

年報

2021-2022

Annual Report
2021-2022



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



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主席獻辭

Chairman's Message



董事會主席 Chairman of the Board

周奕希先生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。在成立以來，葵青安全社區及健康城市協會（下稱：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，推行多項以社區為本的社會及醫療服務，旨在提升居民對健康的關注。今年是計劃推行的第8年，計劃先後在區內設立多間社區健康中心，提供多元化健康服務及活動，令居民接觸更多健康資訊及建立健康習慣。除此之外，新冠肺炎在港爆發，協會用樂觀、積極的心態應對疫情，並得到各方捐助防疫抗疫物資，向葵青區居民派發防疫抗疫包，同時更大力推行流感疫苗注射服務，以提高居民的防疫抗疫意識。

The Kwai Tsing District is the first Hong Kong community in China that combines the “Safe Community” and “Healthy City” campaigns. Since the establishment, Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) has been supported by the Kwai Tsing District Council and various stakeholders in the community to implement a number of projects to promote the safety of the community. It has become a model for other regions and organizations; and has also contributed to the development of healthy cities and related projects around the world through exchanging ideas between organizations and sharing the results of the Association’s promotion of safety and health projects in the Kwai Tsing District. The Association’s achievements depend on the support of its partners. Here we sincerely thank them for their selfless dedication and hard work.

During this year, the Association continued to undertake the Kwai Tsing District Council’s “Kwai Tsing Signature Project Scheme (SPS)”, and implemented a number of community-based social and medical services based on the “Medical-Welfare-Community” cooperation-based service model. It aims to increase the awareness of health, to play the role of community resource integration and to provide residents with high-quality community medical services. The plan has already entered its eighth year. A number of community health centres have been set up in the district in order to provide the Kwai Tsing residents with diversified services and organize different types of activities. It is hoped that the residents can get to know more about health-related information and also build their healthy lifestyles. In addition, due to the outbreak of COVID-19 in Hong Kong. The Association received some anti-epidemic materials from different organizations. We thus responded promptly by distributing anti-epidemic packs to the Kwai Tsing residents and providing influenza vaccination services which aimed to increase residents’ awareness of epidemic prevention.

承辦了「葵青社區重點項目」計劃已8年，在了解社區需要及因應區內人士的需求，本年度新增了特殊教育需要服務、並構思長者牙科護理伙伴合作服務及流動牙科車服務，擴大服務層面，惠及不同年齡層人士。這亦是協會期望做得到、做得好的事情，將優質服務、愛心及關懷帶給每位葵青區居民。

另一方面，協會於二零一九年投得葵青地區康健中心的營運權並於同年正式投入服務。中心希望繼續以「社區為本」、「公私合營」及「醫社合作」的模式，提升市民預防疫病的意識及管理個人健康的能力，在葵青區組成健康網絡，建立「安健城市」。

踏入二零二二年便是葵青安全社區及健康城市協會成立二十周年的大日子，回顧過去二十年的工作，協會在極有限的資源下，憑著「醫、福、社」跨專業的服務伙伴協作模式，推動葵青區的「安全社區」及「健康城市」工作。在這二十年間，協會本著全心全意為社區服務的宗旨，默默耕耘，盡心盡力為葵青區每位居民謀求福祉，構建美好葵青區，為居民提供優質及多元化服務。當然，協會有今日的成果，絕非僥倖，在各熱心夥伴的共同努力及支持下，共同安居樂業的安全、健康葵青社區。

展望將來，我們會力求上進，積極、主動跟社會上不同持分者合作，繼續為社區上更多不同年齡的居民提供各類健康服務，令葵青區變得更安全、更健康、更有活力及更和諧。另外，協會亦保持謙卑、正面的態度，接納社會各界的不同意見，將更好的服務帶給市民大眾。

It has been undertaking the "Kwai Tsing Community Key Project" project for 8 years. In order to understand the needs of the community and cater for the needs of people in the Kwai Tsing District, Special Educational Needs (SEN) Services and Dental Care Services have been added this year; while Mobile Dental Services was planning to launch in coming days. It could benefit more residents of different age groups by expanding the service areas. This is also what the Association hopes to do and strives to do better. It is hoped that quality service, love, and care could be brought to every Kwai Tsing District resident.

On the other hand, the Association formally be awarded the tender to operate the Kwai Tsing District Health Center in the previous year and officially started the service in the same year. This center hopes to continue to adopt the models of "community-oriented", "public-private partnership" and "medical-society cooperation" to enhance the public's awareness of disease prevention as well as the ability to manage personal health, to establish a health network in the Kwai Tsing District and to build a "safe and healthy city".

2022 will be the 20th anniversary of the establishment of the Kwai Tsing Safe Community and Healthy City Association. Looking back on the work in the past two decades, although the Association has limited resources, we adhered to the multi-professional service model of "Medical Welfare Society" in promoting the work of "safe communities" and "healthy cities" in the Kwai Tsing District. The results of the association today depend on the joint efforts and support of all enthusiastic partners. We highly appreciate the time and effort all parties put into our side.

Looking forward to the future, we will strive to make progress, proactively cooperate with different stakeholders in the society in order to provide various types of health services to more residents of different ages in the community. By doing so, the Kwai Tsing community will become safer, healthier, more dynamic and more harmonious. In addition, the Association also maintains a humble and positive attitude, accepts different opinions from all walks of life and brings better services to the public.

葵青——

「安全社區」及「健康城市」的結合

Kwai Tsing – Integration of “Safe Community” and “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家居、防火和道路安全，以及舉辦大型的健康推廣活動來提升居民對安全健康生活的意識。此外，針對葵青區居民的需要，多年來舉辦了不少社區診斷和居民健康普查的活動，並透過整合社區資源，提出有效的改善建議，建立一個安全和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和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。葵青區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。

2021年協會為「健康城市聯盟」執行委員會委員。

世界衛生組織西太平洋區域「健康城市聯盟」創會會員
Founding member of “The Alliance for Healthy Cities” in the Western Pacific Region of the WHO



Kwai Tsing is the first community to combine the concepts of “Safe Community” and “Healthy City” since 2000, the Kwai Tsing District Council and the Occupational Safety and Health Council (OSHC) have cooperated with Princess Margaret Hospital and more than a dozen public and private organizations in the district to promote a culture of safe community through organizing of organizing different types of safety promotion activities such as “fire prevention, home and roads safety” as well as holding large-scale health promotion activities to raise residents’ awareness of safe and healthy life. In addition, the Kwai Tsing District has conducted many community diagnoses and residents’ health surveys over the years. It is able to address the needs of the residents in the community through the integration of community resources and effective suggestions so that the living and working environment could be improved.

Recognized by the World Health Organization (WHO)

According to the data provided by the Accident and Emergency Department of Princess Margaret Hospital from 2001 to 2003, the number of patients due to accidental injuries dropped by 48% during this period, which reflected that there was a significant increase in safety and health awareness among community members. On 18 March, 2003, the Kwai Tsing District was officially confirmed as the 73rd “Safe Community” in the world after an on-site assessment conducted by the World Health Organization. It was also re-designated in November 2007 to obtain international confirmation.

In addition, the district became a founding member of “The Alliance for Healthy Cities” in the Western Pacific Region of the WHO in October 2004. We have played an important role in the establishment of “The Alliance for Healthy Cities” Hong Kong branch. The Kwai Tsing District has won many awards from “The Alliance for Healthy Cities” and has also been given many recognitions to the Kwai Tsing District.

In 2021, the Association became one of the executive committees of “The Alliance for Healthy Cities”.

香港安全社區認證

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」。葵青區在短短2年間便獲此殊榮，實有賴區內團體、機構、政府部門與葵青區議會共同努力的成果。

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」，承諾為建立安全和諧的社區繼續努力。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2021年，協會重新認證，亦在2021年10月完成審核程序，再獲確認為「香港安全社區」。

Hong Kong Safe Community Certification

In March 2003, the Kwai Tsing District was classified as the 73th "Safe Community" among the world. Kwai Tsing District has won such an honor within two years, thanks to the efforts of local associations, institutions, government departments and the Kwai Tsing District Council.

In June 2014, the Kwai Tsing District was awarded a local certification as the first "Safe Community" through the Hong Kong Safe Community Certification Scheme established by the Occupational Safety and Health Council (OSHC), the Kwai Tsing District representative also signed the "2014 Kwai Tsing Safe and Health Pledge" with other multiple stakeholders in the district in order to continue building a safe and harmonious community. In June 2017, the Kwai Tsing District was recognized as a "Hong Kong Safe Community" again which has affirmed the work promoted in the Kwai Tsing District over the years. In 2021, the re-designation started and the audit procedure have been finished in October 2021. The Association was recognized as "Hong Kong Safe Community" again.



安全社區認證
Hong Kong Safe Community Certification



葵青安全社區確認典禮、葵青安健約章暨香港安健認證計劃啟動禮

Kwai Tsing Safe Community Designation, Kwai Tsing Safety and Health Charter cum Hong Kong Safety and Health Certification Scheme Launching Ceremony



2014葵青安健約章
2014 Kwai Tsing Safe and Health Pledge

葵青區地區康健中心推行先導計劃

本會成功獲食物及衛生局招標，在2019年3月負責營運香港首間地區康健中心，並於9月正式投入服務。目前，地區康健中心已運作了二年，服務超過3萬餘市民。未來，地區康健中心將繼續採取醫社合作、公私營醫療協作、及地區為本的原則，致力為社區居民提供健康宣傳、健康評估、慢性疾病管理和社區康復服務。

本年度，職業安全健康局通過協會的「香港安全社區」認證審核，再度確認為「香港安全社區」。

葵青區透過葵青安全社區及健康城市協會、社區不同持份者共同努力，建構一個適合葵青區居民及工作人士生活的安全社區。

協會在2021年10月12日已進行第三次「香港安全社區」認證，該計劃原為每3年續期，但由於新冠肺炎疫情影響，故今次「香港安全社區認證」延遲了一年進行。

認證當天，職安局首席顧問連同其團隊成員到葵青區其中4間機構／屋邨／單位視察，分別為香港國際貨櫃碼頭、南葵涌社會服務處、長青邨、葵青地區康健中心，了解區內不同持份者向葵青區居民／工作人士提供有關安健服務及培訓，持續提升職安健服務質素。

Implementation of District Health Centre (DHC) Pilot Scheme in Kwai Tsing District

The Association was awarded the tender by the Food and Health Bureau to be responsible for operating the first Hong Kong District Health Centre in March 2019, which officially started its service in September. At present, the District Health Centre has been in operation for more than a year, serving more than 30,000 people. In the future, the District Health Centre will adopt the principles of medical-society cooperation, public-private collaboration, and district-based principles, the District Health Centre is committed to providing health promotion, health assessment, chronic disease management, and community rehabilitation services for residents in the district.

During the year, the Kwai Tsing District was recognized as a “Hong Kong Safe Community” again which has affirmed the work promoted in the Kwai Tsing District over the years.

Kwai Tsing District, through the Kwai Tsing Safe Community and Healthy City Association, and different stakeholders in the community work together to build a safe community suitable for residents and working people in Kwai Tsing District.

The Association conducted the third “Hong Kong Safe Community Certification” on October 12, 2021. The plan was originally renewed every 3 years, but due to the impact of the COVID-19 epidemic, the “Hong Kong Safe Community Certification” has been delayed by one-year conduct.

On the day of certification, the chief consultant of the OSHC and his team members visited 4 institutions/estates/units in Kwai Tsing District, namely Hong Kong International Container Terminal, South Kwai Chung Social Service Office, Cheung Tsing Village, and Kwai Tsing District Health Center. Various stakeholders in Kwai Tsing District provide relevant safety and health services and training to residents/workers in Kwai Tsing District to continuously improve the quality of occupational safety and health services.





南葵涌社會服務處
South Kwai Chung Social Service



香港國際貨櫃碼頭
Hong Kong International
Container Terminal



長青邨
Cheung Ching Estate



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





順利完成認證
Successfully complete the certification



葵青安全社區及健康城市協會、社區不同持份者的努力成果，大家有目共睹。

協會於未來亦會再繼續跟社區不同持份者保持緊密聯繫，持續為葵青區作出貢獻，致力保持我們安全社區的美譽。

The efforts of Kwai Tsing Safe Community and Healthy City Association and different stakeholders in the community will be shared by everyone.

In the future, the Association will continue to maintain close contact with different stakeholders in the community, work hand in hand to contribute to the Kwai Tsing District, and make effort to maintain our safe community.

電子證書
Electronic certificate

未來3年計劃

參考政府統計處公佈的人口預測，香港人口老化的步伐將在未來二十年左右加快。未來65歲及以上老年人口將急劇增加。老年人口在總人口中的比重將繼續增加，而青年或成年人口的比重將相應下降。香港未來將有一個倒置的人口金字塔。現時葵青區每三名居民就有一名55歲或以上人士，鑑於香港人口老化的變化，情況會加劇。因此，葵青區會在未來3年加強個人及家庭的安全教育，特別是針對長者群組。服務包括跌倒預防措施、意外事故處理方法、運動和運動傷害信息。此外，我們亦會透過提供適當的行為層面的培訓來提高安全意識。

The Three-year Plan in the Future

With reference to the population forecast released by the Census and Statistics Department, the pace of population aging in Hong Kong will accelerate in the next two decades. The population of people aged 65 and over will increase dramatically in the future. The proportion of the elderly population in the total population will continue to increase, while the proportion of the youth or mature population will decrease accordingly. Hong Kong will have an inverted population pyramid in the future. Currently, there is one person aged 55 or above for every three residents in Kwai Tsing District, and the situation will be exacerbated in view of changes in Hong Kong's aging population. Therefore, Kwai Tsing District will strengthen safety education for individuals and families in the next three years, especially for the elderly group. Services include fall prevention measures, accident management, sports, and sports injury information, and more. In addition, we will increase safety awareness by providing appropriate behavioral-level training.

未來五年計劃在葵青區內提供之活動及培訓計如下：

- 防跌意識培訓（包括網上教學）
- 基本意外事故預防課程（包括網上教學）
- 意外處理及急救課程（包括心肺復甦法及自動心臟除顫器等）
- 傷害預防培訓
- 職業安全與健康課程
- 預防運動和運動損傷（包括網上教學）
- 道路安全培訓
- 預防罪案
- 加強防火意識訓練
- 家居電力設備安全使用

協會將繼續與區內不同持份者共同策劃適合葵青區居民和工作人士之活動及培訓課程。

The planned activities and training in the Kwai Tsing district in the next five years are as follows:

- Fall Prevention Awareness Training (including online teaching)
- Basic Accident Prevention Courses (including online teaching)
- Accident Handling and First Aid Courses (including cardiopulmonary resuscitation and automatic defibrillator, etc.)
- Injury Prevention Training
- Occupational Safety and Health Courses
- Prevention of Sports Injuries (including online teaching)
- Road Safety Training
- Crime Prevention
- Strengthen Fire Prevention Awareness Training
- Safe use of Household Electrical Equipment

Association keeps coordinating with different stakeholders and implements community programmes and value-added courses.



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

2020-2022社會資本動力獎

勞工及福利局為表揚及嘉許對香港社會資本發展有貢獻的個人及企業／機構，社區投資共享基金由2012年起舉辦兩年一度的「社會資本動力獎」嘉許計劃，讓各界共同見證及分享香港建立社會資本的成果。葵青安全社區及健康城市協會扎根於葵青區，致力促進社區和居民的福祉，推行多元化服務給區內人士。本年度協會榮獲由勞工及福利局轄下的社區投資共享基金主辦的「2020-2022社會資本動力獎」，嘉許協會對社會資本發展所作的傑出貢獻。



社會資本動力獎
Social Capital Builder
(SCB) Awards

Social Capital Builder (SCB) Awards 2020-2022

To accord recognition to individuals and corporates/organizations who have contributed to the development of social capital in Hong Kong, CIIF has organized the biennial SCB Awards since 2012. The Awards provide an opportunity for various sectors of the community to witness and share the achievements in building social capital in Hong Kong. Kwai Tsing Safe Community and Healthy City Association is rooted in the Kwai Tsing District and we are committed to promoting the health, safety and well-being of the community and residents, and implementing diversified services to residents in the district. This year the association won the "Social Capital Builder (SCB) Awards 2020-2022" sponsored by the Community Investment and Inclusion Fund of the Labor and Welfare Bureau, recognizing the association for its outstanding contribution to the development of social capital.

葵青安全社區及健康城市協會簡介

Introduction of Kwai Tsing Safe Community and Healthy City Association

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

- 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，協會亦邀請政府官員及捐款資助者擔任榮譽贊助人：荃葵青中學校長會、醫院、教育團體及其他機構代表亦應邀加入本會成為董事局成員。有關2021-2022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。

To effectively promote the sustainable development of safe and healthy communities, the “Kwai Tsing Safe Community and Healthy City Association” was formally established in August 2002. The purposes of the establishment are:

- 1 To promote the concept of health and safety and also establish a safe environment and culture for the region.
- 2 To gather regional resources and strength proposed improvement measures on public health and community safety issues.
- 3 To contact community partners, promote and maintain a healthy and safety environment for the residents of the Kwai Tsing District.
- 4 To enable people of different races, religions, political opinions, economic environment, and social regions to have access to relevant health and safety information through a community platform.
- 5 To work closely with the World Health Organization and other international agencies to promote the development of conference affairs.

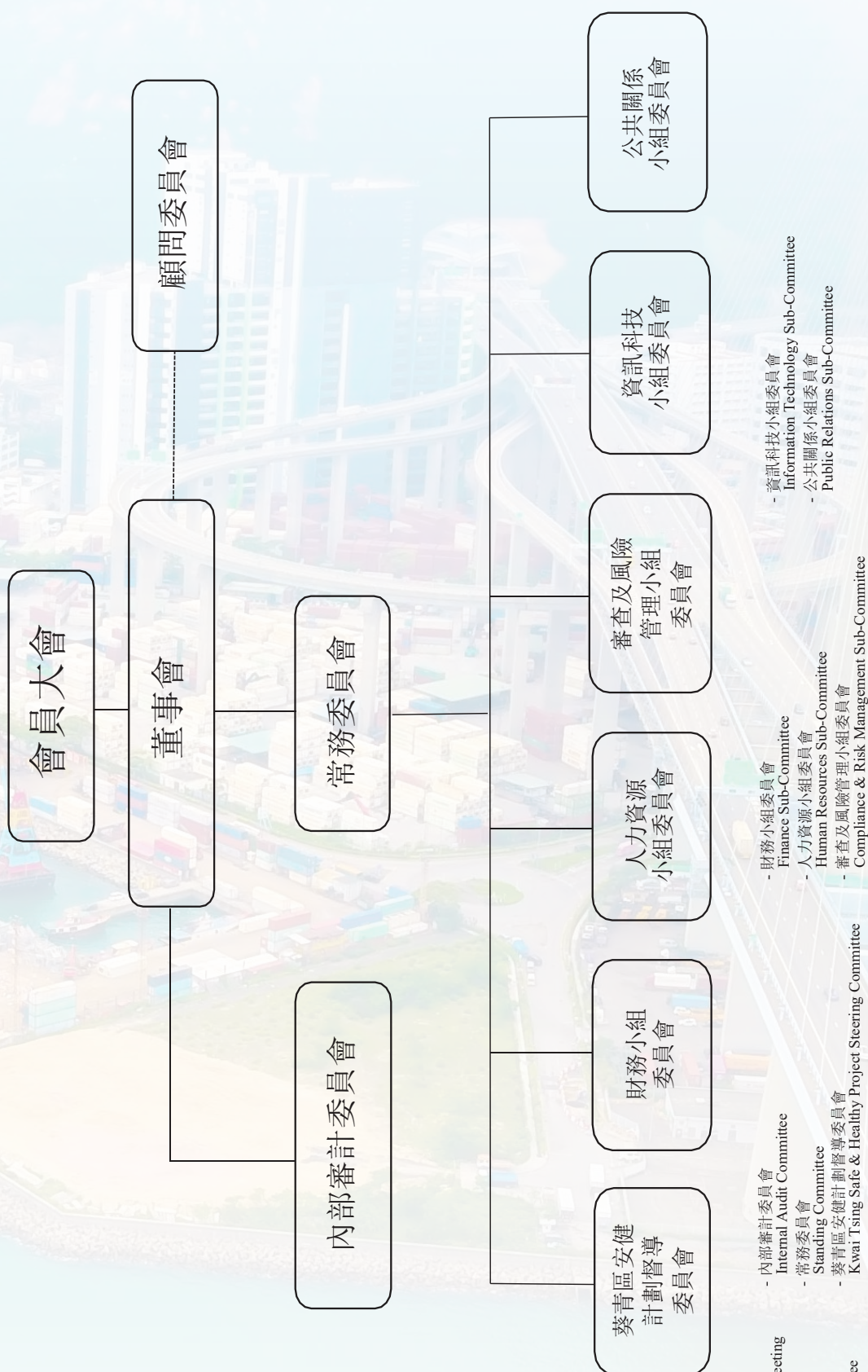
In order to steadily develop conference affairs, the Association also invited government officials and donors to be honorary patrons:

Representatives from The Association of Heads of Secondary Schools of Tsuen Wan, Kwai Chung & Tsing Yi District hospitals, and other organizations were invited to join the Council as members of the board. For the list of members of the 2021-2022 Board of Directors, Advisory Committee, and various committees, please refer to the appendix.



組織架構圖 Organization Chart

葵青安全社區及健康城市協會組織架構圖



以地區為本的安健計劃

為能有效地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：

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，減少家居意外的發生。



District-based Safety and Health Scheme

To effectively deliver the message of safety and health in the Kwai Tsing District, the Association has implemented a district-based safety and health scheme since 2003. The purpose is to provide appropriate service plans for the needs of different types of people, so that citizens can build a healthy, harmonious and safe community under the inherent and familiar community network and relationships. Different stakeholders and even families and individuals in the community should fulfil their responsibilities and jointly promote the same goal. They also need to actively contact, establish a regional network, and strengthen the effectiveness of the plan. Therefore, the assistance of the Home Affairs Office and the financial support of the Kwai Tsing District Council are of great benefit to the work of the Association. It also helps to systematically implement safety and health messages in different organizations and districts. The followings are the five main directions of the Association's safety and health scheme:

Safe and Healthy Estates

Goal: To strengthen neighbourhood support, improve estate management and enhance a safe and healthy living environment.

Safe and Healthy Schools

Goal: To promote a safe and healthy school environment, reduce injuries and provide an ideal learning place for teachers, students, and parents.

Safe and Healthy Elderly Homes

Goal: To establish a safety management system and safety culture for residential care homes for the elderly through system construction, management guidelines and employee education.

Safe and Healthy Workplaces

Goal: To establish effective injury prevention measures for employers and employees and also establish a safe and healthy workplace.

Safe and Healthy Homes

Goal: To promote a safe and healthy home environment and also reduce the chance of home accidents.

協會活動

Activity Highlights

新冠肺炎疫情自2020年席捲全球後，令全球人士十分恐慌，香港市民亦不例外。葵青區更有不少市民因持續受到病毒威脅，及後再受到變種病毒的威嚇，持續出現負面情緒，導致情緒低落，更甚者出現焦慮、失眠等徵狀，最終身心健康都受到嚴重影響。至今疫情雖稍為緩和，唯未受全面控制，故葵青區居民亦需繼續增強衛生安全意識。

有見及此，協會營運單位葵青地區康健中心，在疫情期間提供全面的身心支援予葵青區居民，務求將新冠肺炎之傷害減低，令居民在安全及健康的社區繼續安心生活（詳見葵青地區康健中心活動）。

多年來，協會在葵青區推行「葵青社區重點項目」，活動反應踴躍，市民大眾對協會舉辦的活動有高度的評價。協會在得到社區持份者及市民大眾的支持、讚賞和鼓舞下，定會繼續提供適合葵青區的活動予所有社區人士及居民。

Since the COVID-19 Pandemic swept the world in 2020, people all over the world have been panic and Hong Kong citizens have been no exception. In Kwai Tsing District, many residents have been continuously threatened by the virus and then threatened by a variant virus. Negative emotions continue to appear, such as depression, anxiety and insomnia, even their physical and mental health have been seriously affected. Although the epidemic has eased slightly so far, it has not been fully controlled. Therefore, residents of the Kwai Tsing District must continue to enhance their health and safety awareness.

In view of this, the Kwai Tsing District Health Center, which is operated by the Association, provides comprehensive physical and mental support for the residents of the Kwai Tsing District during the epidemic. By doing so, it is hoped that the influences caused by the epidemic can be minimized and the residents can continue to live in a safer and healthier community (Please refer to Kwai Tsing District Health Centre Activities for detail).

Over the years, the Association has implemented the "Kwai Tsing Signature Project Scheme (SPS)" in the Kwai Tsing District. The Scheme had received enthusiastic responses and compliments among the public. With the support, appreciation and encouragement gained from the community stakeholders and the public, the Association will continue to provide various programs for all community members and residents in the Kwai Tsing District.

大窩口社區健康中心

葵青區先後設立了6間社區健康中心，其中已有5間協作開辦的中心在葵青社區重點項目第三期服務完結時，已結束營運。而大窩口社區健康中心繼續開放。

為惠及更多葵青區的居民，大窩口社區健康中心於2020年2月25日開始營運，並設立為葵青社區重點項目的葵涌（西）社區健康中心，提供不同類型兼迎合居民需要的服務予葵青區居民。截至2022年3月31日，本中心的會員人數約有1,000人。由於葵青社區重點項目於2021年6月1日開始第4期新服務，因此大窩口社區健康中心在服務期指定時間內會開放，繼續為市民大眾服務。

Tai Wo Hau Community Health Centre

Similarly, Tai Wo Hau Community Health Centre began operation on 25 February 2020 in order to benefit more Kwai Tsing residents. The Kwai Chung (West) Community Health Centre, a Signature Project Scheme in the Kwai Tsing community, was also established to provide services similar to the Tsing Yi Community Health Centre.

Tai Wo Hau Community Health Centre is still operating since Signature Project Scheme Phase IV has begun on 1 Jan 2021., there were over 1,000 Kwai Tsing residents have been registered as regular member as of 31 March 2022.

在本年度，大窩口社區健康中心的服務包括以下各項：

- 特殊教育需要服務（詳情請見26頁——葵青社區重點項目）
- 肺功能測試（慢性阻塞性肺疾病／COPD篩查計劃）

During the year, the services conducted in the Tai Wo Hau Community Health Centre are as follows:

- Special Educational Needs Services (please refer to P.26 for detail)
- Pulmonary Function Test (Chronic Obstructive Pulmonary Disease Screening Program/COPD)



大窩口社區健康中心（地址：葵涌大窩口道15號大窩口社區中心1樓101A）
Tai Wo Hau Community Health Centre (Address: Room 101A, 1/F., Tai Wo Hau Estate Community Centre, 15 Tai Wo Hau Road, Kwai Chung, N.T.)

肺功能測試 （慢性阻塞性肺疾病／COPD篩查計劃）

慢性阻塞性肺病，簡稱為肺阻塞，是一種呼吸道長期發炎導致無法恢復之呼吸道阻塞、亦即是一種漸進式不可逆轉的呼吸道氣流阻塞，使得氣體無法通暢地進出呼吸道的疾病。同時合併因為有害塵浮物或氣體造成的肺部發炎反應，也可以引起顯著的全身反應。其中包括有「慢性支氣管炎」與「肺氣腫」兩種類型。

根據世界衛生組織統計，全球每年有數以幾百萬人死於肺阻塞，死因排名全球第四，是最嚴重的慢性疾病之一。

肺阻塞情況會隨年齡增長而增加且症狀緩慢進行，中年之前察覺不易，高達八至九成早期患者未能被診斷，肺泡與支氣管結構一旦被破壞便無法恢復，因此肺阻塞無法完全根治。

雖然肺阻塞無法完全根治，卻可以有效的預防與控制，不吸煙與及早戒煙就是最好的策略，而及早發現、及早治療可以有助減緩症狀及惡化速度。



Pulmonary Function Test (Chronic Obstructive Pulmonary Disease, COPD Screening Program)

Chronic Obstructive Pulmonary Disease (COPD), also known as Pulmonary Obstruction, which is a chronic airway inflammation that leads to irreversible airway obstruction, and prevents air from flowing in and out of the airway smoothly. At the same time, combined with lung inflammation caused by harmful dust or gas, it can also cause significant systemic reactions, including chronic bronchitis and emphysema.

According to the World Health Organization, millions of people worldwide pass away due to pulmonary obstruction every year. It ranks the fourth in the world as the cause of death and is considered as one of the most serious chronic diseases.

The situation of Pulmonary Obstruction will get worse when ages go up and the symptoms will proceed slowly. Since it is difficult to detect before middle age, up to 80% to 90% of patients in the early stage cannot be diagnosed. The alveolar and bronchial structures cannot be recovered once they are destroyed. Therefore, Pulmonary Obstruction cannot be completely cured.

Pulmonary Obstruction cannot be completely cured, but it can be effectively prevented and controlled. No smoking habit and early smoking cessation are the best strategies for prevention. For controlling the situation, early detection and early treatment can alleviate the symptoms and the speed of deterioration.

這種疾病可經以下方法評估得知：

- 1) 身體評估：使用呼吸輔助肌，聽診時呼氣性的喘鳴音明顯。
- 2) 抽血檢查：血色素及血球比容積升高。
- 3) 動脈血液氣體分析：PaO₂↓、PaCO₂↑。
- 4) 胸部X光：心臟擴大、肺臟標記（Lung Markings）明顯。
- 5) 肺功能測試：TLC正常或稍高、RV↑、VC↓、FEV₁↓、FEV₁/FVC<70%。

由於這種嚴重疾病是一種無法逆轉的疾病，故此越早預防、越早發現，越早治療，才是上策。

有見及此，協會於2020年底獲藥廠阿斯利康香港有限公司贊助50多萬元在大窩口社區健康中心推行慢性阻塞性肺疾病／COPD篩查計劃，讓40歲或以上葵青區居民／工作人士可免費接受肺功能測試，了解身體狀況，作出明智兼合適的健康生活規劃。

服務人數

年度	服務人數
2021-2022年度	614人

由於受新冠肺炎疫情持續影響，避免引致高感染的傳播風險，危及參加者健康，大窩口中心在測試前已進行場地消毒及由註冊醫生及護士指導中心職員施行感染控制措施，令每位服務使用者安心到中心進行測試。



慢性阻塞性肺疾病篩查計劃是本年度極受歡迎的健康服務項目之一。葵青區40歲或以上人士可免費進行肺功能

測試，並獲註冊護士詳細解釋檢查報告及專業指導，教授如何正確面對此疾病和日常生活需要注意事項，令參加者提升健康意識和進一步正視日常生活所面對的健康問題，以及學習更多健康相關的資訊。

This disorder can be assessed by:

- 1) Physical Assessment: Expiratory stridor was evident on auscultation using respiratory accessory muscles.
- 2) Blood Test: hemoglobin and hematocrit increased.
- 3) Arterial blood Gas Analysis: PaO₂↓, PaCO₂↑.
- 4) Chest X-ray: enlarged heart and obvious lung markings (Lung Markings).
- 5) Pulmonary Function Test: normal or slightly higher TLC, RV↑, VC↓, FEV₁↓, FEV₁/FVC<70%.

Since this serious disease is an irreversible disease, the sooner it is prevented, detected, and treated, the better it is.

In view of this, the Association received a \$511,693 sponsorship from the pharmaceutical company AstraZeneca Hong Kong Co., Ltd. at the end of 2020 to carry out a Chronic Pulmonary Obstructive Disease (COPD) screening program at the Tai Wo Hau Community Center. The target audience were residents/workers aged 40 or above in the Kwai Tsing District. They could have a free pulmonary function test in order to understand their own physical condition and then make a sensible and appropriate healthy life plan.

The service data is as follows:

Year	Number of People Served
Year 2021-2022	614 persons

Due to the continuous development of the COVID-19 epidemic situation in Hong Kong, there were several measures taken to avoid the high risk of transmission of infection. The Tai Wo Hau Center have been disinfected before the screening and registered doctors and nurses have guided the center staff to implement infection control measures, so that every service user would be more secure when they came for screening.

The COPD screening program was one of the most popular health services of the year. People who were at the age of 40 or above living or working in the Kwai Tsing District could take a free pulmonary function test. During the test, a registered nurse would explain the test report and professional guidance to every participant in detail. At the same time, the nurse would also teach how to properly face the disease and the precautions in daily life. Not only could the participants improve their health awareness, but also could learn more about health-related information.

居住葵青區接近40年的李女士分享說：「本以為步行氣喘及胸口不適，是因為年紀愈來愈老邁所引起，而她本人、家人及朋友都沒有吸煙習慣，丈夫亦已戒煙多年，但後來經朋友介紹，參加協會的慢性阻塞性肺疾病篩查計劃，才發現原來自己是高危慢性阻塞性肺病患者。」

幸好及早發現，協會立即轉介李女士至葵青地區康健中心跟進，希望有助減輕慢阻肺病對她的影響。

Ms. Lee, who has been living in Kwai Tsing area over 40 years. "Me and my friends they don't smoke, even my husband has been already quitted smoking. I thought getting older is the main cause of difficulty in breathing but in fact, after my friend's referral, I join the COPD screening organized by the association and I was defined as high-risk COPD patient"

Fortunately, it was not too late, the association referred Ms. Lee's case to Kwai Tsing District Health Center immediately to follow up.

社區健康中心

其他中心提供服務，詳情如下：

Community Health Centres (CHCs) Services

The centres providing services this year are as follows:



在本年度，大窩口社區健康中心的合作伙伴為南葵涌社會服務處石籬中心

社區健康中心的服務包括以下各項：

- 護士諮詢站
- 痛症管理中心
- 自助量血壓及各類檢查

Tai Wo Hau Community Health Centre is co-operated with South Kwai Chung Social Service Shek Lei Centre.

The services of the community health centre include the following:

- Nurse Consultation Spot
- Pain Management Centre
- Health Assessment (self-service blood pressure measurement and various examinations)

葵涌（大窩口）社區健康中心（地址：葵涌大窩口道15號大窩口社區中心1樓101A）

Kwai Chung (Tai Wo Hau) Community Health Centre (Address: Room 101A, 1/F., Tai Wo Hau Estate Community Centre, 15 Tai Wo Hau Road, Kwai Chung, N.T.)

為了鞏固及拓展社區服務網絡，2004年協會於長青邨增設青衣社區健康中心，中心內設有運動設施、自助健康檢查儀器和健康安全資訊站，為該區長者提供各種適切的保健資訊，培養居民對運動的興趣，從而促進當區的健康生活。除此之外，中心更為有意成為義工的年青人提供一個平台，讓他們能有機會從中心舉辦的多元化活動中，參與義工服務訓練。

In order to strengthen the community service network, the Association established the "Tsing Yi Community Health Centre" in Cheung Tsing Estate in 2004. The centre is equipped with sports facilities, self-service health check equipment and health and safety information stations to provide residents with different information, cultivate residents' interest in sports, and promote residents' healthy lives. In addition, the centre is also a platform for volunteer training and service, where community resources and community activities are gathered.



青衣社區健康中心（地址：新界青衣長青邨葵樓商業平台3-4號）

Tsing Yi Community Health Centre (Address: No.3-4, Commercial Centre, Ching Kwai House, Cheung Ching Estate, Tsing Yi, N.T.)

其他活動摘記

安心社區計劃

自2020年開始，新冠肺炎肆虐，公眾變得恐慌。葵青區居民亦受疫情不樂觀的氣氛包圍，嚴重影響生活，引起一些病症，例如：焦慮，失眠等症狀，身心健康均受到嚴重影響。

為了協助居民面對疫情所帶來的挑戰，協會舉辦安心社區計劃，邀請住在葵青區並且持有認可的《精神健康急救證書》的人士，成為「守護天使」。參加者能夠學以致用，利用課程所學的知識幫助他們親屬，以及朋友，處理負面情緒，提供合適指導，共同建立安健社區。與此同時，「心理健康急救證書課程」高級導師－葵涌醫院的梁兆基先生，成為項目的志願顧問，提供在線學習和發放資源，分享予「守護天使」參加者。最後，義工「守護天使」於4至5月期間成功出席並參與四課堂網上課堂，並重溫《精神健康急救證書》之內容。是次活動共有九位「守護天使」，服務了大約40位親友家屬。雖然項目已完滿結束，但我們衷心希望參加者們仍然能在社區發揮所長，繼續關心和幫助更多有需要的人士。



安心社區計劃的海報 Poster of 'Community Serenity Project'

Other Activity Highlights

Community Serenity Project

In late 2020, under the pandemic of COVID-19, the public became panic. Negative emotions appeared in the atmosphere, causing the symptoms such as anxiety and insomnia, and their physical and mental health is seriously affected.

In order to assist the public in facing the epidemic, the Association organized the “Community Serenity Project” inviting the residents in Kwai Tsing who have had the Mental Health First Aid Certificate to become “Guardian Angels”. They could use the knowledge in the “Mental Health First Aid Certificate Course” to help their relatives and friends to deal with negative emotions, give appropriate guidance and jointly build a “safe community”. In the meanwhile, a senior tutor of “Mental Health First Aid Certificate Course”, Mr. LEUNG Siu-kei from Kwai Chung Hospital, who became a voluntary consultant for this project, provided online learning and sharing resources for the “Guardian Angels”.

Finally, four online courses were provided between April and May for the “Guardian Angels” to have revision on the “Mental Health First Aid”. There were nine ‘Guardian Angels’ participated in this project, caring for about 40 relatives or friends. Although the project was ended, we hope that the ‘Guardian Angels’ could continue to care more people.

派發防疫支援包

在新冠疫情爆發時，協會收到各界捐贈的各種防疫物資，包括由香港賽馬會、香港鐵路有限公司及葵青扶輪社等。協會不但派發防疫包給中心會員，亦在護士諮詢站、疼痛管理服務、慢性阻塞性肺疾病篩查計劃、鼓勵接種疫苗計劃期間派發，同時提供健康和衛生教育。另外，為了接觸更多目標受眾者，協會與各個非政府組織合作，分派防疫包給他們，務求更多人能受惠。對行動不便或其他失能人士，我們將口罩直接分發到他們的信箱。這項服務惠及約13,000名葵青區居民，大多數受益人是老年人、低收入人群和慢性病患者。



協會職員聯同葵青扶輪社義工於葵盛東邨派發防疫物資

The Staff from the Association and the volunteers from Rotary Club of Kwai Tsing distributed the anti-epidemic packs in Kwai Shing East Estate.



Distribution of Anti-epidemic Packs

In 2019, due to the outbreak of the COVID-19, the Association received donations of anti-epidemic materials from various parties, including the Hong Kong Jockey Club, MTR Corporation Limited, Rotary Club of Kwai Tsing, etc. Then we distributed the anti-epidemic packs to serve residents in the Kwai Tsing District.

The Association not only distributed anti-epidemic packs in our centres, but also distributed them during the nurse consultation stations and pain management services in order to provide health and hygiene education. In addition, in order to reach more target beneficiaries, we cooperated with various non-government organizations and distributed some anti-epidemic packs to them. For persons with mobility problems or other disabilities, we distributed the masks to them directly to their mailboxes. Finally, these services reached about 13,000 Kwai Tsing District residents. The majority of the beneficiaries were elderly, low-income people and people with chronic diseases.



於青衣健康中心展示有關派發防疫物資的海報
Tsing Yi Community Health Centre had displayed posters informing the residents of anti-epidemic packs distribution.



於大窩口健康中心派發防疫物資

Distributed the anti-epidemic packs in Tai Wo Hau Community Health Centre

綜合眼睛檢查及治療服務



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2020至2021年度間，接受綜合眼科視光檢查的人士共有887位，其中400位在評估後獲得驗配眼鏡服務，約佔整體參加者四成半。此外，視光師於提供檢查後，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。本年度，經眼科視光檢查後完成眼科診症的有55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。

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。

Ocular Health Care Services

Eye health screening services include Comprehensive Ocular Check, Prescription of Corrective Glasses, Eye Consultation and Diagnosis and Subsidy for Cataract surgeries. The target is people who are 50 years of age or above and live in Kwai Tsing District.

Comprehensive Ocular Check and Prescription of Corrective Glasses services are provided by the Integrative Community Health Centre (ICHC) of The Hong Kong Polytechnic University. The content of the optometry includes:

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

From 2020 to 2021, a total of 887 people underwent Comprehensive Ocular Check, of which 400 received Prescription of Corrective Glasses services after the assessment, accounting for about 45% of the total participants. In addition, after the ocular check, if participants are found to have eye consultations, they will be referred to the ophthalmologists contacted in the scheme for further diagnosis. In this year, 55 people completed the Eye consultation and diagnosis. In addition, the scheme will also provide cataract surgery subsidies for some cataract patients diagnosed by contacting ophthalmologists and link up with the "Cataract Surgeries Programme (CSP)" of the Hospital Authority to provide additional services to the residents of the Kwai Tsing District who are included in the plan. Cataract surgery subsidies enable them to perform operations as soon as possible to improve their vision and reduce the risk of falls.

It can be seen that this plan can raise the elderly's concern about eye health and popularize eye examination. People in need can get early diagnosis and treatment, as well as prevent the deterioration of eye diseases. Moreover, eyewear fitting services can also improve the eyesight of the elderly and promote safety and health in the community.

新聞發佈會

協會於2021年9月5日舉行了新聞發佈會，有幸邀請到葵青安全社區及健康城市協會主席周奕希先生、香港理工大學眼科視光學院榮休教授及高級顧問胡志城教授、香港理工大學眼科視光學院副顧問眼科視光師岑穎雯醫療科學博士及高級眼科視光師余敏姿小姐出席，向傳媒朋友簡介綜合眼睛檢查及治療服務計劃，以及有關服務數據。

是次發佈會目的是希望藉著傳媒報道，向市民解釋眼睛檢查的重要性，提升大眾對眼睛護理的關注。另一邊廂，利用計劃得出的數據分析及成效，向政府及有關部門反映現時社會上對眼科醫療服務的需求及其迫切性，以及對新一份施政報告內容的建議，希望政府能投放更多資源或應如何投放等。

Press Conference

Press conference was held by the Association on 5 September 2021, it was glad to have Mr. CHOW Yick-hay, BBS, JP - Chairman of the Board, Prof. George Woo - Emeritus Professor and Senior Advisor at PolyU's School of Optometry, Dr. SUM Wing-man, Rita - Associate Consultant Optometrist, School of Optometry, The Hong Kong Polytechnic University, and Ms. Gigi Yee - Senior Optometrist, introducing the Ocular Health Care Services and explain the service data to media.

"The eye is the window of the soul". The purpose of holding press conference is to advocate the importance of eyes care. Via the influence of Media, the most effective way to educate the public and raise the public awareness on eyes care. At the same time, the announcement of the service data reflect the needs and urgency of this Ocular Health Care Services, which is powerful to convince the government of HKSAR to put resources supporting such a community service.



服務問卷

社區結合保健中心(ICHC)每年都安排服務問卷調查，除了在2019/2020年度因新型冠狀病毒疫情暫停開放診所，其餘服務時間總共進行了六次調查。

應診者會被邀請填寫有關服務質素的問卷（附錄I）。六年間總共發放了993份問卷，收回946份，回覆率為95%。有71%認為整體服務「非常好」，而28%是「良好」。在2017-2020年間，問卷增加了兩條額外問題。期間總共發放了478份問卷，回覆率為100%，當中95%認為他們在眼睛檢查後對眼睛保養有了更多認識，92%表示以後將會進行定期的眼睛檢查。

Service Survey

The Integrative Community Health Centre at Lai King conducts a survey annually. During the 6 years of service period, there were 6 surveys conducted in total (Paused in 2019 - 2020 due to COVID-19).

993 surveys had been delivered and received 946 surveys, 95% response rate. Over 71% of interviewees thought that overall service is defined as "Very Good", 28% reckon as "Good". During 2017 - 2020, 478 surveys were delivered and two more questions were added, the response rate is 100%. About 95% of interviewees of 478 surveys thought that they knew more about the eye care after joining the Association's Eye health screening service, and 92% of them will do the Ocular check regularly.

2021-2022年度賣旗籌款活動

協會獲社會福利署批准於2021年10月30日（星期六）上午7時至下午12時30分在新界區舉行賣旗籌款活動，所得善款撥作協會持續發展用途，特別用作優化社區健康服務，以「醫、福、社」的協作模式，於社區健康中心內推行多元化的健康護理服務，並加強防跌訓練、長期病患管理等服務。另外部分善款亦會支援社工以跟進社區各單位的需要，提供輔導、轉介及義工培訓等服務。

雖受疫情影響，惟善心不減。多蒙數百名義工的鼎力協助，當天賣旗籌款獲無數善長支持，惠及不同的基層人士。



Flag days in 2021-22

The Association was successfully granted Public Subscription Permits by the Social Welfare Department to hold flag sales in New Territories from 7am to 12.30pm on October 30, 2021 (Saturday). All the donations raised will be allocated in supporting the Association's sustainable development and optimizing community health services. By implementing medical-welfare-social collaboration, the Association has launched a series of diversified health care services in community health centers, like fall prevention training, caring service of Chronic Patients etc., In addition, part of the donations will be used in supporting social workers while they could follow up the needs and wants among community, providing services such as counseling, referral and volunteer training.

The kindness has not eliminated even Hong Kong was suffering by the COVID-19 pandemic. The Association greatly appreciate the assistant of hundreds of volunteers, and of course, generous donations made by numerous good people.



義工團隊於各區進行協助
Volunteers were helping around different areas

鼓勵接種疫苗計劃

2019新型冠狀病毒肆虐全球，很多長者都因為擔心不知何時會不幸染病而感到焦慮及徬徨無助，對於如何有效地預防新冠病毒感到不知所措。有見及此，協會獲善心人士贊助，與民政事務處合作，推行鼓勵長者接種疫苗計劃。

是次計劃的受惠對象為60歲或以上，居住葵青區的長者，只要於2021年9月起至2022年2月期間接種第一、第二或第三針，可獲200元超市禮券。計劃目的是藉著小小的鼓勵，呼籲長者盡快接種2019冠狀病毒疫苗，以減低感染風險。

計劃反應熱烈，2021年9月至2022年5月期間，已經有6,250名長者接種疫苗及領取超市禮券，由此可見，計劃成功推動長者主動預約接種疫苗，在社區層面來說，愈多長者接種疫苗，愈可進一步鞏固社區安全；在緊急援助層面，透過派發超市禮券可為長者提供緊急支援，讓他們購買日常用品和食物，一舉兩得。

Vaccination reward scheme

Under the threat of Coronavirus Disease 2019 ("COVID-19") since the early 2020, it brought out the most extraordinary challenges in almost every part of the society. Especially to those elderlies, they were suffered from anxiety and helplessness of being infected, and this may cause them to delay seeking support of treatment and take the vaccination. With fortune, the association got the generous donations from Donors, with the support from The Home Affairs Department (HAD), carried out the vaccination reward scheme.

The purpose of the scheme is to encourage people, especially those elderlies, to take vaccine of COVID-19 at that most critical period of the novel outbreak. Beneficiaries who aged 60 or above, living in Kwai Tsing District and received the second or third doses of COVID-19 vaccine, will be awarded \$200 cash coupon. Via the outcome of the scheme, the association has tried it best to lower the risk of local transmission by encouraging Kwai Tsing residents to take vaccine.

From September 2021 to March 2022, over 6,250 elderlies were eligible to get the coupons, the scheme apparently is to motivating them to book COVID vaccine. In community safety aspect, the more people take the vaccine, the more consolidate the protection over the community; In emergency food aid aspect, the scheme provided instant help to those elderlies who were retired or suffered from unemployment.

歡迎60歲或以上葵青區長者參與



**\$200超市禮券
派完即止**

於2021年9月1日至2021年12月31日接種
第一劑 或 第二劑 或 第三劑 新冠疫苗

葵青區長者新冠疫苗接種鼓勵計劃 (科興/復必泰)

必須攜帶以下文件以核實資格



(1)香港身份證(正本)



(2)葵青區住址證明



(3)新冠疫苗接種記錄



預約及查詢電話：
4674-3062

葵青社區重點項目

Kwai Tsing Signature Project Scheme

計劃背景

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。但其後因需求殷切，於2017年服務完結時，因應需求延期5年。繼續透過跨專業、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。

憑藉協會在葵青區的社區健康服務經驗，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，而在今個年度加入了聽力健康講座及篩查計劃，希望能全面照顧葵青區居民的需要。

Background

In the 2013 Policy Address, it was announced that 100 million dollars would be earmarked for each district council to implement the Signature Project Scheme. The SPS in each district must respond to the needs of the district or must highlight the characteristics of the district and achieve remarkable and long-term results in the district. In view of the strong demands for community medical services among residents in the Kwai Tsing District, the Kwai Tsing District Council (KTDC) have decided to implement a plan with the theme of "Enhancement of Community Healthcare Service". After a sound and fair selection process, the Association has become one of the partners of the SPS providing community health services.

The plan has been implemented since October 2014 and was originally scheduled for a period of three years. However, the project extended its service period to five years when the project came to the end in 2017 due to the large demands. The project is committed to promoting health-related information in the Kwai Tsing District through a cross-professional and cross-departmental "Medical-Welfare-Community" collaboration model and building a healthy community with residents together. The main project of the plan is to operate community health centres in the Kwai Tsing District and to provide residents with one-stop health services, other than that, the project will also implement comprehensive community care, professional ocular examination services, and influenza vaccination services.

With more than ten years of community health service experience in the Kwai Tsing District, the Association provides high-quality and professional primary medical services for the Kwai Tsing residents to enhance their health of residents. Since the services have been launched, they have been welcomed by the residents and the demand has been relatively high. Therefore, with the approval of the Kwai Tsing District Council, some of the services in the project have been extended their service periods. This year, Hearing Health Talk and Screening Service Program for the elderly are also added to cater for the need of the Kwai Tsing residents.

第一至三期服務的六大範疇如下：

Also, some different services were planned to be added in the future. The six major areas of the project are as follows:



今年度，已進入第四期服務，協會應葵青區居民的需要，在第四期服務新增了以下3項不同的服務：

- (1) 特殊教育需要服務 (SEN – Special Education Need)
- (2) 牙科護理服務
- (3) 流動牙科服務

During the year, it has entered the fourth phase of service. In response to the needs of residents in the Kwai Tsing District, the Association has added the following three different services in the service:

- (1) Special Education Needs Service (SEN)
- (2) Dental Care Services
- (3) Mobile Dental Services

活動亮點

特殊教育需要服務(SEN)

全面的身心發展對學童的成長甚為重要。近年來，有不少報告指出特殊教育需要的學生人數有急速上升的趨勢。

Activity Highlights

Special Education Needs Services (SEN)

Comprehensive physical and mental development are very important to the growth of schoolchildren. In recent years, there have been many reports pointing to a rapid increase in the number of students with special educational needs.

家長發現子女在學習、溝通、行為等方面呈現一項或多項困難，可能顯示他／她有不同程度的特殊教育需要（包括：特殊學習困難、智力障礙、自閉症、注意力不足／過度活躍症、肢體傷殘、視覺障礙、聽力障礙、言語障礙），但家長亦因此不知所措，束手無策。

有些家長懷疑子女有特殊教育需要，在經濟和心理壓力下，未必主動告訴學校教師、學生輔導員或社工，又不知道嚴重性，以致子女延遲得到合適的評估及支援，將特殊教育需要的問題加劇。

有見及此，今年度協會開始推行特殊教育需要服務，向葵青區內的幼稚園及小學免費提供多項支援服務，協助學童及家長及早識別問題和接受合適的改善訓練，紓緩特殊教育需要的問題。

協會所提供的特殊教育需要服務包括：

- (1) 初步評估
- (2) 深入評估
- (3) 工作坊
- (4) 支援小組

特殊教育需要 2021-22年度服務計劃

計劃簡介

全面的身心發展對學童的成長甚為重要。近年來，有不少報告指出特殊教育需要的學生人數有急速上升的趨勢，故今年度葵青區議會資助協會推行特殊教育需要服務，向葵青區內的幼稚園及小學免費提供多項支援服務，協助學童及家長及早識別問題和接受合適的改善訓練。

服務內容

1. 特殊教育需要評估
2. 特殊教育需要工作坊
3. 特殊教育需要支援小組

服務詳情

推行日期：2021年7月至2022年6月
對象：葵青區的幼稚園及小學生
費用：全免

申請流程

1. 學校回覆意向書
2. 進行抽籤及安排細節
3. 向學校公布抽籤結果
4. 向成功申請之學校商議服務

詳情及進行服務 (詳情請參閱計劃書)

查詢：24363363

It is a pity that parents found that their children might have one or more difficulties in learning, communication, behavior, etc., which indicated that he/she might have different levels of special educational needs, including special learning difficulties, intellectual disability, autism, attention deficit/hyperactivity, physical disability, visual impairment, hearing impairment and speech impairment. However, the parents tended to be overwhelmed, helpless and might not know how to deal with it at this time.

Although some parents suspected that their children might have special educational needs, they might not take the initiative to inform school teachers, student counselors or social workers due to financial and psychological pressure. At the same time, they might not know the seriousness of the problems. Therefore, their children would delay receiving appropriate evaluation and support and the situation would deteriorate rapidly.

In view of this, the Association started to implement special educational needs services and to provide a variety of free supporting services for kindergartens and primary schools in the Kwai Tsing District this year. It is hoped that the service would help students and parents to identify problems early and then receive appropriate improvement training. As a result, it would gradually alleviate the problems of special educational needs.

The special educational needs services provided by the association include:

- (1) Preliminary Assessment
- (2) In-depth Assessment
- (3) Workshop
- (4) Support Group

雖然香港政府現時有提供特殊教育需要評估予兒童，惟一般輪候時間較長，或會耽誤了兒童的治療時間。因此，葵青安全社區及健康城市協會於2021年7月開始在葵青區提供特殊教育需要服務。

是次服務讓葵青區內有需要的學童可及早進行特殊教育需要評估，並由專業人士解釋評估結果及提供專業建議及合適的治療方案。

今年度參與協會舉辦特殊教育需要服務的葵青區學校共有10間，分別為

- 聖公會聖基道幼兒園（葵涌）
- 善正幼稚園
- 葵盛禮賢會幼稚園
- 慈幼葉漢千禧小學
- 中華基督教會全完第二小學
- 中華基督教會基真小學
- 基督教香港信義會葵盛信義學校
- 保良局陳湓小學
- 仁濟醫院趙曾學韞小學
- 地利亞（閩僑）英文小學

Although the Hong Kong government currently provides special educational needs assessments for children, the waiting time is generally long, which may delay children's treatment time. Therefore, Kwai Tsing Safe Community and Healthy City Association started to provide special educational needs services in Kwai Tsing District in July 2021.

This service would enable needy school children in Kwai Tsing district to undergo an early SEN assessment, and professionals would explain the assessment results and provide professional advice and appropriate treatment options.

A total of 10 schools in Kwai Tsing District participated in the special educational needs service organized by the Association this year:

- S.K.H. St. Christopher's Nursery (Kwai Chung)
- Sin Ching Kindergarten
- Kwai Shing Rhenish Church Kindergarten
- Salesian Yip Hon Millennium Primary School
- The Church of Christ in China Chuen Yuen Second Primary School
- The Church of Christ in China Kei Chun Primary School
- E.L.C.H.K. Kwai Shing Lutheran Primary School
- Po Leung Kuk Chan Yat Primary School
- Y.C.H. Chiu Tsang Hok Wan Primary School
- Delia (Man Kiu) English Primary School

特殊教育需要服務——初步評估

為使更有效及更準確協助學童進行深入評估（包括：幼兒發展評估、香港學前兒童綜合發展評估、專注力不足／過度活躍症診斷評估、學前兒童讀寫障礙及早識別量表、自閉症譜系診斷評估、閱讀能力測試、智力評估），參與計劃的學校需安排懷疑有特殊教育需要的學生先接受初步評估。

學生家長／老師會為學生填寫初步評估問卷，並由臨床心理學家進行分析，從而篩選需要進行深入評估的學生面見臨床心理學家，作更深層次的評估，確認學生是否有特殊教育需要及屬何種類別。

Special Education Needs Service – Preliminary Assessment

In order to help school children more effectively and accurately to conduct in-depth assessments, including Early Childhood Development Assessment, Hong Kong Preschool Children Comprehensive Development Assessment, Diagnostic Assessment of Attention Deficit/Hyperactivity Disorder, Preschool Children's Dyslexia and Early Recognition Scale, Autism Spectrum Diagnostic assessment, reading ability test, intelligence assessment, schools participated in the Service were required to invite students who were suspected of having special educational had to undergo the preliminary assessment first.

Students' parents/teachers would fill in the preliminary assessment questionnaires for the students, which would be analyzed by clinical psychologists. After the screening, the selected students who conducted the in-depth assessment would be arranged to have consultations with clinical psychologists in order to verify whether the students have special educational needs and to what category it belongs.

透過是次初步評估，家長們都表示更加關注自己小朋友的身心發展，評分結果可以反映孩子們在哪一方面需要支援，及早了解到他們的需要。在中心未推行特殊教育需要服務之前，某部分家長認為子女看似不聽話、脾氣暴躁、不善與其他人溝通或成績不好只是「個人性格、不受教或反叛」的表現，但經過初步評估顯示，才恍然大悟原來這並不是因為小朋友頑皮所致，而是小朋友有特殊學習需要的徵兆。

服務數據如下：

2021年7月至2022年3月總共收到110份初步評估。

時期	初步評估問卷	需轉介至深入評估服務
2021年7月至2022年3月	110份	24位

Through this preliminary assessment, parents pay more attention to the physical and mental development of their children. The score results show that which aspect children need more support and understand more about their needs. Before the SEN service was implemented by the association, some of the parents thought that their children seemed disobedient, poor communication or unfavorable study result were just manifestations of "personal character, uneducated or rebellious". However, after the SEN service carried out by the association, the screening result revealed that it was not because of personal character, but a symptom that the child might had special education needs.

The service data is as follows:

A total 110 sets of initial assessments were received between August 2021 and March 2022.

Period	Questionnaires for Preliminary Assessment	Referral to an In-depth Assessment Service is required
August 2021 to March 2022	110 sets	24 persons

特殊教育需要服務——深入評估

在接受深入評估後，學生及其家長／照顧者會收到評估報告，識別出學生之所屬特殊教育需要服務的類別，並由學童家長／照顧者安排合適的跟進服務。

服務數據如下：

2021年7月至2022年3月總共有24位學童接受深入評估服務，專業評估範疇包括：

- 幼兒發展評估
- 香港學前兒童綜合發展評估
- 專注力不足／過度活躍症診斷評估
- 學前兒童讀寫障礙及早識別量表
- 自閉症譜系診斷評估
- 閱讀能力測試
- 智力評估

家長分享

成功預約的個案及完成專業報告後，家長都表示經過臨床心理學家及有關專業評估分析，他們能深入知道孩子有哪一項的特殊教育需要。家長們亦非常感謝協會給予這個機會，讓他們能與老師盡快跟進孩子的情況，尋找最有效方法與孩子溝通，以及制定一套適切的教學模式，令孩子可以從最輕鬆及愉快的環境下學習及成長，走出困境。

Special Education Needs Service – In-depth Assessment

After conducting the in-depth assessment, students and their parents/carers would receive an assessment report identifying the type of special educational needs services the student belongs to. The appropriate follow-up services would be arranged by the student's parents/carers.

The service data is as follows:

From July 2021 to March 2022, a total of 24 schoolchildren received in-depth assessment services that identified the following SEN issues:

- Development Assessment of Preschoolers
- Hong Kong Comprehensive Assessment Scales for Preschool Children
- Attention Deficit Assessment/Hyperactivity Disorders Assessment
- The Hong Kong Dyslexia Early Screening Scale
- Diagnostic Assessment of Autism Spectrum Disorder
- Reading Ability Test
- Intellectual Assisment (IQ Test)

特殊教育需要服務——工作坊

舉辦工作坊的目的如下：

- 提高教育專職人員對有特殊教育需要學生的認識及支援，尤其讓老師了解有特殊教育需要的學生的成長情況，令老師在設計教學方案時更貼心和更有靈活性。
- 協助老師在教學上能配合SEN專業人士所給予的建議。
- 增加老師對有特殊教育需要學生情緒行為問題的認識、學生個人成長的教育需要、教學輔導支援方法，來協助學生有效地學習。
- 向教育專職人士、家長／照顧者提供特殊教育需要的資訊，讓家長／照顧者明白SEN學生的特性、需要、難處及限制，建立同理心以包容、體諒、接納的態度跟SEN學生相處。
- 提升家長對SEN子女的接納、支持和鼓勵，令親子溝通更有建設性，更正面。

工作坊設有不同的主題，讓參加者對特殊教育需要服務有更多方面的認識，豐富處理SEN學生的知識。

開展服務後，截至2022年3月之服務數據如下：

工作坊主題	出席人數
認識特殊教育需要及如何與孩子溝通工作坊	35
認識孩子學習的多樣性及提升親子關係工作坊	20
如何提升孩子的學習動機	22

Special Education Needs Service – Workshop

The purposes of the workshop are as follows:

- Improve the knowledge and support of education professionals on students with SEN, especially let teachers understand the growth of students with SEN, so that teachers can be more considerate and flexible when designing teaching plans.
- Assist teachers to cooperate with the suggestions given by SEN professionals in teaching.
- Increase teachers' awareness of emotional and behavioral problems of students with special educational needs, educational needs of students' personal growth, and teaching support methods to help students learn effectively.
- Provide information on special educational needs to education professionals and parents/carers, so that parents/carers understand the characteristics, needs, difficulties and limitations of SEN students, build empathy, and get along with SEN students in a tolerant, considerate and accepting attitude.
- Improve parents' acceptance, support and encouragement of SEN children, and make parent-child communication more constructive and positive.

Workshops had different themes such as:

Provide participants with a greater understanding of special educational needs services and enrich their knowledge of dealing with SEN students.

The service data (up to Mar 2022) is as follows:

Themes for Workshops	Number of Attendees
Getting to Know About Special Education Needs and Effective Communication skills between Parent and Child	35
Getting to Know About Children's Learning Diversity and Improving Parent-Child Relationship	20
How to Improve Children's Learning Motivation	22

個案分享

不少家長表示，不同主題的工作坊讓他們更加深入了解何謂特殊教育需要、如何及早察覺孩子有特殊學習需要、認識不同渠道讓自己的小朋友得到合適的治療。導師亦分享有關如何正確及有效地與孩子溝通的心得，當中有家長反映在參與講座聽導師講解時亦有所啟發，回家後嘗試思考運用不同的溝通模式跟孩子相處。

此外，針對日常在校的主題亦令老師們有所得著。有老師在參與工作坊後表示，感謝工作坊導師詳細舉例說明，知道能利用某些特別方法，再加上運用一些道具，去判別該學生是否有特殊學習的跡象，或以簡單測試，初步掌握學生是否有特殊學習需要的表徵。

Case Sharing

Parents said that workshops on different topics gave them a better understanding of what is Special Education Needs, how to define it, and find out appropriate treatments for their children as soon as possible. Some of them were inspired after the workshops, and tried to figure out the most suitable way to communicate with their children.

In addition, teachers also learnt more about SEN and enhanced the awareness toward suspected SEN students. During the workshop, the instructor introduced some useful and simple methods with tools to tell teachers how to do preliminary checking for their students.



特殊教育需要服務——支援小組

設立支援小組的目的：

- 向照顧有特殊教育需要學生的家長／照顧者提供適切的精神、情緒支援。
- 讓參加者了解如何發揮家長／照顧者的角色來照顧有特殊教育需要的子女。
- 認識同行者，互相分享、互相鼓勵、互相支援，減少處理SEN子女的孤獨感。
- 透過支援小組，家長／照顧者可擴大社交生活圈子，並建立互助圈子，認識同區的同行者，互相照應。
- 透過分享感受、交流經驗，以及專業指導，得到情緒上的支援。
- 加強親子交流、多些了解子女的想法、釋放壓力、成為互相開心的回憶。

開展服務後，截至2022年3月之服務數據如下：

日期	支援小組節數	出席人數
2021年11月20日	1	12
2021年11月27日	1	12
2021年12月4日	1	12
2021年12月11日	1	10

Special Education Needs Service – Support Group

The purposes of holding the workshop are as follows:

- Provide appropriate mental and emotional support to parents/carers of students with SEN
- Enable participants to understand how to play the role of parents/carers to care for children with special educational needs
- Get to know your peers, share with each other, encourage each other, support each other, and reduce the loneliness of dealing with SEN children
- Expand parents/carers' social life circles, establish a circle of mutual help, get to know their peers in the same district, and take care of each other.
- Get emotional support by sharing feelings, exchanging experiences, and professional guidance.
- Strengthen parent-child communication, get to know more about children's thoughts, release pressure and collect happy memories for each other.

The service data (up to Mar 2022) is as follows:

Date	Session	Number of Attendances
20 November 2021	1	12
27 November 2021	1	12
4 December 2021	1	12
11 December 2021	1	10



支援小組問卷調查

親子藝術治療

訪問了參與4節親子藝術治療的父母，問卷調查結果指出，所有家長對支援小組活動整體十分滿意，參與支援小組活動能讓他們學懂如何與子女溝通或增加親子溝通的機會。

透過製作小飾物及勞作，使他們能以對話以外的方式與子女互動，從中學習如何能更有效地管教自己子女，尋找適合自己的管教方法和知悉那種管教技巧較為合適，以及在活動中可以對自己的子女認識更深。

另外，家長們都十分滿意以藝術治療作為主題，並建議可開設以音樂、遊戲、繪畫等另類方式為主題的小組，進行小朋友專注力訓練及學習情緒管理。

個案分享

- 「希望下次有機會再來！」
- 「感謝協會舉辦支援小組，使我能與小朋友共渡一個開心的上午！」
- 「好高興能有這機會與小朋友一齊做小手作，喚醒自己就算有多忙，都應該抽多一點時間陪伴他們。」
- 「原來自己的小朋友是那麼有創意。」
- 「透過合作製作不同的藝術成品，過程中令我更加了解孩子的想法！」

總結家長們的分享，參與支援小組後，他們都有意想不到的收穫，最主要原因是很多家長平日都忙於工作、家務，往往忽略給予孩子一個開心愉快的童年，對孩子的成長影響是十分深遠，而日常溝通就是最重要的一環，至於如何與小朋友溝通，就必須要花時間，耐心點，透過平時大大小小的活動，從中與小朋友的互動而發掘出來。

特殊教育需要服務(SEN)總結

截至2022年3月31日，此計劃為10間幼稚園暨幼兒中心及小學提供110次初步評估，24次深入評估服務、5場工作坊及4節支援小組。服務取得顯著成績，獲家長和學童的歡迎。由於透過該計劃可及早識別出學童的特殊教育需要，讓他們及早接受支援，幫助他們適應日常生活及學習環境，讓他們健康快樂地成長，充分發揮獨特的潛能。

Support Group Survey

Parent-child Art Therapy

The survey conducted after the 4 sessions of the support group, result shows that basically, all the parents are satisfied with overall arrangements like the contents of the support groups, and the presentation of the Expressive Arts Therapist. To a certain extent, parents were more likely to know how to communicate effectively with their children afterward.

Went through all the sessions of the classes, parents can discover a different way to interact with their children not just by conversation. Through the processing of making little handicrafts during the classes, parents getting to know more about their children, what they were thinking, their needs and wants, and found out the most suitable way to educate them.

Gathering all the comments from participants, it is suggested instead of Art, Music, and Mass games can be also considered as another theme when designing the content of the support group, especially providing integrated visual attention and attention training to children with attention processing problems.

Conclusion

The project provided 10 kindergarten-cum-child care centres and primary schools with in-depth assessment services for 24 schoolchildren, 5 on-site workshops, and 4 support groups. The services achieved remarkable results and were well-received by parents and schoolchildren. Through these services, the special educational needs of school children could be identified early, so that they could receive support as soon as possible. Other than that, the services could also help them adapt to their daily life and learning environment, so that they could grow up healthily and happily, and develop their unique potentials.

牙科護理服務

根據2016年長者牙科護理服務的研究報告指出，長者是香港社會上經濟環境最困乏的一群。在2015年，每3名長者當中，便有1名居於貧窮住戶。貧窮長者的生活捉襟見肘，連一些基本生活所需亦難以應付，當中包括牙科護理服務。

在香港，公營醫療體系提供全面的醫療服務，收費極為低廉，但市民大眾所需的牙科護理服務，主要由非政府機構和收費較高的私營界別提供。雖然政府透過屬轄的政府牙科診所提供緊急牙科服務，服務範圍包括拔牙及處方藥物，但是政府牙科街症服務診所診症時間有限，服務人數亦設有限額，故部份求診者可能因此需要跨區尋求公營牙科服務或轉向私家牙醫求診。

事實上，口腔健康對於維持個人整體健康和生活質素甚為重要。健康的牙齒方便進食和消化，再加上均衡飲食，有助人體吸取足夠的營養。然而，一旦牙齒出現脫落的情況，患者咬碎及咀嚼食物的能力或會因此受損，限制了他們的食物選擇。健康的牙齒對說話亦非常重要，嚴重牙齒脫落會令人難以準確咬字和發音，從而影響與人溝通的能力。口腔健康問題在長者當中尤其普遍，他們備受牙齒脫落、蛀牙和牙周病等問題困擾。

儘管衛生署勸告長者定期檢查牙齒，以保持口腔健康，及定期進行牙科檢查，來幫助預防牙患，並能在牙患出現初期及早進行治療，從而避免牙齒情況惡化至需要進行更昂貴及更複雜的牙科治療。可是長者在嚴重的經濟壓力下，無法負擔昂貴的牙科服務費用，又或不想花費金錢在牙科治療上，故導致具傷害性的牙疾問題出現。

有見及此，今年度協會開始與營辦牙科診所的非牟利慈善團體（博愛醫院及仁愛堂）合作，向55歲或以上的合資格人士提供牙科護理服務。務求令有需要人士獲適時適切的牙科服務。

Dental Care Services

According to the 2016 Research Report on Dental Care Services for the Elderly, the elderly were the most economically disadvantaged group in Hong Kong society. In 2015, 1 in 3 elders lived in poor households. The poor elderly were struggling to cope with some basic necessities, including dental care services.

In Hong Kong, the public healthcare system provides comprehensive medical services at extremely low fees, but the dental care services needed by the public are mainly provided by non-governmental organizations and the private sector with higher fees. Although the government provides emergency dental services through the government dental clinics under its jurisdiction, the service scope includes tooth extraction and prescription drugs, but the consultation hours of the government dental clinics are limited and the number of service providers is also limited. Therefore, some patients may need to seek public dental services across districts or turn to private dentists.

In fact, oral health is very important in maintaining an individual's overall health and quality of life. Having healthy teeth is necessary for everybody since it is much easier for people to eat and digest. When it matches with a balanced diet, it can also help the body absorb enough nutrients. However, a person's ability to crush and chew food may be impaired once a tooth is lost which will also limit their food choices. Having healthy teeth is also very important for speech. It is difficult to articulate and pronounce words accurately when suffering from severe tooth loss, thereby affecting the ability to communicate with people. Oral health problems are particularly prevalent among the elderly, who are suffering from problems such as tooth loss, tooth decay and periodontal disease.

Although the Department of Health advises the elderly to have regular dental check-ups to maintain oral health and prevent dental problems. Besides, having regular dental check-ups can help to diagnose dental problems as early as possible so as to avoid the deterioration of dental conditions and receive even more expensive and complicated dental treatment. However, the elderly cannot afford expensive dental services or do not want to spend money on dental treatment under tremendous financial pressure, which will lead to severe dental problems.

In view of this, this year the Association began to cooperate with non-profit charities (Pok Oi Hospital and Yan Oi Tong) operating dental clinics to provide dental care services for eligible persons aged 55 or above. It ensured that people in need could receive timely and appropriate dental services.

開展服務後，截至2022年3月之服務數據如下：

時間	博愛醫院	仁愛堂
2021-2022年度	160個案	203個案

接受協會的牙科護理服務，可以相宜的價錢到博愛醫院及仁愛堂進行服務，讓有需要人士免受牙患困擾，紓緩其壓力，以及重拾昔日的笑容。

The service data up to March 2022 is as follows:

Year	Pok Oi Hospital	Yan Oi Tong
Year 2021-2022	160 cases	203 cases

If you receive the above dental care services, you could go to Pok Oi Hospital and Yan Oi Tong to receive treatments at reasonable prices. This could help people in need throw off dental problems, relieve their stress and show their smiles.

流動牙科服務

現時政府只為小學生提供學童牙科保健服務，並沒有向中學生提供任何牙科保健或護理的服務。近年來，有不少市民曾向政府反映，中學生對牙科保健及診治服務的需求亦很大，尤其是初中（中一至中三）學生。牙齒的成長發育期約在12-13歲完成，意即「換完牙」，而牙齒保健的黃金期則在中學階段開始，因而期望政府在這方面可分配多些資源，擴展牙科保健服務至初中學生，令中學生受惠。

在政府未能推行全港性中學生牙科保健計劃前，葵青區議會及葵青民政事務處支持協會在葵青區推行中學生流動牙科服務。目前協會計劃未來推行的牙科服務內容包括口腔檢查、洗牙服務、基本補牙服務、口腔護理指導，令牙科服務伸延至中學。服務的另一目的是讓中學生在換牙後，認識護齒的重要性，保衛牙齒的健康，並學懂如何「護牙健齒」，培養正確口腔護理的習慣。

Mobile Dental Services

At present, the Government only provides school dental care services for primary school students. In recent years, many Hong Kong residents reflected to the Government that there is also a great demand for dental care services and diagnosis services among secondary school students, especially junior students (Secondary 1 to Secondary 3). In fact, the growth and development period of teeth is completed at about 12-13 years old, which means "tooth replacement", and the golden period of dental care begins afterward. Therefore, it is hoped that the government can allocate more resources to expand dental care services to junior students which can benefit secondary school students as a whole.

Before the government failed to implement a territory-wide dental care plan for secondary school students, the Kwai Tsing District Council and the Kwai Tsing District Office supported the Association to implement mobile dental services such as Oral Examination, Teeth Cleaning Service, Basic Filling Service, and Oral Health and Nursing Guidance for secondary school students in the Kwai Tsing District. Another purpose of the service was to enable secondary school students to understand the importance of dental care after the replacement. As a result, the students could learn how to protect their teeth and also develop the habit of proper oral care.

牙科護理服務計劃 (2021-22年度)



計劃簡介
葵青安全社區及健康城市協會本年度將以牙科護理服務為重點推行項目之一，資助55歲或以上合資格之葵青區居民進行牙齒護理服務，以支援有需要的居民及早得到專業的意見和治療。每名合資格人士可獲最高一萬元資助。

服務詳情
推行日期：2021年6月至2022年6月
對象：55歲或以上之葵青區居民*（*正領取綜合社會保障援助計劃、關愛基金及公務員醫療及牙科福利人士不包括在資助範圍內）
資助金額：上限一萬元
服務範圍：詳情可向診所職員查詢

反映意見渠道
服務使用者如有查詢、意見、表揚或投訴，可循以下途徑向葵青安全社區及健康城市協會提出：
1. 致電協會2436 3363
2. 發電郵至office@ktschca.org.hk
3. 傳真至2370 1027
4. 致函葵青安全社區及健康城市協會
地址：新界葵涌荔景邨日景樓低層2樓一號
5. 掃二維碼以Google form遞交意見
所有查詢、意見、表揚或投訴，不論以書面或口頭提出，協會於收到後，十個工作天內回覆。

請掃二維碼



中學生在接受流動牙科車的服務後，在牙齒保健的黃金期認識正確保護牙齒的方法，並建立合適的護理計劃。

服務內容包括：

- 口腔檢查
- 洗牙服務
- 基本補牙服務
- 口腔健康及護理指導

總結

此項流動牙科服務是透過流動牙科車向中學生提供牙科保健服務，目的是向中學生灌輸基本的牙科保健知識，並鼓勵其養成良好口腔衛生的習慣，從年青時代起建立有效預防牙科疾病的方法。

After receiving the mobile dental services, the secondary students would know some correct ways to protect their teeth and also establish an appropriate plan in the golden period of dental care.

Services include:

- Oral Examination
- Teeth Cleaning Service
- Basic Filling Service
- Oral Health and Nursing Guidance

Conclusion

The mobile dental services provided dental care services for secondary school students through a mobile dental vehicle. The purposes are to instill into the students basic dental care knowledge, and effective methods of preventing dental diseases and also encourage them to develop good oral hygiene habits at their young age.



服務數據

2021/2022年度葵青社區重點項目——服務數字（截至2022年3月31日）

項目	計劃目標	本年度服務數據
特殊教育需要服務		
1)初步評估	113人	110人
2)深入評估	68人	24人
3)工作坊	113人次	77人次
4)支援小組	135人次	46人次
牙科護理服務		
1)博愛醫院	265個案	160個案
2)仁愛堂	265個案	203個案

Service Data

KWAI TSING SIGNATURE PROJECT SCHEME (SPS) – SERVICE FIGURES 2021/2022 (Until 31 March 2022)

Item	Target	Service Data
Special Education Needs Services (SEN)		
1) Preliminary Assessment	113 persons	110 persons
2) In-depth Assessment	68 persons	24 persons
3) Workshop	113 attendances	77 attendances
4) Support Group	135 attendances	46 attendances
Dental Care Services		
1) Pok Oi Hospital	265 cases	160 cases
2) Yan Oi Tong	265 cases	203 cases

青少年服務(YETP)

協會一直積極發展青少年服務，為青少年提供就業機會，讓他們能及早體驗真實的工作環境，減少他們畢業後首份工作的焦慮及煩惱。

本年度，協會繼續與勞工處緊密合作，接收由勞工處轉介的申請，於本年度為3位待業青年提供短期實習機會，包括處理日常行政工作、參與協會地區性活動、為居民解答問題等。

透過是次合作，協會希望透過工作體驗，讓青年了解更多有關非牟利機構的運作，培養他們對慈善服務的興趣，從而提升未來社會服務的質素，讓更多青少年可以在投身社會服務。

Youth Employment and Training Programme (YETP)

The Association has made an effort to develop a youth program, in which it provided on-the-job training for young school leavers with educational attainment at sub-degree level or below. To enhance their working experience and reduce their anxiety toward their early career.

The Association employed 3 applicants referred by Labour Department for a short period of internship, including administrative work, customer service, and clerical support of local service.

Via such a collaboration, it enables young people to understand more about voluntary duties while increasing their engagement in social service.

葵青地區康健中心

Kwai Tsing District Health Centre

計劃背景

為有效扭轉目前以治療為主的醫療服務和減輕對公營醫院的壓力，政府銳意加強以地區為本的基層醫療健康服務。行政長官在2017年《施政報告》中公佈，食物及衛生局（食衛局）於2019年在葵青區設立嶄新運作模式的地區康健中心，加強以地區為本的基層醫療健康服務。

葵青地區康健中心由政府出資，食物及衛生局以招標形式，邀請非公營機構營運中心的服務。葵青安全社區及健康城市協會以投標方式在2019年3月獲食衛局委任為葵青地區康健中心的營運機構。

葵青地區康健中心透過一支由護士、專職醫療人員、藥劑師、社工及支援人員組成的團隊，提供各項政府資助的基層醫療服務，包括健康推廣、健康檢查、慢性疾病管理及社區復康等。

主中心設於葵涌九龍貿易中心，再連同五個設於葵青分區的附屬中心及一個服務點提供支援，並連結一個由醫護人員組成、設有多個服務渠道及服務點的網絡。

Background

To effectively transform the current treatment-based healthcare services and reduce the pressure on public hospitals, the Government is committed to enhancing district-based primary healthcare services. In the 2017 Policy Address, the Chief Executive announced The Food and Health Bureau (FHB) would establish a District Health Centre (DHC) in Kwai Tsing District in 2019 with a brand new operation mode, to enhance district-based primary healthcare services.

The Food and Health Bureau invited tenders from non-government organizations to operate the services of Kwai Tsing District Health Centre with funding support from the Government. The Kwai Tsing Safe Community and Healthy City Association were appointed by FHB as the operator of the Kwai Tsing District Health Centre in March 2019 through a tender exercise.

With a team of nurses, allied health professionals, pharmacists, social workers and support staff, the Kwai Tsing District Health Centre provides diversified government-subsidized primary health care services, including health promotion, health screening, chronic disease management and community rehabilitation.

The core centre is located at the Kowloon Commerce Center in Kwai Chung, while there are five satellite centres and one service point providing support across the Kwai Tsing District, it forms a comprehensive network of healthcare professionals with multiple service channels and service points.



活動亮點

協助葵青區居民抗疫

新型冠狀病毒疫情持續，葵青地區康健中心面對疫情一直嚴陣以待及迅速應變，和葵青居民一起渡過艱難時刻。透過多方面支援及諮詢服務，包括設立抗疫支援熱線、街站、於疫廈派發抗疫支援單張及防疫用品、派發深喉唾液收集包、推行確診人士復康支援計劃、協助居民網上登記普及社區檢測計劃、統籌流感疫苗接種計劃；同時亦安排流動健康宣傳車、關懷致電、個人健康諮詢、網上健康資訊及學習課程等服務，展現出即時回應社區及照顧市民健康需要之承擔。



Activity Highlights

Helping Kwai Tsing Residents to Fight the Epidemic

As the outbreak of novel coronavirus continues to be severe, the Kwai Tsing District Health Centre has always been prepared and responsive to the situation, and been working with Kwai Tsing residents to tide over the difficult times. Through a wide range of support and consultation services, including the setting up of an anti-epidemic support hotline and street stations, distribution of anti-epidemic support leaflets and vaccination kits in infected buildings, distribution of deep-throat saliva collection kits, implementation of a rehabilitation support programme for confirmed patients, assistance in online registration for the Universal Community Testing Programme and co-ordination of the influenza vaccination programme as well as the arrangement of a mobile health promotion van, caring phone calls, personal health consultation, online health information and learning courses, etc. The Centre has been providing immediate support to the residents. The mobile outreach health promotion van, caring phone calls, personal health consultation, online health information and learning courses are also arranged, demonstrating our commitment to addressing the health needs of the community in a timely manner.

流感疫苗接種

為鼓勵更多市民接種流感疫苗，中心於本年10月中，透過與網絡醫生合作，安排符合資格的市民免費接種季節性流感疫苗。總共舉辦了34場，接種人數超過3,300人。



Influenza Vaccination

To encourage more people to receive influenza vaccination, the Centre arranged free seasonal influenza vaccination for eligible citizens in collaboration with network doctors in mid-October this year. A total of 34 sessions were held and over 3,300 people were vaccinated.



社區藥物管理計劃

為積極推動社區健康，葵青地區康健中心於2021年1月4日起推出社區藥物支援服務計劃，以推廣藥物安全及協助葵青區獨居長者。在此計劃中，中心的藥劑師將與受訓員工或義工合作，提供藥物管理服務，教導獨居長者正確使用藥物，並加深他們對自己藥物的認識。計劃將試行六個月，然後再作檢討。



地區康健中心發展路向——研討會暨論壇

為讓公眾及各持份者更深入了解基層醫療，葵青地區康健中心於2021年1月31日舉辦「地區康健中心發展路向」研討會暨論壇，邀來講者從醫療服務政策、經驗和學術角度作分享，討論如何從地區康健中心發展提升基層醫療的可持續性，建立健康城市。當日喜獲各學術醫療跨界別的翹楚講者及嘉賓親臨出席，超過572位朋友以Zoom網上形式參加。

活動有幸獲得各專業界別舉足輕重的專家學者於百忙中撥冗出席，分享睿智之餘，亦與各位講者作精彩的互動交流，當中包括：食物及衛生局局長陳肇始教授JP、食物及衛生局副局長徐德義醫生JP、香港大學榮休教授和名譽臨床教授楊紫芝教授GBM, GBS, CBE, JP、香港理工大學醫療及社會科學院副院長黃金月教授、香港中文大學賽馬會老年學研究所所長胡令芳教授、葵青安全社區及健康城市協會顧問委員會主席梁智鴻醫生GBM, GBS, OBE, JP、葵青安全社區及健康城市協會董事董秀英醫生MH、葵青地區康健中心署理行政總監狄志遠博士SBS, BBS, JP。

Community Medication Management Programme

To actively advocate community health, the Kwai Tsing District Health Centre has launched a Community Medication Management Programme since 4 January 2021 to promote drug safety and assist the singleton elderly in Kwai Tsing. Under this programme, pharmacists from the Centre will work with trained staff or volunteers to provide medication management services, educate the singleton elderly on the proper use of medication and deepen their understanding of their own medication. The programme will be piloted for six months and then reviewed.

District Health Centre Development - Seminar cum Forum

To provide the public and stakeholders with a better understanding of primary care, the Kwai Tsing District Health Centre organized a seminar cum forum on 31 January 2021 themed at "District Health Centre's Future Development", and invited remarkable experts and scholars to discuss how to enhance the sustainability of primary healthcare service through the development of District Health Centre and ultimately build a healthy city from the perspectives of health care policies, experiences and academics. The event was well attended by leading speakers and guests from various academic and healthcare sectors, and over 572 people participated in the event via Zoom in online format.

The event was honoured to have some of the most important experts and scholars in their respective professions to share their wisdom, giving fresh impetus to the community. They include Prof. CHAN Siu-chee, Sophia, JP, Secretary for Food and Health; Dr. CHUI Tak-yi, JP, Under Secretary for Food and Health; Prof. YOUNG Tse-tse, Rosie, GBM, GBS, CBE, JP, Emeritus Professor and Honorary Clinical Professor at HKU; Prof. WONG Kam-yuet, Frances, Associate Dean of Faculty of Health and Social Sciences at PolyU; Prof. WOO Ling-fong, Jean, Director of CUHK Jockey Club Institute of Ageing; Dr. LEONG Che-hung, GBM, GBS, OBE, JP, Chairman of Advisory Committee, Kwai Tsing Safe Community and Healthy City Association; Dr. TUNG Sau-ying, Nancy, MH, Director of Kwai Tsing Safe Community and Healthy City Association; Dr. TIK Chi-yuen, SBS, BBS, JP, Acting Chief Executive Officer of Kwai Tsing District Health Centre.

全新視像會診服務

葵青地區康健中心於2021年3月1日推出視像會診服務。受到新冠肺炎疫情影響，市民對前往診所醫院等地方仍存有擔心。因此，葵青地區康健中心特別推出視像會診服務，與網絡服務醫生達成協議，為中心轉介的會員，提供視像遙距診症。讓病人透過視像接受優質、方便和有效率的診症服務，取得專業醫療諮詢。首階段的視像會診服務主要針對葵青地區康健中心的「糖尿病篩查／管理計劃」，中心可為參加此計劃的會員，安排預約到葵青地區康健中心與自選網絡醫生進行遙距醫療諮詢。

New Telemedicine Service

The Kwai Tsing District Health Centre launched Telemedicine Service on 1 March 2021. The pandemic situation in Hong Kong is still worrying, the public remains cautious in going out to visit clinics or hospitals. In this regard, Kwai Tsing District Health Centre has launched Telemedicine Service, in agreement with our Network Medical Practitioners, to provide remote medical consultation through Telemedicine format for members referred by the Centre. The first phase of the Telemedicine Service focuses on the Diabetes Screening/Management Programme of the Kwai Tsing District Health Centre. The Centre would make an appointment for members of the programme to take Telemedicine Service with the Centre's Network Medical Practitioners.



Facebook網上短片頻道—— 《健康Follow Me》正式開通

葵青地區康健中心推出《健康Follow Me》Facebook網上短片頻道，每集均請來自不同界別的專業人士作分享，當中有：物理治療師、營養師、藥劑師、護士等，題材包羅萬有，如：抗疫運動、健康飲食等等，內容精彩豐富，助大家輕鬆長知識。

Official Launch of Facebook Online Video Channel "Follow Me for Health"

The Kwai Tsing District Health Centre has launched the "Follow Me for Health" Facebook video channel. Each episode features professionals from different sectors, including physiotherapists, dieticians, pharmacists, nurses, etc. The topics are covered a wide range of themes such as anti-epidemic exercise, healthy diet, etc. with rich and informative content to help the public gain knowledge at ease.

醫福社合作

「基層醫療服務」容易令人聯想到病患和醫療服務；基層醫療工作過往比較集中於醫療界別，在社福界別較少提及。然而，隨著地區康健中心的設立，醫福社協作成為推動基層醫療服務的重要一環，打破以往主要由醫療機構單打獨鬥的工作手法，改為採用社區為本的工作模式，連結地區上不同的社福團體，共同推動基層醫療服務。

憑藉本會在葵青區紮根20多年，服務除了獲得居民認同及支持外，亦與不同地區團體和組織建構了緊密的地區網絡，以健康為切入點，透過一站式跨專業健康管理，除了透過專職醫護人員為居民改善個人健康外，通過醫社跨專業協作，護士和社工共同擔當個案管理的角色，以人為本的工作手法，不單接觸及支援不同需要的居民群組，亦能有效地動員地區網絡，為居民提供社區復康服務和支援，並善用社區資源，跟進居民在患病期間的生活所需，以助融入社區。

服務統計

會員人數

自2019年9月17日至2022年3月31日，會員人數為24,659名位，其中55.2%的年齡在65-80歲或以上，男女比例為31%:69%。

中心服務人次

由2021年4月1日至2022年3月31日，葵青地區康健中心的三層預防服務，即健康推廣、教育活動、健康風險評估及篩查、糖尿病和高血壓篩查、慢性病管理計劃及社區復康服務，合共服務超過97,793人次。



The Medical-Social-Welfare Collaboration Case

Most of people hear the words "primary health care services", they will only think of patients and medical services. Without a doubt, primary health care focuses more on the medical sector, and it was rarely mentioned in the social welfare sector in the past. However, as the establishment of District Health Centre, medical-social welfare collaboration has become an important part of promoting primary health care and breaking the working model that were mainly by medical institutions in the past. To adopt a "community-based" approach, link with different district organizations and partners to promote the primary health care service together.

With our in-depth health service experiences in the Kwai Tsing District for more than 20 years, the service has not only gained recognition and support from residents, but also established a close network with different district organizations and partners. Taking health as the starting point and through one-stop cross-professional health management to improve the individual health of residents. Nurses and social workers play the role in case management through medical-social collaboration. This people-oriented approach not only reaches and supports residents with different needs, but also effectively mobilizes the district network to provide community rehabilitation services and support for the residents. We make a good use of community resources to enhance their health and integrate into the community. In addition, it also assists the government in promoting medical services and policies.

Statistics of the services

Membership

From 17 September 2019 to 31 March 2022, the number of members is 24,659, of which 55.2% are aged 65-80 or above and the male to female ratio was about 31%:69%.

Attendance for the Centre's Service

From 1 April 2020 to 31 March 2022, the Kwai Tsing District Health Centre's three-level prevention services, namely health promotion, educational activities, health risk assessment and screening, diabetes and hypertension screening, chronic disease management programme and community rehabilitation services reached over 97,793 attendance in total.

個案分享

照顧你的身體所需

高女士自2017年起成為青衣社區健康中心會員，她本身患有高血壓、坐骨神經痛及雙膝關節炎，在公立醫院跟進覆診。另外，高女士的血脂偏高，但公立醫院及政府門診的醫生均表示她暫時可先以飲食控制，毋須用藥。

就著內科長期病患，高女士定期到本中心接受護士諮詢站服務，透過血壓量度及血液檢測作健康管理。她也十分信任本中心的工作人員，不時提出自身的健康問題，我也會藉此進行健康教育，讓她安心。高女士在2020年初時曾經作血脂檢查，總膽固醇指數高至8.08。為此她感到十分不安，也很擔心如果要進食降膽固醇藥物會有副作用。有見及此，我為她介紹低脂餐單，也鼓勵她多做運動，同時定期跟她聯絡了解她的情況。至2020年中，高女士再接受血脂檢查，總膽固醇指數回落至6.19。看到自己的高血脂的情況有所改善，高女士感到十分高興及滿足。

就著坐骨神經有及雙膝關節炎，高女士也有接受本中心的物理治療服務，她表示物理治療師專業及細心的服務，令她的痛症得以改善，加上較公立醫院低的服務費用，對退休人士來說是很大的幫助，不用加重他們的財政壓力。

總括而言，高女士認為本計劃不但可以幫助她有效地進行健康管理，也不時得到最新的抗疫資訊，令她十分安心，期望協會繼續提供類似服務，令更多葵青區居民受益。

計劃經理霍嘉穎姑娘

Case Sharing

Take Care of All Your Body Needs

Ms. Ko has been a member of the Tsing Yi Community Health Centre since 2017. She suffered from high blood pressure, sciatica and arthritis of the knees, and she has been followed up in a public hospital. In addition, Ms. Ko's blood lipids were high, but doctors in public hospitals and government outpatient clinics have indicated that she could control her diet for the time being without medication.

Regarding chronic patients in internal medicine, Ms. Ko regularly visited our centre to receive services from the nurse consultation and managed her health through blood pressure measurement and blood testing. She also trusted the staff of the centre and raised her health problems from time to time. I would also take the opportunity to conduct health education to give her peace of mind. Ms. Ko had a blood lipid check at the beginnings of 2020 and her total cholesterol index was as high as 8.08. For this reason, she felt very disturbed and worried that if she had to take cholesterol-lowering drugs there would be side effects. In view of this, I introduced her a low-fat menu, encouraged her to exercise more, and contacted her regularly to understand her situation. At the mid-2020, Ms. Ko had another blood lipid test, and the total cholesterol index dropped to 6.19. Seeing that her hyperlipidemia was gradually improved, Ms. Ko felt very happy and satisfied.

With regard to sciatic nerve and arthritis of the knees, Ms. Ko also received physiotherapy services from our centre. She said that the professional and attentive services of the physiotherapists have improved her pain. In addition, the more affordable expenses than the public hospitals were good for her retirement. It was a great help for the people, without adding to their financial pressure.

All in all, Ms. Ko believed that this plan could not only help her effectively manage her health, but also provided the latest anti-epidemic information from time to time, which made her very at ease. She also hoped that the Association would continue to provide similar services so that more Kwai Tsing District residents could benefit from it.

Ms. Carven Fok, Project Manager

「唯有如此」

「唯有如此」是我和柏女士第一次在護士諮詢站的結語。

51歲的柏女士自中學畢業後便結婚，留家相夫教子。她於一次身體檢查中，發現餐後兩小時血糖指數為9.1mmol/L，超出標準，因而被轉介至護士諮詢站。

柏女士沒有定期運動的習慣，正步入更年期。首次護士諮詢站的評估顯示她血壓正常，但空腹血糖指數為7mmol/L，即血糖「擲界」，若放任不顧，有機會患上糖尿病。於是我向她解釋何謂糖尿病前期（血糖值持續高於正常但又未達糖尿病水平），並表示如果處理得當，病情是可以逆轉。我再建議她應在日常生活上作出一些改變，例如進行健康飲食、養成運動習慣和保持適當體重等，以達到控糖目標，我建議她兩週後回診。唯有如此，才能減低患病風險。

在兩週後的回診情況，柏女士空腹血糖指數為6.8mmol/L，體重減了1.3kg。柏女士表示每天有半小時步行及拉筋運動；另一方面，她透露自更年期後，脾氣轉差，因而常有負面情緒；加上朋友不多，常為瑣事與配偶吵架，關係變差。我聆聽後給予情緒支援，詢問她是否願意做義工，她表示不妨一試，及後我給她一些義工網絡資料，她亦在之後參與了長者探訪及派米服務。

柏女士三週後回診，她的血糖指數減低至6.3mmol/L，體重亦減了1.1kg。雖然柏女士情緒仍有起伏，但已較之前平靜。柏女士更表示參與義工很開心，表示往後會繼續參加。此外，我給予她再培訓課程的資料，並鼓勵她參加課程以擴闊社交圈子。

雖然後來因新冠肺炎疫情關係，我只能改由電話與柏女士進行諮詢，但她已習慣了保持健康飲食、多做運動及保持適當體重，「唯有如此」，才能保持健康的身体。她亦學習到如何尋找自己的空間，「唯有如此」情緒才能變得穩定。

計劃經理蔡麗玲姑娘

Only if.....

“Only if” is the conclusion after the nurse consultation station with Ms. Bai.

Ms. Bai, who is 51-year-old, has been married and brought up child since graduating from high school. During a physical examination, she found that her blood glucose index was 9.1mmol/L two hours after the meal, which exceeded the standard, so she was referred to the nurse consultation station.

Ms. Bai was physical inactive and was entering menopause. In the first nurse consultation station, it was showed that her blood pressure was normal, but her fasting blood glucose index was 7mmol/L, which means that her blood sugar “throws the limit”. If she left alone, diabetes may be developed. So I explained to her what is pre-diabetes (blood sugar levels continue to be higher than normal but have not reached the level of diabetes) and said that if she tried to handle properly, the condition can be reversed. I further suggested that she can make some changes in her daily life, such as eating healthily, exercising regularly and maintaining a proper weight to achieve the goal of sugar control. I suggest that she came back to nurse consultation station after two weeks. Only in this way can the risk of illness be reduced.

Two weeks later, Ms. Bai's fasting blood glucose index reduced to 6.8mmol/L and weight lost 1.3 kg. She said that she had half an hour of walking and stretching exercises every day. On the other hand, she revealed that after menopause, her temper became worse and she often had negative emotions. In addition, she did not have many friends. Also, she often quarreled with her husband for trivial matters, so their relationship became worse. Therefore, I gave her emotional support and asked whether she would like to be a volunteer. She said that she might want to have a try and then I gave her some information of volunteer network. She thus participated in elderly's home visits and rice delivery services.

Ms. Bai returned to the clinic three weeks later, her blood glucose index dropped to 6.3mmol/L and weight also lost 1.1kg. Although her mood still fluctuated, she was calmer than before. Ms. Bai also said that she was very happy to participate in the volunteer work and she would continue to participate in the future. In addition, I gave her information on retraining courses and also encouraged her to participate in the courses to broaden her social circles.

Although later due to the COVID-19 epidemic, I could only consult with Ms. Bai through the phone, but she has become accustomed to maintaining a healthy diet, doing exercise regularly, and maintaining a proper weight. Only in this way can she maintain a healthy body. She also said that she knew to finds her own space. Only in this way can her emotions become stable.

Ms. Selina Choi, Project Manager

2021至2022年度財務報告

2021-2022 Annual Financial Report



志仁會計師行有限公司
Robert Chui CPA Limited
Certified Public Accountants

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 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.

The directors 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. This report is made solely to you, as a body, in accordance with the Hong Kong Companies Ordinance, for no other purpose. We do not assume any responsibility or accept liability to any other person for the contents of this report. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs 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 HKSAs, 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 directors.



志仁會計師行有限公司
Robert Chui CPA Limited
Certified Public Accountants

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 directors' 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 the directors 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

KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF COMPREHENSIVE INCOME AND EXPENDITURE AND OTHER COMPREHENSIVE INCOME

Year ended 31st March, 2022

	Note	2022 HK\$	2021 HK\$
INCOME			
Grants and project income:			
- Kwai Tsing District Council (KTDC)	5	-	-
- Kwai Tsing District Health Centre (K&TDHC)	6	43,102,507	37,061,770
- Signature Project Scheme (SPS)	7	3,271,041	4,039,978
		<u>46,373,548</u>	<u>41,101,748</u>
Less: Activities expenses	8	(46,371,937)	(41,096,356)
Surplus on activities		<u>1,611</u>	<u>5,392</u>
Programme and fee income		468	-
Less: Programme expenses		-	-
Surplus on programme		<u>468</u>	<u>-</u>
Net proceeds from Flag Day	9	<u>205,456</u>	<u>-</u>
OTHER INCOME			
Membership subscription fee		200	3,700
Management fee income		2,760,000	2,166,194
Donation received		-	4,735
Interest income		2	1,086
Sundry income		193	141,540
		<u>2,760,395</u>	<u>2,317,255</u>
Less: General and operating expenses			
Bank charges		(156,468)	(9,368)
Depreciation of right-of-use assets		(491,256)	(345,826)
Office expenses		(355,593)	(56,597)
Service fee		(720,000)	(519,194)
Information technology expenses		-	(2,700)
Salaries and wages		(178,438)	(112,859)
Mandatory provident fund contributions		(5,755)	(2,159)
Sundry expenses		(110,532)	(120,773)
		<u>(2,018,042)</u>	<u>(1,169,476)</u>
OPERATING SURPLUS			
Lease interest	16	<u>949,888</u>	<u>1,153,171</u>
		<u>(27,262)</u>	<u>(35,222)</u>
SURPLUS FOR THE YEAR			
Less: transfer to designated fund		<u>922,626</u>	<u>1,117,949</u>
		<u>(1,611)</u>	<u>(5,392)</u>
TOTAL SURPLUS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR			
		<u>921,015</u>	<u>1,112,557</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, 2022

	Note	2022 HK\$	2021 HK\$
NON-CURRENT ASSETS			
Plant and equipment	11	-	-
Right-of-use assets	16	145,452	636,707
		<u>145,452</u>	<u>636,707</u>
CURRENT ASSETS			
Grants receivable	12	2,017,216	3,975,218
Accounts and other receivable		-	54,450
Deposits and prepayments		711,779	817,062
Cash and bank balances		14,392,563	19,513,920
		<u>17,121,558</u>	<u>24,360,650</u>
CURRENT LIABILITIES			
Accounts payable		806,899	822,611
Accrual and receipt in advance		3,258,457	2,455,188
Other payable	13	9,709,933	18,649,812
Lease liabilities	16	152,428	500,599
		<u>13,927,717</u>	<u>22,428,210</u>
NET CURRENT ASSETS		<u>3,193,841</u>	<u>1,932,440</u>
NON-CURRENT LIABILITIES			
Lease liabilities		-	(152,480)
NET ASSETS		<u>3,339,293</u>	<u>2,416,667</u>
FUNDS			
General funds		3,294,375	2,373,360
Designated funds		44,918	43,307
		<u>3,339,293</u>	<u>2,416,667</u>

Chow Yick Hay
Director

Tsang Kee Kung
Director

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

葵青安全社區及健康城市協會

Kwai Tsing Safe Community and Healthy City Association

2021-2022機構管治成員名單

List of Corporate Governance Members (2021-2022)

贊助人及名譽會長名單

Honorary Patron, Honorary Vice Patron & Honorary President

榮譽贊助人Honorary Patron	
勞工及福利局局長 羅致光博士GBS, JP	Secretary for Labour and Welfare, Dr. LAW Chi-kwong, GBS, JP
民政事務局局長 徐英偉先生JP	Secretary for Home Affairs, Mr. TSUI Ying-wai, Caspar, JP
榮譽副贊助人Honorary Vice Patron	
民政事務總署署長 謝小華女士JP	Director of Home Affairs, Ms. TSE Siu-wa, Janice, JP
衛生署署長 林文健醫生JP	Director of Health Dr. LAM Man-kin, Ronald, JP
贊助人Patron	
葵青民政事務專員 鄭健先生JP	District Officer (Kwai Tsing) Mr. CHENG Kin, Kenneth, JP
#名譽會長(2021-2022) Honorary President (2021-2022)	
陳上智先生	Mr. CHAN Sheung-chi
林楚昭先生MH	Mr. LAM Chor-chiu, MH
王春輝先生MH	Mr. WONG Chun-fai, MH
王明輝先生	Mr. WONG Ming-fai

#排名不分先後(In no particular order)

顧問委員會委員名單

Advisory Committee

主席	Chairman
梁智鴻醫生GBM, GBS, OBE, JP	Dr. LEONG Che-hung, GBM, GBS, OBE, JP
#委員	Committee Member
林秉恩醫生SBS	Dr. LAM Ping-yan, SBS
高永文醫生GBS, JP	Dr. KO Wing-man, GBS, JP
游雯女士	Ms. YAU Man, Bonnie
雷素心醫生JP	Dr. LOUIE So-sum, Susan, JP
謝德富醫生	Dr. TSE Tak-fu
羅振邦醫生	Dr. LAW Chun-bon, Alexander
當然委員	Ex-officio Committee Member
周奕希先生BBS, JP	Mr. CHOW Yick-hay, BBS, JP
秘書	Secretary
林嘉莉女士	Ms. LAM Ka-lee

#排名不分先後(In no particular order)

葵青安全社區及健康城市協會董事會成員名單(2021 – 2022)

Board of Directors of the Kwai Tsing Safe Community and Healthy City Association (2021-2022)

主席	Chairman
周奕希先生BBS, JP	Mr. CHOW Yick-hay, BBS, JP
#副主席	Vice Chairman
何少平先生MH	Mr. HO Siu-ping, MH
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
李少媚女士	Ms. LI Siu-mei
周鎮邦醫生BBS, JP	Dr. CHOW Chun-bong, BBS, JP
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
梁麗華女士	Ms. LEUNG Lai-wah
張欽龍先生	Mr. CHEUNG Yam-lung
陳笑文先生	Mr. CHAN Siu-man, Simon
陳鳳英女士	Ms. CHAN Fung-ying, Emily
鄒碧紅女士	Ms. CHAU Bik-hung, Betty
董秀英醫生MH	Dr. TUNG Sau-ying, MH
劉雪婷醫生	Dr. LAU Suet-ting
黎景光醫生	Dr. LAI King-kwong
盧慧蘭女士	Ms. LO Wai-lan
鍾慧儀教授	Prof. CHUNG Wai-yee, Joanne
秘書	Secretary
林嘉莉女士	Ms. LAM Ka-lee

#排名不分先後(In no particular order)

各小組委員會成員名單 Committees

常務委員會 Standing Committee	
主席	Chairman
周奕希先生BBS, JP	Mr. CHOW Yick-hay, BBS, JP
副主席	Vice Chairman
李志強先生MH	Mr. LEE Chi-keung, Alan, MH
何少平先生MH	Mr. HO Siu-ping, MH
委員	Committee Member
周鎮邦醫生BBS, JP	Dr. CHOW Chun-bong, BBS, JP
曾其鞏先生MH	Mr. TSANG Kee-kung, MH
汪國成教授太平紳士	Prof. WONG Kwok-shing, Thomas, JP
鄒碧紅女士	Ms. CHAU Bik-hung, Betty
董秀英醫生MH	Dr. TUNG Sau-ying, MH
劉雪婷醫生	Dr. LAU Suet-ting
秘書	Secretary
林嘉莉女士	Ms. LAM Ka-lee

#排名不分先後(In no particular order)

葵青區安健計劃督導委員會 Kwai Tsing Safe & Healthy Project Steering Committee	
主席	Chairman
劉雪婷醫生	Dr. LAU Suet-ting
當然委員	Ex-officio Committee Member
周奕希先生 BBS, JP	Mr. CHOW Yick-hay, BBS, JP
委員	Committee Member
葵青安全社區及健康城市協會 董事	Kwai Tsing Safe Community and Healthy City Association Director
何少平先生 MH	Mr. HO Siu-ping, MH
馬偉文先生	Mr. MA Wai-man, Benjamin
張欽龍先生	Mr. CHEUNG Yam-lung
梁麗華女士	Ms. LEUNG Lai-wah
黎景光醫生	Dr. LAI King-kwong
盧慧蘭女士	Ms. LO Wai-lan
鍾慧儀教授	Prof. CHUNG Wai-ye, Joanne
中華電力有限公司 區域關係經理（新界） 黃宇騏先生	CLP Power Hong Kong Limited District Relations Manager (N.T.) Mr. WONG Yu-kei
社會福利署 荃灣及葵青區策劃及統籌小組社會 工作主任 李婉儀女士	Social Welfare Department Social Worker Officer (Planning & Coordinating) (Tsuen Wan & Kwai Tsing) 3 Ms. LEE Yuen-ye
青衣區小學校長會 主席 冼翠華女士	The Association of Heads of Primary Schools of Tsing Yi District Chairperson Ms. SIN Chui-wah
南葵涌社會服務處 執行顧問 鄒碧紅女士	South Kwai Chung Social Service Executive Advisor Ms. CHAU Bik-hung, Betty
南葵涌社會服務處 項目經理 駱倩儀女士	South Kwai Chung Social Service Project Manager Ms. LOK Sin-ye, Mandy
香港小童群益會 荃灣及葵涌區服務總監 許惠娟女士	The Boys' & Girls Clubs Association of Hong Kong Supervisor (Tsuen Wan & Kwai Chung) Ms. HUI Wai-kuen, Verena
香港公開大學李嘉誠專業進修學院 副院長 盛思維女士	Li Ka Shing School of Professional and Continuing Education, The Open University of Hong Kong Associate Director Ms. SHING Sze-wai
香港耆康老人福利會 服務督導 黎秀和女士	The Hong Kong Society for the Aged Service Director (Group 3) Ms. LAI Sau-wo, Alice
香港專業教育學院（葵涌） 健康及生命科學系系主任 莫碧詩博士	Hong Kong Institute of Vocational Education (Kwai Chung) Head of Department, Department of Health and Life Sciences Prof. MOK Pik-sze, Florence
香港國際貨櫃碼頭有限公司 高級經理——安全保安 廖卓賢先生	Hong Kong International Terminals Limited Senior Manager, Safety Security Mr. LIU Cheuk-yin, Alvin

葵青區安健計劃督導委員會

Kwai Tsing Safe & Healthy Project Steering Committee

委員	Committee Member
香港聖公會麥理浩夫人中心 總幹事 吳煜明先生	Hong Kong S.K.H. Lady MacLehose Centre Director Mr. NG Yuk-ming
香港警務處 葵青警區警民關係主任 謝美媚女士	Hong Kong Police Force Officer, Police Community Relations Office, Kwai Tsing Police District Ms. TSE May-may
荃灣及葵青區幼稚園校長會 主席 林翠玲女士MH	Tsuen Wan, Kwai Chung & Tsing Yi District Kindergarten Heads Association Chairperson Ms. LAM Tsui-ling, Nancy, MH
荃灣葵涌及青衣區中學校長會 副主席 黃定康先生	The Association of Heads of Secondary Schools of Tsuen Wan, Kwai Chung & Tsing Yi District Vice-chairperson Mr. WONG Ting-hong
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服務人員名單（截至2022年3月31日）

List of Staff (as of 31 March, 2022)

總辦事處管理人員

List of Management - Head Office

高級經理：林嘉莉女士

Senior Manager: Ms. LAM Ka-lee

行政及項目主任：盧榮樂先生

Administration and Project Officer: Mr. LOO Wing-lok

財務主任：梁慧賢女士

Financial Officer: Ms. LIANG Wai-yin

行政助理：俞琦琦女士

Administrative Assistant: Ms. YU Kei-kei

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List of Management- Signature Project Scheme (SPS)

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Senior Manager: Ms. LAM Ka-lee

葵青地區康健中心管理人員

List of Management -Kwai Tsing District Health Centre

執行總監：麥淑筠女士

Executive Director: Ms. MAK Suk-kwan, Lorensa

署理總護理統籌主任：陳潔芳女士

Acting Chief Care Coordinator: Ms. Chan Kit-fong, Josephine

捐款表格

本人願意捐款支持葵青安全社區及健康城市協會（下稱本會）的「健康服務基金」，我希望善款能用於：

- ☐ 支援基層醫療及社區健康服務用途
- ☐ 幫助有需要人士（包括但不限於貧苦、病弱人士等）得到基本健康服務（例如：醫療、復康服務等）
- ☐ 向社會各界及市民大眾推廣健康教育

捐款者資料

姓名：	機構名稱（如適用）：
聯絡電話：	電郵：
地址：	
捐款收據： <input type="checkbox"/> 以本地平郵形式發送* <input type="checkbox"/> 以電子郵件形式發送** <input type="checkbox"/> 為幫助節省行政開支，本人不需收據。 *捐款港幣一百元或以上可獲發郵寄收據，收據可作申請扣稅之用。 **捐款港幣一百元以下，只獲發電子收據。	

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- ☐ 劃線支票（支票抬頭：葵青安全社區及健康城市協會）

支票號碼：_____

- ☐ 直接存入銀行戶口，並附上入數紙。
- | | |
|--------|----------------------|
| 中國銀行 | ： 012-742-0-012018-4 |
| 恒生銀行 | ： 024-374-138204-003 |
| 上海商業銀行 | ： 025-341-82-06553-3 |
| 南洋商業銀行 | ： 043-494-0-013146-5 |

- ☐ 網上捐款

請前往本會網站(<https://ktschca.org.hk/>)以信用卡、支付寶（香港）、WechatPay或轉數快等進行網上捐款。

請把劃線支票或入數紙電郵至office@ktschca.org.hk或郵寄至中國香港葵涌荔景邨日景樓低層2樓一號「葵青安全社區及健康城市協會總辦事處」。一年內累積捐款達港幣一百元或以上，可憑收據在香港申請免稅。

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此表格上之個人資料除作上述用途外，本會將不時透過直接郵遞、電郵、電話及手機短訊等途徑，向閣下提供有關本會服務及籌募活動等資訊，屆時將需要使用閣下存於本會之聯絡資料及捐款紀錄與閣下通訊。如不擬收取，請在以下列口內加「✓」

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簽名：_____

日期：_____

Donation Form

I would like to support the “Health Services Fund” of Kwai Tsing Safe Community and Healthy City Association(KTSCHCA), I hope the donation can be used for:

- ☐ Support the primary medical and community health services.
- ☐ Help people in need (including but not limited to the poor and the weak, etc.) to get basic health services.
(E.g.: medical, rehabilitation services, etc.)
- ☐ Promote health education to public.

Donor Information

Name:	Organization (If Any):
Contact No.:	E-Mail:
Address:	
Donation Receipt: <input type="checkbox"/> By Post* <input type="checkbox"/> By E-mail** <input type="checkbox"/> To save administration cost, official receipt is not required. * A mail receipt will be issued for donations of HK\$100 or above, the receipt is required for tax deduction. ** An E-mail receipt will be issued for donations of less than HK\$100.	

Donation Methods

- ☐ Crossed cheque (Payable to: Kwai Tsing Safe Community and Healthy City Association)

Cheque no.: _____

- | | | |
|---|--------------------------|----------------------|
| <input type="checkbox"/> Pay directly into Bank Account,
attached with bank-in slip. | Bank of China | : 012-742-0-012018-4 |
| | Hang Seng Bank | : 024-374-138204-003 |
| | Shanghai Commercial Bank | : 025-341-82-06553-3 |
| | Nanyang Commercial Bank | : 043-494-0-013146-5 |

- ☐ Online Donation

Please visit our website (<https://ktschca.org.hk/>) to donate through credit card, Wechat Pay, FPS or other methods.

Please send the crossed cheque or bank-in slip by E-mail to office@ktschca.org.hk or by post to Shop No. 1, LG 2, Yat King House, Lai King Estate, Kwai Chung, Hong Kong, China “Kwai Tsing Safe Community and Healthy City Association”. Annual accumulated donations of HK\$100 or above supported by receipt(s) are tax deductible.

Personal Information Collection Statement

Apart from the above programme, KTSCHCA may use your personal data provided in this form and donation record in the database to send you the most updated information relating to our services, development and the donation campaigns through various channels such as direct mailing, E-mail, telephone or SMS, etc. If you do not wish to receive such materials, please put a ✓ in the box below.

- ☐ I/We do not wish to receive any promotion materials from KTSCHCA as specified above.

Signature: _____ Date: _____

鳴謝

Acknowledgement

本會衷心感謝各政府部門、機構、商號、個別善長及義工之支持及貢獻。由於篇幅有限，鳴謝名單未能盡錄，如有遺漏，謹此致歉。

We are most grateful to all the Government departments, organizations, companies, individuals and volunteers for their generous donations, support and assistance. This list is exhaustive but owing to limited space, we regret for being unable to print all their names.

葵青區議會	Kwai Tsing District Council
葵青民政事務處	Kwai Tsing District Office
食物及衛生局	Food and Health Bureau
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葵涌醫院	Kwai Chung Hospital
社會福利署	Social Welfare Department
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
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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
香港中文大學手語及聾人研究中心	Centre for Sign Linguistics and Deaf Studies, The Chinese University of Hong Kong
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