A班 (關懷青少年版)	2018年7月30日及31日	21	參觀日期: 2018年9月11日 Date of visit: 11th September 2018
Class A (Youth MHFA)	30th & 31st July, 2018		
精神健康急救證書課程 B班 (關懷青少年版)	2018年8月13日及14日	24	參觀人數: 24 No. of visitors: 24
Class B (Youth MHFA)	13th & 14th August, 2018		
精神健康急救證書課程 C班 (基礎版)	2018年8月18日及25日	30	參觀日期: 2018年9月18日 Date of visit: 18th September 2018
Class C (Standard)	18th & 25th August, 2018		
精神健康急救證書課程 D班 (基礎版)	2018年8月27日及28日	27	參觀人數: 16 No. of visitors: 16
Class D (Standard)	27th & 28th August, 2018		
總計:		102	40





學員在完成課程後大合照



課堂上的角色扮演



模擬產生幻覺的情況

## 「骨質疏鬆症」健康講座及骨密度檢查計劃

### Osteoporosis Health Talk and Bone Density Health Check Programme

骨質疏鬆症是全身退化性的疾病，於更年期後的女性及長者中較為普遍。由於此症是長年累月而成，而沒有徵狀及身體不適的感覺，因此往往會被人忽略。直至年紀越來越大，在跌倒時便很容易引致骨折，影響日常生活。

此計劃獲得葵青區議會資助，並由南葵涌社會服務處協辦。計劃共有三個項目，第一個項目是舉行健康講座，為葵青區的50歲或以上的居民講解骨質疏鬆症的成因及預防方法，並透過度高磅重及問卷篩查，評估出患有骨質疏鬆症風險較高的人士，再轉介他們進行第二個項目，即DEXA雙能量X光骨質密度檢查。而第三個項目則是為完成檢查的人士安排醫生提供健康諮詢服務。

本年度的計劃與香港中文大學賽馬會骨質疏鬆預防及治療中心合作，報名情況非常踴躍，共有354位葵青區居民參與，而最後有233人接受了DEXA雙能量X光骨質密度檢查。他們在接受了醫生的健康諮詢及獲得檢查報告後，如被檢查出有骨質疏鬆症的人士，便可透過醫生發出的轉介信到公立醫院或私家診所尋求進一步治療。

Osteoporosis is a systemic degenerative disease that is extremely common among women after menopause and elderly. As the disease is developed over a long period of time and usually neither asymptomatic nor physical discomfort, it will often be ignored. It is usually discovered until the person has fractures from falling and daily life being affected.

The programmes were funded by the Kwai Tsing District Council. The co-organizer was South Kwai Chung Social Service (SKCSS). The whole programme was divided into three parts. In the first part of the programme, health talks and osteoporosis assessments including BMI and questionnaires were provided to the Kwai Tsing residents aged 50 or above. For those with high risks to be suffered from osteoporosis would be referred to the second part. The second part was receiving the DEXA x-ray check. The third part of the programme was a consultation performed by a doctor.

In this year, the Association has worked with Jockey Club Centre for Osteoporosis Care & Control, The Chinese University of Hong Kong, to provide the services. The programmes were welcomed by the residents. A total of 354 residents participated in the health talk and basic screening. Finally, 233 of them have received the DEXA x-ray checking. Then, they were arranged to collect the reports and had consultation by the doctor. For those who were diagnosed to have osteoporosis, they could have medical treatments in public and private health centres with the referral letters issued by the doctor.

#### 健康講座及骨質疏鬆症評估

#### Health Talk and Osteoporosis Assessment

日期及時間 Date & Time	地點 Venue	報名人數 No. of registration	參與人數 No. of participants
2018年9月4日 上午10時至11時半 4th September 2018 10:00am-11:30m	南葵涌社會服務處樂融天地 Cheers, South Kwai Chung Social Service	30	25
2018年9月6日 上午10時半至下午12時半 6th September 2019 10:30am-12:30pm	石籬社區會堂 Shek Lei Community Hall	53	50
2018年9月19日 上午10時至11時半 19th September 2018 10:00am-11:30am	協會屬下的青衣社區健康中心 Tsing Yi Community Health Centre, KTSCHCA	35	31
2018年10月3日 下午2時至5時 3rd October 2018 2:00pm - 5:00pm	大窩口社區中心 Tai Wo Hou Community Centre	91	79
2018年10月6日 下午2時至5時 6th October 2018 2:00pm- 5:00pm	長發社區中心 Cheung Fat Community Centre	110	116
2018年10月10日 下午2時至5時 10th October 2018 2:00pm- 5:00pm	葵芳社區會堂 Kwai Fong Community Hall	92	53
總計:		411	354



X光雙能量骨質密度檢查

DEXA Dual-energy X-ray bone scan

日期及時間 Date & Time	地點 Venue	報名人數 No. of registration	參與人數 No. of participants
2018年10月至12月期間 Between October and December 2018	香港中文大學賽馬會骨質疏鬆預防及治療中心	240	233

醫生健康諮詢服務

Consultation by doctor

日期及時間 Date & Time	地點 Venue	報名人數 No. of registration	參與人數 No. of participants
2018年12月6日、12月13日 ; 2019年1月17日、1月24日 (共四節) 上午9時半至下午12時半	南葵涌社會服務處樂融天地 Cheers, South Kwai Chung Social Service	233	178
4 sessions: 6th December 2018, 13th December 2018, 17th January 2019 & 24th January 2019 9:30am-12:30pm			



活動為參加者度高磅重



骨質疏鬆症講座



預約參加DEXA X光雙能量骨質密度檢查



義工協助長者填問卷作篩查



電腦分析患上骨質疏鬆症的風險

「齊來做個不倒翁」社區教育活動

Community Health Promotion Programme

承蒙職業安全健康局安全社區職業安全健康推廣計劃的贊助，協會於本年度推行了名為「齊來做個不倒翁」的防跌教育活動。我們舉行了一系列的活動，除了邀得物理治療師為社區上的長者講解防跌知識和示範運動外，也舉辦了不同的防跌運動班及足部健康講座，鼓勵長者持之以恆地做運動，並在日常生活中多注意跌倒危機，避免意外發生。活動的詳情如下：

In this year, the Association was funded by the Safe Community OSH Promotion Scheme of Occupational Safety and Health Council to organize different programmes related to "Fall Prevention" education. There were a series of programmes, including the health talk presented by physiotherapist which has educated elders about the fall risks and simple exercises so as to strengthen the muscles. Moreover, two different kinds of exercises classes have been held in CHCs, in order to encourage the elders to do exercises regularly. Also, we have organized a health talk and screening by podiatrist which could let elders understand their feet health and raise their awareness on the fall risks. The details of programmes were shown as follows:

活動名稱 Programme	日期及時間 Date & Time	地點 Venue	參與人數 No. of participants
“齊來做個不倒翁”防跌講座 Health talk of "Fall Prevention"	2019年3月22日 上午11時至下午12時半 22nd March 2019 11:00am to 12:30pm	石籬社區會堂 Shek Lei Community Hall	156
椅上操運動工作坊 Chair exercises class	2019年3月 (4堂) 下午2時半至3時半 March, 2019 (4 sessions) 2:30pm to 3:30pm	葵涌社區健康中心 Kwai Chung Community Health Centre	15
太極班 Tai - chi exercises class	2019年3月 (8堂) 下午2時半至3時半 March, 2019 (8 Sessions) 2:30pm to 3:30pm	青衣社區健康中心 Tsing Yi Community Health Centre	39
足部健康檢查及講座 Podiatry health talk & screening	2019年3月29日 上午9時半至下午12時半 29th March 2019 9:30am to 12:30pm	葵涌社區健康中心 Kwai Chung Community Health Centre	20
總計:			230



物理治療師提供預防跌倒講座及示範簡單運動。



婦女團體在講座後示範防跌十式，邀請參加者跟著一起做。



椅子操運動工作坊



太極班



足部健康檢查及講座





## AED 訓練推廣工作坊

### “Promotion in using AED in the Community” Workshop

為了提升社區人士的安全和急救意識，尤其是在職場之內，本會向職業安全健康局安全社區職業安全健康推廣計劃申請了資助，於葵青區內舉辦“自動體外心臟去顫器”(簡稱AED)訓練，對象主要是在區內服務機構工作的員工。本會邀請了聖約翰救傷隊的合資格導師任教心肺復甦法及使用AED，目的是讓服務機構的職員掌握AED的操作，除了能保障服務使用者的性命外，也能提高職業安全的意識。參加訓練的學員在完成六小時的課程並考試及格後，可獲發認可的急救證書。

In order to raise the awareness of safety and enhance the skills of first aid in the community, the Association was funded by the Safe Community OSH Promotion Scheme of Occupational Safety and Health Council to organize the workshop in promoting the use of “Automated External Defibrillator” (in short form of AED) in Kwai Tsing district. The main target was the staffs of service units who worked in Kwai Tsing district. The course was provided by Hong Kong St. John Ambulance. The qualified trainers taught about the CPR knowledge and skills, as well as how to use the AED. The purposes of that course were to raise the awareness in occupational safety and also make them confidences to handle the AED when incidents occurred, so as to protect the service users.

#### 活動資料如下：

日期：2019年3月30日 (星期六)

時間：上午9時半至4時半 (課時為六小時，當中有一小時午飯時間)

地點：大窩口社區中心地下禮堂

參與人數：30人

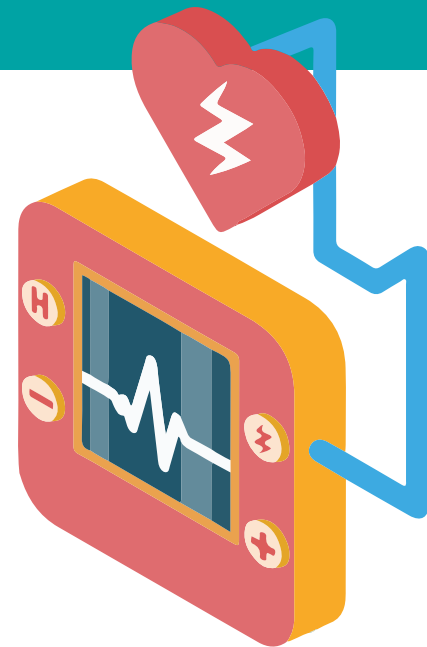
#### The details of programmes were as follow:

Date: 30th March 2019 (Saturday)

Time: 9:30- 4:30pm (It is a 6 hours' course with 1 hour for lunch time.)

Venue: Hall, G/F, Tai Wo Hau Community Centre

Number of participants: 30



課堂上學習急救理論、練習心肺復甦法及使用AED



完成課程後大合照

## 第九屆「戒煙大贏家」無煙社區計劃

### The 9th “Quit to Win” Smoke-Free Community Campaign

協會已多年成為香港吸煙與健康委員會的合作夥伴，合辦是次活動。計劃目的是透過舉辦無煙推廣透過舉辦無煙推廣活動及比賽，向不同年齡層的市民分享無煙信息、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。

本年度，協會繼續獲得香港吸煙與健康委員會的撥款，舉辦了嘉年華及設置無煙健康大募集的攤位，放置健康資訊展覽，向大眾宣揚無煙生活的訊息。而且，協會的工作人員亦在場內帶領居民一同進行毛巾操的運動，冀能藉著推廣運動的好處，促使吸煙人士透過運動去取代吸煙的習慣。除此之外，協會於7月份在屬下的三間社區健康中心舉辦了開放日，也設置了無煙健康資訊展覽，希望在區內不同的地點接觸到吸煙人士，推廣無煙生活的好處。

The Association had been collaborating with the Hong Kong Council on Smoking and Health (COSH) to organize this campaign for many years. Besides encouraging smokers to quit 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 contest. This year, the campaign continued to be funded by COSH and held in the form of a carnival. The booth was set up to recruit the participants in joining the “Quit to Win” scheme and promote the benefits of smoke-quitting as well as the importance of a smoke-free community. Despite this, there was exercises demonstration with towel, to encourage the residents to exercise more often in order to replace the smoking habit. Also, we have organized the “Open Day” in three Community Health Centres. The promotion stands were set up, so that the messages could be promoted to different places in Kwai Tsing district.



設置攤位招募“無煙大贏家”活動參加者及擺放戒煙資訊展板



參加活動的居民一同做毛巾操



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，葵青區議會決定推行以「加強社區健康服務」為主題的計劃。經過完善而公平的遴選程序後，本會成為「葵青社區重點項目」計劃的協作伙伴之一，合作提供社區健康服務。

計劃自2014年10月起開始推行，原定為期3年。項目透過跨專業、跨部門的「醫、福、社」協作模式，致力在葵青區推廣健康知識，與居民共建健康社區。計劃的主要項目是在葵青區內開設五間社區健康中心，為居民提供一站式的健康服務，而且會推行全面的社區關懷和專業的眼科檢查服務，以及預防流感疫苗注射服務等。

憑藉協會在葵青區內擁有的十多年社區健康服務經驗，本會為區內的居民提供了優質及專業的基層醫療服務，促進居民的健康。服務在推展以來，一直受到區內居民的歡迎，而且需求頗大，因此在獲得葵青區議會的通過下，項目內的部份服務已延續推行，而未來亦計劃加入一些不同的服務。

項目的六大範疇如下：

SPS contains 6 main areas of services as below:



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 one of the SPS partner for the delivery of community healthcare services. Kwai Tsing Signature Project Scheme was launched in October 2014. It was planned to last for 3 years. SPS aimed at enhancing Kwai Tsing citizens' health knowledge by the multi-disciplinary collaboration of “Medical-Welfare-Social” model, in order to develop a healthy community. 5 Community Health Centres were planned to set up and provide a wide range of health service under SPS. In addition, there were community care and home visit services, as well as Ocular Healthcare Service provided by professionals as well as Influenza Vaccination programme.

Being a significant partner to implement the project with more than 10 years' experiences in promoting primary health care services, we strive to provide high quality and professional services for Kwai Tsing residents. The services were appreciated by lots of residents. In regard of the great demands in the communities, the Association has sought the approval and endorsement from Kwai Tsing District Council to extend part of the services. Also, more different kinds of services are planning to be implemented in the future.



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白內障手術，對象是年滿50歲或以上並居住在葵青區的人士。

眼科視光檢查及眼鏡驗配服務由香港理工大學社區結合保健中心提供，其中眼科視光檢查的內容包括：

- 屈光度數量度
- 雙眼協調功能評估
- 眼睛健康檢查
- 視覺評估
- 詳細問症

在2018至2019年間，接受綜合眼科視光檢查的人士共有1,555位，其中873位在評估後獲得驗配眼鏡服務，約佔整體參加者的五至六成。此外，視光師在提供檢查後，如發現參加者有眼科診症的需要時，便會轉介他們到計劃內聯繫的眼科專科醫生作進一步診斷。當中最常見的眼睛情況是白內障，接近70%的參加者被發現有白內障，其次是黃斑點病變及視網膜病變，分別佔13.57%及6.56%。在本年度，經眼科視光檢查後完成眼科診症的有146人。除此之外，計劃也會為一些經聯繫眼科專科醫生確診的白內障患者提供白內障手術資助，並與醫院管理局的「耀眼行動」結連，為被納入計劃內的葵青區居民提供額外的白內障手術資助，使他們能及早進行手術，改善視力以減低跌倒的風險。

社區結合保健中心在2019年3月11至26日期間進行了一項問卷調查。是次問卷調查共邀請了136名服務使用者參與，當中85%的服務使用者認為整體服務為“非常好”，而14%的服務使用者認為整體服務為“好”。96%的服務使用者表示能夠在預約時間的15分鐘內開始進行眼睛檢查，只有4%的服務使用者需要等候16-30分鐘才可開始進行眼睛檢查。有近九成六的服務使用者表示，在使用服務後對眼睛護理有進一步的認識。而有93%服務使用者表示將來會定期安排眼睛檢查。

由此可見，此計劃能提升年長人士對於眼睛健康的關注，並能將眼睛視光檢查普及化，讓有需要的人士獲得及早診治的機會，防止眼睛疾病惡化。而且，眼鏡驗配服務亦能改善年長人士的視力，促進社區內的安全與健康。

## 綜合眼睛檢查及治療服務 Ocular Health Care Services

Comprehensive ocular healthcare services include comprehensive eye examination, optical dispensing services, ophthalmologist consultation and subsidy for Cataract Surgeries. Kwai Tsing residents aged over 50 are eligible to apply for the services.

Primary eye care consultation and optical dispensing services were provided by the Integrative Community Health Centre (IHC) of the Hong Kong Polytechnic University. The comprehensive services involve the following.

- Measurement of refractive error/diometer
- Assessment of the coordination between the two eyes
- Evaluation of ocular health
- Assessment of vision
- Case history

In 2018-2019, the number of participants in comprehensive eye examination was 1,555, with 873 of them (between 50 and 60% of total participants) were prescribed with corrective glasses. Moreover, the optometrist would refer the participants to the designated medical officer with specialist in Ophthalmology under the SPS project if they need further eye consultation. The most common eye illness discovered was cataract. Approximately 70% of the participants were found to have cataract, 13.57% and 6.56% of them were having maculopathy and retinopathy respectively. In this year, 146 of them have received the eye consultation service. In addition, the services could provide the cataract surgeries subsidies to the participants who are diagnosed by the designated medical officers. Also, there is a collaboration between the Hospital Authority which provide extra subsidies for clients of Cataract Surgeries Programme (CSP) who lived in Kwai Tsing district. Therefore, the needy elders could receive the cataract surgery as soon as possible and the risk of fall could be minimized due to the improvement of their vision.

An Ocular Check service survey was conducted in the Integrative Community Health Centre (IHC) from 11 to 26 March 2019. 136 users were invited to fill in the questionnaire regarding the quality of service after the ocular check. 85% of participants thought that the overall services was 'Very Good', and 14% of them considered as 'Good'. 96% of the users could receive ocular check within 15 minutes of the appointment time while 4% waited for 16-30 minutes. 96% of the users said that they learnt more about eye care after eye examination and 93% of them said that they would attend regular eye examination in the future.

Therefore, we believed that the Ocular Health Care Services could raise the awareness of elder people in eye health and let more residents know about the ocular check, so as to discover eye illness as soon as possible and prevent deterioration. Also, the optical dispensing services could improve the vision of elder people which make them safe in living in the community.



## 社區健康中心

### Community Health Centres (CHCs)



此計劃在葵青區先後設立了五間社區健康中心，其中已有2間協作開辦的中心結束營運。與此同時，本年度有另一間位於石籬(二)邨的協作中心開始提供服務。現時提供服務的中心如下：

In the Kwai Tsing Signature Project Scheme, 4 Community Health Centres (CHCs) have been set up from February 2015 to March 2018. The details of the 4 CHCs are shown below:



**青衣社區健康中心**  
Tsing Yi Community Health Centre  
地址：青衣長青邨葵樓商業平台3-4號  
Address: Unit 3-4, Ching Kwai House, Cheung Ching Estate, Tsing Yi, New Territories



**葵涌社區健康中心**  
Kwai Chung Community Health Centre  
地址：葵涌葵聯邨逸樓地下G1號  
Address: G1, Luen Yat House, Kwai Luen Estate, Kwai Ching, New Territories



**葵涌(東北)社區健康中心**  
Kwai Chung (Northeast) Community Health Centre  
地址：葵涌石籬(二)邨石歡樓低層9號  
Address: No.9, Lower Ground, Shek Foon House, Shek Lei (II) Estate, Kwai Chung  
此中心的合作伙伴為南葵涌社會服務處石籬中心  
This CHC is co-operated with South Kwai Chung Social Service Shek Lei Centre

社區健康中心的服務包括以下各項 The services of CHCs are shown as below:



護士諮詢站 Nurse Consultation Spot



痛症管理中心 Pain Management Services



復康運動班 Rehabilitation Exercise Class



互助支援小組 Patient group



### 健康講座 Health Education Talk



### 自助量血壓及各類檢查 Self-measurement of blood pressure and other health screening

社區健康中心亦是一個集合社區資源和建立社會資本的平台，服務除了能促進居民的健康之外，中心的社工亦會鼓勵受助者成為義工，發揮鄰里互助的精神。而且，中心亦多次舉辦不同的義工小組，積極發掘區內居民的潛能，建立社會資本，共建和諧共融的愛心社區。此外，中心也會與區內的大專院校合作，定期舉辦愛心探訪，將溫暖帶到社區，亦讓年青人學習到關懷社會上有需要的人。

The Community Health Centres (CHCs) is an integrated community resources platform. They do not only serve as a health centre in enhancing resident's health, but also encourage the recipients to become volunteers to help others. Moreover, the CHCs organized different kinds of volunteer's trainings and provided service opportunities. Thus, the residents could reveal their own potentials and the social capital was developed so a love and harmony community can be built.

In addition, the CHCs have cooperated with different colleges and universities to organize regular home visit programs which could allow youngsters to show their love and care in the society.

中心義工定期探訪有需要的長者，為他們量度血壓及關心近況。  
Volunteers visited elders regularly and helped them to measure the blood pressure.



製作手工藝以訓練手部靈活，並可在探訪時送給有需要的長者  
Handicraft class







## 護士諮詢站個案分享 - 「醫、福、社」的跨界別協作模式

## 護士諮詢個案分享

陳婆婆是我們護士諮詢站的常客。她患有認知障礙症、高膽固醇及心血管疾病，需長期服藥及覆診，但自我管理力薄弱且記憶力差，以致經常忘記服藥，影響病情。護士每星期會約見陳婆婆，除了為她進行藥物指導，把藥物按時間及份量分配好在藥盒，提示她正確服藥的時間之外，也提供針對性的認知訓練，加強她對日常生活的認知及改善記憶。

經過一段時間的護士諮詢及觀察，我發現陳婆婆在藥物處理上的情況並沒有太大的改善，加上她不是居於附近，每次往返都頗為吃力。因此，我主動聯絡了一向跟進她的長者中心社工，了解多些關於陳婆婆的家庭狀況及個人需要，亦向社工陳述了陳婆婆服藥方面的情況。由於該中心也有提供護士服務，於是便轉介她到那邊繼續跟進藥物及認知訓練。這樣除了可便利她，也充份發揮了社區資源配合和協作的作。

葵涌社區健康中心 計劃經理林燕碧姑娘

Madam Chan is our center's frequent visit client on nurse consultation service. She is suffering from dementia, hyperlipidemia and vascular heart disease, and needs long term medications and hospital follow up. I met her weekly for her drug compliance monitoring and cognitive training in the health center. I helped her to dispense the prescribed medications into the pill box according to time and dosage, and provided education on correct usage of the medications. Moreover, targeted cognitive training is provided so as to improve her memory in daily life.

After a certain period of nurse consultation, we found that her drug compliance was still not satisfactory. And she found it not convenient to come to center as she was not living nearby. Therefore, I contacted the social worker who usually followed her case in elderly centre to get more information regarding her family problem and also stated her poor drug compliance to the social worker. Finally, Ms. Chan's case was referred to their nurses for follow-up. Currently Madam Chan can continue her case management in a more convenient location, and this is a successful case of the Medical Welfare Community collaboration.

Ms. LAM In Pek, Project Manager,

除了中心內的服務外，服務人員更會與長者中心、居民團體等合作，舉辦外展健康檢查活動，提供量血壓、血糖等檢測及護士諮詢。當發現有潛在健康風險的居民，我們會積極鼓勵及轉介至就近他們居所的中心繼續跟進。

Despite the services provided in CHCs, our service team would also collaborate with elderly centres and residents' organization to organize outreach health services, providing blood pressure and blood glucose screening as well as nurse consultation. Once any service recipients with potential health risks were found, we would strongly encourage or transfer them to CHCs for follow-up.



中心定期舉辦外展健康檢查活動



在2018/19年度，外展服務曾與長者服務單位、互委會、房屋署、精神健康綜合社區中心，以及不同的宗教團體合作，共探訪了715戶居住在葵青區的獨居長者或兩老同住家庭。此外，本會亦承蒙香港公開大學李嘉誠專業進修學院健康及科學學部的支持，鼓勵學院的學生到中心擔任健康大使，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評估服務。

工作人員定期帶領健康大使探訪社區上有需要的長者，除了為他們量度血壓及評估家居環境需要外，更重要的是為他們帶來關懷問候，並在有需要時轉介他們接受不同的服務。

同時，協會也為有需要的長者戶提供家居清潔及家居小維修服務，除了一般家居上的維修外，本會更安派了不同的維修人員，為長者維修輪椅和拐杖、檢查及保養窗戶等，使長者能夠居於安全的環境。以下是本年度服務的情況：



家居清潔：397戶



家居小維修：150戶



Household cleansing : 397 households



Minor repair : 150 households



健康大使上門探訪，及為長者量度血壓。



協會為有需要的長者維修輪椅及復康運動器材

## 外展家居探訪服務

## Outreach Service- Home visit

During the year of 2018/19, the Association has collaborated with different elderly service centres, MACs, Hong Kong Housing Authority, ICCMW as well as different religious organizations to visit 715 households of needy elders in Kwai Tsing district. Also, the Association continued to collaborate with the Health and Science Team of the Li Ka Shing Institute of Professional and Continuing Education of the Open University of Hong Kong, encouraging their students to be the health ambassadors, and go for home visits in order to improve the home safety of the elder households.

Our workers arranged regular home visits for the needy elders in the community. Despite helping the elders to measure the blood pressure and assessing their home safety by the health ambassadors, the home visits also gave warm and concerns to them. For those who had other service needs, our workers would make referral for them in receiving different kinds of services.

In addition, we continued to provide household cleansing and minor repairs services to the needy elders. The minor repair services also included the repair of wheelchair and walking sticks, as well as the window checking and maintenance by the qualified technicians. This years' service figures are shown as follows:



## 流感疫苗注射服務

### Influenza Vaccination

在本年度，協會繼續在葵青區各社區會堂及屬下的社區健康中心內舉辦流感疫苗注射服務，同時與葵青區的居民團體及中學合作，為不同年齡的居民提供流感疫苗注射。本年度的服務對象為12至49歲的葵青區居民(不包括「政府防疫注射計劃」和「疫苗資助計劃」的受助人士)，他們可以優惠價30元正，接受四價流感疫苗注射，目的是增強區內居民對於預防流感的意識，並增強防疫能力，避免出現大規模的流感爆發。

協會在2018年10月至2019年3月期間共進行了18場的流感疫苗注射服務，共有2,563人接種了流感疫苗。每年，協會所舉辦的流感疫苗注射服務也十分踴躍，反映了大眾市民對於預防流感的意識明顯提高，引證了計劃的成效。

除此之外，本會亦會在提供流感疫苗注射服務的期間，派發預防流感的單張，藉此推廣健康教育。

In this year, the Association provided Influenza Vaccination for Kwai Tsing residents aged between 12 to 49 (not included in Government Vaccination Programme and Vaccination Subsidy Scheme) with preferential price in different Community Halls, the Community Health Centres, secondary schools and different organizations. The eligible persons could pay \$30 for the Influenza Vaccination service. This aimed to raise the awareness of Kwai Tsing citizens to prevent and enhance their resistance to the Influenza, in order to refrain from spreading out in large scale.

The Association had organized 18 sessions of Influenza Vaccination Services for Kwai Tsing residents from October 2018 to March 2019 and there were 2,563 residents received the vaccination. This service was welcomed by Kwai Tsing residents and many people enrolled in the service every year. We believed that the awareness of residents in preventing influenza had been raised. That means the SPS project was effective in promoting primary care.

In order to promote health education, we had also delivered the leaflets of prevention of influenza to the residents after they received our services.



在社區會堂內提供流感疫苗注射服務的情況



與區內團體及中學合作推行流感疫苗注射服務



## 流感疫苗注射服務

### Influenza Vaccination



眼睛健康檢查

截至2019年3月31日

項目	計劃目標(人數)	本年度服務人數	累積服務人數(由2015年1月起)
綜合眼科視光檢查	12,000	1,555	11,185
眼鏡驗配	6,700*	873	6,051
眼科醫生診症	2,513	146	656
津貼「耀眼行動」白內障手術	250	42	114

流感疫苗注射服務

項目	計劃目標(人數)	本年度服務人數	累積服務人數(由2015年1月起)
流感針注射	16,612	2,563	14,917

社區健康中心

項目	計劃目標(人數)	本年度服務人數	累積服務人數(由2015年1月起)
健康評估	112,500	18,619	170,136
護士諮詢站	8,970	1,723	8,515
中醫診所	7,500	1,897	7,652
痛症管理中心	9,825*	2,454	9,808
復康運動班	5,160	1,486	4,585
患者支援小組	4,450	1,108	5,011
護老者培訓	2,150	268	2,567
義工訓練	2,150	555	2,818
中心內健康講座	16,470	3,379	15,920

外展服務

項目	計劃目標(人數)	本年度服務人數	累積服務人數(由2015年1月起)
愛心探訪	3,700戶	715戶	3,731戶
家居清潔	960戶	397戶	968戶
家居小維修	300戶	150戶	300戶
家居安全用品	300戶	0戶	360戶
義工	540人次	287人次	1,076人次

已完成的服務項目

外展健康檢查及健康諮詢服務 (已於2018年3月完成)

項目	計劃目標(人數)	總服務人次
健康檢查	70,000	99,874
簡單眼睛健康評估	30,000	31,077
護士健康諮詢	20,000	25,772
藥物諮詢	15,000	15,528

健康教育 (已於2018年3月完成)

項目	計劃目標(人數)	總服務人次
健康講座	60場/3,000人次	60場/ 5,656人次
慢性疾病工作坊	30場/600人次	31場/ 619人次
健康教育組件	15個題目	15個題目
其他學習經驗訓練	2,700人次	2,600人次
健康大使訓練	540人次	566人次

Until 31 March 2019

Ocular Care Services

Items	Target: No. of Service Recipients	No. of Service Recipients in this year	Accumulative No. of Service Recipients
Comprehensive Ocular Check	12,000	1,555	11,185
Prescription of Corrective Glasses	6,700*	873	6,051
Eye Consultation and Diagnosis	2,513	146	656
Subsidy for Cataract Surgeries	250	42	114

Influenza Vaccination Services

Items	Target: No. of Service Recipients	No. of Service Recipients in this year	Accumulative No. of Service Recipients
Influenza Vaccination	16,612	2,563	14,917

Community Health Centres

Items	Target: No. of Service Recipients	No. of Service Recipients in this year	Accumulative No. of Service Recipients
Health Assessment	112,500	18,619	170,136
Nurse Consultation	8,970	1,723	8,515
Chinese Medicine Clinic	7,500	1,897	7,652
Pain Management Centre	9,825*	2,454	9,808
Rehab Class	5,160	1,486	4,585
Patients Groups	4,450	1,108	5,011
Carer Training	2,150	268	2,567
Volunteer Training	2,150	555	2,818
Health Education	16,470	3,379	15,920

Outreach service

項目	Target:	Service Output in this year	Accumulative No. of Service Recipients
Home visit	3,700 households	715 households	3,731 households
Home Cleansing	960 households	397 households	968 households
Minor Repair	300 households	150 households	300 households
Home Safety Appliances	300 households	0 households	360 households
No. of Volunteers	540 attendances	287 attendances	1,076 attendances

Completed Service Items

Additional Health Service (Completed in March 2018)

Items	Target: No. of Attendances	Total No. of Attendances
Health Assessment	70,000	99,874
Preliminary eye check	30,000	31,077
Health Counseling	20,000	25,772
Drug Advice	15,000	15,528

Additional Health Service (Completed in March 2018)

Items	Target	Total output
Health Education Programme	60 sessions / 3,000 attendances	60 sessions / 5,656 attendances
Chronic Diseases Programme	30 sessions / 600 attendances	31 sessions / 619 attendances
Health Education Packages	15 themes	15 themes
OLE Programme	2,700 attendances	2,600 attendances
Health Ambassadors training	540 attendances	566 attendances



協會自成立以來,積極在區內推動疾病預防、護士諮詢及眼科視光服務等,並與瑪嘉烈醫院緊密合作,在社區上以「醫、福、社」的協作模式,致力提倡基層健康,加強葵青區居民對預防疾病的意識,並促進健康的生活模式。各項的計劃在區內紮根,定下了良好的基礎,而政府更在二零一七年的施政報告中提出在葵青區推行地區康健中心試點計劃,亦是對葵青區在推廣基層健康方面的工作予以肯定。

為了廣納意見,以推動更合適的服務,本會於2018年5月19日及5月21日分別舉辦了兩場座談會。第一場邀請了社區健康服務機構、病友組織及其他關注團體等,而第二場則是提供專職醫療服務的院校和組織代表,包括家庭醫學、物理治療、職業治療、藥劑及眼科視光學等。兩場的座談會均收集了不少持份者的意見,亦表達了心目中理想的基層醫療服務,對日後構思合適的服務有一定幫助。

The Association has implemented different kinds of services and programmes in promoting primary healthcare services since established. That included the health talks, nurse consultation and ocular health services etc. Also, we worked closely with Princess Margaret Hospital to provide services with the disciplinary model of "Medical- Welfare- Social" collaboration, which aimed at enhancing the health of residents and raising their awareness in preventing illness. As the Hong Kong Government announced to implement the District Health Centre Pilot Scheme in Kwai Tsing through the "Policy Address 2017", we believed that our works in primary healthcare during the past years were appreciated.

In order to collect more opinions, the Association has organized two conferences for inviting the community health service units and patients' groups as well as the allied health organizations on 19 May 2018 and 21 May 2018 respectively. The allied health organizations included Family Doctors, Physiotherapy, Occupational Therapy, Pharmacy and also Optometry etc. In these two conferences, the guests were pleased to share their opinions and ideal models of primary healthcare services. They were valuable for us to plan for the future services.



第一場座談會 - 邀請了社區團體及病友組織等出席



第二場座談會 - 邀請了專職醫療服務的代表出席



為了加強區內居民對於基層健康服務的認識,本會聯同葵涌醫院、職業安全健康局、香港理工大學眼科視光學院、香港專業教育學院、香港小童群益會、南葵涌社會服務處及香港藥學會合辦名為「基層醫療服務巡禮」的活動,目的是集結區內多個團體的力量,推行為期一個月的健康服務及活動。

是次服務巡禮的啟動禮於2018年6月24日(星期日)下午舉行,並邀得多位主禮嘉賓出席,當中有葵青區議會主席羅競成先生,BBS,MH、行政會議成員林正財醫生,BBS,JP及食物及衛生局副局長徐德義醫生JP等。他們均對葵青區的基層醫療服務感到讚賞,亦期望葵青區的各團體能配合地區康健中心的服務,致力推廣基層醫療服務的理念,加強疾病預防的工作。當日設有十多個攤位活動,有健康檢查、無煙健兒大招募、健康科技、食物營養諮詢、安全使

To promote the primary healthcare services in Kwai Tsing district, the Association has co-organized a series of programmes Healthcare Services with another seven organizations, universities and colleges. They were Kwai Chung Hospital, Occupational Safety and Health Council, School of Optometry of the Hong Kong Polytechnic University, The Hong Kong Institute of Vocational Education, The Boys' and Girls' Clubs Association of Hong Kong, South Kwai Chung Social Services and also The Pharmaceutical Society of Hong Kong. The programmes and services would last for a month.

The kick off ceremony was held on 24 June 2018 (Sunday) in the afternoon. There were several officiating guests joining the kick off ceremony including Mr. Law King Shing, BBS, MH, JP, the Chairman of Kwai Tsing District Council, Dr The Honourable Lam Ching Choi, SBS, JP, the Member of Executive Council and Dr Chui Tak Yi, JP, Under Secretary for Food and Health. The officiating guests appreciated the works of promoting primary healthcare services in Kwai Tsing and expected all the community organizations could conform to the implementation of K&T DHC in the future. There were more than 10 booths set up. They provided the health check, "Quit to win" recruitment, introduction of health technology, nutrition and pharmacy consultation, as well as games for

用藥用及精神健康關注等,亦設有骨質密度測試及言語治療講座,讓他們更關注自己的健康,有效做到「預防勝於治療」。當天參與活動的所有人次總計超過2,000。

除此之外,「葵青社區重點項目」的三間社區健康中心分別於2018年7月份舉行了開放日,內容包括一般的健康檢查和講座,還和香港專業教育學院(葵涌)應用科學系合作,由註冊視光師帶領學生為居民提供簡單的眼睛視光檢查,又為參加者進行骨質密度和平衡力測試等,協助居民掌握自己的身體狀況,推動健康生活。這三次的開放日中,參與的人次合共超過700。

mental health. In addition, the bone screening service and health talks of speech therapy were held in the centres of South Kwai Chung Social Services, which aimed at prevention of illness. The total no. attendances of the kick off ceremony and booths were more than 2,000.

Despite this, the three CHCs have organized the Open Day in July 2018. There were health check and talks. Also, we have collaborated with the Department of Health Science of the Hong Kong Institute of Vocational Education (Kwai Chung) to provide ocular screening service for the participants. Together with the bone screening and balance test, the participants could understand more about their health conditions and were recommended to lead healthy living styles. The total no. of attendances for the three Open Days exceeded 700.



主禮嘉賓為「基層醫療服務巡禮」活動揭開序幕



所有出席的嘉賓大合照



導師帶領學員示範養生操

#### 攤位活動情況



#### 青衣社區健康中心開放日的活動





食物及衛生局的首間地區康健中心會於葵青區開辦，並在2018年9月發出了服務營運提供者的招標公告。經過本會的工作小組與同工的共同努力下，我們向食物及衛生局遞交了有關的承投服務標書，正式申請營運葵青地區康健中心。

憑藉協會多年來在葵青區內累積的基層醫療服務經驗及申辦團隊的精心籌劃，本會於2019年3月正式獲得葵青地區康健中心的營運權，服務合約期為3年。本會對此感到十分榮幸，並立即展開有關的籌備工作，包括設立位於葵興的主中心，密鑼緊鼓地預備開幕及提供服務。

The first District Health Centre in Hong Kong is going to be set up in Kwai Tsing district. Food and Health Bureau (FHB) has invited open tenders from non-public entities to provide services for the operation of the Kwai Tsing District Health Centre (K&T DHC) in September 2018. The Association has submitted the tender documents to FHB under the great efforts put by the working group and our staff.

The Association was honorable to be awarded the tenders to operate the K&T DHC in March 2019, which considered our valuable experiences in promoting primary healthcare services and the well planning of the operation plan. The service period of the contract was three years. We were pleased to accept the contract and start the preparation works in time, including the fitting out of the Core Centre located in Kwai Hing. Also, the DHC team would organize the Grand Opening Ceremony and plan for the services provided.

「葵青地區康健中心」主中心的資料如下：

地址：新界葵涌葵昌路51號九龍貿易中心二期30樓

電話：1878 222

電郵：dhc\_inquiry@ktschca.org.hk

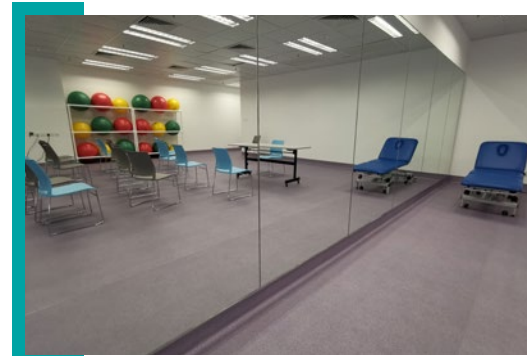
The details of the K&T DHC (Core Centre) are shown as follows:

Address: 30/F, Tower II, Kowloon Commerce Centre, 51 Kwai Cheong

Road, Kwai Chung, New Territories

Tel. no.: 1878 222

Email: dhc\_inquiry@ktschca.org.hk



## 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)

### Opinion

We have audited the financial statements of Kwai Tsing Safe Community and Healthy City Association ("the Association") set out on pages 6 to 17, which comprise the statement of financial position as at 31st March, 2019, the statement of income and expenditure and other comprehensive income, the statement of changes in general fund and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31st March, 2019 and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

### Basis for Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Association in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Information Other Than The Financial Statements and Auditor's Report Thereon

The directors are responsible for the other information. The other information comprises all information included in the directors' report, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.





INDEPENDENT AUDITOR'S REPORT("Continued")

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)

*Responsibilities of Directors and Those Charged with Governance for the Financial Statements*

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

In preparing the financial statements, the directors are responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Association's financial reporting process.

*Auditor's responsibilities for the Audit of the Financial Statements*

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSA's will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSA's, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the director.



INDEPENDENT AUDITOR'S REPORT("Continued")

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)

*Auditor's responsibilities for the Audit of the Financial Statements ("Continued")*

- Conclude on the appropriateness of the director's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Robert Chui CPA Limited  
Certified Public Accountants  
Chui Chi Yun Robert  
Practising Certificate Number: P01833

Hong Kong  
20 SEP 2019



KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF INCOME AND EXPENDITURE AND OTHER COMPREHENSIVE INCOME

Year ended 31st March, 2019

	Note	2019 HK\$	2018 HK\$
<b>INCOME</b>			
Grants and project income:			
- Kwai Tsing District Council (KTDC)	5	492,456	236,250
- Hong Kong Jockey Club Charities Trust (HKJCCT)	6	-	1,201,467
- Signature Project Scheme (SPS)	7	6,555,708	8,759,487
		7,048,164	10,197,204
Less: Activities expenses	8	(6,964,479)	(10,145,490)
Surplus on activities		83,685	51,714
Programme income		170,913	67,271
Government grant ("Celebration for all" Project)		-	3,189,373
Less: Programme expenses		(215,101)	(3,240,042)
(Deficit)/surplus on programme		(44,188)	16,602
Net proceeds from Flag Day	9	-	189,015
<b>OTHER INCOME</b>			
Membership subscription fee		1,300	1,000
Donation received		8,839	23,864
Interest income		380	170
Sundry income		57,000	14,800
		67,519	39,834
<b>Less: EXPENSES</b>			
Bank charges and interest		983	3,043
General expenses		39,347	23,605
MPF contribution		8,645	245
Staff salaries and allowance		2,710	2,327
		51,685	29,220
<b>SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR</b>	10	<u>55,331</u>	<u>267,945</u>

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

KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF FINANCIAL POSITION

31st March, 2019

	Note	2019 HK\$	2018 HK\$
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	12	-	-
<b>CURRENT ASSETS</b>			
Grants receivables	13	1,611,595	3,356,408
Account receivables and other receivables		688,404	290,661
Deposits and prepayments		32,025	45,275
Cash and bank balances		908,333	392,783
		<u>3,240,357</u>	<u>4,085,127</u>
<b>CURRENT LIABILITIES</b>			
Accruals and receipt in advance		159,343	159,444
Amounts due to directors	14	900,000	400,000
		<u>1,059,343</u>	<u>559,444</u>
<b>NET CURRENT ASSETS</b>		<u>2,181,014</u>	<u>3,525,683</u>
<b>NON-CURRENT LIABILITIES</b>			
Other loans	15	(1,000,000)	(2,400,000)
<b>NET ASSETS</b>		<u>1,181,014</u>	<u>1,125,683</u>
<b>GENERAL FUND</b>		<u>1,181,014</u>	<u>1,125,683</u>

Chow Yick Hay  
Director

Tsang Kee Kung  
Director

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



## 服務人員名單 STAFF LIST

總辦事處  
Head Office

總經理:  
General Manager: 陳少權先生  
Mr. Chan Siu Kuen  
行政經理:  
Administrative Manager: 黃雪盈女士  
Ms. Wong Suet Ying  
財務主任:  
Financial Officer: 梁慧賢女士  
Ms. Liang Wai Yin  
計劃主任:  
Project Officer: 湯旨祈先生  
Mr. Tong Tsz Ki  
計劃主任/ 秘書處:  
Project Officer/ Secretariat: 呂保霖先生  
Mr. Lui Po Lam  
兼職註冊中醫師:  
Chinese Medical Practitioner (Part-time): 張曉明先生  
Mr. Cheung Hiu Ming

青衣社區健康中心  
Tsing Yi Community Health Centre

計劃經理:  
Project Manager: 林嘉慧女士  
Ms. Lam Ka Wai  
註冊護士:  
Registered Nurse: 梁淑卿女士  
Ms. Leung Suk Hing  
健康服務助理:  
Health Care Assistant: 黃慧芬女士  
Ms. Wong Wai Fan  
計劃助理:  
Project Assistant: 郭聰璋先生  
Ms. Kwok Chung Wai

葵涌社區健康中心  
Kwai Chung Community Health Centre

註冊社工:  
Registered Social Worker: 蘇慧德女士  
Ms. So Wai Tak  
健康服務助理:  
Health Care Assistant: 何淑英女士  
Ms. Ho Suk Ying

葵涌(東北)社區健康中心  
Kwai Chung (Northeast) Community Health Centre

註冊護士:  
Registered Nurse: 羅翠華女士  
Ms. Law Tsui Wah  
健康服務助理:  
Health Care Assistant: 莫佩貞女士  
Ms. Mok Pui Ching

葵青地區康健中心  
Kwai Tsing District Health Centre

總護理統籌主任:  
Chief Care Coordinator: 趙錦蘭女士  
Ms. Chiu Kam Lan  
行政及財務主管:  
Head- Administration & Finance: 徐美儀女士  
Ms. Chui Macy May Yee  
註冊社工:  
Social Worker: 馮翠嬋女士  
Ms. Fung Chui Sim  
行政助理:  
Administrative Assistant: 譚穎姬女士  
Ms. Tam Wing Kei  
行政助理:  
Administrative Assistant: 王耀崧先生  
Mr. Wong Yiu Sung

截至2019年3月31日  
Until 31 March 2019

鳴謝

ACKNOWLEDGEMENT

葵青區議會  
Kwai Tsing District Council  
葵青民政事務處  
Kwai Tsing District Office  
瑪嘉烈醫院  
Princess Margaret Hospital  
葵涌醫院  
Kwai Chung Hospital  
社會福利署  
Social Welfare Department  
香港吸煙與健康委員會  
Hong Kong Council on Smoking and Health  
職業安全健康局  
Occupational Safety & Health Council  
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  
葵聯邨屋邨管理諮詢委員會  
Kwai Luen Estate Management Advisory Committee  
荃灣、葵涌、青衣中學校長會  
The Association of Heads of Secondary Schools of Tsuen Wan Kwai Chung & Tsing Yi District  
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  
香港理工大學眼科視光學診所  
The Optometry Clinic at Poly U  
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  
香港護理專科學院有限公司  
The Provisional Hong Kong Academy of Nursing Limited  
香港社區及公共健康護理學院  
Hong Kong College of Community & Public Health Nursing  
香港公開大學李嘉誠專業進修學院  
Li Ka Shing Institute of Professional and Continuing Education, OUHK  
東華學院  
Tung Wah College  
香港專業教育學院 (葵涌)  
Hong Kong Institute of Vocational Education (Kwai Chung)  
南葵涌社會服務處  
South Kwai Chung Social Service  
香港小童群益會  
The Boys' & Girls' Clubs Association of Hong Kong  
光愛中心  
Light & Love Home  
中國基督教播道會福安堂長者中心  
The Association of Evangelical free church of Hong Kong – E.F.C.C. – Fook On Church Elderly Center  
香港聖公會林護長者之家  
Hong Kong Sheng Kung Hui Lam Woo Home for the Elderly  
信恩醫護復康  
Mercy Medirehab Professional Group Limited  
喆臻顧問有限公司  
C&C Consultancy Ltd.  
香港骨科及骨質疏鬆治療研究中心  
Hong Kong Orthopaedic and Osteoporosis Center for Treatment and Research



葵青安全社區及健康城市協會 Kwai Tsing Safe Community and Healthy City Association	
榮譽贊助人 Honorary Patron	
勞工及福利局局長 羅致光博士GBS太平紳士	Secretary for Labour and Welfare, Dr. LAW Chi Kwong, GBS, JP
食物及衛生局局長 陳肇始教授太平紳士	Secretary for Food and Health, Prof. CHAN Siu Chee, Sophia, JP
民政事務局局長 劉江華太平紳士	Secretary for Home Affairs, Mr. LAU Kong Wah, JP
榮譽副贊助人 Honorary Vice Patron	
民政事務總署署長 謝小華太平紳士	Director of Home Affairs, Ms. TSE Siu Wa, Janice, JP
衛生署署長 陳漢儀醫生太平紳士	Director of Health Dr. CHAN Hon Yee, Constance, JP
名譽會長 Honorary President (2017-2019)	
陳上智先生	Mr. CHAN Sheung Chi
馮燊均先生	Mr. FUNG Sun Kwan
林楚昭先生	Mr. LAM Chor Chiu
馬偉文先生	Mr. MA Wai Man, Benjamin
王春輝先生MH	Mr. WONG Chun Fai, MH
葉長春先生	Mr. YIP Cheung Chun
顧問委員會 Advisory Committee	
主席	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
陳上智先生	Mr. CHAN Sheung Chi
周奕希BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
林秉恩醫生SBS太平紳士	Dr. LAM Ping Yan, SBS, JP
謝德富醫生	Dr. TSE Tak Fu
王春輝先生MH	Mr. WONG Chun Fai, MH
公司秘書	Company Secretary
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)

葵青安全社區及健康城市協會 董事會名單(2018-2020年度) Board of Directors of the Kwai Tsing Safe Community and Healthy City Association(2018-2020)	
主席 Chairman	
周奕希BBS太平紳士	Mr. CHOW Yick Hay, BBS, JP
副主席 Vice Chairman	
何少平先生	Mr. HO Siu Ping
李志強先生MH	Mr. LEE Chi Keung, Alan, MH
義務司庫 Honorary Treasurer	
曾其鞏先生MH	Mr. TSANG Kee Kung, MH
董事 Directors	
陳笑文先生	Mr. CHAN Siu Man, Simon
陳慧媚女士	Ms. CHAN Wai Mai, May
鄭慧慈女士	Ms. CHENG Wai Chee, Stella
周鎮邦醫生BBS太平紳士	Dr. CHOW Chun Bong, BBS, JP
鍾慧儀教授	Prof. CHUNG Wai Yee
黎景光醫生	Dr. LAI King Kwong
劉雪婷醫生	Dr. LAU Suet Ting
羅振邦醫生	Dr. LAW Chun Bon, Alexander
李大拔教授 (至2019年12月18日)	Prof. LEE Albert (Till 18 Dec 2019)
梁麗華女士	Ms. LEUNG Lai Wah
盧慧蘭女士	Ms. LO Wai Lan
馬偉文先生	Mr. MA Wai Man, Benjamin
董秀英醫生MH	Dr. TUNG Sau Ying, MH
汪國成教授太平紳士	Prof. WONG Kwok Shing, Thomas, JP
當然董事 Ex-officio Director	
荃灣葵涌及青衣區中學校長會 張欽龍校長	The Association of Heads of Secondary Schools of Tsuen Wan Kwai Chung & Tsing Yi District Mr. CHEUNG Yam Lung
職業安全健康局總幹事 游雯女士	Executive Director of Occupational Safety & Health Council Ms. YAU Man, Bonnie
公司秘書 Company Secretary	
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)



行政及財務委員會 (2018-2019) Administration & Finance Committee (2018-2019)	
主席	Chairman
周奕希先生BBS太平紳士	Mr. CHOW Yick Hay, BBS, JP
副主席	Vice Chairman
何少平先生	Mr. HO Siu Ping
李志強先生MH	Mr. LEE Chi Keung, Alan, MH
委員	Committee Member
鄭慧慈女士	Ms. CHENG Wai Chee, Stella
劉雪婷醫生	Dr. LAU Suet Ting
李大拔教授	Prof. LEE Albert
曾其鞏先生MH	Mr. TSANG Kee Kung, MH
董秀英醫生MH	Dr. TUNG Sau Ying, MH
汪國成教授太平紳士	Prof. WONG Kwok Shing, Thomas, JP
公司秘書	Company Secretary
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)

葵青安健校園計劃督導委員會 (2018-2019) Kwai Tsing Safe & Healthy School Steering Committee (2018-2019)	
主席	Chairman
張欽龍校長	Mr. CHEUNG Yam Lung
聯席主席	Co-Chairman
盧德臨醫生	Dr. LO Tak Lam, William
委員	Committee
陳笑文先生	Mr. CHAN Siu Man, Simon
陳慧媚女士	Ms. CHAN Wai Mai, May
周鎮邦醫生BBS太平紳士	Dr. CHOW Chun Bong, BBS, JP
周奕希先生BBS太平紳士	Mr. CHOW Yick Hay, BBS, JP
鍾慧儀教授	Prof. CHUNG Wai Yee, Joanne
李大拔教授	Prof. LEE Albert
曾其鞏校長MH	Mr. TSANG Kee Kung, MH
增選委員	Co-opted Member
社署代表	瑪嘉烈醫院代表
教育局代表	葵青民政處代表
葵涌醫院代表	衛生署代表
公司秘書	Company Secretary
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)

社區安健計劃督導委員會 (2018-2019) Safe & Healthy Community Project Steering Committee (2018-2019)	
主席	Chairman
董秀英醫生MH	Dr. TUNG Sau Ying, MH
委員	Committee
周鎮邦醫生BBS太平紳士	Dr. CHOW Chun Bong, BBS, JP
周奕希先生BBS太平紳士	Mr. CHOW Yick Hay, BBS, JP
何少平先生	Mr. HO Siu Ping
黎景光醫生	Dr. LAI King Kwong
梁麗華女士	Ms. LEUNG Lai Wah
盧慧蘭女士	Ms. LO Wai Lan
曾其鞏校長MH	Mr. TSANG Kee Kung, MH
增選委員	Co-opted Member
職安局代表	衛生署代表
葵涌醫院代表	葵青民政處代表
公司秘書	Company Secretary
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)

葵青地區康健中心執行委員會 (2018-2019) Kwai Tsing District Health Center Executive Committee (2018-2019)	
聯席主席	Co-Chairman
趙莉莉醫生BBS	Dr. CHIU Lee Lee, Lily, BBS
李大拔教授	Prof. LEE Albert
委員	Committee Member
鄭慧慈女士	Ms. CHENG Wai Chee, Stella
周奕希先生BBS太平紳士	Mr. CHOW Yick Hay, BBS, JP
何少平先生	Mr. HO Siu Ping
劉雪婷醫生	Dr. LAU Suet Ting
羅振邦醫生	Dr. LAW Chun Bon, Alexander
李志強先生MH	Mr. LEE Chi Keung, Alan, MH
馬偉文先生	Mr. MA Wai Man, Benjamin
汪國成教授太平紳士	Prof. WONG Kwok Shing, Thomas, JP
增選委員	Co-opted Member
伍杏修先生	Mr. NG Hang Sau
王春波醫生	Dr. WONG Chun Por
公司秘書	Company Secretary
陳少權先生 (由2019年2月起)	Mr. CHAN Siu Kuen (Starting from February 2019)

籌款委員會 (待定) Fundraising Committee (Pending)	
---	--





由葵青安全社區及健康城市協會出版

Published by Kwai Tsing Safe Community and Healthy City Association

**地址 Address**

葵涌荔景邨日景樓低層二樓一號單位

Shop No. 1, LG 2, Yat King House, Lai King Estate, Kwai Chung

**電話 Telephone**

(852) 2436 3363

**傳真 Fax**

(852) 2370 1027

**電郵 Email**

office@ktschca.org.hk

**網址 Website**

www.ktschca.org.hk

所有內容及資料的版權屬於葵青安全社區及健康城市協會擁有!任可人士不得隨意轉載、翻印或重印。

All rights reserved by Kwai Tsing Safe Community and Healthy City Association. No one should be allowed to reuse the materials, to reproduce and reprint.

機構會員  
**HKCSS**  
Agency Member  
社聯