



葵青安全社區及健康城市協會

KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION



年報

2022-2023

Annual Report

2022-2023

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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



葵青安全社區及健康城市協會（下稱協會）成立至今已20周年，協會由一個統籌世界衛生組織的「安全社區」及「健康城市」計劃的機構，默默在社區深耕細作，發展成為以社區為本的基層醫療服務機構，過程中克服了不少困難，也慶幸獲得各界支持及協作，結果造福葵青區居民。


在2022至23年度，協會繼續承辦葵青區議會的「葵青社區重點項目」計劃，並秉承協會創先河的傳統，推出回應地區需求的醫療服務。當中新冠康復者中醫診療，提供免費的診症、執藥及煎藥等一條龍服務，藥湯會派遞到患者住所。患者接受診療後即可回家等待服藥，不用自行煲藥，更可避免「煲燴藥」，因此服務深受居民歡迎。

同時，協會又透過「葵青社區重點項目」推出中學生流動牙科服務，派出牙科車到校園，為不受政府牙科保健保障的中學生提供牙齒檢查和補牙等服務，從而推廣口腔護理的重要性，亦為醫療服務補漏拾遺。

2022至23年度是協會重要的一年，除了創會20周年，協會在葵青區營運的全港首間地區康健中心，亦開辦3周年。一如過往，協會在重要的會慶年度都會舉辦研討會，凝聚民間智慧，推動「醫、福、社」交流。協會於2023年2月11日舉辦「基層醫療民間高峰會：願景、發展、挑戰」，廣邀基層醫療專家、醫學界翹楚、立法會議員等，為本港基層醫療服務把脈，回顧過去的得與失，並探討未來發展路向。

另外，葵青地區康健中心於2022年10月23日舉辦「基層醫療服務研討會」，多角度探討基層醫療的發展方向。上述兩場研討會集思廣益，促進基層醫療服務的交流，有助不同專業提供更好的服務。

協會以打造「安全社區」和「健康城市」為起點，展望將來，協會將繼續秉承「醫、福、社」跨專業協作的宗旨繼往開來，扎根葵青社區為居民服務，並盼因應社會轉變及最新需求規劃服務，以助居民在人口老化的社會獲得優質的健康服務支援，推展基層醫療服務，打造「安健葵青」。




The Kwai Tsing Safe Community and Healthy City Association (referred to as the Association) has been established for 20 years. The Association, which coordinated the World Health Organization's "Safe Community" and "Healthy City" programs, has worked in the community and developed into a district-based healthcare service organization. Throughout the process, it has overcome numerous difficulties and been fortunate to receive support and collaboration from various sectors, ultimately benefiting the residents of the Kwai Tsing District.

In the year 2022-23, the Association continued to undertake the Kwai Tsing District Council's "Kwai Tsing Signature Project Scheme" and upheld the tradition of pioneering initiatives by introducing healthcare services that respond to the needs of the residents. One such service was Traditional Chinese Medicine treatment for COVID-19 recovery patients, providing free consultation, dispensing of medication, and herbal decoction services, with the herbal soups delivered to the patients' residences. Patients can return home after receiving treatment and wait for their medication. They do not need to prepare the decoction themselves, which also helped to avoid the risk of overcooking the medicine. As a result, this service was highly appreciated by residents.

Additionally, the Association had launched a mobile dental service for secondary school students through the "Kwai Tsing Signature Project Scheme". A dental car was dispatched to school campuses to provide dental check-ups and fillings for students who were not covered by government dental healthcare support. This initiative promoted the importance of oral care and filled the gaps in healthcare services.

The year 2022-23 is an important year for the Association as it marks the 20th anniversary of its establishment, and it also celebrates the 3rd anniversary of the first local district health center operated by the Association in the Kwai Tsing District. As in previous years, the Association organizes conferences during significant anniversary years to gather collective wisdom and promote exchanges in the fields of medicine, welfare, and society. On February 11, 2023, the Association held the "Primary Healthcare Nongovernmental Summit - Original Intention, Sustainability, and Development" inviting primary healthcare experts, leading figures in the medical field, and Legislative Council members to review and foresee the development of primary healthcare service in Hong Kong.

Furthermore, on October 23, 2022, the Kwai Tsing District Health Center organized a "Seminar on Primary Healthcare Service" to explore various perspectives on advancing primary healthcare service. These two conferences have provided valuable insights and facilitated exchanges in primary healthcare services, contributing to the improvement of services across different professions.



With the goal of creating a "Safe Community" and a "Healthy City," the Association looks ahead to the future. It will continue to uphold the principle of interdisciplinary collaboration in medicine, welfare, and society, rooted in the Kwai Tsing community to serve its residents. The Association also aims to plan services in response to societal changes and emerging needs, providing high-quality health service support to residents in an aging population. By promoting primary healthcare services, it strives to create a safe and healthy Kwai Tsing, known as "Safe and Healthy Kwai Tsing."

葵青安全社區及健康城市協會簡介

Introduction to Kwai Tsing Safe Community and Healthy City Association

葵青安全社區及健康城市協會（下稱協會）於2002年8月成立，歷年在葵青區匯集資源、建立網絡，結合推動「安全社區」及「健康城市」計劃，逐步發展發出「醫、福、社」跨專業模式服務居民，除了有效運用社區內的醫療及福利資源，更善用社會資本，讓居民「病有所醫」、防患未然。

協會旨在為葵青區建立安全及健康的生活和工作環境，並訂立5大目標：

- (1) 建立安全環境和文化，以推廣公共健康及社區安全
- (2) 匯集地區資源和力量，改善公共健康及社區安全
- (3) 與社區夥伴建立平台，以確保和維持葵青區居民的健康和安全
- (4) 作為社區平台，讓不同種族、宗教、政治理念、經濟環境等各階層人士獲得健康及安全訊息
- (5) 與世衛及其他國際機構緊密合作推動安全社區

葵青區於2003年獲世界衛生組織確認為全球第73個「安全社區」，並在2007年再經審核獲確認。此外，葵青區於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。

協會的工作不但獲得國際認可，以社區為本的服務方向更被香港政府採納，在地區康健中心試點計劃獲委託為首間營運機構，為日後的基層醫療發展奠下基礎。

The Kwai Tsing Safe Community and Healthy City Association (referred to as the Association) was established in August 2002. Over the years, the Association has gathered resources and built networks in the Kwai Tsing District, combining efforts to promote the "Safe Community" and "Healthy City" initiatives. It has gradually developed a cross-disciplinary model of service delivery in the areas of healthcare, welfare, and social services, effectively utilizing the medical and welfare resources within the community and leveraging social capital to ensure that residents receive appropriate medical care and preventive measures.

The Association aims to establish a safe and healthy living and working environment in the Kwai Tsing District and has set five main objectives:

- (1) Establish a safe environment and culture to promote public health and community safety.
- (2) Mobilize local resources and efforts to improve public health and community safety.
- (3) Collaborate with community partners to ensure and maintain the health and safety of Kwai Tsing District residents.
- (4) Serve as a community platform for disseminating health and safety information to people from different ethnicities, religions, political beliefs, economic backgrounds, and other social strata.
- (5) Collaborate closely with the World Health Organization (WHO) and other international organizations to promote safe communities.

In 2003, the Kwai Tsing District was recognized as the 73rd "Safe Community" by the World Health Organization, and this recognition was reaffirmed in 2007. Additionally, in October 2004, the Kwai Tsing district became a founding member of the WHO Western Pacific Regional "Healthy Cities Alliance."

The Association's work has not only gained international recognition but also been adopted by the Hong Kong government. It was entrusted as the first operating organization in the pilot scheme of District Health Centers, laying the foundation for future primary healthcare development.

葵青安全社區及健康城市協會20周年會慶

Kwai Tsing Safe Community and Healthy City Association's 20th Anniversary Celebration



葵青安全社區及健康城市協會在社區深耕細作20年，2022至23年度正值會慶年度，協會推出連串會慶活動，當中頭炮於2023年2月11日舉行「基層醫療民間高峰會——願景、發展、挑戰」，回顧過去的基層醫療發展，並展望未來發展願景。

今次高峰會有幸邀得推動本港基層醫療發展的始祖、香港大學榮休教授和名譽臨床教授楊紫芝擔任主禮嘉賓，並邀得協會顧問委員會主席梁智鴻醫生在討論環節擔任主持。同時，高峰會廣邀基層醫療專家、醫學界翹楚、立法會議員等，為本港基層醫療服務把脈，並回顧過去的得與失，以及探討未來發展路向。

The Kwai Tsing Safe Community and Healthy City Association (referred to as "the Association") has been deeply rooted in the community for 20 years. The 2022-23 year marked the anniversary celebration, and the Association has planned a series of celebratory events. The first event, titled "Primary Healthcare Nongovernmental Summit - Original Intention, Sustainability, and Development" was held on February 11, 2023. It aimed to review the development of primary healthcare and envision the future.

The summit was honored to have Professor Rosie Young Tse-tse, Emeritus Professor and an Honorary Clinical Professor at the University of Hong Kong and forerunner of Hong Kong's primary healthcare development, as the guest of honor. Dr. Leung Chi-hung, the Chairman of the Association's Advisory Committee, was served as the moderator for the discussion session. The summit had also invited primary healthcare experts, leading figures in the medical field, and legislative council members to review the development of primary healthcare services in Hong Kong, and explore future development directions.



高峰會講者及主題

嘉賓致辭：基層醫療30年來的得與失

楊紫芝教授GBM, GBS, CBE, JP

香港大學榮休教授和名譽臨床教授

個人演講：基層醫療藍圖的思路

陳肇始教授GBS, JP

香港大學護理學教授、校長辦公室

資深顧問、食物及衛生局前局長

個人演講：基層醫療願景如何落實執行？

雷操爽教授

香港大學李嘉誠醫學院院長資深顧問

（臨床事務）、香港明愛醫療服務部長

個人演講：基層醫療發展的中醫藥角色

卞兆祥教授

香港浸會大學中醫藥學院講座教授

個人演講：基層醫療的融資挑戰

阮博文教授

香港理工大學專業及持續教育學院院長

個人演講：一人一家庭醫生及藥物安排的挑戰

林哲玄醫生

立法會議員（醫療衛生界）



Speakers and Topics at the Summit:

Guest of Honor: Achievements and Challenges in 30 Years of Primary Healthcare

Professor Rosie Young Tse-tse GBM, GBS, CBE, JP

Emeritus Professor and Honorary Clinical Professor, University of Hong Kong

Keynote Speech: The Principles Underlying the Blueprint for Primary Healthcare

Professor Sophia Chan Siu-chee GBS, JP

Professor of Nursing, Senior Advisor to the President's Office, University of Hong Kong; Former Secretary for Food and Health

Keynote Speech: Implementing the Vision of Primary Healthcare

Professor Joseph Lui Cho-ze

Senior Advisor (Clinical Affairs) to Dean, Li Ka Shing Faculty of Medicine, University of Hong Kong; Director, Caritas Medical Service

Keynote Speech: The Role of Traditional Chinese Medicine in Primary Healthcare Development

Professor Bian Zhao-xiang

Chair Professor, School of Chinese Medicine, Hong Kong Baptist University

Keynote Speech: Financing Challenges in Primary Healthcare

Professor Peter Yuen Pok-man

Professor and Dean of CPCE, The Hong Kong Polytechnic University

Keynote Speech: Challenges in Establishing Personal and Family Doctors and Medication Arrangements

Dr David Lam Tzit-yuen

Legislative Council Member (Medical and Health Services)



除了秉承研討會傳統，協會亦計劃在2023至24年度出版20周年特刊，以記錄20年來的服務經驗，以及展望協會未來發展；協會另會舉辦20周年晚宴，宴請相關官員、協作單位代表及員工，期望與各界友好歡聚一堂，共賀會慶大日子。

In addition to the summit, the Association plans to publish a 20th Anniversary Publication in the 2023-24 year to document its 20 years of experience and envision its future development. The Association will also organize a 20th Anniversary Dinner to host government officials, representatives of collaborating organizations, and staff members, aiming to celebrate this significant milestone together.

榮獲世界衛生組織確認為安全社區

ited by

葵青區



協會服務

Service Highlights

葵青社區重點項目

Kwai Tsing Signature Project Scheme (SPS)

葵青民政事務專員訪問

葵青民政事務專員親送藥

回顧10年社區重點項目

2013年《施政報告》宣布推出社區重點項目計劃，為每區預留一次性一億元撥款，支援區議會各自提出的發展計劃，以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。葵青民政事務專員鄧顯權先生指出，葵青居民對社區醫療服務需求殷切，因此葵青區議會推出「加強社區健康服務」計劃，服務包括流感疫苗注射、牙科服務、眼睛檢查、痛症管理，以及健康教育及評估等。

踏入2022至23年度，葵青社區重點項目已發展至第五期，鄧顯權先生表示，今次服務對象大致針對在相關服務未有接受資助的群組，務求在葵青區補漏拾遺，為居民提供貼心的社區醫療服務。他舉例，不少新冠康復者出現長新冠後遺症，包括持續咳嗽、氣喘、記憶力轉差等，免費中醫診療有助居民對症下藥；至於流動牙科服務則可助沒有牙科保健的中學生；而驗配近視控制眼鏡服務盼可幫助低收入學童。

今次長新冠中醫診療提供診症、執藥、煎藥及送藥等一條龍服務，患者診症後只需安坐家中，便可收到預先包裝的藥湯。鄧顯權先生於2022年11月於百忙中抽空為兩位長者夫婦送藥，他說：「最大感受是拿起藥包時感受到溫暖，夫婦二人收到藥包時非常開心，送藥上門不單方便他們，送藥時一句關懷和問候，亦令他們感受關心，希望兩位可將這份關懷傳送給身邊的人，並向有需要的葵青街坊推介這服務。」



Kwai Tsing District Officer Interview

Kwai Tsing district officer delivers medication in person

A decade review for Signature Project Scheme

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 (SPS). The SPS in each district must respond to the needs 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 Health Care Service". The service includes Influenza vaccination services, mobile dental services, ocular examination services, chronic pain management, health education, and assessment, etc.

2022-2023 was the fifth phase of the Kwai Tsing Signature Project Scheme. Mr. Tang Huggin claimed that the services offered recently primarily target groups who have not received assistance in relevant services. The rationale is to provide caring community health services for most of the residents in the Kwai Tsing district. Tang stated that many COVID-19 recoverers may continue to experience long-term effects of COVID-19, including common symptoms like persistent coughing, asthma, and cognitive decline, it is believed that providing free traditional Chinese medicine properly benefit the residents with the treatment. Meanwhile, mobile dental services can benefit secondary school students who lack dental care; prescription of corrective glasses services provide low-income students subsidies.

The Chinese medicine treatment providing this phase offers comprehensive services, including medical consultation, prescription dispensing, boil medicine and medication delivery. Pre-packed Chinese medicine delivers to patients' homes after the diagnosis. In November 2022, Mr. Tang Huggin even spared time personally in delivering medication to an elderly couple. Tang claimed "The strongest feeling where I feel heartwarming was holding the medication packages. The couple was glad once they received the medication. Home delivering medication services are not only convenient to the patients but also give them a caring simply due to a greeting or inquiry. In my view, it would be great if they pass on the sense of care to people around them and recommend the Chinese medicine treatment to the Kwai Tsing community members who are in need."

葵青社區重點項目第五期已屆計劃最後一期，預計於2023年完結。鄧顯權先生認為這個橫跨10年的計劃是地區基層醫療服務的先鋒，葵青民政事務處會繼續與伙伴機構做好地區工作，並繼續支持基層醫療服務，以行動關心每位身邊人的健康。

The fifth phase of the Kwai Tsing Signature Project Scheme is approaching its final stage. It is estimated to end in 2023. Mr. Tang Huggin believes the 10-year scheme has been a pioneer in providing primary care services. The Kwai Tsing District Office will keep collaborating with partner organizations and take responsibility for striving to benefit our district. Thus, we will support the primary medical services and take action to express our concern for the health of each of the citizens in the community.

特殊教育需要服務(SEN)

第四期葵青社區重點項目之一的特殊教育需要服務(SEN)於2021年至22年度展開，持續推行至2022年6月底正式結束。

參與上述服務的學校名單：

- 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
- 保良局陳溢小學
- 仁濟醫院趙曾學韞小學
- 地利亞（閩僑）英文小學（排名不分先後）

特殊教育需要服務：

- (1) 初步評估及專業評估
- (2) 工作坊
- (3) 支援小組



Special Education Needs Services (SEN)

The Special Education Needs (SEN) Services was one of the main projects in the fourth phase of the Kwai Tsing Signature Project Scheme, in which launched in the 2021-2022 fiscal year and continued until the end of the June 2022.

List of schools participating in the SEN services:

- 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

Special Education Needs services:

- (1) Preliminary Assessment and In-death Assessment
- (2) Workshop
- (3) Support Group



初步評估

為有效及準確地為學童進行深入評估（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），參與服務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。

深入評估

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，以安排面見臨床心理學家，作深層次評估，確認學生是否有特殊教育需要及所屬類別。

深入評估後，學生及家長或照顧者會獲發評估報告，列明學生所屬的特殊教育需要服務類別，並由家長或照顧者安排合適跟進。

2021年7月至2022年6月服務期間，共有63位學童接受深入評估，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

截至2022年6月，初步評估及專業評估服務數據如下：

時期	初步評估問卷	轉介至專業評估
2021年7月至2022年6月	164份	63位

Preliminary Assessment

To Help school children more effectively and accurately to conduct in-depth assessment, 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.

In-depth Assessment

Students' parents, teachers will 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.

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

From July 2021 to June 2022, a total of 63 schoolchildren received in-depth assessment services that identified the following Special Education Needs (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 Assessment (IQ test)

The service data for preliminary assessment and in-depth assessment until June 2022 are as follows:

Period	Questionnaires for Preliminary Assessment	Referral to an In-depth Assessment Service is required
July 2021 to June 2022	164 sets	63 persons

工作坊

在評估學生是否有特殊學習需要時，協會曾舉辦工作坊，讓家長及老師從多角度了解何謂特殊學習需要，從而選擇適合小孩的教學模式。

截至2022年6月，工作坊服務數據如下：

工作坊主題	場次	出席人次
認識特殊教育需要及如何與孩子溝通工作坊	4	75
認識孩子學習的多樣性及提升親子關係工作坊	1	20
如何提升孩子的學習動機	1	22
認識「自閉症／特別學習困難」教師講座	1	28
「畫出好心情」家長共融減壓工作坊	1	26
總出席人次		171



Workshop

The association has organized workshops to assess whether students have special learning needs, allowing parents and teachers to understand the concept of special learning needs from multiple perspectives. This enables them to choose appropriate teaching methods for their children.

The service data (up to June 2022) is as follow:

Themes for Workshops	Number of sessions	Number of Attendees
Getting to Know About Special Educational Needs and Effective Communication skills between Parent and Child	4	75
Getting to Know About Children's Learning Diversity and Improving Parent-Child Relationship	1	20
How to Improve Children's Learning Motivation	1	22
Getting to Know "Autistic Disorder and Special Learning Needs" teachers' seminar	1	28
"Drawing a Good Mood" Parents Stress Relieve Workshop	1	26
Total Number of Attendees		171



支援小組

設立支援小組目的：

- 向照顧有特殊教育需要學生的家長或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或照顧者角色；
- 認識同行者，互相分享、互相鼓勵、互相支援，減少處理具特殊教育需要子女的孤獨感；
- 透過分享感受、交流經驗，以及專業指導，以獲情緒支援；
- 加強親子交流、了解子女想法，並釋放壓力，增加快樂回憶。

截至2022年6月，支援小組服務數據如下：

日期	支援小組節數	出席人次
2021年11月	2	24
2021年12月	2	20
2022年5月	4	40
2022年6月	7	86
2022年7月	1（補節）	12
總出席人次	182	

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
- Get to know your peers, share with each other, encourage each other, and reduce the loneliness of dealing with SEN children. Expand parents/carers' social life circles and 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, understand children's thought, release pressure and collect memories for each other

The service data of support group (up to June 2022) is as follows:

Date	Session	Number of Attendances
November 2011	2	24
December 2021	2	20
May 2022	4	40
June 2022	7	86
July 2022	1	12
Total Number of Attendees	182	



總結

具有特殊學習需要兒童備受社會忽視，協會推行是次服務旨在協助他們克服學習和社交行為上的困難，期望協助家長識別出潛在有特殊學習需要的兒童，為他們提供專業支持及指導，從而提高其學習成效和生活品質。

在「教」與「育」方面，協會特地安排了不同主題的工作坊及支援小組，主要目的是提升老師在「教學」方面需要具備相關的知識和技能。透過了解特殊學習需要的背景及技巧，讓老師可以針對個別學生的學習需求和特點，提供適當的指導，幫助學生克服學習上的困難。

另外，老師觀察支援小組時，可了解如何關心有特殊學習需要的學童，並提供情感上的支持和鼓勵，協助有特殊學習需要的學生在愉快氛圍下學習。

父母在「養育」方面扮演著重要的角色，很多家長忙於公務、家務，加上孩子有特殊學習需要，往往出現極大心理壓力，無意中可能會發泄於孩子身上，影響孩子的成長。體驗過是次特殊教育服務後，很多家長反映有意想不到的收穫，不但可尋求適合孩子學習的方法及制定應對策略，更可透過支援小組的親子活動享受親子時間。協會期望是次服務可開拓家長對特殊學習需求的認知，以助家長自行探討往後如何有效地與小朋友溝通。



Conclusion

Children with special learning needs are often ignored by society. Our association launch the service aiming to assist those children in overcoming difficulties in learning and social behavior. It aims to help parents identify children who may have underlying special learning needs and provide them with professional support and guidance, ultimately improving their learning outcomes and quality of life.

In terms of “teaching” and “nurturing”, the association has specifically arranged workshops and support groups on different themes, with the primary objective of enhancing teachers’ knowledge and skills in the aspect of “instruction.” By understanding the backgrounds and techniques related to special learning needs, teachers can provide appropriate guidance to help students overcome the learning difficulties.

Furthermore, when teachers observe the support groups, they can learn how to care for students with special learning needs and provide emotional support and encouragement. This assistance helps students with special learning needs to learn in a positive and supportive environment.

Parents play a crucial role in the “nurturing” aspect, but many parents face psychological pressure due to the demands of work, household chores, and having a child with special learning needs. Unfortunately, this pressure can be directed towards the child, affecting children’s growth and well-being. After experiencing this special education service, many parents have reported unexpected benefits. Not only can they seek for appropriate learning methods and develop coping strategies for their children but also enjoy quality parent-child time through the support group’s activities but also enjoy quality parent-child time through the support group’s activities. Our association aims to broaden parents’ understanding of special learning needs through our service, empowering them to explore effective ways to communicate with their children independently. By enhancing parental awareness, the association hopes to facilitate meaningful discussions among parents regarding how to effectively support and engage with their children in the future.

新冠康復者中醫診療服務

本港新型冠狀病毒疫情持續逾3年，期間逾百萬人確診，染疫後遺症一直備受關注，不少人康復後仍現久咳、腦霧、乏力、乾咳、難以集中精神、失眠、脫髮、情緒低落等，中醫診療可助患者紓緩徵狀。

從中醫論點來說，感染新型冠狀病毒後會出現全身性症狀，相當損耗精氣神。在減輕後遺症的處理上，中醫的優勢明顯，用藥可進行全身性氣血調養，以益氣、養陰、清熱、利濕、行氣、活血的治療方向，幫助患者減輕症狀或縮短病情。

醫院管理局聯同香港3間大學及7間中醫診所的研究發現，新冠康復者在接受3至6個月中醫治療後，新冠後遺症病症有所改善，有三成康復者的咳嗽、氣喘和乏力問題得以「斷尾」，而中醫治療亦有效改善康復者的肺功能及個人體質。

研究更顯示，近九成新冠患者康復初期的肺功能普遍較同齡人士低，6分鐘步行測試未符同齡健康人士的標準水平，七成人屬於肺脾兩虛或氣陰兩虛，較常出現發熱、倦怠乏力、乾咳、肌肉或關節病，及頭痛等10大新冠後遺症，但在接受中醫治療後，後遺症病症及肺功能均得到有效改善。

有見中醫診療能助新冠康復者恢復，協會在2022年10月推出「新冠康復者中醫診療服務」，幫助曾確診新冠的葵青區居民紓緩「長新冠」徵狀，並為他們提供貼心的送藥服務，務求令市民盡快重拾健康生活。



Chinese Medicine Clinical Service

The Covid-19 epidemic has been ongoing in Hong Kong for over three years, with over one million confirmed cases. Post-illness symptoms have been a major concern, as many individuals continue to experience persistent cough, brain fog, fatigue, dry cough, difficulty concentrating, insomnia, hair loss, and emotional depression even after recovery. Traditional Chinese medicine (TCM) can help alleviate these symptoms.

According to the TCM viewpoint, infection with Covid-19 results in systemic symptoms and significant depletion of vital energy and spirit. In the treatment of post-illness symptoms, TCM has evident advantages. Medications can be used to regulate the overall circulation of qi and blood, with treatment directions focused on boosting qi, nourishing yin, clearing heat, promoting diuresis, regulating qi flow, and activating blood circulation. These approaches can help patients alleviate symptoms or shorten the course of the illness.

According to a research conducted by the Hospital Authority in collaboration with three universities and seven traditional Chinese medicine clinics in Hong Kong, COVID-19 recovered patients who received 3 to 6 months of traditional Chinese medicine treatment showed improved post-illness symptoms. Thirty percent of the recovered patients were able to completely recover from coughing, asthma, and fatigue, while traditional Chinese medicine treatment also effectively improved the lung function and overall health of the recovered patients.

The research also shows that in the early stage of COVID-19 recovery, nearly 90% of patients had lower lung function compared to their peers, and their 6-minute walking test did not meet the standards of same age group. About 70% of the patients had lung-spleen deficiency or Qi-Yin deficiency, and commonly experienced fever, fatigue, dry cough, muscle or joint pain, and headaches, among other top 10 post-illness symptoms. However, after receiving traditional Chinese medicine treatment, post-illness symptoms and lung function were effectively improved.

The association recognizes that traditional Chinese medicine can indeed help COVID-19 recovered patients recover faster. In October 2022, the association launched the "Chinese Medicine Clinical Service" to assist Kwai Tsing residents who have been diagnosed with COVID-19 in relieving "long COVID" symptoms and providing them with attentive traditional Chinese medicine services, aiming to restore their health as soon as possible.

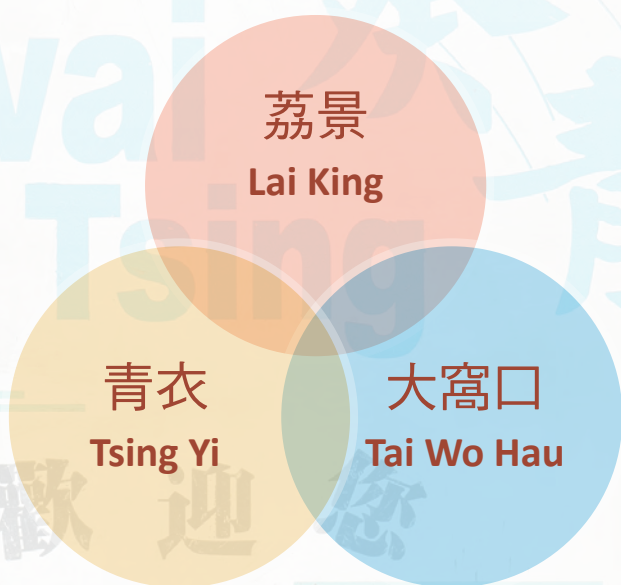
是次「新冠康復者中醫診療服務」，服務對象為居住葵青區的新冠康復者，服務內容包括：

This "COVID-19 Recovery Traditional Chinese Medicine Service" mainly targets COVID-19 recovered patients residing in Kwai Tsing, including:



服務地點包括：

Service location include:



協會設立三個應診地點，包括荔景、大窩口及青衣，目的是希望顧及居於各處的葵青區居民。

「新冠康復者中醫診療服務」包辦中醫診斷、中藥配劑、中藥代煎及送遞藥包上門，服務費用全免，協會希望為區內新冠康復者，提供優質的一條龍中醫診療服務，回應他們在疫情下的需求。

葵青民政事務處葵青民政事務專員鄧顯權先生曾親自落去為居民送上藥包及致以慰問。

為配合上述中醫診療服務，協會製作宣傳海報及單張，分享應對長新冠的食療。

新冠康復者中醫診療服務

新冠確診患者康復後，部分會出現不同程度的新冠後遺症狀。有見及此，協會聯同香港中醫藥服務中心推出中醫診療服務，為曾確診新冠肺炎病人提供門診康復治療服務。

服務對象：居於葵青區新冠康復者

服務內容：中醫診療
中藥配劑、代煎及送藥服務

費用：到診服務全免
(每位到診者最多可接受4次服務)

日期：2022年10月至2023年8月

時間：逢開診日09:15-17:15

應診地點：大窩口社區健康資源中心
(葵涌大窩口道15號大窩口社區中心1樓101A室)

青衣社區健康中心
(青衣長青邨青葵樓商業平台3-4號)

葵青安全社區及健康城市協會中央統籌辦事處
(葵涌荔景邨日景樓低層2樓1號舖)

協會網頁 QR Code

中醫診療服務 登記網頁 QR Code

如有任何疑問或查詢請於辦公時間致電2436 3363 或 2436 0977與協會職員聯絡。

合作機構 香港中醫藥服務中心

Our association establish 3 locations, including Lai King, Tai Wo Hau, Tsing Yi, the goal is to provide services to most of the citizens living in Kwai Tsing District.

The "Traditional Chinese Medicine Healthcare Service for COVID-19 Recovered Patients" provided traditional Chinese medicine diagnosis, herbal medicine dispensing, herbal preparation, and home delivery of medicine packages. The service is provided free of charge, and our association aims to offer high-quality integrated traditional Chinese medicine healthcare services to COVID-19-recovered patients in the community, and respond to the needs of the community during the pandemic.

新冠肺炎知多少？

2019冠狀病毒病是人類歷史上大規模流行病之一。
截至2022年10月26日，全球已累計報告逾6.28億
確診病例。

常見徵狀

呼吸困難 容易疲勞 喉痛咳嗽 傷風感冒

如何預防


勤洗手，加入肥皂，搓揉雙手最少10秒。
身有感冒不適盡量留在家中，避免外出。
離開家對外面活動，記得戴口罩。
接種新冠疫苗，盡量阻止病毒擴散和預防重症。
做足預防措施，就萬無一失啦！

協會簡介

「葵青安全社區及健康城市協會」於2002年8月正式成立，是首個將「安全社區」及「健康城市」概念結合的社區。20多年來，協會與葵青區內政府部門及多個公私營機構舉辦不同類型的安
全推廣及健康活動來提升居民對安全健康生活的
意識。此外，協會持續為居民進行了不少健康檢
測，致力推動安全社區和健康城市的長遠發展。

目的和理念

- 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，為葵青區居民推廣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

葵青安全社區及健康城市協會
地址：新界葵青區新和日景樓二樓二號舖
電話：2436 3363
傳真：2370 1027
瀏覽更多：


葵青社區重點項目

新冠康復者 中醫診療服務

新冠湯水 好推介

計劃由葵青區民政事務處資助。

服務數據
(截至2023年3月31日)

目標節數：102節

總完成節數：104節

目標人次：1,428人次

總完成人次：1,532人次

參加人數：375人


年齡層分佈	
年齡	報名人數
0-10	5
11-20	4
21-30	8
31-40	28
41-50	34
51-60	52
61-70	117
71-80	101
81-90	24
91-100	2
總人數	375

養生石斛湯

- 及早預防 -

【食材】
雪梨2個，百合15克，麥冬15克，石斛12粒左右，蜜棗2個，扇骨250克

【做法】
扇骨先焯水去腥。
雪梨削皮切塊，百合、麥冬、石斛洗淨備用。
所有食材放入湯鍋，水滾後5分鐘小火燉煮45分鐘。
45分鐘後加少許鹽調味即可，湯汁甘甜，非常可口。




三白固肺湯

- 病中調理 -

【食材】
白蘿蔔1個(切塊)，白扁豆25克，白果12粒，百合(鮮百合材料加倍) 15克，生薑30克，黃豆或黑豆百合 30克，紅棗3枚，陳皮1塊，生薑3片，可配豬肺或排骨煲湯

【做法】
藥材洗淨浸水。
豬肺或排骨焯水。
以上湯料用10碗水，大火煲滾後，再以中小火煲煮90分鐘左右即可。



蓮藕馬蹄湯

- 病後康復 -

【食材】
蓮藕1節(約200克)，雲耳3-5克，馬蹄15粒，陳皮1塊，泥鰍 200克 或 瘦肉、或排骨300克，生薑3片(後下)

【做法】
藥材洗淨浸水。
洗淨泥鰍或瘦肉或排骨焯水。
浸泡洗淨雲耳。
以上湯料用10碗水，大火煲滾後，以中小火煲煮90-100分鐘左右即可。



本區在2003年3月

This district has been accredited

Service statistics as of March 31, 2023

Target session: 102 sessions

Completed session: 104 sessions

Target population: 1,428 population

Total population: 1,532 participants

Participants: 375 person

Age Distribution	
Age group	Number of Registrants
0-10	5
11-20	5
21-30	8
31-40	28
41-50	34
51-60	51
61-70	117
71-80	101
81-90	24
91-100	2
Total Number of Registrants	375

服務使用者分享



根據協會的問卷調查，超過9成參加者十分滿意「新冠康復者中醫診療服務」的服務日期及地點安排，對於醫師詳細的病理解答都非常滿意，未來亦有興趣再參與同類服務。另外，不少參加者反映，除了中醫問診外，希望可獲針灸，推拿等服務。協會將積極研究相關服務，希望為居民提供全面及多元化支援。

是次一條龍服務包括代煎藥及送藥上門，病人求診後只需安坐家中便收到中藥湯，早上應診者更可在即日下午獲安排送藥，有病人說接獲藥包時，仍能感覺暖烘烘，可即時飲用，感覺安排非常到位及貼心，令人體會人間有愛。不少行動不便的長者及長期病患病人讚賞這服務，既可免自行到藥房執藥，又避免煲燉，十分方便。

由於服務深受居民歡迎，且持續出現需求，協會計劃於下一年度會繼續進行「新冠康復者中醫診療服務」，直至2023年11月，冀望在疫情後協助居民恢復健康。

Service user feedback:

According to a survey conducted by the Association, over 90% of participants expressed great satisfaction with the scheduling and locations of the "Chinese Medicine Clinical Service". They were highly satisfied with the detailed explanations provided by the physicians regarding their conditions, and they also expressed interest in participating in similar services in the future. Additionally, many participants mentioned their desire for services such as acupuncture and massage therapy, in addition to consultations. The Association is actively researching these related services to provide comprehensive and diversified support to the residents.

The integrated service provided in this program includes herbal medicine decoction and home delivery. After seeking consultation, patients can comfortably receive their herbal medicine soup at home. For morning appointments, patients can even have their medications delivered on the same day in the afternoon. Some patients mentioned that upon receiving the medication package, they could still feel the warmth, allowing them to consume it immediately. They felt that the arrangements were well thought out and considerate, portraying a sense of love and care. Many elderly individuals and long-term patients with mobility limitations highly appreciated this service as it eliminates the need for them to visit the pharmacy themselves and avoids the hassle of preparing the decoction. It is incredibly convenient.

Due to the popularity of the service among residents and the ongoing demand, the Association plans to continue providing the "Chinese Medicine Clinical Service" in the next fiscal year until November 2023. The aim is to assist residents in their health recovery post-pandemic.



流動牙科診所

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。為免學生錯過牙齒保健黃金期，故本會在葵青民政事務處資助下，在上年度開始免費讓中學生接受本會流動牙科診所提供的牙科保健及護理服務。

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

參與流動牙科服務的葵青區學校如下：

Mobile Dental Service

The government only provides dental care services for primary school students and does not offer any dental care or services for high school students. In order to prevent students from missing the golden period of dental care, our organization, with the support of the Kwai Tsing District Office, has started to offer free dental care and services for high school students through our mobile dental clinic since last year.

The services include:

- Oral examination
- Teeth scaling service
- Basic tooth filling service
- Oral health and care guidance

The Kwai Tsing district schools participating in the mobile dental services are as follows:



東華三院陳兆民中學
TWGHs Chen Zao Men College



皇仁舊生會中學
Queen's College Old Boys' Association Secondary School



棉紡會中學
Cotton Spinners Association Secondary School



聖公會林護紀念中學
SKH Lam Woo Memorial Secondary School



石籬天主教中學
Shek Lei Catholic Secondary School



葵涌蘇浙公學
Kiangsu-Chekiang College (Kwai Chung)

總結：

移動牙科診所通過牙科車輛向中學生提供牙齒健康和護理服務。其目的是教育他們基本的牙齒健康知識，鼓勵他們培養良好的口腔衛生習慣，以保持口腔健康，並從小建立有效的預防牙齒和口腔疾病的方法。

截至2023年3月31日，2022-2023葵青區特色項目計劃的移動牙科診所的服務統計數據如下：

項目	計劃目標	本年度服務數據
口腔檢查、洗牙、補牙	400人次	192人次

Summary:

Mobile dental clinics provide dental health and care services to secondary school students through dental vehicles. The aim is to educate them on basic dental health knowledge and encourage them to develop good oral hygiene habits to maintain oral health, and establish effective preventive methods for dental and oral diseases from a young age.

The service statistics of the mobile dental clinic for the 2022-2023 Kwai Tsing Signature Project Scheme (SPS) as of March 31, 2023 are as follows:

Service	Target	Service Data
Oral examination, Teeth scaling service, Basic tooth filling service	400 participants	192 participants



此外，流動牙科診所亦於葵青區多個地點為中學生提供服務
In addition, mobile dental clinics also visit different locations within the Kwai Tsing district to provide dental health and care services



牙醫正在為學童進行牙科檢查
The dentists provide oral examination services.

流感疫苗注射服務

自新型冠狀病毒疫情爆發後，市民對健康關注程度大大提升，除了關注新冠病毒，亦關注季節性流感可造成的嚴重影響。根據醫學建議，接種疫苗是其中一種預防季節性感冒及其併發症的有效方法，亦可減低因流感而入院留醫和死亡的風險。

協會每年均接獲不屬政府資助群組的葵青區居民查詢，可否免費或以優惠價接種流感疫苗，以增強免疫力。

有見及此，協會在第五期葵青社區重點項目共舉辦了17場流感疫苗注射服務，免費為2374人接種流感疫苗，每次服務都十分受歡迎。

除此之外，協會營運的葵青地區康健中心亦提供同類服務，及在流感高峰期間，派發預防流感的單張及為參加者提供簡單的健康檢查，持續推廣健康教育和培養良好的生活習慣。



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



葵青社區重點項目
Kwai Tsing Signature Project Scheme



葵青區議會
葵青區議會

協會網頁 QRCode



流感針登記網頁 QRCode



Influenza Vaccination Services

Since the outbreak of COVID-19 pandemic, there has been a significant increase in public concern about personal health. On top of concerns about COVID-19, people are putting more focus on overall well-being, as well as serious impacts of seasonal influenza on personal health. According to advice from medical professionals, vaccination is an effective method preventing influenza and its complications. It can also reduce the risk of hospitalization and death due to flu.

Every year, our organization receives inquiries from Kwai Tsing District residents who are not eligible for government-funded groups, asking if they can receive the influenza vaccine for free or at a discounted price to enhance their immunity against the virus.

In response to the demand, our organization organized 17 influenza vaccination service sessions for 2374 individuals during the fifth Kwai Tsing Signature Project Scheme (SPS). The service received positive feedback from residents.

In addition, the Kwai Tsing District Health Centre, operated by our organization, also offers similar services. During the peak of the influenza season, the DHC distributed leaflets and provided participants with basic health check-up. The DHC consistently promote health education and encourage the development of healthy habits.



市民大眾在接種流感疫苗前，填寫健康申報表
Public fill in health declaration forms before receiving influenza vaccination



市民到大窩口社區健康資源中心接種疫苗

Public receiving influenza vaccination on Tai Wo Hau Health Resource Centre located at Tai Wo Hau

2022至2023年度葵青社區重點項目——流感疫苗注射服務
服務數字（截至2023年3月31日）

The service statistics of the influenza vaccination services for the 2022-2023 Kwai Tsing Signature Project Scheme (SPS) as of March 31, 2023 are as follows:

項目	計劃目標	本年度服務數據
流感疫苗注射服務	2500人 2500 participants	2374人 2374 participants



註冊護士為市民大眾接種流感疫苗

Registered nurses offered the public influenza vaccination service



市民大眾排隊等候接種流感疫苗

The public queued up to receive influenza vaccination



市民到葵芳社區會堂接種疫苗

The public received influenza vaccination at Kwai Fong Community Hall

學童近視控制眼鏡驗配服務

香港人近視比率高，調查發現7歲兒童患近視比率高達25%，到了12歲，每10人就有6人有近視，年幼的「四眼仔」和「四眼妹」愈來愈常見。

中大醫學院眼科團隊在2015年前推出「兒童眼疾普查計劃」，為逾4,000名6至8歲兒童進行眼科檢查。當中四成8歲學童患近視，6歲兒童的比率達13%。研究亦發現，若父母有近視，子女有近視風險的比率較同齡學童高12倍。

香港學童出現近視情況普遍，且多在8至12歲變化大，協會為此與香港理工大學眼科視光學院合辦7至15歲學童近視控制眼鏡驗配服務。

Student myopia prescription of corrective glasses service

A Research found that the myopia rate among 7-year-old children is around 25% while more than 60% of 12-year-old children have myopia. The wearing of glasses is becoming increasingly common among young children.

The Faculty of Medicine at the Chinese University of Hong Kong (CUHK) launched the "Vision Screening for Hong Kong Children" in 2015, providing over 4000 children aged 6 to 8 eye health screening services. The Study found that 40% of 8-year-old children had myopia, and the rate was 13% for 6-year-olds. Research also revealed children with myopic parents had a 12 times higher risk of developing myopia.

The prevalence of myopia among school children in Hong Kong is high, with a significant increase observed between the ages of 8 and 12. In response to this issue, we have collaborated with the School of Optometry at the Hong Kong Polytechnic University to offer myopia prescription of corrective glasses services for children aged 7 to 15.

服務內容包括：

- (1) 眼睛檢查
- (2) 近視控制眼鏡驗配
- (3) 驗配眼鏡後，半年內覆檢跟進一次

Services including:

- (1) Eye Examination
- (2) Prescription of corrective glasses services
- (3) Follow up appointment within six months after eyeglasses fitting

學童近視控制眼鏡驗配服務 2022-2023

葵青社區重點項目第五期--學童近視控制眼鏡驗配服務本年度展開。協會與香港理工大學合作，由理大眼科視光學院提供綜合眼科視光檢查服務。

日期：2022年10月至2023年9月30日

對象：居於葵青區7至15歲接受綜援或書簿津貼(全額/半額)之學生

費用：由葵青民政事務處全額資助

地點：香港理工大學眼科視光學院社區結合保健中心(荔景)
(新界葵涌荔景邨仰景樓7-10號地下)

**服務首先為合乎資格之學童會進行綜合眼科檢查，如發現近視才會提供眼鏡驗配服務。

綜合眼科檢查 近視控制眼鏡驗配服務 配戴後六個月內一次覆檢跟進

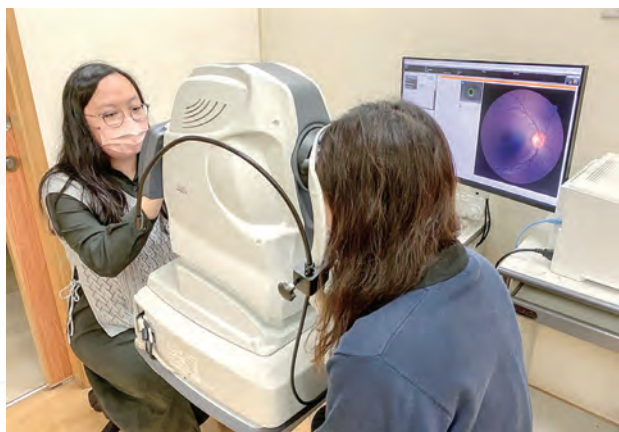
報名網頁: <https://application.ktschca.org.hk/>

報名網頁QR Code

如有任何疑問及查詢，請於辦公時間致電 2436 3363 或 2370 1466 與協會職員聯絡。

合作機構: The Hong Kong Polytechnic University 香港理工大學, 眼科視光學院

學童近視控制眼鏡驗配服務海報
Student myopia prescription of corrective glasses service poster



註冊視光師為學童進行眼科檢查
Registered optometrists conducted eye examinations and evaluation for students



註冊視光師為學童驗配近視控制眼鏡
Registered optometrists conducted prescription of corrective glasses services

(1) 眼睛檢查

此項檢查由香港理工大學眼科視光學院的實習眼科視光師主理，實習眼科視光師在教職員的指導下提供綜合眼科視光檢查服務。

服務內容包括：

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

(2) 近視控制眼鏡驗配

學童於完成眼睛檢查後，如需要驗配近視控制眼鏡，將按眼科視光師建議來驗配，並可於半年內獲眼科視光師覆檢跟進一次。

(3) 驗配眼鏡後，半年內覆檢跟進一次

學童於檢驗眼睛後，如符合驗配資格，視光師會按學童情況，驗配合適近視控制眼鏡。而學童在配戴眼鏡後，半年內便覆檢一次，檢查配戴眼鏡的進展情況。

(1) Eye Examination

Comprehensive Ocular Check and Prescription of Corrective Glasses services are conducted by the intern optometrists from the School of Optometry at the Hong Kong Polytechnic University, under the supervision of teaching staff.

Services including:

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

(2) Prescription of corrective glasses services

Students will get a prescription of corrective glasses services according to the optometrist's recommendation after the evaluation of ocular. The optometrist will follow up with a re-examination within six months.

(3) Follow-up re-examination within six months after glasses dispensing

After completing the evaluation of ocular. If a student is eligible for prescription of corrective glasses services, the optometrist will prescribe suitable myopia control glasses based on the student's situation. Students will have a follow-up re-examination within six months after wearing the glasses so as to update the latest status.

服務數字（截至2023年3月31日）

The service statistics of the student myopia prescription of corrective glasses service for the 2022-2023 Kwai Tsing Signature Project Scheme (SPS) as of March 31, 2023 are as follows:

項目	計劃目標	本年度服務數據
眼睛檢查 Eye examination and evaluation	320人 320 participants	35人 35 participants
近視控制眼鏡驗配 Prescription of corrective glasses services	240人 240 participants	13人 13 participants

2022-2023社區參與計劃

本會在2022至2023年度獲葵青民政事務處資助\$455,000舉辦社區參與計劃，並於2022年9月1日至2023年1月10日期間舉辦了以下活動：

- 慢性阻塞性肺疾病（COPD）篩查計劃
- 骨質疏鬆症健康教育及骨質密度檢查計劃
- 社區健康日、「醫校同行」醫護工作簡介
- 急救基本法、心肺復甦法及自動體外心臟去纖維性顫動法課程基礎訓練計劃

2022-2023 Community Health Program

Our organization received a subsidy of \$455,000 from the Kwai Tsing District Office of Home Affairs for the 2022-2023 fiscal year to conduct a community engagement program. The program took place from September 1, 2022, to January 10, 2023, and included the following activities:

- Pulmonary Function Test (Chronic Obstructive Pulmonary Disease, COPD Screening Program)
- Osteoporosis Health Education and Bone Density Testing Program
- Community Health Program and "Medical School Collaboration" - Introduction to Healthcare Professions
- Basic Training Program on First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) for the Treatment of Ventricular Fibrillation

慢性阻塞性肺疾病(COPD) 篩查計劃

慢性阻塞性肺疾病屬常見的疾病，簡稱「慢阻肺病」(COPD)，起因是由於患者的呼吸系統長期受損，引致呼吸道阻塞及收窄，令肺部難以呼出及吸入空氣，導致肺功能受到不能逆轉的損害，患者病情會不斷惡化，暫時還沒有根治的方法。

「慢阻肺病」作為全球第三大死因的長期病，無聲無色地影響著社區，尤其是居民年齡組別較高的區域。

有見及此，協會於上年度開始至本年度，分別為葵青區居民及於葵青區工作人士進行問卷調查及肺功能測試，目的是希望透過是次篩查計劃，找出社區內高危人士、甚至隱性患者。護士會為每位參加者詳細解釋測試結果，加深他們對慢阻肺病的認知，以提高警覺，注意個人生活習慣，預防肺功能惡化。

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

Chronic Obstructive Pulmonary Disease (COPD) is a common disease characterized by long-term damage to the respiratory system, resulting in obstruction and narrowing of the airways. This condition makes it difficult for the lungs to exhale and inhale air, leading to irreversible damage to lung function. COPD is a progressive disease, and the condition of patients tends to deteriorate over time. Currently, there is no known cure for COPD.

Chronic Obstructive Pulmonary Disease (COPD), being the third leading cause of death globally, influenced communities silently, especially the elderly.

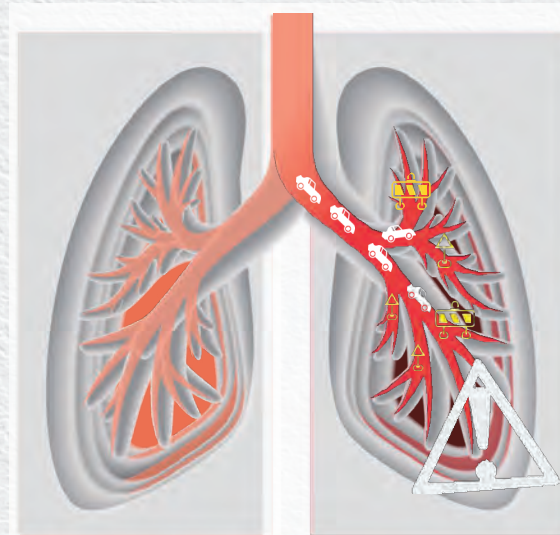
In response to this concern, we initiated a questionnaire survey and pulmonary function testing for residents and workers in the Kwai Tsing District, starting from the year before to the current year. The rationale of this event is to identify high-risk individuals and even those with undiagnosed cases within the community. The nurse will explain the test result to each of the participants in detail to deepen their understanding of Chronic Obstructive Pulmonary Disease (COPD) and raise awareness. Gradually, this will benefit the citizens to pay attention to their lifestyle habits and take preventive measures to mitigate the deterioration of lung function.

篩查日期：

- 2021年9月至12月（對象為葵青區居民）
- 2022年12月（對象為葵涌貨櫃碼頭工作人士）

Screening Dates

- September to December 2021 (Targeting residents of Kwai Tsing District)
- December 2022 (Targeting workers at Kwai Chung Container Terminal)



多了解慢性阻塞性肺病 把握「診斷黃金期」

Understand Chronic Obstructive Pulmonary Disease (COPD) and grasp the "golden period"

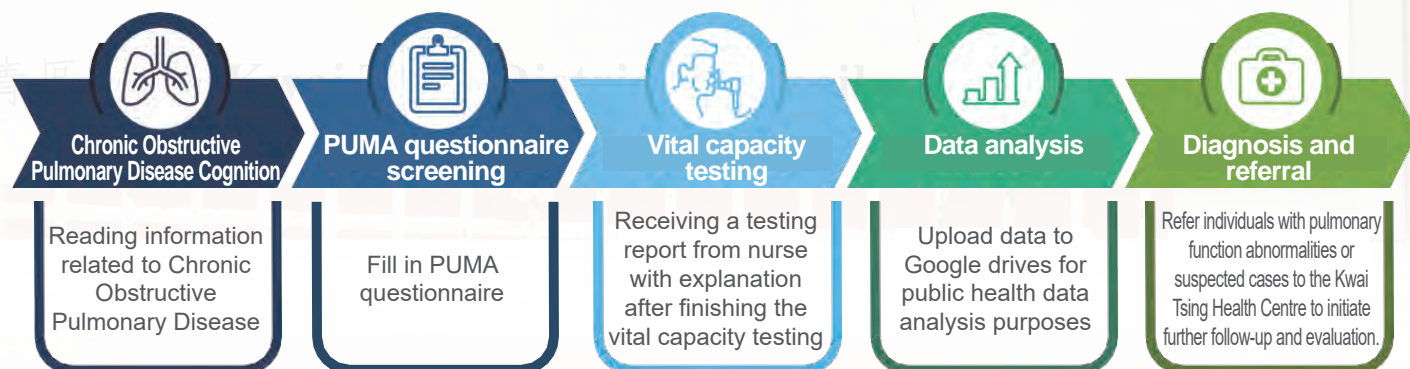


葵青安全社區及健康城市協會
KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

測試流程：



Testing progress:



篩查結果：

Screening results:



1. **接近2成**參加者屬
慢阻肺病的**高風險**人士

1. Around 20% of the participants classified as high risk patients suffering from Chronic Obstructive Pulmonary Disease (COPD)



2. **約4成**參加者肺部年齡
比實際年齡**老10年**

2. Around 40% of the participants have lungs that are 10 years older than their actual age.



3. 參加者疑患有
慢阻肺病，當中超過
一半達**中度或嚴重程度**

3. More than half of the participants are suspected to have chronic obstructive pulmonary disease (COPD), with a significant portion of them being in the moderate to severe stage.



4. **逾8成**參加者
從未聽過慢阻肺病

4. More than 80% of the participants do not notice chronic obstructive pulmonary disease.

**從篩查結果顯示社區疑存在慢阻肺病
隱形患者及大眾對此病認知度低！**

The screening results indicate the presence of hidden cases of chronic obstructive pulmonary disease (COPD) within the community, and there is a low level of public awareness and understanding towards COPD.



新聞發佈會

由協會舉辦的「慢性阻塞性肺病篩查計劃新聞發佈會」於2022年4月26日順利完成，記者會由葵青安全社區及健康城市協會主席周奕希先生、顧問醫生黃德祥醫生及余麗雲姑娘講解詳情。

發佈會主要目的是希望傳媒了解更多慢阻肺病的背景及對社區的影響，透過傳媒報道及引起社會輿論，提升政府對慢阻肺病的關注，並讓市民加深認識慢阻肺病，及早求醫或更有效地改善生活習慣，防患未然。



Press Conference

The “Chronic Obstructive Pulmonary Disease (COPD) Screening Program Press Conference”, organized by our association, was successfully held on April 26, 2022. We were grateful that the event was fully supported by Mr. Chow Yick Hay, the chairman of Kwai Tsing Safe Community and Healthy City Association, Dr. Wong Tak Cheung, Consultant Physician, and Miss Yu Lai Wan.

The main purpose of the press conference was to provide the media with a better understanding of the background of Chronic Obstructive Pulmonary Disease (COPD) and its impact on the community. Through media coverage and the discussion from the public, we aimed to raise government awareness and attention towards Chronic Obstructive Pulmonary Disease (COPD) and raise the public's concern and enable them to have a deeper understanding of Chronic Obstructive Pulmonary Disease (COPD) via various media channels. Therefore, it would encourage the public to seek medical help as early as they can and improve their lifestyle habits effectively to prevent the disease.

the number of hospital visits. Gradually, it would benefit in alleviating the pressure on the public healthcare system.



骨質疏鬆症健康教育及骨質密度檢查計劃

骨質疏鬆症健康教育及骨質密度檢查是極受葵青區居民歡迎的活動之一，很多居民參加活動後，均期望下年度可再次舉辦同類活動，以助了解身體狀況，及早預防骨質疏鬆症，或及時知悉問題盡早求醫。再者，對於基層人士來說，上述活動可減輕他們的經濟負擔，坊間骨質密度檢查收費不便宜，居民未必能負擔昂貴的醫療費用。

骨質疏鬆症健康教育是由資深註冊護士主講，教授長者如何預防、減緩骨質疏鬆症。在講座時，護士會教授預防、減緩骨質疏鬆症的運動，有益身心。另外，護士亦教授長者如何在飲食上著手預防、減緩骨質疏鬆症，以及在講座完畢時派發飲食小貼士，讓參加者可以學以致用。



護士幫參加者進行骨質密度檢查
Nurses assist participants in bone density examination

總括來說，此計劃既能讓參加者檢查其身體狀況，亦能有效地令他們辨識患上骨質疏鬆症之可能性，協助他們及早求醫和接受治療，並且學習日常應對骨質疏鬆症的方法，避免病情惡化。



由資深註冊護士主講預防骨質疏鬆症講座
Experienced registered nurses holding osteoporosis prevention lectures

Osteoporosis Health Education and Bone Density Testing Program

Osteoporosis health education and bone density screening program is one of the most popular activities for Kwai Tsing district residents. Many residents expected that more similar events will be organized again in the following year after participating in this program so that they can understand their physical condition deeply. The residents perceived this as a meaningful program because not only does it help the residents to understand their own physical condition, but also enables them to take early preventive measures against osteoporosis and even further receive treatment or medical services which are suitable for them. In addition, considering the individuals with lower levels, the program offers free services that can alleviate their financial burden. It is because the bone density screening service provided in private clinics usually will be much more expensive and it may be unaffordable for the public.

The Osteoporosis Health Education is conducted by experienced registered nurses who provide lectures on how the elderly can prevent and slow down the progression of osteoporosis. During the lectures, nurses teach exercises that are beneficial for both physical and mental well-being as part of the prevention and management of osteoporosis. In addition, the nurses will guide dietary approaches while diet tips will be received by the participants at the end of the event to apply in their daily lives.

To conclude, this program enables participants to assess their physical condition and raises their awareness of the possibility of developing osteoporosis in order to encourage them to seek treatment at an early stage. Meanwhile, participants will learn how to manage osteoporosis in their daily lives so that it would prevent their condition from worsening.

服務數字（2022年9月1日至2023年1月10日）

The service statistics (September 1, 2022 to January 10, 2023)

項目 Item	參與人數 Participant
骨質疏鬆症講座 Osteoporosis prevention lectures	203人 203 participants
骨質密度檢查 Bone density screening	571人 571 participants

社區健康日

協會自2005年起，已舉辦超過30次社區健康日，內容包括：健康資訊展覽、健康講座、太極示範、體質指標、血糖、血壓、血脂等檢查。每次活動均反應良好，累計參與活動人數已逾6,000人。

由於社區健康日是極受葵青區居民歡迎的活動之一，故本年度因應居民要求而再度舉辦。在2022年11月至2022年底，共開辦了22場，由於反應熱烈，故於2023年1月加開了5場。總共27場的社區健康日，有571人進行身體健康檢查，居民讚口不絕，期望下年度有同類型活動推出。

心臟健康亦是居民很想知多一點的健康項目，加上尿酸和膽固醇亦是他們關注的健康問題，所以檢查包括：心電圖、色盲、血壓、血糖、血色素、血比容、膽固醇、尿酸等。居民表示在疫情下，他們對身體健康狀況甚為關注，但又在經濟環境和氣候不佳的情況下，很難省出金錢來支付昂貴的檢查費，故此舉辦此類活動對他們是非常重要的。

參加者在進行基本身體檢查後，註冊護士詳細解釋檢查結果及讓參加者知道結果異常原因，另亦提供專業意見及適當的建議。護士讓參加者釋除疑慮，並向參加者提供健康飲食小貼士。

全部參加者均在檢查後，向其詢問是否滿意是次活動，均表示十分滿意，還期望來年可再舉辦，讓他們可定期了解身體健康狀況。

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

社區健康日暨骨質疏鬆症健康教育

日期：2022年11月至12月底
時間：上午9:15至下午5:00
地點：大窩口社區健康資源中心
(葵青大窩口道15號大窩口社區中心101A室)

費用全免 名額有限，敬請預先登記

活動內容：

- 由註冊護士為葵青區居民進行基本身體檢查及健康評估，讓居民了解自己體質和身體狀況。
- 傳遞健康資訊
- 參加者自動參與抽獎遊戲，有機會獲贈精美禮物

骨質疏鬆症健康講座 量度血壓/血糖 骨質密度檢查 心律失常 身體質量指數檢查BMI

查詢或登記可致電 24363363

參加者獲精美禮物或紀念品!

Royal Tsing Community Development Programme
葵青區議會 葵青區康樂及文化事務委員會 葵青區社會服務處 葵青區青少年中心 葵青區婦女中心 葵青區長者中心 葵青區殘疾人士中心 葵青區兒童中心 葵青區家庭中心 葵青區青年中心 葵青區婦女中心 葵青區長者中心 葵青區殘疾人士中心 葵青區兒童中心 葵青區家庭中心 葵青區青年中心

Community health days

Since 2005, our organization has organized more than 30 times of health days. The event includes health information exhibitions, health lectures, Tai Chi demonstrations, body composition assessments, blood glucose, blood pressure, and blood lipids. The cumulative number of participants has exceeded 6000 individuals.

As community health day is one of the most popular activities to fulfill the needs of Kwai Tsing district citizens, this event has decided to hold again this year for a total of 22 sessions. Due to the positive feedback, there are 5 more sections organized in January 2023. Ultimately, we successfully held 27 health days and served 517 individuals with physical health checks. Participants were satisfied with the event. They desired we could organize similar events next year.

Cardiac health is one of the issues that citizens will be concerned about. Thus, uric acid and cholesterol will also be the focused health problems. To resolve citizens' concern, the health checks included electrocardiograms, color blindness tests, blood pressure measurements, blood glucose tests, hemoglobin levels, hematocrit levels, cholesterol levels, and uric acid levels. The residents claimed under the pandemic, the awareness concerning own physical health kept increasing. However, with the economic depression, it is difficult for citizens to allocate funds for expensive medical examinations. Hence, organizing such events is quite important.

After examining participants' physical health, registered nurses will provide both detailed explanations of the test results and follow-up professional advice. Meanwhile, nurses will offer tips on maintaining a healthy diet to resolve the doubt raised by participants.

All participants were asked about their view of the event, and nearly all of them were satisfied. They also expressed their anticipation for the event to be held again next year so that they can monitor their health status regularly.



參加者進行色盲測試
Nurses assist participants in processing color blindness tests



護士幫參加者進行心電圖檢查
Nurses assist participants in processing electrocardiograms



參加者量度血壓
Nurses assist participants in processing blood pressure measurements

服務數字（2022年9月1日至2023年1月10日）

Service statistics (September 1, 2022 to January 10, 2023)

項目 Item	參與人數 Participant
社區健康日 Community health day	571人 571 participants

「醫校同行」——醫護工作簡介、急救基本法、心肺復甦法及自動體外心臟去纖維性顫動法課程基礎訓練計劃

各種意外傷害和突發急症時刻都威脅著人們的生命健康。學習急救基本法、心肺復甦及自動體外心臟去纖維性顫動法有可能在「救命的黃金時間」維持傷患生機，救回性命。

為使中學生學習基本急救知識和技巧，加強他們在校園的安全意識和意外傷害應變，本會安排參與此計劃的中學生修讀急救基本法、心肺復甦法及自動體外心臟去纖維性顫動法課程，認識醫護專業，加強學生在職業生涯規劃教育之餘，更可對醫護行業之升學和就業有更深入的認識。

整個計劃的訓練課程由香港聖約翰救護機構提供，訓練包括基本急救知識和技巧、心肺復甦法和如何使用自動心臟除顫器。導師在課堂上除講解知識，還作出示範，之後學員實習技巧，最後在課堂完結前，學員需進行考試。考試合格者可獲取證書，學員表示如將來再有醫護證書課程舉辦，將會繼續參加，豐富他們將來就業之路。

“Medical School Collaboration” - Introduction to Healthcare Professions, Basic Training Program on First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) for the Treatment of Ventricular Fibrillation

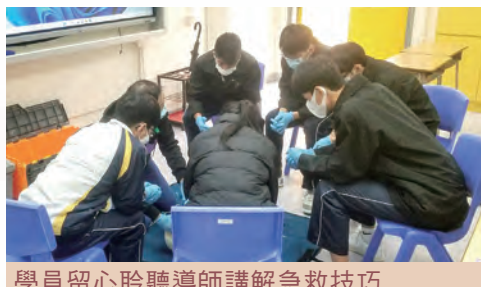
Various accidents and sudden emergencies pose threats to people's lives. By absorbing basic knowledge related to first aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) for the Treatment of Ventricular Fibrillation. These techniques can potentially sustain the vital signs of injured individuals and save lives within the “golden window” of emergency response.

To enable secondary school students to acquire basic first aid knowledge and skills, and enhance their safety awareness and response to accidents on campus, our organization has arranged for participating students to take courses in basic first aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED). The courses aim to familiarize students not only with the healthcare profession but also strengths their understanding of career planning in the medical field.

The training courses under the mentioned program are provided by St. John Ambulance Hong Kong. The training covers basic first aid knowledge and skills, Cardiopulmonary Resuscitation (CPR) techniques, and the proper use of Automated External Defibrillators (AEDs). Instructors will not only explain the concepts, but also demonstrate the skills and provide opportunities for students to practice. At the end of the course, students are required to pass an examination to receive a certificate. Students claimed that they are willing to participate in future medical and healthcare certificate courses to further enrich their career prospects.



學員實習心肺復甦法
Students learning Cardiopulmonary Resuscitation (CPR)



學員留心聆聽導師講解急救技巧
Students are attentively listen to the instructor's explanation of emergency techniques



導師教授急救知識
Instructor explaining the basic first aid knowledge

服務數字（2022年9月1日至2023年1月10日）

Service statistics (September 1, 2022 to January 10, 2023)

項目 Item	參與人數 Participants
急救基本法 Basic Training Program on First Aid	96人 96 Participants
心肺復甦法及自動體外心臟去纖維性顫動法課程基礎訓練 Basic Training Program on Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) for the Treatment of Ventricular Fibrillation	96人 96 Participants



每位學員均有機會實習所學技巧
Students are practicing CPR

疫下露笑容

新型冠狀病毒疫情輾轉已三年，確診個案低至每日「清零」，高至每日七千宗。有一些居民做好個人防疫措施，繼續維持有限度社交活動，亦有些居民因疫情的不確定性感到無所適從，精神異常緊張，甚至產生焦慮情緒。

有見及此，協會於2022年5月向「賽馬會新冠肺炎緊急援助基金」申請50萬元在大窩口社區健康資源中心推行「疫下露笑容」計劃，支援在生活上受疫情影響的人士渡過困境。

協會因應葵青區居民的緊急需要，在2022年6至8月期間向有需要人士提供適時適切的服務：

- (1) 電話熱線
- (2) Whatsapp資訊（透過whatsapp傾談，相約服務使用者進行專業輔導面談）
- (3) 專業輔導面談及家訪（由註冊社工提供服務）
- (4) 家訪
- (5) 防疫抗疫關懷包

Smile Under Pandemic

COVID-19 has influenced the community for three years. The number of daily confirmed cases fluctuates from "Zero-COVID" to as high as 7000. Some residents have taken personal preventive measures and continue to engage in limited social activities, while others feel uncertain about the various situations so that they may even experience anxiety and mental distress.

In response to this, our organization applied for a Jockey Club "COVID-19 Emergency Fund" with HKD\$500,000 subsidies in May 2022 in order to launch the "Smile Under Pandemic" activity in Tai Wo Hau Community Health Resource Center. The program aims to support individuals who have been affected by the pandemic and help them overcome difficulties.

Based on the urgent needs of residents in the Kwai Tsing District, our organization provided timely services such as:

- (1) Hotline services
- (2) Whatsapp information (Conduct professional counseling interviews and schedule face-to-face sessions with service users)
- (3) Professional counseling interviews and home visits (Provided by registered social workers)
- (4) Home visits
- (5) Anti-epidemic and prevention care packages

服務過程讓服務使用者感受人間溫暖，其中一項由熱線電話先接觸服務對象或由其他機構推薦有需要人士致電協會，並將有情緒支援需要的服務對象轉介予社工再作跟進，藉以紓緩服務對象之負面情緒。另外，因疫情有傳播風險，影響了人與人之間的正常接觸和參與社交活動的機會，尤其是長者，他們懼怕感染新冠病毒，只可留在家中，兩年多的時間容易令他們產生疏離感及無助感，經熱線電話溝通後，再由註冊社工進行專業輔導面談正是及時雨，故深受長者歡迎。

疫情下，很多醫療服務均暫停或延遲，令長者及殘疾人士非常擔憂，社工的輔導及資訊提供對服務對象有重大幫助。再者，經濟受疫情重創，各行各業皆受其害，不少人加入失業大軍，要以積蓄為生，令他們面對財政問題，又礙於面子關係，難於啟齒。社工正好成為他們最佳的傾訴對象，從而減輕他們的精神壓力。

還有，有些曾確診新冠病毒的服務使用者，在康復後仍受新冠後遺症困擾，身體狀況比前明顯差了，要看專科醫生來診治，感覺連累了家人，更甚者亦導致家人失眠。他們在非常氣餒的情況下生活，後經社工輔導，提供健康資訊，以及進行家訪，聆聽他們的憂慮和苦況，最後緊張情緒得以紓緩和釋放負能量。

總結計劃，葵青區居民在得悉協會舉辦「疫下露笑容」計劃，踴躍參與，期盼在嚴峻疫情下，得到適當的支援，包括防疫抗疫物資的增援、資訊提供，尤其是情緒疏導。在有限的資源下，協會協助了貧困長者、低收入人士、殘疾人士等渡過疫情困難時刻。

The rationale of the service is to provide users with a sense of warmth and compassion. One of the services is to contact the service users through a hotline or receive referrals from other organizations for individuals in need of emotional support. People who are in need will be referred to social workers for further follow-up and provide the necessary emotional support to alleviate the users' negative emotions. In addition, due to the transmission risks associated with the pandemic, which influence normal social interactions and opportunities for engagement between people, particularly the elderly, who fear contracting the COVID-19 virus and are confined to their homes. The epidemic has continued affecting us for more than two years, leading to the elderly feeling a sense of isolation and helplessness. By establishing communication through the hotline and subsequently arranging professional counseling interviews with registered social workers, we are able to provide timely support, which has been highly appreciated by the elderly.

Under the pandemic, many healthcare services have been temporarily suspended or delayed, causing significant concerns among the elderly and disabled people. The counseling and information provided by social workers have been of great assistance to these service users. Moreover, with the economic recession, various industries are affected, causing a surge in unemployment. Many people are relying on their savings for daily expenses. Consequently, they may be facing financial difficulties, and feeling reluctant to discuss their situation due to social stigma. In response to the above situation, social workers serve as their ideal confidants, allowing them to express their concerns and alleviate their mental stress.

In addition, some service users who have previously tested positive for COVID-19 continue to experience the long COVID. Their physical condition has kept aggregating. Hence, they are requiring specialized medical attention. This situation has not only burdened their families but also resulted in sleepless nights for them. They are living under a stressful and extremely discouraging atmosphere. Nonetheless, receiving counseling from social workers, they are providing relevant health information and home visits. The social workers listen to their worries and difficulties so that the service users can express personal feelings to alleviate their anxiety and release their negative energy.

To sum up with the above program, citizens living in Kwai Tsing district fully support and participate in our association's activity – Smile Under Pandemic. They claimed that it would be great if they can receive appropriate support, including the reinforcement of epidemic prevention and care supplies, along with the provision of information, especially in terms of emotional support under the severe epidemic. With the limited resources, our association assists elderly, low-income individuals, disabled people to overcome the difficulties under the pandemic.



社工向服務使用者講解防疫抗疫資訊
Social worker explains the anti-epidemic and prevention information to service users



服務使用者細閱活動疫下露笑容詳情及接收一些防疫抗疫資訊，並知道在疫情下，如遇上精神困擾等問題，可以向誰尋求幫助
Service users receiving the detail of the activity "Smile Under Pandemic"



社工家訪居民及送贈防疫物資
Social workers home visiting and distributing anti-epidemic materials

個案分享

主動來電查詢該計劃的李女士分享說：「朋友知道自己情況，說計劃設有情緒輔導熱線因此介紹給我。我想找人傾訴，但無從入手，不想向朋友說太多家裡的事。我先生已經九十多歲，雖然已打齊三針，但近排疫情又上升，他希望我除了快快地買餸外，不要再落街了。雖然他不是完全禁止我落街，但如果我落了街，他會有很多說話給我聽，其實我也明白他的擔憂……不一定要社工不停跟進，和你傾了一會兒我也感覺好了很多，至少有人可以跟我傾訴，明白我的難處。」

Case study sharing

Ms. Li, who proactively called to inquire about the program claimed "A friend of mine, knowing my situation, mentioned that the program has an emotional support hotline. I would like to talk with others, but I did not know where to start, and I did not want to share much of my family matters to my friends. My husband is over ninety years old, and although he has received all three vaccine doses, with the recent surge in COVID cases, he reminds me apart from buying necessities, I should go back to home as soon as possible. While he does not completely forbid me from going out, if I do, he expresses many concerns. Actually, I understand his worries...it does not necessarily require constant follow-up from a social worker. After talking with you for a while, I already feel much better. At least there's someone I can confide in who understands my difficulties.

服務數字（截至2023年3月31日）

Service statistics as of March 31, 2023 are as follows:

項目 Service	計劃目標 Target	服務數據 Service Data
防疫抗疫包 Anti-epidemic and prevention packages	1800人 1800 participants	1800人 1800 participants
電話熱線 Hotline services	600人次 600 times	600人次 600 times
面談輔導 counseling interviews	300人 300 participants	300人 300 participants

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

疫下露笑容

新冠疫情使不少人及其家庭產生情緒困擾及焦慮情況。有見及此，本協會現提供關懷熱線，由註冊社工提供專業情緒支援及輔導服務，支援在生活上受疫情影響的人士渡過困境。

對象：居於葵青區的長者、殘疾及低收入人士

服務形式：1. 諮詢熱線及輔導
2. 面談服務
3. 專業轉介服務(如有需要)

於辦公時間致電社工張姑娘3580 2809
或2436 3363與中心職員預約
(*參加者將獲派發關懷防疫抗疫包乙份) 名額有限

日期: 2022年6月至8月
時間: 星期一至五 上午9時30分至下午5時30分
地點: 大窩口社區健康中心
(葵青大窩口道15號大窩口社區中心101A室)

談話內容 絕對保密

慶祝香港特別行政區成立二十五周年（共慶回歸顯關懷計劃）

二十五周年慶祝活動禮物包

除了與長者同遊昂坪外，協會還申請向100戶家庭派發二十五周年慶祝活動禮物包。是次派發活動，對象包括獨居長者、雙老家及低收入家庭，因他們往往是被忽略的一群，而藉著是次派發活動，希望能讓他們在這普天同慶日子亦感受到溫馨的氛圍。

本會亦有派遣義工順道探訪並送上簡單問候，以表示協會對他們的關懷。活動過後，義工們都表示這次派發對他們來說亦是一個好機會，在門口遞過禮物包，與受惠者對話的同時，看到門口臉上掛著的笑容亦深深感受到施比受，更有福。

鑑於本年度是新型冠狀病毒肆虐的一年，故是次派發的福袋除了有日用品及乾糧外，更有防疫用品，以解居民燃眉之急及幫助他們加強防疫意識。總括而言，派發福袋給葵青居民是一個讓社區更加溫馨和諧的好行動。協會會繼續在地區工作努力，務求能為每一位街坊提供更優質服務。

Celebrating the 25th Anniversary of the Establishment of the Hong Kong Special Administrative Region (Joint Care Program for the Celebration of Reunification)

Twenty-fifth Anniversary Celebration Gift Packages

In addition to the outing with the elderly to Ngong Ping, the Association also applied to distribute twenty-fifth anniversary celebration gift packages to 100 households. The recipients of this distribution activity include elderly individuals living alone, elderly couples, and low-income families, as they are often a neglected group. Through this distribution activity, we hope to make them feel the warmth and celebratory atmosphere during this special occasion.



The Association also dispatched volunteers to visit and extend simple greetings to the recipients, expressing our care and concern for them. After the event, the volunteers expressed that this distribution was also a great opportunity for them. As they handed over the gift packages and engaged in conversations with the beneficiaries at their doorsteps, the smiles on their faces deeply touched the volunteers, emphasizing the joy of giving and being blessed.

Considering that this year has been marked by the COVID-19 pandemic, the gift packages distributed not only contained daily necessities and dry food but also included epidemic prevention supplies. This was done to address the urgent needs of the residents and help strengthen their awareness of disease prevention. Overall, distributing gift packages to Kwai Tsing residents is a wonderful action that contributes to a warmer and more harmonious community. The Association will continue its efforts in the community, striving to provide high-quality services to every neighbor.



秋日同遊昂坪360

協會各單位在2022年6月底張貼慶回歸二十五周年海報，與香港政府及葵青區居民共同慶祝這大日子。

協會積極參與慶回歸活動，除了義工探訪葵青區內一百戶獨居長者、雙老家庭及有特別需要的居民，以表示社會對他們的關懷，並向他們派發「二十五周年慶祝活動禮物包」；還於2022年10月21日舉辦了「秋日同遊昂坪360」，讓長者在秋高氣爽的天氣下，舒展身心，減輕在疫情下的精神壓力。

活動當天，38位長者及2位義工坐上旅遊巴，興高采烈，出發暢遊昂坪360。參加者最高興是既可以本地遊形式齊慶回歸，亦可獲取抽獎禮物。人人有份，滿載而歸。



秋日同遊昂坪360

費用全免

日期：2022年10月21日(星期五)
出發時間：上午9:30
回程時間：下午2:00
集合地點：大窩口社區健康資源中心
(葵涌大窩口道15號大窩口社區中心101A室)
集合時間：上午9:00

抽獎禮物

每名長者
會有午膳津貼!

葵青安全社區及健康城市協會
香港新界葵涌荔景邨日景樓低層二樓一號

Autumn Outing to Ngong Ping 360

At the end of June 2022, the various units of the Association posted posters celebrating the 25th anniversary of the reunification, joining the Hong Kong government and residents of Kwai Tsing District in commemorating this significant day.

The Association actively participated in the celebration of the reunification. In addition to visiting 100 solitary seniors, elderly couples, and residents with special needs in the Kwai Tsing District, volunteers expressed society's care for them by distributing "25th Anniversary Celebration Gift Packages." Furthermore, on October 21, 2022, the Association organized an "Autumn Outing to Ngong Ping 360," allowing the elderly to enjoy the pleasant autumn weather, unwind, and alleviate the mental stress caused by the pandemic.

On the day of the event, 38 seniors and 2 volunteers boarded a tour bus with enthusiasm and set off to explore Ngong Ping 360. Participants were delighted not only to celebrate the reunification through local tourism but also to have a chance to win lucky draw prizes. Everyone returned with joy and fulfillment.



對外協作

External Collaboration

實習生及義務工作體驗計劃

青少年工作體驗

協會在2013年獲香港賽馬會慈善信託基金捐助開辦QK部落青少年健康成長資源中心，為青少年提供身、心、社、靈全面發展服務。雖然此服務在2017年底完結，但協會亦繼續提供不同類型的青少年服務。

協會自2021年開始，參加了勞工處「展翅青見計劃」，向其學員提供工作實習機會，藉此豐富他們的工作技能及經驗，以提升就業競爭力。協會在未來亦繼續為15至24歲、學歷在副學位或以下的離校青年人提供工作實習機會，以便提升青少年的就業能力。



糖尿病講座
Diabetes Lecture

學院實習及義務工作體驗

協會多年都致力協助各院校培育醫護行業的新力軍，投身醫護行列。實習學生到協會轄下的中心實習及從事義務工作，豐富其實務的經驗，並讓他們對提供安全社區活動及健康服務有更深入的認識。

中文大學社區健康理學士學位的學生

每年2位中文大學社區健康理學士學位學生都會到協會進行為期半年的實習，加深對健康、醫護工作的認識，及體驗如何應對服務使用者，豐富其實習的工作經驗，並為未來升學和就業作好準備。

東華學院護理學院學生

東華學院護理學院學生在本年度到大窩口健康資源中心進行為期2個多月的實習。實習期間，學員學習製作健康資訊，邀請葵青區居民參與他們舉辦的講座，讓參加者學習更多的健康知識。講座主題包括健康飲食、老年黃斑病變、糖尿病預防及管理。



老年黃斑病變講座
Age-Related Macular Degeneration Lecture

HKU Space學生

為讓學生對提供安全社區活動及健康服務有更深入的認識和體驗，協會安排學生在大窩口健康資源中心協助長者進行健康檢查（如量血壓、血糖），及跌倒風險評估。

長者跌倒原因各有不同，為預防跌倒，學生協助長者評估後，會提供防跌資訊。長者透過評估，預防或降低風險，並藉以減低長者由跌倒而引致健康狀況轉差的機會。

Internship and Volunteer Work Experience Program

Youth Work Experience

In 2013, the Association received funding from the Hong Kong Jockey Club Charities Trust to establish the QK Tribe Youth Health and Growth Resource Centre, providing comprehensive development services for young people in physical, mental, social, and spiritual aspects. Although this service concluded at the end of 2017, the Association continues to provide various types of youth services.



跌倒自我評估
Self-Assessment for Falls

Since 2021, the Association has participated in the "Wings Project" organized by the Labour Department, offering internship opportunities to its participants. Through these internships, the Association aims to enrich their job skills and experience, enhancing their employability. In the future, the Association will continue to provide internship opportunities for school leavers aged 15 to 24 with sub-degree or lower qualifications, aiming to enhance their employability.

College Internship and Volunteer Work Experience

The Association has been committed to assisting various institutions in nurturing new talents in the medical and healthcare industry. Internship students have the opportunity to intern and engage in voluntary work at the Association's affiliated centers, gaining practical experience and deepening their understanding of providing safe community activities and health services.

Students from the Chinese University of Hong Kong's Bachelor of Science in Community Health program

Every year, two students from the Chinese University of Hong Kong's Bachelor of Science in Community Health program intern at the Association for a six-month period. This internship allows them to deepen their understanding of health and healthcare work, experience handling service users, enrich their internship experience, and prepare for future studies and employment.

Students from the Tung Wah College School of Nursing

Students from the Tung Wah College School of Nursing are assigned to the Tai Wo Hau Health Resource Center for a period of over two months in this academic year. During the internship, students learn to create health information and invite Kwai Tsing District residents to participate in seminars organized by them, providing participants with more knowledge about health. Seminar topics include healthy diet, age-related macular degeneration, diabetes prevention and management, among others.



長者防跌倒講座
Fall Prevention Lecture for Seniors

HKU Space students

The Association arranges opportunities for them to gain a deeper understanding and hands-on experience in providing safe community activities and health services. In the Tai Wo Hau Health Resource Centre, students assist the elderly in conducting health checks such as blood pressure and blood sugar measurement, as well as fall risk assessments.

The causes of falls in the elderly vary, and to prevent falls, students help assess the elderly and provide fall prevention information. Through the assessment, the elderly can take preventive measures or reduce their risk, thereby minimizing the chances of their health deteriorating due to falls.

血壓計及月曆送贈計劃

協會於本年度與榮華慈善基金有限公司緊密合作，分別推行了血壓計送贈計劃及月曆送贈計劃，主要為葵青區居民送上小小心意。

血壓計送贈計劃自2022年5月起，共舉辦了5次派發日，約140位長者受惠。職員及義工們細心教授長者血壓計用法和保養事項，親自為他們安裝應用程式，亦鼓勵長者要定時量度血壓，留意指數。

協會舉辦此計劃目的，是希望透過送贈血壓計給長者，從而讓他們養成定期量度血壓的習慣，了解自己的健康變化，作出適切的改善計劃，血壓計可同時配合指定手機應用程式，協助長者可每天自行監察自己日常健康狀況。

受惠者分享

- 李小姐家中原有一部血壓計，但覆診時被醫生告知血壓計不合規格，需要更換。她掙扎很久，因購買血壓計需花費數百元，實不便宜。她表示在領取藍牙血壓計後，不但能與丈夫共用，覆診時也能輕鬆地將儲存在手機的血壓指數給醫生診斷。
- 陳婆婆是獨居長者和癌症康復者，她間中會低血壓，感到頭重腳輕，有一次甚至在家中昏倒，幸好鄰居發現，否則後果不堪設想。她希望領取血壓計後，自己能監察數字，了解正常血壓範圍，當發生異常時（血壓過高或過低），即時有所警覺，病向淺中醫。



除了血壓計外，榮華慈善基金有限公司亦慷慨地送出1,250個精美月曆給葵青區居民，可掛牆式月曆今年邁的長者更能方便紀錄日期及活動。這份禮物對他們來說十分有意義，除了幫助他們保持日常生活的組織性及聯繫感，更重要是讓他們每當見到協會贈送的月曆，都能感受到愛與關懷。





Blood Pressure Monitor and Calendar Gifting Program

The Association has collaborated closely with Wing Wah Charity Foundation in the current year to implement the Blood Pressure Monitor Gifting Program and Calendar Gifting Program, aiming to bring small gestures of goodwill to residents in the Kwai Tsing District.

The Blood Pressure Monitor Gifting Program commenced in May 2022 and has held a total of 5 distribution days, benefiting approximately 140 elderly individuals. Staff and volunteers carefully instructed the elderly on the usage and maintenance of the blood pressure monitors, personally installed the accompanying mobile application, and encouraged regular blood pressure measurements and monitoring of the readings.

The purpose of this program is to cultivate a habit of regular blood pressure monitoring among the elderly by gifting them blood pressure monitors. This enables them to understand their health changes, make appropriate improvement plans, and utilize the designated mobile application to self-monitor their daily health conditions.

Beneficiary Sharing:

- Ms. Li had an existing blood pressure monitor at home, but during a follow-up consultation, the doctor informed her that the device did not meet the specifications and needed to be replaced. She struggled for some time as purchasing a new blood pressure monitor would cost her a significant amount. After receiving the Bluetooth-enabled blood pressure monitor, she found it convenient to share it with her husband, and during consultations, she could easily provide the stored blood pressure readings on her phone for the doctor's diagnosis.
- Grandma Chen, an elderly cancer survivor living alone, occasionally experiences low blood pressure, resulting in dizziness and lightheadedness. On one occasion, she even fainted at home, but fortunately, her neighbor discovered her in time, preventing a potentially dire situation. She hopes that by receiving the blood pressure monitor, she can monitor her readings and understand the normal blood pressure range. In case of abnormal readings (either too high or too low), she can be immediately alerted and seek appropriate medical attention.

In addition to the blood pressure monitors, Evergreen Charity Fund Limited generously donated 1,250 exquisite calendars to residents in the Kwai Tsing District. These wall-mounted calendars provide convenient means for elderly individuals to record dates and activities. This gift holds significant meaning for them, not only helping them maintain organizational skills and a sense of connection in their daily lives but also allowing them to feel loved and cared for whenever they see the calendars gifted by the Association.



葵青地區康健中心

Kwai Tsing District Health Centre

與醫療機構合作守護健康第一線

「乳」你暢談乳癌

乳癌是女性最普遍的癌症之一，根據統計，女性患乳癌的年齡中位數為65歲，但近年來有年輕化趨勢。乳癌早期發現，治療效果較佳。葵青地區康健中心與香港癌症基金會合作，舉辦「乳」你暢談乳癌講座，邀請專業人士分享乳癌的預防、診斷及治療方法。中心亦提供乳癌篩檢服務，歡迎市民踴躍參加。

骨質疏鬆症知多啲

骨質疏鬆症是一種常見的疾病，特徵是骨質密度降低，骨骼脆弱，容易骨折。隨著年齡增長，骨質會自然流失，加上缺乏運動及營養，骨質疏鬆症的風險會增加。中心提供骨質密度測試服務，並舉辦講座，教導市民如何預防及治療骨質疏鬆症。

鼻鼻預防及治療講座

鼻敏感是一種常見的疾病，症狀包括鼻塞、流鼻涕、打噴嚏等。雖然鼻敏感不會危及生命，但會影響生活質素。中心舉辦鼻敏感預防及治療講座，邀請專業人士分享鼻敏感的成因、預防方法及治療選擇。

中風全面復康護理

中風是一種嚴重的疾病，後遺症包括肢體活動障礙、語言障礙等。中心提供全面復康護理服務，包括物理治療、職業治療、言語治療等，幫助中風患者恢復生活能力。中心亦提供中風預防講座，教導市民如何降低患中風的風險。

葵青地區康健中心手機應用程式上架

更方便接收中心資訊

葵青地區康健中心手機應用程式已上架，市民可以透過手機應用程式接收中心資訊、預約服務、查詢健康資訊等。應用程式支援iOS及Android系統，歡迎市民下載使用。

「健康FUN健」教育小冊子

「健康FUN健」教育小冊子已出版，內容包括健康飲食、運動、預防疾病等。小冊子以淺白易懂的方式，向市民傳達健康資訊。中心提供小冊子索取服務，歡迎市民索取。

葵青地區康健中心每月短片登場

葵青地區康健中心每月短片登場，內容包括健康資訊、社區活動等。短片以生動的圖像及聲音，向市民傳達健康資訊。中心提供短片觀看服務，歡迎市民觀看。

齊參與「葵」健康新常態

葵青地區康健中心舉辦「葵」健康新常態活動，邀請市民參與健康挑戰、健康講座等。活動旨在提高市民的健康意識，促進市民參與健康活動。

葵青地區康健中心通訊 第十一期

Kwai Tsing District Health Centre Newsletter Issue 11

基層醫療服務研討會

促進香港基層醫療發展

葵青地區康健中心於10月23日舉辦「基層醫療服務研討會」，探討如何促進香港基層醫療發展。研討會邀請了多位專家學者，就基層醫療服務的發展方向、服務模式、人才培訓等進行了深入探討。中心表示，將繼續關注基層醫療服務的發展，為市民提供優質的基層醫療服務。

參與者意見分享小角落

除了精彩的研討會外，線上參與者亦提供了不少意見，是研討會成功的重要因素之一。中心將繼續收集參與者的意見，不斷改進服務。

低脂營養食譜比賽

推廣「有營」健康生活

葵青地區康健中心舉辦低脂營養食譜比賽，旨在推廣健康飲食，提高市民的健康意識。比賽吸引了不少市民參加，作品豐富多樣。中心將選出獲獎作品，並將其編入食譜，供市民參考。

推出烏爾都語健康食譜 關注少數族裔健康

葵青地區康健中心推出烏爾都語健康食譜，關注少數族裔的健康。食譜內容包括低脂、低糖、低鹽的健康食譜，適合不同年齡及性別的市民。中心表示，將繼續關注少數族裔的健康，提供多元化的健康服務。

Happle提大家定期量血壓

預防心肌梗塞「嚇一嚇」

中心2月推出動畫短片，教導市民定期量血壓的重要性。影片以生動的圖像及聲音，向市民傳達定期量血壓可以預防心肌梗塞、中風等疾病的訊息。中心提供免費血壓測量服務，歡迎市民參加。

一齊去片了解更多

一齊去片了解更多，中心提供影片觀看服務，歡迎市民觀看。

葵青地區康健中心通訊 第十二期

Kwai Tsing District Health Centre Newsletter Issue 12

服務諮詢會 聆聽意見

葵青地區康健中心舉辦服務諮詢會，邀請市民參與，就中心服務提供意見。諮詢會邀請了多位專家學者，就中心服務的發展方向、服務模式、人才培訓等進行了深入探討。中心表示，將繼續關注市民的需求，不斷改進服務。

服務諮詢會 聆聽意見

服務諮詢會 聆聽意見，中心將繼續收集市民的意見，不斷改進服務。

健康有登分享

消暑淮山合掌瓜薏米湯

立夏代表夏天正式來臨，溫度漸升，暑熱增多。中心提供消暑淮山合掌瓜薏米湯食譜，供市民參考。食譜內容包括淮山、合掌瓜、薏米等材料，具有消暑解熱、健脾開胃的功效。

訂閱電子版活動資訊電郵發送服務

葵青地區康健中心提供訂閱電子版活動資訊電郵發送服務，方便市民接收活動資訊。市民可以透過中心網頁或手機應用程式訂閱服務。

HAPPLE張望

尋找靚靚健康好Body的故事

中心4月推出動畫短片，以Happle為主角，講述Happle尋找健康好Body的故事。影片以生動的圖像及聲音，向市民傳達健康飲食、運動的重要性。中心提供影片觀看服務，歡迎市民觀看。

一齊去片了解更多

一齊去片了解更多，中心提供影片觀看服務，歡迎市民觀看。

葵青地區康健中心通訊 第十三期

Kwai Tsing District Health Centre Newsletter Issue 13

醫務衛生局局長盧茂教授及

一眾官員到訪葵青地區康健中心

醫務衛生局局長盧茂教授及一眾官員到訪葵青地區康健中心，視察中心服務。盧局長表示，葵青地區康健中心提供的服務質素很高，為市民提供了優質的基層醫療服務。中心表示，將繼續努力，為市民提供優質的基層醫療服務。

醫務衛生局局長盧茂教授及

醫務衛生局局長盧茂教授及一眾官員到訪葵青地區康健中心，視察中心服務。

基層醫療服務研討會

葵青地區康健中心於2022年10月23日舉辦《基層醫療服務研討會2022》，研討會以現場及線上講座形式進行，邀來不同界別講者與嘉賓深入探討基層醫療的實踐以及發展。

是次研討會能順利舉行，有幸邀得楊紫芝教授、梁智鴻醫生、周奕希先生、林哲玄議員、羅振邦醫生、李國棟醫生、胡仰基先生、車錫英教授及卞兆祥教授（排名不分先後）百忙中抽空出席，從醫療政策、前線經驗和學術角度，分享其洞見。

除了講者的精彩分享外，線上參與者亦提供不少意見，均令研討會成功的重要因素之一；亦是對協會及中心的認可。



Primary Healthcare Service Symposium

Kwai Tsing District Health Centre organized the "Primary Healthcare Service Symposium 2022" on October 23, 2022. The symposium was conducted in both in-person and online lecture formats, featuring speakers and guests from various sectors to delve into the practices and developments in primary healthcare.

The successful organization of this symposium was made possible by the gracious presence of Professor Rosie Young Tse Tse, Dr. Leong Che Hung, Mr. Chow Yik Hay, Dr. Hon David Lam Tzit Yuen, Dr. Law Chun Bon, Dr. Li Kwok Tung, Mr. Wu Yeung Key,

Professor Chair Sek Ying, and Professor Bian Zhao Xiang (listed in no particular order). The association was appreciated that they took the time to attend and share their insights from the perspectives of healthcare policy, frontline experiences, and academia.

In addition to the engaging presentations by the speakers, the online participants also provided valuable feedback, which was one of the key factors contributing to the success of the symposium. It also served as recognition for the Association and the Health Centre.



個人健康及護理講座

中心於去年與多間機構合作，舉辦一連串有關健康護理講座，包括乳癌、骨質疏鬆、中風、類鼻疽等等，邀請了各界專業人士及醫生為參加者講解患病成因、預防方法及復康護理等。讓市民能夠對各種疾病有更深入的认识，及早預防。除了生理上的健康外，中心都有舉辦各種關注心理健康的講座，向照顧者及被照顧者分享有關健康護理的心得。

Personal Health and Care Lectures

The center collaborated with multiple organizations last year to organize a series of health care lectures, covering topics such as breast cancer, osteoporosis, stroke, and nasal furunculosis. Various professionals and doctors were invited to explain the causes of these illnesses, prevention methods, and rehabilitation care for the participants. This allowed the public to have a deeper understanding of various diseases and take early preventive measures. In addition to physical health, the center also host a variety of lectures focusing on mental health awareness, sharing experiences related to health care for caregivers and care recipients.

流感疫苗接種計劃

中心亦於2022年10月及11月提供了11場次的季節性流感疫苗接種服務，為合資格人士及會員免費接種季節性流感疫苗，參加人次達1000人。

中心的專職人士，如藥劑師及註冊護士等，在場為接種者提供有關季節性流感疫苗的資訊及有關接種的注意事項，從根本為市民的健康「打好個底」。

隨著冬季的來臨，除了要增強免疫力及注意飲食外，接種季節性流感疫苗能有效地預防季節性流感疫苗及其併發症。除了流感外，新冠病毒亦未有被忽視，有鑑確診流感或新冠病毒可

透過中藥及食療作進階調理，中心於11月16日亦邀請了中藥藥劑師協會國家職業中藥師，詳談以中藥及食療預防流感及新冠後遺症調理。



Seasonal Influenza Vaccination Program

The center also provided 11 sessions of seasonal influenza vaccination services in October and November 2022, offering free seasonal influenza vaccination to eligible individuals and members. The program attracted a total of 1,000 participants.

Dedicated professionals at the center, such as pharmacists and registered nurses, were present to provide information about seasonal influenza vaccines and guidelines for vaccination, ensuring a strong foundation for the health of the community.

With the arrival of winter, in addition to strengthening the immune system and paying attention to diet, receiving the seasonal influenza vaccine can effectively prevent seasonal influenza and its complications. Alongside influenza, the importance of the COVID-19 virus was not overlooked. Recognizing that confirmed cases of influenza or COVID-19 can be further managed through Chinese medicine and dietary therapy, the center also invited a National Registered Chinese Medicine Practitioner from the Hong Kong Chinese Medicine Pharmacists Association on November 16 to discuss using Chinese medicine and dietary therapy for the prevention of influenza and the management of post-COVID sequelae.



多元文化嘉年華協助少數族裔融入社區

葵青區是香港其中一個較多少數族裔人士聚居的區域，為了輔助少數族裔人士融入社區，以及協助他們培養健康的生活習慣，中心與香港聖公會麥理浩夫人中心合作，於2022年12月17日舉辦「多元文化健康嘉年華」。當中的活動包括南亞民族圖案曲奇彩繪及手繪工作坊等，讓他們都可感受家鄉的風土人情。

此外，中心亦為他們製作影片，由中心的少數族裔社區健康助理，以烏都語介紹健康食譜，並介紹葵青區悠閒及放鬆心情好去處等，為他們提供更多健康資訊和讓其了解本地文化。

Multicultural Carnival: Assisting Ethnic Minorities in Community Integration

Kwai Tsing District is one of the areas in Hong Kong with a significant population of ethnic minorities. In order to assist ethnic minorities in integrating into the community and help them cultivate healthy lifestyles, the center collaborated with the Hong Kong Sheng Kung Hui HKSCH Lady MacLehose Centre to organize the "Multicultural Health Carnival" on December 17, 2022. The event included activities such as South Asian ethnic pattern cookie painting and hand-painting workshops, allowing participants to experience the customs and traditions of their homelands.

Additionally, the center created videos specifically for them. These videos, presented in the Urdu language by the center's Ethnic Minority Community Health Assistants, featured healthy recipes and introduced leisure and relaxation spots in the Kwai Tsing District. This provided them with more health information and an understanding of the local culture.

服務諮詢會

葵青地區康健中心致力推動基層醫療服務，會員及各持份者的意見對提升中心服務質素至關重要。

中心於2023年2月23日舉辦服務諮詢會，除了回顧中心的服務外，更以地區康健中心的少數族裔服務為主題，通過實體及線上的形式舉行諮詢會，邀得社會各界持份者及少數族裔代表出席。基層醫療健康助理專員蔡宇思醫生及地區康健中心總監胡仰基先生到場與參與者交流意見。葵青地區康健中心執行總監麥淑筠女士及總護理統籌主任陳潔芳姑娘與參與者分享中心服務報告。

Service Consultation Meeting

Kwai Tsing District Health Centre is committed to promoting primary healthcare services, and the opinions of members and stakeholders are crucial in improving the quality of center services.

On February 23, 2023, the center organized a service consultation meeting. In addition to reviewing the center's services, the meeting focused on the services provided to ethnic minorities. The consultation meeting was held both in-person and online, with stakeholders and representatives from ethnic minority groups in attendance. Dr. Choi Yu Sze, the Assistant Commissioner for Primary Healthcare, and Mr. WU Yeung Key, the Director of District Health Centre Team, were present to exchange views with the participants. Ms. Mak Suk Kwan, the Executive Director of Kwai Tsing District Health Centre, and Ms. Chan Kit Fong, the Chief Care Coordinator of Kwai Tsing District Health Centre, shared the center's service report with the participants.



「葵」手健康賀新春同樂日

適逢農曆新年，葵青地區康健中心於年初七（1月28日）在葵芳社區會堂舉辦「葵」手健康賀新春同樂日，與各位街坊健康迎新春。

中心的護士及社工於活動當日即場協助市民進行健康風險評估，讓市民了解自己的身體狀況，為新一年訂立新健康目標。此外，是次嘉年華有健康資訊攤位遊戲；更有財神到場為葵青市民送上健康祝福，宣揚預防疾病及建立健康生活模式的重要性。



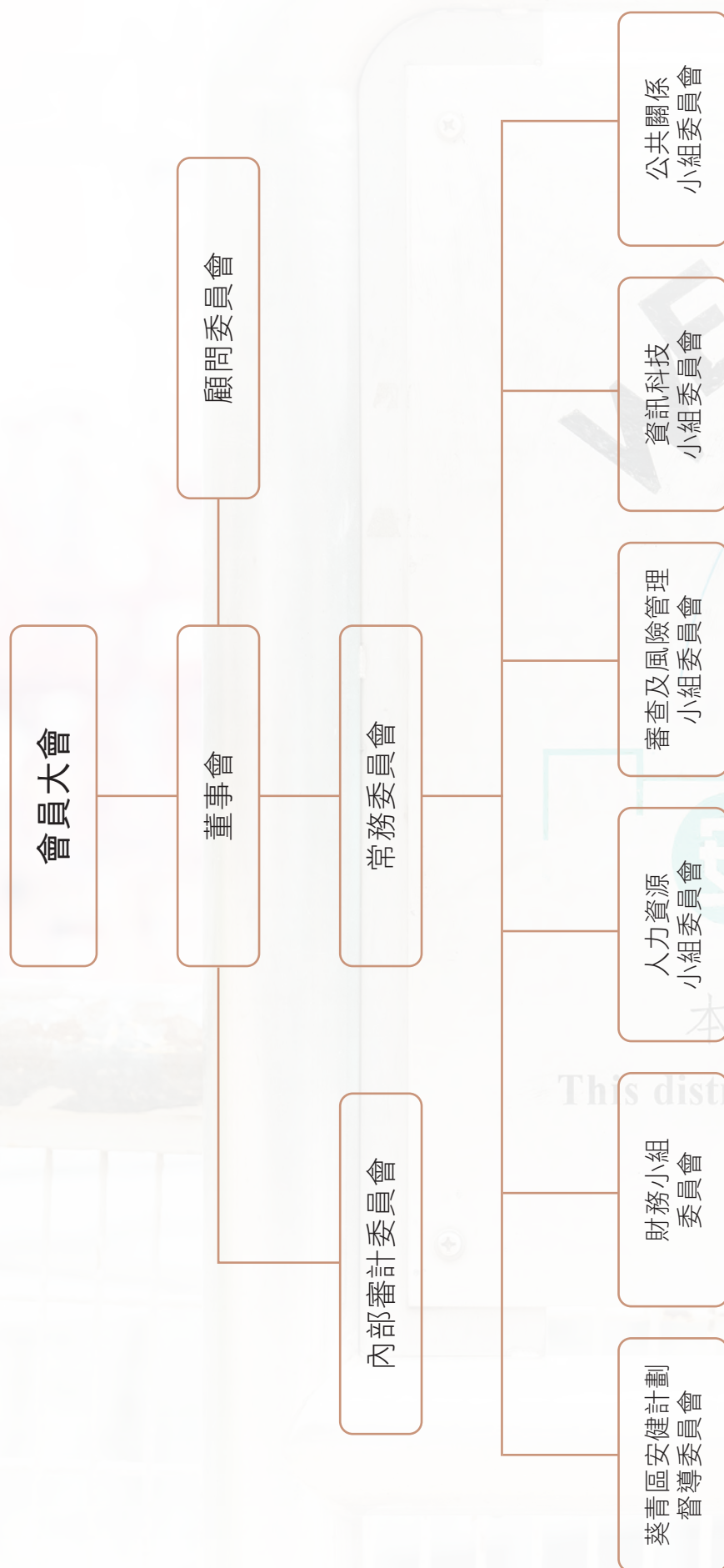
Lunar New Year Fun Day

In celebration of the Lunar New Year, Kwai Tsing District Health Centre organized the Lunar New Year Fun Day on 28th of January at Kwai Fong Community Hall, bringing health and joy to the neighborhood.

Nurses and social workers from the center provided on-site assistance to residents in conducting health risk assessments during the event, enabling them to understand their physical conditions and set new health goals for the upcoming year.

Additionally, the carnival featured health information booths and games. The God of Wealth also made an appearance to offer health blessings to the residents of Kwai Chung, promoting the importance of disease prevention and the establishment of healthy lifestyle habits.

葵青安全社區及健康城市協會組織架構圖



備註

Remarks:

- 會員大會
Annual General Meeting
- 董事會
Board of Directors
- 顧問委員會
Advisory Committee

- 內部審計委員會
Internal Audit Committee
- 常務委員會
Standing Committee
- 葵青區安健計劃督導委員會
Kwai Tsing Safe & Healthy Project Steering Committee

- 財務小組委員會
Finance Sub-Committee
- 人力資源小組委員會
Human Resources Sub-Committee
- 審查及風險管理小組委員會
Compliance & Risk Management Sub-Committee

- 資訊科技小組委員會
Information Technology Sub-Committee
- 公共關係小組委員會
Public Relations Sub-Committee

葵青安全社區及健康城市協會

Kwai Tsing Safe Community and Healthy City Association

2022至23年度機構管治成員名單

List of Corporate Governance Members (2022-2023)

榮譽贊助人Honorary Patron

勞工及福利局局長
Secretary for Labour and Welfare

孫玉菡先生，JP
Mr. Sun Yuk Han, Chris, JP

榮譽副贊助人Honorary Vice Patron

衛生署署長
Director of Health

林文健醫生，JP
Dr. Lam Man Kin, Ronald, JP

顧問委員會Advisory Committee

主席
Chairman

梁智鴻醫生，GBM, GBS, OBE, JP
Dr. Leong Che-hung, Edward, 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

雷操爽教授
Prof. Lui Cho-ze, JOSEPH

謝德富醫生，BBS, JP
Dr. Tse Tak-fu, BBS, JP

當然委員
Ex-officio Committee Member

周奕希先生，BBS, JP
Mr. Chow Yick-hay, BBS, JP

董事會 Board of Directors

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
義務司庫 Honorary Treasurer	李志強先生，MH Mr. Lee Chi-keung, Alan, MH
義務秘書 Honorary Secretary	曾其鞏先生，MH Mr. Tsang Kee-kung, MH
董事 Directors	鄒碧紅女士 Ms. Chow Bik-hung, Betty
	周鎮邦醫生，BBS, JP Dr. Chow Chun-bong, BBS, JP
	馬偉文先生 Mr. Ma Wai-man, Benjamin
	陳笑文先生 Mr. Chan Siu-man, Simon
	陳鳳英女士 Ms. Chan Fung-ying, Emily
	張欽龍先生 Mr. Cheung Yam-lung
	梁麗華女士 Ms. Leung Lai-wah
	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-ye, Joanne

財務委員會 Finance Committee

主席 Chairman	曾其鞏先生，MH Mr. Tsang Kee-kung, MH
委員 Committee Member	何少平先生，MH Mr. Ho Siu-ping, MH
	馬偉文先生 Mr. Ma Wai-man, Benjamin
	陳笑文先生 Mr. Chan Siu-man, Simon
	梁麗華女士 Ms. Leung Lai-wah
	鄒碧紅女士 Ms. Chow Bik-hung, Betty
當然委員 Ex-officio Committee Member	周奕希先生，BBS, JP Mr. Chow Yick-hay, BBS, JP

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	何少平先生，MH Mr. Ho Siu-ping, MH
	李志強先生，MH Mr. Lee Chi-keung, Alan, MH
委員 Committee Member	陳笑文先生 Mr. Chan Siu-man, Simon
	曾其鞏先生，MH Mr. Tsang Kee-kung, MH
	董秀英醫生，MH Dr. Tung Sau-ying, MH
	鄒碧紅女士 Ms. Chow Bik-hung, Betty
	劉雪婷醫生 Dr. Lau Suet-ting

人力資源委員會 Human Resources Committee

主席 Chairman	何少平先生，MH Mr. Ho Siu-ping, MH
委員 Committee Member	李志強先生，MH Mr. Lee Chi-keung, Alan, MH
	張欽龍先生 Mr. Cheung Yam-lung
	董秀英醫生，MH Dr. Tung Sau-ying, MH
	鄒碧紅女士 Ms. Chow Bik-hung, Betty
	鍾慧儀教授 Prof. Chung Wai-yee, Joanne
當然委員 Ex-officio Committee Member	周奕希先生，BBS, JP Mr. Chow Yick-hay, BBS, JP
增選委員 Co-opted Committee Member	伍杏修先生 Mr. Ng Hang-sau
	溫麗友女士，BBS, JP Ms. Wan Lai-yau, Deborah Wan, BBS, JP

資訊科技委員會 Information Technology Committee

主席 Chairman	陳鳳英女士 Ms. Chan Fung-ying, Emily
委員 Committee Member	何少平先生，MH Mr. Ho Siu-ping, MH
	鄒碧紅女士 Ms. Chow Bik-hung, Betty
	鍾慧儀教授 Prof. Chung Wai-yee, Joanne
當然委員 Ex-officio Committee Member	周奕希先生，BBS, JP Mr. Chow Yick-hay, BBS, JP

公共關係委員會 Public Relations Committee

主席 Chairman	陳笑文先生 Mr. Chan Siu-man, Simon
委員 Committee Member	何少平先生，MH Mr. Ho Siu-ping, MH
	鄒碧紅女士 Ms. Chow Bik-hung, Betty
	黎景光醫生 Dr. Lai King-kwong
	盧慧蘭女士 Ms. Lo Wai-lan
當然委員 Ex-officio Committee Member	周奕希先生，BBS, JP Mr. Chow Yick-hay, BBS, JP
增選委員 Co-opted Committee Member	馬錦華先生，MH, JP Mr. Ma Kam-wah, Timothy, MH, JP
	梁萬福醫生 Dr. Leung Man-fuk, Edward
	黃秀影女士 Ms. Wong, Akina
	黃定康校長 Mr. Wong Ting-hong

審查及風險管理委員會 Compliance & Risk Management Committee

主席 Chairman	李志強先生，MH Mr. Lee Chi-keung, Alan, MH
委員 Committee Member	何少平先生，MH Mr. Ho Siu-ping, MH
	劉雪婷醫生 Dr. Lau Suet-ting
	周鎮邦醫生，BBS, JP Dr. Chow Chun-bong, BBS, JP
	周奕希先生，BBS, JP Mr. Chow Yick-hay, BBS, JP
當然委員 Ex-officio Committee Member	黃德祥醫生 Dr. Wong Tak-cheung
增選委員 Co-opted Committee Member	鄧慧珍女士 Ms. Tang Wai-chun
	廖國蘭女士 Ms. Liu Kwok-lan
	劉少懷醫生 MH Dr. Liu Shao-haei, MH

2022至2023年度財務報告

2022-2023 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 HKSA's will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

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

- 4 -

香港九龍尖沙咀科學館道1號康宏廣場17樓1715室
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Fax : (852) 2802-1862



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

- 8 JUL 2023

香港九龍尖沙咀科學館道1號康宏廣場17樓1715室
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Fax: (852) 2802-1862

KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

STATEMENT OF INCOME AND EXPENDITURE AND OTHER COMPREHENSIVE INCOME

Year ended 31st March, 2023

	Note	2023 HK\$	2022 HK\$
INCOME			
Grants and project income:			
- Kwai Tsing District Health Centre (K&T DHC)	5	44,682,060	43,102,507
- Signature Project Scheme (SPS)	6	4,856,228	3,271,041
- Kwai Tsing District Council		311,104	-
- Hong Kong Jockey Club Charities Trust		490,487	-
		<u>50,339,879</u>	<u>46,373,548</u>
Less: Activities expenses	7	(50,249,801)	(46,371,937)
Surplus on activities		<u>90,078</u>	<u>1,611</u>
Programme and fee income		100,659	468
Less: Programme expenses		(147,608)	-
(Deficit)/surplus on programme		<u>(46,949)</u>	<u>468</u>
Net proceeds from Flag Day	8	-	205,456
OTHER INCOME			
Membership subscription fee		1,200	200
Management fee income		2,760,000	2,760,000
Donation received		3,747	-
Interest income		107	2
Sundry income		2,346	193
		<u>2,767,400</u>	<u>2,760,395</u>
Less: General and operating expenses			
Bank charges		(91,358)	(156,468)
Depreciation of right-of-use assets		(145,452)	(491,256)
Office expenses		(124,784)	(355,593)
Service fee		(720,000)	(720,000)
Rent and rates of satellite centres		(390,030)	-
Salaries and wages		(466,603)	(178,438)
Mandatory provident fund contributions		(15,399)	(5,755)
Sundry expenses		(218,370)	(110,532)
		<u>(2,171,996)</u>	<u>(2,018,042)</u>
OPERATING SURPLUS			
Lease interest	15	(2,227)	(27,262)
		<u>638,533</u>	<u>949,888</u>
SURPLUS FOR THE YEAR			
Less: transfer to designated fund		(90,078)	(1,611)
		<u>636,306</u>	<u>922,626</u>
TOTAL SURPLUS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR			
		<u>546,228</u>	<u>921,015</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, 2023

	Note	2023 HK\$	2022 HK\$
NON-CURRENT ASSETS			
Plant and equipment	10	-	-
Right-of-use assets	15	-	145,452
		<u>-</u>	<u>145,452</u>
CURRENT ASSETS			
Grants receivable	11	919,822	2,017,216
Deposits and prepayments		1,476,129	711,779
Cash and bank balances		7,102,727	14,392,563
		<u>9,498,678</u>	<u>17,121,558</u>
CURRENT LIABILITIES			
Accounts payable		74,561	806,899
Accrual and receipt in advance		35,977	3,258,457
Other payable	12	5,412,541	9,709,933
Lease liabilities	15	-	152,428
		<u>5,523,079</u>	<u>13,927,717</u>
NET CURRENT ASSETS		<u>3,975,599</u>	<u>3,193,841</u>
NET ASSETS		<u>3,975,599</u>	<u>3,339,293</u>
FUNDS			
General funds		3,840,603	3,294,375
Designated funds		134,996	44,918
		<u>3,975,599</u>	<u>3,339,293</u>



Chow Yick Hay
Chairman



Tsang Kee Kung
Director

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

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。	

捐款方法

- ☐ 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，連同此捐款表格，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。

收集個人資料聲明

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「✓」

- ☐ 本人不欲收取任何葵青安全社區及健康城市協會所述的宣傳郵件。

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.: _____

- ☐ 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, together with this donation form, 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
瑪嘉烈醫院	Princess Margaret Hospital
葵涌醫院	Kwai Chung Hospital
香港房屋委員會	Hong Kong Housing Authority
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
西太平洋區健康城市聯盟中國香港支部	The China Hong Kong Chapter, Alliance for Healthy Cities
葵聯邨屋邨管理諮詢委員會	Kwai Luen Estate Management Advisory Committee
荃灣、葵涌、青衣中學校長會	The Association of Heads of Secondary Schools of Tsuen Wan Kwai Chung & Tsing Yi District
香港理工大學醫療及社會科學學院	Faculty of Health and Social Sciences, The Hong Kong Polytechnic University
香港理工大學眼科視光學診所	The Optometry Clinic at Poly U
香港中文大學公共衛生及基層醫療學院	The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
香港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
香港護理專科學院有限公司	The Provisional Hong Kong Academy of Nursing Limited
香港社區及公共健康護理學院	Hong Kong College of Community & Public Health Nursing
香港公開大學李嘉誠專業進修學院	Li Ka Shing Institute of Professional and Continuing Education, The Open University of Hong Kong
東華學院	Tung Wah College
香港大學專業進修學院	HKU School of Professional and Continuing Education
香港專業教育學院（葵涌）	Hong Kong Institute of Vocational Education (Kwai Chung)
南葵涌社會服務處	South Kwai Chung Social Service
榮華慈善基金	Wing Wah Charity Foundation
愛互送	Share for good
和黃物流中心	Hutchison Logistics Centre
中遠——國際貨櫃碼頭（香港）有限公司	COSCO-HIT Terminals (Hong Kong) Limited
葵青工商業聯會	Federation of Industries And Commerce In Kwai Chung & Tsing Yi Ltd

#排名不分先後(In no particular order)

WELCOME

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本區在2003年3月

This district has been accredited





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