



香港仔坊會
AKA

用心關懷 以心連繫
Caring Hearts Connected

2021/2022

社會服務 Social Service

健康服務 Health Service
教育服務 Education Service

年報

ANNUAL REPORT



機構摘要 Organisation Brief

機構簡史、願景、使命、信念	4
Organisation Brief History, Vision, Mission, Belief	
機構架構圖	6
Organisation Chart	
理事會及服務管理委員會成員	8
Executive Committee and Service Management Committee Members	
核心職員團隊	11
Core Staff	
理事長及行政總裁的話	12
Joint Report of Chairman and Chief Executive	

服務報告 Service Report

年度主題活動	24
Thematic Activities of the Year	
疫情專輯	26
Special Services under COVID-19	

社會服務 Social Service

長者服務（社區支援及社區照顧）	36
Elderly Service (Community Support and Community Care)	
長者服務（家居支援）	52
Elderly Service (Home Support)	
綜合兒少青、家庭及社區發展服務	62
Integrated Children and Youth, Family and Community Development Service	
專項及社創服務	74
Projects and Social Innovations Service	

教育服務 Education Service

健康服務 Health Service

研究及發展	86
Research and Development	
傳媒報導	95
Media Coverage	

財務摘要 Financial Highlights

附錄 Appendices

鳴謝	102
Acknowledgement	
服務單位通訊一覽表	111
Contact Information of Subsidiary Service Units	
專項及社創服務通訊一覽表	116
Contact Information of Projects and Social Innovations Service	
年報編輯委員會成員名單	122
Annual Report Editorial Committee Members	

目錄 CONTENT

社會服務 Social Service

教育服務 Education Service

健康服務 Health Service

機構摘要

Organisation
Brief



機構簡史、願景、使命、信念

機構簡史

香港仔坊會（前稱「香港仔街坊福利會」）於1950年成立，一直秉承「守望相助、休戚相關、患難相扶、移風易俗」

4大信條為南區居民提供服務。其轄下香港仔坊會社會服務（前稱「香港仔街坊福利會社會服務中心」）則成立於1976年，並獲社會福利署資助提供社會服務，現時有關資助金額約佔其經費70%。又香港仔坊會於2020年制備了首份「十年規劃藍圖」（4/2020至3/2030），並確立社會服務、教育服務及健康服務3大支柱為未來服務發展方向；同時亦修訂願景及使命以作相應配合。現時所用之機構名稱「香港仔坊會」及「香港仔坊會社會服務」，乃為配合服務發展及推廣形象而於2012年5月起精簡會名及重塑會徽所致，目的是令坊眾更易記得和認識本會。



我們的信念

OUR BELIEF

燦妍

關懷 are 樂助 helpfulness 方便 accessibility 可靠 reliability 共享 mutuality

Organisation Brief History, Vision, Mission, Belief

成為卓越的
綜合服務機構，
共創可持續發展的社會。

Be an integrated service organisation
striving for excellence and
developing a sustainable
society.

Organisation Brief History

The Aberdeen Kai-fong Welfare Association Limited was founded in 1950, upholding the four doctrines, "Give Mutual Help, Share Joys and Sorrow, Show Support at Difficult Time, Make Changes in Customs and Traditions" to serve residents in the Southern District. Its subsidiary, Aberdeen Kai-fong Welfare Association Social Service (formerly named Aberdeen Kai-fong Welfare Association Social Service Centre) was established in 1976. It was funded by the Social Welfare Department to provide social services with sponsorship portion amounting to some 70%. Our agency implemented its first publication of *10-year Development Blueprint (4/2020 – 3/2030)* in 2020, establishing the three service pillars of social service, education service and health service as our future service development directions. Meanwhile, our agency also amended its vision and mission in accordance with this strategy. The names of Aberdeen Kai-fong Welfare Association Limited and Aberdeen Kai-fong Welfare Association Social Service now we use are the marketing names to match with our service development as well as to establish a clearer agency image under our brand reconstruction works done in May 2012. By simplifying our agency name and modernising our agency logo, we believe that it would be easier for people to keep in mind and recognise our agency.



倡互助 共襄鄰里；

Promote Mutual Concern
among Neighbours;

育英才 服務社會；

Nurture Talents to Serve
the Community;

展身心 同享健康。

Enhance Well-being to Promote
Health for All.

機構架構圖

截至 31/3/2022

香港仔街坊福利會有限公司
Aberdeen Kai-fong Welfare Association Limited

*行政總裁
*Chief Executive

中央行政
Central
Administration

社會服務
Social Service

總幹事
溫艾狄
Chief Director
WAN Ngai-teck

中央行政部總監
連麗娟
Central Administrative Director
LIN Lai-kuen

服務總監 (社會服務)
吳綺薇
Service Director (Social Service)
NG Yee-mei

服務總監 (社會服務)
黃心怡
Service Director (Social Service)
WONG Shum-ye

服務總監 (社會服務)
郭峯妮
Service Director (Social Service)
KWOK Fung-ni

服務總監 (社會服務)
鄭潔貞
Service Director (Social Service)
CHENG Kit-ching

企業拓展
Corporate
Development

綜合兒少青
服務
Integrated Children
and Youth Service

專項及
社創服務
Projects and
Social Innovations

綜合家庭及
社區發展服務
Integrated Family and
Community Development
Service

人力資源部
Human Resources
財務部
Finance
行政部
Administration

產務部
Estate Affairs
資訊科技部
Information Technology
企業傳訊部
Corporate Communication

駐校社工服務
School Social Service
尚衡成長及培訓中心
Harmony Life Enrichment Centre

研究及發展部
Research and Development Department

賽馬會綜合服務處
Jockey Club Integrated Service Centre

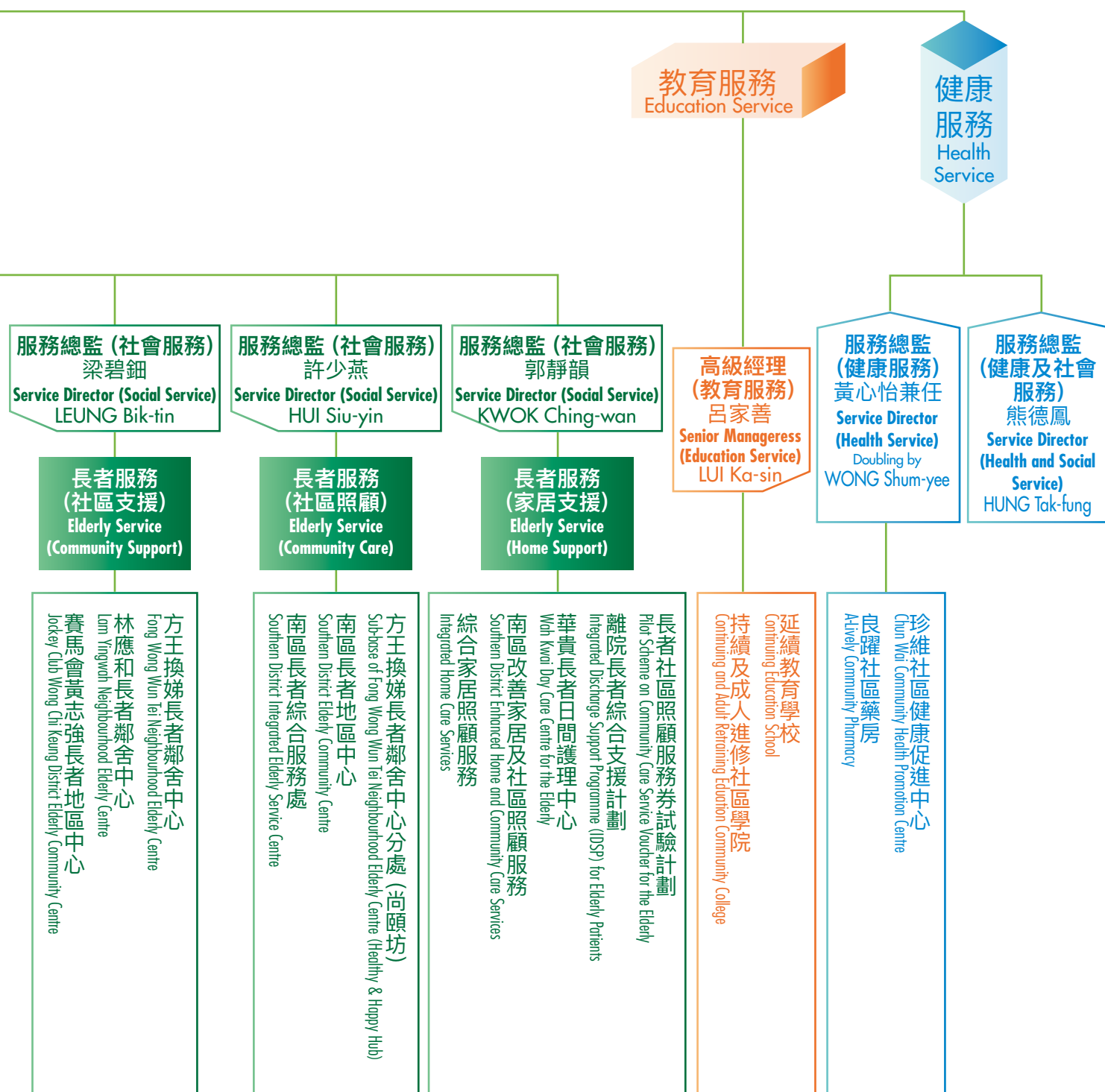
社會企業(悠閒坊)
Social Enterprise (Leisure Outlet)
就業服務
Employment Service
尚融坊林基業中心
LinkAges Lam Ki Yip Centre

社區發展工作/服務
Community Development Service
社區中心
Community Centre

備註：*暫由社會服務總幹事兼任。
Remarks Currently doubling by Chief Director of Social Service

Organisation Chart

As at 31st March 2022



理事會及服務管理委員會成員

於31/3/2022在任者

永遠會長 Life President

陳理誠工程師JP
Ir. CHAN Lee-shing, JP

楊建業先生
Mr. YEUNG Kin-yip

楊翠珍女士
Ms. YEUNG Chui-chun

當屆會長 Current President

方文雄先生BBS, JP
Mr. FONG Man-hung, BBS, JP

黃戴宇先生
Mr. WONG Tai-yu

理事會名譽顧問 Honourary Advisor of Executive Committee

按中文筆劃排序 In the order of number of strokes of Chinese names

方文雄先生BBS, JP Mr. FONG Man-hung, BBS, JP	李彩華先生 Mr. LEE Choi-wah	何顯貴律師 Mr. HO Hin-kwai	林鎮輝先生 Mr. LAM Chun-fai
許天福律師 Mr. HUI Tin-fook	張小燕教授MH Prof. CHEUNG Siu-yin, MH	陸嘉熙醫生 Dr. LUK Ka-hay	陳漢威醫生JP Dr. CHAN Hon-wai, JP
黃戴宙先生 Mr. WONG Tai-chow	黃戴雷律師 Mr. WONG Tai-lui	黎志棠先生BBS, MH Mr. LAI Chi-tong, BBS, MH	劉豹律師 Mr. LAU Pau
潘美英博士 Dr. POON Mei-ying	潘順國先生BH Mr. POON Shun-kwok, BH	鄧文傑則師 Mr. TANG Man-kit	嚴大維醫師 Mr. YIM Dak-wai

服務管理委員會名譽顧問 Honourary Advisor of Service Management Committee

按中文筆劃排序（政府部門代表除外）In the order of number of strokes of Chinese names (Except for representatives of government department)

南區民政事務專員鄭港涌先生JP Mr. CHENG Kong-chung, JP District Officer (Southern), H.A.D. 社會福利署中西南及離島區福利專員甄麗明女士 Ms. YAN Lai-ming District Social Welfare Officer (CW/S/I), S.W.D.			
王紹強先生MBE Mr. WONG Siu-keung, MBE	王景兒博士 Dr. WONG King-ye	江明熙醫生 Dr. KONG Ming-hei	杜子瑩女士JP Ms. TAO Chee-ying, JP
李月英博士 Dr. LEE Yuet-ying	李少鶴教授 Prof. LEE Siu-hok	李仕傑先生 Mr. LEE Sze-kit	呂昀俠先生 Mr. LUI Wan-hap
呂鎮冰先生 Mr. LUI Chun-bing	何海明先生 Mr. HO Hoi-ming	何繼超博士 Dr. HO Kai-chiu	余枝勝醫生MH Dr. YU Chi-shing, MH
林坤初先生 Mr. LAM Kwan-chor	林美凝博士 Dr. LAM Mi-ying	林德華醫生 Dr. LAM Tak-wa	林潔心醫生 Dr. LAM Kit-sum
周明德醫生 Dr. CHAU Ming-tak	胡金蓮教授 Prof. HU Jinlian	秦鴻醫師 Mr. CHUN Hung	馬月霞女士SBS, BBS, MH Ms. MAR Yuet-har, SBS, BBS, MH
麥超常博士 Dr. MAK Chiu-sheung	郭厚仁醫生 Dr. KWOK Hau-yan	梁子東醫生 Dr. LEUNG Tsz-tung	梁玉珊女士 Ms. LEUNG Yuk-shan
梁皓鈞先生MH Mr. LEUNG Ho-kwan, MH	梁碧紅女士 Ms. LEUNG Pik-hung	張包意琴博士 Dr. CHEUNG PAU Yi-kum	陸華宇先生 Mr. LUK Wa-yu
陳永昌先生 Mr. CHAN Wing-cheong	陳志安先生 Mr. CHAN Chi-on	陳凱傑先生 Mr. CHAN Ho-kit	陳樂禧先生 Mr. CHAN Lok-hei
陳潔玲醫生 Dr. CHAN Kit-ling	黃浩強先生 Mr. WONG Ho-keung	黃瑋君女士 Ms. WONG Wai-kwan	黃錦雄先生 Mr. WONG Kam-hung
馮憲平博士 Dr. FENG Shien-ping	馮應昇教授 Prof. FUNG Ying-sing	趙俊豪先生 Mr. CHIU Chun-ho	熊運球先生 Mr. HUNG Wan-kau
樓瑋群教授 Prof. LOU Wei-qun	黎公正先生 Mr. LAI Kung-ching	黎志棠先生BBS, MH Mr. LAI Chi-tong, BBS, MH	黎福強先生 Mr. LAI Fuk-keung
黎鑑棠先生 Mr. LAI Kam-tong	劉永燦先生 Mr. LAU Wing-chan	鄭慧慈女士 Ms. CHENG Wai-chee	錢黃碧君女士 Ms. TSIEN WONG Bik-kwan
顏文雄教授 Prof. NGAN Man-hung	關銳煊教授 Prof. KWAN Yui-huen	羅偉真女士 Ms. LAW Wai-jun	羅鳳儀教授 Prof. TIWARI Fung-ye

Executive Committee and Service Management Committee Members

As at 31st March 2022

理事會成員 Executive Committee Members

首席副理事長 Principal Vice-chairman

許湧鐘先生 BBS, JP
Mr. HUI Yung-chung, BBS, JP



理事長

Chairman

周其仲先生
Mr. CHOW Kei-chung



副理事長 Vice-chairman



陳理誠工程師 JP
Ir. CHAN Lee-shing, JP



楊翠珍女士
Ms. YEUNG Chui-chun



麥謝巧玲博士
MH
Dr. MAK TSE How-ling, MH



杜增祥先生
Mr. TO Tsang-cheung



周子軒先生
Mr. CHOW Tsz-hin



勞榮斌先生
Mr. LO Wing-bun



張錫容女士
MH
Ms. CHEUNG Sik-yung, MH



施春利先生
Mr. SZE Chun-lee



羅桂蘭女士
Ms. LO Kwai-lan



黃文軒先生
Mr. WONG Man-hin



符俊雄先生
Mr. FU Tsun-hung

理事 Director



楊建業先生
Mr. YEUNG Kin-yip



陳浩霖工程師
Ir. CHAN Ho-lam



劉毅律師
Mr. LAU Ngai



周子駿先生
Mr. CHOW Tsz-chun



潘凱霖先生
Mr. PAN Kai-lam

社會服務 Social Service

主席 麥謝巧玲博士MH
Chairman Dr. MAK TSE How-ling, MH

副主席 施春利先生
Vice-chairman Mr. SZE Chun-lee

當然委員
Ex-officio Member

周其仲先生
Mr. CHOW Kei-chung
杜增祥先生
Mr. TO Tsang-cheung
張錫容女士MH
Ms. CHEUNG Sik-yung, MH
羅桂蘭女士
Ms. LO Kwai-lan

委員
Member

許湧鐘先生BBS, JP
Mr. HUI Yung-chung, BBS, JP
楊翠珍女士
Ms. YEUNG Chui-chun
周子軒先生
Mr. CHOW Tsz-hin
勞榮斌先生
Mr. LO Wing-bun
符俊雄先生
Mr. FU Tsun-hung
潘凱霖先生
Mr. PAN Kai-lam

列席人士
In Attendance

服務管理委員會名譽顧問：
Honourary Advisor of Service Management Committee:
趙俊豪先生
Mr. CHIU Chun-ho

職員代表：
Staff Representative:
戴志豪經理
Mr. TAI Chi-ho, Manager
高湛昌經理
Mr. KO Cham-cheong, Manager

社區人士代表：
Community Member Representative:
張永豪先生
Mr. CHEUNG Wing-ho

服務使用者代表：
Service User Representative:
朱錦香女士
Ms. CHU Kam-heung
周慧敏女士
Ms. CHAU Wai-man

教育服務 Education Service

主席 許湧鐘先生BBS, JP
Chairman Mr. HUI Yung-chung, BBS, JP

當然委員
Ex-officio Member

周其仲先生
Mr. CHOW Kei-chung
*許湧鐘先生BBS, JP
Mr. HUI Yung-chung, BBS, JP
勞榮斌先生
Mr. LO Wing-bun

委員
Member

陳理誠工程師JP
Ir. CHAN Lee-shing, JP
楊翠珍女士
Ms. YEUNG Chui-chun
黎志棠先生BBS, MH
Mr. LAI Chi-tong, BBS, MH
梁廣灝工程師SBS, OBE, JP
Ir. LEUNG Kwong-ho, SBS, OBE, JP
林美凝博士
Dr. LAM Mi-ying

列席人士
In Attendance

服務管理委員會名譽顧問：
Honourary Advisor of Service Management Committee:
王景兒博士
Dr. WONG King-ye
李少鶴教授
Prof. LEE Siu-hok

職員代表：
Staff Representative:
呂家善高級經理
Ms. LUI Ka-sin, Sr. Manageress

備註：
Remark * 首席副理事長許湧鐘先生BBS, JP 以「延續教育學校校董會」校監身份同時為當然委員。

Our Principal Vice-chairman, Mr. HUI Yung-chung, BBS, JP is also an ex-officio member of the Service Management Committee on Education Service in his capacity as a School Supervisor of the Council on Continuing Education School.

健康服務 Health Service

主席 黃文軒先生
Chairman Mr. WONG Man-hin

當然委員
Ex-officio Member

周其仲先生
Mr. CHOW Kei-chung

委員
Member

陳理誠工程師JP
Ir. CHAN Lee-shing, JP
麥謝巧玲博士MH
Dr. MAK TSE How-ling, MH
杜增祥先生
Mr. TO Tsang-cheung
施春利先生
Mr. SZE Chun-lee
羅桂蘭女士
Ms. LO Kwai-lan
劉毅律師
Mr. LAU Ngai
周子駿先生
Mr. CHOW Tsz-chun

列席人士
In Attendance

服務管理委員會名譽顧問：
Honourary Advisor of Service Management Committee:
黎福強先生
Mr. LAI Fuk-keung
周明德醫生
Dr. CHAU Ming-tak
郭厚仁醫生
Dr. KWOK Hau-yan
羅鳳儀教授
Prof. TIWARI Fung-ye
黃瑋君女士
Ms. WONG Wai-kwan
麥超常博士
Dr. MAK Chiu-sheung
鄭慧慈女士
Ms. CHENG Wai-chee
李月英博士
Dr. LEE Yuet-ying

核心職員團隊 Core Staff 於31/3/2022在職者 As at 31st March 2022

香港仔坊會

社會服務

Social Service

溫艾狄行政總裁
WAN Ngai-teck
Chief Executive

吳綺微服務總監
NG Yee-mei
Service Director

梁碧細服務總監
LEUNG Bik-tin
Service Director

郭靜韻服務總監
KWOK Ching-wan
Service Director

*黃心怡服務總監
WONG Shum-ye
Service Director

鄭潔貞服務總監
CHENG Kit-ching
Service Director

許少燕服務總監
HUI Siu-yin
Service Director

郭峯妮服務總監
KWOK Fung-ni
Service Director

曾憲鏜經理
TSANG Hin-tong
Manager

高湛昌經理
KO Cham-cheong
Manager

戴志豪經理
TAI Chi-ho
Manager

彭子雋經理
PANG Chi-chun
Manager

蔡永健經理
TSOI Wing-kin
Manager

廖冠球經理
LIU Koon-kau
Manager

彭穎德經理
PANG Wing-tak
Manageress

林梓琮計劃經理
LAM Tsz-king
Project Manageress

韓穎怡計劃經理
HON Wing-ye
Project Manageress

霍海倫輔導服務經理
FOK Helen
Counselling Service
Manageress

林潔瑩主任
LAM Kit-ying
Officer

黃冠穎主任
WONG Kwun-wing
Officer

呂家善高級經理
LUI Ka-sin
Sr. Manageress

李穎宜經理
LEE Wing-ye
Manageress

熊德鳳服務總監
(健康及社會)
HUNG Tak-fung
Service Director
(Health and Social)

連麗娟中央行政部總監
LIN Lai-kuen
C. Adm. Director

何國松財務經理
HO Kuok-chong
Finance Manager

何文浩人力資源經理
Ho Man-ho
Human Resources
Manager

姚洪佳產務經理
YIU Hung-kai
Estate Manager

謝婉儀行政主任
TSE Yuen-ye
Adm. Officer

教育服務

Education Service

健康服務

Health Service

中央行政

C. Admin

備註：*健康服務總監一職由黃心怡女士兼任。

Remark The post of Service Director (Health Service) is doubling by Ms. Wong Shum-ye.

核心職員團隊
Core Staff

理事長及行政總裁的話

香港受「2019冠狀病毒病」疫情影響已有兩年多的時間，面對從未經歷過的挑戰，本會更需加倍努力作出服務上之調整及模式上之轉變，俾切合居民在疫情下對服務之需求。加上疫情對香港經濟帶來嚴重的影響，基層市民生計大受打擊；本會之經常性收入及善款亦同受影響。儘管面對如此艱難時刻，惟本會職員在過去一年仍能保持一貫之專業態度、緊守工作崗位，為弱勢社群提供援助，與他們共同抗疫。另一方面，為配合本會10年規劃藍圖內發展健康服務之目標，本會乃於年內成功開辦南區首間以地舖營運的非牟利社區藥房；此外，本會所提供之服務亦取得多個獎項，足證本會之服務乃優質且能貼合居民所需。以下數項乃特別值得一提，與大家分享：

The COVID-19 pandemic impacted Hong Kong for over two years. Faced with this unprecedented challenge, our organisation exerted a strong effort to adjust our services and transform our modes of operation to meet the needs of residents during this particular period. As the pandemic severely impacted the Hong Kong economy, grassroots people's livelihoods were deeply dampened, and so were our regular income and donations. Despite such difficult times, our staff continued to hold their positions professionally over the past year, assisting the underprivileged people to fight the pandemic together. Furthermore, to achieve the goal of developing health services outlined in our *10-year Development Blueprint*, we opened the first ground-floor non-profit community pharmacy in the Southern District within the year. In addition, the services provided by our organisation won multiple awards, demonstrating the high quality of our services in meeting residents' needs. The following are some notable highlights worth mentioning and sharing.



本會理事長周其仲先生
Chairman of our Executive Committee,
Mr. CHOW Kei-chung



本會行政總裁溫艾狄小姐
Our Chief Executive,
Ms. WAN Ngai-teck

Joint Report of Chairman and Chief Executive

同心抗疫

自疫情爆發以來，本會轄下各服務單位除透過電話慰問、探訪及派發防疫物資等方法去紓解居民面對的困難及向他們表達關顧之情外，各單位亦善用網上平台向坊眾發佈與抗疫或健康相關的資訊。另亦積極與地區夥伴合作舉辦不同的網上活動，期望在疫情限制下，仍能為地區人士及學生提供合適及多元化服務。此外，本會又透過舉辦「坊會『券』顧您計劃」，出資向地區小店購買現金券轉贈予低收入人士及家庭，減輕他們的經濟壓力之餘，亦可支援區內小店，宣揚互助精神。上述各項服務及活動合共超過96,240人次受惠。

社會服務

本會社會服務近年成功獲多個外界基金資助舉辦創新服務，計有屬下社區中心獲社區投資共享基金贊助推展「家在石排灣E.P.S.」計劃，計劃旨為推動跨專業人士參與（Engagement），為居民提供線上線下平台（Platform），從而提升其在身、心、社方面之健康；計劃亦鼓勵居民角色轉化，貢獻其專長與技能（Strength），回饋社會，建立鄰里支援網絡。在就業服務方面，本會獲香港滙豐銀行透過香港公益金撥款資助推展「鑽出耆職計劃」，為50歲或以上及面對經濟困難的失業人士，提供就業支援服務。至於安老服務方面，亦獲香港賽馬會慈善信託基金資助推行「賽馬會『抗疫同行』長者支援計劃」，支援獨居及兩老共住的長者，讓他們在「2019冠狀病毒病」疫情影響下仍能獲得身、心、靈全面的關顧，一同跨過疫情。有關各項計劃詳情可參閱本年報服務報告部份之滙報。

Fighting the Pandemic Together

Starting from the outbreak of the pandemic, our service units supported residents through phone calls, home visits, and distribution of pandemic prevention equipment to alleviate their difficulties and to express care. We also used online platforms to disseminate information related to anti-pandemic measures and health. Moreover, we actively collaborated with local partners to organise online activities, providing a diversity of appropriate services to the community and students regardless of the pandemic restrictions. We also launched the "Care for You" Neighbourhood Coupon Scheme by funding and distributing the purchase of cash coupons from small shops in the district to low-income individuals and families, reducing their financial burden while supporting the small shops and promoting a spirit of mutual assistance. These services and activities benefited their beneficiaries over 96,240 times.

本會獲屈臣氏蒸餾水所成立之企業社福抗疫平台捐贈防疫物資轉贈予區內有需要人士。

屈臣氏蒸餾水成立企業社福抗疫平台 首階段捐過十萬WatsMask口罩及抗疫包 助劃房戶、小童及低收入家庭抗疫



We received and donated pandemic prevention supplies from the corporate social welfare anti-epidemic platform established by Watsons Water to people in need within the district.

各合作夥伴一同開會商討「家在石排灣 E.P.S.」計劃活動細節。



All partners of the Home in Shek Pai Wan E.P.S. Project met to discuss activity details.

Social Service

In recent years, our social service has successfully received funding from various external sources to carry out innovative services. These services included the Home in Shek Pai Wan E.P.S. Project. Sponsored by the Community Investment and Inclusion Fund, it aims to promote transdisciplinary professionals' "Engagement" in providing online and offline "Platforms" for residents to enhance their physical, mental, and social well-being. The project also encourages residents to transform their roles to contribute their "Strengths" and skills to give back to society and establish a neighbourhood support network. In terms of employment services, we received funding from HSBC through The Community Chest of Hong Kong for the DiamondAge

Employment Project to provide employment support services

to unemployed individuals aged 50 or above facing financial difficulties. Regarding elderly services, we received funding from The Hong Kong Jockey Club Charities Trust for the Jockey Club Special Project to Support Elderly Singletons and Doubletons under COVID-19 to support elderly singletons and doubletons by providing comprehensive care for their physical, mental, and spiritual well-being during the COVID-19 pandemic. Details of these projects can be found in the service report section of this annual report.

義工一同製作禮物包送贈予區內有需要人士。



Volunteers worked together to make gift bags and give them to people in need in the district.

「鑽出『耆』職計劃」參加者在課堂上學習運用不同工具及材料製作飾物。



Participants of the DiamondAge Employment Project learned to make ornaments using various tools and materials.

參加者設計及製作的飾物均具個人風格。



The ornaments designed and made by the participants all carry a unique style.

教育服務

本會轄下持續及成人進修社區學院年內繼續獲僱員再培訓局「人才發展計劃」批出全日制就業掛鈎、半日或晚間課程及新技能提升課程。全日制就業掛鈎課程包括「初級美容師證書」、「專業美甲師證書」及「花店實務及花藝設計助理基礎證書」等。半日或晚間課程及新技能提升課程則包括一系列的電腦操作、英語、中醫及花藝設計等課程；合共開辦43班，累積報讀人數達642人。另學院年內亦成功開辦「長者治療小組技巧證書」課程，此課程乃由本學院研發並獲香港學術及職業資歷評審局評為資歷架構級別第3級課程。又特別值得一提的是，由本學院研發之「『世代交流』實戰工作坊」及「提升帶領小組技巧－實戰篇」均獲香港社會工作專科院發出認證，成為認可持續專業發展的課程，前者有效期至2024年5月4日；而後者則至2024年11月16日。這足證本會教育服務所開辦之課程具專業水準及認受性。

Education Service

Our Continuing and Adult Retraining Education (CARE) Community College continued to be approved by the Employees Retraining Board's Manpower Development Scheme to offer full-time, placement-tied, half-day or evening, and new skill-enhancement courses throughout the year. The full-time, placement-tied courses included Certificate in Junior Beautician Training, Certificate in Nail Technician Training, and Certificate in Florist and Floriculture Assistant Training. The half-day or evening courses and new skill enhancement courses covered a range of subjects, such as computer operations, English, Chinese medicine, and floral design. In total, we offered 43 classes attended by a total of 642 students. Moreover, our college launched the Therapeutic Group Work Skills for the Elderly course, which was developed by our college and rated as Qualifications Framework Level 3 by the Hong Kong Council for Accreditation of Academic & Vocational Qualifications. Also worth mentioning is that our self-developed Intergenerational Dialogue – Practical Workshop and the Advanced Group Facilitation Skills – Real Practice course were accredited by the Hong Kong Academy of Social Work as a continuing professional development course. The former is valid until 4th May 2024, and the latter until 16th November 2024. These accreditations demonstrate the professional standard and high recognition level of our courses.

導師正指導「專業美甲師證書」課程參加者修甲技巧。



Here the instructor is instructing participants in the Certificate in Nail Technician Training course on nail art techniques.

良躍社區藥房乃南區首間以地舖營運的非牟利社區藥房。



The A-Lively Community Pharmacy is the first ground-floor non-profit community pharmacy in the Southern District.

健康服務

由本會自資營辦，並獲嘉里集團資助首兩年營運開支之良躍社區藥房已於2021年11月正式投入服務，同月更獲發「獲授權毒藥銷售商牌照」。該藥房位於華富邨華安樓113至114室，面積約72平方米；並有註冊藥劑師駐場提供「處方藥物」及「監督售賣藥物」配售服務。藥房之服務宗旨包括提升市民自我管理健康的能力、推廣基層醫療服務及為市民提供全人健康服務。藥房內設配藥室、諮詢室及多功能治療室等，為區內市民提供免費健康/藥物諮詢、小病小痛管理服務、藥物售賣及配售、外展健康教育活動及其他輔助醫療服務，如物理治療、職業治療、中醫服務及營養諮詢服務等。該藥房亦為香港大學藥理及藥劑學系的教學藥房，將為該系學生提供實習機會，協助培養人才，推動基層醫療服務的發展。隨着良躍社區藥房投入服務，標誌着本會配合「十年規劃藍圖」朝向發展健康服務邁進一大步。

Health Service

The A-Lively Community Pharmacy, operated by our organisation and sponsored by the Kerry Group for the first two years of operation, officially began serving the public in November 2021. It was also granted an Authorised Seller of Poisons Licence in the same month. The pharmacy is located at Units 113–114, Wah On House, Wah Fu Estate, is approximately 72 square metres in area and has registered pharmacists stationed on-site to provide prescription medication and over-the-counter medication dispensing services. It aims to enhance the public's ability to manage their health, promote primary healthcare service, and provide holistic health service to the community. It is equipped with a dispensary, a consultation room and a multifunctional therapy room to provide free health/medication consultation, management of minor illnesses and injuries, medication dispensing and distribution, outreach health education activities and other complementary medical services, such as physiotherapy, occupational therapy, Chinese medicine, and nutritional counselling services. The pharmacy also serves as a teaching pharmacy for the Department of Pharmacology and Pharmacy at The University of Hong Kong, providing internship opportunities and assisting in talent development to promote the development of primary healthcare service. With the launch of A-Lively Community Pharmacy, we continue in line with our *10-year Development Blueprint* and have taken a big step forward in developing health service.

良躍社區藥房亦為區內市民提供免費健康 / 藥物諮詢服務。



The A-Lively Community Pharmacy also provides free health/medication consultation services to residents in the district.

投放資源配合本會「十年規劃藍圖」之推展

要達成本會「十年規劃藍圖」，必須投放相應資源於一般行政、財務、人力資源、產務、資訊科技及社會創新等方面作支援方能成事；本會於年內及未來亦會投放相當資源作出改善。年內本會率先投放資源進行人力資源及資訊科技方面之改善及提升工作，有關詳情如下：

人力資源方面

本會早於2018年開始部署在現行人力資源績效管理制度上作出改革，這主要有見當時社會福利署正進行整筆撥款津助制度之檢討，當時並預計最快可於2020年中完成，屆時或會要求受資助機構就其檢討結果作出相應配合，故本會有意待該檢討完成後進行上述改革工作。而在2020年底，本會有感是適當時機開展有關工作，遂外聘專業人力資源顧問於2021年4月起為本會分階段推行「職位評價計劃」。該計劃會先行處理非專業職系之職位；並以制備「各類職位等級分佈表」及「個別職系之專屬薪酬職級表」為首要目標。另除就本會現有職系制訂專屬薪酬職級表外，亦會因應本會未來發展之需要，而在不同職系內預設新加職位之薪酬情況。而在完成制訂個別職系之專屬薪酬職級表後，下一步則會完備薪酬及绩效管理之相關配套措施。整項計劃預計於2023年完成，本會期望透過改革有關制度，達致吸引及挽留人才，從而提升競爭優勢。

資訊科技方面

本會於年內着力提升轄下單位在資訊科技系統之設備，包括提升寬頻速度及採用都會以太網服務，加強各單位與現時所租

Allocating Resources to Support our 10-year Development Blueprint

To achieve our *10-year Development Blueprint*, allocating corresponding resources to support general administration, finance, human resources, estate management, information technology and social innovation is essential. This year, we invested substantial resources to improve these areas and will continue to do so in the future. To begin with, we invested resources to improve and enhance our human resources and information technology operations within the year. The details are as follows.

In the Aspect of Human Resources

We began reforming the current human resources performance management system as early as 2018. We did so primarily because of the review of the Lump Sum Grant Subvention System conducted by the Social Welfare Department at the time, following which funded organisations might be required to cooperate with the results of the review expected to be completed by mid-2020. Considering this, we intended to work on the reform mentioned above afterwards. At the end of 2020, feeling it was an appropriate time to launch relevant work, we hired a professional human resources consultant to implement a job evaluation plan in stages for our organisation starting from April 2021. With the primary goal of preparing the job level distribution table and the pay scales for individual job grades, the plan would first deal with nonprofessional job grades. We were also able to preset the salaries of new positions in different job grades according to our future needs. After formulating the pay scales for individual job grades, the next step would be to complete the relevant supporting measures for salary and performance management. We expect to complete the entire plan by 2023, through which we hope to attract and retain talents and enhance our competitive advantage.

In the Aspect of Information Technology

This year, we focused on enhancing the IT equipment of our subordinate units, including improving broadband speed and adopting the MetroNet service to strengthen our units' network connection with the data centre that we currently lease, using Active Directory structure to manage our units' computers and accounts through the internet more effectively and rapidly, and gradually replacing old computers and upgrading software, including fully transitioning to the MS Office 365 email service.

用數據中心之網絡連接；使用活動目錄網絡結構，從而在線上更有效及更迅速去管理單位電腦及帳戶；及逐步更換舊電腦及提升軟件，並全面轉用Office 365電郵服務等。另年內亦為7個服務單位進行資訊科技基建優化工程，包括更換/安裝伺服器櫃及整理網絡線等。此外，亦與資訊保安顧問公司合作，着手撰寫適用於本會之網絡保安政策文件。至於推行流程電子化方面，年內嘗試引用Yeeflow應用程式，並設計電子表格，逐漸取代紙本表格，俾增加工作效率及響應環保的大趨勢。

外界嘉許

除了開辦創新計劃外，本會年內亦獲下列多個獎項，有關獎項除彰顯本會服務具質素及獲外界認同外，更為本會職員打下強心針，推動職員上下一心、全心全意為居民提供更優質、全面及創新的服務。

社會服務方面

- 賽馬會綜合服務處於2019/2020年度所舉辦的「『童創社區·青年起動』社區遊樂空間升級計劃」，獲第8屆優秀青年嘉許計劃及優秀青年活動嘉許計劃選為「優秀青年活動」。有關頒獎禮原定於2021年6月舉行，惟因疫情關係而取消。
- 南區長者綜合服務處參與由香港理工大學護理學院梁綺雯教授所負責之研究項目一「改變我們預防糖尿病的方式：使用應用程式」，獲食物及衛生局轄下醫療衛生研究及促進健康基金頒發「卓越健康推廣計劃」獎項。本會亦獲邀派員出席局方於2021年11月23日假香港醫學專科學院舉行之「衛生醫護研討會」及頒獎活動。

Additionally, we carried out IT infrastructure optimisation projects for seven service units within the year, including replacing/installing server cabinets and organising network cables. Furthermore, we collaborated with an information security consultancy to write a network security policy document applicable to our organisation. As for the implementation of electronic workflows, we tried the Yeeflow application so we could design electronic forms to gradually replace paper-based forms, thus increasing work efficiency and responding to the challenge of environmental protection.

Public Acclaim

As well as initiating innovative plans, we won several awards this year. These awards – listed below – reflect the high quality of our services and our recognition by the public. They also boosted the confidence and unity of our staff who are responding by providing better, more comprehensive and more innovative services for the district's residents.

In the Aspect of Social Service

- The “Child-Centred Community and Youth Activation” Community Play Space Upgrade Scheme held by the Jockey Club Integrated Service Centre in 2019/2020 was selected as an Excellent Youth Activity in the 8th Outstanding Youth Commendation Scheme & Outstanding Youth Activity Commendation Scheme. The award ceremony was initially scheduled for June 2021 but was cancelled due to the pandemic.

本會參與香港理工大學護理學院之研究項目獲頒「卓越健康推廣計劃」獎。



We received the Excellent Health Promotion Project Award for participating in a research project conducted by the School of Nursing at The Hong Kong Polytechnic University.

- 本會家居支援服務與香港大學護理學院合作，學院透過研究及了解此服務於疫情期間提供的風險管理工作，包括風險管理政策、識別風險、風險監控及應對等工作經驗後，參與其學院於2021年12月9日舉辦之網上「11th Hong Kong International Nursing Forum」，並以「Risk Management for Integrated Home Care Services During COVID-19 Pandemic: An Experience Sharing From An NGO Perspective」為主題設計之電子海報獲頒「People's Choice e-Poster Award」冠軍殊榮。
- 尚融坊林基業中心推行之「賽馬會跨代共融社區計劃」於亞洲區家庭研究聯盟所舉辦之「第6屆和富亞洲傑出家庭工作計劃2020」中獲頒銅獎殊榮。該計劃乃經過計劃內容評審及兩輪匯報，最終於30個來自香港、馬來西亞、新加坡及台灣的參賽計劃中脫穎而出。而受疫情影響，有關方面乃以Zoom視訊軟件進行研討會、決賽評審及頒獎禮；而頒獎禮亦已於2021年12月10日圓滿舉行。
- The Southern District Integrated Elderly Service Centre participated in a research project led by Professor Angela Leung of the School of Nursing at The Hong Kong Polytechnic University titled Changing the Way We Prevent Diabetes: Using Applications. The project was declared an Excellent Health Promotion Project by the Health and Medical Research and Health Promotion Fund under the Food and Health Bureau. We were also invited to attend the Health Research Symposium and Award Ceremony held by the Bureau on 23rd November 2021 at the Hong Kong Academy of Medicine.
- We collaborated with the School of Nursing at The University of Hong Kong on our home support services. The school conducted a research project to understand our risk management work and experiences in providing services during the pandemic, including risk-management policies, risk identification, and risk monitoring and responding. The study was followed by participation in the 11th Hong Kong International Nursing Forum held online on 9th December 2021, where its electronic poster themed "Risk Management for Integrated Home Care Services during COVID-19 Pandemic: An Experience Sharing from an NGO Perspective" was awarded the People's Choice e-Poster Award.
- The Jockey Club Intergenerational Community Programme, implemented by the LinkAges Lam Ki Yip Centre, received the Bronze Award, out of 30 participating projects from Hong Kong, Malaysia, Singapore, and Taiwan, in the 6th Wofoo Asian Award for Advancing Family Well-being 2020 organised by the Consortium of Institutes on Family in the Asian Region after going through a content review and two rounds of reporting. Due to the pandemic, the organiser conducted the seminar, final judging, and award ceremony via Zoom video conferencing software. The award ceremony took place on 10th December 2021 successfully.

「第6屆和富亞洲傑出家庭工作計劃2020」評審團與各入圍決賽團隊於Zoom合照。



The judging panel and the finalists of the 6th Wofoo Asian Award for Advancing Family Well-being 2020 took a group photo together via Zoom.

- 社區中心「港島第70旅童軍隊」隊員鍾澄壹獲香港童軍總會頒發「總領袖獎章」，而鍾建壹及羅浚霖則獲頒發「金紫荊獎章」。此兩項獎章乃童軍及幼童軍所獲頒的最高獎章，以表揚其在戶外活動、歷險挑戰、領導才能及個人發展等範疇的成就。
- Three members of the 70th Hong Kong Scout Group, based in our Community Centre, were honoured by the Hong Kong Scout Association. CHUNG Ching-yat earned the Chief Scout Award, and two other members, CHUNG Kin-yat and LAW Tsun-lam, were presented with the Golden Bauhinia Award. These two awards are the highest honours given to Boy Scouts and Cub Scouts to commend their achievements in outdoor activities, adventure challenges, leadership skills and personal development.

教育服務方面

- 持續及成人進修社區學院「自在人生自學計劃」連續18年榮獲香港都會大學李嘉誠專業進修學院頒發「卓越機構獎(服務與支援)」。此外，亦有2位導師及1位學員分別獲頒「卓越導師獎」及「卓越學員獎(學習表現)」；另學院亦連續12年獲僱員再培訓局就其整體開辦課程表現給予「第一組(最佳評級)」。

In the Aspect of Education Service

- The Capacity Building Mileage Programme conducted by the CARE Community College has earned the Outstanding Organisation of Services (Service and Support) award from the Hong Kong Metropolitan University Li Ka Shing School of Professional and Continuing Education for the 18th consecutive year, while two instructors received the Outstanding Instructor Award and one student was given the Outstanding Student Award (Learning Performance). Moreover, our college has been categorised in Group 1 (the highest rating) by the Employees Retraining Board for the overall performance of its course offerings for the 12th consecutive year.

勞榮斌院長（前排右一）與得獎導師、學員及學院職員於畢業禮上合照留念。



The Headmaster of our CARE Community College, Mr. LO Wing-bun (front row, far right), took a group photo with our award-winning instructors, students, and college staff at the graduation ceremony.

善用資財

因應社會福利署於2014年實施「最佳執行指引」之要求，本會每年均會在理事層面的會議上討論本會社會服務「整筆撥款儲備」未來之運用安排；而在2021/2022年度之安排，本會已通過將有關儲備約1%用作服務及發展方面，另外約0.6%用作職員薪酬及福利儲備，當中包括職員專業發展用途；餘下約98.4%會作為機構基本儲備，以作不時及未來之需。又為有效收集不同人士對整筆撥款津助有關事宜的意見，本會設有專用電郵LSG@aka.org.hk供職員及服務使用者表達其對整筆撥款津助之意見、關注、建議或提問。

以心連繫

本會能在充滿挑戰及機遇環境下順利籌劃及完成年內各項工作，實有賴各界熱心社會人士、公私營機構、學校、社團、理事委員、職員、義工及會員在過去一年鼎力支持及積極參與本會之工作，達致「以心聯繫，服務社會」的目標；未來，我們會繼續帶領本會上下職員，按着本會「十年規劃藍圖」所訂定之長遠目標邁進，並與社會各界攜手，共同建立可持續發展的社區。

Utilising Resources and Funds Efficiently

In response to the Social Welfare Department's implementation of the Best Practice Guide in 2014, we discuss the future use of our Social Service's Lump Sum Grant Reserve at our Executive Committee meetings every year. For 2021/2022, we decided to allocate approximately 1% of the reserve for the provision of our services and development, around 0.6% as reserves for staff salaries and welfare, including staff professional development, and the remaining amount (approximately 98.4%) as our basic reserve for contingency and future needs. Moreover, to effectively collect different people's views on this subject, we welcome our staff and service users to express their views, concerns, suggestions and questions by email to LSG@aka.org.hk.

Connecting with Hearts

Finally, we would like to express our heartfelt gratitude to enthusiastic individuals from all sectors of society, government and private organisations, schools and associations, our Executive Committee and Management Committee members, and our staff, volunteers and members for their generous support and active participation in our work in the past year. Thanks to them, we succeeded in organising and completing our work and achieving the objective of "Connecting with Hearts to Serve Society" in an environment full of challenges and opportunities. Looking ahead, we will unite all our staff and join hands with all sectors of society to build a sustainable community together according to our *10-year Development Blueprint*.

服務報告

Service
Report



年度主題活動

本會2021至2022年度之年度主題活動繼續以「倡互助 共襄鄰里」為主題。承接上年度歸納了坊眾對鄰里關係的新定義，本年度本會則着力透過不同途徑宣揚有關訊息，包括於本會轄下安老服務之《月訊》刊登文章、於社交媒體及巴士宣傳、製作宣傳動畫及以「21世紀鄰里關係新定義」作為「全港原子筆中文書法比賽」與「南區寒冬送暖大行動2021」兩項大型活動的主題。此外，更舉辦了「鄰里故事徵集行動」，向本會400多位職員收集他們在工作中遇到有關新鄰里關係的故事。

經過兩個年度的主題推動工作，讓我們看到「鄰里」關係除了「隔離左右」，更可以伸展至擁有相同背景和興趣的，甚或在同一個團體機構，以至網絡上相遇的人。最重要的，是人與人之間「有心」、「有力」，透過不同的「平台」或「行動」，連結在一起，成為彼此生活中的鄰里，共建和諧互助的社區。

For 2021-2022, our organisation continued to focus on the theme of "Promote Mutual Concerns among Neighbours". Building on the new definitions of neighbourhood relationships summarised by community residents last year, we are committed to spreading the message through various channels this year, including publishing articles in the *Monthly Newsletter* of our elderly service, promoting it on social media and buses, producing promotional animations, and using the "New Definitions of Neighbourhood Relationships in the 21st Century" as the theme for two major events, the Hong Kong Chinese Calligraphy Ball Pen Competition and the Southern District Winter Warmth Campaign 2021. In addition, we launched a Neighbourhood Story Collection Campaign to collect stories from over 400 employees of our organisation about their experiences with new neighbourhood relationships in their work.

After two years of theme promotion work, we have seen that "Neighbourhood" relationships can extend beyond physical proximity to cover those with similar backgrounds and interests or even those who meet in an institution or online. What matters most is that people have the intention and ability to connect with each other through different platforms or actions, become neighbours in each other's lives and build a harmonious and supportive community together.

21世紀鄰里關係新定義

沒有地域、身份的限制，我們彼此也可以是大家的鄰里

The New Definitions of Neighbourhood Relationships in the 21st Century
Without limitations of geography or social status, we can also be neighbours to one another.



「21世紀鄰里關係新定義及好鄰里特質」短片
"New Definitions of Neighbourhood Relationships and Qualities of a Good Neighbour in the 21st Century" Short Film



「虛擬暖男」
(主題：網絡世界) 動畫短片
"Virtual Warm-hearted Man"
(Theme: Online World)
Animated Short Film



「以愛同行一里路」
(主題：義工配對) 動畫短片
"Walk a Mile Together with Love"
(Theme: Volunteer Matching)
Animated Short Film



Thematic Activities of the Year

「南區寒冬送暖大行動2021」以「21世紀鄰里關係新定義」作主題，一眾主禮嘉賓手持5個鄰里新定義，為活動揭開序幕。



The Southern District Winter Warmth Campaign 2021 was themed the "New Definitions of Neighbourhood Relationship in the 21st Century", and the officiating guests kicked it off by holding the five new definitions in their hands.

本會各部門職員參與「鄰里故事徵集行動」，分享他們在工作中遇過的新鄰里關係故事，其中5位職員獲頒「最佳故事獎」。



The staff from various departments of our organisation participated in the Neighbourhood Story Collection Campaign by sharing their stories about new neighbourhood relationships they encountered in their work, with five receiving the Best Story Award.

本會會員及坊眾收到年度主題的紀念品，並於活動中認識「鄰里關係新定義」及「好鄰里素質」，有效推動更多人為建構和諧互助的社區出一分力。

As well as receiving souvenirs featuring our annual theme, our members and the public learned about the "New Definitions of Neighbourhood Relationships" and "Qualities of a Good Neighbour" through our activities, effectively motivating more people to contribute to building a harmonious and supportive community.



「2019冠狀病毒病」自2020年1月23日衛生防護中心宣佈1位來港內地旅客確診後揭開病毒在港流行之序幕。至同年2月4日香港首次出現本地感染個案，病毒正式落地生根，之後出現數波大規模之感染情況。2021年疫情曾一度受控，惟至2022年元旦後又再度復熾，至同年3月3日第5波疫情達至峰頂，單日經快速抗原測試及核酸檢測的陽性個案高達76,991宗。

在疫情反覆不定之情況下，本會未敢鬆懈，年內繼續秉持「燦妍」的服務信念，在配合政府抗疫政策的前提下，靈活變通，務求為各類有需要的服務使用者提供恆常及緊急支援服務。另本會年內亦獲得社會上的熱心團體/人士支持，攜手為弱勢社群提供援助，共同抗疫。以下為疫情期間本會為不同服務對象提供之部份服務摘要；另亦有其他相關報告詳列於隨後之服務報告中。

兒童、青少年及家長支援

網課自修室

受第四及第五波疫情影響，為減少人群聚集引致病毒在社區爆發之風險，教育局多番宣佈中、小學暫停面授課程，改以網上授課。然而這種授課模式對雙職或基層家庭來說卻是一大難題。雙職家長需外出工作致未能看管兒童在家上課；儘管有祖父母協助，但他們大部份對操作電腦及使用相關軟件之認識不足，遇有問題亦難以作出支援。至於基層家庭則受居住環境、電子儀器不足及網絡速度等因素而影響兒童網上學習。有見及此，本會轄下賽馬會綜合服務處分別於2021年4至5月及2022年1至3月期間為有需要之兒童提供網課自修室服務，支援受上述網課問題困擾的區內兒

The COVID-19 virus began to spread in Hong Kong after the diagnosis of a mainland Chinese traveller was announced by the Centre for Health Protection on 23rd January 2020. On 4th February, the first local infection case was reported in Hong Kong, and the virus had taken root. Subsequently, several large-scale outbreaks occurred. The pandemic appeared to be under control in 2021, but it resurged after New Year's Day 2022. On 3rd March of that year, the fifth wave of the pandemic reached its peak, with a record high of 76,991 positive cases detected in a single day through rapid antigen tests and nucleic acid tests.

In the face of this unpredictable pandemic, we did not relax our efforts. We continued to uphold our "C.H.A.R.M." service philosophy throughout the year, flexibly adapting to the government's anti-pandemic policies and striving to provide constant and emergency support services to all kinds of service users in need. Additionally, we worked with enthusiastic groups and individuals in the community to assist underprivileged groups in fighting the pandemic. The following sections summarise some of the services we provided to different service users during the pandemic, while other related events are listed in the following service reports.

Support for Children, Youth and Parents

Online Self-Study Room

Affected by the fourth and fifth waves of the pandemic, the Education Bureau repeatedly announced suspension of regular school attendance and the switch from face-to-face classes to online teaching in primary and secondary schools to reduce the risk of community outbreaks caused by crowds gathering. This teaching mode, however, was a significant challenge for dual-working or grassroots families. Due to away-from-home work commitments, dual-working parents could not supervise their children's online learning at home. Although grandparents could assist, many of them lacked knowledge of the finer points of computer operation and related software, making it difficult for them to provide support when problems arose. As for grassroots families, their children's online learning was affected by the living environment, lack of electronic equipment, and low network speed, among other factors. To offer children and families in the district troubled by these issues a suitable environment and technical support, our Jockey Club Integrated Service Centre (JCISC) provided

Special Services under COVID-19

童及家庭，為他們提供一個合適的環境及技術支援，提升兒童學習質素，減輕家庭壓力，共有304人次使用有關服務。

網課自修室為區內有需要的兒童及家庭提供一個合適的學習環境及技術支援，解決他們因網上授課而衍生的困難。



Our self-study room for online learning addressed the difficulties faced by children and families in the district who needed it due to the switch to online teaching by providing a suitable learning environment and technical support.

「想·創」少年防範騙案計劃

在防疫社交距離措施限制下，兒童及青少年大幅減少外出；反之，使用互聯網時間卻大幅增加。惟兒童對網絡安全及自我保護意識薄弱，網絡衍生的罪案，如裸聊勒索、詐騙點數等騙案亦有上升趨勢。有見及此，賽馬會綜合服務處向南區區議會申請贊助，並與南區撲滅罪行委員會於2021年10至12月期間合辦「想·創」少年防範騙案計劃。計劃透過「隨機應騙」體驗活動、創新科技工作坊及防騙工作坊，提升參加者對騙案種類的認識及提高他們的警覺性，16節的活動共有113人次出席。另21位計劃參加者更於2021年12月18日舉辦的聖誕社區推廣活動中化身成防騙大使，向102位社區人士灌輸防騙的訊息，提升他們對防騙的關注。

online learning self-study room services to needy children during April and May 2021 and from January to March 2022, improving the quality of these children's learning while reducing family stress. This service recorded 304 instances of usage.

“Think and Create” Youth Scam Prevention Programme

Due to the social distancing measures implemented to fight the pandemic, children and teenagers significantly reduced their outdoor activities while spending substantially more time online. Unfortunately, their lack of network security and self-protection awareness led to an increase in cybercrimes, such as naked chat scams and point card scams. To address this issue, our JCISC applied for sponsorship from the Southern District Council of the Home Affairs Department to organise the “Think and Create” Youth Scam Prevention Programme in collaboration with the District Fight Crime Committee (Southern District) from October to December 2021. The programme aimed to enhance participants' understanding of different types of scams and heighten their alertness. It included 16 activity sessions, including the Fight Scam Flexibly experience activity, innovative technology workshops, and anti-scamming workshops, with a total attendance of 113. Additionally, 21 participants of the programme assumed the role of anti-scam ambassadors at the Christmas community promotion event held on 18th December 2021. They conveyed messages about scam prevention to 102 community members, raising their awareness of the issue.

計劃參加者進行密室逃脫活動，通過合作解難活動提升其防騙之警覺性；同時增加他們對騙案種類及應對騙案方法的認識。



The participants of the programme engaged in an escape room activity to enhance their scam prevention awareness through collaborative problem-solving activities. It also increased their understanding of scam types and ways to deal with them.

基層家庭及匱乏人士支援

向匱乏人士派發防疫物資

社區中心年內舉辦多次派發物資活動，向失業/單身之基層人士、前線清潔工人及確診之基層家庭派發關愛基金與民政事務處送贈的抗疫包，以及由中心自資購買之口罩、洗手液及快速抗原測試包等抗疫用品及糧油食品等。另又與「建造業運動及義工計劃」合辦「建造業魯班飯行動2021」，向基層市民派發150盒「魯班飯」，以解他們燃眉之急。在24次之派發活動中，共有540人次受惠。除派發物資外，中心亦先後舉辦了6次防疫資訊活動、6次居家抗疫減壓活動及2次預防感染活動，合共有1,433人次受惠。

Support for Grassroots Families and the Deprived

Distributing Anti-pandemic Supplies to the Deprived

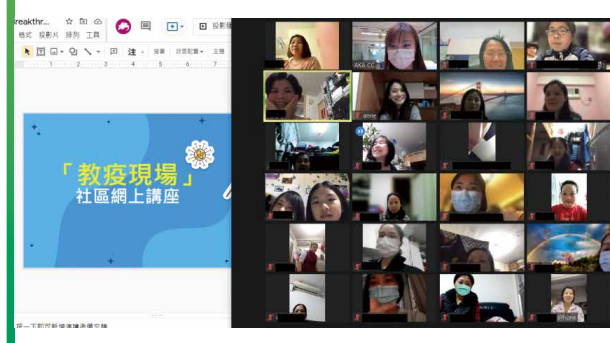
Our Community Centre held multiple distribution events throughout the year to distribute anti-pandemic packages donated by the Community Care Fund and Social Welfare Department, as well as masks, hand sanitisers, rapid antigen test kits, and food supplies purchased with our own funds to unemployed/single grassroots individuals, frontline cleaners, and grassroots families diagnosed with COVID-19. In collaboration with the Construction Industry Sports and Volunteering Programme, the centre also implemented the Construction Industry Lo Pan Rice Campaign 2021 to distribute 150 lunchboxes to meet the urgent needs of grassroots citizens. In total, the centre organised 24 distribution events, benefitting 540 attendees. As well as distributing supplies, the centre held six anti-pandemic information events, six home-based stress reduction activities, and two infection prevention activities, with a total of 1,433 attendees.

中心自資購買防疫物品及食品，派發給前線清潔工。



Our centre purchased anti-pandemic supplies and food using our own funds and distributed them to frontline cleaners.

講座內容豐富，由防疫資訊到確診後的處理安排均有涵蓋。



Our seminars were informative, covering everything from pandemic prevention information to arrangements for dealing with confirmed cases.

Support for the Unemployed

Despite the repeated outbreaks of the pandemic, our employment service staff worked hard to provide services to our service cases. Although they could not meet in person with the cases, they still offered job vacancy information and follow-up services through phone calls and communication software, successfully helping some cases get back to work despite the restrictions. While complying with pandemic prevention measures, our staff also invited cases struggling with emotional or family problems to come to our centre for face-to-face interviews and additional

為待業人士提供支援

即使面對反覆之疫情，本會轄下就業服務之職員仍一直努力向服務個案提供服務。職員雖然未能與個案見面，但仍透過電話及通訊軟件提供職位空缺及跟進，並在各種限制下成功讓部份個案重投職場。而在符合防疫措施的情況下，職員更會邀請受情緒或家庭問題困擾的個案到中心面談，提供額外支援。經濟不景，對待業及就業不足的個案帶來的衝擊尤為嚴重；有見及此，服務隊亦先後為約120位服務個案派發防疫物資，包括口罩及平安藥包等，減輕他們的經濟負擔，與個案共渡時艱。

向匱乏家庭提供支援

當疫情稍為緩和，教育局安排學校逐步復課，惟學生須於回校前自費完成快速抗原測試；連同其他防疫物資，相關開支對基層家庭構成一定的經濟壓力。為紓緩他們的經濟及情緒壓力，本會轄下尚融坊林基業中心亦購買快速抗原測試包、日用品及適合跨代同樂的情緒遊戲咭，送贈基層家庭。此外，中心亦定期透過Facebook分享居家遊戲及拍攝短片解說情緒遊戲咭之玩法，鼓勵家庭在家互動，透過遊戲促進關係。

support. The impact of the economic downturn and insufficient employment opportunities was particularly severe for those unemployed or underemployed. Therefore, our service teams distributed anti-pandemic supplies, including masks and safety medicine packs, to about 120 service cases to alleviate their financial burden and help them through the difficult time.

服務隊同事向個案（右）派發防疫物資。



A service team member distributing pandemic prevention supplies to a case (right).

Providing Support for Underprivileged Families

As the pandemic eased, the Education Bureau arranged for schools to resume classes gradually. However, students were required to complete rapid antigen testing at their own expense before going to school. Along with other pandemic prevention supplies, this placed a certain financial pressure on grassroots families. To alleviate their financial and emotional stress, our LinkAges Lam Ki Yip Centre purchased rapid antigen test kits, daily necessities, and emotions card games suitable for intergenerational play to give to grassroots families. In addition, the centre regularly shared home-based games and short videos explaining the gameplay of emotions card games through Facebook, encouraging families to interact at home and promote relationships through gaming.

中心向基層家庭派發禮品包。



Our centre distributed gift packages to grassroots families.

中心定期透過Facebook分享居家遊戲。

Our centre regularly shared home-based emotional card games through Facebook.



疫情專輯

Special Services under COVID-19

坊會「券」顧您計劃

在疫情期間，基層市民生活大受影響，而不少地區小店的生意亦同受打擊。本會於2021年5月開展一個為期半年的短期社區支援計劃－「坊會『券』顧您計劃」，由本會出資\$540,000，向27間地區小店，包括零食辦館、文儀用品店、五金家品店、藥房及餐廳等購買現金券，並轉贈予區內1,040位低收入人士及家庭。期望透過現金，減輕有需要人士的經濟壓力，同時支援區內小店，連結社區，宣揚互助精神。

長者及護老者支援

電話慰問及義工探訪

因應疫情，長者長期留家以減低感染風險，他們的日常及社交生活因而大受影響。本機構轄下5所長者中心遂透過共8,546次電話慰問了解會員、個案及護老者等於疫情期間的近況及需要，從中識別有需要的長者，向其派發防疫物資及提供情緒支援；同時，向他們進行社區防疫教育工作。另疫情期間，體弱及經濟匱乏的長者難以負擔及搶購防疫物資；而部分護老者亦忙於照顧家中長者而難以抽身外出搜購。為了支援這些長者及護老者，各長者中心合共進行了328次探訪，探望了2,368人次之會員與服務使用者，並送贈由民政事務處、新鴻基地產發展有限公司、嘉里物業管理服務有限公司、無邊界義工等團體捐贈之防疫包，讓弱勢長者及有需要的護老者也感受到社區關懷。

向長者推廣精神健康訊息

持續反覆的疫情為長者帶來不少負面情緒，為加強長者義工對這方面的認識，以便日後在提供義工服務時能較敏銳地辨識

“Supporting You” AKA Coupon Scheme

The pandemic greatly affected the livelihoods of grassroots citizens, and many small shops in the area were also hard hit. In May 2021, we launched a six-month short-term community support programme called the “Supporting You” AKA Coupon Scheme, under which we invested HK\$540,000 to purchase cash coupons from 27 local small shops, including snack shops, stationery stores, hardware stores, pharmacies, and restaurants, and distributed them to 1,040 low-income individuals and families in the district. We aimed to alleviate the financial pressure of those in need while supporting local shops, connecting the community, and promoting the spirit of mutual assistance.

本會向27間地區小店購買現金券轉贈區內低收入人士及家庭。



We purchased cash coupons from 27 local shops to distribute to low-income individuals and families in the district.

Support for the Elderly and Their Caregivers

Telephone Calls and Volunteer Home Visits

The pandemic kept elderly at home for prolonged times to reduce the risk of infection. As their daily and social lives were severely affected, our five elderly centres made a total of 8,546 phone calls to enquire about our members, cases, and caregivers to identify needy ones and distribute pandemic prevention materials and provide emotional support to them while conducting community pandemic prevention education. Older people who were frail and financially deprived also had difficulty affording and purchasing pandemic prevention materials, and some caregivers could not go shopping as they were busy taking care of their dependents at home. To support these older people and caregivers, our centres visited 2,368 members and service users

服務對象之情緒及通知職員作適當的介入；故本會安老服務義工小組聯會夥拍扶康會康晴天地，於2021年12月舉辦「『心伴你同行』義工訓練日暨聯歡」，活動集結59位來自本會5所安老服務單位的義工代表，一同參與主題互動工作坊及「真人圖書館」，提升他們對心理健康的認識，並提供機會讓他們與精神病康復者交流。完成訓練後，義工於2022年2至4月期間製作情緒健康資訊圖卡，並於各安老服務單位Facebook專頁、會員及義工WhatsApp群組中發放，成功把保持精神健康的訊息及減壓小貼士傳遞予1,800多人之坊眾，於疫情中帶出正能量。



Participants experiencing the Mind Relaxation Practice led by an occupational therapist.

through a total of 328 visits and distributed pandemic prevention packages donated by groups such as the Home Affairs Department, Sun Hung Kai Properties Limited, Kerry Property Management Services Limited, and Borderless Volunteers, allowing underprivileged elders and needy caregivers to feel the care of the community.

Promoting Mental Health Messages to the Elderly

The continuously changing pandemic brought many negative emotions to older people. To enhance the understanding of our elderly volunteers from this perspective so that they could more sensitively identify the feelings of service targets and notify staff for appropriate intervention during volunteer services, the AKA Elderly Service Volunteer Group Committee collaborated with the Fu Hong Society's Sunrise Centre to organise the "Heart with You" Volunteer Training and Gathering in December 2021. The event brought together 59 volunteer representatives from our five elderly service units to participate in theme-based interactive workshops and the Human Library, enhancing their understanding of mental health and providing opportunities for them to interact with formerly mentally ill people. After completing the training, volunteers produced emotional health information cards from February to April 2022, which were then distributed on the Facebook pages of each elderly service unit, as well as in the WhatsApp groups of members and volunteers. These cards successfully delivered messages about maintaining mental health and tips on stress reduction, while bringing positive energy to over 1,800 people during the pandemic.



義工製作情緒健康資訊圖卡，透過網絡平台向坊眾傳達精神健康訊息。

Volunteers created emotional health information cards and disseminated mental health messages to the public through online platforms.

協助長者應用科技產品

在限聚令下的跨家庭聚會人數安排、「安心出行」及「疫苗通行證」等防疫措施限制下，減少了子女探訪年邁父母之機會；同時，亦增加了不諳科技應用的長者外出活動的難度，凡此種種皆影響到長者的身心健康。有見及此，本會轄下賽馬會黃志強長者地區中心於2021年12月參與由香港賽馬會慈善信託基金推出之「賽馬會『智融易』長者數碼支援計劃」，向有需要長者提供免費支援「安心出行」流動應用程式智能手機及本地儲值卡（連12個月流動通訊基本服務），並組織跨界跨齡義工教授長者使用，讓長者在數碼年代，提升社區觸角，與時並進，融入社會，享受豐盛多彩的晚年生活。截至2022年3月，已有327位長者受惠。

Assisting Older Adults in Applying Technology

The restrictions of anti-pandemic measures such as limited cross-household gathering arrangements, LeaveHomeSafe mobile app and Vaccine Pass reduced people's opportunities to visit their elderly parents. They also increased the difficulty for older adults unfamiliar with technology applications to leave home, affecting their physical and mental health. In view of this, our Jockey Club Wong Chi Keung District Elderly Community Centre participated in the Jockey Club Digital Support Project for the Elderly launched by The Hong Kong Jockey Club Charities Trust in December 2021 to provide LeaveHomeSafe mobile app-compatible smartphones and local stored value cards (including 12 months of basic mobile communication services) to older adults in need. Furthermore, we organised cross-disciplinary and cross-age volunteers to teach older adults how to use these digital tools, allowing them to enhance their community connections, keep up with the times, integrate into society, and enjoy a colourful and fulfilling life in the digital age. As of March 2022, 327 older adults had benefited from this project.

在中心、電訊公司職員及義工協助下，長者不但學會使用「安心出行」流動應用程式；更懂得使用智能手機與居於內地孫女視像對話，疫情下陪感親切。

With the assistance of staff from our centre, telecommunications companies, and volunteers, older adults learned to use not only the LeaveHomeSafe mobile app but also smartphones to enable video conversations with their grandchildren living in mainland China, providing them with a greater sense of companionship during the pandemic.





參加者接受義務醫生的免費諮詢服務。

Participants received free medical consultation services from volunteer doctors.

提供免費疫苗接種服務

為讓基層人士、行動不便及體弱長者可於疫情嚴峻的情況下在居所附近接種疫苗，免卻四出奔走之苦，本會轄下家居支援服務於2022年2月24日舉行了「石排灣疫苗接種日」；成功為108位居住於石排灣邨的有需要人士提供免費疫苗接種服務。是次活動獲香港南區婦女會借出場地作疫苗接種站；另亦獲石排灣邨互助委員會、石排灣邨婦女會、香港南區婦女會及禮賢會萬隸甫夫人長者鄰舍中心鼎力支持，安排義工協助行動不便及體弱長者提供貼心的照顧，包括接送長者往返場地、陪伴他們在休息區等候接種疫苗及向其派發福袋等，讓長者及其家人可安心參與。此外，服務隊更獲多位義務醫生的協助，於接種日前及當日為參加者提供免費醫療諮詢服務及正確的醫療資訊。

除家居支援服務外，本會轄下珍維社區健康促進中心亦於2022年3月聯同南區建設力量及南區民政事務處，委託醫療團體提供短期社區疫苗接種服務。中心開放場地設施供市民接種科興疫苗，共服務64人。

Providing Free Vaccination Services

To enable grassroots individuals, older people with mobility issues, and the frail elderly to receive vaccinations near their homes when the pandemic was severe, our home support services held the Shek Pai Wan Vaccination Day on 24th February 2022. We successfully provided free vaccination services to 108 Shek Pai Wan Estate residents in need. The event was held at a vaccination station set up on the premises of the Hong Kong Southern District Women's Association. We also received strong support from the Shek Pai Wan Estate Mutual Aid Committee, Shek Pai Wan Estate Women's Association, Hong Kong Southern District Women's Association, and Mrs. Mann Tai Po Rhenish Neighbourhood Elderly Centre, which arranged volunteers to provide caring support to older people with mobility issues and the frail elderly. They assisted in transporting them to and from the venue, accompanied them while waiting for the vaccination, and distributed goodie bags, allowing older people and their families to participate with peace of mind. In addition, our service teams received assistance from many volunteer doctors to provide participants with free medical consultation services and correct medical information before and during the vaccination day.

As well as our home support services, our Chun Wai Community Health Promotion Centre also provided short-term community vaccination services by partnering with the Southern District Constructive Power and the Southern District Office of the Home Affairs Department in March 2022 to commission a healthcare group. Our centre opened its facilities for citizens to receive Sinovac vaccinations, serving a total of 64 people.

參與計劃的團體代表及義務醫生合照留念。



Representatives of participating groups and volunteer doctors took a group photo to commemorate the event.

社區人士支援

本會良躍社區藥房在第五波疫情期間亦先後獲李文達與蔡美靈慈善基金及科進顧問（亞洲）有限公司慷慨贊助推行支援計劃，向低收入家庭及人士、有需要長者及慢性疾病患者免費提供平安藥包及抗疫包，緩解他們在疫情下欠缺藥物及抗疫用品之情況。此外，藥房亦獲香港賽馬會慈善信託基金捐助推行「賽馬會社區藥房支援網絡－社區取藥易」服務，為於疫情期間不欲或未能到醫院覆診人士安排免診取藥、送藥到戶及藥劑師遙距跟進等服務，有關各項服務詳情可參閱本年報健康服務部份之介紹。

員工支援

在疫情下，本會每位職員皆緊守崗位，為服務使用者提供支援。本會明白他們在疫情下工作需要承受額外的壓力和風險，為讓前線職員能夠掌握最新抗疫資訊，並能於提供服務時有效及準確地與服務使用者分享，本會家居支援服務隊於2021年12月29日舉行了兩場訓練，由香港護士總工會會長蘇肖娟女士及香港大學護理學院賴婉君助理教授負責主講，向105位職員介紹如何有效地提供健康資訊予服務使用者之要訣。疫情於2022年1月更見嚴峻，服務隊遂於2022年1月26日為逾10位來自石排灣邨婦女會及石排灣邨互助委員會委員，以及逾50位服務隊職員舉行了「感染控制訓練」，讓他們掌握感染控制的知識及向區內有需要人士分享有關資訊，共同抗疫。除了為職員提供防疫訓練外，本會亦向全體職員送上具殺菌功能之高防立體口罩及快速抗原測試包等防疫物資，與他們齊心抗疫。

Support for Community Members

During the fifth pandemic wave, our A-Lively Community Pharmacy received generous support from the Lee Man Tat and Choi May Ling Charitable Foundation and WSP Asia Limited to implement a support programme. We provided free safety medicine packs and anti-pandemic packs to low-income families, individuals in need, older people, and chronic disease patients, alleviating their lack of medication and anti-pandemic supplies during the pandemic. In addition, our pharmacy received a donation from The Hong Kong Jockey Club Charities Trust to launch the Jockey Club Community Pharmacy Support Network – Easy Medicine Pickup in the Community service, which arranged medicine collection without an appointment, medicine delivery, and remote follow-up by pharmacists for individuals who did not want to or could not attend hospital follow-ups during the pandemic. For details of these services, please refer to the Health Service section of this annual report.

Support for Employees

During the pandemic, every one of our staff members was steadfast in providing support services to our service users. We realised they were facing additional pressure and risks while working during the pandemic. To help frontline staff stay up to date with the latest anti-pandemic information and effectively and accurately share it with our service users, our home support service team held two training sessions on 29th December 2021. The sessions, delivered by Ms. SO Chui-kuen, President of the Hong Kong Nurses General Union, and Assistant Professor Agnes LAI of The University of Hong Kong School of Nursing, provided essential tips to 105 staff members on effectively delivering health information to our service users. As the pandemic became more severe in January 2022, our home service team held an Infection Control Training session on 26th January 2022 for over 10 members of the Shek Pai Wan Estate Women's Association and the Shek Pai Wan Estate Mutual Aid Committee, and more than 50 service team members. The training equipped them with knowledge of infection control while enabling them to share relevant information with those in need in the community, contributing to the collective effort against the pandemic. In addition to providing anti-pandemic training to staff, we also offered high-protection 3D masks with a sterilisation function and rapid antigen test kits to all our staff members to support them in the fight against the pandemic.

服務報告
Service
Report

社會服務 Social Service

長者服務（社區支援及社區照顧）

本會之長者服務（社區支援及社區照顧）主要由轄下6個服務單位所組成，分別為賽馬會黃志強長者地區中心、南區長者地區中心、方王煥娣長者鄰舍中心、林應和長者鄰舍中心、華貴長者日間護理中心及南區長者綜合服務處。上述各中心皆以「社區支援」或「社區照顧」為服務方向，為南區年滿60歲或以上之長者、護老者、長者家屬及社區人士等提供服務。

The elderly service (community support and community care) of our organisation mainly comprise six service units: Jockey Club Wong Chi Keung District Elderly Community Centre (JCDECC), Southern District Elderly Community Centre (SDECC), Fong Wong Wun Tei Neighbourhood Elderly Centre (FWWTNEC), Lam Yingwah Neighbourhood Elderly Centre (LYWNEC), Wah Kwai Day Care Centre for the Elderly (WKDCC) and Southern District Integrated Elderly Service Centre (SDIESC). These centres focus on providing "Community Support" or "Community Care" and serve elders aged 60 or above, their caregivers and relatives, as well as community members in the Southern District.

年度工作重點

善用樂齡科技

Highlights of the Year

Making Good Use of Gerontechnology

鄭女士，「VR體驗時光」參加者

Ms. CHENG, participant of VR Travel Experience

受疫情影響，不能到世界各地旅遊，甚至在香港都不能四處遊玩。想不到VR裝置可為我帶來仿如親身旅遊的體驗，更讓我觀賞到香港全新面貌，到訪新景點。這次體驗提升了我對樂齡科技的興趣！

Because of the pandemic, I couldn't travel around the world or even around Hong Kong. But I was amazed that the VR device could give me an experience that made me feel like I was there. I got to see Hong Kong's new attractions. This experience has made me even more interested in gerontechnology!

應用樂齡科技產品提供服務

面對「2019冠狀病毒病」疫情反覆不定的情況，本會轄下長者社區支援及社區照顧服務於年內繼續善用社會福利署樂齡及康復創科應用基金資助添購之樂齡科技器材，舉辦多元化的訓練和活動，鼓勵長者多做運動及認知能力訓練，延緩退化；同時，亦藉此減輕照顧者壓力，支援長者「居家安老」。年內，4所長者中心共為3,115人次提供實體及線上樂齡科技訓練，讓長者及坊眾體驗樂齡科技帶來的便利。另受制於防疫社交距離措施，社交媒體便成為維持人與人聯繫的重要平台。為提高長者對有關軟件的掌握，4所長者中心於年

參加者體驗樂齡設備—「TANO智能康復運動系統」，訓練手眼協調能力。



Participants experienced the TANO Intelligent Rehabilitation Exercise System, a gerontechnology product, to train their hand-eye coordination abilities.

Elderly Service (Community Support and Community Care)

內共舉辦 74 項資訊科技工作坊，教導長者使用智能手機、平板電腦及各類社交媒體軟件，共963人次參與。此外，年內亦為長者及護老者提供多元主題線上訓練、直播及活動，提升他們對身心健康、社區資源及照顧技巧的認識，共2,638人次受惠。

參加者透過VR裝置觀賞香港各處景色。



Participants viewed Hong Kong scenery through the VR device.

運用科技裝置配合復康訓練

華貴長者日間護理中心於年內分別獲社會福利署樂齡及康復創科應用基金及香港賽馬會慈善信託基金資助，添購適合長者使用的運動及復康器材，包括腿部/手臂訓練機、步行訓練器及病人站立輔助/轉移機。為善用有關器材，中心先後舉辦「被您筋動」及「站起來」活動。前者利用腿部/手臂訓練機幫助筋肌及關節較僵硬的參加者進行被動運動，增強其活動能力。經過一段時間的訓練後，所有參加者在膝及肩等關節的活動幅度均有所增加，活動參加人次達153。

Apply Gerontechnology Products in Services

In response to the ever-changing situation of the COVID-19 pandemic, our community support and community care service for the elderly continued to make use of the Social Welfare Department's Innovation and Technology Fund for Application in Elderly and Rehabilitation Care to purchase gerontechnology equipment and organise diversified training and activities to encourage older people to engage in physical exercise and cognitive training to delay degeneration while reducing the pressure on caregivers and supporting "Aging in Place". During the year, our four elderly centres held physical and online gerontechnology training sessions, which, with a total attendance of 3,115, allowed older people and the public to experience the convenience of gerontechnology. Additionally, to improve older people's proficiency in social media—which has become an essential platform for maintaining interpersonal connections due to social distancing measures—our four elderly centres held a total of 74 IT workshops during the year, teaching older people how to use smartphones, tablets and various social media software, with a total attendance of 963. Furthermore, we provided online training, live broadcasts and activities on multiple themes for older people and caregivers to enhance their understanding of physical and mental health, community resources and caregiving skills, recording a total attendance of 2,638.

Using Technological Devices to Assist Rehabilitation Training

The WKDCC received funding from the Social Welfare Department's Innovation and Technology Fund for Application in Elderly and Rehabilitation Care and The Hong Kong Jockey Club Charities Trust during the year to purchase exercise and rehabilitation equipment suitable for older people, including the MOTomed viva 2 light motorised movement therapy system for leg/arm training, the Arjo Walker for walking training and the MEDEN Verteo sit-to-stand lift for patient standing assistance/transfer. To use these devices well, the centre held the Motorised Movement and Sit to Stand activities. With an attendance of 153, the former utilised the leg/arm training machine to help participants with stiff muscles and joints to undergo passive exercise and enhance their mobility. All participants increased the range of motion in their knee and shoulder joints after considerable training.

The Sit to Stand activity primarily utilised the patient standing assistance/transfer machine and the walking training device to

至於「站起來」活動，主要運用病人站立輔助/轉移機和步行訓練器，訓練和維持長者的平衡力及肌耐力。27位體弱長者經過一段時間的訓練後均表示痛楚大幅減少，部份參加者亦表示接受訓練後步履更見穩健，效果理想。

會員利用步行訓練器進行平衡力及肌耐力訓練。



An elderly member used a walking training device to train his balance and muscle endurance.

train and maintain the balance and muscle endurance of older people. The activity achieved excellent results. After receiving training for a period of time, 27 frail elderly individuals reported a significant reduction in pain, and some said their gait had improved and become more stable as well.

職員從旁協助會員使用被動式運動器材訓練，維持及增強長者肌肉力量，延緩退化速度。

Our staff member assisted an elderly member to use passive exercise equipment to maintain and enhance his muscle strength, thus slowing down his degeneration rate.



賽馬會「e健樂」電子健康管理計劃

本會獲香港賽馬會慈善信託基金資助之「賽馬會『e健樂』電子健康管理計劃」已踏入第5年。計劃透過電子科技和創新服務模式，提升長者的自我健康管理能力；並提供適切的護士遙距支援服務及分析長者健康大數據，以了解本地長者的健康狀況，於不同層面促進長者的福祉。

計劃獲本會轄下4所長者中心共660位會員響應，參與健康探索之旅、帶氧運動訓練、園藝治療、表達藝術治療及地壺球運動等77項訓練活動，惠及3,127人次。計劃已進入第二階段，惟受疫情影響，推行模式亦需作調整。為確保健康主題活動能在

Jockey Club Community eHealth Care Project

Sponsored by The Hong Kong Jockey Club Charities Trust, the Jockey Club Community eHealth Care Project entered its fifth year of empowering older adults with the ability to self-manage their health through digital technology and innovative service models, as well as providing appropriate telehealth nursing support services and analysing big data on elderly health to understand the health status of local seniors better and promote their well-being on different levels.

The project received responses from 660 members of our four elderly centres to participate in the 77 training activities it offered, including health exploration tours, aerobic exercise training, horticultural therapy, expressive art therapy and floor curling, which recorded a total attendance of 3,127. Although the project was in its second phase, adjustments had to be made to the implementation model due to the pandemic. To ensure the health-themed activities strictly complied with social distancing and pandemic prevention measures, we reduced the number of participants and moved some activities online. In addition, the project encouraged participants to make appointments to measure

嚴守社交距離及防疫措施下進行，各中心除減少活動參加名額外，部份活動亦改以線上形式舉辦。此外，計劃亦鼓勵參加者提前預約到中心量度血壓，或利用手機應用程式記錄健康數據，減少於中心聚集。全年使用「電子健康站」測量血壓的總人次達30,435，使用手機應用程式記錄的則有871人次，全年測量血糖人次亦達4,615。若發現長者血壓或血糖指標有異者，護士會即時了解其身體狀況及通知職員，以便作出跟進。

their blood pressure at our centres or to use a mobile app to record their health data, reducing crowding at our centres. Throughout the year, our members used the eHealth Station 30,435 times to measure blood pressure and the mobile app 871 times to record health data. The project also recorded 4,615 instances of blood sugar measurement. If an older adult's blood pressure or blood sugar level was found to deviate from normal, our nurses would immediately assess their health conditions and notify the staff for follow-up.

在「耆樂滾動地壺球工作坊」中，參加者分組對賽。



In the Joyful Floor Curling Workshop for the Elderly, participants were divided into teams to compete.

參加者在教練指導下進行帶氧運動，改善心肺功能。



Participants engaged in aerobic exercise under the guidance of a coach to improve their cardiorespiratory function.

梁婆婆，「鄰」住愛「里」在華富計劃參加者
Ms. LEUNG, participant in the Neighbourhood Love Programme at
Wah Fu Estate

計劃讓我和老友記一起回顧在華富邨的情懷，溫暖的回憶不斷湧上心頭，也鼓勵我要繼續幫助有需要的街坊，彼此關懷。感謝計劃讓我的生活在疫情下仍能充滿動力！

The programme let me and my old mates look back together on our memories of the Wah Fu Estate. Warm memories kept returning to me, driving me to continue helping out our neighbours in need and caring for each other. I'm grateful to the programme for keeping me motivated even during the pandemic!

「鄰」住愛「里」在華富計劃

本會轄下南區長者綜合服務處獲華富(一)屋邨管理諮詢委員會資助於2022年1至3月期間舉辦「『鄰』住愛『里』在華富」計劃，凝聚該邨居民推廣和諧社區的訊息；同時在華富邨重建前緬懷昔日生活點滴，發揮鄰里守望相助精神，關懷邨內有需要之長者。

計劃內容包括：(1)「鄰」住好「景」－華富相片徵集行動；(2)「鄰」住友「賞」－攝影導賞工作坊暨分享會；(3)「鄰」住愛「里」－關愛長者社區探訪，送贈禮物包予邨內獨居或兩老共住的匱乏長者，減低他們在疫情下為購買糧食而奔波的情況；及(4)「鄰」住有「禮」扭蛋樂，於中心設置華富邨特色照片扭蛋機，讓社區人士憑扭蛋換取懷舊零食，透過味蕾品嚐回憶。計劃並向華富居民及社區人士收集邨內的奇聞趣事、昔日情懷、好人好事和特色相片，製作成精美相集派發予居民及商戶代表，傳承華富的獨特歷史。長者反映相集勾起了過往鄰里互助的溫暖回憶，亦讓他們留下華富重建前的珍貴紀念。

「鄰」住有「禮」扭蛋機內載有具華富邨特色景點之扭蛋，坊眾可憑扭蛋換領懷舊零食。

The Neighbourhood Gift capsule machine contained capsules with iconic Wah Fu Estate landmarks, and community members could exchange their capsules for nostalgic snacks.



Neighbourhood Love Programme at Wah Fu Estate

Our SDIESC received funding from the Wah Fu (I) Estate Management Advisory Committee to hold the Neighbourhood Love Programme from January to March 2022. The programme aimed to promote a harmonious community among the estate residents who reminisced about the past before the reconstruction of the estate, while the neighbourhood's spirit of watching over elderly was reinvigorated.

The programme featured these events: (1) Neighbourhood View – a photo collection campaign of Wah Fu Estate; (2) Neighbourhood Tour – a photography guided tour workshop and

相集收錄了華富邨舊貌，滿載居民的集體回憶。

With old photos of Wah Fu Estate, this album is full of residents' collective memories.



sharing session; (3) Neighbourhood Love – community visits to care for the elderly and reduce the need of underprivileged elderly singletons and doubletons living in the estate to leave their homes to buy food during the pandemic by distributing gift packs to them; and (4) Neighbourhood Gift – a Wah Fu Estate photo capsule machine set up in the centre for community members to exchange their capsules for nostalgic snacks and reminisce through their taste buds. The programme also collected interesting stories, nostalgic memories, good deeds and unique photos from Wah Fu Estate residents and community members to create a beautiful photo album that was distributed to residents and shop representatives, passing on the unique history of Wah Fu. The estate's elderly residents, reflected that the photo album evoked warm memories of past neighbourhood mutual assistance and left them with precious memories before the estate was reconstructed.

南區長者友善安全社區計劃－優化南區交通燈號及過路配套

賽馬會黃志強長者地區中心自2009年起牽頭，與區內10個安老服務單位及居民互助團體組織旗下長者會員組成之「南區長者友善安全社區小組」，一直關注長者友善措施發展和區內民生議題。本年度再獲南區區議會贊助，與南區健康安全協會有限公司合辦「2021/2022年度南區長者友善安全社區計劃」，並以「優化南區交通燈號及過路配套」為年度專題，推動81位跨中心長者友善大使透過跨代設計思維訓練工作坊、拍攝及後期製作訓練工作坊、社區巡查、網上投票、社區巡迴展及網上分享會等活動，積極研究建構長者及年齡友善的安全社區。大使們更將小組對「優化南區交通燈號及過路配套」的構想製成實體模型；並於社區及網上推廣，展示計劃成果。計劃共有560人次參與，跨社交平台網上推廣接觸超過100,000人次。

計劃參加者分組製作立體模型以呈現優化南區交通過路配套的構思及建議，為社區政策和設施「發聲」。



The plan's participants were divided into groups to create three-dimensional models to present their ideas and suggestions for optimising traffic lights and pedestrian facilities in the Southern District as a way to address community policies and facilities.

Southern District Age-friendly and Safe City Plan – Optimisation of Traffic Lights and Pedestrian Facilities in the Southern District

Established by the JCDECC and 10 elderly service units and residents' mutual aid groups in the Southern District, the Southern Age-friendly and Safe City Working Group has advocated for elderly friendly measures and addressed community issues since



由參加者製作之
南區交通過路配
套立體模型。



Three-dimensional models of pedestrian facilities for the Southern District created by the plan's participants.

2009. This year, with sponsorship from the Southern District Council, the group collaborated with the Southern District Healthy & Safe Association Limited to organise the 2021/2022 Southern District Age-friendly and Safe City Plan. The plan's theme for the year was "Optimisation of Traffic Lights and Pedestrian Facilities in the Southern District", under which 81 cross-centre elderly ambassadors actively studied and constructed an age-friendly and safe community through activities such as cross-generational design thinking training workshops, photography and post-production training workshops, community patrols, online voting, community patrol exhibitions and online sharing sessions. The ambassadors also turned the group's ideas for the "Optimisation of Traffic Lights and Pedestrian Facilities in the Southern District" into physical models showcased in the community and online to demonstrate the plan's achievements. The plan had a total participation of 560 and reached out to an audience of over 100,000 across social media platforms.

支援長者及護老者服務

Support for the Elderly and Their Caregivers

黎小姐，認知障礙症患者照顧者

Ms. LAI, caregiver of a person with cognitive impairment

感謝職員在疫情期間拍攝不同的認知訓練短片於Facebook及YouTube播放，讓母親居家抗疫時，可以跟隨影片做健腦運動、玩健腦遊戲，對她十分有幫助。

I am grateful to the staff for producing and posting various cognitive training videos on Facebook and YouTube during the pandemic. These videos were beneficial to my mother, allowing her to do brain exercises and play mental games at home while coping with the pandemic.

有需要護老者服務

本會轄下長者社區支援及社區照顧服務積極推行多元化護老者服務，年內共為320位有需要護老者提供20項支援小組活動、82項訓練活動及740人次家居暫託、陪診等支援服務，紓緩護老者之照顧壓力及建立支援網絡。此外，為提升不同持份者對有需

Services for Needy Caregivers

The community support and community care service for the elderly of our organisation actively implemented a diversified range of services for caregivers of older people within the year, offering 20 support group activities, 82 training activities and 740 instances of support services, such as home respite care and escorting services to 320 caregivers to alleviate their care burden and establish support networks. Additionally, to enhance



要護老者服務的認識，推動及早適別有需要護老者，年內本會為304名來自地區組織、教會、物業管理公司等前線物管人員提供了25次訓練。訓練內容包括介紹識別有需要護老者及認知障礙症長者之方法及服務轉介途徑等。

另本年度在社會福利署資助下，本會亦先後舉辦了「護老『友』『里』」及「沿途『友』『里』·攜手同行」計劃，在地區層面加強社區人士及物業管理人員對護老者之需要及認知障礙症的認識，推動他們在社區發揮友好及樂助的精神，共建友善關愛的社區。兩項計劃總受惠人次達4,673，計劃內容涵蓋義工訓練和探訪、頌鉢體驗、園藝體驗及正向心理等護老者減壓工作坊及護老體驗活動，讓社區人士與護老者直接交流，了解他們在照顧路上的苦與樂。照顧路途漫長崎嶇，本會期望透過計劃能在社區播下互助關愛的種子，集眾人之智，讓照顧者在路上有你我同行。

understanding of services for caregivers in need among different stakeholders and to promote early identification of caregivers in need, we provided 25 training sessions to 304 frontline property management personnel from institutions such as community organisations, churches and property management companies. These training sessions covered methods of identifying caregivers in need and older adults with cognitive impairments and the pathways for service referral.

Furthermore, with funding from the Social Welfare Department, we also organised the Caregiver Companions Project and the Walking with Carers Project to strengthen the understanding of community members and property management personnel of the needs of elderly caregivers and dementia and to encourage them to play a friendly and helpful role in the community, in the hope of building a caring and friendly community together. Under the two projects, we held caregivers' stress reduction workshops and elderly-care experience activities, such as volunteer training and visits, singing bowl experiences, horticultural experiences and positive psychology, with a total attendance of 4,673. These activities provided opportunities for community members to communicate directly with caregivers and understand their joys and hardships in caregiving. We hoped that through these projects we could sow the seeds of mutual assistance and care in the community and harness the wisdom of the crowd to accompany caregivers on their long and arduous endeavour.

接受日間暫託服務之長者在義工帶領下進行社交互動遊戲。



Older people receiving daytime respite care services engaged in social interaction games under the guidance of volunteers.

參加者表示活動能讓他們更了解護老者的困難與需要，並承諾會繼續關懷他們。



The participants told us that the activities allowed them to understand the difficulties and needs of elderly caregivers better, and they promised to continue caring for them.

長者藥物管理服務

南區長者綜合服務處自2015年起獲香港大學李嘉誠醫學院藥理及藥劑學系支持，推行「『藥到病除』長者藥物管理計劃」。由本會社工、藥理及藥劑學系註冊藥劑師生組成的跨專業團隊，到戶為服用5項或以上藥物的獨居或兩老同住長者進行藥物管理能力評估，並提供持續的指導和支援，協助他們建立正確的藥物管理習慣。為減低疫情對服務的影響，學生透過視訊為長者提供線上藥物指導，並跟進長者用藥情況。計劃推行至今，受惠長者多達215位。本計劃亦獲該學系納入教學課程，推動學生積極參與社區服務，學以致用。

藥劑學系學生到戶探訪長者，了解及跟進他們用藥的情況。



Pharmacy students visited elders at their homes to understand and follow up on their medication use.

另服務處與醫護行者和香港大學李嘉誠醫學院藥理及藥劑學系於2020年10月共同策劃藥物支援服務研究，並獲嘉里集團成為策略夥伴及贊助推行之「『藥你同行』社區藥物管理服務」於2021年8月完結。此計劃乃由註冊藥劑師定期於中心為長者提供免費諮詢服務，評估及指導長者的用藥情況；同時協助長者及護老者認識藥物治

Medication Management Project for Elders

Since 2015, the Department of Pharmacology and Pharmacy at the Li Ka Shing Faculty of Medicine, The University of Hong Kong, has supported our SDIESC in implementing the Medication Management Project for Elders. The project sent transdisciplinary teams comprising our social workers as well as registered pharmacists and students from the Department of Pharmacology and Pharmacy to visit elderly singletons and doubletons taking five or more medications at their homes to evaluate their drug management ability and continuously guide them in establishing proper medication management habits. To reduce the impact of the pandemic on the service, students provided online medication guidance to elders through video conferencing and followed up on their medication use. To date, the project has benefited as many as 215 elderly individuals. It has also been incorporated into the department's curriculum to promote the active participation of students in community service and allow them to apply what they have learned.

In addition, our SDIESC collaborated with Health in Action and the Department of Pharmacology and Pharmacy, Li Ka Shing Faculty of Medicine, The University of Hong Kong, in October 2020 to jointly plan a research project on medication support service. With the Kerry Group as our sponsor and strategic partner, the Primary Care Medication Management Service was completed in August 2021. This project provided elderly with regular free consultation services by registered pharmacists at our centre to assess and guide their medication use. It also aimed to help elderly and their caregivers understand the relationship between medication treatment and health, establish correct medication use and lifestyle habits and comprehensively enhance the elders' ability to manage their health and control chronic diseases. The entire project recorded 94 instances of participation in total.

藥劑學系學生透過「『藥到病除』長者藥物管理計劃」接觸不同長者，從中學習與長者相處的技巧及聆聽他們的需要。



Through the Medication Management Project for Elders, pharmacy students reached out to different seniors to learn how to communicate with them and listen to their needs.

療與健康關係，建立正確的用藥及生活習慣，全面提升長者自我健康管理及慢性疾病控制的能力。整個計劃受惠人次共94。

在過去多年與香港大學李嘉誠醫學院藥理及藥劑學系合作，學院及本會均深切感受到市民大眾對藥物的認識及如何妥善用藥以達致藥到病除有急切的需要。本會在嘉里集團資助下，於2021年11月與香港大學李嘉誠醫學院藥理及藥劑學系合作，開辦南區首間以地鋪營運的非牟利社區藥房——良躍社區藥房。藉此為區內各類有需要的患者提供專業藥劑服務，讓大眾在社區內有多一個渠道獲得健康資訊。

智友醫社同行計劃

本會轄下兩所長者地區中心自2019年5月起於南區全面推行「智友醫社同行計劃」，為社區上患有輕度或中度認知障礙症患者及其照顧者提供支援服務，包括：認知訓練、自理能力訓練、為護老者提供壓力管理及護理知識訓練等。

因應疫情，計劃在實體課堂以外，亦特別製備訓練教材及提供線上訓練，讓患者得以在家持續進行練習，維持認知能力。本年度共為129位患者及照顧者提供超過4,844小時訓練。為有效承接結束個案，計劃團隊更定期舉辦長者地區中心服務體驗活動及長者日託體驗日，讓長者得到持續支援，延續居家安老的心願。計劃喜獲使用者支持，達100%的結束個案滿意服務安排，另有89.2%的照顧者反映壓力得以紓緩。

Following several years of collaboration between our organisation and the Department of Pharmacology and Pharmacy at the Li Ka Shing Faculty of Medicine, The University of Hong Kong, both parties have deeply felt the urgent need for public education on medication and proper medication use to achieve effective treatment. With the sponsorship of the Kerry Group, we collaborated with the Department of Pharmacology and Pharmacy at the Li Ka Shing Faculty of Medicine, The University of Hong Kong, to open the A-Lively Community Pharmacy, the first non-profit community pharmacy, which is operating on the ground floor in the Southern District. Opening in November 2021, the pharmacy provides professional pharmaceutical services to all sorts of needy patients within the community and offers an additional channel through which the public can obtain health information.

Dementia Community Support Scheme

Since May 2019, two elderly community centres under our organisation have fully implemented the Dementia Community Support Scheme to provide support services for community members with mild to moderate cognitive impairment and their caregivers. These services include cognitive training, self-care training and caregivers' training in stress management and nursing knowledge.

In response to the pandemic, the scheme provided online training with specially prepared training materials in addition to physical classrooms, allowing patients to continue practising at home to maintain their cognitive abilities. Throughout the year, we provided over 4,844 hours of training to 129 patients and caregivers. To effectively follow up on completed cases and provide continuous support to seniors to fulfil their wishes of ageing at home, the scheme providers regularly held elderly community centre service experience activities and elderly daycare experience days. We are pleased the scheme was well received by users, with 100% of the completed cases expressing satisfaction with our service arrangements and 89.2% of caregivers reporting stress relief.

職員及義工透過卡牌遊戲與長者互動，維持及提升他們的認知能力。



Our staff and volunteers interacted with elders through card games to maintain and enhance their cognitive abilities.

賽馬會「抗疫同行」長者支援計劃

南區長者綜合服務處獲香港賽馬會慈善信託基金資助，於2020年11月開始推行為期18個月的「賽馬會『抗疫同行』長者支援計劃」。目標為支援獨居及兩老共住的長者，讓他們在「2019冠狀病毒病」疫情影響下仍能獲得身、心、靈全面的關顧，一同跨過疫情。

計劃的「里行者」義工定期以電話慰問長者，了解他們的生活近況及講解抗疫健康資訊，並借出包括血壓機、血氧機、體溫計、復康單車機及智能電話等設備予有需要的長者，讓他們學習自我管理健康及建立健康生活模式。此外，計劃亦為體弱長者提供醫療及健康支援服務，由專業醫護人員提供電話或到戶健康諮詢及護理，評估及跟進體弱長者的身體狀況與需要。

職員悉心教導長者使用智能電話記錄血壓、體溫等數據，鼓勵他們養成自我健康管理的習慣。



Our staff carefully taught older people to record blood pressure, body temperature and other data using smartphones, encouraging them to develop self-health management habits.

計劃為有需要長者提供健康測量儀器及派發防疫包，讓他們學習自我健康管理及建立健康生活模式。

The project provided health monitoring equipment and distributed anti-pandemic kits to older people in need, enabling them to learn self-health management and establish healthy lifestyle patterns.



Jockey Club Special Project to Support Elderly Singletons and Doubletons in COVID-19

Our SDIESC received funding from The Hong Kong Jockey Club Charities Trust to launch the 18-month Jockey Club Special Project to Support Elderly Singletons and Doubletons in COVID-19 in November 2020 to enable elderly singletons and doubletons to overcome the challenges posed by the pandemic with comprehensive care provided for their physical, mental and spiritual well-being.

The project's volunteers regularly checked on elders by phone to update their current living situations, deliver anti-pandemic health information and lend equipment, such as blood pressure monitors, oximeters, thermometers, rehabilitation bicycles and smartphones, to help those in need learn self-health management and establish healthy lifestyle patterns. Additionally, the project offered medical and health support services to frail elders, with healthcare professionals providing health consultation and nursing by phone or in-person and assessing and following up on their physical conditions and needs.

在疫情期間計劃招募及培訓了126位「里行者」義工為1,239位有需要的獨居或兩老同住長者提供各項支援服務，包括36,367次電話慰問、1,759次日用品送遞、護送及陪診、家居評估及健康檢查等社區及社交支援服務。另向459位有需要長者提供健康測量及電子儀器借用；並安排專業醫護人員為其中582位體弱長者提供醫療及健康支援服務，評估與跟進其身體狀況及需要。

賽馬會樂齡同行計劃

長者晚年面對的挑戰不止於身體機能衰退，還有喪偶、孤獨、子女早逝或擔心積蓄用盡等，長期憂慮會影響其精神健康。根據香港大學香港賽馬會防止自殺研究中心1981至2019年統計資料，在各年齡群組中，長者自殺率高居榜首。有見及此，本會向香港賽馬會慈善信託基金申請資助，於轄下兩所長者地區中心推行「賽馬會樂齡同行計劃」，結合精神健康綜合社區中心和長者地區中心的服務，聯繫高風險的長者，透過輔導、小組及朋輩援助等服務，改善他們的精神健康。計劃透過培訓

The project recruited and trained 126 volunteers during the pandemic to provide various support services to 1,239 elderly singletons and doubletons in need. These services included 36,367 telephone check-ins; 1,759 deliveries of daily necessities, escorts, home assessments and health checks; and other community and social support services. It also provided health measurement and electronic equipment loan to 459 older people in need. Also, for 582 frail older adults, the project arranged for healthcare professionals to assess and follow up on their physical conditions and needs through medical and health support services.

JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness

Long-term worries or stress, such as deterioration of physical functioning, bereavement, loneliness, a child's death or savings exhaustion, are detrimental to the mental health of older adults. According to the statistics of the Hong Kong Jockey Club Centre for Suicide Research and Prevention at The University of Hong Kong, from 1981 to 2019 more elders committed suicide than any other age group. In response to this concern, we applied for funding from The Hong Kong Jockey Club Charities Trust to implement the JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness at two of our elderly community centres. Bridging the services of integrated community centres for mental wellness and those of district elderly community centres, this project reaches out to high-risk elders to enhance their mental

在「『你點呀?』音樂治療工作坊」中，參加者可嘗試演奏不同樂器，以音樂表達情感，釋放情緒。



In the "How are you?" Music Therapy Workshop, participants could express emotions and release feelings through music by playing different instruments.

較年輕的長者成為「樂齡友里」精神健康大使，協助識別高危及支援有抑鬱徵狀的長者，並組成支援網絡，擔任同行者，陪伴抑鬱長者越過人生低谷，遠離生命中幽暗的日子。

本年度計劃以情緒表達為主題，透過一系列音樂及表達藝術工作坊，鼓勵長者及坊眾體驗不同形式的情緒表達，建立表達情感的渠道和信心。計劃更成功聯繫教會和居民組織等地區夥伴，開辦「樂齡友里」精神健康大使培訓課程，並培訓了126位新力軍於南區推廣精神健康資訊。年內，計劃以面見或電話方式為57位長者提供個案輔導服務、向長者及義工派發和講解「動態抗疫急救包2022」自助手冊以紓減抑鬱情緒、靈活運用Zoom舉行40次認識精神健康講座，另有1,218人次參與講座、工作坊及社區教育等活動。於疫情下部分活動改以Zoom形式舉辦，深受中年人士及剛退休人士歡迎，他們可藉此持續裝備對精神健康的認識，有助於社區推廣精神健康的重要性。

health through counselling, small-group programmes and peer support. It also trains younger elders to become ambassadors to help identify and support high-risk elders and those with depression symptoms. They also form a support network and serve as peers to accompany depressed elders as they struggle through the lows and dark days of their lives.

This year, the project focused on emotional expression, encouraging older adults and the community to experience different forms of emotional expression through a series of music and expressive art workshops. The aim was to establish channels and confidence in expressing emotions. The project also successfully partnered with community organisations, such as churches and residents' associations, to offer ambassador training, and 126 new ambassadors were trained for promoting mental health information in the Southern District. Throughout the year, the project provided case-counselling services to 57 elderly people through face-to-face or telephone consultations, distributed and explained the *Dynamic Anti-pandemic First Aid Kit 2022* – a self-help manual for relieving depressive emotions – to older adults and volunteers and held 40 mental health seminars using Zoom flexibly. Additionally, during the pandemic, we changed to hosting some activities via Zoom, and they were well-received by middle-aged and newly retired people.

By enabling participants to continue to equip themselves with mental health knowledge, these activities benefited the promotion of important information in the community.

計劃聯繫社區團體舉辦「樂齡友里」義工培訓課程，推廣關注長者精神健康。



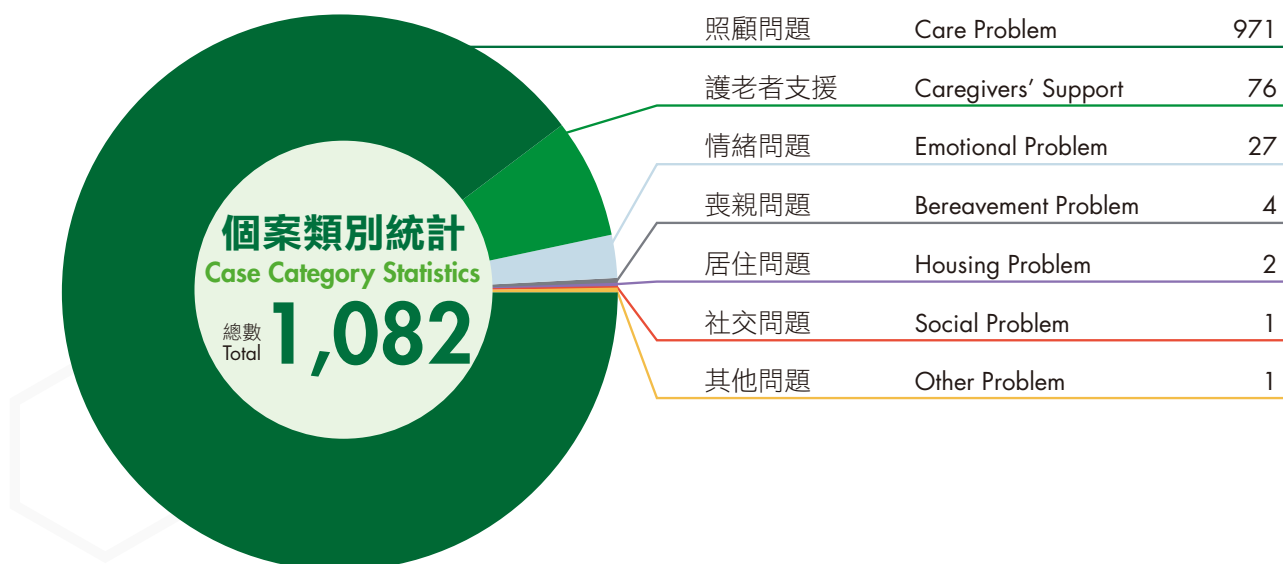
In collaboration with various community organisations, the project organised the JC JoyAge volunteer training course to promote awareness of older people's mental health issues.

個案輔導

本會長者社區支援及社區照顧服務透過面談、家訪、電話聯絡及小組等形式為有需要的長者及其家人提供輔導服務。在輔導過程中，長者可更有信心及能力去解決自身問題，並改善與家人的關係。年內共處理了1,082宗輔導個案，並提供了199次長者健康及家居護理評估服務。在輔導個案中有236個在達成治療目標後完結，流轉率為21.81%。有關輔導服務的個案類別統計，詳見下表：

Counselling Service

Our community support and community care service for the elderly provides counselling service to older people and their families in need through face-to-face interviews, home visits, telephone contacts and group activities, empowering them with more confidence and a greater ability to solve their problems and improve their relationships with family members. This year, we handled a total of 1,082 counselling cases and provided 199 instances of elderly health and home nursing assessment services. Among the counselling cases, we concluded 236 cases after achieving treatment goals, representing a turnover rate of 21.81%. For statistics on the categories of the cases of our counselling service, please refer to the table below:



治療小組工作

為進一步支援有特別需要之長者及配合個案輔導服務，年內兩所長者地區中心分別舉辦了9個主題治療小組，包括「『樂藝身心』中風康復者表達藝術治療小組」、「心情轉動小組」、「晚晴規劃－視死如生小組」及「『腦』動『耆』樂園」等，共338人次受惠。這些治療小組成功協助長者建立互助支援網絡、提升自信心及自理能力，讓其能更積極面對晚年生活。

Therapeutic Group Work

To further support elders with special needs and in response to counselling service, two of our elderly community centres held a total of nine theme-based therapeutic groups this year, including the "Joyful Mind and Body" Art Therapy Group for Stroke Rehabilitation Patients, Emotion Change Group, Late Life Planning – Seeing Death as Life Group and "Keep Your Brain Work" Joyful Elderly Park, with a combined attendance of 338. These therapeutic groups successfully helped older people establish mutual support networks and enhance self-confidence and self-care abilities, enabling them to face their later years more actively.

來年，本會長者社區支援及社區照顧服務將繼續秉持「持續社區照顧」理念，回應長者需要；並會因應「2019冠狀病毒病」疫情發展，善用資訊科技全面關顧長者身、心、社、靈各方面的需要。另亦會為長者和護老者提供相關訓練，從健康檢測、復康訓練及社交生活等各方面提升長者生活質素，減輕護老者之照顧壓力，延續長者「居家安老」心願。本會轄下各長者中心亦將繼續承托「智友醫社同行計劃」之參加者，讓其在完成訓練後，可轉介至居所鄰近之中心繼續跟進。新年度，本會將以綜合服務模式編織長者鄰舍支援網絡，推動跨齡人士與長者互動，締造敬老愛老和共融社區。為建構跨齡友善社區文化，安老服務將繼續組織長者發聲，針對區內社區設施提出改善建議。本會將利用大數據系統收集、分類及分析長者健康/活動等紀錄，繼而找出規律，提供數據基礎作服務規劃之用。

Next year, our community support and community care service for the elderly will continue to respond to the needs of older people based on the concept of "Continuous Community Care". We will also use information technology to comprehensively care for older people's physical, mental, social and spiritual needs according to the development of the COVID-19 pandemic. Additionally, we will provide relevant training for elders and caregivers to improve their quality of life from various aspects such as health monitoring, rehabilitation training and social life, and to alleviate the caregiving pressure of caregivers, thereby fulfilling elders' desire to "Ageing in Place". Our elderly centres will also continue to support participants in the Dementia Community Support Scheme and refer them to a nearby AKA centre for follow-up after completing the training. Moreover, we will create a network of support for elderly neighbours through a comprehensive service model to promote interaction between elders and people from different age groups and create a community of respect, love and inclusiveness towards older people. To build a cross-generation-friendly community culture, our elderly service will continue to organise elders to voice their improvement suggestions for community facilities in the district. We will also work to identify patterns in elders' health, activity and other records collected, classified and analysed using a big data system and apply this information to our service planning.



服務統計 Service Statistics

會員人數
Membership

4,218

偶到服務 (每節平均)
Drop-in Service
(Session Average)

353.14

健康/教育/發展性服務
Health/Educational/
Developmental Service

639

社交/康樂服務
Social/Recreational
Service

190

互助支援服務
Mutual Support Service
among Elder

156

義工人數 **937**
Number of Volunteers

義工服務
Volunteer Service

328

護老者人數 **837**
Number of Carers

護老者支援服務
Carer Support
Service

209

長者支援服務
累積受惠人數
Accumulated Number of
Beneficiary of Support
Service for the Elderly

1,273

長者支援服務
累積長者義工人數
Accumulated Number of Elder
Volunteers of Support Service
for the Elderly

852

長者服務（家居支援）

本會之長者服務（家居支援）由轄下綜合家居照顧服務、南區改善家居及社區照顧服務、離院長者綜合支援計劃、長者社區照顧服務券試驗計劃及支援身體機能有輕度缺損的長者試驗計劃組成。服務宗旨是為長者、殘疾人士及有特別需要的家庭提供社區照顧及家居支援服務，使他們能有尊嚴地在熟悉的社區中繼續生活，同時得到適切的照顧及關懷，達致「居家安老」之目標。此外，服務隊亦關顧照顧者的需要，定期提供支援服務，減輕他們的照顧壓力，讓服務使用者及照顧者均得以受惠。

Our elderly service (home support) include the Integrated Home Care Services (IHCS), the Southern District Enhanced Home and Community Care Services (SDEHCCS), the Integrated Discharge Support Programme for Elderly Patients (IDSP), the Pilot Scheme on Community Care Service Voucher for the Elderly (CCSV), and the Pilot Scheme on Home Care and Support for Elderly Persons with Mild Impairment (HSMI). These services aim to achieve the "Ageing in Place" objective by providing community care and home-support services for older adults, people with disabilities and families with special needs so that they can continue to live in their familiar communities with dignity and proper care. Additionally, our service teams offer regular support services to caregivers based on their needs to ease the burden of providing care, ensuring that both the service users and their caregivers can benefit from our services.

年度工作重點

「居家為本」家居支援計劃

綜合家居照顧服務

Highlights of the Year

Home-based Home Support Programmes

Integrated Home Care Services (IHCS)

朱伯伯，服務使用者 Mr. CHU, service user

疫情高峰期要預約接種疫苗並不容易，長者感染新冠肺炎出現重症的機率又特別高，我為此一直很憂慮，但又沒有家人可以陪我外出和打針。服務隊知道我的情況後，便安排我到附近疫苗注射站打針，事後更致電關心我的身體狀況，實在很細心。

Booking an appointment for vaccination was not straightforward when the pandemic was at its peak. It concerned me greatly since older people are more prone to developing severe symptoms if they contracted COVID-19. Unfortunately, none of my family members was available to accompany me to go out and get vaccinated. AKA's Service Team became aware of my situation and arranged for me to get vaccinated at a nearby vaccination centre. They even contacted me by phone afterwards to enquire about my physical condition, which was very considerate.

綜合家居照顧服務多年來一直為區內長者、殘疾人士及有需要家庭提供支援服務，即使面對持續數年的「2019冠狀病毒病」疫情，服務隊仍秉持專業精神應對，繼續為區內有需要人士提供適切而優質的照顧。年內，便為逾600位服務使用者提供膳食送遞、家居清潔、護送陪診及個人護

本會為長者送上由新鴻基地產贊助之「福袋」，為他們補給生活必需品及禦寒物品。

We provided daily necessities and warm items to elderly individuals through "lucky grab bags", sponsored by Sun Hung Kai Properties Limited.



Elderly Service (Home Support)

理等服務，受惠人次達120,541；而到戶膳食送遞餐數則達121,145。另在疫情期間服務隊亦積極回應社區需要，向有需要獨居長者送贈防疫包、安排專業醫護團隊上門為行動不便人士注射疫苗及為有經濟困難的長者申請免費智能電話和安裝「安心出行」流動應用程式，方便他們進出指定場所。

The IHCS has been providing support services for older individuals, persons with disabilities and families in need in our district for many years. Thanks to our staff members' professionalism, our service teams have continued to deliver timely and high-quality care for those in need even throughout the COVID-19 pandemic that persisted an unexpectedly long period. During the year under review, they served over 600 cases, offering 120,541 instances of meal delivery, home cleaning, escort and personal care services, as well as delivering 121,145 direct-to-home meals. Additionally, they responded to the needs of the community during the pandemic by giving free anti-pandemic packs to elderly individuals living alone, arranging healthcare teams to visit and vaccinate people with disabilities at their homes, and assisting older adults with financial difficulties in applying for free smartphones and installing the LeaveHomeSafe mobile app to access specified places conveniently.

本會獲香港南區工商業聯合總會贊助，為服務使用者提供深層家居清潔服務。

Sponsored by The Association of Industries and Commerce of Hong Kong Southern District Limited, we offered home deep cleaning services to our service users.



南區改善家居及社區照顧服務

Southern District Enhanced Home and Community Care Services (SDEHCCS)

陳先生，服務使用者兒子 Mr. CHAN, son of a service user

感謝服務隊各同事多年來定期到訪，悉心照顧患有認知障礙症的家母，協助她進行復康運動、陪伴她及提供護理服務；體諒她行動不便，又鼓勵她參與減壓小組。服務隊一直細心護理及關懷家母，令她能安心地在社區生活，保持身心健康，實在無言感激！

My mum is a dementia patient. We are grateful to every member of the service team for visiting her regularly to care for her, assisting her with rehabilitation exercises, accompanying her and providing nursing care to her. They understand her limited mobility and encourage her to participate in stress-relieving groups. Thanks to the service team's attentive care, she has continued to live in the community peacefully and well. We sincerely appreciate it!

本會自2001年起以競投方式承辦改善長者家居及社區照顧服務，至2020年起獲社會福利署改以整筆撥款津助模式提供服務，並易名為南區改善家居及社區照顧服務，每年為逾200位體弱及殘疾長者提供服務。服務隊設有跨專業團隊，包括物理治療師、職業治療師、護士及社工，為服務使用者擬定個人照顧計劃，按其需要提供復康運動及個人護理服務等；另亦為護老者提供照顧技巧訓練及情緒支援。年內，服務隊共提供了13,746.9小時到戶護理服務。

We began operating the Enhanced Home and Community Care Services for the Elders after winning the bid in 2001. The programme officially became funded in 2020 through the Social Welfare Department's Lump Sum Grant subvention mode. It was renamed the Southern District Enhanced Home and Community Care Services, serving over 200 frail and disabled elderly people annually. The transdisciplinary service team, which includes physiotherapists, occupational therapists, nurses and social workers, collaborate to create individual care plans for service users, providing them with rehabilitation, personal care and other services based on their needs. Additionally, the team offers skills training and emotional support to caregivers. Throughout the review period, the service team provided a total of 13,746.9 hours of on-site care services.

長者收到由本會社區夥伴送贈的防疫物資，協助他們在疫情中自我監察健康。

Elders received pandemic prevention goods donated by our community partners to help them self-monitor their health during the pandemic.



離院長者綜合支援計劃

Integrated Discharge Support Programme for Elderly Patients (IDSP)

馮婆婆，服務使用者 Ms. FUNG, service user

我在8至10月期間接受了離院長者綜合支援計劃的復康運動及口肌訓練服務，職員都非常專業及細心。每星期兩節的復康訓練令我的手、腳及口部肌肉有所改善。本人衷心感謝！

I received the IDSP's rehabilitation exercises and oral motor skills training services from August to October. The staff were professional and attentive. The rehabilitation training I had twice a week improved my hand, leg, and oral muscles. I am truly grateful for that!



Our service team held regular case meetings with Queen Mary Hospital's team to set up personalised post-discharge rehabilitation plans for every case.

本會自2012年起與港島西醫院聯網合作，並獲醫院管理局資助，推行離院長者綜合支援計劃。計劃透過社區醫護、物理治療師、職業治療師及社工等跨專業協作，為居於港島中、西、南區之離院長者提供妥善的離院規劃及離院後的支援，減低其再次入院的風險。

年內計劃共服務了601位離院長者，包括為592位服務使用者提供如傷口或藥物等簡單護理服務，另為475位長者提供特別護理服務，如結腸造口及導尿管護理等。計劃讓服務使用者在安全的家居環境下接受護理，一方面減低因外出而使傷口再度受感染的風險；另一方面亦可免卻他們於疫情下進出醫院。又年內服務隊的物理治療師及職業治療師合共為514位服務使用者設計個人化復康計劃、提供家居環境評估及改善建議，以增強其活動能力及協助他們克服日常自理之困難。而社工團隊則為服務使用者擬定合適的照顧計劃及轉介社區資源，並為護老者提供情緒支援，年內共提供了1,603次照顧者訓練。

疫情期間，服務隊與瑪麗醫院支援長者離院綜合服務團隊緊密合作，定期舉行跨專業個案會議，以多角度評估個案的需要。在疫情的長久戰中，給予長者關懷更顯重要，故服務隊加強電話慰問次數，安撫長者情緒及替確診長者購物等，並到戶派發快速抗原測試套裝、口罩及酒精搓手液等防疫物資予長者。年內，服務隊共收到120封由長者及其家人撰寫的讚賞信；另高達99%的服務使用者滿意服務隊之服務，這足以肯定服務隊過去一年之工作。

Sponsored by the Hospital Authority, we launched the IDSP in collaboration with the Hong Kong West Cluster of Hospitals in 2012. Through multiprofessional collaboration among community healthcare professionals, physiotherapists, occupational therapists and social workers, the programme provided proper discharge planning and post-discharge support services for elderly patients living in the Central, Western and Southern Districts of Hong Kong Island to reduce their readmission risks.

During the review period, the programme served 601 discharged elderly patients. Of them, 592 were provided with simple nursing care services such as wound care and drug management, and 475 were offered special nursing care services such as colostomy care and urinary catheter care. The programme enabled its service users to receive nursing care in a safe home environment, reducing the risk of wound reinfection due to going outside their home and ensuring that they had appropriate healthcare services during the pandemic without needing to visit the hospital. Additionally, the service team's physiotherapists and occupational therapists designed personal rehabilitation plans and provided home environment reviews and suggestions for 514 service users, enhancing their mobility as well as assisting them in overcoming self-care difficulties in daily life. Also, our team of social workers set up appropriate care plans for our service users, referred them to community resources and provided emotional support for caregivers, with 1,603 caregiver training sessions offered during the year.

While the pandemic lingered, our service team collaborated closely with Queen Mary Hospital's team to provide integrated discharge support for elderly patients. We held transdisciplinary case meetings regularly to assess the needs of individual cases from multiple perspectives. As showing care to older people was exceptionally important during the prolonged pandemic period, our service team strengthened our services. For example, we increased the number of phone calls made to older patients, provided emotional support, shopped for those who were infected and delivered pandemic prevention goods, such as rapid antigen test kits, masks, and alcohol-based hand sanitizer. During the review period, our service team received 120 complimentary messages from elderly service users and their family members. Moreover, up to 99% of service users were satisfied with our service team's services, affirming the value of their work over the past year.

潘女士，服務使用者家屬
Ms. POON, family member of a service user

感謝各位照顧員到家中細心照顧媽媽，替她洗澡、做運動及與她閒聊，減慢她的身體退化。感謝護士提供私院資訊，提醒我要留意的事項及細節。我亦要感謝社工的意見，協助我找到渠道解決經濟困難。有你們的幫助，媽媽已成功找到私院，使我心情放鬆了不少。很高興一直有你們的支持與照顧，減輕我的壓力。

Thanks to all the care workers who came to our home and looked after my mother with great care, washing her, exercising with her and chatting with her, thus slowing down her physical deterioration. Thanks to the nurses for providing information about private elderly homes, reminding me of things to pay attention to and details to take note of. I also want to thank the social workers for their advice, which helped me find a way to solve financial difficulties. With your help, my mother has successfully found a private elderly home, greatly relieving my stress. I am very happy to have your support and care all along, which has lightened my burden.

本會自2016年10月起開始推行長者社區照顧服務券試驗計劃，以「錢跟人走」的模式，讓合資格長者因應個人需要選擇合適的社區照顧服務。此計劃以「中心為本」及「家居為本」模式為長者提供全面的支援，使長者能夠安心在社區生活，實踐「居家安老」。在疫情最嚴峻的期間，不少長者及其家屬均受到感染，須於家中隔離而無法外出，日常生活大受影響。有見及此，服務隊即為有需要的長者提供膳食送遞及外出購物等服務，以解其燃眉之急。另服務隊亦協助派發來自本會轄下良躍社區藥房及各方捐贈的防疫物資及禮物包，包括快速抗原測試套裝、口罩及指夾式血氧儀等，協助長者應對疫情。年內，服務隊共為39位中度或嚴重缺損長者提供服務。

另受疫情影響，不少長者減少外出活動，導致肌肉和關節繃緊，引發痛症。服務隊針對此情況，遂於2021年7至9月期間舉辦「伸展運動筋膜放鬆小組」，共有174人次出席。小組由物理治療師帶領長者進行靜

Since October 2016, we have been implementing the pilot scheme of CCSV. Through the “Money-following-the-user”, “Centre-based” and “Home-based” approaches, this programme allows eligible elderly individuals to choose community care services that suit their personal needs and typify “Ageing in Place” in their communities. During the most severe period of the pandemic, many older adults and their families were infected. Home quarantine significantly affected their daily lives. Addressing their urgent needs, our service team provided meal delivery and shopping service for those in need. We also assisted in distributing pandemic prevention goods and gift packs, including rapid antigen test kits, masks and fingertip-pulse oximeters, from our affiliated A-Lively Community Pharmacy and donors from various sectors to help elders cope with the pandemic. In the past year, our service team provided services to 39 elderly individuals with moderate or severe disabilities.

In addition, many older people reduced activities outside of their home during the pandemic. This lack of exercise led to quite a lot of muscle and joint tension and pain for them. Our service team responded by organising the Fascia Stretching Exercise Group from July to September 2021, which registered a total attendance of 174. Led by a physiotherapist, the group engaged participating elders in both static and dynamic stretching exercises to promote blood circulation. They also used massage balls to relax the superficial and deep muscle fascia, gradually increasing their range of body motion and flexibility and easing their pain.

態和動態的伸展練習，促進血液循環，並利用按摩球放鬆淺層及深層肌筋膜，逐步增加他們身體活動的幅度及柔軟度、改善痛症。此外，服務隊亦於2021年4至6月期間舉辦「花之畫小組」，讓長者透過製作乾花，訓練手部協調能力和專注力，並藉此紓緩疫情帶來的緊張情緒。小組參與人次達127。

長者們製作乾花手作，既能發揮創意，亦有助訓練他們的專注力。



Elders unleashed their creativity and had their concentration trained through making dried flower handicrafts.

Furthermore, our service team held the Flower Painting Group from April to June 2021, allowing participants to train their hand coordination and concentration skills by creating dried flower arrangements. With a total attendance of 127, this activity also helped to alleviate stress caused by the pandemic.

職員教導長者利用筋膜球按摩手部，以提升手部靈活性及促進新陳代謝。



Staff taught elderly participants how to improve hand flexibility and promote metabolism using a fascia ball to massage their hands.

支援身體機能有輕度缺損的長者試驗計劃

關愛基金自2017年12月起推出「支援身體機能有輕度缺損的長者試驗計劃」，服務對象為60歲以上有輕度缺損，並正輪候綜合家居照顧服務的人士；申請人須經社工上門進行評估，及通過社會福利署關愛基金組進行的經濟審查，方可接受服務。服務隊會與合資格的申請人商討及制訂個人照顧計劃，按其實際需要提供服務。年內，服務隊為22位長者提供共238次簡單護理、家居清潔及購物等服務；而膳食送

Pilot Scheme on Home Care and Support for Elderly Persons with Mild Impairment (HSMI)

The Community Care Fund (CCF) launched the HSMI in December 2017. The scheme is aimed at mildly impaired individuals aged 60 or above and on the waiting list for our Integrated Home Care Services. Applicants are required to undergo a home assessment by a social worker and pass a financial assessment conducted by the CCF before they can receive the service. The service team will discuss and develop a personalised care plan with eligible applicants and provide services according to their needs. Within the past year, the service team provided 238 instances of basic nursing care, home cleaning, shopping and other services to 22 seniors, as well as

遞服務則有105次。此外，服務隊於疫情期間除維持基本服務外，亦向有需要的服務使用者派發快速抗原測試套裝及口罩等防疫物資，讓他們可安心留家抗疫。

支援護老者

本會家居支援服務之個案大部份為體弱、身體機能及生活自理能力稍遜之長者，他們需要護老者持續提供照顧；如護老者缺乏照顧技巧及支援，往往面對沉重的照顧壓力。有見及此，本會之家居支援服務亦關顧到護老者的需要，定期為他們提供支援服務，減輕他們的照顧壓力，讓服務使用者及護老者均得以受惠。

「遙距訓練」系列

於疫情嚴峻期間，大部份服務使用者要求暫停到戶服務。為了讓他們可以持續進行復康訓練，南區改善家居及社區照顧服務特別為體弱個案及其照顧者提供一系列之遙距訓練，包括Zoom視像訓練、電話認知訓練及發放訓練短片等。此外，服務隊亦會每星期到戶發放防疫資訊及向服務使用者派發不同工作紙，內容包括認知訓練及簡易運動資訊等。服務隊希望藉上述安排，讓服務使用者在沒有到戶服務的情況下，護老者仍可協助他們維持適量的運動和訓練，保持其身體機能及延緩認知衰退、儘量減少疫情所帶來的影響。

105 instances of meal-delivery services. In addition, the service team ensured the peace of mind of service users staying at home during the pandemic by maintaining essential services and distributing pandemic prevention goods, such as rapid antigen test kits and masks, to service users in need.

Support for Caregivers

Most cases in our home support service involve elders who are frail, have slightly impaired physical function and self-care ability, and require continuous care from caregivers. Yet if a caregiver lacks care skills and support, they are subject to significant care pressure. Considering caregivers' needs, our home support service also provide regular support services to reduce their care pressure so that both service users and caregivers can benefit.

Remote Training Series

During the peak of the pandemic, most service users requested a suspension of home services. To enable them to continue rehabilitation training, the SDEHCCS specifically provided a series of remote training for frail patients and their caregivers, including Zoom video training, phone cognitive training and distribution of training videos. In addition, the service team distributed pandemic prevention information and different worksheets covering cognitive training, simple exercises and other subjects to service users every week. Through these arrangements, the service team hoped to help service users maintain a moderate amount of exercise and training with the help of caregivers when home services were suspended so they could maintain their physical function, delay cognitive decline and minimise the impact of the pandemic.

服務隊每星期到戶向服務個案及其護老者發放認知訓練、簡易運動及防疫資訊。



The service team visited service users and their caregivers every week to distribute information packs on cognitive training, simple exercises and pandemic prevention.

假日加油站

為紓緩需要照顧體弱及殘疾長者之照顧者其在日常的照顧壓力，服務隊特為他們舉辦「假日加油站」活動，讓其可在假日稍作休息之餘，亦可參與社區活動、增加與其他護老者間之交流。雖然年內仍受疫情影響，但服務隊於疫情稍為緩和時仍為護老者舉辦2次活動。其中「耆運會2021」乃配合東京奧運會及全運會的運動熱潮，希望透過小型運動會，讓護老者及服務使用者在輕鬆互動的氣氛下共同參與手眼腳部協調遊戲及群體操等，增加其對運動的興趣及藉此紓緩壓力。另一項活動則是配合聖誕節而舉辦之「同樂聖誕2021」，活動希望透過製作樂器、互動遊戲及音樂欣賞，讓護老者及服務使用者共同完成指定項目，促進彼此的溝通及合作，讓大家在溫馨和諧的氣氛下歡度聖誕。兩次活動合共25人參加。

Day Respite at Holidays

To alleviate the pressure of daily care on caregivers for frail and disabled older adults, the service team organised the Day Respite at Holidays events to allow them to rest during holidays and participate in community activities, increasing their interaction with other caregivers. Despite the impact of the pandemic throughout the year, the service team still held two events for caregivers when the pandemic situation slightly improved. One of these events was the Senior Games 2021, which was held to coincide with the Tokyo Olympics and the National Games. Through this small-scale sports meeting, caregivers and service users participated in hand-eye-foot coordination games and group exercises in a relaxed atmosphere, increasing their interest in sports and helping to relieve stress. The other event was the Joyful Christmas 2021, organised to celebrate the holiday season. The event included musical-instrument making, interactive games and music appreciation to encourage communication and cooperation between caregivers and service users, creating a warm and harmonious atmosphere to celebrate Christmas. A total of 25 people participated in both events.

長者與家人挑戰「耆運會2021」的投球活動。

Elderly and their family members took on the challenge of a ball-throwing activity at the Senior Games 2021.



有見香港人口老化，需要長期照顧的長者人數不斷增加，政府遂大力提倡「居家安老」，並為長者提供各項社區照顧服務，滿足他們在家安老的心願；同時，亦可減低他們入院及過早入住院舍的時間。故此，家居支援服務在社區上的角色尤為重要。為了應付與日俱增的服務需要，來年，服務隊將積極應用創科產品，藉此改善服務使用者的生活質素、減輕護老者及護理人員的照顧壓力；同時，提升服務隊的服務質素及工作效率，好讓更多有需要的長者能獲取優質的社區照顧服務，達致「居家安老」之目標。

As the population is ageing in Hong Kong, the number of older adults in need of long-term care is increasing. Therefore, the government has been advocating the idea of "Ageing in Place" and provided various community care services for older adults to fulfil their wish to age at home while reducing time spent in hospitals or delaying their admission to elderly homes. Therefore, the role of home-based support services in the community is vital. To meet the increasing demand for the services, the service team will actively apply innovative technology products next year to improve the quality of life of service users, reduce care pressure on caregivers and nursing staff and enhance the service quality and efficiency of the team. We hope this will enable more older adults in need to access high-quality community care services and achieve the goal of "Ageing in Place".



服務統計 Service Statistics



綜合家居照顧服務
Integrated Home
Care Services

普通個案數目
Number of
Ordinary Case

629

體弱個案數目
Number of Frail Case

*** 133**



南區改善家居及社區
照顧服務
Southern District
Enhanced Home and
Community Care
Services

體弱個案數目
Number of Frail Case

*** 252**



離院長者綜合
支援計劃
Integrated Discharge
Support Programme
for Elderly Patients

醫管局轉介出院個案
The Number of Discharged Case be
referred by Hospital Authority

601



長者社區照顧服務券
試驗計劃 (第三階段)
— 「悠樂天地」
Pilot Scheme on
Community Care
Service Voucher for
the Elderly (Third
Phase) – Leisure World

體弱個案數目
Number of Frail Case

*** 39**



支援身體機能有輕度
缺損長者試驗計劃
Pilot Scheme on Home
Care and Support for
Elderly Persons with
Mild Impairment

輕度缺損個案數目
Number of Case with Impairment
at Mild Level

22

備註：* 社會福利署由2021年7月起合併計算中度及嚴重缺損個案數目為「體弱個案數目」。

Remark Starting from July 2021, the Social Welfare Department has combined the numbers of cases of moderate and severe impairment into a single category referred to as "the number of frail cases".

綜合兒少青、家庭及社區發展服務

本會之綜合兒少青、家庭及社區發展服務由轄下社區中心及賽馬會綜合服務處組成。社區中心致力促進社區內家庭及個人成長，從而建立一個融和關懷的社區。至於賽馬會綜合服務處則致力協助兒童及青少年健康均衡地成長，使他們發揮潛能、建立良好人際關係、參與社區服務及貢獻社會。

Our agency provides integrated children and youth, family and community development service through our Community Centre and Jockey Club Integrated Service Centre (JCISC). The former aims to promote the growth of families and individuals within the community and build a caring society. The latter is committed to assisting children and youth in growing up healthy and balanced, enabling them to unleash their full potential, develop good inter-personal relationships, participate in social services and contribute to society.

年度工作重點

特別需要社群服務

Highlights of the Year

Special Needs Groups Service

黃女士，「疫『留』而上·補給站」使用者 Ms. WONG, user of the "Stay Strong at Home" Supply Station

疫症無情，人間有愛！感謝社區中心在我們確診後最無助、最困難的時候送上抗疫愛心福袋，你們的實際行動助我們渡過難關，並堅定了我們一家人在這場抗疫戰中的信心！感恩有社區中心、劉姑娘與義工作為我們在家隔離時的堅強後盾！

The pandemic is ruthless, but humanity has love! We are grateful to the Community Centre for providing us with anti-pandemic care packages during our most difficult moments after we were diagnosed. Your practical actions helped us overcome the difficulties and strengthened our confidence in the fight against the pandemic! We thank the Community Centre, Ms. LAU and the volunteers for supporting us during our home quarantine.

Home in Shek Pai Wan E.P.S.

Sponsored by the Community Investment and Inclusion Fund (CIIF), our Community Centre partnered with the Hong Kong Southern District Women's Association to launch the three-year Home in Shek Pai Wan E.P.S. project in October 2020 to support the body, mind and social development of the residents of Shek Pai Wan. The E.P.S. in the project name stands for "Engagement, Platform and Strength". The project connects the community, the welfare sector, the healthcare sector and schools to engage in cross-disciplinary and cross-sectoral services, such as medical lectures and health consultations. It also actively develops online and offline platforms and resources, inviting participants to share their skills and expertise, such as filming short videos to be screened on the platforms. The project's Community Shared Classroom has successfully encouraged residents to transform from being service recipients to acting as mentors by contributing their skills and strengths to build a healthy and vibrant community.

不同之專業團體透過跨界別協作平台會議，構思支援石排灣邨居民在身、心、社發展的活動。



Various professional groups collaborated through cross-sectoral cooperation platforms to brainstorm activities to support the body, mind and social development of Shek Pai Wan Estate residents.

Integrated Children and Youth, Family and Community Development Service

家在石排灣E.P.S.計劃

社區中心獲社區投資共享基金贊助，與香港南區婦女會於2020年10月合辦為期3年之「家在石排灣E.P.S.」計劃，支援石排灣居民在身、心、社方面的發展。計劃的「E.P.S.」分別代表「參與(Engagement)」、「平台(Platform)」及「專長(Strength)」。

計劃連結社、福、醫、校參與，以跨專業及跨界別模式提供服務，如醫學講座、健康諮詢等；再積極開拓線上、線下平台及資源，邀請參加者在平台分享技能，例如拍攝短片等。計劃的「社區共享教室」亦成功鼓勵居民把受助者的角色轉化成為導師，貢獻其技能和專長，共建健康活力社區。此外，計劃並設立「網主制」，組織居民成為網絡大使、網主或網友，協助策劃及參與義工服務，將愛心帶給區內有需要家庭。網主會每月舉行會議，在區內「織網」，協助推動鄰里互助支援網絡，至今已動員超過250多位義工協助策劃及參與義工服務。而在「2019冠狀病毒病」疫情肆虐期間，計劃更為居民提供防疫講座及疫苗接種等服務。計劃推展至今已有逾600位居民受惠，期望來年繼續凝聚不同持份者的力量，同建互助共融的社區。

疫「留」而上·補給站

「2019冠狀病毒病」疫情持續超過兩年，而第5波疫情自2022年2月初開始更是來勢洶洶，每日確診人數數以萬計。不少基層家庭的成員陸續確診，他們在居家隔離期間嚴重缺乏抗疫物資，抗疫路上承受很大

在每月舉行之「網主會」中，成員除分享DIY小手作及健康食譜外，更會商討如何推動鄰里互助支援網絡。



The monthly Webmaster Meetings have provided an occasion for members to share DIY crafts and healthy recipes and discuss how to promote neighbourhood mutual support networks.

In addition, the project has established a Webmaster System to organise residents to become network ambassadors, webmasters, or netizens to assist in planning and participating in volunteer services, bringing love to families in need in the community. Responsible for holding monthly meetings to “Weave Networks” within the community and help promote neighbourhood mutual support networks, webmasters have mobilised more than 250 volunteers to assist in planning and participating in volunteer services. During the outbreak of the COVID-19 pandemic, the project provided residents with pandemic prevention lectures and vaccination services. It has benefited more than 600 residents since its launch. It is expected to continue to gather strength from different stakeholders to build a community of mutual assistance and integration in the coming year.

“Stay Strong at Home” Supply Station

Two years after the start of the COVID-19 pandemic, the fifth wave began aggressively in early February 2022, with tens of thousands of new cases confirmed daily. Many members of low-income families were diagnosed with the disease, facing tremendous psychological pressure due to a severe lack of pandemic prevention supplies during the home quarantine period.

義工齊心合力把採購回來的抗疫用品，包裝成抗疫愛心福袋贈予確診的基層人士。

Volunteers worked together to package pandemic prevention supplies purchased for donation as anti-pandemic care packages to low-income individuals diagnosed with COVID-19.



的心理壓力。有見及此，社區中心隨即於2022年3月舉辦「疫『留』而上·補給站」，目的是支援有確診者的基層家庭。中心努力採購大量的抗疫物資，包括快速抗原測試包、口罩、基本藥物、糧油食品及消毒物品等，並在接獲基層家庭確診求助後，動員職員或義工將抗疫愛心福袋送到家門，發揮社區互助精神。活動共有54戶家庭查詢，中心安排8人次義工協助派送抗疫愛心福袋予33戶合資格的基層家庭。

「窩居樂助網」劃房戶服務

為凝聚及連繫區內不同的劃房家庭，社區中心於2020年6月成立了「窩居樂助網」，至今已成功招募超過90戶區內的劃房戶成為計劃會員。他們主要居住於香港仔區、田灣區及鴨脷洲大街。社區中心持續關注會員的服務需要，本年更與多個外界團體合作，擴闊會員的資源網絡，當中包括邀請非牟利建築事務所「多磨建社」舉辦工作坊，教授會員實用的收納知識，善用居住空間。計劃亦獲甄愛慈善基金贊助，為會員舉辦親子聖誕派對，並一同外出欣賞燈飾，感受節日氣氛和享受親子時間。另一方面，計劃亦積極培育青少年義工，至今已有超過30人次參與，為不同年

Our Community Centre promptly responded by holding the “Stay Strong at Home” Supply Station event in March 2022 to support low-income families with confirmed cases. We made great efforts to purchase large quantities of rapid antigen test kits, masks, essential medicines, food, disinfectants and sanitisers and other pandemic prevention supplies and mobilised our staff or volunteers to deliver anti-pandemic care packages to their doorsteps after receiving requests for help. As a demonstration of the spirit of mutual assistance in the community, the event received 54 inquiries from households and arranged volunteers to provide eight aid instances of delivering pandemic preventive care packages to 33 eligible low-income families.

義工與「窩居樂助網」之會員歡度聖誕，乘坐渡輪觀賞燈飾，感受節日氣氛。



Celebrating Christmas together, the volunteers and members of the Small Home Support Network took a ferry ride to see the festive lights and enjoy the holiday atmosphere.

Small Home Support Network Subdivided Flat Resident Services

To bring together and link up subdivided flat families in the community, our Community Centre established the Small Home Support Network in June 2020. So far, we have recruited over 90 subdivided flat families living in Aberdeen, Tin Wan and Main Street, Ap Lei Chau, to be the programme's members. With continuous awareness of the service needs of its members, the Community Centre collaborated with various external organisations

中心動員青年義工逐戶走訪，發掘區內隱蔽且具服務需要的劏房戶。

Our Community Centre mobilised teenage volunteers to visit each household to discover subdivided flat residents in the area who needed services but were hidden from view.



齡會員舉辦多元主題的活動，總服務人次達350。為發掘更多具服務需要的劏房戶，青年義工以「洗樓」形式，於香港仔區內主動接觸劏房住戶，派發防疫包及介紹不同的資助計劃，共接觸86戶新的劏房住戶。計劃未來將持續發展，吸納有需要的會員及社區不同持份者的參與，並推動會員的角色轉化，提升他們社區參與的動機及能力，達致互助協作的目標。

this year to expand the resource network for members. One supporter was a non-profit architectural firm, DOMAT, whom we invited to hold workshops to teach members practical storage knowledge and how to make the most of living space. Sponsored by the Y.E.N. Charity Foundation, the programme also held a Christmas party for its members and their children and led them outside together to see the festive lights and enjoy the holiday atmosphere and family time. On the other hand, the programme is also devoted to cultivating teenage volunteers. So far, it has had volunteers organise diverse activities with themes for differently aged members, recording a total attendance of 350. To identify more subdivided flat families in need, our teenage volunteers proactively reached out to subdivided flat residents in the Aberdeen area through door-to-door visits to distribute anti-pandemic packs and introduce different subsidy programmes to them. They have successfully connected 86 new subdivided flat residents up to date. As the programme continues to develop, it is expected to recruit members in need and involve different stakeholders in the community. It will also promote the role transformation of members, enhance their motivation and ability to participate in the community and achieve the goals of mutual assistance and cooperation.

學校服務

School Service

張太，「南區中學巡禮」參加者 Mrs. CHEUNG, participant of the Tour to Southern Secondary Schools

感謝你們讓家長掌握升中的資訊和認識南區的學校，內容詳細及全面。希望未來會舉辦講座，讓家長更了解如何配合學校從德智體各方面教育孩子。

Thank you for providing parents with detailed and comprehensive information on secondary school admissions and introducing schools in the Southern District. I hope that in the future there will be seminars to help parents better understand how to collaborate with schools in educating their children in all aspects of moral, intellectual and physical development.

為加深學生及其家長對區內幼稚園、小學及中學的認識，並為子女選校及對新學習環境適應作出準備，社區中心及賽馬會綜合服務處於2021年8至12月期間合共舉辦了3個學校巡禮活動；惟受「2019冠狀病毒病」疫情影響，參觀活動改以專題講座或以線上形式進行，並邀請到教育局代表、

To deepen the understanding that students and their parents have of the Southern District's kindergartens, primary schools and secondary schools and to prepare them for school selection and new learning environments, our Community Centre and JCISC jointly organised three school tours from August to December 2021. However, due to the impact of the COVID-19 pandemic, we changed the tours to thematic seminars or conducted them online. Representatives from the Education Bureau,

12間南區幼稚園設置資訊攤位，介紹學校特色及理念，吸引家長及幼童參與，場面熱鬧。



Twelve kindergartens in the Southern District set up information booths to introduce the characteristics and philosophies of their schools, attracting parents and young children to participate and creating a lively atmosphere.

學校校長、臨床心理學家及學校社工等向家長分享及講解有關幼兒成長特徵及不同學習需要、小學/中學學位分配辦法及升學適應等議題；又透過學校簡介短片及答問環節，讓參加者即使未能親身參觀學校設施，也可透過講座及短片介紹，增加對學位分配方法及學校的認識。現簡述該3項活動資料如下：

school principals, clinical psychologists and school social workers were invited to share and explain topics related to child development characteristics, different learning needs, primary/secondary school allocation methods and adaptation to further studies. Through school introduction videos and Q&A sessions, even those who could not visit the school facilities in person could increase their knowledge of school allocation methods and schools. The following is a brief introduction to the three school tours.

活動名稱 Activity Name	主辦單位 Organiser	合辦團體 Co-organisers	參與學校數目 Number of Participating Schools	參加人次 Number of Participant-frequency
2021/2022 南區幼稚園巡禮 Tour to Southern Kindergartens	社區中心 Community Centre	南區民政事務處、南區學校聯會、 香港南區家長教師會 Home Affairs Department, Southern District Office, Southern District Joint Schools Conference, Federation of Parent-Teacher Association, Southern District, Hong Kong	12	3,600
2021/2022 南區小學巡禮 Tour to Southern Primary Schools		教育局、南區學校聯會、 香港南區家長教師會聯會 The Education Bureau, Southern District Joint Schools Conference, Federation of Parent-Teacher Association, Southern District, Hong Kong	10	142
2021/2022 南區中學巡禮 Tour to Southern Secondary Schools	賽馬會綜合服務處 JCISC		11	422

在疫情下，網上版中學遊蹤提供一個線上平台讓家長及學生參觀學校，加深他們對南區不同學校的認識。



Amid the pandemic, the online version of the Secondary School Footprints provided a virtual platform for parents and students to tour schools and deepen their understanding of the different schools in the Southern District.

「南區小學巡禮」演講嘉賓及各合辦團體代表合照留念。



A group photo of the speakers and representatives from various collaborating organisations at the Tour to Southern Primary Schools.

青少年發展及支援

Youth Development and Support

君彥，中學組參加者

Kwan Yin, participant of the Secondary School Group

本年計劃內容令我相當難忘，尤其「落區」與街坊互動的部份，除了能回應計劃主題中的勇氣和自信兩項領袖特質外，亦令我切身感受到自身對社區事務的參與。

This year's programme was particularly memorable for me. The part where we interacted with residents during our visits to the community responded to the two leadership qualities of courage and confidence in the programme's theme and gave me a firsthand experience of participating in community affairs.

2021南區「勇闖高峰」學生領袖培育計劃

由南區學校聯會及南區青年團主辦，南區民政事務處協辦，社區中心統籌之「2021南區『勇闖高峰』學生領袖培育計劃」，於2021年11月至2022年1月期間進行，共有105位來自24間中、小學及特殊學校的學生領袖參與。

Reach the Top – Southern District Outstanding Student Awards 2021

The Reach the Top – Southern District Outstanding Student Awards 2021 was co-hosted by the Southern District Joint Schools Conference and the Southern District Youth Cadet, co-organised by the Southern District Office of the Home Affairs Department and coordinated by our Community Centre. It took place from November 2021 to January 2022 and had the participation of 105 student leaders from 24 primary, secondary and special schools.

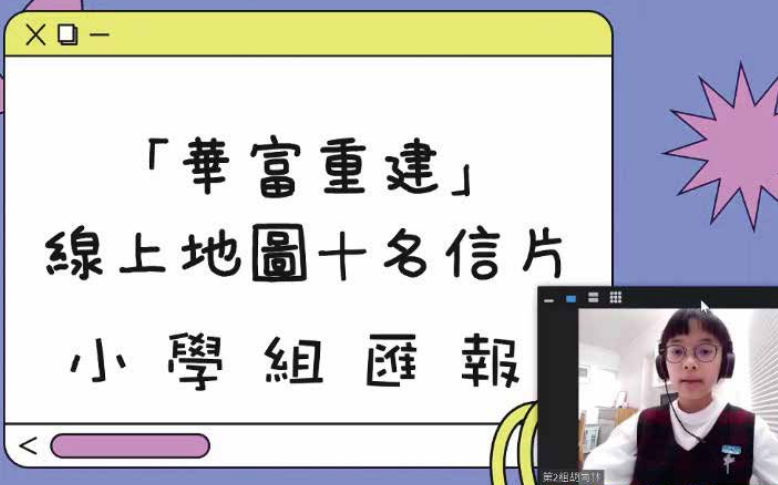
計劃以5大領袖特質（5C）—承擔（Commitment）、創意（Creativity）、關懷（Care）、勇氣（Courage）及自信（Confidence），配合地區發展議題為本年主題；透過參與地區事務，培養學生領袖關注社區不同人士的需要。小學組以「華富重建」為議題，並以線上程式（Padlet）製作電子地圖，為華富邨社區作紀錄；更就邨內的特色建築繪製明信片，隨後到該邨向居民作介紹。中學組則以「躍動港島南」為議題，嘗試採用「社區營造」及善用公共空間的理念，探索鴨脷洲北海濱公用空間的用途，並製作模型落區收集居民意見，培養勇氣及自信。受疫情影響，計劃之「分享暨嘉許禮」改以網上直播，學生領袖在線上分享匯報專題研究的成果，互相觀摩和交流，達致同儕學習的果效。



Under the theme of "Invigorating Island South", the programme's Secondary School Group participants brainstormed feasible uses for the public space along the north promenade of Ap Lei Chau. They also created a model of the area to collect residents' opinions, developing their courage and confidence.

This year, the programme was themed around the 5C leadership qualities – Commitment, Creativity, Care, Courage and Confidence – in coordination with local development issues. It aimed to nurture student leaders to pay attention to the diverse needs of people in the community through their participation in community affairs. The Primary School Group focused on the issue of "Reconstructing Wah Fu" and created an electronic map using an online programme called Padlet to record the history of the Wah Fu Estate community. They also created postcards featuring unique buildings on the estate and introduced them to the residents. Focusing on the topic of "Invigorating Island South", the Secondary School Group explored the use of public spaces with the concept of community building. They also created a model of the public space along the north promenade of Ap Lei Chau to collect residents' opinions, developing their courage and confidence. Due to the pandemic, the programme's Sharing and Commendation Ceremony was held online via live stream. Student leaders shared and presented their project findings online, achieving peer learning and exchange.

學生領袖在線上直播的「分享暨嘉許禮」上匯報專題研究的成果。

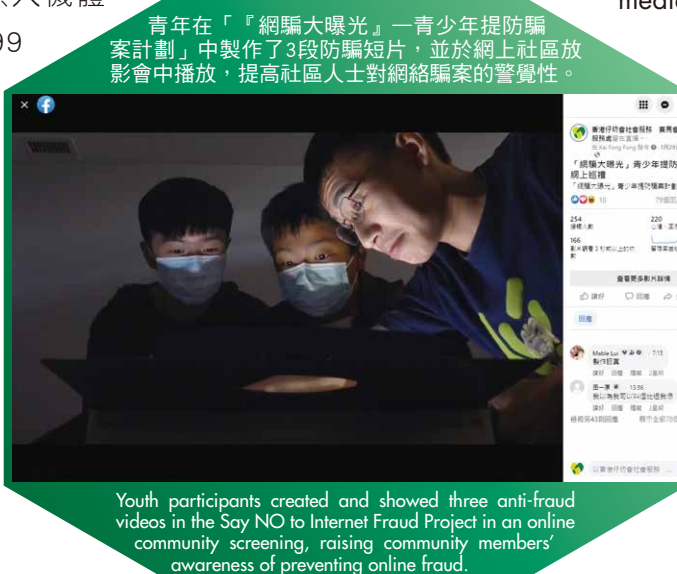


Student leaders shared their research findings during the online Sharing and Commendation Ceremony via live stream.

新媒體項目

為期3年的「賽馬會青創社區系列：香港仔坊會『新媒體』計劃」於2021年4月圓滿結束。賽馬會綜合服務處繼續善用新媒體作為青年服務介入手法，年內推行多項青年拍攝活動，當中包括獲撲滅罪行委員會贊助、與南區撲滅罪行委員會及南區民政事務處合辦的「『網騙大曝光』—青少年提防騙案計劃」。18位青年參加者經過12節拍攝工作坊後，製作出3條防騙短片，並於網上社區放映會播放，成功向623位社區人士傳遞預防網絡騙案的訊息。另外，中心亦於2021年4月至2022年3月期間，舉辦7項無人機活動，包括：航拍、編程、到校無人機體驗活動等，共有199

人次參與。中心將繼續運用新媒體推行青年服務，持續發展青年於新媒體應用上的潛力，並鼓勵他們應用於社區，加深對社區的關注及參與。



青年在「『網騙大曝光』—青少年提防騙案計劃」中製作了3段防騙短片，並於網上社區放映會中播放，提高社區人士對網絡騙案的警覺性。

Youth participants created and showed three anti-fraud videos in the Say NO to Internet Fraud Project in an online community screening, raising community members' awareness of preventing online fraud.

New Media Project

The three-year Jockey Club YouthCreate Series: AKA New Media Project was completed in April 2021. Under this project, our JCISC continued to use new media to engage youth in community service, launching various youth filming activities during the year. These included the Say NO to Internet Fraud Project sponsored by the Fight Crime Committee and co-organised with the District Fight Crime Committee (Southern District) and the Southern District Office of Home Affairs Department. 18 young participants produced three anti-fraud videos after completing 12 filming workshops. The videos were shown at an online community screening, successfully delivering the message of preventing online fraud to 623 community members. Additionally, our JCISC organised seven drone activities from April 2021 to March 2022, including aerial photography, programming and drone experience activities in schools, with a total attendance of 199. We will continue using new media to promote youth services, develop their potential in new media applications and encourage them to apply these skills in the community to deepen their attention and participation in community affairs.

心靈充電行動

賽馬會綜合服務處獲香港賽馬會慈善信託基金捐助，於第5波疫情中舉辦為期3個月的「心靈充電行動」，向600位兒童、青年及家長派發「心靈充電盒子」，為他們作出精神健康上的緊急支援。「心靈充電盒子」參照正向心理學設計，盒內遊戲及活動涵蓋兒童身心發展、青少年減壓、親子互動及家長心靈放鬆等，配合網上分享、諮詢與輔導，適合一家人在疫情期間為心靈「充充電」，保持正向情緒及精神健康。

Charging Action for Mental Wellness

Our JCISC received a donation from The Hong Kong Jockey Club Charities Trust and organized the three-month programme – Charging Action for Mental Wellness during the fifth wave of the pandemic to provide emergency support for the mental health of children, youth and parents. It provided 600 of them with Mind Recharge Boxes, which were designed based on positive psychology and contained games and activities covering child development, adolescent stress reduction, parent-child interaction and relaxation for parents. In conjunction with online sharing, consultation and counselling, the boxes were suitable for families to “Recharge” their mental health to maintain positive emotions and mental well-being during the pandemic.

特殊教育需要學生及家長支援服務

賽馬會綜合服務處於本年度繼續為區內有特殊教育需要的學生提供3層支援服務。學生個人支援方面，中心舉辦「快樂·躍動－專注力訓練小組」和「中、英文讀寫支援小組」，分別為懷疑或確診為專注力不足或過度活躍症、讀寫困難的兒童提供學習、社交及情緒支援服務。兩個小組分別有35及20位學生參加，舉辦近180節活動，合共逾1,050人次受惠。在家庭支援方面，中心為10位育有特殊教育需要之兒童家長設立定期的親職技巧小組及家長支援小組，年內為他們舉辦共10節活動，協助他們建立同路人支援網絡，加強情緒上的支援，提高他們的能力感。至於社區層面方面，

Support Services for Students with Special Education Needs and their Parents

Our JCISC continued to provide three levels of support services for students with special education needs in the district this year. In terms of personal support for students, we held the Happy and Active – Attention Training Group and the Chinese and English Reading and Writing Support Group to provide learning, social and emotional support services for children suspected or diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) or reading and writing difficulties. The two groups had 35 and 20 student participants, respectively, with nearly 180 sessions held and an attendance of over 1,050. In terms of family support, we established regular parenting skills groups and parent support groups for 10 parents of children with special education needs and held a total of 10 activities during the year to help them establish a support network, strengthen emotional support and improve their sense of capability. At the community level, we collaborated with different regional organisations to run programmes for developing sports-related potential, including The WIND Programme – “Achiever” Sport Climbing Training, sponsored by the K&K Charity, the Extraordinary Parent-Child Adventure Journey and the Sports Buddy Club, co-organised with the InspiringHK Sports Foundation, to foster and discover the sporting potential of students with special education needs,

build their confidence and their problem-solving abilities. The programmes also included

volunteer service training and leadership

training to promote their diversified development, establish their teamwork and social responsibility and let more community members recognise their capabilities. A total of 75 students participated in the above three activities, providing a total of 915 instances of service.

遊戲治療師向家長分享如何善用親子遊戲時間，促進及改善親子關係。



A play therapist shared with parents how to effectively utilise parent-child game time to facilitate and improve parent-child relationships.

「逆風計劃－『闖峰』運動攀登訓練」部份表現優秀的參加者挑戰二級運動攀登訓練。

中心與不同地區組織合辦與運動相關的潛能發展計劃，包括：建灝慈善基金贊助的「逆風計劃－『闖峰』運動攀登訓練」及與凝動香港體育基金合辦的「非一般親子歷險旅程」和「運動心友會」，培養及發掘特殊教育需要學生的運動潛能，建立他們的自信心及解難能力。計劃亦加入義工服務訓練及領袖訓練，促進其多元發展，建立他們的團隊及社會責任感，同時讓更多社區人士認同特殊教育需要學生的能力。上述3項活動合共有75位學生參加，服務人次達915。



Some outstanding participants of The WIND Programme – “Achiever” Sport Climbing Training undertook the challenge of level 2 sport climbing training.

社區教育

全港原子筆中文書法比賽

由社區中心主辦之「全港原子筆中文書法比賽」至今已有38載。本年度以「新世紀·鄰里情」為主題，希望藉此促進社區鄰里關係，推廣「有心、有力、有行動、有平台」的互助社區。本年度參賽情況非常踴躍，共有257間小學、中學及團體逾33,000人參賽，397位入圍參賽者於2022年2月27日以網上形式進行總決賽。而評審日與頒獎禮則因應疫情將順延至2022年6月19日透過Facebook進行網上直播，屆時將頒發54個獎項。

Community Education

Hong Kong Chinese Calligraphy Ball Pen Competition

The Hong Kong Chinese Calligraphy Ball Pen Competition, organised by our Community Centre, entered its 38th year this year, undertaking the theme of “New Century • Neighbourhood Love” to promote community neighbourhood relations and the concept of a mutual support community with the values of “Caring, Capable, Committed and Connected”. The response was overwhelming, with over 33,000 participants from 257 primary schools, secondary schools and organisations. Among them, 397 finalists competed online on 27th February 2022. Due to the pandemic, the judging day and award presentation ceremony to present 54 awards was postponed to 19th June 2022 and broadcast live on Facebook.

因應疫情，決賽以網上形式進行。



Due to the pandemic, we conducted the final round online.

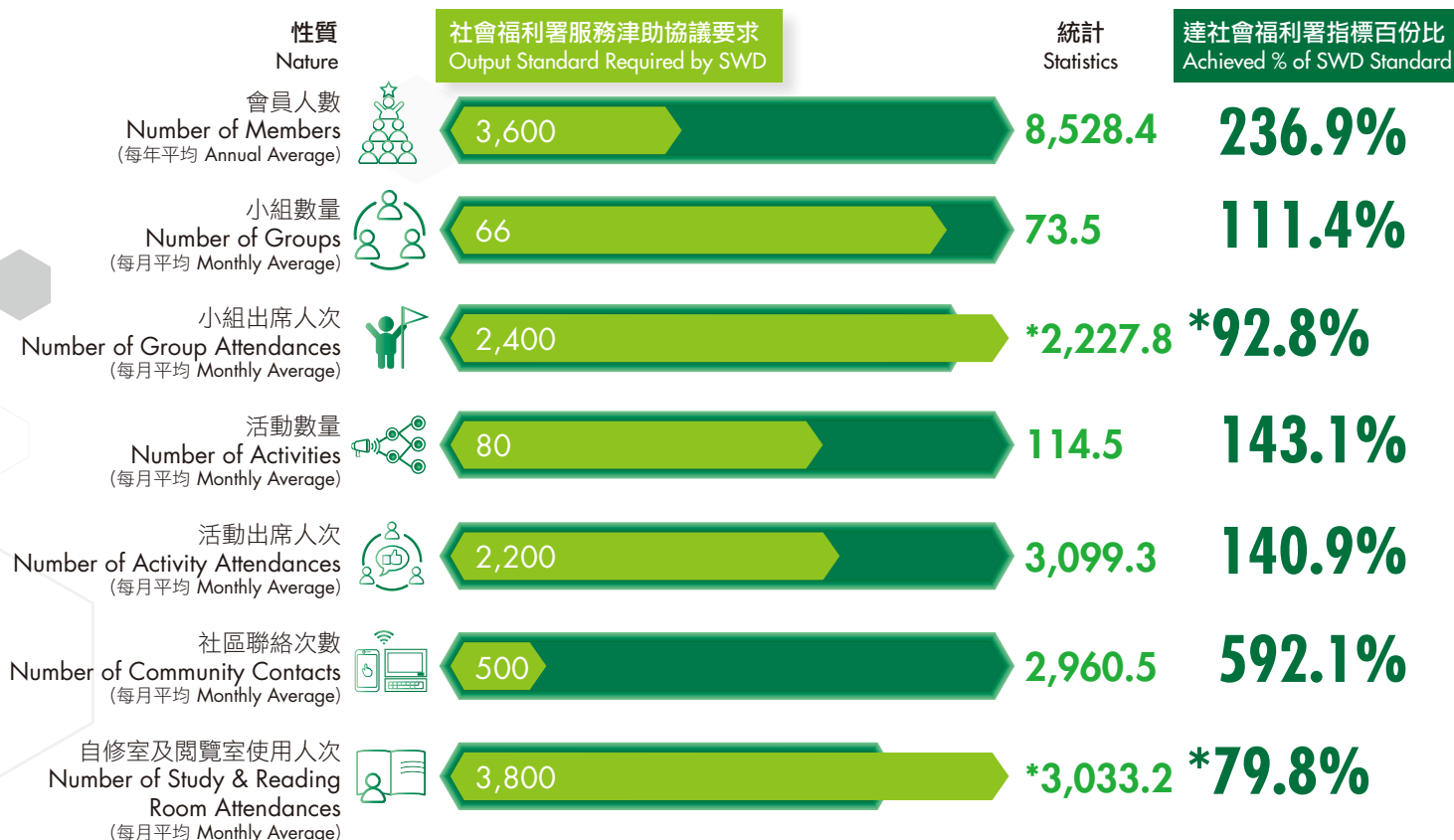
社區中心未來將繼續以「社會資本」概念及社區發展的工作手法，關注區內匱乏人士的需要及推動扶貧工作，特別是居於劏房之家庭；並積極探討為居住在不適切住房的家庭或人士推行「過渡性房屋項目」的可行性，以改善有關人士的狀況。同時，亦會繼續深化推行「家在石排灣E.P.S.」計劃，以支援石排灣邨居民在身、心、社方面的發展。社區中心將儘力回應坊眾的不同需要，以達致「全人關懷、全社區網絡」的服務宗旨。至於賽馬會綜合服務處將繼續舉辦多元活動，並加強「青年主導」的元素，鼓勵青年參與中心服務、活動設計以及社區活動，加強他們的能力感、成功感和歸屬感，成為社區的活躍分子。社會環境日新月異，服務處會嘗試應用不同的創新手法，更有效地為區內兒童、青少年及其家庭提供適切服務。

Adhering to the concept of "Social Capital" and the community development approach, our Community Centre will continue to care for the underprivileged (subdivided flat families in particular) and promote poverty alleviation. We will actively explore the feasibility of implementing a Transitional Housing Project for families or individuals living in inadequate housing to improve the living conditions of residents in these homes. At the same time, we will continue to extend the implementation of the Home in Shek Pai Wan E.P.S. project to support the body, mind and social development of Shek Pai Wan Estate residents. We will strive to respond to the community's diverse needs and achieve the service goal of "Holistic Care, Community Network". As for the JCISC, it will continue to organise various activities while strengthening the element of "Youth Initiation" to encourage young people to participate in our services, activity design and community activities, hence enhancing their sense of ability, success and belonging, and becoming active members of the community. In the ever-changing social environment, the JCISC will experiment with innovative methods to provide appropriate services more effectively for the Southern District's children, adolescents and their families.



服務統計 Service Statistics

社區中心 Community Centre



備註：*因應社會福利署公佈之特別安排，社區中心需暫停或只提供有限度之活動及服務，因而影響到個別指標未達服務津助協議之要求。
Remark Due to special arrangements announced by the Social Welfare Department, the activities and services of our Community Centre has been subject to suspension or restrictions. Under such conditions, individual benchmarks may not reach the Funding and Service Agreement requirements.

賽馬會綜合服務處 Jockey Club Integrated Service Centre



專項及社創服務

本會為適時回應社區及市民持續轉變之需要，會透過外界或機構資源開辦創新及試驗式服務和專項計劃，為社區坊眾及特別需要社群服務。

In response to the changing needs of the community and its residents, our agency launches innovative pilot services and specialised projects for community members and special needs people with the support of external funding or leveraging our own resources.

年度工作重點

社會企業－悠閒坊

Highlights of the Year

Social Enterprise – Leisure Outlet

梁先生，悠閒坊顧客 Mr. LEUNG, customer of Leisure Outlet

我很喜歡到這裏尋寶，除了貨品價廉物美外，我還很認同捐贈有用物品、減少棄舊的理念。所以我十分支持，希望你們能多開分店，將環保理念傳揚開去。

I enjoy coming here to treasure hunt because the goods are good-quality and low-priced. I also agree with donating useful items and disposing of fewer old items. Therefore I strongly support you opening more shops and spreading the environmental protection concept.

社會企業－悠閒坊店舖於2008年初開業，並獲民政事務總署「『伙伴倡自強』社區協作計劃」資助。在兩年資助期屆滿後，本會繼續以社會企業模式自資營辦，於2011年7月在本社會服務中心大廈社區中心地下設立悠閒坊旗艦店，再於2016年3月在華富邨開設分店。悠閒坊以自負盈虧的商業模式營運，並連結地區組織舉辦二手物品回收活動，透過回收、翻新及出售二手貨品，達致創造就業、保護環境及持續發展的社會目標。下列為此社會企業於年內之重點工作摘要：

Our agency established a social enterprise, Leisure Outlet, in early 2008 with funding support from the Home Affairs Department's Enhancing Self-reliance Through District Partnership Programme. After the initial two-year funding period, it continued operating as a self-financed social enterprise, opening its flagship shop on the ground floor of our headquarters in July 2011 and a store in Wah Fu Estate in March 2016. Operating on a commercial basis, the outlets strive to achieve the social objectives of job creation, environmental protection and sustainable development by liaising with district organisations to manage recycling activities to collect, refurbish and sell second-hand goods. The following are the social enterprise's work highlights for the year.

二手物品回收行動

悠閒坊於本年度與地區團體組織合辦了4次「二手物品回收行動」，動員地區人士、團體及大型屋苑居民捐出全新或二手物品作出售用途，或送予匱乏社群。其中海怡半島業主委員會乃本社會企業主要合作夥伴，定期與本會合辦回收活動，並提供場

悠閒坊與海怡半島業主委員會合辦「二手物品回收行動」。



Leisure Outlet and the Owners' Corporation of South Horizons co-organised the Second-hand Goods Recycling Action.

Projects and Social Innovations Service

地和設施支援，獲住戶踴躍支持。本年度雖受疫情影響，捐贈物品仍逾24,000件，成績理想。

網上拍賣二手物品以影音光碟最受歡迎。



Video and audio discs are the most popular second-hand items sold on Leisure Outlet's online platform.

開拓網上市場

隨着網上購物日趨盛行，悠閒坊於2019年7月起開拓網上銷售市場，除開拓客源，亦可培訓職員網絡營銷技巧。年內透過網上平台共售出355件二手物品，當中以影音光碟最受歡迎。

提供培訓及創造就業

悠閒坊作為社會企業，除了提升市民對保護環境及持續發展的意識外，亦會為社會上的弱勢社群及長期失業人士提供培訓及創造就業。悠閒坊除透過於旗艦店內設置就業資訊板，提供就業資訊供有需要人士查看外，亦會為待業人士提供實習安排，提升其工作技能及就業機會，培養他們自力更生的精神。過往亦有兩名待業人士因於實習計劃表現良好而獲悠閒坊聘用為正式店員，惟本年度因受疫情影響而被迫暫停有關實習安排，待疫情緩和後將儘快重啟有關工作。

Second-hand Goods Recycling Action

Leisure Outlet co-organised four Second-hand Goods Recycling Action events with district organisations during the year. At these events, members and organisations in the community and residents of large housing estates were encouraged to donate new and used items for sale or donation to the underprivileged. Being a principal partner of Leisure Outlet, the Owners' Corporation of South Horizons provided venues and facilities for the regular recycling programme. With overwhelming support from residents, we attained positive results despite the COVID-19 pandemic, collecting over 24,000 items throughout the year.

Development of Online Retail Business

Online shopping is a growing trend nowadays. In light of this development, Leisure Outlet began its e-commerce business in July 2019 to expand our customer base and provide online marketing skill training for our staff. During the year, the online platform sold 355 second-hand items, of which video and audio discs were the most popular.

Providing Training and Employment Opportunities

On the one hand, Leisure Outlet, as a social enterprise, is devoted to enhancing community members' awareness of environmental protection and sustainable development. On the other hand, it strives to provide training and employment opportunities for underprivileged and long-term unemployed people. For these purposes, Leisure Outlet has a notice board in its flagship shop with employment information for people looking for a job. It also offers intern opportunities for jobseekers to improve their competence, increase their employment opportunities, and promote self-reliance. In the past, Leisure Outlet employed two well-performing interns as full-time shopkeepers. Although the scheme was suspended this year due to the pandemic, it is hoped to be resumed as the situation improves.

悠閒坊旗艦店內設置就業資訊板，提供就業資訊供有需要人士查看。



The employment information board in Leisure Outlet's Flagship Shop provides helpful information for jobseekers.

賴先生，就業服務使用者 Mr. LAI, user of our Employment Service

由參加計劃開始，坊會同事就很盡力協助我搵工，向我講解每個行業的特性。每次見面，他們都很細心聆聽我的需要，讓我深深感受到他們的協助都是發自內心。雖然最後我因身體狀況而未能工作，但很感激這段時間坊會同事對我的關懷及支持。

The staff of AKA helped me find a job with their best effort from the time I joined the programme. They told me about different industries' characteristics. Whenever we met, they listened to my needs so carefully that I could feel they were helping me from the bottom of their hearts. Although I was finally unable to work due to health issues, I am very grateful for the care and support I received during that period.

本會自1999年起為待業及有需要人士提供就業服務。現時推行之「就業支援服務」及「鑽出耆職計劃」，主要為待業人士及僱主提供配對平台，讓他們能分別找到合適的僱主和僱員；而後者更會協助中高齡人士開展人生「第二事業」和自主創業。下列為此服務於年內之重點工作摘要：

Our agency has been providing employment service for people with different employment needs since 1999. Currently, we serve as a platform to match jobseekers with potential employers – and vice versa – through our Employment Support Services and the DiamondAge Employment Project. The latter also assists middle-aged and older people in developing their “Second Careers” and starting their own businesses. The following are the work highlights for the year.

就業支援服務

本會獲社會福利署委託於2020年4月初至2025年9月底推行之「就業支援服務」，為待業人士提供職位空缺資訊、面試前準備、入職後跟進及其他社區支援等服務；本年度共為423名經該署轉介的人士提供服務。年內雖受疫情影響，負責職員仍積極為個案進行工作配對，亦鼓勵他們參與服務隊定期舉辦的招聘會，增加其入職的機會。而成功入職者，職員會密切跟進其入職後的狀況及提供支援，讓他們儘快適應及能夠持久工作，達致自力更生、脫離綜援網。而過去一年，本服務隊先後與29間商戶及機構合辦3場招聘會，參與的僱主來自主題公園、會所、酒店、園藝、零售、餐飲、物業管理、教育、建造業及社會服務業等，合共234人次參與。招聘會為僱主及求職者提供一個平台，讓僱主招聘求職

為就業支援服務個案提供電腦課程，協助他們提升工作技能。



Our computer courses for our Employment Support Services cases help enhance their work competence.

招聘會為僱主及求職者提供一個便捷的招聘及求職平台。



We organised job fairs to provide a convenient platform for both employers and job seekers.

者之同時，亦為待業人士提供更多職場趨勢及行業資訊。

鑽出「耆」職計劃

有見渴望發展「第二事業」的中高齡人士數目日益增加，卻苦無渠道，本會獲滙豐透過香港公益金撥款資助，於2021年4月至2024年3月開展「鑽出

『耆』職計劃」，為50歲

或以上、尤其是面對經濟困難的失業人士，提供就業支援服務，協助他們重投勞動市場，繼續貢獻社會。本年度共有547位中高齡求職者登記，超過184位僱主提供逾700個職位

完成飾物製作課程的參加者在藍田啟田商場舉行的手作市集上一展手藝，吸引坊眾駐足選購。



A participant in our accessory-making programme showcased her craftsmanship in a handicraft marketplace held in Kai Tin Shopping Centre at Lam Tin. Her handcrafted products attracted shoppers to stop, see and buy.

Employment Support Services

The Social Welfare Department commissioned our agency to launch Employment Support Services from April 2020 to the end of September 2025, to provide jobseekers with job opening information, pre-interview preparation, post-employment follow-up, and other community support services. This year, we served 423 people referred to us by the Social Welfare Department. Despite the pandemic, our team actively provided job-matching services for our cases. We encouraged jobseekers to participate in our service team's regularly held job fairs to increase their employment opportunities. We also closely followed up on successful employment cases. We listened to those who expressed difficulties at work and provided support to help them adapt to their jobs, stay employed, achieve self-reliance and ultimately leave the Comprehensive Social Security Assistance Scheme. A total of three job fairs were organised during the year by our service team in collaboration with 29 employers, which included theme parks, clubhouses, hotels, and players from industries such as horticulture, retail, catering, property management, education, construction, and social services. The job fairs recorded a combined attendance of 234. As a platform for employers and employees, the job fairs allow employers to look for the right employees while providing job-seeking people with more workplace and industry information.

DiamondAge Employment Project

Realising that more and more third age and seniors aged 50 or above are keen on developing a second career but lack a solution, the DiamondAge Employment Project was launched in April 2021 with the support of HSBC through a donation to the Community Chest.

Lasting until March 2024, it aims to provide employment support services for unemployed people aged 50 or above, especially those with financial difficulties, to rejoin the labour market and continue contributing to society. This year, 547 older jobseekers registered for the project, and more than 184 employers offered more than 700 job openings. The project also

空缺。計劃並為參加者提供超過190個工作轉介，當中88位求職者成功入職。為協助有關人士繼續發揮他們豐富的經驗和技能，計劃亦舉辦了多個與就業相關的培訓課程、講座及活動。本年度，計劃着力協助他們發展手作創業，除了舉辦以飾物為主題的創業課程外，更讓參加者參與手作市集，透過社交媒體和格仔鋪售賣他們的產品。參加者成功售出自家製的產品，除了能賺取金錢外，顧客的認同更帶給他們極大的滿足感。

provided participants with over 190 job referrals, of which 88 job seekers succeeded in finding employment. In addition, it organised several employment-related training courses, seminars and activities to assist older people in further putting their experience and competence to good use. Particular effort was put into helping them start their own handicraft business this year, including organising a business startup course with the theme of accessories and letting participants participate in handicraft marketplaces to sell their products through social media and consignment stores. In addition to income, the success in selling their self-made products also gained them recognition from customers, which was a great satisfaction for them.

尚融坊林基業中心

LinkAges Lam Ki Yip Centre

Teresa，祖父母互助小組參加者

Teresa, participant in the Grandparent Support Group

我過去數十載一直從事文職工作，退休後便要我去照顧孫兒，感到壓力很大，但又不好意思請教別人。偶然見到這個小組，便報名參加。我在當中學到很多，始終大家同路人，很多煩惱一講出來大家便有共鳴；而且組員分享了很多經驗，讓我不用走冤枉路，安心了許多！

I had worked in clerical posts for several decades before I retired to look after my grandchildren. Although life was stressful, I felt embarrassed to ask other people for advice. One day, I came across this group and enrolled. I have learned a lot in the group because my groupmates all shared similar problems, worries and feelings. I also feel relaxed as I can save some wasted effort after listening to experiences shared by other groupmate.

為回應本港人口高齡化和家庭結構轉變造成的代間疏離，本會於2012年3月成立尚融坊林基業中心，此亦為全港首間代際服務中心。中心致力促進代際關係，加深不同年齡人士對彼此的了解、接納、欣賞和尊重，鼓勵他們互惠合作，目的是共建一個無年齡障礙、互相支持、人人得以共享的社區；同時讓社會文化得以傳承，不致散失。下列為此中心於年內的重點工作摘要：

In response to the growth of Hong Kong's ageing population and the alienation among different age groups caused by changes in family structure, we founded the LinkAges Lam Ki Yip Centre in March 2012. As the first of its kind in the territory to specialise in intergenerational services, the centre aims to establish an inclusive and mutually supportive community free of age barriers and shared by all community members by nurturing intergenerational relationships, enhancing mutual understanding, acceptance, appreciation and respect among people of different ages, and encouraging intergenerational cooperation. It also aims to achieve a cultural inheritance by preserving the cultures of the community. The following are the centre's work highlights of the year.

祖父母互助小組成員正創作和諧粉彩，紓壓之餘又可與孫子女分享新技能，促進彼此關係。



Members of the Grandparent Support Group were creating stress-relieving Pastel Nagomi Art. After acquiring the skills, they could share them with their grandchildren to improve mutual relationships.

賽馬會「三代·家添愛」計劃

本中心獲香港賽馬會慈善信託基金捐助，自2019年7月推行為期3年之「賽馬會三代·家添愛」計劃，支援由祖父母協助照顧3至12歲兒童的三代家庭，在個人、家庭及社區層面加強其家庭功能，以及在社區推廣家庭和諧信息。截至2022年3月止，計劃共吸引超過1,300個三代家庭成員參與；同時亦獲11個團體認同理念及邀請合作舉辦同類活動予更多三代家庭。

有關計劃將於2022年6月完結，在接近3年的服務裏，計劃職員遇見很多三代家庭，見證他們在家庭中的羈絆和掙扎。職員陪伴他們走過困難的日子，並將這些寶貴的經歷記錄下來，彙整成個案故事集—《三代人·一個家》，分享不同背景的三代及隔代家庭如何在糾結的關係中找到出路，重拾三代情。有關書籍出版後會捐贈到公共圖書館、學校和派發予活動參加者，藉此讓更多人士能從這些故事中得到啟發。

Hong Kong Jockey Club Kinship Support Hub Project

Under the sponsorship of The Hong Kong Jockey Club Charities Trust, our centre launched the Hong Kong Jockey Club Kinship Support Hub Project in July 2019. The three-year project aimed to support three-generation families with grandparents responsible for looking after children aged 3 to 12 years, strengthen their family functions on the individual, family and community levels, and promote family harmony messages in the community. As of March 2022, the project had attracted more than 1,300 three-generation family members to participate. Meanwhile, 11 organisations recognised the value of its concept and invited us to organise similar activities for more three-generation families.

The project will come to an end in June 2022. Through nearly three years of service, the project team has met many three-generation families, witnessed their struggles within the family, and accompanied them through their difficult times. These precious experiences were published in a book titled *Families of Three Generations Living Under One Roof* to share how three-generation and skipped-generation households of different backgrounds find a way through entangled relationships and revise their kinship. The book has been donated to public libraries and schools and distributed to activity participants so that the stories can inspire more and more people.

《三代人·一個家》個案故事集輯錄了不同背景三代家庭克服困難的歷程，甚具參考價值。

Families of Three Generations Living Under One Roof is a case book that collects stories of several three-generation families that live in the same household, and explores how these families from different backgrounds overcome their difficulties.



賽馬會躍動啟航計劃

計劃由香港賽馬會慈善信託基金捐助，鼓勵50歲或以上人士（50+）在退下職場後再次躍動起來，投身社會服務，展現無限潛能。計劃分為「集『義』成裘計劃」及「教德樂」課後支援服務兩部份。

前者鼓勵50+以小組形式參與，善用他們豐富的閱歷和熱情，設計並籌辦社會服務，以行動改變社會。透過服務社區，50+能繼續嘗試和學習，擴闊其社交視野，向豐盛的人生下半場「揚帆啟航」。計劃共分6期舉行，主題分別為：「南亞裔人士」、「五感失效」、「精神健康」、「生死教育」、「環保項目」及「50+人士」。計劃會為50+提供一系列包括設計思維在內的訓練和體驗活動，協助他們深入了解服務對

Jockey Club Golden Age Journey Project

Sponsored by The Hong Kong Jockey Club Charities Trust, the Golden Age Journey Project aims to encourage people aged 50 or above (50+) to serve again after retirement by engaging themselves in social services to unleash their unlimited potential. It consists of two parts, namely the V-Work Together Project and the Teach with Fun After-school Care Service.

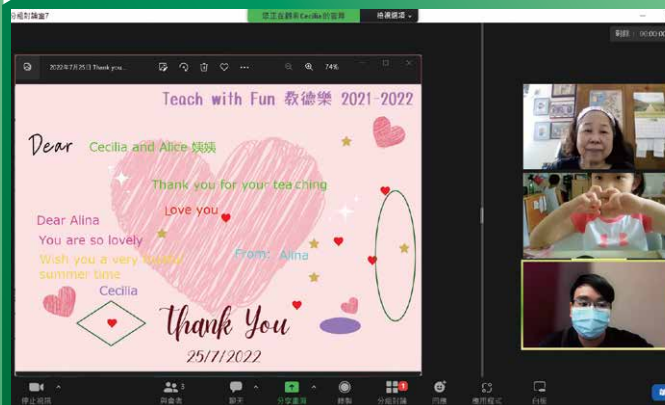
The V-Work Together Project aims to encourage people aged 50+ to take action to change society by leveraging their rich life experience and passion for designing and organising social services. By serving the community, those 50+ can continue trying and learning new things, expand their social life, and set sail for a wonderful retirement life. The project is conducted in six differently themed phases, namely South Asians Living in Hong Kong, Five Senses Failure, Mental Health, Life and Death Education, Environmental Protection, and 50+ People. A series of training and experience activities, including design thinking training, is provided to help the 50+ participants gain an in-depth understanding of service target needs before they design creative and practical service plans for selection. The volunteer groups that design the selected service plans will then be issued a Service Startup Fund to implement their idea. As of March 2022, each of the six phases had been implemented, with 113 participants divided into different groups bringing services to the community through 27 service plans, benefitting 1,045 person-frequencies.

本會頒贈「服創資金」予獲選小組。



We presented the Service Startup Fund to the selected volunteer group.

「教德樂」課後支援服務參加學生繪製心意咭，向教導她的義工表達謝意。



Student of The Teach with Fun After-school Care Service expressed her gratitude to her volunteer instructor with a virtual card.

象的需要，設計出創意與實務兼備的服務計劃。獲選的50+小組會獲批「服創資金」實踐意念。截至2022年3月已舉辦6期，共有113位50+分組推行27個服務計劃，以不同形式將服務帶入社區，惠及1,045人次。

至於「教德樂」課後支援服務乃招募50+成為義工，為有需要的初小學生提供一對一課後支援，照顧學童的學習差異，並透過身教培養學生的品德。年內計劃共為1,230人次50+提供訓練，讓他們在教學及與孩子相處上更得心應手。疫情期間，義工們透過線上及虛擬網絡，與144位學童保持聯繫及持續服務，讓他們能「停課不停學」。

The Teach with Fun After-school Care Service is a project that addresses learning differences among students, recruiting 50+ people to provide one-on-one after-school support for lower primary school students and help foster moral integrity by the 50+ serving as role models. During the past year, the training provided by the project to enhance volunteers' skills in teaching and communication recorded a combined attendance of 1,230 50+ volunteers. Also, our volunteers maintained contact with and persistently provided services for 144 students to ensure they could continue learning during school suspension due to the pandemic.

尚衡成長及培訓中心

Harmony Life Enrichment Centre

霍小姐，「兒童為本遊戲治療」參加者母親 Ms. FOK, mother of a Child-centred Play Therapy participant

女兒上幼稚園那幾年，一直未能適應校園生活，情緒不太穩定，作為母親的我雖擔心但卻無從入手。後來經朋友介紹，接觸到中心的遊戲治療。經過一年的活動，女兒有明顯的進步，還告訴我們她開始喜歡校園的生活了！感謝中心的輔導員，除了專業輔導小朋友外，更給予家長很多建議，讓我們更了解自己及小朋友的需要！每個小朋友在父母心中都是獨一無二的，我們都想他們身心健康快樂成長。希望中心的服務有更多家長認識，能夠幫助到更多有需要的家庭。

My daughter was emotionally unstable because she had problems adapting to kindergarten. I was worried but found no way to help her. Then I learned about the centre's play therapy from my friend. After a year of activities, my daughter has improved significantly, telling us she is beginning to like school life. I sincerely thank the centre's counsellors because they were professional in child counselling and gave parents timely advice, understanding what we and our kids needed. Every child is unique, and we all want their body and mind to grow healthily and happily. I hope more parents will learn about the centre's services so that more families will receive the help they need.

本會於2008年開設尚衡成長及培訓中心，希望透過跨專業合作，為居民提供優質輔導及培訓服務，促進全人發展及成長，達致「創造積極人生，締造和諧社區」之目標。下列為此中心於年內之重點工作摘要：

We founded the Harmony Life Enrichment Centre in 2008 to provide quality counselling and training services for residents through interdisciplinary cooperation. It aims to facilitate holistic personal development and growth and ultimately achieve the goal of Create Positive Life and Establish Harmonious Community. The following are the centre's work highlights of the year.

透過「兒童為本遊戲治療」讓孩子宣洩情緒和表達情感，藉此重建孩子的安全感、自信心，並培養他們的創意。

Child-centred Play Therapy can help rebuild children's sense of security and self-confidence and cultivate their creativity by providing an avenue to vent and express their emotions.



輔導服務

中心在年內共跟進了166個個案，全年提供超過765小時之輔導服務，輔導主題包括：處理情緒困擾、加強家庭關係、改善婚姻關係、促進個人成長、紓緩壓力及改善三代關係等。中心亦着重發展兒童輔導服務，並相信孩子最能透過遊戲表達自我、宣洩情緒、修復創傷，過程中重建孩子的安全感、自信與創意，故銳意發展「兒童為本遊戲治療」，並致力推展至區內學校，包括與聖公會田灣始南小學及嘉諾撒培德學校，以跨專業合作模式提供「兒童為本遊戲治療到校服務」，為個別有需要的學生提供輔導，更於學校推廣親子特別遊戲時間，促進親子關係。年內共為11位有需要的學生提供到校輔導服務。

Counselling Service

During the year, the centre followed up on 166 cases by providing more than 765 hours of counselling on coping with emotional distress, strengthening family ties, improving marital relationships, promoting personal growth, relieving stress, and improving three-generation family relationships. The centre also focuses on developing child counselling service. It believes that playing games is the best way for children to express themselves, release emotions and recover from trauma, as children can rebuild their sense of security, self-confidence and creativity during the process. Therefore, the centre strives to develop Child-centred Play Therapy and promote the concept in schools in the district. For instance, through an interdisciplinary collaboration model, we provide the Child-centred Play Therapy on-site service for SKH Tin Wan Chi Nam Primary School and Pui Tak Canossian Primary School. Through the on-site service, we offer individual counselling services to needy students and promote special parent-child play time in the schools to improve parent-child relationships. A total of 11 students received our on-site counselling service during the year.

親子系列活動

良好的親子關係對孩子的成長非常重要。父母與孩子關係越親近，越能幫助他們建立安全感、自信與創造力。中心遂於年內舉辦一系列「Family Club」親子互動小組及工作坊，以「家庭為本」的介入手法提升親子互動，促進家庭和諧。活動包括7個工作坊及5個線上活動，主題計有「親子和諧粉彩工作坊」、「親子齊齊做系列」及「禪繞靜心親子工作坊」等，讓親子在家也可參與。活動有超過700人次受惠。

積木治療社交小組

疫情自2019年底爆發至今，在各項社交距離措施及斷斷續續的停課下逼使兒童大部份時間被「禁足」，令他們的社交和認知發展大受影響。中心針對幼兒及兒童的社交及語言發展需要，於年內舉辦4個「積木治療社交小組」。兒童在小組內有特定的角色，輔導員會鼓勵他們投入溝通對話以砌出積木模型，在「砌積木」的自然情境中練習傾聽、輪流、妥協及解難等社交溝通技能，增強他們面對不同社交環境的信心。中心並分別與新會商會學校及嘉諾撒培德學校合辦「積木治療社交小組」，協助學童提升協作和社交溝通等技能。

Family Club

A healthy parent-child relationship is vital to any child's growth because the closer the parents and their children are, the better they can build their sense of security, self-confidence and creativity. Therefore, the centre adopted a Family-centred Approach to organise Family Club, a series of parent-child interactive groups and workshops during the year to enhance interaction between parents and their children and improve family harmony. These included seven workshops and five online activities. Allowing participants to take part at home as well, they covered such themes as Pastel Nagomi Art, Parents and Kids Do It Together and Zentangle, with the total attendance exceeding 700.

Brick-based Therapy Social Group

The pandemic outbreak starting at the end of 2019 severely impacted children's social and cognitive development as they had to stay home most of the time under social distancing measures and intermittent class suspension. Caring for toddlers' and children's social and language development needs, the centre organised four Brick-based Therapy Social Groups during the year. In these groups, our counsellors assigned specific roles to children. They encouraged them to engage in communication and chats while building brick models. Through such a natural scenario, children could practise social and communication skills such as listening, turn-taking, compromising and problem-solving, enhancing their confidence when facing different social environments. Furthermore, the centre co-organised Brick-based Therapy Social Groups with San Wui Commercial Society School and Pui Tak Canossian Primary School to help students improve their collaborative, social, communication and other skills.

參加者從合作砌積木的過程中學習社交技巧及建立自信，而導師亦會適時從旁引導溝通。



Participants learned social skills and built self-confidence during the brick-building process, with tutors guiding alongside at the right time.

本會以「社區為本」及「創新精神」發展各項專項及社創服務。隨着疫情漸趨穩定，本會將緊隨時代步伐及配合社會需要，善用資源並積極發掘外界基金以發展有關服務。承蒙香港賽馬會慈善信託基金再次捐助，尚融坊林基業中心將於2022年7月開展第二期的「賽馬會三代·家添愛」計劃，服務對象亦會擴大至需照顧0至12歲兒童的三代家庭。除了恆常的服務內容外，亦將增設網上家長教育平台及家庭探訪，為更多有需要的三代家庭提供全面支援。期望未來本會可營辦更多具前瞻性的服務，從而體現本會「倡互助共襄鄰里；育英才服務社會；展身心同享健康」之服務使命。

Our projects and social innovations service is developed based on a community-centred approach and an innovative spirit. As Hong Kong recovers from the pandemic, we strive to make the best use of all available resources and actively explore external funding possibilities to ensure our services are in pace with the times and fulfil social needs. Thanks to further donations from The Hong Kong Jockey Club Charities Trust, LinkAges Lam Ki Yip Centre launched the second phase of the Hong Kong Jockey Club Kinship Support Hub Project in July 2022, which expands its service targets to include three-generation families with children aged up to 12 years as well. It has also launched an online parent education platform and family visits – in addition to offering its regular services – to provide comprehensive support for more three-generation families in need. With the service mission of “Promote Mutual Concern among Neighbours, Nurture Talents to Serve the Community and Enhance Well-being to Promote Health for All”, we look forward to launching even more forward-looking services in future.



服務報告 Service Report

教育服務 Education Service

本會教育服務由持續及成人進修社區學院及香港仔街坊福利會延續教育學校組成，服務目標乃為坊眾提供持續進修之機會，並以開辦興趣休閒課程、職業專才訓練課程及再受僱課程為3大發展重點。

年度工作重點

持續及成人進修社區學院

本會於2002年自資開辦持續及成人進修社區學院（Continuing and Adult Retraining Education Community College，英文縮寫為CARE Community College），當中CARE亦為學院之辦學信念：Collaboration－與不同院校/機構合作，舉辦全面化持續進修課程；Assurance－確保優質教學，提倡互動教學精神；Resolution－堅守教學理念，協助個人適應不斷轉變的社會；Enrichment－鼓勵終身學習。學院自成立以來，一直配合社會發展及不同人士的學習需求，開辦各類課程，鼓勵社區人士增進知識、技巧和拓展個人能力。

兒童及青少年跆拳道班教授自衛及搏擊等技巧，訓練手腳力量及敏捷度。



Our taekwondo classes for children and teenagers teach self-defence and combat techniques, while building hand and foot strength and agility.

Our education service is composed of the Continuing and Adult Retraining Education (CARE) Community College and the Aberdeen Kai-fong Welfare Association Continuing Education School. These institutions aim to provide opportunities for the community to pursue further education, with an emphasis on offering and developing three types of courses: interest and leisure, vocational and professional training, and re-hirement courses.

Highlights of the Year

Continuing and Adult Retraining Education (CARE) Community College

Our organisation started the self-financing CARE Community College in 2002. The educational philosophy of the college is conveyed through the letters of the acronym "CARE", which stand for Collaboration – cooperating with different institutions to provide comprehensive continuing education courses; Assurance – giving attention to delivery of quality teaching and promoting interactive teaching methods; Resolution – adhering to our teaching principles and helping individuals adapt to the ever-changing society; and Enrichment – encouraging lifelong learning. Since its establishment, the college has been offering courses that respond to society's development and cater to different individual learning needs to encourage community members to enhance their knowledge and skills and expand their abilities.

學院開辦之專業社交舞課程，除可強健參加者之體魄外，亦可擴闊其社交圈子。



Our college's professional social dance courses help participants improve their physical fitness and expand their social circles.

Education Service

興趣休閒課程

Interest and Leisure Courses

梁先生，關節伸展班參加者 Mr. LEUNG, participant in the Joint Stretching Class

自參加伸展班後，我對身體結構有了更多認識，會提醒自己多做運動和注意健康飲食，多加關注自己的健康。

Since joining the stretching class, I have better understood my body structure. I remind myself to exercise more and pay more attention to healthy eating and my health.

本年度仍受「2019冠狀病毒病」疫情影响，部份課程在防疫措施限制下需停課或改以網上學習形式進行。當疫情稍為穩定可復課時，學院遂嚴謹執行各項防疫措施，為參加者提供衛生及安全之學習環境。年內學院共開辦了665項幼兒、兒童、青少年及成人興趣休閒課程，內容包括：音樂舞蹈、強身健體及個人興趣等課程，共有6,197人報讀。另在暑假期間亦開辦了189項幼兒及兒童暑期課程，參與人數達1,573人。

Due to infection control measures in response to the COVID-19 pandemic, some of our courses had to be suspended or switched to online learning this year. When the situation stabilised to the point that classes could resume, our college strictly implemented all anti-pandemic measures to provide participants with a hygienic and safe learning environment. Throughout the year, our college offered 665 interest and leisure courses for toddlers, children, teenagers, and adults, including music, dance, fitness, and personal interests, attracting 6,197 people to register. Additionally, we offered 189 summer courses for children, attended by 1,573 participants.

職業專才訓練課程

Vocational and Professional Training Courses

陳同學，「長者治療小組技巧證書」課程參加者 CHAN, participant in the Certificate in Therapeutic Group Work Skills for the Elderly Course

課程讓我發現與長者的互動原來可以很有趣，與他們溝通也可以有許多不同的方式，大大增添我在照顧長者工作上的信心。

The course helped me discover that interacting with older people can be very interesting and that there are many ways to communicate with them. All these boosted my confidence in my elderly care job.

學院在開辦職業專才訓練課程上，將配合資歷架構發展方向，致力與本地、海外大專院校或培訓機構合作，開辦網上及/或認可課程，俾提供有系統之職業課程進修階梯。年內學院開辦與職業專才訓練相關之課程包括：香港學術及職業資歷評審局認證課程及僱員再培訓局課程等，以便社區人士透過持續進修、終身學習，全面提升知識與技能。

Our college is committed to developing vocational and professional training courses in line with the Hong Kong Qualifications Framework. To achieve this, we will collaborate with local and overseas universities or training institutions to provide online and/or accredited courses to accomplish a systematic progression of vocational education. Throughout the year, our college has offered various vocational and professional training courses, including courses accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications and the Employees Retraining Board. These

香港學術及職業資歷評審局認證課程

隨着本港人口老齡化，長者罹患多種慢性疾病和出現身體機能衰退的情況日趨普遍，社會對長者護理服務的需求更見殷切。有見及此，學院自2018年起開辦「長者治療小組技巧證書」課程，該課程獲香港學術及職業資歷評審局評為資歷架構級別第三級課程，並列於資歷名冊上及被納入持續進修基金認可課程。課程由註冊職業治療師及社工任教，教授長者復康護理專業知識及帶領長者治療小組的技巧，特別適合需要與患有認知障礙症長者溝通的護老者、安老服務從業員及有志投身安老服務行業的人士修讀。

courses aimed to provide opportunities for community members to enhance their knowledge and skills through continuous learning and lifelong education.

Accredited Courses of the Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ)

As Hong Kong's population ages, chronic diseases and physical decline among older people have become increasingly common, leading to a growing demand for elderly care service. In response to this, our college has been offering the Certificate in Therapeutic Group Work Skills for the Elderly Course since 2018. Accredited by the HKCAAVQ at Level 3 of the Qualifications Framework, this course has been listed in the Qualifications Register and recognised as a Continuing Education Fund-registered course. Taught by registered occupational therapists and social workers, the course teaches professional knowledge of elderly rehabilitation care and skills to lead therapeutic groups for older people. It is particularly suitable for caregivers who need to communicate with older adults with dementia, elderly service practitioners, and individuals who aspire to join the elderly service industry.

The course teaches five therapeutic group activities, including reminiscence therapy, reality-orientation therapy, and multisensory therapy, as non-pharmacological interventions to help slow the rate of degeneration in patients with dementia and reduce their mental confusion and forgetfulness, thereby lessening the occurrence of behavioural problems while enabling them to adapt to their daily lives. Being both theoretical and practical, the course offers internships and site visits in addition to classroom instruction. Within the year, a total of 17 participants completed the course with a 100% pass rate in the continuous assessment, final examination, and overall graduation.

參加者正實習如何帶領長者進行伸展運動。



Participants practise how to lead elderly individuals in stretching exercises.

課程教授5項治療小組活動，包括懷緬治療、現實導向治療及多感官治療等，以非藥物介入方式，協助緩減認知障礙症患者衰退速度，改善其精神混亂和善忘情況，從而減少出現行為問題，讓他們適應生活。課程理論與實踐兼備，除課堂授課外，亦會為學員提供實習及參觀活動。年內共有17位參加者完成課程，他們的持續評估合格率、期末考試合格率及總畢業率均達100%。

參加者專注學習如何協助長者使用健康檢測儀器。

Participants concentrated on learning how to assist elderly individuals to use health monitoring equipment.



學院為報讀專業美容證書課程之參加者提供設備齊全及配備先進美容儀器之場地進行授課及實習，提升他們的美容知識及技能。



Our college provides participants in the professional beauty certificate course with complete sets of technologically advanced beauty equipment in the classroom and during practical training, enhancing their beauty knowledge and skills.

Courses of the Employees Retraining Board (ERB)

Our college has been a training institution of the ERB for 14 years. This year, we conducted 43 full-time placement-tied and part-time courses, totalling 642 students. The courses covered a diverse range of subjects, including beauty care, information technology, and language applications. For the 12th consecutive year, our college obtained the best rating (Group 1) in the ERB's annual audit system. The ERB also awarded us a commendation certificate for the fifth straight year in recognition of our continuous outstanding performance in ensuring the quality of our courses.

僱員再培訓局課程

學院成為僱員再培訓局之培訓機構已長達14年。本年度共開辦43個全日制就業掛鉤課程及半日制兼讀課程，報讀人數達642人。課程涵蓋美容、資訊科技及語文運用等多元化範疇。學院更連續第12年獲該局周年審計系統評為最佳評級(第一組)，並連續第5年獲該局頒發嘉許狀以表揚學院於課程質素保證工作方面持續表現優異。

學院連續5年獲僱員再培訓局頒發嘉許狀以作表揚。

Our college has received a certificate of commendation from the ERB for five consecutive years.



持續專業進修課程

面對社會環境不斷改變，社會工作人員的專業技能及知識亦須與時並進。本會積極研發相關的課程，支援社會工作人員持續專業進修。年內，學院獲香港社會工作人員協會屬下香港社會工作專科院認證了兩個課程，為合資格社會工作人員提供進修機會。兩個課程分別為「提升帶領小組技巧－實戰篇」及「世代交流－實戰工作坊」。內容分別圍繞帶領小組進階技巧之實踐及推動代際活動的要訣。而學院亦率先於2022年1月為本會12位註冊社工職員開舉為期12小時的「提升帶領小組技巧－實戰篇」課程，期間因受疫情影響而需改以網上授課；課程總出席率達93%。至於「世代交流－實戰工作坊」則預計於2022/2023年度舉辦。

Continuing Professional Development Courses

In face of the constantly changing social environments, social workers' professional skills and knowledge must also keep up with the times. Our organisation actively develops relevant courses to support social workers' professional development. Within the year, our college had two courses accredited by The Hong Kong Council of Social Service's Hong Kong Academy of Social Work, providing further education opportunities for qualified social workers. The two courses were Advanced Group Facilitation Skills – Real Practice and Intergenerational Dialogue – Practical Workshop, which focused on advanced group facilitation skills and key elements in promoting intergenerational activities, respectively. Our college also took the lead in January 2022 by providing a 12-hour Advanced Group Facilitation Skills – Real Practice course for 12 registered social workers. Conducted online due to the pandemic, it recorded a total attendance rate of 93%. Meanwhile, the Intergenerational Dialogue – Practical Workshop has been rescheduled for 2022/2023.

再受僱課程

Re-hirement Courses

林同學，「自在人生自學計劃」參加者 LAM, participant in the Capacity Building Mileage Programme

透過參加「自在人生自學計劃」課程，讓我增廣見聞，吸收新知識；從而擴闊個人視野，並加強與社會及社區的聯繫。

Participating in the Capacity Building Mileage Programme has broadened my horizons and gained me new knowledge, expanded my perspectives and strengthened my connection with society and the community.

為協助50歲以上的中高齡人士重投職場或開展人生「第二事業」，學院致力加強為退休人士提供進修途徑，協助他們可於退休後再受僱，為重投職場作好裝備。年內學院開辦之再受僱課程包括：「自在人生自學計劃」及「長青活學計劃」等。

Our college is committed to assisting individuals aged 50 or above in re-entering the workforce or pursuing a "Second Career" of their lives by strengthening educational opportunities for retirees and equipping them for re-employment after retirement. Within the year, we offered re-hirement courses such as the Capacity Building Mileage Programme and the Elder Academy Lifelong Learning Programme.

自在人生自學計劃

本年度學院繼續與香港都會大學合辦、由婦女事務委員會協辦之「自在人生自學計劃」課程，旨在提高參加者的學習能力，幫助他們培養求知慾、發揮個人潛能、肯定自我、以正面態度面對不同挑戰，從而開創更精彩的人生。年內學院開辦之7個課程共有83人修讀。另學院連續18年榮獲香港都會大學李嘉誠專業進修學院頒發「卓越機構獎（服務與支援）」。此外，亦有2位導師及1位學員分別獲頒「卓越導師獎」及「卓越學員獎（學習表現）」，足見學院開辦有關課程具質素保證。

長青活學計劃

本學院與香港都會大學、安老事務委員會及BCT跨躍學院合辦「長青活學計劃」，為長者提供持續進修的機會，發揚「積極樂頤年」的精神及「老有所為」的理念。計劃設多類短期面授科目，涵蓋健康護理、個人理財及藝術與文化等範疇。年內開辦5個面授課程，共71位參加者報讀。

Capacity Building Mileage Programme

This year, our college continued its collaboration with the Hong Kong Metropolitan University and the Women's Commission to offer the Capacity Building Mileage Programme. This programme aimed to enhance the learning ability of participants, help them cultivate a thirst for knowledge, unleash their potential, affirm their self-worth, and face challenges with a positive attitude, thereby creating a more fulfilling life. Within the year, a total of 83 individuals enrolled in the seven courses offered by the college. Additionally, our college received the Outstanding NGO Award (Student Support & Services) from the Li Ka Shing Institute of Professional and Continuing Education at the Hong Kong Metropolitan University for the 18th consecutive year. Two of our instructors were also awarded the Outstanding Instructor Award and one student received the Outstanding Student Award (Learning Performance), demonstrating the quality assurance of our college's courses.

學院開辦之課程甚具質素，並獲有關方面認同。

The high quality of our courses gained recognition from the relevant authorities.



Elder Academy Lifelong Learning Programme

Our college, collaborating with the Hong Kong Metropolitan University, the Elderly Commission, and BCT Next Academy, conducts the Elder Academy Lifelong Learning Programme to provide continuous learning opportunities for older people. The programme promotes the spirit of "Active Ageing" and a "Sense of Worthiness among the Elders". It offers a variety of short-term, face-to-face courses covering areas such as healthcare, personal finance, and arts and culture. During the year, there were five in-person courses offered, with a total of 71 participants enrolled.

香港仔街坊福利會延續教育學校

本會轄下延續教育學校於2009年成立，並於2010年7月獲教育局批准成為認可的註冊學校。學校致力舉辦優質培訓及學術性課程，並主力提供語文訓練及電腦技能訓練；此外，亦推行勞工及福利局資助的「成人教育資助計劃」，以助參加者個人成長及事業發展。年內，延續教育學校共開辦13班語文訓練課程，完成課程人數達96。而年內開辦之「成人教育資助計劃」，課程內容涵蓋日常英語、普通話、職業普通話及基礎資訊科技等，共有86人報讀。

Aberdeen Kai-fong Welfare Association Continuing Education School

Our agency established the Continuing Education School in 2009. Approved by the Education Bureau as a registered school in July 2010, it is committed to organising high-quality training and academic courses, particularly those providing language and computer skills training. In addition, we have implemented the Adult Education Subvention Scheme, subsidised by the Labour and Welfare Bureau, to assist participants in personal growth and career development. During the year, the school offered 13 language training courses, with 96 participants completing the courses, while the Adult Education Subvention Scheme registered a total enrolment of 86 people, covering subjects including daily English, Mandarin, business Mandarin, and basic information technology.

本會轄下延續教育學校開辦之語文訓練課程甚受學生及家長歡迎。除Jolly Phonics 英文拼音課程外，更有烹飪學英文班，讓學生在製作和烹飪健康美味食品的同時學習英語。

The language training courses offered by our Continuing Education School are highly popular among students and parents. In addition to the well-received Jolly Phonics course, we also provide a Little Chef Cooking Club course where students can learn to prepare and cook healthy and delicious food while studying English.



教育服務為本會三大服務支柱之一，將緊隨社會步伐及配合持續進修的發展方向，積極開辦各項課程，以滿足不同階層持續學習及進修的需要。為確保所開辦之興趣休閒課程具一定的水平，本會將統一轄下各單位相關課程之發展、管理及評估工作，俾更有系統地建立多元化興趣休閒課程予不同年齡人士。在職業專才訓練課程方面，本會將繼續配合資歷架構發展方向，致力與本地、海外大專院校或培訓機構合作，開辦網上及 / 或認可課程，提供有系統之職業課程進修階梯。此外，因應學習已不再受時間及地點之限制，未來本會將着力應用高科技設備，加強課程管理及開發網上學習平台，讓有志進修人士能隨時隨地參與本會所開辦之各類課程。本會將繼續秉持「坊會人」精神，以務實及追求持續改善的態度，為社會人士提供優質教育服務。

Education service is one of the three major service pillars of our agency. We will closely follow the pace of society and the development of continuing education to actively offer courses that meet different levels of continuous learning and further education needs. To ensure that our interest and leisure courses are up to a certain standard, we will unify our work to develop, manage and evaluate courses related to our service units to systematically establish a diversity of interest and leisure courses for people of different ages. Regarding vocational and professional training courses, we will continue cooperating with local and overseas universities or training institutions to offer online and/or accredited courses that align with the development of the Qualifications Framework to provide a systematic vocational course progression for further education. Additionally, as learning goes beyond time and geographic limitations, we will focus on applying high-tech equipment, strengthening course management, and developing online learning platforms to enable interested learners to participate in our courses anytime and anywhere. We will continue to uphold the spirit of "Aberdeenians" and provide high-quality education service to the community with a pragmatic and continuously improving attitude.

健康服務 Health Service

服務報告
Service
Report

健康服務 Health Service

本會藉成立70周年之際，於2020年4月起推展本會首份「十年規劃藍圖」，並銳意發展健康服務，繼社會服務及教育服務後，成為本會3大服務支柱之一。同時，亦相應修改本會之服務使命為「倡互助 共襄鄰里；育英才 服務社會；展身心 同享健康」。健康服務將成為本會新增之重點發展方向，並以發展基層醫療服務，提倡健康生活模式及推動坊眾身心平衡發展為目標。本會之健康服務由珍維社區健康促進中心、良躍社區藥房及良躍坊、以及南區地區康健中心組成，服務目標乃透過健康服務向坊眾推廣持續安康的訊息，並着力推展未病先防、已病早治及既病防變3大發展重點。

Coinciding with our 70th anniversary, our agency launched its inaugural *10-year Development Blueprint* in April 2020, where we affirmed our commitment to developing health service as the third service pillar of our work, following social service and education service. Accordingly, we revised our service mission to "Promote Mutual Concern among Neighbours, Nurture Talents to Serve the Community and Enhance Well-being to Promote Health for All". Our health service will be a new focus of our agency's development, aiming to develop primary healthcare service, promote healthy lifestyles and advocate for physical and mental balance in the community. Comprising the Chun Wai Community Health Promotion Centre (CHPC), the A-Lively Community Pharmacy (ALCP) and A-Lively Hub, and the Southern District Health Centre (SDHC). It aims to promote messages of continuum of well-being to the community through its health service while striving to bring to the fore these three key development goals: disease prevention, illness management and prevention of deterioration.

年度工作重點

珍維社區健康促進中心

Highlights of the Year

Chun Wai Community Health Promotion Centre (CHPC)

陳啟強先生，服務使用者 Mr. CHAN Kai-keung, service user

中心提供多元化的健體課程，讓我嘗試到不同類型的運動訓練，當中徒手運動操及 Flexi-bar運動班能有效改善我的健康。導師悉心指導令我有效掌握正確及安全的鍛鍊方法，並培養了持之以恆的運動習慣。

The centre offers a wide variety of fitness programmes that have allowed me to try out different types of exercise training. Among them, the callisthenic routine and flexi-bar exercise classes are especially helpful in improving my health. The instructors have given me careful guidance, helping me to grasp the correct and safe workout methods effectively and develop regular exercise habits.

本會於2006年在華貴邨成立社區健康促進中心，以「康盛人生，融和社會」為服務理念，向居民推廣健康教育及社區融和的訊息。中心透過舉辦多元化的健康活動及健體課程，為不同年齡人士建立健康生活模式，鼓勵他們關注個人健康，提高未病先防的意識，以締造一個健康及融和的社區為目標。年內受疫情影響，會員人數有所下降，全年會員人數有235人；而使用中心人數則有6,357人，合共23,877人次。下列為該中心於年內之重點工作摘要：

Our agency established the CHPC in Wah Kwai Estate in 2006, with the service goal of "Fruitful Life, Harmonious Society" to promote health education and community harmony among residents. Through various health activities and fitness courses, the centre strives to help people of different ages establish healthy lifestyles, encourages them to pay attention to health management and raises their awareness of illness prevention, ultimately creating a healthy and harmonious community. Although the annual number of members decreased to 235 due to the pandemic, 6,357 people used the services of the centre for a total of 23,877 instances throughout the year. The following are the centre's work highlights of the year.

護心運動跟住做

護老者在照顧長者的路途上充滿挑戰，長期的護老壓力更會影響身心健康。為鼓勵護老者更好管理自己的健康，中心與賽馬會黃志強長者地區中心於2021年6月合辦護老者運動小組。參與的12位護老者在體適能教練指導下使用健身室器械，透過帶氧運動強化心肺功能，並在進行個人體質分析評估後，由體適能教練講解結果及按其個人體質給予運動建議。期望護老者能建立運動習慣，紓緩身心壓力。

個人體質知多少

為向社區推廣不同健康資訊，中心與方王換娣長者鄰舍中心合作參與由康樂及文化事務署舉辦的社區體質調查，由評估員為24位參加者進行體質問卷調查及5項測試項目，包括個人身體組成份、心肺耐力、柔軟度、神經肌肉功能及肌力。參加者可從測試報告具體得知自己需要改善及加強的部位，再配合評估員的運動建議及訂立明確的運動目標，便能更針對性及有效地鍛鍊身體。

評估員為參加者進行體質調查，測量及分析身體成份後，再幫助他們針對身體需要而訂立運動目標。

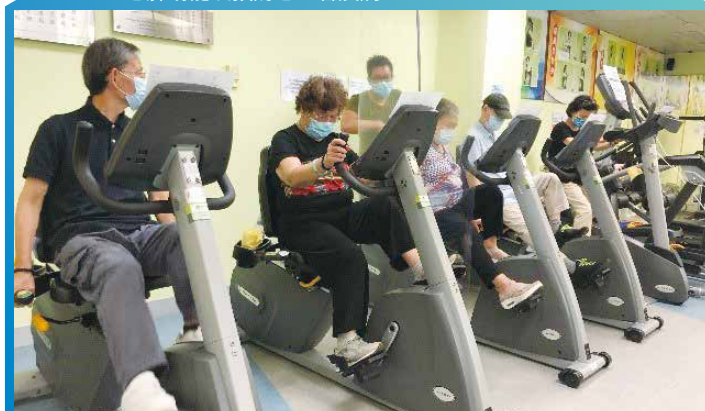


An evaluator conducting the Physical Fitness Survey for participants, including measuring and analysing their body composition, followed by helping them set exercise goals tailored to their bodily needs.

Exercise to Protect Your Heart

Caring for older adults is a challenge for caregivers as the long-term stress of providing care can affect their own physical and mental health. To encourage caregivers to manage their health better, the centre and the Jockey Club Wong Chi Keung District Elderly Community Centre jointly organised a caregivers' exercise group in June 2021. Under the guidance of a fitness coach, the 12 participating caregivers used gym equipment to strengthen their cardiorespiratory function through aerobic exercise. They also underwent a personal physical fitness analysis, after which the fitness coach explained the results and provided exercise recommendations based on their physical condition. We hope caregivers can relieve physical and mental stress by establishing exercise habits.

體適能教練正指導參加者進行帶氧運動，以強化心肺功能及預防心血管疾病。



A fitness coach instructing participants to perform an aerobic exercise to strengthen their cardiorespiratory function and prevent cardiovascular diseases.

Know Your Body

To promote health information to the community, the centre collaborated with the Fong Wong Wun Tei Neighbourhood Elderly Centre to participate in the Physical Fitness Survey for the Community organised by the Leisure and Cultural Services Department. The survey's evaluators conducted physical fitness questionnaires and five test items for 24 participants, checking body composition, cardiovascular endurance, flexibility, neuromuscular function and muscular strength. From the test results they were able to learn specific areas they needed to improve and strengthen, and the evaluators could recommend exercises they could do with more focused targets and higher effectiveness by setting clear exercise goals.

線上伸展工作坊

疫情持續，在防疫措施下中心未能對外開放，為緩解第5波疫情帶來的壓力，鼓勵市民維持運動的習慣，中心遂繼續透過 Google Meet 軟件舉辦線上伸展工作坊。工作坊邀請了52位參加者進入視像房間，一同進行伸展運動，並加入呼吸法及盤膝靜坐等瑜伽元素，幫助參加者舒展身心。

Online Stretching Workshop

While the centre was unable to open its doors to the public due to preventive measures as the pandemic lingered, it continued to hold Online Stretching Workshop through the Google Meet software to alleviate stress brought on by the fifth wave of the outbreak and encourage people to maintain their exercise habits. The workshop invited participants to join the video room and perform stretching exercises together. The 52 participants were also shown yoga elements, such as breathing exercises and sitting in a cross-legged position, to help them relax physically and mentally.

良躍社區藥房及良躍坊

A-Lively Community Pharmacy (ALCP) and A-Lively Hub

李太，良躍社區藥房會員 Mrs. LEE, member of ALCP

藥物諮詢對我很有幫助，讓我了解藥物成份及對身體的作用，有助我選擇合適產品。藥劑師很有耐性聆聽及講解，讓我放心講出我的疑慮，感謝她們的關心及推薦。
Drug consultation is beneficial for me. It helps me understand the ingredients and effects of medications on my body and chooses the right products for me. The pharmacists are very patient when listening to me and explaining the information, which makes me feel at ease in telling them my concerns. I really appreciate their care and recommendations. Thanks a lot!

本會承蒙嘉里集團支持，與香港大學藥理及藥劑學系合作，於2021年11月在華富邨成立南區首間以地舖營運的非牟利社區藥房—良躍社區藥房，其服務對象涵蓋各類有需要的患者，包括長期服用藥物人士、低收入人士及長者等。藥房由註冊藥劑師主理，除了提供專業配藥服務外，亦提供藥物/健康諮詢、疾病管理、健康教育推廣及藥物資助計劃等服務，期望於區內推廣基層醫療服務，提升市民自我管理健康的能力，提供全人健康服務。為讓南區坊眾加深對藥房服務的認識，本會原訂於2022年1月7日舉行「良躍社區藥房暨良躍坊啟用禮」，惟受疫情影響需延期舉行；但當日下午仍接待了傳媒採訪，有關報導在1月17日及2月5日分別於21個媒體刊登及報導。

Thanks to the support of Kerry Group and in collaboration with the Department of Pharmacology and Pharmacy at The University of Hong Kong, we established the Southern District's first ground-floor non-profit community pharmacy in Wah Fu Estate in November 2021. Named the ALCP, it offers services to all needy patients, including those taking long-term medications, low-income individuals and older adults. It is managed by registered pharmacists and provides professional dispensing services, as well as medication/health consultation, disease management, health education promotion and drug subsidy programmes, with a target of promoting primary healthcare services in the district, enhancing people's self-health management capabilities and providing holistic health services. To deepen the understanding of the pharmacy's services among Southern District residents, we had planned to hold the A-Lively Community Pharmacy and A-Lively Hub Opening Ceremony on 7th January 2022. However, this had to be postponed due to a flare-up of the pandemic. Nonetheless, the media was still received in the afternoon of that day, and reports were published in 21 different media outlets on 17th January and 5th February.

提供多元化醫療服務

藥房致力提供多元化醫療服務，包括免費健康/藥物諮詢、小病小痛管理（例如：傷風感冒配藥服務）、配售自費藥物及處方藥物、外展健康教育活動及輔助醫療服務（物理治療、職業治療、中醫針灸及推拿、營養諮詢及健康評估）等，務求為南區居民提供多元及全面的醫療服務。藥房開業短短4個月便有2,580人登記成為會員，另共提供了372節藥物諮詢及輔助醫療服務，為883人次提供小病小痛配藥服務，以及出售自費處方藥物共81款。此外，藥房又透過Facebook及Instagram等社交平台宣傳及推廣服務，傳達藥物知識；此外，藥房更積極透過講座、計劃及工作坊等推行健康及藥物教育計劃，當中包括「三高常見藥物」及「藥物管理」講座；另亦有舉辦與濕疹控制相關的「社區改善濕疹計劃」，內容包括講解濕疹成因、潤膚霜試用及一對一濕疹管理諮詢服務等。年內共舉辦11個相關項目，合共178人次受惠。

Providing Diverse Healthcare Services

Our pharmacy is committed to providing diverse and comprehensive healthcare services, including free health/medication consultation, minor ailment management (such as dispensing of cold and flu medications), dispensing of self-paid and prescription drugs, outreach of health education activities and paramedical services (such as physiotherapy, occupational therapy, Chinese acupuncture and massage, nutrition consultation and health assessment) for residents in the Southern District. Within four months of opening, our pharmacy had enrolled 2,580 members, provided 372 sessions of medication consultation and paramedical services, dispensed minor ailment medications 883 times and sold 81 types of self-paid prescription drugs. In addition, we promoted our services and disseminated drug knowledge through social media platforms such as Facebook and Instagram. Furthermore, we actively implemented health and drug education programmes through seminars, projects and workshops, including Seminars on Common Drugs for the Three Highs and Medication Management. We also organised an eczema control-related project, the Eczema Improvement Community Project, which included an explanation of the causes of eczema, moisturiser trials and one-on-one eczema management consultation. In total, we organised 11 related projects during the year, registering a combined attendance of 178.

藥劑師耐心向服務使用者講解用藥注意事項。



Our pharmacist patiently explains medication precautions to a service user.

培育藥劑專才

本藥房是香港大學藥理及藥劑學系的教學藥房，於年內為該系學生提供實習機會，協助培養專業人才。惟因疫情關係，實習安排將延至2022年下旬始正式開始；然而，年內該校共有28位藥劑學系2至4年級的學生主動以義工身份於課餘時間前來協助、觀摩學習。

提供抗疫支援服務

有見第5波疫情期間，市面多款藥物及抗疫用品短缺，藥房遂適時調整服務，並獲多個慈善基金及企業贊助推行多項支援計劃，儘力守護市民健康。2022年3月，藥房便在李文達與蔡美靈慈善基金捐助下，向低收入家庭免費提供平安藥包及抗疫包；截至2022年3月31日止，共為137戶低收入家庭派發274份平安藥包及抗疫包。另外，藥房亦獲科進顧問（亞洲）有限公司慷慨捐助，為有需要長者、慢性疾病患者及低收入人士免費送贈549包「抗疫同行包」。此外，藥房亦獲香港賽馬會慈善信託基金捐助推行「賽馬會社區藥房支援網絡一社區取藥易」服務，為於疫情期間不欲或未能到醫院覆診人士安排免診取藥、送藥到戶及藥劑師遙距跟進等服務，為體弱社群提供即時援助，共223人次受惠。

Cultivating Pharmaceutical Talents

Our pharmacy is a teaching pharmacy of the Department of Pharmacology and Pharmacy at The University of Hong Kong. To help cultivate professional talents, we were to provide internship opportunities for students in the department during the year, but this was postponed until the second half of 2022 due to the pandemic. Nevertheless, 28 of the university's Year 2 to Year 4 pharmacy students volunteered to assist, observe and learn at our pharmacy in their free time.

Providing Anti-pandemic Support Services

In response to the short supply of many drugs and anti-pandemic goods during the fifth wave of the pandemic, our pharmacy made timely adjustments to our services and implemented aid programmes under the support of various charitable foundations and businesses to protect the health of the public. In March 2022, with a donation from the Lee Man Tat and Choi May Ling Charitable Foundation, our pharmacy distributed Standby Medicine Kits and Anti-pandemic Kits for free to low-income families, totalling 274 and 137, respectively, as of 31st March 2022. Additionally, we received generous donations from WSP Asia Limited to provide 549 Anti-pandemic Companion Packs to older adults, chronic disease patients and low-income individuals in need. Furthermore, our pharmacy received donations from The Hong Kong Jockey Club Charities Trust to implement the Jockey Club Community Pharmacy Support Network's Community Pickup of Medication service, which provided drug refills and delivery and remote pharmacist follow-up to frail residents who did not wish or were unable to visit hospitals during the pandemic. The service benefitted a total of 223 instances of people in need.

疫情期間良躍社區藥房所提供之支援服務對南區坊眾來說可謂合時雨。

Residents in the Southern District benefitted greatly from the timely support services offered by the ALCP in the midst of the pandemic.

南區地區康健中心

為確保公共醫療系統可持續發展，政府正逐步在全港18區成立地區康健中心。其中南區地區康健中心於2021年8月進行招標，本會成功競投承辦，並於2022年3月31日與前食物及衛生局簽署營運服務合約，這標誌着本會健康服務正邁進一新里程。地區康健中心乃以公私合營、醫社合作及地區為本之原則，為市民提供嶄新基層醫療服務，其目的包括：提高市民對疾病預防的意識及增強他們自我管理健康的能力；促進健康生活模式，以預防慢性疾病；對慢性病患者提供支援，以控制病情；及增加市民獲得基層醫療服務的渠道。

南區地區康健中心主中心設於黃竹坑香葉道28號嘉尚匯21及22樓，總面積約1,000平方米。連同相繼落成的4所附屬中心，地區康健中心將提供多項基層醫療健康服務，包括健康推廣、健康評估、慢性疾病管理和社區復康等服務，未來3年為區內居民提供便捷的地區康健中心服務。現時各項籌備工作正進行得如火如荼，期待南區地區康健中心可在不久將來為大家提供專業服務！

Southern District Health Centre (SDHC)

To ensure the sustainability of the public healthcare system, the government is progressively establishing district health centres in all 18 districts across the territory. The SDHC was put out to tender in August 2021, and our agency successfully bid for the contract. On 31st March 2022, we signed an operating service agreement with the former Food and Health Bureau, marking a new milestone for our agency's healthcare services. The District Health Centre operates on a public-private partnership and medical-social collaboration principle and a community-based approach to provide innovative primary healthcare services to the public. It has multiple objectives, including raising public awareness of disease prevention and enhancing the public's ability to manage their health, promoting healthy lifestyles to prevent chronic diseases, supporting chronic disease patients to control their conditions and increasing the public's access to primary healthcare services.

The main premises of the SDHC are located on the 21st and 22nd floors of Vertical Square at 28 Heung Yip Road, Wong Chuk Hang, with a total area of approximately 1,000 square metres. Along with four affiliated centres that are currently in the process of being completed, the SDHC will provide a range of primary healthcare services, including health promotion, health assessment, chronic disease management and community rehabilitation services, offering convenient and accessible healthcare services to the district's residents over the next three years. The preparation work is underway, and we look forward to the commencement of the SDHC to provide professional services to the community shortly.

展望 Looking Forward

隨着南區地區康健中心及附屬中心相繼投入服務，本會會積極與區內外團體、非政府機構等夥伴交流協作，為不同年齡的居民提供醫療服務。同時，本會亦會深化良躍社區藥房的服務，並進一步推廣社區藥劑師的角色，為市民提供疾病的初步評估及小病小痛管理，有效運用社區醫療資源。本會承諾，未來將繼續拓展健康服務，深度實踐「展身心 同享健康」的使命，推廣基層醫療，提升社區整體健康。

With the official commencement of the SDHC and its affiliated centres in the near future, we will actively collaborate with partners from within and outside the district, including non-governmental organisations, to provide healthcare services for residents of all ages. Additionally, we will further develop the services of the ALCP. We will promote the role of community pharmacists to provide initial assessment and minor ailment management services for the public and ensure the effective use of community healthcare resources. We pledge to continue to expand our health service in the future, deeply fulfilling our mission of “Enhance Well-being to Promote Health for All”, promoting primary healthcare and enhancing the community’s overall health.

研究及發展

本會於2005年成立研究及發展部，透過識別社區需要、建立策略夥伴網絡、開拓社會資源及檢討服務成效等方面推動機構規劃服務和長遠發展策略。同時，本會致力培訓人才，年內繼續為職員提供多項訓練課程和活動，增進其工作知識和技能，提升服務質素。另一方面，本會亦重視與策略夥伴的合作關係，積極拓展官、商、社、民合作網絡，匯聚資源為更多有需要人士提供適切的服務。

We established the research and development unit in 2005 to facilitate service planning and long-term development directions by identifying community needs, establishing strategic partnerships, exploring community resources and evaluating service impacts. At the same time, we are committed to training our staff by providing them with various training courses and activities to enhance their work-related knowledge and skills, ultimately improving our service quality. We also value our relationships with strategic partners and actively seek to expand our partnerships with government departments, the business sector, local organisations and residents. By doing so, we aim to pool resources to provide appropriate services for more needy people.

年度工作重點

拓展網絡及聯繫

在2021/2022年度，本會提名24間商業機構和團體參加由香港社會服務聯會主辦之「商界展關懷計劃」，並成功獲頒「商界展關懷」/「同心展關懷」標誌。當中，有夥伴因支持社會福利服務達5年、10年、15年或20年以上而獲頒不同嘉許類別。本會謹此祝賀並感謝各夥伴於過去一年與本會同心同行。尤其在疫情嚴峻的艱難時期，各界夥伴仍堅守社會責任，包括參與義務工作、捐助服務經費、提供專業服務等，以行動支持本會持續發展，讓更多有需要人士能及時受惠。

Highlights of the Year

Broaden Networking and Linkages

During 2021/2022, we nominated 24 companies and organisations to participate in the Caring Company Scheme organised by the Hong Kong Council of Social Service, and they were all awarded the "Caring Company Logo" or "Caring Organisation Logo" in recognition of their support to us. Those who had supported our social welfare services for more than 5, 10, 15, or 20 years received logos in specific categories. We would like to express our sincere gratitude and congratulations to all our partners in the past year, especially during the difficult times of the pandemic. Despite the challenges, they continued to uphold their social responsibilities by participating in voluntary work, donating service funds and providing professional services. Their support was crucial in ensuring our continuous development and enabling us to provide timely assistance to more people in need.

Research and Development

本會衷心祝賀獲嘉許的合作夥伴，並謹此感謝他們年內作出的貢獻和支持。

We sincerely congratulate our awarded partners and would like to take this opportunity to thank them for their contributions and support throughout the year.



電能實業有限公司
Power Assets Holding Limited



*3M 香港有限公司
*3M Hong Kong Limited
海怡半島管理有限公司
South Horizons Management Limited



同成有限公司
Tong Seng Company Limited
進智公共交通控股有限公司
AMS Public Transport Holdings Limited
科進顧問(亞洲)有限公司
WSP (Asia) Limited
華營建築有限公司
CR Construction Company Limited
豪馬(香港)有限公司
Hallmark Cards (HK) Limited



張記環保有限公司
Cheung Kee Environmental Limited
保鮮成記工程有限公司
Po Sin Sing Kee Engineering Company Limited
晉興人力資源系統有限公司
Manpower Resource Computing Limited
聯力建築有限公司
Unistress Building Construction Limited
同利印刷有限公司
CP Printing Limited
*深灣遊艇俱樂部
*The Aberdeen Marina Club



冠忠巴士集團有限公司
Kwoon Chung Bus Holdings Limited
漢斯克新材料集團有限公司
Hansk New Materials Holdings Limited
建滔淨化有限公司
Kinto Company Limited
Mid-Levels Portfolio (Aigburth) Limited
Mid-Levels Portfolio (Branksome) Limited
Mid-Levels Portfolio (Tavistock) Limited
*四海環球食品有限公司
*Four Seas Global Food Company Limited
*劭科生物科技(香港)有限公司
*Germagic Biochemical Technology (HK) Company Limited



愛羣義工團有限公司
Oi Kwan Volunteer Group Limited



香港遊艇會
Royal Hong Kong Yacht Club

備註： * 獲本會首度提名
Remark First-time nomination by our agency

分享機構經驗及成果

本會年內獲邀於不同之研討會或大專院校課堂中分享服務成果及經驗，與業界共享知識；另亦透過於國際學術期刊或不同界別出版之刊物中刊登研究報告及經驗分享文章，藉此與業界交流經驗，分享服務成果。

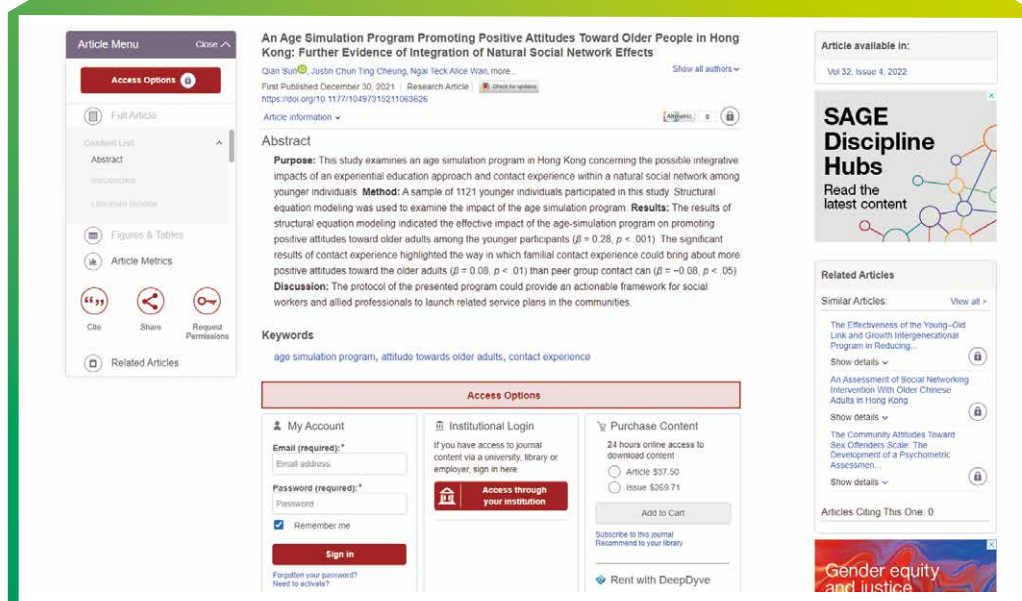
- 本會與香港大學秀圃老年研究中心的研究團隊結集推動長幼共融活動的經驗，撰寫研究報告，題為：《An Age Simulation Programme Promoting Positive Attitudes toward Older People in Hong Kong: Further Evidence of the Integration of Natural Social Network Effects》，並獲學術期刊網站SAGE Publishing刊登。

Share Experiences and Achievements

Throughout the year, we were invited to various seminars and lectures at tertiary institutions to share our service achievements and experience and exchange knowledge with the industry. Additionally, we published research reports and experience-sharing articles in international academic journals and publications across different sectors to communicate and exchange our experience with the industry.

- We collaborated with the Sau Po Centre on Ageing at The University of Hong Kong to write a research report summarising our experience in promoting intergenerational activities. The report was titled "An Age Simulation Programme Promoting Positive Attitudes toward Older People in Hong Kong: Further Evidence of the Integration of Natural Social Network Effects" and was published by the academic journal website SAGE Publishing.

《An Age Simulation Programme Promoting Positive Attitudes toward Older People in Hong Kong: Further Evidence of the Integration of Natural Social Network Effects》獲學術期刊網站SAGE Publishing刊登。



Our research report titled "An Age Simulation Programme Promoting Positive Attitudes toward Older People in Hong Kong: Further Evidence of the Integration of Natural Social Network Effects" was published on the academic journal website of SAGE Publishing.

- 本會與香港大學秀圃老年研究中心的研究團隊合著題為：《Gender Differences in Experiential Learning to Reduce Age-stereotypes among Adolescents: Findings from an Age-simulation Program in Hong Kong》的研究報告，將獲學術期刊 *Contemporary Education Psychology* 刊登。
- 本會獲香港大學護理學院邀請於第11屆香港國際護理論壇，以海報發表的形式分享綜合家居照顧服務在疫情期間的風險管理經驗。

- We also collaborated with the research team of the Sau Po Centre on Ageing at The University of Hong Kong to co-author a research report titled "Gender Differences in Experiential Learning to Reduce Age-stereotypes among Adolescents: Findings from an Age-simulation Program in Hong Kong". The report will be published in the academic journal *Contemporary Educational Psychology*.
- Invited by the Faculty of Nursing at The University of Hong Kong, we shared our experience in risk management of integrated home care services during the pandemic through a poster presentation at the 11th Hong Kong International Nursing Forum.

本會以海報發表的形式在第11屆香港國際護理論壇分享轄下綜合家居照顧服務在疫情期間的風險管理經驗。

We presented our experience in risk management of integrated home care services during the pandemic using a poster at the 11th Hong Kong International Nursing Forum.



本會獲香港房屋經理學會邀請，分享推行「社會房屋共享計劃：『友里同行』計劃」及籌備赤柱過渡性房屋項目的經驗。

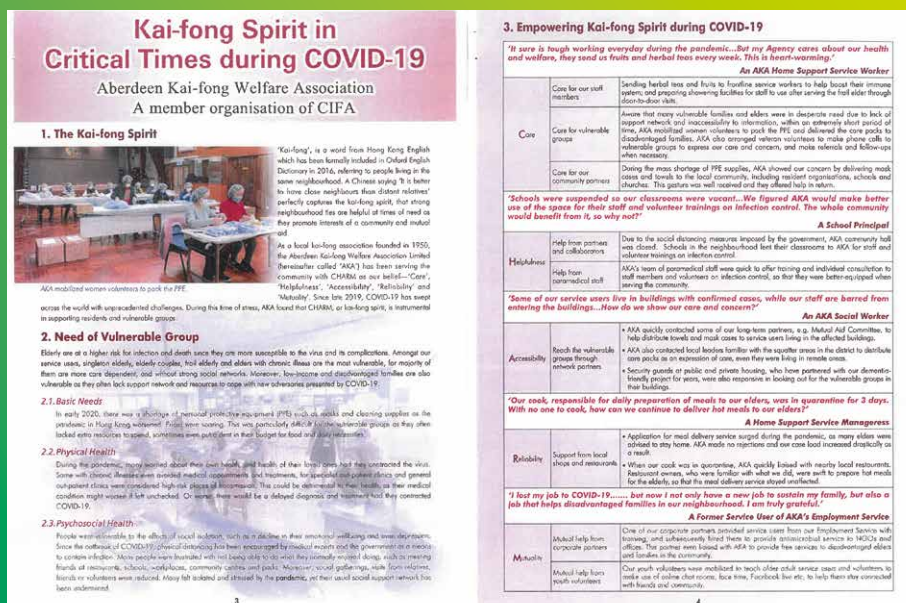
Invited by The Hong Kong Institute of Housing, we shared our experience in implementing the "Best Neighbour Walk Together" Community Housing Project and planning our transitional housing project in Stanley.



- 本會獲香港房屋經理學會邀請，於其出版刊物《房屋動力》(2021年4月號)分享由社區中心推行之「社會房屋共享計劃：『友里同行』計劃」，以及籌備中的赤柱過渡性房屋項目，講解在有關項目上之「人」和「物」管理心得，以及如何在維繫鄰里和睦的同時能保持居住環境的安全及舒適。

- Invited by The Hong Kong Institute of Housing, we shared our experience in managing community housing projects in their publication *Housing Dynamics* (April 2021 issue). We presented the "Best Neighbour Walk Together" Community Housing Project, an initiative implemented by our Community Centre and our upcoming transitional housing project in Stanley. We explained our management experience in both the "People" and "Property" aspects of these projects and how to maintain a safe and comfortable living environment while fostering harmonious relationships among neighbours.

本會獲亞洲區家庭研究聯盟邀請，於其刊物撰文分享本會於疫情期間回應居民需要之服務及工作經驗。



By invitation, we contributed an article to the Consortium of Institutes on Family in the Asian Region's publication, sharing our services and work experience in response to residents' needs during the pandemic.

- 本會獲亞洲區家庭研究聯盟邀請，以《Kai-fong Spirit in Critical Times during COVID-19》為題，分享本會於疫情期間回應居民需要之服務及工作經驗。
- 年內本會先後應香港大學社會工作及社會行政學系、香港中文大學醫學院及賽馬會耆智園、香港理工大學應用社會科學系、社企民間高峰會、香港快活谷獅子會及離島婦聯等邀請，出席了9次之分享活動，合共約350人出席。講題包括如何以創新介入手法於華富邨建立認知友善社區、本會為少數族裔兒童及青少年提供服務之經驗及本會在制訂及實踐策略性規劃方向以達致公共價值的經驗等。
- Invited by the Consortium of Institutes on Family in the Asian Region, we shared our services and work experience provided in response to residents' needs during the pandemic under the presentation "Kai-fong Spirit in Critical Times during COVID-19".
- Within the past year, we attended nine sharing events by invitation from various organisations, including the Department of Social Work and Social Administration at The University of Hong Kong; the Faculty of Medicine and the Jockey Club Centre for Positive Ageing at The Chinese University of Hong Kong; the Department of Applied Social Sciences at The Hong Kong Polytechnic University; the Social Enterprise Summit; the Lions Club of Happy Valley; and the Hong Kong Outlying Islands Women's Association, with a total of approximately 350 attendees. The topics covered included our innovative intervention methods to establish a dementia-friendly community in Wah Fu Estate, our experience in providing services to ethnic minority children and adolescents and our experience in developing and implementing strategic planning directions to achieve public value.

建立安老服務大數據系統

香港人口持續老化，同時長者中心的服務越趨多元。為應付日益複雜的個案管理及長者服務需要，本會安老服務自2021年起聯同香港大學秀圃老年研究中心建立長者大數據庫，以科學化及系統化方式收集及整理安老服務使用者的情況。系統以「長者生活狀況評估資料指標體系」為框架收集資料，發展一套能全面評估長者身、心、社、智狀況的工具，有系統地將所收集資料儲存及整合，建立南區首個安老服務大數據資料庫。

透過持續收集、觀察、追蹤及研究數據，將能以科學化角度了解長者會員及服務使用者現時的情況與需要、發掘服務縫隙和訂立服務方向。本年度大數據評估工具已完成第一輪測試及收集，並開始分析約1,200位長者數據，並預計於2022年2至12月期間可分析超過2,000位南區長者之數據，令本會安老服務能更緊貼長者需要發展。

本會安老服務部亦於年內安排27位職員參加由香港中文大學醫學院內科及藥物治療學系腦神經科舉辦之「蒙特利爾認知評估香港版 (HK-MoCA) - Train-the-Trainer證書培訓工作坊」，藉此提升他們提供認知障礙症服務之質素及配合大數據研究。

Establish Elderly Service Big Data System

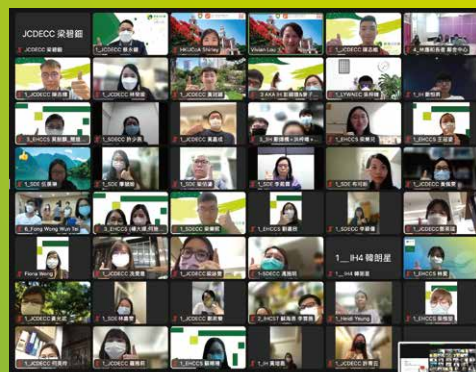
As Hong Kong's population continues to age, services provided by elderly centres are becoming more diversified. As a provider for elderly service, we established an elderly service big data system in collaboration with the Sau Po Centre on Ageing, The University of Hong Kong, in 2021, to scientifically and systematically collect and consolidate the conditions of elderly service users. The system adopts the framework of the "Indicators of Evaluation for Elderly Living" to collect data and develop a comprehensive tool for evaluating the physical, mental, social, and cognitive conditions of older people. The collected data is systematically stored and integrated to establish the first elderly service big data database in the Southern District.

By continuously collecting, observing, tracking and researching data, we will be able to scientifically understand the current situation and the needs of elderly members and service users, identify service gaps and establish service directions. In the year under review, we completed the first round of testing and collection of the big data evaluation tool. We also started analysing data from approximately 1,200 elderly individuals. It is expected that data from more than 2,000 elderly individuals in the Southern District can be analysed between February and December 2022, enabling our elderly service to meet older people's needs better.

During the year, our elderly service division also arranged for 27 staff members to participate in the Montreal Cognitive Assessment Hong Kong Version (HK-MoCA) – Train-the-Trainer Certificate Training Workshop organised by the Division of Neurology under the Department of Medicine and Therapeutics, Faculty of Medicine, The Chinese University of Hong Kong. This workshop helped us to enhance the quality of our cognitive impairment services and to prepare for the big data research.

香港大學秀圃老年研究中心總監樓瑋群教授為本會安老服務部職員提供大數據訓練。

Professor Vivian LOU Wei-qun, Director of the Sau Po Centre on Ageing at The University of Hong Kong, provided big data training for staff members of our elderly service division.



新廈擴建技術可行性研究

就本會申請「私人土地作福利用途特別計劃」及獲社會福利署撥款進行技術可行性研究，本會已於年內按署方指引進行「技術可行性研究工程」顧問服務招標。經多次審議後，本會最終於2021年8月向創智建築師有限公司發出中標通知，並隨即展開為期9個月的研究項目。年內本會與顧問公司共舉行了8次的工作會議，預計有關報告可按社會福利署合約要求，在2022年5月12日或以前完成。

另為收集居民對本會新廈擴建工程項目的意見，本會更與AaaM設計及研究工作室及沙龍文化產業所合作，於2021年11至12月期間舉辦3場社區持份者諮詢工作坊，對象分別包括本會理事會、職員、社區人士和地區團體。各持份者一致支持本會新廈擴建工程；而他們對顧問公司提出把漁暉道防空洞填平以騰出空間增加老人院舍宿位的建議方案亦表贊同。此外，他們亦提出對未來新廈在衛生、保安、老人院舍之防感染控制及大樓內之人流控制及管理等方面表達關注。本會於工作坊獲益良多，並已將搜集所得意見撰寫成報告及製成短片，以作紀錄及日後參考之用。

人才發展

為持續提升服務質素及職員之工作能力，本會每年均舉辦「管理層職員集思會」、「新同工導向日」及為不同職系職員舉辦訓練工作坊。為提升團隊合作及職員的專業知識，年內共舉辦8個訓練項目，主題包括「黑暗中對話」、「提升帶領小組技巧」、「網上小組工作技巧」及「撰寫個案紀錄技巧」等。另亦舉辦中層管理職員焦點小組，收集他們的訓練需求，以便制訂來年的訓練方向。

Technical Feasibility Study for Expansion of Headquarters Building

Regarding our application for the Special Scheme on Privately Owned Sites for Welfare Uses and the allocation of funding by the Social Welfare Department for a technical feasibility study, we conducted a tender for consultant services for the Technical Feasibility Study Project during the year, following the guidelines provided by the department. After issuing a letter of acceptance to AGC Design Limited following multiple rounds of review in August 2021, we immediately commenced the nine-month study project. Following eight working meetings with the consultant company, the relevant report is expected to be completed by 12th May 2022, as per the contract requirements of the Social Welfare Department.

To collect residents' opinions on our headquarters building expansion project, we collaborated with AaaM Architects and Salon Media Lab to hold three community stakeholder consultation workshops from November to December 2021, involving our board members, staff, community members and local organisations. All stakeholders expressed unanimous support for the project. They also supported the consultant company's proposal to fill in the bomb shelter on Yue Fai Road to free up space for more elderly home beds. In addition, they expressed concerns about hygiene, security, infection control in elderly care facilities, and crowd control and management within the building in the future. We benefited greatly from the workshops and compiled the collected opinions into a report and a video for the record and for future reference.

Staff Development

To continuously enhance service quality and staff working capabilities, we annually hold the Management Staff Retreat, Orientation Day for New Staff and training workshops for our staff of different job categories every year. Additionally, in the past year, we organised eight training programmes to improve team collaboration and staff professional knowledge. The themes included Dialogue in the Dark, Enhancing Team Leadership Skills, Work Skills for Online Groups and Case Report Writing Skills. We also held focus groups for mid-level management staff to collect their training needs so we could develop the following year's training direction.

Furthermore, we arranged for our staff to participate in the Core Competence Development Course for Middle Management to

此外，本會亦安排職員參與「新晉中層管理核心才能發展課程」，課程主題包括：跨世代員工的績效管理及督導技巧、人力資源管理的藝術、「管理」你的上司－創造雙贏關係、處理投訴及員工衝突等，以培養更多管理人員及增進他們之領導能力。此外，本會亦安排職員透過線上及小班教學等形式參加外界舉辦之課程或講座等。年內共有432人次出席179個訓練項目，包括：「實證為本的社會工作研究沙龍－低收入劏房住戶住屋選擇和服務需要」、「認知刺激治療（香港）專業證書課程」及「長者飲食應用秘笈網上講座」等，持續推動職員發展。

義工發展

本會一向重視義工資源及發展。透過推動義務工作，一方面可實踐本會「倡互助 共襄鄰里；育英才 服務社會；展身心 同享健康」的服務使命，促進社區互助關懷，讓有需要人士得到支援及幫助；另一方面亦可讓每位參與義務工作的人士，從服務中成長，助人助己。本年度雖仍受「2019冠狀病毒病」疫情影響，令義工活動大幅減少；然而截至12/2021總登記義工人數仍有2,294人，當中有430名新登記義工，總服務時數亦達46,015小時。經歷兩年疫情，義工已習慣於新常態下持續提供服務，除定期到戶派發防疫物資予區內體弱長者及其他有需要人士，解他們燃眉之急外，亦熟習於線上提供服務，令受眾於疫情下得到支援及關懷，充份展現本會關懷及樂助的信念。



Through interactive experiences of “seeing nothing” and “hearing nothing”, we enhanced mutual trust and rapport among teams.

cultivate more managers and enhance their leadership skills. The topics covered included cross-generational employee performance management and supervision skills, the art of human resource management, “Managing” your boss to create a win-win relationship and handling complaints and staff conflicts. We also arranged for staff to participate in external courses or seminars through online or small-group teaching formats. In the past year, our team took part in a total of 179 training programmes, with a combined attendance of 432. These included the Evidence-based Practice Social Work Research Salon on Housing Choice and Service Needs of the Low-Income Households of Subdivided Units, Certified CST-HK Practitioner Course and Online Seminar on Elderly Eating Tips, highlighting our commitment to continuously promoting staff development.

Volunteer Development

We value our volunteers and their development. By promoting voluntary work, we fulfil our service mission of “Promote Mutual Concern among Neighbours; Nurture the Youths and Serve the Community; Enhance Well-being to Promote Health for All”, fostering mutual help in the district and supporting those in need. Besides, volunteering is a process of personal development that empowers those participating. Although the COVID-19 pandemic significantly reduced volunteer activities this year, as of December 2021, there were still 2,294 registered volunteers, including 430 new registrants, and they contributed 46,015 service hours in total. After two years of pandemic, our volunteers have adapted and were able to provide services continuously under the new normal. In addition to regularly distributing pandemic prevention goods to frail elderly and other needy groups in the community, they were also proficient in providing support and care to those in need during the pandemic through online services, fully demonstrating our belief in caring for and helping others.

本會來年將繼續按「十年規劃藍圖」籌劃及推行創新服務，包括以地區康健中心為骨幹，在南區發展全面及優質之基層醫療服務；另亦會着力開展赤柱過渡性房屋項目，為居住在不適切住房的家庭或人士提供過渡性居所。此外，本會亦會繼續透過應用科技發展大數據，分析和掌握長者服務需要，推行更多創新到位的服務。另隨着完成新廈擴建技術可行性研究，意味着本會擴建總部大樓方面即將進入第二階段，本會將密切與相關政府部門聯繫，期望能儘快開展有關擴建工程。最後，本會將繼續透過於國際期刊發表論文及參與不同的研討會，分享本會之服務成果及經驗，與業界共享知識。

Next year, we will continue to plan and implement innovative services according to our *10-year Development Blueprint*. These services include developing comprehensive and high-quality primary healthcare in the Southern District, with the District Health Centre as the backbone. We will also focus on developing transitional housing project in Stanley to provide transitional accommodation for families or individuals living in unsuitable housing. In addition, we will continue to use technology to create big data to analyse and understand the needs of the elderly and implement more innovative services. With the completion of the technical feasibility study for expanding our headquarters building, we will soon enter the second phase of the expansion project. We will closely communicate with relevant government departments and hope to start the expansion project as soon as possible. Finally, we will continue to share our service achievements, experience and knowledge with the industry by publishing papers in international journals and participating in a variety of seminars.



傳媒報導 Media Coverage

不同報章及媒體介紹本會推行
賽馬會「智融易」長者數碼支援計劃
Different newspapers and media outlets
covered AKA's implementation of the Jockey Club Digital Support Project for the Elderly

《明報》Ming Pao 22/12/2021



政府要求進入表列處所須用安心出行，長者可獲派，有社區機構、有長者說不識字，為免麻煩他人噴表，已減少外出，認為馬會發給智能手機可謂「及時雨」。圖為一名長者在灣仔市用智能手機掃描安心出行二維碼。(通訊社)

馬會2萬智能手機 派合資格綜援長者

本報訊，機構將負責派發2萬部智能手機，並以每周為單位分派派發，料1月底派完。她說，轄下兩間中心昨已收到150名長者親自上門或電話查詢，長者登記時需帶同身分證、綜援受助證明或銀行存摺，以及住址證明，社工將派發收據通知長者領取詳情。她說，74間中心逾年全港18區，長者可到所住附近的中心登記，但當中只有18間中心負責派發手機，其餘僅負責登記及轉介，成功申請的長者會被安排前往居住區內的指定中心取機。有服務中心職員表示會安排臨時工協助登記。

計劃下另一目標，香港仔坊會社會服務處服務處服務處服務處服務處服務處，現時長者都可派發代客安心出行，但不少長者不識字，對經常求助於人感「不好意思」，繼而減少到街市、食肆等場所，影響生活質素。她形容計劃屬「及時雨」，冀能照安排後，即如者帶齊所需文件並通過社工審核，可做到「即場登記，即場派機」。她說機構會安排工作10，由長者親工等「同聲同氣」指導長者使用手機及應用程序。

參與計劃的4家本地流動通訊服務商分別為3香港、中國移動香港、CSL和SmartTone。SmartTone昨稱由一班熱心員工組成的義工隊會參與為長者設教室，協助教導長者使用智能手機及應用程序。

政府外展10個地點申請「港康碼」，另外，「港康碼」本月10日起接受登記，政府早前將安排外展服務協助有需要的市民申請。創新及科技處昨回覆本報查詢稱，已安排外展隊在全港多個地點為市民提供服務，包括旺角、大埔、油蔴地、青衣、葵青、荃葵、牛頭角、觀塘、黃埔及北。

基層長者領取智能手機詳情

領取資格
（須同時符合以下所有條件）

- 1. 正領取綜援
- 2. 於香港時年滿65歲
- 3. 非居港安老院舍
- 4. 未持有智能手機

計劃下12間社區機構（香港仔坊會社會服務處、香港明愛、基督教家庭服務中心、基督教香港信義會社會服務部、基督教靈實協會、香港聖公會福臨中心、香港耆老人生福利會、香港基督教女青年會、聯合輔導會、救世軍、聖潔各福聯會、仁愛堂）轄下的長者地區中心及長者會中心所屬社工轉介及透過書信。

領取流程

1. 親自到上述12間社區機構轄下共74間長者地區中心及長者會中心接受社工初步評估
2. 社工核實資格後書信通知長者到指定中心領取手機及設備
3. 收到中心通知後兩週內，親身到指定中心領取手機及設備
4. 中心職員或義工到場指導長者使用智能手機及相關應用程序

注意事項

- 1. 不能挑選手機型號及流動通訊服務商
- 2. 如手機在保用期內有問題，可到手機維修代理商維修或聯絡指定流動通訊網絡商
- 3. 遺失手機不獲補發

熱線：3142 2415
網址：<https://ic-elderly.digital/>
資料來源：香港賽馬會 明報新聞

《香港01》HK01 13/1/2022



安心出行只是其中一個功能 香港仔坊會：讓長者更易融入社區及生活

「香港仔坊會社會服務」為計劃其中一間社福機構，其服務總監梁碧鈺表示，計劃對一班沒有智能手機的基層長者及是時雨，形容使用「安心出行」只是其中一個功能，長者在獲發智能電話後，可上網用以瀏覽天氣、疫情等生活資訊，更能透過視像通話與家人聯絡，在疫下更易融入社區。

有長者為免經人幫填紙仔 索性不入街市

她指，自強制使用「安心出行」後，有不識字又沒有智能手機長者，進入街市前需求人協助「填紙仔」，但由於不想經常要人幫，後來索性在街邊地攤購買簡單的菜及瘦肉，不再到街市，生活質素亦受影響。

非先到先得 籲長者無需排隊申請

梁碧鈺透露，計劃消息一出，今早有老友記來電查詢，但她呼籲長者無需排隊亦非先到先得。她指，暫難估計需要多少部手機，香港仔坊會將設轉介機制，收到申請後社會工會約見長者作簡章審批，同時會為同事舉辦工作坊，協助長者解決使用問題，而所有送出手機已裝上安心出行程式。



有智能手機及「安心出行」



78歲鄭婆婆獲發智能手機

無線電視新聞台 TVB News Channel 21/12/2021

不同報章及媒體介紹本會良躍社區藥房服務

Different newspapers and media outlets covered AKA's A-Lively Community Pharmacy and its services.

《U周刊》U Magazine 2/2022



Facebook專頁《平凡都市學》
Facebook Page—HK Urbanism 15/1/2022

《東網》on.cc 14/1/2022





晴報 正在閱讀 社區藥房助解用藥疑難 相沖或亂加藥 可致病情惡化

社區藥房助解用藥疑難 相沖或亂加藥 可致病情惡化

港聞

發佈時間: 2022/01/14

近年政府大力推動基層醫療，香港仔坊會去年11月於華富邨成立南區首間跨專業的「良鄰社區藥房」。

在藥房內工作的藥劑師指，發現不少人對用藥有誤解，例如如有婆婆因關節痛而買多款消炎藥服用，也有長者囤積大量過期藥物不捨得丟棄，讓市民購藥或用藥前先諮詢專業人士，並希望透過社區藥房，教育市民適當用藥。

有份推動社區藥房成立的港大藥理及藥劑學系系主任黃志基指，不少長者或長期病患者每日要服食6至7款甚至10多款藥物，惟部分長者可能因記憶力衰退，導致重複服藥。他指英國曾有長者重複服食心臟藥物，致心跳過慢需入院治療；加上市民對藥物知能未必足夠，會造成一定風險，「例如部分收鼻水藥物的作用是收窄鼻內血管，以舒緩流鼻水症狀，但心臟病患者未必適用」。他希望社區藥房能協助市民審視服藥情況。

香港仔坊會健康服務藥劑師吳苑彤表示，工作期間發現不少市民會錯誤用藥，常見問題包括囤積大量藥物，甚至是過期藥物也不要緊，「數日前有婆婆拿了大袋藥物來，部分有效期至2017年，至今仍保留」。她強調過期藥物應丟棄，除了藥物或已失效，若儲存環境不當，亦會變質甚至發霉，再服用恐影響健康。

抗生素減弱藥效

她又指，市民未必知道不同類型的藥物可能會「相沖」。她舉例，一名患「三高」和腦癌的老婦，近半年病情突然惡化，從以往2、3個月發作一次，變成一個月發作2、3次，「同事發現她除了曾到公立醫院覆診外，半年前因有痰曾看私家醫生，並獲醫生處方抗生素藥物，惟抗生素會令腦癌藥物效力減大，以致她病情轉差，須透過社區藥房為她進行「藥物整合」。

除了不遵醫生指示服藥外，吳苑彤指部分人亦會自行「加藥」。她舉例，曾有婆婆在症候下減少外出活動，因關節痛而自行買消炎藥服用，但覺得食一種消炎藥無效，故買了4至5款不同牌子消炎藥服食，「她不知道消炎藥的成分其實一樣，而且過量服食會傷腎」。

用藥應按醫生處方

香港仔坊會健康服務總監黃真怡則表示，有些病人認定某些藥物有效，覆診時希望處方同樣藥物，而沒考慮醫生需按病情選用藥物，故藥房會教育市民適當用藥。

吳苑彤重申，如市民對買藥、服藥等有問題，應向專業人士諮詢，另也要妥善儲存藥物，「例如有些眼藥水含有抗生素等成分，或需存放在雪櫃，並留意開封後的使用限期」。

記者：歐文瀚
美術：鄧建威

財務摘要

Financial
Highlights



財務摘要

本會財務報表由越峻會計師事務所有限公司審核，該等財務報表已根據香港會計師公會頒佈的香港財務報告準則**真實而中肯地**反映本會於2022年3月31日的財務狀況。

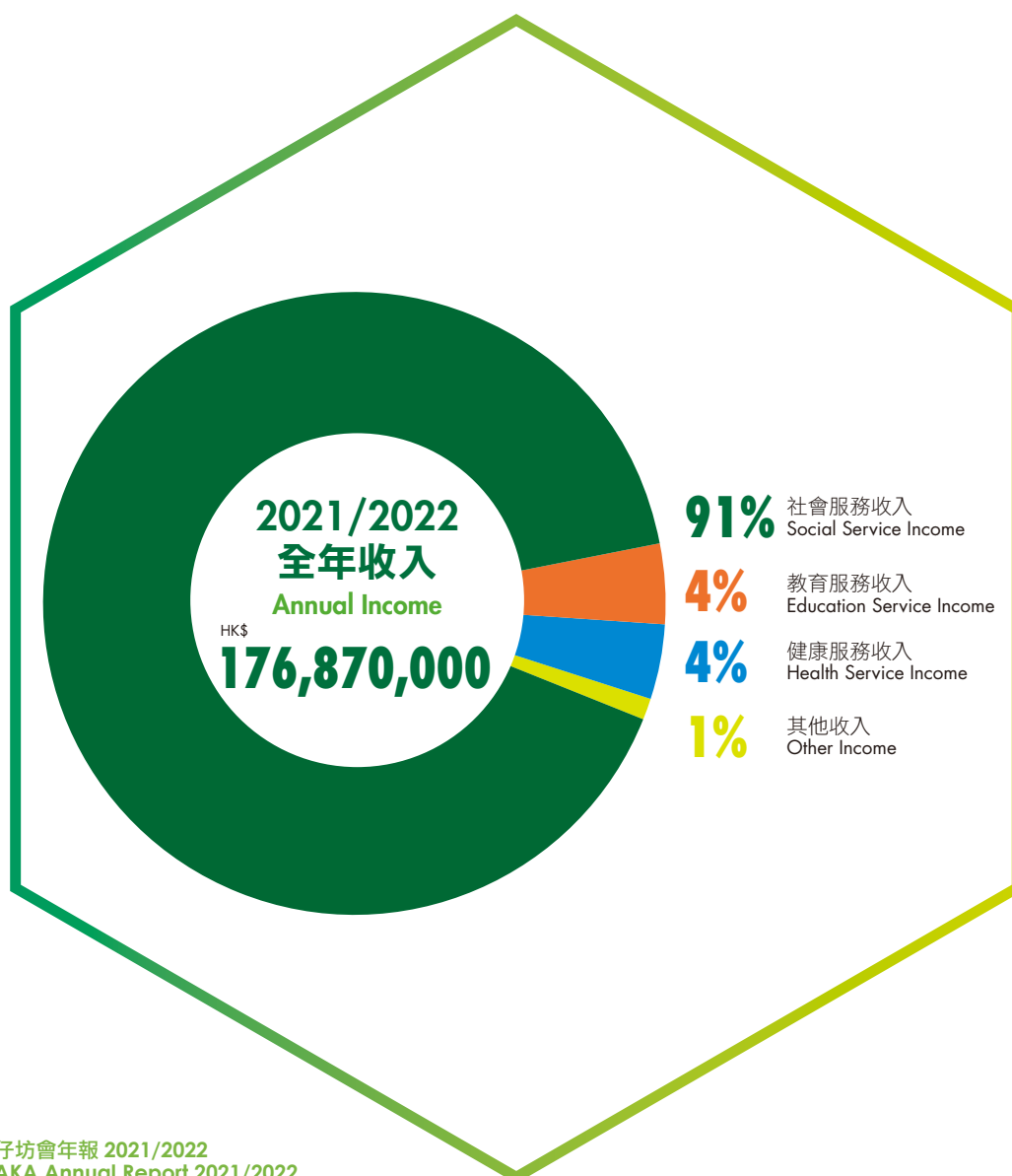
The Financial Statements of our agency were audited by YCA Partners CPA Limited, who gave **a true and fair view** of the financial position of our agency as at 31st March 2022 in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants.

財政收入來源

本會2021/2022年度總收入為17,687萬元，比上年度16,113萬元增加1,574萬元(10%)。全年收入中社會服務為16,112萬元，教育服務為684萬元，健康服務為663萬元及其他收入為228萬元。本會收入主要包括社會福利署撥款為12,207萬元，香港賽馬會慈善信託基金捐款為1,171萬元及醫院管理局贊助為772萬元。上述各項金額已作固定資產調整。

Source of Income

The total income of our agency for the year 2021/2022 was \$176.87 million, an increase of \$15.74 million (10%) compared to last year's \$161.13 million. Of which, social service accounted for \$161.12 million, education service for \$6.84 million, health service for \$6.63 million and others for \$2.28 million. Major income sources included funding from Social Welfare Department (SWD)(\$122.07 million), the Hong Kong Jockey Club Charities Trust(\$11.71 million) and the Hospital Authority(\$7.72 million). The above-mentioned amounts have been adjusted as fixed assets.



Financial Highlights

政府的經常性撥款

政府的經常性撥款約佔本會總收入70%。社會福利署整筆撥款為11,920萬元，比上年度10,554萬元增加1,366萬元(13%)。

Recurrent Funding from the Government

Recurrent funding from the government contributed to 70% of our agency's total income. For 2021/2022, the SWD allocated \$119.20 million to our agency in Lump Sum Grant, \$13.66 million (13%) more than previous year's \$105.54 million.

全年支出

本會2021/2022年度總支出約為16,969萬元，比上年度的14,528萬元增加約2,441萬元(17%)。全年支出當中包括：薪酬支出11,584萬元，服務、活動及營運支出為3,304萬元，及一般行政支出為2,081萬元。上述各項金額已作固定資產及折舊調整。

Total Expenditure

The total expenditure of our agency for 2021/2022 was estimated to \$169.69 million, an increase of \$24.41 million (17%) compared to last year's \$145.28 million. Our agency allocated a sum of \$115.84 million for personal emoluments, \$33.04 million for service, programme and general operation expenses, and \$20.81 million on administration expenses. The above-mentioned amounts have been adjusted as fixed assets and depreciation.



STATEMENT OF COMPREHENSIVE INCOME

For the year ended 31st March 2022

Income	2022 HK\$	2021 HK\$
Subvention from Social Welfare Department (SWD)	122,072,714.20	114,891,043.91
Membership fee and subscription	113,492.00	118,376.00
Sponsorship, contribution and donation	36,431,007.14	33,073,690.88
Activities and services income	12,948,030.00	8,136,099.10
Other income	5,304,012.85	4,908,671.71
	176,869,256.19	161,127,881.60
Expenditure		
General administration	136,651,356.87	124,608,602.93
Other operating expenses	33,040,522.81	20,679,674.02
	(169,691,879.68)	(145,288,276.95)
Surplus for the year	7,177,376.51	15,839,604.65
Other comprehensive income		
Change in fair value of investments in securities	(1,721,923.77)	3,705,689.31
Change in other reserve	(715,964.82)	(825,063.81)
Other comprehensive (loss)/income for the year	(2,437,888.59)	2,880,625.50
Total comprehensive income for the year	4,739,487.92	18,720,230.15

STATEMENT OF FINANCIAL POSITION

At 31st March 2022

	2022 HK\$	2021 HK\$
Non-current assets		
Property, plant and equipment	19,666,719.87	11,999,867.75
Investments in securities	18,198,997.45	19,920,921.22
Bank deposit	4,000,000.00	-
	41,865,717.32	31,920,788.97
Current assets		
Inventories	486,988.89	-
Deposits and prepayment	946,068.20	4,397,175.72
Trade and other receivables	14,418,503.47	10,767,621.62
Time deposit with banks	47,510,590.60	55,560,656.26
Cash and bank balance	62,130,953.93	53,722,752.65
	125,493,105.09	124,448,206.25
Current liabilities		
Other payables	2,613,340.86	3,269,807.84
Temporary receipts	3,926,536.97	4,809,975.30
Deposits received	158,714.50	413,444.50
Accrued charges	517,137.09	226,129.51
Deferred income	15,023,791.96	7,269,824.96
	(22,239,521.38)	(15,989,182.11)
Net current assets	103,253,583.71	108,459,024.14
Net assets	145,119,301.03	140,379,813.11

STATEMENT OF FINANCIAL POSITION

At 31st March 2022

Fund and reserves	2022 HK\$	2021 HK\$
General Fund	7,922,190.26	7,959,008.84
Reserve Fund	20,609,384.50	19,454,249.10
Service Development Fund	1,577,411.73	1,577,411.73
Accumulated Fund	25,757,860.40	28,163,949.84*
Staff Welfare Fund	70,435.16	48,141.38
Volunteer Development Fund	197,118.02	172,116.05
Designated Donation Account	1,055,450.45	1,055,446.04
Lump Sum Grant Reserve	38,609,412.60	32,310,272.69
Provident Fund Reserve	12,911,890.35	11,063,439.89
Central Items Reserve	(17,844.00)	-
Subvention Surplus Account	(952,563.89)	(524,977.26)
Investment Revaluation Reserve	8,378,831.04	10,100,754.81
Community Care Fund	5,995,104.21	6,000,000.00
Continuous Education Fund	7,002,745.76	7,000,000.00
Health Promotion Fund	8,999,128.67	9,000,000.00
Innovation and Technology Fund	3,001,176.76	3,000,000.00
Research and Development Fund	3,001,176.76	3,000,000.00
Human Resources Development Fund	1,000,392.25	1,000,000.00
	<u>145,119,301.03</u>	<u>140,379,813.11</u>

*The above amounts have made the fixed assets and depreciation adjustments.

Approved on behalf of the board of Executive Committee on 20th October 2022 by:

Mr. CHOW Kei Chung
Chairman

Ms. YEUNG Chui Chun, Harlanna, M.H.
Treasurer

附錄

Appendices



團體 / 機構 Organization

天主教信仰小團體發展中心
Catholic Development Centre for Small Communities of Faith

四海環球食品有限公司
Four Seas Global Food Company Limited

同成有限公司
Tong Seng Company Limited

同利印刷有限公司
CP Printing Limited

安達樓宇地基有限公司
Progressive Building & Foundation Co., Ltd.

李文達與蔡美靈慈善基金
Lee Man Tat and Choi May Ling Charitable Foundation

呂鄧黎建築師有限公司
Lu Tang Lai Architects Limited

佛教慈濟基金會香港分會
Buddhist Compassion Relief Tzu Chi Foundation (Hong Kong)

何張淑婉慈善基金
Ho Cheung Shuk Yuen Charitable Foundation

社區投資共享基金
Community Investment and Inclusion Fund

社會福利署
Social Welfare Department

東義控股有限公司
Tung Hei Holdings Limited

怡和洋行
Jardine Matheson Group

政府資訊科技總監辦公室
Office of the Government Chief Information Officer

南記春卷粉麵有限公司
Nam Kee Spring Roll Noodle Company Limited

南區民政事務處
Southern District Office, Home Affairs Department

南區青年活動委員會
Southern District Youth Programme Committee

南區區議會
Southern District Council

南懷慈善信託
Embrace Kindness Charitable Trust

科進顧問(亞洲)有限公司
WSP (Asia) Limited

香港公益金
The Community Chest of Hong Kong

香港仔跆拳道會有限公司
Aberdeen Taekwondo Club Limited

香港社會服務聯會
The Hong Kong Council of Social Service

香港遊艇會慈善基金會
Royal Hong Kong Yacht Club Charity Foundation

香港電燈有限公司
The Hong Kong Electric Company Limited

香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

保鮮成記工程有限公司
Po Sin Sing Kee Engineering Co., Ltd.

冠忠巴士集團有限公司
Kwoon Chung Bus Holdings Limited

建瀨慈善基金
K&K Charity

晉興慈善基金會有限公司
MRC Charity Fund Company Limited

教育局
Education Bureau

黃廷方慈善基金會有限公司
Ng Teng Fong Charitable Foundation

傅德蔭基金
Fu Tak lam Foundation

港大同學會書院
HKUGA College

禁毒基金
Beat Drugs Fund

嘉里控股有限公司
Kerry Holdings Limited

甄愛慈善基金會有限公司
Y.E.N. Charity Foundation Limited

僱員再培訓局
Employees Retraining Board

豪馬(香港)有限公司
Hallmark Cards (Hong Kong) Limited

廖創興企業有限公司
Liu Chong Hing Investment Limited

獎券基金
Lotteries Fund

樂齡及康復創科應用基金
Innovation and Technology Fund for Application in Elderly and Rehabilitation Care

樹熊金融集團有限公司
KOALA Financial Group Limited

聯力建築有限公司
Unistress Building Construction Limited

戴麟趾爵士康樂基金委員會
Sir David Trench Fund Committee

醫院管理局
Hospital Authority

關愛基金
Community Care Fund

鑽的慈善基金會有限公司
Diamond Cab Foundation Limited

The Lee Yuen Haan Memorial Charitable Foundation

按中文筆劃排序
In the order of number of strokes of Chinese names

Acknowledgement

個人 Individual

杜增祥
TO Tsang-cheung, Antony

林美玲
LAM M.L.

林鎮杰
LAM Chun-kit

林鎮標
B.G. LAM

周子軒
CHOW Tsz-hin

周其仲
CHOW Kei-chung

陳本霖
CHAN Pun-lam

陳秀珍
CHAN S.C.

陳理誠
CHAN Lee-shing, William

麥謝巧玲
MAK TSE How-ling, Ada

許湧鐘
HUI Yung-chung

黃文軒
WONG Man-hin, Charles

勞榮斌
LO Wing-bun

楊翠珍
YEUNG Chui-chun, Harlanna

楊榮基
YEUNG W.K.

葉榮鉅
YIP Wing-kui

廖周美娟
LIU CHAU Mei-kuen

黎福強
LAI Fuk-keung, Stephen

羅威德
LAW Wei-tak

LAU Ho-Yee, Tracy

按中文筆劃排序
In the order of number of strokes of Chinese names

服務單位通訊一覽表

截至30/6/2023

華富 WAH FU

南區長者綜合服務處

Southern District Integrated Elderly Service Centre

賽馬會黃志強長者地區中心－華富分處 及
Jockey Club Wong Chi Keung District Elderly
Community Centre－Wah Fu Sub-base &

南區長者地區中心－華富分處

Southern District Elderly Community Centre－
Wah Fu Sub-base

☎ 2554 4002 / ☎ 2551 8727 ✉ sde@aka.org.hk
2554 4062

華貴長者日間護理中心－華富分處

Wah Kwai Day Care Centre for the Elderly－
Wah Fu Sub-base

☎ 3755 4101 ☎ 3755 4102 ✉ dcc@aka.org.hk

香港華富邨華美樓地下419-434室

Rooms 419-434, G/F., Wah Mei House, Wah Fu Estate, Hong Kong

尚頤坊（方王換娣長者鄰舍中心分處）

Healthy & Happy Hub (Sub-base of Fong Wong Wun
Tei Neighbourhood Elderly Centre)

☎ 3550 5450 ☎ 3614 5603 ✉ sde@aka.org.hk

香港華富邨華泰樓一樓125-128室

Units 125-128, 1/F., Wah Tai House, Wah Fu Estate, Hong Kong

家居支援服務辦事處

Home Support Services Office

☎ 3550 5417 ☎ 3614 5600 ✉ idsp@aka.org.hk

香港薄扶林華樂徑4號華富閣地下低層2D,7,8,9,11號舖

Shops 2D,7,8,9,11, LG/F., World Fair Court, 4 Wah Lok Path,
Pok Fu Lam, Hong Kong

良躍社區藥房 及 良躍坊

A-Lively Community Pharmacy & A-Lively Hub

☎ 3550 5460 ☎ 3614 5601 ✉ a.lively@aka.org.hk

香港華富邨華安樓地下113-114室

Units 113-114, G/F., Wah On House, Wah Fu Estate, Hong Kong

悠閒坊（華富店）【社會企業】

Leisure Outlet (Wah Fu Shop) [Social Enterprise]

☎ 3709 9731 ☎ 2552 7221 ✉ se@aka.org.hk

香港華富邨華安樓地下111室

Unit 111, G/F., Wah On House, Wah Fu Estate, Hong Kong

華貴 WAH KWAI

華貴長者日間護理中心

Wah Kwai Day Care Centre for the Elderly

☎ 2551 6433 ☎ 2551 0632 ✉ dcc@aka.org.hk

香港華貴邨華愛樓地下

G/F., Wah Oi House, Wah Kwai Estate, Hong Kong

方王換娣長者鄰舍中心

Fong Wong Wun Tei Neighbourhood Elderly Centre

☎ 2550 5887 ☎ 2550 5686 ✉ fwwt@aka.org.hk

香港華貴邨第二期華貴社區中心地下

G/F., Wah Kwai Community Centre, Wah Kwai Estate, Phase II,
Hong Kong

珍維社區健康促進中心

Chun Wai Community Health Promotion Centre

☎ 2551 9022 ☎ 2550 5686 ✉ chpc@aka.org.hk

香港華貴邨第二期華貴社區中心五樓

5/F., Wah Kwai Community Centre, Wah Kwai Estate, Phase II,
Hong Kong

鴨脷洲 AP LEI CHAU

林應和長者鄰舍中心

Lam Yingwah Neighbourhood Elderly Centre

☎ 2870 3970 ☎ 2870 1958 ✉ lyw@aka.org.hk

香港鴨脷洲悅海街1號悅海華庭地下

G/F., Marina Habitat, 1 Yuet Hoi Street, Ap Lei Chau, Hong Kong

赤柱 STANLEY

「尚晉坊」赤柱過渡性房屋計劃

A Square Community-led Transitional Housing Project
in Stanley

☎ 3550 5540 ✉ cth-s@aka.org.hk

香港赤柱佳美道5號

5 Carmel Road, Stanley, Hong Kong

Contact Information of Subsidiary Service Units

As at 30th June 2023

香港仔 ABERDEEN

總辦事處

Headquarters

☎ 3550 5566 ☎ 2580 3871 ✉ central@aka.org.hk

香港仔大道180號B三字樓

3/F., 180B Aberdeen Main Road, Aberdeen, Hong Kong

社區中心

Community Centre

☎ 3550 5540 ☎ 2870 0589 ✉ cc@aka.org.hk

香港仔大道180號B四字樓

4/F., 180B Aberdeen Main Road, Aberdeen, Hong Kong

賽馬會黃志強長者地區中心

Jockey Club Wong Chi Keung District Elderly
Community Centre

☎ 3550 5520 ☎ 2552 6719 ✉ jcwck@aka.org.hk

綜合家居照顧服務—第一及二隊

Integrated Home Care Services—Teams I & II

☎ 2553 5576 ☎ 2552 6719 ✉ ihcst1@aka.org.hk

輕度缺損長者家居照顧及支援服務

Home Care and Support Services for Elderly Persons
with Mild Impairment

☎ 2553 5576 ☎ 2552 6719 ✉ ihcst5@aka.org.hk

香港仔大道180號B二字樓

2/F., 180B Aberdeen Main Road, Aberdeen, Hong Kong

悠閒坊（旗艦店）【社會企業】

Leisure Outlet (Flagship Shop) [Social Enterprise]

☎ 2552 5992 ☎ 2552 7221 ✉ se@aka.org.hk

香港仔大道180號B地下

G/F., 180B Aberdeen Main Road, Aberdeen, Hong Kong

持續及成人進修社區學院

Continuing and Adult Retraining Education
Community College

☎ 2518 0978 ☎ 2518 0932 ✉ carecollege@aka.org.hk

香港仔舊大街64-70號海洋大廈地下及閣樓

G/F. & M/F., Ocean House, 64-70 Old Main Street, Aberdeen,
Hong Kong

尚衡成長及培訓中心

Harmony Life Enrichment Centre

☎ 2552 0994 ☎ 2552 0643 ✉ hlec@aka.org.hk

香港仔舊大街64-70號海洋大廈地下

G/F., Ocean House, 64-70 Old Main Street, Aberdeen, Hong Kong

石排灣 SHEK PAI WAN

賽馬會綜合服務處

Jockey Club Integrated Service Centre

☎ 2550 5827 ☎ 2550 9526 ✉ jcisc@aka.org.hk

香港仔石排灣邨碧銀樓平台1號

No.1, Podium Floor, Pik Ngan House, Shek Pai Wan Estate, Aberdeen,
Hong Kong

尚融坊林基業中心

LinkAges Lam Ki Yip Centre

☎ 2762 0409 ☎ 2670 3782 ✉ lc@aka.org.hk

南區改善家居及社區照顧服務

Southern District Enhanced Home and
Community Care Services

☎ 2555 3466 ☎ 2942 8454 ✉ ehc@aka.org.hk

綜合家居照顧服務—第四隊

Integrated Home Care Services—Team IV

☎ 2555 3466 ☎ 2942 8454 ✉ ihcst4@aka.org.hk

香港仔石排灣邨停車場低層二樓1號

Unit No. 1, LG2/F., the Carpark Block, Shek Pai Wan Estate, Aberdeen,
Hong Kong

黃竹坑 WONG CHUK HANG

南區地區康健中心

Southern District Health Centre

☎ 3575 7000 ☎ 3105 0305 ✉ info@southdhc.org.hk

香港黃竹坑香葉道28號嘉尚匯二十一及二十二樓

21/F. & 22/F., Vertical Square, 28 Heung Yip Road,
Wong Chuk Hang, Hong Kong

南區長者地區中心

Southern District Elderly Community Centre

☎ 2553 6333 ☎ 2553 6072 ✉ sdecc@aka.org.hk

綜合家居照顧服務—第三隊

Integrated Home Care Services—Team III

☎ 2553 9499 ☎ 2554 4404 ✉ ihcst3@aka.org.hk

香港黃竹坑深灣道3號南濤閣地下一至三室

Shops 1-3, G/F., South Wave Court, 3 Shum Wan Road,
Wong Chuk Hang, Hong Kong

專項及社創服務通訊一覽表

截至30/6/2023

就業支援服務

Employment Support Services

香港仔石排灣邨停車場低層二樓1號

Unit No. 1, LG2/F., the Carpark Block,
Shek Pai Wan Estate, Aberdeen, Hong Kong

☎ 2762 0401
☎ 3520 4994
✉ sfs@aka.org.hk

賽馬會「三代·家添愛」計劃

Hong Kong Jockey Club Kinship Support Hub Project

香港仔石排灣邨停車場低層二樓1號

Unit No. 1, LG2/F., the Carpark Block, Shek Pai Wan Estate,
Aberdeen, Hong Kong

☎ 2762 0409
☎ 2670 3782
✉ ksp@aka.org.hk

賽馬會樂齡同行計劃

JC JoyAge—Holistic Support Project for
Elderly Mental Wellness

香港華富邨華美樓地下419-434室

Rooms 419-434, G/F.,
Wah Mei House, Wah Fu Estate, Hong Kong

☎ 2554 4002 / 2554 4062
☎ 2551 8727
✉ joyage@aka.org.hk

賽馬會「e健樂」 電子健康管理計劃

Jockey Club
Community eHealth Care Project

香港仔大道180號B二字樓

2/F., 180B Aberdeen Main Road,
Aberdeen, Hong Kong

☎ 3550 5520
☎ 2552 6719
✉ jcwck@aka.org.hk

Contact Information of Projects and Social Innovations Service

As at 30th June 2023

賽馬會「抗疫同行」長者支援計劃

Jockey Club Special Project to Support Vulnerable Groups under COVID-19 Pandemic

香港華富邨華泰樓一樓125-128室

Units 125-128, 1/F, Wah Tai House, Wah Fu Estate, Hong Kong

☎ 3550 5450
☎ 3614 5603
✉ sde@aka.org.hk

家在石排灣 E.P.S.

Home in Shek Pai Wan E.P.S.

香港仔大道180號B四字樓

4/F., 180B Aberdeen Main Road,
Aberdeen, Hong Kong

☎ 3550 5540
☎ 2870 0589
✉ cc@aka.org.hk

長者社區照顧服務券試驗計劃 (第三階段) — 「悠樂天地」

Pilot Scheme on Community Care Service Voucher
for the Elderly (Third Phase) — Leisure World

香港華富邨華美樓地下419- 434室

Rooms 419- 434, G/F., Wah Mei House,
Wah Fu Estate, Hong Kong

☎ 2554 4002
☎ 2551 8727
✉ ccsv@aka.org.hk

鑽出「耆」職計劃

DiamondAge Project

香港仔石排灣邨停車場低層二樓1號

Unit No. 1, LG2/F., the Carpark Block,
Shek Pai Wan Estate, Aberdeen, Hong Kong

☎ 2762 0401
☎ 3520 4994
✉ es@aka.org.hk

2021-2022年報編輯委員會成員名單

Annual Report Editorial Committee Members


溫艾狄小姐
Ms. WAN Ngai-teck

連麗娟女士
Ms. LIN Lai-kuen


謝婉儀女士
Ms. TSE Yuen-yee

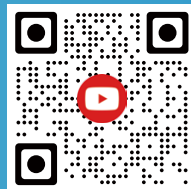
梁凱文小姐
Ms. LEUNG Hoi-man



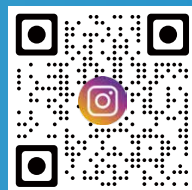
 香港仔坊會-AKA



 香港仔坊會-AKA



 香港仔坊會-AKA



香港仔坊會社會服務

Aberdeen Kai-fong Welfare Association Social Service



3550 5566



2580 3871



香港仔大道180號B

180B Aberdeen Main Road, Aberdeen, Hong Kong



central@aka.org.hk

(一般事宜/General Affairs)

LSG@aka.org.hk

(整筆撥款津貼事宜/Lump Sum Grant Related)



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY