

光愛中心  
年度報告

2020-2021

Light and Love Home  
Annual Report

讓**光**照亮、  
以**愛**傳承

Let there be **LIGHT**  
and **Heritage of LOVE**





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# 關於光愛 About Us

## 讓光照亮

「真理必叫你們得以自由。」 - 聖經

沒有光，人只能在黑暗中摸索，盼望我們的工作能使人得著正確價值觀。

## 以愛傳承

「愛是永不止息」 - 聖經

「愛」的威力是無法估計的，因為我們從出生就有了這生命的特質，一點小火也可燃亮身邊人心中的熱誠，聚結成愛的火球，為每個冰冷角落帶來溫暖和希望！

## 關於光愛中心

香港光愛中心自一九八三年成立至今，已有三十多年。由一群熱心的基督徒，帶著「服務社群，推廣福音」的使命，從開辦私營安老院舍開始，至今已成為一個服務多元化的非牟利註冊慈善團體。多年來，機構的慈惠工作備受各方人士的讚賞和肯定，除獲政府和公益金的恆常資助外，亦感謝來自各方捐款者的支持，讓機構的服務得以持續推行。

**使命** 我們相信- 神就是光，神就是愛  
我們竭誠- 服務社群，推廣福音

**宗旨** 跟隨基督腳蹤，去到有需要的人  
那裡，服務社群，推廣福音。

**目標** 本著聖經教訓，重視每個人的需要和價值，透過不同活動和適切服務，接觸和關懷社會上有需要的人，幫助他們培養正確價值觀，活出豐盛的生命。

## Let there be Light and Heritage of Love

“The truth shall make you free.” - Bible

If there is no light, people could only search in the dark. Hope that our work can facilitate people to find positive life values.

“Love never fails” - Bible

No one can imagine the power of love. As we were born with this trait, a flash of kindness can ignite the enthusiasm in people's hearts. Love can bring warmth and hope to every corner in the world!

## About Light and Love Home

Founded in 1983, Hong Kong Light and Love Home was established by a group of enthusiastic Christians for over 30 years with the object “To serve the community and to preach the gospel.” It was a non-profit private elderly hostel to serve the elderly in need in the society. Nowadays, it has become a registered NGO to provide diversified services.

Our charitable work has earned praises and recognition in the society for many years. We are grateful for the regular subvention from the government, subsidy of the Community Chest and the generous donations from donors, so that Light and Love Home can continue providing services.

### Mission:

We believe that God is light, God is love. We strive to serve the community and to proclaim the Gospel.

### Aims:

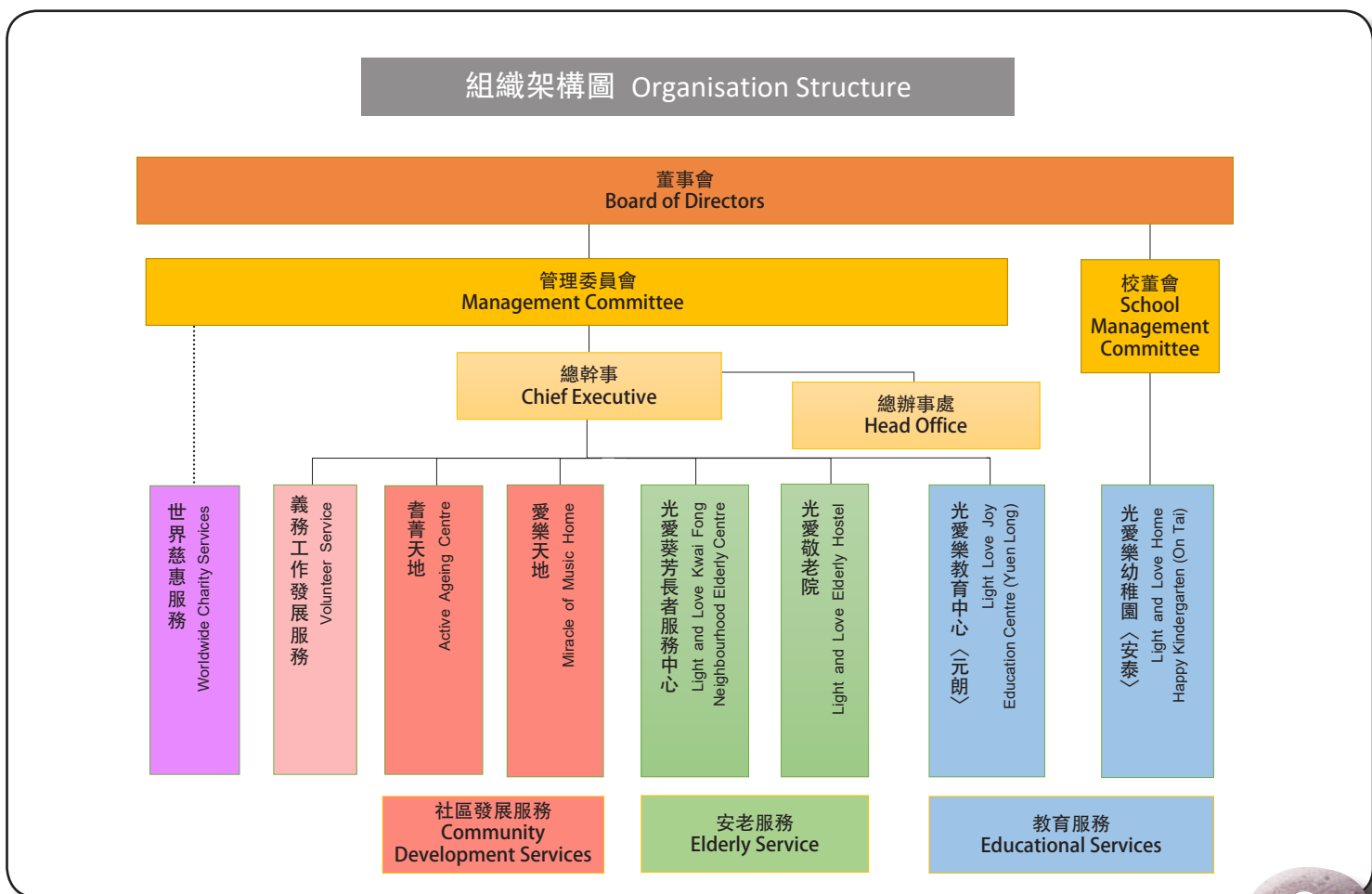
Follow the footsteps of Christ to those in need. Serve the community and proclaim the Gospel.

### Objectives:

In accordance with Biblical teachings, we treasure the need and value of everyone. By means of various activities and appropriate services, we reach and concern those in need and assist nurturing a true value towards an abundant life.

# 組織架構圖 ORGANISATION STRUCTURE

<p><b>董事會 BOARD OF DIRECTORS</b></p> <p><b>主席 Chairman</b></p> <p>林志光先生   Mr Lam Chi Kong</p> <p><b>董事 Directors</b></p> <p>劉智權先生 (義務秘書)   Mr Lau Chi Kuen (Secretary)</p> <p>劉志光先生 (義務司庫)   Mr Lau Chi Kwong (Treasurer)</p> <p>梁士培先生   Mr Leung Sze Pui</p> <p>梁志誠先生   Mr Leung Che Sing</p> <p>曾錦耀先生   Mr Tsang Kam Yiu</p> <p>趙世銓先生   Mr Chiu Sai Chuen, Daniel</p> <p>蔡子執先生   Mr Choi Chi Chap</p> <p><b>義務法律顧問 Legal Advisor</b></p> <p>謝曼霞女士   Ms Tse Mun Har</p>	<p><b>管理委員會 MANAGEMENT COMMITTEE</b></p> <p><b>主席 Chairman</b></p> <p>劉志光先生   Mr Lau Chi Kwong</p> <p><b>委員 Members</b></p> <p>林志光先生   Mr Lam Chi Kong</p> <p>梁士培先生   Mr Leung Sze Pui</p> <p>劉智權先生   Mr Lau Chi Kuen</p> <p>曾錦耀先生   Mr Tsang Kam Yiu</p> <p>趙世銓先生   Mr Chiu Sai Chuen</p> <p>蔡子執先生   Mr Choi Chi Chap</p> <p>張綺慧女士   Ms Cheung Yee Wai</p> <p>李綺梅女士   Ms Lei I Mui</p> <p>羅文彪先生   Mr Lo Man Piu</p> <p>洪國華博士   Dr Hung Kwok Wah</p> <p>林少琼女士   Ms Lam Siu King</p> <p>蕭海暉女士   Ms Shaw Nancy</p> <p>鄭永生先生   Mr Cheng Wing Sang</p>	<p><b>校董會 SCHOOL MANAGEMENT COMMITTEE</b></p> <p><b>校監 Supervisor</b></p> <p>朱國強先生   Mr Chu Kwok Keung</p> <p><b>校董 Managers</b></p> <p>林志光先生   Mr Lam Chi Kong</p> <p>洪國華博士   Dr Hung Kwok Wah</p> <p>黃靜雯女士   Ms Wong Ching Man</p> <p>劉志光先生   Mr Lau Chi Kwong</p> <p>潘卓婷女士   Ms Pun Cheuk Ting</p> <p>蔡潔貞女士   Ms Choi Kit Ching</p> <p>蕭海暉女士   Ms Shaw Nancy</p> <p>謝曼霞女士   Ms Tse Mun Har</p> <p>羅文彪先生   Mr Lo Man Piu</p> <p>鄭永生先生   Mr Cheng Wing Sang</p>
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## 總幹事的話 Chief Executive's Remarks

耶穌說：「凡勞苦擔重擔的人、可以到我這裏來、我就使你們得安息。」

「……看哪、猶大支派中的獅子、大衛的根、祂已得勝……」 《聖經》

近年常聽到人說「獅子山精神」，也不知道什麼時候開始，這詞被用來代表香港人同舟共濟、不屈不撓、刻苦耐勞的拼搏精神。我家窗外正好也可以看到獅子山，或許正因為不少的香港住處都可看到，「獅子山下」的萬家燈火正好代表著你和我。如果你是七十年代之前出生於香港，對這電視劇《獅子山下》的主題曲便不會陌生，其中的歌詞多年來膾炙人口、歷久不衰。

這首歌是在一個怎樣的時代產生的呢？回顧英治殖民地時代，60年代末發生多次暴動，這都反映了當時老百姓對普遍性的貪污風氣、居住、教育、社會不平等及滿城罪惡等問題的不滿。獲取教訓，新任港督麥理浩在其十年多的任內，推動了大規模的改革，涉及房屋、廉政、教育、醫療、福利、基礎建設、交通、經濟各個範疇，這次超過十年的改革，為其後50年的發展，立下了穩健的基礎。



“Come to Me, all you who labor and are heavy laden, and I will give you rest.”  
“...Behold, the Lion of the tribe of Judah, the Root of David, has prevailed...”

(Matthew 11: 28, Revelation 5:5 - NKJV)

In recent years, people often mention the phrase “Spirit of Lion Rock”. Although, I am not sure when this phrase started to symbolize the spirit of Hong Kongers’ hard work and perseverance. What a coincidence that I can see the Lion Rock out of my home’s window, just like many other homes. If you were born before the 1970s, you probably would be familiarized with the popular TV series “Below the Lion Rock” and its theme song with the same name. The enduring lyrics speak the hearts of the people of many generations.

Perhaps, one would wonder in what era was this song produced. Looking back at the British colonial era, especially, the 1960s, in which many uprising took place reflecting people’s discontent towards the problems on corruption, housing, education, social inequality and the city’s crimes. As a response, the 25th Hong Kong Governor Sir MacLehose, during his ten-year term, had promoted large-scale policy reforms. The policy reforms covered a wide range of issues such as housing, anti-corruption measures, education, health care, social welfare, city infrastructures, transportation and economy building a solid foundation for the development of the next 50 years.



有問題和困難不一定是壞事，關鍵是有沒有細心且用心的聆聽，找出問題的癥結來對症下藥。

疫情只是將許多核心的問題顯露出來，期望我們的政府找到正確的方向。作為一間中小型的機構，可能只是一顆小螺絲，但我們仍會本著不屈不撓、刻苦的「獅子山精神」，互勉前行，積極面對和迎難而上，直至闖出新天地。

雖然路途仍然崎嶇，前路仍是一片迷惘，但我們心中不懼怕，因有主耶穌的引導，在祂裡面有平安，而且祂是那天上得勝的王者，祂必將最好的給我們。

在此，也感謝一群默默緊守崗位的前線同工，特別是醫護的工作人員，你們盡責忠誠的付出，正守護著我們，疫情、逆境總會過去的，等待新一頁的開始。

鄭永生

總幹事



Problems and hardships can translate into opportunities if we could find the root cause and solve the problems. Needless to say that listening is an important part to solve this puzzle.

The pandemic brought to light hidden core societal issues; we hope that the problems can soon be resolved. Even though, we are just a small size nonprofit organization, but we will continue give the best of us with the "Lion Rock Spirit" to face the challenges ahead.

Although, the road ahead may be tough, we will still walk on with courage and faith. We believe that the Lord Jesus will guide us, and in Him, we can always find peace. He is the victorious king in heaven and the one who will give us the best.

I would like to express my heartfelt gratitude to all the frontline workers, especially all the medical professionals for your dedication and hard work to keep our community safe. Soon, the pandemic will be over, and let's receive a new beginning together.

Winson Cheng

Chief Executive





在我面前，  
我把小羊搖動，  
喜，我的喜快樂，  
自然居住。



# 服務報告

## SERVICE REPORT

### 安老服務： ELDERLY SERVICE:

光愛敬老院

LIGHT AND LOVE ELDERLY HOSTEL

光愛葵芳長者服務中心

LIGHT AND LOVE KWAI FONG NEIGHBOURHOOD  
ELDERLY CENTRE

# 光愛敬老院 Light and Love Elderly Hostel

「強壯乃少年人的榮耀，白髮為老年人的尊榮。」  
〈聖經〉

感謝主耶穌的祝福，光愛敬老院已踏入第38週年！當中我們服侍過很多長者，更有超過100歲的院友。曾美根婆婆，她入住光愛敬老院時87歲，共活到103歲，她口中常常感謝主耶穌祝福她手術成功，身體健康；另一位是吳意妹婆婆，她也是長壽院友，共活到101歲（實際104歲），她們都是老當益壯，在家人中得到關心支持，在院舍得到悉心照顧，能安享晚年！

新冠病毒影響全球，長者更加需要保護。在疫情之下，光愛敬老院做足防疫措施，加緊院舍清潔消毒！感恩得到社會福利署及慈善團體的幫助，供應很多防疫用品，包括送贈口罩、搓手液、免費院友及員工病毒檢測、免費接種新冠疫苗、噴灑防病毒塗層等，以加強院舍的保護網！



“The glory of young men is their strength,  
And the splendor of old men is their gray head.”

Proverb 20:29 (NKJV)

Under the blessing of our Lord Jesus Christ, the Light and Love Elderly Hostel embraced its 38th anniversary. We have been serving many elderly persons throughout the years. Some members were even over 100 year-old. Granny Tsang, she started living at the facility when she was 87. She often expresses gratitude to the blessing of her successful surgery and good health. Another resident, Granny Ng, she is 104 year-old. They both were strong in their golden age. They had been receiving good care and support from their family members and from the staff members of the Hostel.

The elderly persons in our community need more protection in the face of this global pandemic. The Hostel takes the anti-epidemic measures seriously. We clean the communal areas several times a day. We are grateful for the generosity of the Social Welfare Department and other charitable organizations which have given a significant amount of anti-epidemic products such as face masks and hand sanitizers. Additionally, free testing and Covid-19 vaccinations are offered to the Hostel staff members.



多謝香港公益金的支持，本年度再度撥款資助本院，以提升設施及環境，包括更換全院假天花、房間布簾、大堂大電視機及6間房間細電視機、大門口防漏及裝修、更換風扇、廚房不銹鋼工作檯、更換床上用品（羽絨被和被袋）、更換全院求助按鐘 (Call-bell)系統、門口招牌翻新等，令院友住得舒適，耳目一新！



We are grateful for the continuous support of the Community Chest of Hong Kong. This year, there has been a larger sum of funds allocation for the Hostel Renovation Projects. Thanks to the Chest's generosity which has made possible the acquisition of a large television for the community room, a stainless steel workbench for the kitchen and curtains, fans, beddings such as duvets and duvet covers and regular size televisions for each individual resident room. Other renovation projects' areas to upgrade the facility were leak proofing the main entry door, the installation of Hostel-wide call bell system and renewing the dropping ceiling. With all this effort, we hope to provide a more comfortable living environment for the residents of the Hostel.

# 光愛葵芳長者服務中心

## Light and Love Kwai Fong Neighbourhood Elderly Centre

「耶和華所賜的福，使人富足，並不加上憂慮。」  
〈聖經〉

### 疫境見真情

過去一年，大家都活在肺炎疫情的陰霾下，由不知所措、恐懼和憂慮，到習以為常，成為新常態。對長者來說，他們容易感受到憂慮和不安，在生活中要多注意衛生，保持社交距離，並學習新的生活模式。但感謝神！一切都在祂的掌握中，在這段日子裡，我們中心得到很多友好機構和團體的支持和幫助，捐贈了很多口罩及抗疫物資，讓一群有需要的長者得到幫助和支援。

在疫情下，中心在舉辦活動上發展了網絡世界的服務，透過WhatsApp向長者發放不同的健康、運動及抗疫資訊，讓他們在家中抗疫時，能保持身心健康。中心亦透過電話慰問一群長者，讓他們得到支援和幫助。活動上就按照社會福利署規定，預約到中心參與服務，使他們仍然保持活力和建立健康的生活。

在這些日子裡，中心仍致力推廣及鼓勵「老友記」做義工，使他們能發揮所長，助人自助，繼續貢獻社會。去年在疫情下，發展中心「耆青義工組」義工服務較有困難和限制，在同工努力下，改變服務形式，發展網上服務，與義工們溝通，透過製作短片在WhatsApp中發放，用電話聯絡一群義工等，加強彼此的聯繫，增強大家的關係。



“The blessing of the Lord makes one rich, And He adds no sorrow with it.”

(Proverbs 10:22)

### In Adversity: Love Finds its Own Way

As the unsettling pandemic continued, there were growing challenges for the team and the members of elderly who we serve. Looking over the past year, we were grateful for the opportunity to actively support the community through each of our coworkers' willingness to an extra step to help out. These difficult moments were more memorable in comparison to the peaceful days. Even in hardships, our hearts were be filled with gratitude.

We were grateful that God's in control of everything. Even though, last year, we all had lived under the shadow of the pandemic, from being fearful to adapting to this new normal. Nevertheless, the new living such as social distancing and more emphasis on personal hygiene may cause stress and worry on elderly members in our community. On the other hand, we would like to mention the support and donations of face masks and other anti-epidemic materials from other nonprofits and organizations, which have provided the elderly to get the materials they needed.

Moreover, under this pandemic, the Centre has developed services such as providing health, exercise and anti-epidemic information to the elderly through WhatsApp. We hoped that through this information they could maintain physical and mental health while staying at home. Additionally, the volunteers at the Centre would make phone calls to care for the elderly members. In terms of the events and activities hold at the Centre, every arrangement was done in accordance with the guidelines provided by the Social Welfare Department. Each participant needed to make an appointment before joining any events or classes.



他們很喜歡參與各項義工服務，義工服務範圍包括常務義工、認知義工、體弱小組義工等，他們都經過不同的訓練，才參與中心的服務發展，所以中心義工服務是很多元化，協助中心發展及推廣服務，使更多長者受惠。部分義工已年過80歲，當中三位義工長者雖已達到90歲的高齡，仍投入義工服務，充滿熱誠和投入，真是老當益壯，值得我們敬佩！

但我們亦不缺一群青年義工協助推動服務，當中有不少是剛退休或半退休人士，真正是老、中、青的合作，「耆青義工組」服務範圍包括中心大小事務，如摺月訊、派籌、中心門內當值協助諮詢工作、負責協助認知小組、體弱小組、協助長者理髮等。義工們均充滿活力，樂於協助中心日常事務及發展中心服務，他們真是中心的珍貴資源。

由2020年1月份開始，香港面對肺炎疫情爆發，中心一群年青義工就發揮了很大的作用，協助包裝食物、口罩、消毒抗疫產品派發予一群獨居和有需要的長者，特別在這困難的日子裡，他們愛心的探訪送上抗疫物資，使一群獨居和體弱的長者得到很大的幫助，真是疫境見真情！老友記都非常感恩！義工們由2月14日情人節開始不斷探訪和關懷，使很多無依無靠的長者，得到幫助和關懷，真是施比受更有福，幫助別人時，義工們也得到無限的快樂！



In those days, the Centre was still committed to the promotion and encouragement of volunteerism among elderly members because they could be big players in serving the community and helping each other. Last year, the development of the Centre's volunteer service of the "Senior-Youth Volunteer Team" was harder and faced more limitations.

Also, with the efforts of the coworkers, we managed to develop services through online platforms to facilitate the spread of information to the members and to strengthen communication and build rapport with the volunteers.

The volunteers were delighted to participate in various service scopes. We had volunteers who were assisting in daily operation of the Centre, helping out in cognitive groups and others participating in services for vulnerable elderly. All the volunteers have gone through many different trainings prior to their services at the Centre. Some of the volunteers are over 80-year-old. We even have 3 volunteers who are over 90-years-old. Thanks to all their effort, more people could benefit from the diversified services of the Centre. Our elderly volunteers' effort and devotion had made a significant difference in our services.

The Centre's adult volunteer team was also our great helper. Many of them were recently retired or semi-retired. The "Senior-Youth Volunteer Team" was a great way for elderly members, middle-aged people and youth collaborating together. Our enthusiastic and resourceful volunteer team had been taking great care of the Centre's needs helping out in activities such as haircuts for elderly, assisting in cognitive group, supporting the group for vulnerable elderly and other administrative tasks.

Since January 2020, the beginning of the outbreak of COVID-19 in Hong Kong, we wanted to distribute anti-epidemic materials and food to the elderly members in need. The volunteer team played an important role in helping with the packaging of food, face masks, hand sanitizing and other anti-epidemic products. Gratefully, the home visits started on 14 February. During these difficult days, through their visits, we sent out anti-epidemic materials to the elderly in need. Being able to help others was a source of joy for our volunteer team.



## 外展服務

### 隱蔽或有需要照顧長者

在新冠肺炎疫情緩和下，我們到屋邨保安員、商店、食肆等介紹中心服務，又在邨內擺設街站，好讓有助發掘隱蔽或極有需要照顧的長者，以轉介給中心作跟進及介入，使他們得到適切的服務。此外，我們為隱蔽服務再設計了新的單張，邀請了義工為單張設計插圖，並在服務受眾協助下派發到葵芳邨內12座樓宇的信箱中，希望可以讓街坊認識到隱蔽長者(隱長)的服務。

除了恆常的電話、家訪隱長外，我們也特意送上心意卡作祝福，好讓他們感受別人的祝福及溫暖，而為使在邨內有多一點生氣，我們在不同的節日中在中心門外作佈置，好讓在籠罩着灰濛濛的疫情氣氛下，讓服務受眾能夠感受節日氣氛和溫暖，亦能讓他們到中心門前拍照留念及送上祝福。

而為鼓勵長者外出並參與活動，我們透過栽種植物的過程，讓參加者多觀賞綠色植物，把專注力集中在栽種上，為生活添上情趣。

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### In Outreach Service Hidden and Vulnerable Elderly

Since the situation of COVID-19 got better, we hoped that more people in the neighbourhood could know about the services to the hidden elderly. So, we even had had street booth to promote the services for hidden elderly members in our community, outreaching people in different places within the Estate. The services for hidden elderly were caring phone calls, home visits and special arts cards giveaways. The most important part of this service was to let the elderly feel our love and care towards them. Also, we invited volunteers to design a new leaflet and distributed to each mailbox of 12 residential buildings within the Estate with the help of our community stakeholders.

During holiday seasons, we decorated the front door of the Centre, so that members could freely take pictures and enjoy the holiday. Although we were still under the pandemic, we could still live with joy.

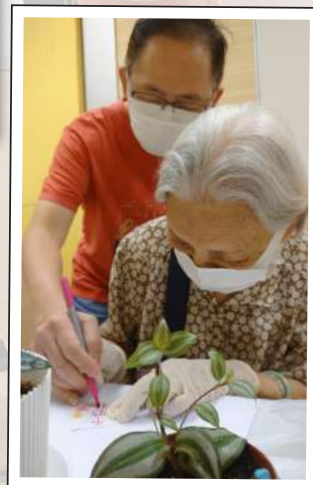
Additionally, we had been holding workshops for handcrafted plants for elderly to encourage them to participate more in the community. Gratefully, the participants had a lot of positive feedback. Even though this was the first-time-joining for some participants, they had fun and relaxed during the planting section.



參加者的回應也十分正面，部分參加者沒有種植的經驗，對他們來說也感到新鮮感及有樂趣，其中一位患有抑鬱的參加者，他在活動時經常專注地思考如何擺設小飾物、設計植物名牌等，當中有不少的創意，也嘗試用不同的顏色去表達出來，在分享環節上，他除了在栽種上看到植物生長的奇妙外，也察覺到自己對設計及用色上的敏銳，他一邊分享，臉上也流露出對自己的栽種作品非常滿意，看見他我也感到欣喜，希望在他患病中帶給他多一份正能量。

另一位長者經常表達自己年老，希望早日離開世界等負面的情緒表達，但當她在栽種時，她表達栽種植物可以使她家中多一點生氣，讓她精神一點，可以使她更開心。在分享上，長者表示曾打住家工時學習到的栽種知識，以及在工作中如何學習到待人接物的態度。她認為待人處事要認真及要主動做事情等，從她的分享裡，她把以往曾學習過的都在活動中分享；而在多次的活動中，也未曾聽到長者再次流露自怨自艾的負面情緒，相信或許在參與栽種活動中，讓她看到自己過去成功的經驗如何幫助她去看事物，讓長者思想多一點正面的態度。

在分享的環節中，不單長者得到正面的回饋，參加者感受到工作人員為他們預備活動所需要的時間及心思，他們更鼓勵工作人員，工作人員聽後也感到十分激勵及得到認同。著實每個人都需要被關心及肯定，工作人員也不例外，在活動中得到他們的認同，激勵我們繼續用心做好服務，支援有需要的長者，讓他們感受別人的關愛及支持。



One of the participants, he was focused on choosing the ornaments and designing the name tag for his plant. It was a fun, colourful and creative process. After the plant section was over, he was satisfied with the final product. From his feedback, he said, 'It was incredible to see green plants growing, and I also loved my colorful design.' We hoped that this activity could bring him a bit more positive energy.

Another participant said that life was meaningless for her. But after she participated in various planting sections, she started to feel happier and more positive. Interestingly, planting has given her insights about life and people. From her sharing, we also gained inspiration. She mentioned that by being able to utilize her talents and skills learnt from other classes, she felt empowered to make changes in her life.

In the sharing session, the participants' feedback also inspired our staff members to continue serving the community. We all need care and appreciation. The recognition from them in the activities encouraged our staff members to continue to serve and support the elderly in need and let them feel the care and support from others.

## 護老者支援服務

在新冠肺炎肆虐下，經歷了不一樣的一年。就以「疫」、「逆」和「亦」和大家分享一下。

### 「疫」情下的服務新常態

一直以來中心都以傳統的實體活動為護老者提供服務，然而，因疫情嚴峻的緣故，護老者普遍不放心讓長者外出而增加受感染的風險，所以他們留在家中照顧長者的時間比以往長。中心有見及此，便將活動改以網上形式進行，如：「護老者伸展活動」，有體適能教練示範抗疫運動操；註冊中醫師在「減壓穴位按摩及食療湯水」分享抗疫養生食療與湯水。疫情下的服務新常態，即使護老者足不出戶，中心仍能保持對護老者的支援。

隨著疫情稍為緩和，中心便把握機會，為護老者提供到戶服務。「耆戶掌門人」是中心首次籌辦的上門支援服務，工作人員到家裡進行家居安全評估、教導護老者健體運動、進行認知訓練、了解復康用品的應用，也邀請了註冊護士上門向長者及護老者講解藥物管理知識，教授服藥的注意事項，並邀請了中醫藥博士教授減壓及保健的穴位按摩法，分享有助強身健體的食療湯水配方，提升護老者在家協助長者管理健康的能力，讓護老者在照顧長者時可以更加到位。

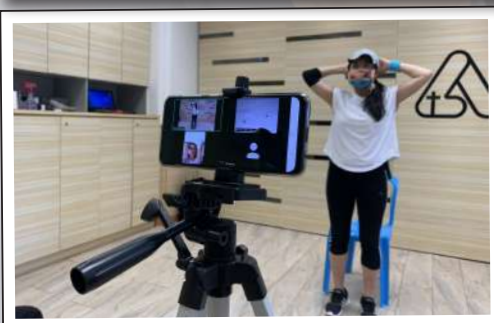


### Service: The New Normal under the Situation of "Pandemic"

"The Elderly Caregiver Support Service" had experienced an extraordinary year under this global pandemic. We would like to share our memories and voices as we went through this difficult time together.

Face-to-face services have always been the way in which services were provided traditionally. However, due to the pandemic, it was not recommended for elderly to go out due to the increasing risk of potential infection. Therefore, the caregiver's stay-home-time with the elderly members was longer than before. So, we changed the activities to be held online, such as: "Stretching Exercises for Elderly", we have invited fitness coach to teach exercises that can strengthen the immune system. Also, we had registered Chinese medicine practitioners sharing topics about "Relaxation through Acupuncture Points" and "Healthy and Delicious Soups". Under this new normal, the elderly caregivers could enjoy our services even staying at home.

As the situation of the pandemic was getting better, we took advantage of this opportunity to launch home visit services to the elderly caregivers. This home service included home safety evaluation, healthy exercises for caregivers, cognitive trainings and learning about the application of rehabilitation products. All of them were provided by our professional staff members. Also, we invited registered nurses to explain to the elderly and their caregivers the importance of adequate drug management and precautions when taking medicine. As well as Chinese medicine practitioners were invited to teach the Acupuncture Points massage method for stress relief and share recipes for healthy soup to strengthen the body. Therefore, the caregivers could be better prepared to take care of their elderly.



### 為在「逆」境裡的護老者加油

在疫情肆虐之下，社區照顧服務被迫暫停，不少長者無奈要長時間留在家中，護老者需要花上更多時間和心力照顧長者，身心均承受巨大壓力，有見及此，中心舉行了不少為護老者減壓及打氣的小組和活動，讓護老者在逆境中，得著關懷和支持。如：「畫出好心情」之和諧粉彩小組及「綠意在心頭」之園藝治療小組，藉藝術創作為護老者提供放鬆心情的機會。

於重要的節日前夕，中心舉辦「聖誕及新春DIY」活動，讓長者與護老者一同發揮創意，合作炮製應節手工，過程中讓護老者發掘到長者的強項和潛能，彼此欣賞，也增加護老者與長者之間的正面互動，促進與家人的關係，締造溫馨的相處時光。

### 「亦」要開拓新護老者群組

以往中心護老者多屬年長一輩，長者照顧另一位長者相當普遍，但隨著社會發展，政府預計到了2066年，每1.4人就要供養一名長者，較2017年每3.55人供養一名長者的比率高出兩倍以上，而其中「在職照顧者」以至「夾心照顧者」（意指：上有高堂、下有子女要照顧），便成為護老者的新力軍，這個群組亦有其獨特的服務需要。

他們既要照顧年邁的父母、年幼的子女，同時可能需要兼顧工作，生活時間十分緊迫，到中心參與實體活動近乎是不可能的任務。故此，在網上提供服務將會是未來護老者支援服務主力發展的範疇。此外，開拓平日晚間及週六服務時段，為他們預備一個喘息的空間，也是中心努力邁進的方向。



### Let the Sunshine in for the Elderly Caregivers Even in Time of Adversity

Under the pandemic, community care services were forced to stop. Many elders had no choice but to stay at home for a longer time. The caregivers also needed to spend more time and effort to take care of the elderly family members. Therefore, they may be having even more pressure both physically and mentally. The Centre had been organizing arts and planting therapy events to support and care for the elderly caregivers.

Also, the time prior to important holidays we hosted "Christmas and New Year DIY Activities" to allow the elderly and their caregivers develop their creativity and collaborate in crafting handicrafts. We hoped that the positive interactions between the elderly and the elderly caregivers to promote the relationship building within the family and create a precious time together.

### Starting New Elderly Caregivers Support Group

From our experience, elderly caregivers themselves may be elderly as well. In 2017, every 3.55 people took care of one elderly. Shockingly, there was a governmental study estimated that by 2066 the number of caregivers would have been doubled which translated into around 1.4 person would be taken care of one elderly member. Therefore, the increasing need of paying more attention to employed caregivers and sandwich caregivers (Those who provide for their children dependents and elderly parents.) We hoped to serve these two types of caregivers in a near future.

These caregivers were taking care of their children, elderly parents and their job almost at the same time. Due to their over packed daily schedule, for them may be harder to join the Centre' activities on regular operating hours. Therefore, we planned to develop on-line services and expand our service hours to night time during the weekdays and weekends. We believed that providing a space in which they relax would be an important goal for us.



## 義工發展及服務

面對突如其來的疫情，給大家一個措手不及，長者也不例外。疫情波及了長者的日常生活，為了避免受到感染，他們減少社交活動，甚至足不出戶，因此影響了他們的精神健康，對疫情感到擔心、焦慮。

每個月定期舉行的「愛鄰舍探訪行動」亦受到影響，為了減低社交接觸及保障義工和長者的安全，恆常的探訪行動轉變為電話慰問關懷——一班來自香港神的教會的成人義工藉著電話慰問，了解長者在疫情下的狀況及生活需要，及早予以支援，例如給予防疫物資、日用品等，更重要的是讓長者知道並非孤單一人面對疫情。

在艱難的「疫」境中，義工發揮自己的影響力，採取積極的角色，主動關心及聯絡長者，即使是通過電話問候，已經能夠使長者深感被受關懷。雖然未能見面，但是仍能透過大氣電波來表達關懷，更能加深長者與義工的關係。

義工的力量不容忽視，短短的慰問、關懷確實令長者感到窩心，面前本中心會積極發展義工服務，建立「光愛義工隊」，訓練一班有心、且願意付出時間的義工，與長者建立關係，更成為中心與長者的橋樑，關心及了解長者的需要，及早予以支援。



## Volunteer Development and Service

Almost everyone was caught off guard in the face of sudden outbreak of COVID-19. The elderly's daily life had been affected as well. As they stayed at home most of the time, it could have negative effect on their mental health, leading them to feelings like anxiety and worry.

Even though the Centre's regular monthly home visit (Love Your Neighbor Home Visit Campaign) service had been affected by the pandemic, we managed to caring phone call services. This way, we protected our members and volunteers at the same time. Our adult volunteer team from The Church of God in Hong Kong had been providing the caring phone call services and cared for the elderly's needs. Most importantly was to provide emotional and material supports for the elderly.

In this tough situation, the effort of the volunteer team was even more essential. Our volunteers took a proactive role to serve the elderly through caring phone calls. This way, we could still care for the elderly and build relationship. In the days ahead, the Centre will continue training volunteers (The Light and Love Volunteer Team) who want to serve the elderly and attend to their needs.

### 小結他活動

過去一年，在疫情下雖然不能到中心參加實體小結他練習，為免長者日久生疏，我們安排經網絡將小結他的信息及預錄短片經手機傳遞給與他們，教導學員如何彈奏及以互動形式提問及講解，又看見小結他學員很積極預備未來表演歌曲。

### Ukulele Activity

Due to the pandemic, we did not have face-to-face ukulele classes at the Centre, but we managed to share the course's content for elderly to keep practice playing ukulele through short interactive videos. It was so satisfying to see the students actively preparing themselves for future performances.







社區發展服務：  
COMMUNITY DEVELOPMENT SERVICES:

耆菁天地

ACTIVE AGEING CENTRE

愛樂天地

MIRACLE OF MUSIC HOME

# 耆菁天地 Active Ageing Centre

## 齊心協力，渡過風雨

「……回望以往的片段，幾許風雨，我也經過，屹立到目前。」回顧2020-21年度在疫情間服務單位經過的日子，令我不禁想起這勵志歌曲：〈幾許風雨〉的歌詞。在這充滿風雨的日子，中心沒有停頓過一天為大家服務，並因應疫情，推出不同的應變及防疫措施，一方面盡力保障會員的健康，另一方面又可維持服務，充分展現了整個團隊對服務的投入及熱誠。

在這非常時期各社福機構不單各自謹守崗位，並齊發一同幫助有需要的社區人士，我們在此感謝：

在疫情開始期間物資短缺，感謝惜食堂和區內熱心人士慷慨地捐贈防疫物資，我們有幸可以幫忙轉贈該防疫物資，並把這份關懷帶給有需要的社區人士。

另外，也感謝何東爵士慈善基金資助了中心的牆壁翻新工程，使我們中心的課室、走廊及接待處，也有煥然一新的感覺。同時，我們也重新執拾佈置中心地方，期望每位會員及街坊有更整潔舒適的服務環境。

還有關愛基金推出的「非公屋、非綜援的低收入住戶一次過生活津貼」項目（2020年）幫助了許多受疫情的打擊，而經濟壓力加增的個人和家庭。在該年的7月份，我們展開了關愛基金的申請服務。每天都接獲許多的查詢及申請，還記得有時留下工作到晚上七、八點，仍常遇到相關的來電查詢。在期望與申請者一起渡過難關的心情下努力，我們有幸協助一位又一位的申請者，也難忘每次的家訪，到過許多的劏房，加深了我們對社區需要的體驗。我們首半年總共協助了約805個家庭成功申請。

多謝每一位同工和服務使用者，讓我們都彼此鼓勵，一起向前！我再引用〈幾許風雨〉的歌詞：「唯望鬥志不會斷，似你的臉，叫我溫暖，伴著我步前。」



## Weathering the Storm Together

Reflecting our services during 2020-2021, I was reminded of the song "Toiling Life in Wind and Rain", a popular song of the 1980s. During this time of adversity, our Centre has persisted day-by-day to serve our community in need. Our dedicated staff members have been adapting to the anti-epidemic measures to protect the health of our members while offering services.

During this difficult time, we wanted to express our heartfelt gratitude to all the social welfare organizations, which have put forth extra effort to help people in need within our community.

As the pandemic unfolded, there was a shortage of materials. Fortunately, at this critical moment, generous donation of anti-epidemic materials by Food Angel and other community stakeholders had been given to the Centre. Therefore, we were able to distribute the materials to the people in need.

Also, thanks to the support provided by the Sir Robert Ho Tung Charitable Fund which had made possible the Centre's wall repair and refurbishment project. As we reorganize the space, we hope to provide a neater and more comfortable space for the members.

In addition, related to the "One-off Living Subsidy for Low-income Households Not Living in Public Housing and Not Receiving CSSA" Programme (2020) launched by the Community Care Fund which has helped many individuals and families with increased financial pressure due to the pandemic. The application for this service of the Community Care Fund has started in July of 2020, and daily, we had been receiving inquiries and applications. On some days, we even work pass 7 pm to attend many inquiries and applications. We hope that we can go through this hardship side-by-side with the families in needs. We are honored to assist applicants one after another, and we will never forget every home visit and many subdivided flats, which deepen our understanding of community needs. In the first half of the year, we have assisted about 805 families with successful applications.

We are deeply grateful to all the coworkers in the social welfare sector that we can continue moving forward together.



### 「疫」在學習、金色年華

耆菁天地的宗旨是鼓勵50歲或以上人士持續學習和發展潛能，透過各類教育、文學、藝術、資訊科技和健體運動課程及服務，讓學員實踐「退而不休」，並活出既多姿多采的金色年華。

我們難忘在防疫規例下，班組從實體授課變成ZOOM遙距和影片教學等，無疑當中的變動是相當大的，但我們仍推出一些合適的課程，例如：夏威夷小結他、金曲學唱班、早操班、痛症認知入門班、二胡入門班、國畫和書法班、素描畫班、西洋塑膠彩畫班和小型家具維修等的班組，亦有成人教育資助計劃補貼的，如：長者手機班、英語入門班和長者身心健康課程，讓有興趣參加者在具安全的環境下仍可盡量參與。中心也為此也特意開辦了ZOOM會議工作坊，以幫助學員們更加容易掌握遙距學習。在此也感謝導師們的努力，盡心盡力令到學員們就算是遙距教學也能夠繼續學習，使各位生活保持姿采！



### Golden Years: Learning in the Time of Pandemic

The mission of Active Ageing Centre is to encourage life-long learning and the development of hidden potentials of retirees during their golden years. Learning areas include courses on education, literature, arts, information technology and fitness.

During the pandemic, as the Centre followed the regulation for epidemic prevention in-person classes have been changed to remote learning (Zoom) or video teaching mode. It was a drastic change, but fortunately, we still manage to offer suitable classes in a safe environment. Classes' subjects include: ukulele, singing, pain management, Erhu, Chinese painting and calligraphy, sketching, acrylic and small-scale home repair skill. Other courses for elderly which were subsidized by the Adult Education Subvention Scheme were smartphone, elementary English, holistic health. In addition, the Centre has designed workshops for the students to master online learning through using Zoom. Here, we would like to express gratitude to all the instructors of the Centre whose effort in teaching has made learning online possible.



# 愛樂天地 Miracle of Music Home

## 「愛樂天地」及地區義工發展計劃

「愛樂天地」位於將軍澳尚德邨，於2019年3月正式啟用，為光愛中心其中一個服務單位。

本中心主要為將軍澳區內的兒童提供功課輔導小組及視覺藝術班等興趣課程，由大專或以上程度，具經驗和愛心的導師任教。本年度初期雖然經歷新型冠狀病毒疫情，中心曾需要短暫停運，但隨著疫情漸趨穩定，班組活動得以於2020年6月逐漸恢復，本年度累計有約1,000人次參與本中心開設的課程，尤以功課輔導小組，深受家長和學生歡迎。所有課程，價錢實惠。報讀功課輔導小組，更可申請「學費津助計劃」，學生出席率符合中心要求並上課態度認真，便可獲最高三成的學費減免，以減輕基層家庭的經濟負擔。

除提供常規服務外，中心亦與「將軍澳愛鄰如己義工隊」合作，疫情期間，透過派發福袋、防疫包、現金券和飯券等，使更多區內街坊更認識本中心和義工隊的服務；疫情稍為緩和時，義工隊利用平日中心沒有開設班組時段及週末期間，借用本中心，開設免費興趣班組，接觸了不少家長和兒童，大大提升了中心的知名度。

本中心亦為光愛中心「地區義工發展計劃」的秘書處。



## Miracle of Music Home and District Volunteer Program

Located in Sheung Tak Estate, Tseung Kwan O, "Miracle of Music Home" was officially in service as one of the service units of Light and Love Home in March 2019.

The Centre mainly provides homework tutorial classes and visual arts classes for children in Tseung Kwan O. The classes are taught by experienced and caring instructors who have at least an associate degree or above. Especially homework tutorials were very popular among parents and students. All courses were offered at an affordable price. We even set up a "Tuition Subsidy Scheme" for students whose attendance rate meets the Centre's requirement with the hope to ease financial burdens on low-income families. The rewarded students may get up to 30% of fees reduction. The Centre's operations had been temporarily suspended due to the outbreak of COVID-19 at the beginning of 2020. Thankfully, as the epidemic has eased, the Centre's activities have been resumed in June of the same year. We have served an estimated total of 1,000 service users.

In addition to providing regular services, the Centre also cooperates with our District Volunteer Teams to distribute blessing bags, epidemic prevention kits, cash vouchers and meal vouchers so that more people can benefit from our services. Unexpectedly, we have also increased our community presence within the neighborhood. Also, our Volunteer Teams were proactive in coming up with ideas to better serve the community with the resources we have.

Miracle of Music Home is also the secretariat of the "District Volunteer Development Program" of Light and Love Home.



### 「地區義工發展計劃」

光愛中心「地區義工發展計劃」成立於2013年，現有多支分佈於全港各區的義工隊伍。義工隊伍主要由教會、大專院校、義工團體等組成。各義工隊在光愛中心支援下，靈活自發組織切合各地區需要的慈惠活動，多年來均深受地區人士歡迎及讚賞，受惠人士遍佈各階層。

本年度，香港受新型冠狀病毒病疫情肆虐影響，經歷數波疫情，而限聚令等社交距離措施，亦影響多區的地區義工隊運作，以往大受歡迎的屋邨嘉年華、街站等活動因防疫限制而須暫停或取消。雖然如此，光愛中心在疫情期間收到不少善心人士捐贈防疫物資，部分透過義工隊分發予社會有需要人士，為社會帶來正能量和祝福！

### 防疫包、現金券和飯券派發

2020年3月，中銀香港透過香港公益金向光愛中心捐贈300個「愛心防疫包」，內有口罩、酒精搓手液等防疫物資，透過地區義工隊分發予獨居長者或基層家庭。

2020年12月，光愛中心再獲香港公益金透過OK便利店發窩心食物券及現金券，部分繼續透過地區義工隊分發予社會有需要人士，他們收到後都十分開心，體會人間有情亦有愛。



### The District Volunteer Team

The “District Volunteer Development Program” of Light and Love Home was established in 2013. Currently, we have formed volunteer teams across various districts of Hong Kong. The Volunteer Team is mainly composed of church members, college students and other volunteer groups. With the support of Light and Love Home, all volunteer teams can take lead in organizing charitable activities that meet the needs in their own district. Over the years, the volunteers’ efforts have been recognized by beneficiaries of all walks of life.

This year, Hong Kong has experienced several waves of the epidemic. Different social distancing measures such as gathering restrictions have affected the operation of Volunteer Teams across districts. There had been suspensions of popular carnivals at housing estates, street stations and other activities due to the epidemic. Nevertheless, we continued to bring positive vibes and acts of kindness to our communities. As Light and Love Home received many donations of anti-epidemic materials from generous people during this difficult time, our Volunteer Teams have distributed these materials to people in need.

### The Distribution of Anti Epidemic Kits, Cash Vouchers and Meal Vouchers

In March 2020, Bank of China (Hong Kong) Limited (BOCHK) has donated 300 units of “Care Kits” to Light and Love Home through the Community Chest of Hong Kong. Each kit contains face masks, hand sanitizer and other epidemic prevention materials. We distributed them to elderly people living alone or low-income families with the effort of the District Volunteer Team.

In December 2020, Light and Love Home got food vouchers and cash vouchers that given by the Community Chest of Hong Kong through Circle K Hong Kong. Then, the District Volunteer Team distributed these vouchers to people in need in the community, and the beneficiaries were very happy after receiving the vouchers, they felt the love and care from the community.



## 興趣課程

本年度，繼續受疫情影響，實體興趣課程曾一度暫停，雖然不能面對面開班，但藉着科技，部分義工隊如光愛樂幼稚園(安泰)義工隊、葵芳義工團隊等轉而透過網上視訊軟件(如Zoom)繼續開辦興趣課程，以接觸區內的兒童及家長。後來，當疫情稍為緩和，政府稍為放寬限聚人數，義工隊也恢復了部分實體興趣課程。這些課程，大都免費，或只象徵式收取材料費，但課程內容一絲不苟，故深受家長及小朋友們的歡迎。

## 會堂活動

疫情爆發初期，所有會堂都以防疫理由而關閉，以致影響了義工隊申請會堂進行活動。待疫情稍為舒緩，會堂重新對外開放後，鑽石年華會義工隊也把握了機會借用了樂華社區中心禮堂，舉行了數次的「樂華開心暢聚星期三」，透過遊戲、短講等分享，繼續接觸樂華邨等區內的街坊，和他們建立更深的關係。

## 展望

雖然新型冠狀病毒病疫情尚未受控，對愛樂天地及地區義工隊的工作仍是重重挑戰，但深信，靠着愛我們的主耶穌基督，加上同工們和義工隊的努力，種種難處仍可化成重重機遇。



### Interest Classes under the Pandemic

Face-to-face classes have been suspended due to the pandemic. Fortunately, through the use of technologies such as Zoom, our volunteer teams have been able to organize interesting classes online for children and family members. Our interest classes were popular among parents and children. Although most of the classes were free or some only needed nominal fee for the materials purchased, the content of these classes was carefully crafted. As the pandemic has eased, face-to-face classes have resumed.

### Activities in the Community Centres

In the beginning of the outbreak of the pandemic, many of the community centres which we previously have used for organizing events were closed. Later on, as the pandemic eased, our volunteer teams seized the opportunity to host events, seminars and games in Lok Wah Estate Community Centre to continuously serve the neighborhood.

### Future Outlook

Although the pandemic is not yet under control, the services of the Centre and the volunteer teams may still face many challenges. Nonetheless, we believe that God will bless the effort of our team and help us to turn hardships into opportunities.



地區義工隊：服務統計 1/4/2020 - 31/3/2021

District Volunteer Team: Services Statistics

區域 Volunteer Team	參加人次 Participants	義工人次 Volunteer	活動節數 Sessions	活動類形及數目 No of Activities A: 100人或以上 over100 B: 少於100人 less then 100 C: 班組 Class	義工服務 總時數(小時) Volunteer Service hours
將軍澳愛鄰如己義工團隊 TKO Love Neighbour As Yourself Volunteer Team	4694	1832	134	A:8 / B:33 / C:14	3737
葵芳義工團隊 Kwai Fong Volunteer Team	180	36	9	A:0 / B:0 / C:1	54
東九龍鑽石年華會義工團隊 East Kowloon Diamond Age Team	560	220	10	A:1 / B:1 / C:2	415
光愛樂幼稚園(安泰)義工團隊 LLH Happy Kindergarten (On Tai) Volunteer Team	962	360	75	A:0 / B:5 / C:16	360
統計總數 Total	6396	2448	228	A:9 / B:39 / C:33	4566





教育服務：

**EDUCATIONAL SERVICES:**

光愛樂幼稚園 (安泰)

**LIGHT AND LOVE HOME HAPPY KINDERGARTEN (ON TAI)**

# 光愛樂幼稚園 (安泰)

## Light and Love Home Happy Kindergarten (On Tai)

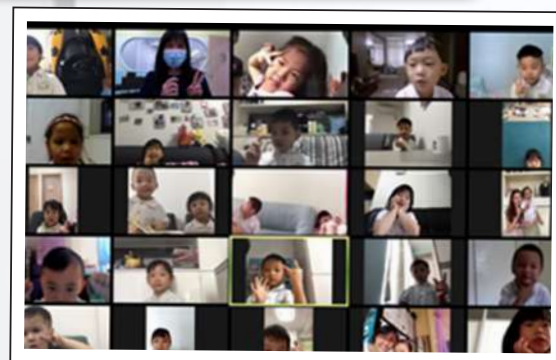
### 停課不停學

#### 支援學生及家長

因受2019冠狀病毒病疫情影響，教育局宣佈全港學校於2020年9月暫停面授課堂。在新常態下，學校、家長和學生都面對不同的挑戰。

本園積極配合教育局的安排，於暫停面授課堂期間，老師拍攝有趣的學習影片上載至網上平台，以及與幼兒進行網上遊戲活動，鼓勵幼兒在家中自主學習。除了網上學習資源，學校更安排多元化的學習材料，如：美藝創作材料包、小手作、家居小任務等，全面支援幼兒的學習需要。

老師邀請家長定期回校領取家居學習資源，並與家長作即時交流，以了解幼兒的學習和情感需要，同時亦透過「陽光電話」與家長聯絡，以關注其家庭狀況，並作出適切的支援。此外，校方亦會善用流動通訊程式與家長保持緊密溝通和聯繫。



### Suspending Classes without Suspending Learning

#### Support for Parents and Students

Due to the outbreak of COVID-19, the Education Bureau announced face-to-face classes' suspension across Hong Kong starting from September 2020. Under this new normal, schools, parents and students all faced different challenges.

The school actively cooperated with the arrangements of the Education Bureau. During the period of suspension of face-to-face classes, teachers filmed interesting learning videos then uploaded them to the online platform. Also, teachers played games with children online to encourage them to study independently at home. In addition to online learning resources, the school also arranged diversified learning materials, such as art creation kits, small handmade projects, home chores and other to fully support the children's learning needs.

Parents were invited to return to school on a regular basis to receive home learning resources and communicate with the teachers to understand the children's learning and emotional needs. At the same time, for teachers to be able to provide adequate support and to better understand the children learning conditions at home, we had created a communication program called "Sunshine Phone".

### 教師的挑戰

透過視像進行教學，教師需要更多的準備，科技知識應用要更廣。教師積極學習運用不同資訊科技的技巧，例如拍攝及剪接短片，製作互動學習教材等，以面對教學模式的新轉變。縱然當中都會遇到不同的挑戰，然而，能夠讓孩子在生活中學習，看着孩子們求知的態度、自信的回應，以及滿足愉快的笑容，就是最好的回饋。

暫停面授課堂期間，本園教學團隊仍積極參與各項培訓，分別參與了「STEM教學工作坊」、「團隊歷奇活動」、「幼兒自由遊戲簡介及分享」等，以提升個人及專業的發展，並建立良好的團隊精神。



### Teacher's Challenge

In order to start online teaching, there were a lot more preparations; teachers might need to be equipped with videos filming and editing skills and developed interactive teaching materials. Under this new teaching mode, teachers faced many challenges, but all these efforts were worthwhile when we saw the children were making progress in their learning.

During the suspension of face-to-face classes, the school's teaching team was actively participating in various trainings to enhance personal and professional developments.

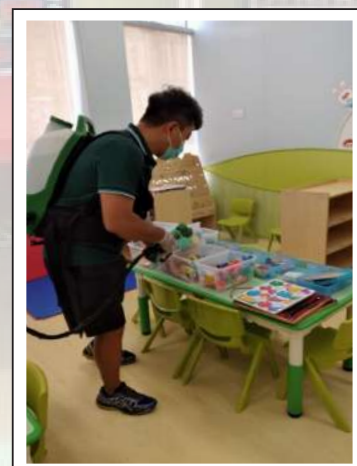
The teachers had attended "STEM Teaching Workshops", "Team Adventure Activities", "Introduction and Sharing of Free Play for Children".

## 恢復面授課堂

### 防疫措施

為了加強防疫措施，於恢復面授課堂前，本園邀請專業公司為全校所有範圍進行 GERMAGIC THYME 90 抗菌塗層噴灑，保障師生免受細菌或病毒侵襲。此外，本園亦添置多部光等離子秒殺機，有效分解各種污染物，持續淨化空氣，為幼兒提供一個安全的學習環境。

本園設有自動感應酒精搓手液機、體溫探測器、各類防疫物品等，每個課室亦設有防疫站及防飛沫隔板，從而減低病毒傳播的風險。此外，老師邀請幼兒擔任防疫大使，提醒同伴注意個人衛生，加強幼兒的防疫意識。



## Starting Face-to-Face Classes Again

### Epidemic Prevention Measures

In order to strengthen anti-epidemic measures, before resuming face-to-face classes, a professional company was hired to spray GERMAGIC Thyme 90 antimicrobial coating for all the school areas. In addition, the school site has also added air purifiers to effectively decompose various pollutants, continuously purify the air to provide a safe learning environment for children.

The School was equipped with automatic sensor alcohol hand rub machines and temperature detectors in the main entrance. Also, each classroom was equipped with an anti-epidemic station and anti-epidemic boards to reduce the risk of virus transmission. In addition, the teacher invited the children to serve as ambassadors for anti-epidemic prevention. They were responsible to remind their peers to pay attention to personal hygiene, and strengthen their awareness of epidemic prevention.

## 課程發展

本園以多元遊戲為教學策略，銳意提升幼兒自由探索、自主學習的能力。為了讓教師掌握多元化遊戲教學策略的專業知識，本學年參加了香港中文大學教育學院大學與學校夥伴協作中心主辦「遊戲·學習·成長」計劃，引導老師設計富啟發性和趣味性的遊戲課程，培養幼兒主動學習的能力和態度，促進他們的全人發展。

通過教師共同備課、觀課及課後討論，設計及展開一連串的遊戲教學活動，讓幼兒從遊戲中學習，如：幼兒班以「健康小勇士」為教學主題，老師因應幼兒的生活經驗、興趣和能力，並透過多元化的遊戲策略，設計不同的學習活動，幼兒表現都積極投入。



## Curriculum Development

Our School uses diversified games as a teaching strategy to enhance children's ability to explore freely and learn independently. In order to help teachers to master the professional knowledge of diversified game teaching strategies, we participated in the "Play, Learn, and Grow in Hong Kong Kindergartens" project organized by Centre for University & School Partnership of the Faculty of Education of the Chinese University of Hong Kong to guide teachers to design inspiring and interesting courses, develop the children's active learning ability and attitude to promote their whole-person development.

Through the teachers' joint preparation, lesson observation and after-class discussion, a series of teaching activities through play were designed and carried out. We wanted to the children to learn from playing. For example, the kindergarten class takes "Little Warrior of Health" as the teaching theme for the teacher to respond to the children's life experience and interests through diversified game strategies. We hoped to design different learning activities for children to actively participate.

## 支援非華語學童

為加強支援非華語學生學習中文，本學年參加香港大學專業進修學院幼稚園校本支援服務小組「教學相長、家校共融—非華語幼稚園學生學習中文支援計劃」（網絡學校），以提升教師教授非華語幼兒學習中文的效能。

教師因應非華語學童的需要，調適教學策略和內容，安排以小組形式與學童進行中文學習活動。如：透過情緒輪盤，讓幼兒認識及表達不同的情緒；藉著多元化的語文活動，如：行棋、拼拼樂，學習聆聽老師口頭上的指令，以及認識不同的部件及運用所學的詞語；而透過小組遊戲，如：「以訛傳訛」，學習社交技巧及享受遊戲的樂趣。

## 愉快的校園生活

疫情下，我們更珍惜一起學習的時刻。為了豐富幼兒的學習經驗，以及感受愉快的校園生活，除了遊戲學習活動外，學校更舉行了各項網上及實體活動，當中包括生日會、中秋節、降生節、農曆新年及復活節慶祝會等，同時亦邀請不同機構以視像形式舉行講座和到校舉行活動，例如：「Yes! I can如廁自理訓練講座」，教授幼兒個人衛生及提升自理能力；「奧比斯護眼講座」，向幼兒傳達正確的護眼資訊；邀請香港聾人福利促進會到校舉辦關愛共融體驗活動，讓幼兒認識聽障人士，一同學習簡單手語、製作小手工等等。



## Support for non-Chinese Speaking Students

In order to strengthen the support for Non-Chinese Speaking (NCS) students to learn Chinese, this school year, we joined the school-based support (Kindergarten) Service Team of the School of Professional and Continuing Education, The University of Hong Kong, "Gearing Up Schools and Parents – Supporting Non-Chinese Speaking Kindergarten Students in Learning Chinese (Network Schools)" to enhance teaching Effectiveness of non-Chinese speaking children in learning Chinese.

In response to the needs of NCS students, teachers adjusted their teaching strategies and content then arrange Chinese learning activities with students in small groups. For example, through the emotional roulette, children can recognize and express different emotions; through a variety of language activities, such as playing chess, fun spelling, learning to listen to the teacher's verbal instructions, and to recognize different components and use what they have learnt vocabulary, learnt social skills and enjoyed the fun of games.

## Happy School Life

We hope that the children enjoy a happy school life. The school held online and in-person events to enrich the children learning experience such as: birthday parties, Mid-Autumn Festival, Christmas, Chinese New Year and Easter celebrations. Meanwhile, various organizations held online lectures and school activities, such as "Yes! I can Toilet Self-care Training Lecture", teaching children's personal hygiene and improving self-care ability. "Orbis Eye-Care Talk" which taught children the correct way to protect their vision and invited The Hong Kong Society for the Deaf to conduct an activity for children to experience inclusion for people with hearing-impairment through learning simple sign language, making small handicrafts and other.



## 第二屆畢業典禮

「教養孩童，使他走當行的道，就是到老他也不偏離。」  
(聖經)

縱使受疫情影響，感謝神使高班學生能順利畢業，並於本園進行他們人生第一個畢業典禮。典禮當日有幸邀請到中華基督教會基法小學（油塘）梁淑儀校長擔任主禮嘉賓及頒發畢業證書，更獲全體校董出席支持，實在令典禮生色不少。

本年度畢業主題為「童遊大世界」，疫情下雖然未能外遊，幼兒透過話劇和舞蹈表演，與家長及眾嘉賓們一起展開環遊世界之旅。高班畢業生進行現場表演，而幼兒班和低班則拍攝表演片段融入其中。最後，畢業生興奮地拿著「升小護照」一起「童啟小旅程」，準備上小學。

畢業典禮於一片掌聲和歡樂氣氛中圓滿結束，高班畢業生亦在大家的祝福下踏上新的里程碑，願神繼續看顧和保守他們！



## Second Graduation Ceremony

"Train up a child in the way he should go, and when he is old he will not depart from it."  
Proverbs 22:6

Even though affected by the epidemic, thank God for enabling the senior students to graduate smoothly and have their first graduation ceremony in this kindergarten. On the day of the ceremony, we had the honour to invite Principal Ms. Leung Suk-ye of the CCC Kei Faat Primary School (Yau Tong) to be the officiating guest and present the graduation certificates. All the school board attended and supported the ceremony, which really made the ceremony very exciting.

This year's graduation theme is "Children's Journey to the World". Although they could not travel abroad due to the epidemic, the children journeyed around the world with their parents and guests through drama and dance performances. The senior classes presented a live performance while the lower classes students recorded videos. In the end, the graduates excitedly took the "Living Passport" and joined the "Children's Journey" to prepare for primary school.

The graduation ceremony ended smoothly with applause and a joyous atmosphere. The senior class graduates also embarked on a new journey with blessings. May God continue to guide them and protect them!

# 服務統計

## SERVICE STATISTICS

### 光愛敬老院 Light and Love Elderly Hostel

院舍長者數目 Number of Residents (1/4/2020 - 31/3/2021)		
性別 Sex	安老部 Aged	護理部 Care and Attention
男 Male	2	19
女 Female	1	47

光愛敬老院各職級員工人數 Number of employees in each Position	
職級 Position	人數 No
院長 Superintendent	1
保健員 Health Worker	7
活動幹事 Program Worker	1
護理員 Personal Care Worker	10
工友 Workman	3
廚師 Cook	2
文員 Clerk	1
總數: Total	25

服務統計 Service Annual Statistics	服務內容 Service Content	全年活動次數 Annual number of meeting /Activities	全年參與人次 Annual number of Participants
	院友例會 Residents meetings	7	226
	院友活動 Residents activities	297	9910
	院友家屬活動 Activities for family members	7	74
	院友探訪 Visits from family members	-	830

## 光愛葵芳長者服務中心

### Light and Love Kwai Fong Neighbourhood Elderly Centre

服務內容 Service Content	全年服務數目 Service no.
每月平均會員人數 Average membership within one year	605
偶到中心每節平均使用人次 Average of attendance per session within one year	30
身心健康活動數目 Physical and psycho-social well-being activity	94
教育及發展性活動 Educational and developmental activity	41
社交及康樂性活動 Social and recreational activity	31
義工發展及服務 Volunteer development activity and service	49
義工登記人數 Number of volunteers registered	103
護老者支援服務 Carers support service	45
接受護老者支援服務人數 Active cases of carers support service	178
與地區持份者聯繫及推廣服務的活動 Activity of building up rapport with local stakeholders for service promotion	12
接受個人輔導服務人數 Active counselling case	277
完成輔導協議個案比率 Turnover rate of active counselling cases	21.30%
隱閉長者 / 極有需要的長者服務人數 Active cases of hidden or vulnerable elderly persons	48
完成個案比率 Turnover rate of cases served	22.92%
長期護理申請評估數目 MDS-HC assessments conducted for long term care service application	36
接受認知障礙症訓練人數 People trained with dementia-related knowledge	32
認知障礙症公眾教育活動 Activities to provide public education on dementia	10
認知障礙症支援及訓練活動 Activities to provide dementia related support and training	8
認知障礙症患者及/或照顧者支援及訓練小組 Groups to provide support and training to elderly persons with dementia and/ or their carers	6
同工接受認知障礙症培訓時數 Training sessions to staff on dementia	65
有需要護老者支援小組 Supportive group held for needy carers	4
有需要護老者訓練及活動 Training activities and programmes for needy carers	18
有需要護老者支援服務 Support services to needy carers	120
接受有需要護老者服務人數 Total number of needy carer served	50
完成個案比率 Turnover rate of cases served	28.57%
食物包、凍餸及熱飯外帶服務餐數 Food Angel lunch box service	2171
關愛基金牙科資助項目 Community Care Fund Elderly Dental Assistance Programme	148

## 耆菁天地 Active Ageing Centre

會員人數 Number of members:

Male 34 (男) / Female 110 (女)

合共 Total: 144人

課程統計 Annual Statistics	班組類別 Category	班組數目 Class	節數 Session	參加人次 Participant
	藝術 Arts	10	64	671
	音樂 Music	3	28	246
	提升生活技能 Life Skills Enhancement	2	8	80
	語言與文化 Language and Culture	1	8	64
	資訊科技 Information Technology	5	19	244
	社交康樂 Social and recreational	1	8	80
	總數 Total	22	135	1385

班組類別 Program	班組數目 Service Period	服務總數 Total Service Count
樂耆伴陪診及家居照顧服務 Escorting and Household Caring Services for the Elderly	4/2020 to 3/2021	205.5 (小時 hours)
惜食堂外帶冷凍飯餐服務 Food Angel (Cook-chill Food Care Programme)	4/2020 to 3/2021	139 (人次 Participant)
關愛基金申請 Community Care Fund	7/2020 to 3/2021	1069 (人數 Participant)

## 愛樂天地 Miracle of Music Home

會員人數 Number of members:

Male 650 (男) / Female 273(女)

合共 Total: 923人

課程統計 Annual Statistics	班組類別 Category	班組數目 Class	節數 Session	參加人次 Participant
	功課輔導小組 Homework tutorial	13	264	934
	視覺藝術班 Visual art class	6	21	61
	總數 Total	19	285	995

# 財務報告及摘要

## FINANCIAL REPORT

堅信會計師事務所  
KINSON CPA & CO.  
*Certified Public Accountants (Practising)*

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF  
LIGHT AND LOVE HOME LIMITED**  
光愛中心有限公司  
(Incorporated in Hong Kong with limited liability by guarantee)

**Opinion**

We have audited the financial statements of Light and Love Home Limited ("The Association") set out on pages 6 to 18, which comprise the statement of financial position as at 31 March 2021, and statement of the comprehensive income, statement of cash flow for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31 March 2021, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standard for Private Entities ("HKFRS for Private Entities") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

**Basis for Opinion**

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

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

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

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

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

## 堅信會計師事務所

KINSON CPA &amp; CO.

*Certified Public Accountants (Practising)***INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF  
LIGHT AND LOVE HOME LIMITED**

光愛中心有限公司

(Incorporated in Hong Kong with limited liability by guarantee)

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

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

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

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of account policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association cease to continue as a going concern.

堅信會計師事務所

**KINSON CPA & CO.**

*Certified Public Accountants (Practising)*

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF  
LIGHT AND LOVE HOME LIMITED**

光愛中心有限公司

(Incorporated in Hong Kong with limited liability by guarantee)

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

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

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

The engagement partner responsible for the audit and issuance of audit report is CHOW, Chun Keung.

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Kinson CPA & Co.  
Certified Public Accountants (Practising)

Hong Kong, 27 October 2021

**LIGHT AND LOVE HOME LIMITED**  
 光愛中心有限公司  
**STATEMENT OF COMPREHENSIVE INCOME**  
**FOR THE YEAR ENDED 31 MARCH 2021**

	2021 HK\$
<b>Income</b>	
Donation received	1,413,438
Board fee income	4,733,743
Fee income	1,341,264
Service fee income	1,011,950
Grant from Government fund	100,000
Grant from The Community Chest	1,121,120
Subvention from Social Welfare Department	5,797,960
Subvention from Community Care Fund	215,750
Subvention from Education Bureau	5,580,166
Subscription fee received	29,845
Bank interest received	2,784
Subsidies from employment support scheme	1,151,874
Sundry income	1,434,372
Other income	270,331
	<u>24,204,597</u>
<b>Less: Expenditure</b>	
Administrative expenses	426,102
Board expenses	92,420
Depreciation	765,663
Food	829,471
Insurance	113,756
Miscellaneous	174,667
Programme expenses	2,008,555
Rent and rate	1,770,128
Repair and maintenance	403,383
School material fee	183,481
School operation expenses	50,311
Special allowances	197,600
Staff cost	13,920,948
Stores and equipment	441,725
Transportation and travelling	31,587
Utilities	528,495
	<u>21,938,292</u>
<b>Surplus for the year</b>	<u>2,266,305</u>

**LIGHT AND LOVE HOME LIMITED**  
 光愛中心有限公司  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 MARCH 2021**

	2021 HK\$
<b>Non-current assets</b>	
Property, plant and equipment	<u>4,674,154</u>
<b>Current assets</b>	
Deposits and prepayment	196,595
Payment in advance	24,447
Inventories	55,667
Accounts and other receivable	932,091
Cash and bank balances	<u>7,849,984</u>
	<u>9,058,784</u>
<b>Current liabilities</b>	
Board fee deposit received	324,630
Receipts in advance	172,220
Accounts and other payable	<u>446,339</u>
	<u>943,189</u>
<b>Net current assets</b>	<u>8,115,595</u>
<b>Net assets</b>	<u>12,789,749</u>
<b>Financed by:</b>	
General fund	8,693,233
Endowment fund	-
Retirement reserve fund	398,850
Social welfare department reserve fund	1,164,666
Hostel development fund	405,000
Social welfare development fund	108,185
Medical allowance fund	303,251
Specified funds	<u>1,716,564</u>
	<u>12,789,749</u>

Approved by the board of directors.

 LAU, Chi Kwong  
 Director

 LEUNG, Sze Pui  
 Director

**公開籌款活動收入(2020-2021)**

公開籌款項目	善款收入
愛心步行日 2020 特別版 (10月26日)	HK\$434,422
敬老護老愛心券 2020 (耆善天地)	HK\$19,470
敬老護老愛心券 2020 (光愛敬老院)	HK\$46,870
生日快樂·燃亮我 (4月1日)	HK\$70,072
註：上述善款收入未計算相關的活動開支	

**受資助服務簡報**

資助機構	資助金額	服務單位	資助計劃
香港公益金	HK\$1,121,120	光愛敬老院	基綫撥款
香港公益金	HK\$285,108	光愛敬老院	設施資助計劃

# 鳴謝 Acknowledgement

OK便利店	Circle K
中國銀行(香港)有限公司	Bank of China (Hong Kong) Limited
中華電力有限公司	CLP Power Hong Kong Limited
半山區扶輪社	Rotary Club of Mid-level
同行之友愛鄰社新界南第二隊義工	Love Your Neighbour Club - South New Territories Team 2
何東爵士慈善基金	The Sir Robert Ho Tung Charitable Fund
宏安集團有限公司	Wang On Group Limited
亞司特律師事務所	Ashurst Hong Kong
怡康堂中醫診所有限公司	E-Health Chinese Medicine Clinic Limited
昇天有限公司	Upsky Limited
昌哥哥車仔麪	Cheong Gor Gor
林氏基金	The Lam Foundation
社會福利署	Social Welfare Department
建。祝義工隊	Build & Wish Voluntary Team
祈積奇廚	Jacques Kagi Tasting Lab
香港大學公共衛生學院「社區長者網絡預防感染同行計劃」	The School of Public Health, LKS Faculty of Medicine, The University of Hong Kong
香港工程師學會師傳薈	The Hong Kong Institution of Engineers President's Protégés
香港中華煤氣有限公司	The Hong Kong and China Gas Company Limited
香港公益金	The Community Chest of Hong Kong
香港公開大學李嘉誠專業進修學院長者學苑	Elder Academy, LiPACE, OUHK

香港牙醫學會	Hong Kong Dental Association
香港老年學會	Hong Kong Association of Gerontology
香港房屋委員會	The Hong Kong Housing Authority
香港社會服務聯會	The Hong Kong Council of Social Service
香港青年協會賽馬會葵芳青年空間	The Hong Kong Federation of Youth Groups Jockey Club Kwai Fong Youth S.P.O.T.
香港紅十字會	The Hong Kong Red Cross
香港倫敦同鄉會有限公司	Hong Kong Lun Jiao Clansman Association Limited
香港家庭福利會	The Hong Kong Family Welfare Society
- 新界(葵芳)分會綜合家居照顧服務	- New Territories (Kwai Fong) Centre - Integrated Home Care Service
- 葵涌分會葵涌(南)綜合家庭服務中心	- Kwai Chung Centre - Kwai Chung (South) Integrated Family Service Centre
香港神的教會	The Church of God in Hong Kong
香港耆康老人福利會荃灣長者地區中心	The Hong Kong Society for the Aged Tsuen Wan District Elderly Community Centre
香港理工大學香港專上學院	Hong Kong Community College, The Hong Kong Polytechnic University
香港理工大學康復治療科學系	Department of Rehabilitation Services, The Hong Kong Polytechnic University
香港聖公會麥理浩夫人中心	Hong Kong Sheng Kung Hui Lady MacLehose Centre
香港認知障礙症協會	The Hong Kong Alzheimer's Disease Association
香港輪椅輔助隊	Hong Kong Wheelchair Aid Service

香港醫學會	The Hong Kong Medical Association
偉豐機電冷氣工程公司	Wai Fung Electric & Machinery Co.
啟勝管理服務有限公司	Kai Shing Management Services Limited
- 貿易之都服務處	- Millennium Trade Centre Management Services Office
- 新葵興廣場服務處	- Sun Kwai Hing Plaza Management Services Office
國際天權事工	International Tin Lang Ministry
堅信會計師事務所	Kinson CPA & CO.
康樂及文化事務署	Leisure and Cultural Services Department
御華陽慈善社	Yue Wah Yeung Charity
惜食堂	Food Angel
連繫 - 家校服務中心有限公司	JOINING-Schools and Families Services Center Limited
勞工及福利局	Labour and Welfare Bureau
超宜五金家居用品	Chiu Yi Metal & Household
雅居物業管理有限公司	Modern Living Property Management Limited
愛訊集團（香港）有限公司	iFREE Group (HK) Ltd
敬老護老愛心會有限公司	The Care for The Elderly Association Limited
滙天工程有限公司	Awon Engineering Limited
聖雅各福群會	St. James' Settlement
- 惠澤社區藥房	- Philanthropic Community Pharmacy Medication Subsidy Program

- 藥療輔導服務	- Pharmaceutical Consultation
聖德肋撒醫院護士學校	School of Nursing, St. Teresa's Hospital
葵芳老街坊	Kwai Fong Old Kai Fong
葵芳邨互助委員會聯會	Union of Mutual Aid Committees of Kwai Fong Estate
葵芳邨各座互助委員會	All Mutual Aid Committees of Kwai Fong Estate
葵芳邨屋邨管理諮詢委員會	Estate Management Advisory Committee, Kwai Fong Estate
嘉士堅（遠東）有限公司	Clasquin (Far East) Limited
嘉榮行工程有限公司	Carewin Engineering Limited
樂剪會	-
寰宇希望	Hope worldwide
寰愛基金	Beauskin Unilove Foundation
衛生署荃灣及葵青區長者健康服務外展隊	Tsuen Wan District and Kwai Tsing District Visiting Health Team, Department of Health
錦繡前程基金	The Brighter Future Foundation
鴻興印刷集團有限公司	Hung Hing Printing Group Limited
關愛基金長者牙科服務資助項目	The Elderly Dental Assistance Program, The Community Care Fund
關愛基金秘書處	The Community Care Fund Secretariat
關護長者協會	Community CareAge Foundation
耀陽行動	Sunshine Action

(按筆劃排序)

**總辦事處：** 新界葵涌荔景山路272號荔灣花園地下上層7號  
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香港公益金  
THE COMMUNITY CHEST  
會員機構 MEMBER  
AGENCY

