

光愛中心
年度報告
2023-2024
*Light and Love Home
Annual Report*

讓**光**照亮、
以**愛**傳承

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



年度報告

2023 - 2024

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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，已有四十多年。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 can 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, creating synergies that spread love. 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 40 years with the mission “To serve the community and to proclaim the gospel.” It was a non-profit private elderly hostel to serve the elderly in need in society. Nowadays, it has become a registered NGO to provide diversified services.

Our charitable work has earned praise and recognition in society for many years. We are grateful for the regular subventions from the government, subsidies 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 respect the needs and value of everyone. By means of various activities and appropriate services, we reach and concern those in need and help nurture true values towards an abundant life.

組織架構圖 ORGANISATION STRUCTURE (2023-2024)

董事會 BOARD OF DIRECTORS

主席 Chairman

劉志光測量師 | Sr Lau Chi Kwong

董事 Directors

劉智權先生 (義務秘書)	Mr Lau Chi Kuen (Secretary)
郭震東先生 (義務司庫)	Mr Kwok Chun Tung (Treasurer)
蔡子執先生	Mr Choi Chi Chap
李綺梅女士	Ms Lei I Mui
勞偉文先生	Mr Lo Wai Man
莫志傑先生	Mr Mok Chi Kit

義務法律顧問 Legal Advisor

謝曼霞女士 | Ms Tse Mun Har

管理委員會 MANAGEMENT COMMITTEE

主席 Chairman

劉志光測量師 | Sr Lau Chi Kwong

委員 Members

張綺慧女士	Ms Cheung Yee Wai
蔡子執先生	Mr Choi Chi Chap
郭震東先生	Mr Kwok Chun Tung
林少琮女士	Ms Lam Siu King
劉智權先生	Mr Lau Chi Kuen
梁士培先生	Mr Leung Sze Pui
李綺梅女士	Ms Lei I Mui
羅文彪先生	Mr Lo Man Piu
勞偉文先生	Mr Lo Wai Man
莫志傑先生	Mr Mok Chi Kit
蕭海暉女士	Ms Shaw Nancy
鄭永生先生	Mr Cheng Wing Sang

校董會 SCHOOL MANAGEMENT COMMITTEE

校監 Supervisor

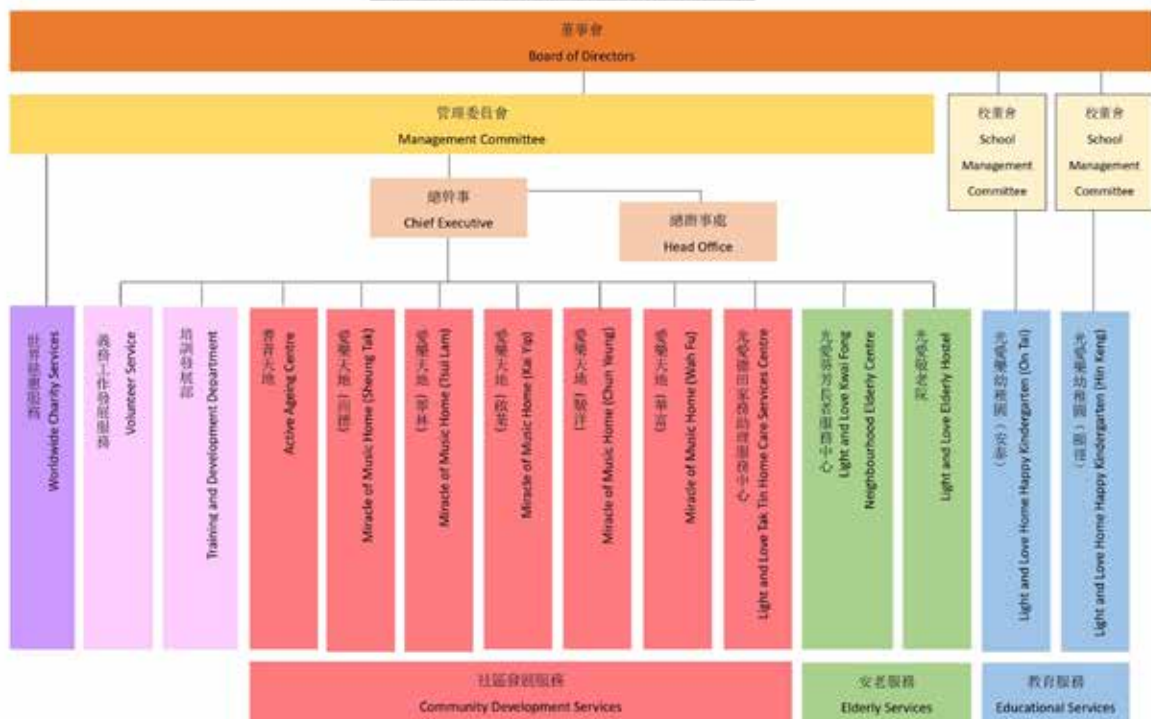
朱國強先生 | Mr Chu Kwok Keung

校董 Managers

黃靜雯女士	Ms Wong Ching Man
劉志光測量師	Sr Lau Chi Kwong
蔡潔貞女士	Ms Choi Kit Ching
蕭海暉女士	Ms Shaw Nancy
謝曼霞女士	Ms Tse Mun Har
羅文彪先生	Mr Lo Man Piu
鄭永生先生	Mr Cheng Wing Sang

光愛中心有限公司 Light and Love Home Limited

組織架構圖 Organisational Structure (2023-2024)



總幹事的話 Chief Executive's Remarks

「我凡事給你們作榜樣，叫你們知道應當這樣勞苦，扶助軟弱的人，又當記念主耶穌的話，說：施比受更為有福。」

《聖經》

香港絕對是一個繁榮富庶的地區，而且人均壽命亦多年排名前列，甚至是世界第一。

根據《福布斯》於2024年公布全球最富裕國家與地區的排名，以人均地區生產總值（GDP）所得出的購買力平價（PPP）調整後，香港以7.51萬美元之值排名全球第15位。而人均壽命，根據「世界實時統計數據」（Worldometer）的報導，於2023年，香港人無論是男或女的平均壽命均排行全球第一。女性平均壽命是88歲以上，男性平均壽命是83歲。

可是另一個關於「幸福」的排名報告，顯示出香港人雖然富裕長壽，但似乎卻不太幸福快樂。聯合國旗下機構於2024年所發表的《世界幸福報告》

（World Happiness Report），以受訪民眾的生活滿意度、人均地區生產總值、社會支援度、預期壽命、自由度及貪腐程度等等作出綜合計算。結果顯示在143個國家及地區中，香港的「幸福指數」，竟低於中位數而排於第86位。過去幾年，人口老化的問題愈見嚴重。疫情期間不少長者的離世，帶來家人的情緒不安及傷痛。另外因移民潮引致的親人離別，留港長者缺乏照顧而產生的被遺棄感等，相信都是幸福指數排名下跌及偏低的原因之一。

「幸福」生活，無疑是普遍市民所珍貴和追求的目標。行政長官2022年施政報告中，多次提及「幸福感」一詞，相信「讓市民感到幸福」，正是近年政府在管治及施政上的重要方向及目標之一。

“ In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’”

(Bible)

Hong Kong is an economically prosperous city with the world's highest life expectancy. Hong Kong was listed as the world's 15th richest city with a GDP 75,130 USD per capital according to Forbes Magazine; the result was based on the per capita GDP of countries or regions as calculated through Purchasing Power Parity (PPP)-adjusted GDP based on the price of goods. Additionally, the average of life expectancy of female and male of Hong Kong is considered high; according to the Worldometer, the former's age average is 88 and the latter's age average is 83.

However, when it comes to the Hong Kong's listing for happiness, the city has some room for improvement. Insights from the World Happiness Report in 2024 are drawn from life evaluation consisting in variables such as: GDP per capita, social support, healthy life expectancy, freedom, corruption and other. Hong Kong was ranked as the 86th out of a sample of 143 countries worldwide, even lower than median. In the past few years, the situation for ageing population has become more severe. During the pandemic, many elderly members passed away left their family members in pain and emotionally disturbed. Another reason may be caused by the immigration wave, many elderly members were left behind and feeling isolated. Those were believed to be the reasons for the low ranking in happiness.

Needless to say that the pursuit of happiness is one of the fundamental goal in our society. In the Policy Address of 2022, the Hong Kong Chief Executive used several time the word “happiness” highlighting its importance in the coming policy and direction for the city's development.

中國成語「知足常樂」，表達出快樂不是單因物質上的豐足，反而心靈感受更重要。正如耶穌基督所說：「施比受更為有福。」因此我們相信「知足」再加上「無私地分享」，就更有福了。為此，光愛中心聯同香港神的教會攜手合辦「幸福香港」健康歡唱運動，組織義工團隊，讓更多人有施予的機會，去關懷及服務各階層有需要人士，提高對健康的關注，連結社區，將愛與歡樂帶進人群。

自2023年暑假開始，我們在多個屋邨開設健康及遊戲攤位，並舉辦多場嘉年華會，讓數以百計的義工，其中包括退休人士及長者，組成百人詩班，載歌載舞，歡樂和諧。即使炎夏，街坊仍很踴躍參與，齊來舒展身心。我們同時亦於多區開辦免費的健康班、拉筋班、唱歌班等等，配合幸福小組，讓男女老幼齊展活力，建立正向心態的幸福生活。

在連串活動中，其中一項壯舉是挑戰健力士世界紀錄。這項名為《「筋」你同創新紀錄》的活動於2023年11月19日在九龍摩士公園舉行。當日以1612人成功打破「最多人線上及線下同時做拉伸運動」的世界紀錄。而參加者中約有半數是年滿六十歲的「老友記」，甚至年逾九十的也不少，活動讓他們的人生再創高峰！

鄭永生

總幹事

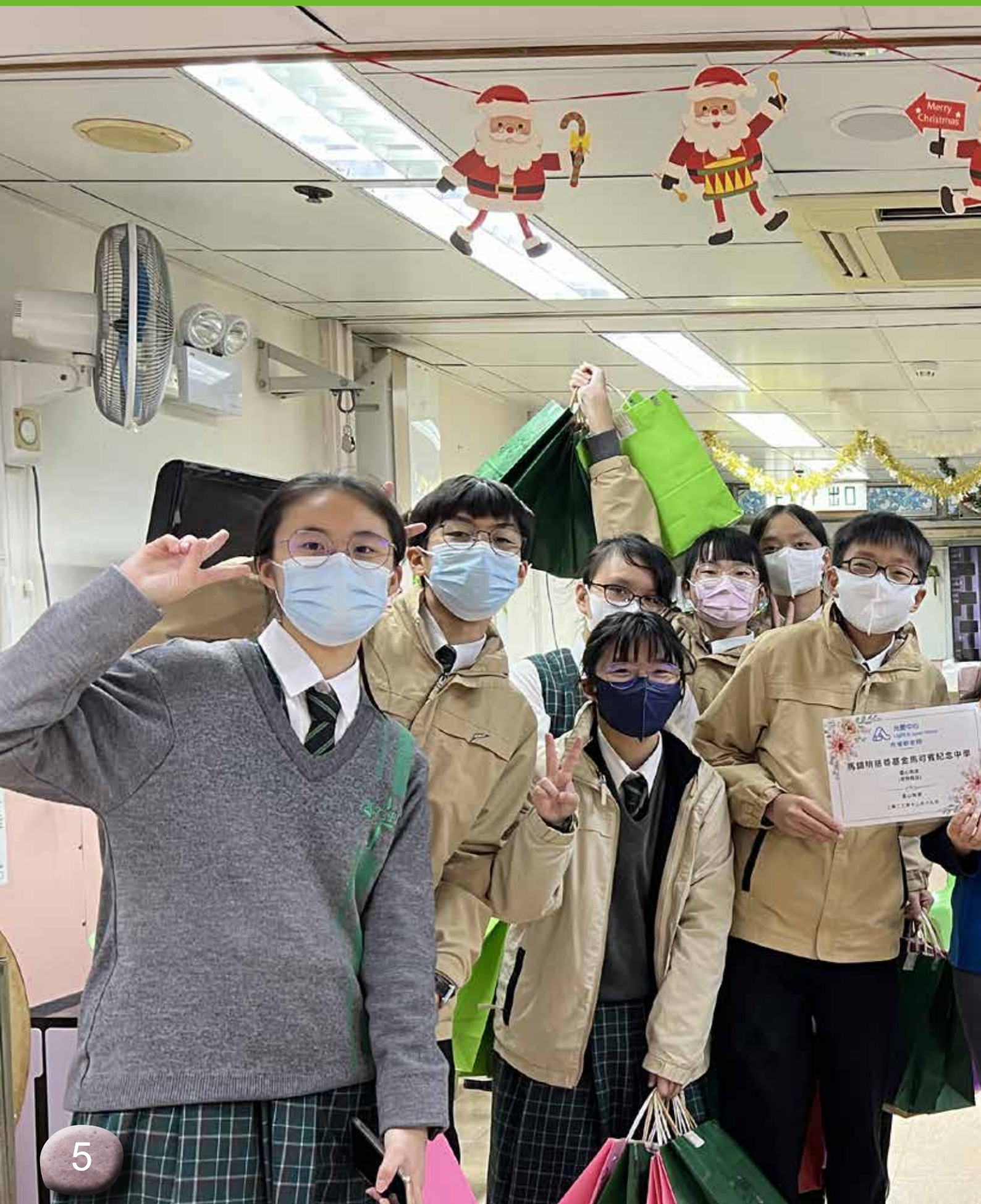
Wisdom from a Chinese idiom, contentment brings happiness. Real lasting happiness is more than the abundance in materials possession, highlighting the importance of inner abundance. Just like what Jesus Christ mentioned "It is more blessed to give than to receive". So, we believe that being content and being able to share joyfully with others are truly great blessings. Therefore, we have been collaborating with the Church of God in Hong Kong to organise Happiness Hong Kong (幸福香港). The event consisted in organising happy singing classes and exercises, forming volunteer teams so more people can have the opportunity to serve in this community. Raising awareness on health issues and uniting the people and bring love and happiness to our community.

From the summer of 2023, we started to host carnivals in different housing estates with game stalls and health information stalls. There were over 100 volunteers who assisted activities and some of them were elderly members and retired people. We organised a choirs of 100 people; they sang and danced in harmony. Even in the hot summer, the residents of the different housing estates participated in these free health classes, stretching classes and singing classes. Also with the happiness groups which helped people to have a happier and more positive outlook for life.

One of the feat of this series of activities was the Guinness World Records breaking challenge (「筋」你同創新紀錄) which was held on 19th November 2024 at Morse Park in Kowloon. We successfully broke the world record of most people doing stretching offline and online with 1612 participants. Many participants were elderly members and some of them were even over 90 year-old. This World breaking event helped their life to be at a new peak.

Winson Cheng

Chief Executive



服務報告

SERVICE REPORT

安老服務：
ELDERLY SERVICES:

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》

隨著醫療及基層健康的發展，人均壽命增加，安老成為社會迫切的需要。年少的日子，強壯有力，養兒育女，貢獻社會；年老的日子，經驗與智慧的累積，仍能分享經歷，祝福別人。年老是人生必經的階段，但縱然是晚年，人生亦可活得豐盛和精彩。

敬老院空間雖然有限，但充滿著無限的可能。院友當中有約25%已過90歲，年老但心不老。今年，我們開始了名為「耆有所為」的院友義工計劃，有院友年過90，仍然親手為院友織羊毛領巾；有院友風雨不改，每天忠心協助摺疊衣物；有院友採摘豆角，為院舍備餐出力，他們不但為院友帶來溫暖，亦在服務中找到了存在的意義和價值。



長者院友義工- 同心合力摘豆角



簡單而隆重的長者義工啟動禮



長者院友義工- 幫手摺被服，我都做得到！



長者院友義工- 幫手摺被及衣服，我都做得到！



長者義工嘉許- 一齊去High Tea

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

The increase on life expectancy, the betterment of primary health care which make elderly services even more indispensable for our society. During the days of youth, one has the strength to take care of others and contribute to society. During the days of old age, one has accumulated lot of experience and wisdom, and these experience can be used to bless others. Aging is an inevitable stage of life, but life can still be abundant and wonderful in one's old age.

Endless possibilities happen here at our elderly hostel. About 25% (16 residents) of the residents are over 90 years-old, and they have evergreen hearts. This year, we started a volunteer program for the residents called “Opportunities for the Elderly Project “. Even residents who are over 90-years-old started to knit wool scarves, and other residents diligently helped folding clothes daily. Some residents helped with pick beans during meal prep session. They found that one of the life greatest value is to serve others.

另外，因應新冠疫情有所紓緩，院舍亦向外走出去，積極加強與社區的聯繫。除了有序地恢復家屬探訪外，我們亦組織了不同形式的義工探訪，支援院友的心靈及社交的需要。

過去一年，院舍亦得到社會福利署「樂齡及康復創科應用基金」資助，購置了不同的復康及治療產品，其中包括寵物友伴、樂齡護理機械人、互動認知訓練器、無線聲音放大器、超低護理床、主動被動手或腳互動訓練器材、站立轉移機、便攜式輪椅電子秤、電動真空口腔潔淨器、離床警報系統、直拉移動床墊及膀胱監測儀等，大大提升院友生活質素及院舍職業安全。

回顧過去，展望將來，我們仍然期待在敬老院每位長者的身上，見證無限的可能。



香港神的教會義工表演小結他



香港婦聯、中國銀行及攜手扶弱基金為長者預備樂延年茶樓點心到會活動



樂延年茶樓點心到會活動



馬錦明慈善基金馬可賓紀念中學師生探訪及贈送聖誕禮物



主動被動手或腳互動訓練器材令我做多啲運動呀！



跟著Temi職安操



我叫Temi，係樂齡護理機械人



參觀爬虫館



有寵物友伴，我多啲個好朋友！



終於可以去旅行啦！

Additionally, as Covid-19 eased, the elderly hostel started to organise more outdoor activities and to strengthen the communication with local community. We organised different visits with our volunteer teams to support the residents' emotional and social needs.

Moreover, our hostel got funding from the Social Welfare Department's Innovation and Technology Fund for Application in Elderly and Rehabilitation Care. With this funding, we purchased the following rehabilitation and treatment equipment to improve the quality of life of the residents and increase hostel's occupational safety: companion pets, Temi, interactive cognitive training exerciser, wireless smart voice sender, smart hospital bed with extra low position, active and passive movement trainer for upper and lower limbs, standing up lift, vacuum oral care device, bed monitoring system, pulla transporting sheet and portable ultrasound bladder scanner.

As we review the past and look into the future, we see hope in each resident and their enormous potential.

光愛葵芳長者服務中心

Light and Love Kwai Fong Neighbourhood Elderly Centre

「你的日子如何，你的力量也必如何。」

《聖經》

為配合人口老齡化需求，社會福利署於年度內增撥資源，中心新設「SMART會員」，加入55至59歲年青長者為服務對象，致力為準退休人士及長者提供多元化社區支援服務，讓他們保持活力，健康和持續參與社區活動，發揮潛能，展現精彩人生的下半場。

中心主題為「提昇學習興趣，豐富生活素質」，鼓勵多元化學習和體驗，增設各類興趣課程和自遊深度行活動，重視長者身心靈生活素質，繼續善用社區資源，提供專業到位服務，攜手面對高齡化的挑戰，建造長者友善及關愛社區。年度內中心員工培訓舉辦澳門一天遊，期間參觀澳門同善堂長者活動中心，認識澳門長者服務特色和社區內的需要及狀況，交流地區服務心得和經驗，這旅程讓同工擴闊眼界，推動服務能精益求精之精神！



“As your days, so shall your strength be.” (Bible)

The Social Welfare Department allocated funding to address needs of the growing ageing population, which enabled our Centre to expand the service scope to retired people. This newly created Smart Membership was for service users aged between 55-59 years-old. We aimed to help our members to live abundant lives through diversified community supportive services. We wanted our members to stay healthy and active through providing them with continuous learning opportunities and realizing their full potential.

The main theme of the year was “Increase Learning Interest and Enrich Life Quality”. We encouraged diversified learning experiences by offering a great variety classes and self-guided in depth travel activities. We looked after the physical, mental and spiritual health of the elderly members, and we provided appropriate professional services. Together, we can build a caring and elderly friendly community.

During this reporting year, we had a one-day training at Macau. We visited Macau Tung Sin Tong Charitable Society to learn more about the characteristics of the elderly members in Macau and their needs. We sought insight and learned from their service experiences. The trip was eye-opening trip for us and encouraged us to continue serving with excellence.



身心靈健康、社交康樂教育服務

中心與區內機構合作推廣運動計劃，鼓勵長者在心態上重視身體健康。在密集式安排課堂時間，建立做運動必須擁有的條件包括恆心和決心，讓長者在生活中養成每天運動的好習慣。不但如此，更可讓志同道合的長者成為做運動的同伴。在持續學習新知識層面，新增課程包括口琴班、社交舞蹈班、痛症伸展運動班和 Kick Boxing 班，擴闊會員學習領域，發展潛能，延續精彩的晚年生活。

中心服務社區多年，已成老友記的好去處，日常聚腳的好地方。每天到中心參與不同的活動，與老友記談天說地的時光，也成為他們生活的重要部分和展現活力的機會，讓他們活出有意義和豐盛的晚年。



Holistic Health, Social, Recreational and Educational Services

We have been working with other NGOs within the community to provide services on exercising to encourage elderly members to look after their health. In order to build up the habit of exercising, they must have perseverance and determination. Moreover, we gathered elderly members with similar goals, so that they could become exercise companions to one another.

For continuing education, we had harmonica classes, social dance class, pain-relief stretching exercise classes and kick boxing classes to expand their learning areas, gain new skills and to enjoy their abundant golden age.

The Centre has been serving the community for many years, and it has become one of the go-to places for gathering. The elderly members joined our activities daily. We had small tasks with the elderly members, and it became important part of their life. We aimed to help them to live out a meaningful, active and abundant life.

義工發展及服務

中心義工們無私地付出時間、體力、心力、才幹，各義工小隊期間進行多元化義務工作，為中心和不同的服務使用者提供服務。「光愛關注長者義工隊」每月恆常上門探訪獨居或行動不便長者，慰問及關懷長者近況，節日會送上祝福及福袋；「樂頤義工」定期為體弱長者提供暫託服務，讓暫託時光變得豐富充實，同時讓照顧者獲得休息的空間。

中心「音樂義工隊」們經常在不同場合獲邀進行表演，為聽眾演奏經典金曲和流行曲，以歌聲傳達愛與關懷。「認知及桌遊義工隊」陪伴和協助認知缺損的體弱長者一同玩桌遊，達致認知訓練的效果；「至叻義工組」協助中心事務；「衣補坊義工隊」正式投入服務，專業車縫義工為有需要長者縫補衣物及為中心製作紀念品和活動道具，獲區內長者讚賞。



Volunteer Development and Services

Our volunteer team has been giving out their time and effort. Each volunteer is talented dedicated. Every month, the Light and Love Caring for the Elderly Volunteer Team has regularly visited the elderly members who live alone or who have mobility difficulties. During the visits, the volunteers would have small talks with the elderly members to learn more their current situations. During the holidays, the volunteer teams would express condolences and care for the elderly members and give out blessing bags. The Volunteers from Jolly Club regularly provided temporary day respite service for the elderly members giving the caregivers pace to rest.

The Centre's Music Volunteer Team was often invited to perform in different occasions. The team would play classic hits pop songs for the audience, conveying love and care through singing different songs. The Cognitive and Board Game Volunteer Team accompanied and assisted fragile elderly with cognitive impairment to play board games and have cognitive trainings. Another Volunteer Team helped in centre affairs. The Sewing Volunteer Team, they started to serve officially. Professional sewing volunteers sewed clothes for the elderly in need, they also made souvenirs and event props for the centre, which was praised by the elderly.

此外，中心定期舉行義工季會，透過遊戲、培訓和交流，讓各組別義工認識義工服務概念，掌握服務技巧和建立團隊精神。年度完結時舉行「義工年度檢討會暨嘉許禮」，感謝義工們的付出和分享，在交流服務的點滴中學習，期望中心的義工服務能多元化發展，把關愛的精神推展至社區每個角落。

福音事工

「讓光照亮，以愛傳承」—中心秉承機構理念，透過服務讓服務使用者感受神的愛，帶領區內有靈性需要的長者及護老者認識福音。「香港神的教會」義工恆常在中心舉行身心健康團契，透過不同健康主題包括歡暢飲食、拉筋運動、情緒健康等，關心長者身心靈的需要和發展。團契義工會主動關心參加者的需要，分享自己的信仰見證及經歷，使參加者認識身心靈的需要，一步一步帶領參加者認識主耶穌。過去一年，團契有13位長者會員決志信主耶穌，當中11位已受浸見證主！



In addition, ever quarter, the Centre has been hosting regular volunteer meetings. Through games, trainings and sharing, all these arrangements helped volunteers in each group to understand the concept of volunteer service, master service skills and build team spirit. There would be a year-end Volunteer Annual Review Meeting and Volunteers Recognition Ceremony. We expressed gratitude for the dedication and their willingness to share. We could learn more from them. We hope that the centre's volunteer services can develop and become more diverse and extend the spirit of care to every corner of the community.

Gospel Work

We bring the gospel to those elderly and their carers who have spiritual needs within our community. "Let it be Light and Heritage of Love" is the core to our service. The volunteers from the Church of God in Hong Kong regularly hold fellowships with themes such as: healthy eating, exercising, emotional health and other relevant topics to spiritual needs and development. During the reporting year, 13 elderly members came to the Christian faith and 11 of them have already been baptised.

基督徒因著主的愛歡喜分享自己的信仰和喜悅。機構於2023年11月19日舉辦《「筋」你同創新紀錄》活動，在破世界紀錄活動環節「全城幸福見證分享會」中，在團契中認識主約半年的一對長者夫婦，在超過一千五百人前勇敢地分享他倆信主的喜樂和生命的改變！

教會義工每星期帶著神的愛在中心服侍，讓一群長者感受家一般的溫暖和愛！當長者患病入院時，義工們到病房探望；當風和日麗時，義工們陪伴長者享受郊遊之樂趣；當長者遇見患難困苦時，義工們真誠迫切地向神禱告呼求，尋找解決方法。這些舉動確實彰顯神的愛！盼望來年有更多社區人士及中心會員參與團契，認識主的慈愛和能力！



Christians experience joy in sharing their testimonies and belief with others, and it is because of God's love. Light and Love Home held a world record breaking event on 19 November 2023. At a testimony sharing session of the event, a couple from our fellowship shared their life testimony in front of 1,500 people.

Weekly, the volunteers come to the Centre to serve elderly members and make them feel at home. When there're elderly members sick and hospitalized, the volunteers would visit them and pray for them. The volunteers are great companions in good time and time of need. We hope that in the upcoming years, more community stakeholders can come to join the fellowship and together enjoy God's love and mercy.

認知障礙症支援服務

「我好無記性呀...」「乜今日係星期三咩?」「我照顧緊個長者令我好大壓力...」「佢尋日又蕩失路啦...」中心常聽到有長者或護老者說出以上句子。

2018年獲社會福利署增加支援認知障礙症服務，中心經常接獲區內的照顧者及長者的求助。經過累積多年的經驗，中心已逐漸能配合不同程度缺損的患病長者及其護老者的需要，提供適切及到位的服務。

過去一年，中心恆常化為患有認知障礙症及認知缺損的長者提供認知訓練及小組活動，內容涵蓋協調運動、藝術創作、園藝、感官刺激、主題式訓練、桌上遊戲和樂齡科技運用等，以配合長者的身體機能及喜好。服務推行全賴「認知和桌遊義工」的協助，他們成為訓練及小組的好幫手，更成為長者常見面的朋友。從服務觀察，當義工們認識長者日子愈久，更能掌握長者各方面的情況，以致長者在活動及訓練的表現上能有所提升。



Dementia Supportive Service

"I don't quite remember...", "Wait... is today Wednesday?!", "Caregiving stresses me out", "(Elderly) He got lost again yesterday", we often hear these phrases from carers at the Centre.

In 2018, the Social Welfare Department added dementia supportive services. The centre, we have been receiving different calls from elderly members and carers asking for help, we have gained many experiences throughout the years. Now, we have the capacity to handle elderly with different stages of dementia and care for the need of the carers to provide appropriate service to both of them.

During the reporting year, we regularly provided cognitive trainings to elderly members with dementia or with cognitive impairment. In accordance to the elderly members' body strength and their own preferences, the trainings contained exercise for body coordination, artistic creation, horticulture, multi-sensory stimulation, themed trainings, board games and other gerontechnology applications. The volunteers in charged to providing these services is Cognitive and Board Game Volunteer Team. They were great helpers. They became friends with the elderly members who frequently came to the Centre, and they could become great support and help for the elderly members.



服務亦關注照顧者的需要，中心積極邀請不同專業人士分享，例如職業治療師、物理治療師、護士、中醫師等，從「衣、食、住、行」多方面學習認知障礙的長者會面對的問題及如何有效協助長者在社區生活；或與照顧者共同制訂長遠的照顧計劃，讓患病長者能繼續安全和快樂地在社區生活。

今年仍繼續加強公眾教育活動包括街站、教育工作坊等，向學校家長、青少年中心的義工及區內的從業員傳遞相關知識，提高社區人士對認知障礙症的了解和認識，鼓勵有需要或懷疑確診者主動求助，以及減輕對認知障礙症標籤化的情況。



We also care about the need of the elderly carers. Therefore, the Centre actively invited different medical professionals such as: occupational therapist, physical therapist, nurse and Chinese medicine practitioners to share their knowledge on how to live healthily, safely and happily in the community even if the elderly member struggle with dementia or cognitive impairment.

This year, we continually strengthen our public education effort through street fairs, educational workshops and other activities, and we shared this information with schools. Especially, the parents and members from the youth centre nearby and other community stakeholders to lessen the labeling of elderly members with dementia.

隱蔽長者及輔導個案服務

香港「口罩令」於2023年3月1日全面取消，所有社交距離措施正式終結，社會全面復常。中心透過外展工作主動接觸他們，透過社區長者支援計劃，跟進他們居住環境的需要，申領合適的環保家電，尋找義工協助棄置雜物及增加他們與社區的連繫，中心恆常透過電話慰問、轉贈物資、定期發放健康資訊，讓長者獲得社區不同的資源，讓他們在舒適環境下能獨立生活、安享晚年。

中心定期透過街站及聯繫社區的持份者，向保安員及商戶分享隱蔽和獨居長者的特徵和需要，派發支援長者的服務單張，使他們發揮互助精神，讓有需要的長者得到社區的支援。

中心參與救世軍「完善人生計劃」目的推動生命教育，鼓勵長者迎接「精彩人生下半場」，內容包括觀看昔日舊照片，讓長者回憶青春的美好生活，讓長者能表達自己圓滿心願；此外，配合疫後復常，中心多舉辦戶外旅行鬆一鬆，使行動不便長者和護老者可以一同參與，如參觀故宮文化博物館，促進家庭和諧及歡樂。

Hidden Elderly and Counselling Service Cases

On 1st March 2023, the government dropped the mask mandate and suspended all social distancing measures. Life returned back to normal. The Centre through outreaching, we have proactively approached elderly members in need. Through, the community supportive service for elderly, we followed up on their needs for a clean and organised home environment. We helped them to throw away unneeded items and applied for eco-friendly electric appliances. Volunteers would help to throw away trash and other useless items at their homes regularly. In order to better connect with our service users, there were regular phone consolation services, giveaway of material goods and regular health information sharing. These ways, the elderly members could gain different community resources. We aimed to help them to live independently in a comfortable environment to enjoy their golden age.

Our Centre regularly communicated with the community stakeholders, such as housing guards and shops owners, we share with them the characteristic of elderly singletons and hidden elderly. We gave out flyers for elderly supportive services program. Hopefully, we could inspire the spirit of mutual aid and help the elderly members to gain the support they need.

Our Centre participated in the Salvation Army's (完善人生計劃) to promote life education, we encourage the elderly members to live out their abundant life, through little gestures such as: photo organising and accomplishing their dreams. Through looking at the organised pictures, the elderly members could appreciate the beautiful memories of their youth. Also, after the pandemic eased, we had have more opportunities to travel locally and visit museums. All the elderly members and their carers could join the trips. The trips were great opportunity to promote quality family time.



護老者支援服務

今年護老者支援服務已經正常化推進，而且保持多元化活動。以下在各方面逐一回顧。

小組及資訊提供

中心提供園藝治療和正向心理學藝術活動，關心護老者的心理健康，與救世軍合辦「精彩我主場小組」，推廣生命教育，支援他們的靈性需要。樂頤薈所舉辦訓練活動，為暫託服務培訓滿載愛心的義工。此外，舉辦各類資訊工作坊及講座，包括家居急救及護理、中暑處理、保健產品迷思、健康生活模式等，從而提升護老者的知識和解決照顧上的疑難。



Elderly Carers Supportive Services

This year, we have normalized the carers supportive services and kept activities diversified. Let's review different aspects of our service:

Fellowship and Information Sharing

At the Centre we offered horticulture therapy and positive psychology artistic activities to care for the elderly carers mental health. Therefore, we collaborated with Salvation Army to host a life education workshop (精彩我主場小組). We wanted to support their spiritual needs, and the Jolly Club also held elderly's day respite service training sessions for our volunteers. In addition to that, informational workshops and other talks such as home first aid workshop, how to handle heat stroke, the myth of health and wellness products and healthy life styles to increase the elderly carers knowledge and improve their problem solving skills .



減壓活動

除了增廣知識，紓緩照顧壓力，對護老者亦非常重要，因此中心特意提供各類運動，例如健身環、橡筋帶、國王棋等，讓他們在忙碌的照顧工作中好好放鬆，當然少不了深受護老者歡迎的手工和美食工作坊；外出活動方面，前往故宮博物院、西貢和坪洲，參與深水埗區特色的深度遊，感謝大家都踴躍報名支持。同時，中心亦組團到訪社區照顧券單位，參觀理工大學智齡匯、賽馬會2家，讓大家更深入了解樂齡科技對今日生活的影響。

資源共享

中心恆常借用輪椅等復康器材的服務，已經深受區內街坊歡迎。不但如此，街坊也經常捐贈合用物品或器材予中心幫助有需要長者，透過轉贈物資予護老者，讓不少有經濟需要的護老者和長者受惠，為他們送上關懷。

Stress Management Activities

Continuous learning and stress relief are equally important for elderly carers. Therefore, our Centre has added different types of activities such as: working out, rubber band training, Kubb and between others activities. The carers could have a time and space to relax even during their busy days. Art craft workshop and food prep workshops were their favourite. Also, we had outing activities as well, we went to Hong Kong Palace Museum, Sai Kung and Peng Chau, and deep travel in Sham Shui Po. We were grateful for all the members who have participated in all these different activities. Additionally, we visited the social welfare centres, which participated in Community Care Service Voucher (CCSV) Scheme for the Elderly within Kwai Tsing District, "Jockey Club Smart Ageing Hub" Day Experience Centre at the Hong Kong Polytechnic University, Jockey Club "age at home" to learn more about the positive impacts of gerontechn and innovation in our daily lives.

Sharing Resources

One of the regular services of our Centre is rehabilitation equipment rental, which is helpful to the local residents. Not only that, we have been receiving donation of equipment to benefit the elderly members in need. Some of the equipment is given to the elderly members and their carers, who are in need. They were happy to receive this assistance because it alleviated their some of their financial burden.







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

本年度，光愛中心耆菁天地致力促進會員的身心健康及提升其生活質素，特別加開了多個新班組，例如：長者護骨伸展操、活力健體舞班、家居維修班及藝術類的塑膠彩西洋畫入門班和素描入門班等。此外，本中心繼續提供成人教育資助計劃課程，參加者投入課堂，培養積極的學習習慣。

2023年6月16日至7月15日，「塑膠彩西洋畫班」及「素描畫班」學員的作品在葵芳站內「港鐵社區畫廊」展出，生動展現了學員們的活力與創造力，為社區添上色彩。

本中心除了繼續關注長者及退休人士的服務需要外，我們嘗試回應更多社區的需要。自9月份起，本中心推出小一至小三的英語及數學輔導班，旨在提升同學的學科能力，激發他們的學習興趣。



During the reporting year, Active Ageing Centre, Light and Love Home endeavors to elevate member's quality of life by increasing their knowledge on mental and physical health. New classes such as: stretching for elderly, aerobic dance, home repair, elementary acrylic art and elementary sketching were introduced. Additionally, we hold classes under the Adult Education Subvention Scheme to foster active learning habits in our members.

The students from advanced acrylic art class and sketch class joined the Community Art Gallery held by MTR, and their art works were showcased at Kwai Fong Station from 16th June till 15th July 2023. The art works brought vitality and colours in the community.

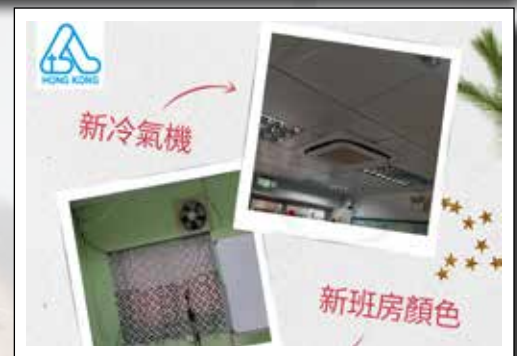
In September, we started to offer English tutorial classes for primary school students from Primary 1 to Primary 3. The classes helped students to increase their knowledge and to inspire their interest in learning.

為慶祝降生節，12月16日我們特別舉辦了一天的「皮革製作體驗班」。這個活動不僅讓參加者享受創作過程中帶來的療癒感，更促進了與親友之間的情感交流，提升了他們的自信心。

香港都會大學的實習學生在5月至8月參加了本中心的義工計劃，協助中心日常運作，並設計壁報，提升中心的宣傳效果，他們的貢獻和付出實在值得被稱讚肯定。

承蒙「何東爵士慈善基金」撥款，本中心在8月至9月進行了中心翻新工程，更換班房內的冷氣機及牆身油漆，為大家提供更好的學習環境。

最後，「敬老護老愛心券」的義賣活動於12月3日圓滿結束，本中心總共籌得\$32,026。衷心感謝所有中心會員及各界人士的支持，讓本中心得以繼續為社區服務。



In order to celebrate Christmas, a leather DIY workshop for parents and children was held on 16th December 2023. The Craft-making process was relaxing and therapeutic. This activity meant to foster more communication between parents and children and to increase their confidence in art-making.

A group of students from the Hong Kong Metropolitan University joined our volunteer program from May to August 2023. Apart from helping with the daily operation of the Centre, they also helped with designing posters, which increased our marketing effort. We were deeply grateful for their dedication and contributions.

The Sir Robert Ho Tung Charitable Fund has generously allocated funding for our August-September renovation project to provide a better learning environment for members. During the project, the classroom's walls were painted and new air conditioners were installed.

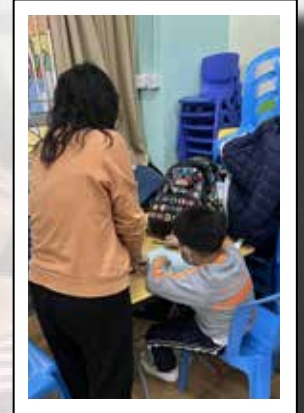
Lastly, "The Care for the Elderly Charity Ticket Campaign 2023" fund-raising activity ended on 3rd December; the Centre got a total of \$32,026 in charitable donation. We would like to express our heartfelt gratitude for the support from our members and community stakeholders, which made it possible for the Centre to keep serving the community.

愛樂天地 Miracle of Music Home

愛樂天地(尚德)位於將軍澳尚德邨，於2019年3月投入服務，至今已有5年了。

我們最受歡迎的班組是功課輔導小組，由大專或以上程度的導師任教，他們擁有相關經驗，富耐性和愛心指導學生功課。不少學生在報讀後，成績都有明顯進步，家長亦推介他們的朋友前來報讀，每月報讀人數眾多，甚至需要輪候。我們的功課輔導小組，價錢實惠。若學生的家庭有經濟需要，可以申請「學費津助計劃」(名額有限)，出席率若符合中心要求，並學習態度良好，可獲最高30%之學費減免。在功課輔導小組時段，導師除協助解答學生的功課和溫習課業外，同時關心他們的心靈和品格發展。

除功課輔導小組外，本中心亦與著名女高音歌唱家李明英老師合辦「大笑」開心健康歌唱班(第二、三、四期)，透過教授中外民歌、國語、廣東話懷舊金曲及詩歌，學習美聲唱法，並加上「大笑」練氣練聲法，達致抒情減壓、愉悅心懷，並提升血液循環、增加肺活量等效果。自歌唱班開辦以來，報名人數眾多，參加人次超過400人，學生當中，包括著名國際舞蹈導師、律師等。



This Centre is located in Sheung Tak Estate, Tseung Kwan O. It officially started its service in March 2019. Until now, it has been serving the community for over five years.

One of our most popular classes is the homework tutorial class, which is held by tutors with college degree or above. They are experienced, patient and helpful. Many children after joining the homework tutorial class, their marks improved. Some parents has recommended our homework tutorial classes to other families. Every month, there are many children registered for the homework tutorial, and sometimes we even have children on waiting list. Some children even applied for our subsidy, which is a 30% off from the tutorial class fee. As long as, they have complied with the Centre's regulations on attendance; nonetheless only some spots are available. During the homework tutorial sessions, the tutors not only care about the students' marks and school performance, but they also care about the spiritual wellbeing and character development of the children.

Additionally, we have held a series of singing classes for laughter and health with over 400 man-time in total. Ms. Lee Ming Ying, a popular Chinese opera singer is the instructor of the singing class. The content of the class includes teaching of eastern and western country songs, singing classical songs and hymns in Putonghua and Cantonese, singing bel canto and having vocal training and breathing exercises. There are many benefits to singing; some of them are stress relief, relaxation, better blood circulation and increase of vital capacity.



本中心逢星期六下午和香港神的教會義工合辦「DIY課程」和「多元智能班」，透過多元益智的DIY製作，提昇小學生的創意、邏輯思考及解難能力，或透過有趣實驗、手工、歷奇遊戲等，訓練學員的專注力及溝通技巧，提昇多元智能發展。學員們的作品，曾在將軍澳港鐵站內的「港鐵社區畫廊」中展示，為期一個月。

此外，中心與地區義工隊合作，義工隊逢星期一上午在本中心開設免費幸福小組、健康講座等，並透過免費心血管檢測和垂直律動機運動，向長者灌輸身體健康知識。

感謝神在這5年來使用這小小地方來服務區內的街坊，面前盼望繼續開設更多合適的班組和活動，使更多服務使用者受惠。



Every Saturday afternoon, volunteers from the Church of God in Hong Kong host DIY classes and classes for diversified learning. Both classes aim to improve creativity, logical thinking and problem solving skills in children. Also, we aim to train the children's ability to focus and their communication skills through experiments, art crafts and games. Additionally, some of the children art works from the DIY classes were shown in the Community Art Gallery at Tseung Kwan O Station for a month.

Also on Monday's morning, we have happiness groups and health talks for elderly members. We offered free of charge cardio vascular tests like taking the blood pressure and vertical rhythm machine.

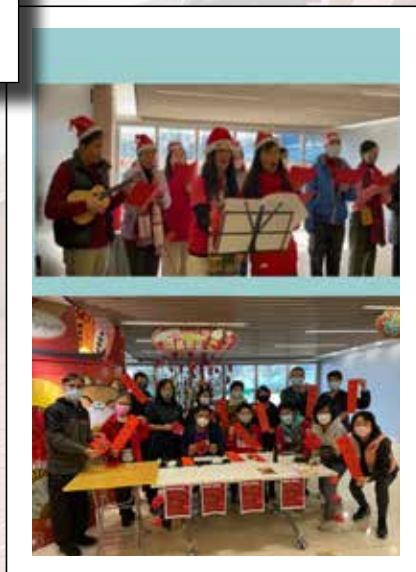
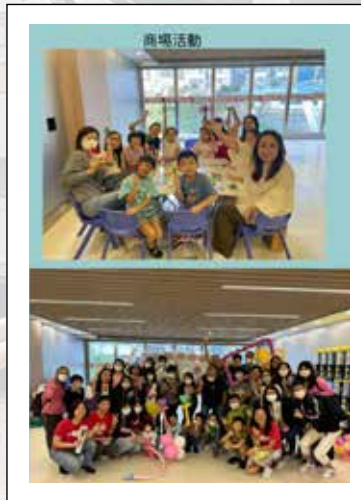
We are grateful for God's blessing in these five years. God has used this tiny place to serve this community. Hopefully that in the future, we can continue providing more appropriate services and activities to our service users.



愛樂天地 (翠林)

愛樂天地 (翠林) 為區內居民提供全方位的長者、家庭和兒童服務。本中心關注長者身心靈健康，繼續與地區義工隊合作，定期為長者提供免費心血管檢測、舉辦健康拉筋班及團契小組等。此外，多元至多Fun是家長、兒童喜歡參與的班組，透過趣味手工、球類及桌上遊戲活動，配合開心團契時光，幫助小朋友建立群體生活和正向人生；並在課程設計內容中安排親子活動，過去已舉辦了不同活動，例如沙灘堆沙、競技、日營、旅行等，促進親子溝通，建立和諧家庭。本中心於近年多次在節日中借用商場位置舉行慶祝活動，與街坊共度佳節，共建和諧互愛的社區。

展望新一年，本中心繼續為區內街坊提供更多興趣班及多元化服務，並加強關注區內基層人士的需要，讓他們得到更適切的關懷和幫助。



Miracle of Music Home (Tsui Lam)

We provided all rounded services to elderly, family and children. Our Centre cares about elderly's physical, spiritual and social well-being. Therefore, we have continuously collaborated with the district volunteer team to provide regular services such as: cardiovascular examinations, stretching exercises and fellowship groups.

Additionally, we had programs for families such as Diverse Fun classes, Fun DIYs, board games, ball games and fellowship groups. All the classes and activities aimed to foster in children positive outlook for life and to have great social experiences in group activities. Special arrangements within previous classes to build a more harmonious home together were: beach gearing, competitions, one-day camp and local trips. All these activities created more opportunity to strengthen communication between parents and children. Also, in the recent years, our Centre held many activities at the Tsui Lam Square Mall. We wanted to celebrate special holidays with the local residents and to build a loving community together.

In the coming year, we want to continuously provide diversified services and interest classes for the local residents. Also, we want to provide appropriate services to the grassroots population to better support and to care for them.

愛樂天地(啟業)

服務感恩與展望

愛樂天地（啟業）帶著基督的愛進入社區，關愛同行，陪伴街坊，與義工隊進入多個屋邨。透過更多班組，使街坊及老友記與時並進，不斷學習及啟發潛能，如開辦手機班、網購及網上支付平台教學等，使他們能接觸更多新事物；中心也加設「開心茶敘」時段，開放中心予街坊進行棋藝活動、提供健康資訊及傾計交流時光，在過程中我們與街坊們更熟絡，打成一片。

除了在愛樂天地（啟業）單位內舉辦課程外，中心也會租用附近的社區會堂及活動室舉行班組，使我們可以服務更多屋邨居民。除啟業邨外，我們的服務已擴展至九龍灣、彩虹、鑽石山及新蒲崗一帶。今年繼續加強健康元素，多開健康講座、肌力運動伸展班及開心講，更關注街坊的身心健康，幫助他們活出健康快樂的人生。

服務社會與義工隊共同合作

中心與「東九龍光愛傳輝義工隊」合作，進入社區。透過探訪、旅行陪伴、街站活動等，關懷區內有需要人士，尤其在節慶日子，與區內街坊一同歡慶節日中的喜悅，一同團圓，一同過節，使他們感受節日中的氣氛喜悅。

義工隊盼望使孤獨的有家，特別對「獨居」及「雙老」人士有更多的表達關懷，義工隊會加強探訪這類人士，盼望給他們心靈的幫助與實際支援。



Miracle of Music Home (Kai Yip)

Service Review, Gratitude and Future Outlook

Miracle of Music Home (Kai Yip) and the volunteer team have been collaborating together to bring God's love and care into the community. Through continuous learning, the residents and elderly members discover endless possibilities and potential. We have started technology related courses such as Smart Phone Usage, Online Shopping and Online Payment for the residents to learn more about innovative topics. We also have organised tea time for the residents; they are welcome to join the tea time to play board games, learn about health information and have chat time. It is a great chance to build rapport with the residents.

We also have been hosting classes and activities in the community hall nearby our service centre. This way, we can better serve the residents in the community, even residents from other housing states such as Kowloon Bay, Choi Hung, Diamond Hill and San Po Kong. This year, we have been emphasising on the importance of health and exercise to live out a happy life.

Social Service and Volunteer Work

The centre has been collaborating with the East Kowloon Volunteer Team and jointly organise home visits, travel and street fairs strengthen the bonding between the people and the community. Especially, during special holidays, we celebrate together and experience the festivity. The volunteer team core belief is "sets the solitary in families" (from the bible); therefore, they want elderly members in Singleton elderly households and Doubleton elderly households to be loved and cared. The volunteer team keeps in touch the elderly members to support and offer appropriate care for them.

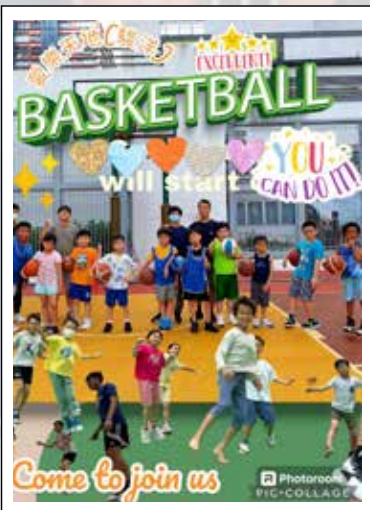


愛樂天地(駿洋)

愛樂天地(駿洋)於2022年8月6日正式投入服務。兩年間中心的會員人數已超過了600位，中心致力為駿洋街坊提供適切的社區服務，如家長講座、親子旅行、多元化興趣班、親子嘉年華、長者幸福小組及團契活動等。藉此傳揚神的愛，使更多家庭及青少年得著祝福。

愛樂天地和教會義工團隊合作，為家長們預備了開心活動，包括信仰專題、生命歷程和工作坊等。透過唱遊、故事、以及互動交流的過程中，讓家長們能彼此關懷。

另外，2023年12月，我們成立「耆樂天地」，服務對象是區內的老友記，截至2024年3月，會員人數已有68位，我們效法基督的愛進入社區及人群中，為區內老友記預備了豐富的活動，包括：義務剪頭髮、寫揮春送祝福、搓湯圓、做手工、拉筋、唱金曲、為新來港人士開辦的廣東話班、健康講座、生日會及戶外旅行等。老友記一樣可以發揮潛能，繼續造福社會，活出精彩人生。來！加入我們的「耆樂天地」，一齊享受人生下半場瑰麗的天空。



Miracle of Music Home (Chun Yeung)

Miracle of Music Home (Chun Yeung) started to serve at the housing estate on 6th August 2022. Currently, we have approximately 600 members. The Centre served families and youths in the community with God's love. We have been providing appropriate services such as: parents' talks, family trips, diverse interest classes, family carnivals, elderly happiness groups and fellowships.

We have collaborated with volunteers from the church to co-organize joyful activities for parents to have fun, shared topics about faith, singing sessions and storytelling for parents to have more time to interact with each other and care for one another

Additionally, we set up (耆樂天地) in December 2023. The main service users are elderly members; we have 68 members by March 2024. God's love is at the centre of our service; therefore, we prepare abundant activities for the elderly members, such as: free haircuts, Fai Chun writing, glutinous rice ball making, DIY's, stretching exercises, popular songs singing, Cantonese classes for new immigrants, health talks, birthdays celebrations, one-day trips and other activities. Elderly members can develop their potential to help the community and live out an abundant life. We extend a warm invitation for all of you interested to join us, and together, we enjoy the process of painting these colourful canvases of dreams in our golden age.

愛樂天地(華富)

愛樂天地(華富)於2023年1月份正式投入服務。因應區內較多長者，透過問卷調查，在了解街坊需要後，我們的班組主要以健康為主，如預防認知障礙伸展班、齊齊做運動伸展班、養生健康班、物理治療運動班等，各類班組，都深受歡迎。

除了班組活動外，中心亦與香港神的教會合作，逢星期三及星期日早上，都有基督徒團契，透過詩歌、遊戲、見證和短講，幫助區內長者身、心、社、靈的發展。不少街坊都認為中心的義工很友善和熱情，常關心他們，帶給他們有「家」的感覺，他們很多時在班組完結後留下玩桌遊和聊天，捨不得離開。當中有街坊因認識主耶穌而信主，繼而受浸，為他們的人生添上姿采！

中心不時會在邨內舉行嘉年華和送祝福，讓街坊更認識我們並招收他們成為我們的會員；我們每一季，會為會員舉行生日會，以聯繫各會員，帶給他們關懷和歡樂；我們舉辦旅行，帶領他們跳出社區，開廣會員們的眼界；中心參與了港燈的「社福機構餐飲資助計劃」，讓我們可以舉行更多適合會員的活動，如會員同樂日等。



Miracle of Music Home (Wah Fu)

Miracle of Music Home (Wah Fu) is officially started its service in January 2023. Our classes are mostly about health, such as: stretching to prevent dementia, stretching classes for all, health classes and physical therapy exercises classes. They are all popular classes.

Beside classes, we also have been collaborating with the Church of God in Hong Kong to hold fellowships on Wednesday's and Sunday's morning. During the fellowships, there were hymns singing, life testimony and other short talks to help the elderly members to strengthen their physical, social and spiritual well-being. Many residents mentioned that the volunteers were friendly and passionate about their work. As they visited the centre more frequently, they felt more at home. Some even choose to stay longer at our venue to play board game after their classes have ended. Some residents have come to the Christian faith as they learn more about Christ, then get baptised, what a great blessing in life.

We have regular carnival festivities and give out gifts during the holiday season. Many residents became members of our Centre as they get to know us more. Every quarter, we hold a birthday party, a special time for the members to socialize and rejoice. Additionally, we have organised many local trips. We also have gained extra-resources to arrange celebrations for the residents, thanks to the HK Electric's NGO Catering Subsidy. We have been able to host different celebrations to create a space where the residents would want to stay longer.

光愛德田家務助理服務中心

「壓傷的蘆葦、他不折斷，將殘的燈火、他不吹滅」
《聖經》

光愛德田家務助理服務中心於2023年8月1日正式投入服務，盼望帶著基督耶穌的愛去服侍社區，並給予適切的支援。服務包括：陪診護送、到戶看顧、家務助理及起居照顧服務。我們服務的人士不限於德田邨的街坊，其他地區的人士都能受惠於中心的服務。透過跟服務使用者溝通，深感社區有不少無助的老友記，我們的服務實在是他們的及時雨。

中心和「鑽石年華會」義工隊同心合作，把愛心關懷帶入社區，在社區會堂舉辦「開心健康之旅」，透過做伸展運動、健康專題、益智健腦活動等，讓老友記獲得健康資訊和歡樂地建立正向人生。由2024年1月開始，我們定期舉辦銀髮聯歡生日會，有精彩表演及福音，讓他們人生更豐盛。

此外，亦多次舉辦本地一日遊，曾遊覽如荃灣德華公園、香港文化博物館、九龍寨城南門遺跡、中環街市、太平山頂、流浮山海味街及碼頭廣場等。車上唱遊，拍照購物，品嚐美食，樂也融融。團契小組透過輕鬆簡單遊戲、詩歌、信仰專題等，讓長者們的心靈被滋養和鼓勵。農曆新年期間的一個「齊齊摺利是燈籠」活動，增添了不少新年氣氛，作品更可作家中新年裝飾。老友記都感受溫暖和關懷。



Light and Love Tak Tin Home Care Services Centre

The Light and Love Tak Tin Home Care Services Centre officially started to serve on 1st August 2023. Services included: medical escorts, elderly sitting, domestic help and home care services. Through engaging in conversations with service users, we learnt more about their needs. And our service came in handy to help them. We are grateful to serve the elderly members in need.

“A bruised reed He will not break, And smoking flax He will not quench”
(Bible)

Together with the “East Kowloon Diamond Age Volunteer Team”, we have been working to bring love and care into Lam Tin, through activities, such as: health related activities, holiday festivities, birthday celebrations. Start from January 2024, we have been hosting birthday celebrations for silver hair members. During these special birthday celebrations, we organised performance, photo sessions and gospel sharing. We wanted them to live out an abundant life.

We have organised local trips and we visited Jockey Club Tak Wah Park, Hong Kong Heritage Museum, the Old South Gate, Central Market, Victoria Peak, etc. There were a lot of joyful moments; we sang on the bus ride, took photos, went shopping and tasted delicious food. The church volunteer team hold fellowships, nourishment and encouragement to the soul for members. Within the fellowship session, the members would have time to play some simple games, sing hymns, share faith related topics and offer small group discussions. During Chinese New Year, DIY workshops using Chinese red envelopes to create lantern, and the final DIY product could be used to decorate their home.



地區義工發展計劃

「地區義工發展計劃」成立至今已超過十年，這些年來，地區義工隊舉辦的活動均深受地區人士歡迎及讚賞。各義工隊在機構的支援下，靈活自發組織慈惠活動，如送祝福、興趣班組、幸福小組、地區嘉年華等接觸社群。

本年度，多所學校概允借出校舍供地區義工隊開設班組，為社區內的兒童、青少年、家長和成人長者提供興趣班組。東九龍愛全城義工隊借用小學開設「躍動星期日」系列，內裡包括DIY幸福工作坊、多元智樂動、溫習室、乒乓球班、免費的拉筋班、健康班及兒童班等，這些活動，均大受歡迎，參加人次累計超過4000。

為配合機構與香港神的教會在2023年11月19日在摩士公園合辦的《幸福香港·「筋」你同創新紀錄》破健力士世界紀錄活動，地區義工隊在多區舉行免費的拉筋班，除透過練習，一同刷新「最多人線上及線下同時做拉伸運動」的健力士世界紀錄稱號外，亦藉此提高社會人士對健康的關注，連結人與人之間的關係，將愛與歡樂帶進社區，提升幸福指數。



健康班及美林街站



保良局
陳善喜夫人
小學
躍動星期日
系列



樂善堂余近鄉中學班組(四)



The District Volunteer Team

The Light and Love Home District Volunteer Team Program was established in 2013. With the assistance of Light and Love Home, the teams can freely organize charity events and activities according to their needs. Events and activities include giveaway, charity street fairs, classes and happiness groups. They have been serving the community, and their effort is well appreciated.

Thanks to the schools approved for using their premises, the volunteer teams were able to offer courses for children, youth, parents and adults in the community. Besides providing appropriate interest classes, people can learn more about the Christian faith. The volunteer team at East Kowloon have been preparing activities every Sunday. There was an accumulated 4000 man times.

In collaboration with the Church of God in Hong Kong, we co-organized a world record breaking event on 19th November of 2023 at Morse Park. The name of the event was (幸福香港·「筋」你同創新紀錄) Guinness World Records. We aimed to increase awareness on health and well-being, and we wanted to bring love and joy into the community.

愛心步行日 2023





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（顯徑）

LIGHT AND LOVE HOME HAPPY KINDERGARTEN (HIN KENG)

光愛樂幼稚園 (安泰)

Light and Love Home Happy Kindergarten (On Tai)

感謝神的看顧，光愛樂幼稚園(安泰)在充滿挑戰的大環境下，踏進第五個年頭。今個學年，學校安排了多元化體驗式學習活動，讓學生走出校園，豐富他們的學習經歷和擴闊視野，例如到訪濕地公園、獅子會自然教育中心、觀塘海濱公園等，以激發幼兒的好奇心和探索精神，在大自然環境中，幼兒更能感受到地球資源的珍貴，培養他們對大自然的尊重和愛護環境的情操；此外，亦參觀了立法會綜合大樓、綠在觀塘、正向品格教育館等，培養幼兒有良好公民意識及正向生活態度。透過體驗式的學習活動，提升幼兒對學習的興趣，讓幼兒成為學習主導者，親身操作和體驗，從而建構知識。



Even under this challenging environment, we came to celebrate the fifth anniversary of our school, it was all about God's blessings. This year, our kindergarten organised diversified experimental learning activities. Outside Classroom Learning method can enrich their learning and widen their horizons. We visited places such as Hong Kong Wetland Park, Lions Nature Education Centre and Kwun Tong Promenade. By being close to nature, the children can learn to appreciate and protect the natural resources. Moreover, we visited the Legislative Council Complex, GREEN@KWUN TONG and SOWGOOD Positive Education Centre to cultivating students' civic awareness and positive life attitude. Through experimental learning activities, the process of learning became even more interesting to the children inspiring them to be more proactive.

優質教育基金

學校成功申請了優質教育基金，推行與國民教育和國家安全教育相關的學習活動，加強幼兒的國民身份認同。在中華文化週，各級以不同的中國成語故事作開展，例如：幼兒班透過《揠苗助長》故事，認識了中國以農立國的米食文化；低班以《熟能生巧》故事引起動機，認識和體驗古代不同項目的運動，如：蹴鞠、投壺；高班透過《鐵柱磨針》作引子，認識古人於日常生活中，衣、食、住、行各方面的特色，以及與現代之分別。

學校亦舉辦「中華文化」家長工作坊，透過盆景製作及傳統剪紙等活動，加強其對中華文化的認識。此外，又帶領幼兒到茶樓品嚐點心和茗茶，一起體驗傳統中國餐飲文化，以及安排親子參觀文化博物館和三棟屋博物館。



Quality Education Fund

The school successfully applied for the Quality Education Fund to implement learning activities related to national education and national security education to strengthen the national identity. Therefore, during the Chinese Culture Week, the school promoted different Chinese idioms and their stories for different classes. First, the nursery class, they learnt about the importance of rice in Chinese history and culture through the story of "Pluck the seedlings to help them grow". For lower kindergarten classes, they learnt about a variety of ancient sports through the reading of the storybook "Practice Makes Perfect". Lastly, the upper kindergarten class, read "Iron Pillar Grinding Needles" as an introduction to understand the characteristics of ancient people's daily life, such as their clothing, food, housing and transportation, as well as contrasting the differences with the modern times.

The school also organised a Chinese Culture parent workshop to enhance their understanding of Chinese culture through activities such as bonsai making and traditional paper-cutting. In addition, we took the children to the dim sum place to enjoy delicious food and tea. We experienced the traditional Chinese catering culture together. We also arranged parent-child visits to the Hong Kong Heritage Museum and Sam Tung Uk Museum.

促進家校溝通，建立夥伴關係

本園十分重視家校聯繫及家長教育工作，學校定期舉辦不同類型的親子活動，如親子遊戲工作坊、感謝爸媽活動、正向家長學堂、幸福加油站等等。感謝家長踴躍參與支持，又經常到校做義工，協助帶領活動、整理圖書、教材教具等。本年度更成立了家長教師會，透過策劃及舉辦各類型的活動，家校合作，共同培育幼兒健康愉快地成長。



Promote Home-school communication and establish partnerships

Home-school communication and parent education are very important for our school. We regularly organise different types of parent-child activities, such as Parent-child Game Workshops, Thank-you-to-parents Activities, Positive Education for Parents, Cheering up Parents and other activities. We are deeply grateful for all the parents active participation and support throughout the school year. Especially, to all the parents who have been volunteering on campus to assist with leading activities, organising school library's bookshelf and preparing teaching materials. This year, a parent-teacher association was established. Its main function is to plan and organize a variety of activities, promote home and school collaboration and provide a healthy environment for the children to develop joyfully.



積極推動校園關愛文化

學校一直致力秉承光愛中心「讓光照亮、以愛傳承」的理念，本年度成立快樂小蜜蜂團隊，鼓勵隊員參與公益活動，並安排幼兒成為「關愛小先鋒」，積極推動關愛文化。學校又參與社區和不同機構舉辦的活動，如愛心步行日籌款、觀塘區新春市集表演、慈善馬拉松表演及安泰邨親子報佳音活動，培養幼兒對社區的歸屬感，並讓幼兒學習關愛和尊重社區的人。

本屆畢業典禮的主題是「童心關愛樂續Fun」，本園非常榮幸邀請到教育局副局長施俊輝太平紳士以及觀塘民政事務助理專員張家朗先生為一眾畢業生頒授畢業證書。典禮中，藉著舉辦關愛樂續Fun嘉年華，讓幼兒一起體現關愛互助、仁愛喜樂的精神。期盼我們的畢業生，能將光、愛、樂的使命延續下去。



Actively promote a caring culture on campus

The school has always been committed to the slogan from our founding organisation Light and Love Home: "Let there be LIGHT, and Heritage of LOVE". This year, the Happy Bee Team was established to encourage the children to participate in charity activities. We encourage children to become "Little Caring Pioneers" to actively promote a culture of care. The school also participated in activities organised by the community to cultivate children's sense of belonging to care and respect community stakeholders. We participated in charity walking, Kwun Tong District New Year market performance, charity marathon performance and parent-child On Tai Village's Christmas Caroling.

The theme of this year's graduation ceremony was "Children Care and Have Fun". We were honoured to invite Mr. Sze Chun-fai, JP, Deputy Secretary for Education, and Mr. Cheung Ka-lang, Assistant Commissioner for Home Affairs in Kwun Tong District, to present graduation certificates to all the graduates. During the ceremony, there was a carnival, in which the children embodied the spirit of caring, mutual help, kindness and joy. We hope that our graduates can continue to shine, to love and be joyful.

光愛樂幼稚園幼兒中心 (顯徑)

Light and Love Home Happy Kindergarten (Hin Keng)

學校介紹

光愛樂幼稚園 (顯徑) 是本機構開辦的第二所幼稚園，2023年下旬在沙田正式啟動幼兒教育服務，服務對象為3至6歲幼兒。校舍設計美觀，寬敞的空間定會為孩童締造良好的學習環境，並配合他們的學習需要，促進全人發展。

學校校訓

我們愛，因為神先愛我們。 《聖經》

辦學抱負及使命

- 按聖經真理，推行全面均衡、以遊戲為策略的課程
- 啟發幼兒學習和探索，打好終身學習的基礎
- 重視家長教育，同心協力培育幼兒

校舍設備

校舍寬敞，共有六個標準課室，另外設有音樂室、室內體能遊戲區、幼兒攀爬牆、感統活動區、STEM遊戲牆及繪本閱讀區等。



School Overview

Light and Love Home Happy Kindergarten (Hin Keng) is the second kindergarten of Light and Love Home. It started its educational services in Shatin at the year end of 2023. Our service target expanded to children from 3-6 year-old. The school campus is spacious and have beautiful designs for holistic learning according to the needs of the children.

School Motto

We love Him because He first loved us. (Bible)

School Vision and Mission

- Provide learning through play strategic curriculum with all rounded approach and in according to the biblical truth
- Inspire children to learn and explore, to build a solid foundation for lifelong learning
- Care for parent education and together nurture the children

School Facilities

We have a spacious campus with 6 classrooms. Additionally, there is a musical room, physical exercise room, playzone, Stem game wall and sketching book reading zone.

課程特色

六大校園文化 兩文三語發展

繪本校園

繪本的世界充滿無限可能，故事內容靈活多樣。老師精心挑選來自世界各地的雙語繪本作品，將抽象和陌生的題材變得生動有趣。結合「設計活動」(Project Approach)課程，推行全語文教學，讓幼兒在豐富的語言環境中學習語文(中、英、普)。

遊戲校園

以遊戲為學與教策略，按幼兒的興趣與能力，進行自由遊戲，激發好奇心、創造力，全面提高學習動機。

探知校園

幼兒親身參與豐富多彩的探索活動，與同儕分享發現和想法，逐步培養幼兒的創新思維和解難能力，擴展孩子興趣及提升社交技巧，讓幼兒從「體驗」和「動手」中培養探究精神和學習知識。



Curriculum:

Six Characteristics of the school culture, biliteracy and trilingualism education

Sketchbook Campus

The world of sketchbook are full of possibilities and amazing stories. The teacher chooses bilingual story books from all over the world, making abstract and rare topics into familiar and interesting ones. The project approach curriculum promote multilingual approach to let children learn in linguistically rich environment.

Game Campus

Learning Through play is part of our teaching curriculum applied in accordance to the children interest and leaning capability they can play freely, inspiring curiosity and creativity to increase the overall learning motivation.

Exploring Campus

Children can experience in person the abundant exploring activities, and share their finding and thinking with others peers. Step by step, they can cultivate their reasoning, thinking, problem solving and socializing skills. Let's the children explore and gain first hand experiences.

藝術校園

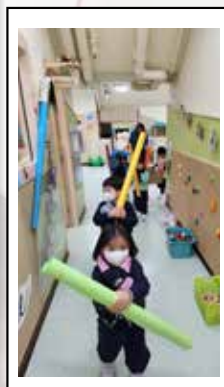
課程涵蓋多元化的藝術與音樂教育，鼓勵幼兒積極參與不同類型的演出。從小讓幼兒接觸各類型古今中外藝術，拓展國際視野，致力培育幼兒的藝術修養及文化氣質。

彩虹校園--生命教育

以聖經為基礎的校本生命教育課程，老師亦以生命影響生命，為幼兒建立正向的價值觀。也透過向家長分享生命教育的內容與資源，讓家長在家中同樣能實行生命教育。

健康校園

強化健康飲食，恆常運動，培養幼兒有良好的體適能。課程中加入不同的健康飲食概念，衛生知識等。讓幼兒從小建立均衡飲食習慣，達致全人身、心、靈健康。



Art Campus

This course includes diversified art and music education to let the children participate in different performances. From an early age, children are exposed to various types of art from ancient and modern times, both Chinese arts and western arts, to broaden the children international horizons. We aim to enhance the children's sensitivity towards art and culture.

Rainbow Campus - Life Education

Our life education is based on the bible teaching. All teachers lead by example, life inspiring life. We foster in children positive values. We share talks and resources on life education to help parents to put into practice life education at home.

Healthy Campus

We want to strengthen the aspect of eating healthily and exercise regularly, so that the children can have a healthy body. During the classes, the children can learn about different eating habits and sanitary knowledge. They children learn about important of getting a balanced diets, so that the children can become healthy bodily, mentally and spiritually.

每月特色活動

學校每月設計特別的主題活動，例如：「桔子日」活動，幼兒在當日打扮成桔子樹、帶上桔子圖案的飾物，與老師一起聆聽關於桔子的英文故事，一起製作桔子汁、創作桔子揮春等。還有「聖誕派對」、「動物逛歡節」、「春日庭園」、「童唱童樂」、「我是小廚師」、「夏日水派對」等生日會主題，更有「親子藝術工作坊」、父母親節慶祝活動等。

每次活動家長都為幼兒適心打扮，幼兒投入活動、樂在其中，更能延續課程活動，使學習變得更立體，更有趣！

家校合作

學校定期舉行課程會、專題講座、家長工作坊、懇親活動等。讓家長與老師建立聯繫，了解孩子的學習進展和教學計劃，在學習過程中為孩子提供相關的資源及支持。學校邀請不同界別專業人士舉行講座及工作坊，幫助家長獲得多元化的知識和專業建議。



Monthly Special Events

Monthly special topic events, for instance there was a tangerine day. During the event, the children would dress up like tangerine or wear ornament with tangerine. The teacher would prepare story telling time in English about tangerines. Other interesting activities are making tangerine juice and tangerine fai chun for the new year. Also there were, Christmas celebration, animal festivals, spring garden, Giggles and Tunes, I am a chef, summer water party themed birthday celebrations. Parent-child art workshop to celebrate Father's day and Mother's day.

Every times, parents will help the children to dress up according to the event, help the children to involve in the activities and enjoy it. These activities served as extended learning opportunities for the children, making the learning process more interesting and tangible.

Collaboration between School and Home

School has regularly organised meeting to discuss curriculum, provided seminars on special topics, parent's workshops and activities for family to let parent and teacher to build rapport. This way, parents could better know the children learning progress and teaching plan. Throughout the learning process, we provided learning resources and support. School has been inviting different professional to come to the school to share seminars and workshops, helping parents to get more diverse and professional knowledges and recommendations.



服務統計 Service Statistics

光愛敬老院 Light and Love Elderly Hostel

院舍長者服務人次 Number of Residents Served (1/4/2023 - 31/3/2024)			服務統計 Service Annual Statistics	服務內容 Service Content	全年活動次數 Meeting / Activities	全年參與人次 Participants
性別 Sex	安老部 Aged	護理部 Care and Attention		院友例會 Residents meetings	7	314
男 Male	1	21		院友活動 Residents activities	405	10037
女 Female	1	44		院友家屬活動 Activities for family members	12	69
				院友探訪 Visits from family members	-	2795

耆菁天地 Active Ageing Centre

會員人數 Number of members: Male 43 (男) / Female 165 (女) 合共 Total: 208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	35	259	1810
	音樂 Music	8	80	784
	社交康樂 Social and recreational	6	25	151
	語言與文化 Language and Culture	11	92	488
	資訊科技 Information Technology	8	32	269
	健體運動 Fitness Exercise	7	43	396
	照顧者訓練 Health and Safety for Caregiving	1	4	76
	總數 Total	76	535	3974

項目 Program	本年度服務時期 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	4/2023 to 3/2024	324 (小時 hours)

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.
平均會員人數 Average membership within one year	1216
偶到中心每節平均使用人次 Average attendance per session in a year	81
身心健康活動數目 Psycho-social well-being activity	61
教育及發展性活動 Educational and developmental activity	55
社交及康樂性活動 Social and recreational activity	46
健康老齡化活動 promoting healthy ageing	11
積極樂頤年活動 promoting active ageing	3
退休生活規劃活動 promoting pre-retirement planning	2
樂齡科技推廣活動 promoting application of digital technology and gerontechnology	2
義工發展及服務 Volunteer development activity and service	45
護老者支援服務 Carers support service	42
55-59歲參與活動人數 Activities for service user aged 55-59	28
義工服務人數 Volunteer registered	134
輔導個案/完成個案比率 Counselling cases / Turnover rate of cases	133 / 46.37%
接受護老者支援服務人數 Active cases of carers support service	190
隱閉長者或極有需要的長者服務人數 / 完成個案比率 Cases of hidden or vulnerable elderly persons / Turnover rate of cases	36 / 35.71%
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	17
長期護理申請評估數目 MDS-HC assessments conducted for long term care service application	51
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	11
認知障礙症支援及訓練活動 Activities to provide dementia related support and training	7
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	5
同工接受認知障礙症培訓時數 Training sessions to staff on dementia	67.5
有需要護老者支援小組 Supportive groups held for needy carers	4
有需要護老者訓練及活動 Training activities and programmes for needy carers	17
有需要護老者支援服務 Support services to needy carers	170
接受有需要護老者服務人數 / 完成比率 Needy carers served / Turnover rate	58 / 20.55%

愛樂天地 (尚德/翠林/啟業/駿洋/華富)

Miracle of Music Home (Sheung Tak / Tsui Lam / Kai Yip / Chun Yeung / Wah Fu)

會員人數 Number of members: Male 771 (男) / Female 2031 (女) 合共 Total: 2802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
	身心健康活動 Physical and Psycho-social Well-being Activity	67	334	3757
	教育及發展性活動 Educational and Developmental Activity	54	611	2356
	社交及康樂性活動 Social and Recreational Activity	84	293	3713
	音樂及藝術 Music and Arts	43	185	1356
	總數 Total	248	1423	11182

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)

Report on the Audit of the Financial Statements

Opinion

We have audited the financial statements of Light and Love Home Limited ("The Association") set out on pages 6 to 19, which comprise the statement of financial position as at 31 March 2024, and statement of the comprehensive income, statement of change in funds and 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 2024, 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 ("HKSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Association in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

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

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

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

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)

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.

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.

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)

- 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.
- 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.

Kinson CPA & Co.
Certified Public Accountants (Practising)

Hong Kong, 29 October 2024

LIGHT AND LOVE HOME LIMITED
光愛中心有限公司
STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2024

	2024 HK\$
Income	
Donation received	4,762,189
Board fee income	5,187,090
Fee income	3,009,071
Service fee income	932,700
Grant from The Community Chest	1,121,120
Subvention from Social Welfare Department	6,519,321
Subvention from Education Bureau	5,545,881
Subvention from St. James' Settlement	-
Subscription fee received	36,348
Bank interest received	208,970
Subsidies from employment support scheme	-
Sundry income	1,730,025
Other income	221,300
	<u>29,274,015</u>
Less: Expenditure	
Administrative expenses	1,288,355
Board expenses	172,645
Depreciation	785,947
Fixed asset written off	3,312
Food	881,922
Insurance	149,594
Miscellaneous	113,810
Programme expenses	2,686,072
Rent and rates	3,861,618
Repair and maintenance	389,571
School material fee	377,071
School operation expenses	179,265
Special allowances	196,483
Staff cost	17,211,150
Stores and equipment	524,798
Transportation and travelling	24,318
Utilities	692,158
	<u>29,538,089</u>
Operating (deficit) / surplus	<u>(264,074)</u>
Finance costs	-
(Deficit) / Surplus for the year	<u>(264,074)</u>
Other comprehensive income for the year	<u>(264,074)</u>

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

LIGHT AND LOVE HOME LIMITED
光愛中心有限公司
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2024

	2024 HK\$
Non-current assets	
Property, plant and equipment	<u>2,701,816</u>
Current assets	
Deposits and prepayment	883,248
Payment in advance	77,980
Inventories	40,673
Accounts and other receivable	749,641
Cash and bank balances	<u>11,546,723</u>
	<u>13,298,265</u>
Current liabilities	
Deposit received	334,405
Board fee in advance	500
Receipts in advance	386,445
Accounts and other payable	<u>494,865</u>
	<u>1,216,215</u>
Net current assets	<u>12,082,050</u>
Net assets	<u>14,783,866</u>
Represented by:	
General fund	9,828,293
Other funds	
Endowment fund	297,337
Retirement reserve fund	398,850
Social welfare department reserve fund	1,575,793
Hostel development fund	405,000
Social welfare development fund	98,624
Medical allowance fund	362,111
Specified funds	<u>1,817,858</u>
	<u>4,955,573</u>
	<u>14,783,866</u>

Approved by the board of directors.

Director

Director

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

公開籌款活動收入 Income from Public Fundraising Activities (2023-2024)		
公開籌款項目 Public Fundraising Events	日期 Date	善款收入 Fundraising Income (HK\$)
愛心步行日 2023 Light and Love Charity Walk 2023	23/10/2023	313,391.47
敬老護老愛心券 2023 The Care for the Elderly Charity Ticket Campaign 2023	28/10/2023-3/12/2023	107,846.00
註: 上述善款收入未計算相關的活動開支 Remark: Administrative fees have not be subtracted from the above mentioned income		

受資助服務簡報 Summary of Funded Services			
資助機構 Supporting Organization	服務單位 Service Unit	資助類別 Funding Type	資助金額 Amount (HK\$)
香港公益金 The Community Chest	光愛敬老院 Light and Love Elderly Hostel	基線撥款 Base Line Allocations	1,019,200.00
		Project-based Funding	101,920.00

鳴謝 Acknowledgement

滙天工程有限公司	Awin Engineering Limited
中國銀行	Bank of China
浸信會天虹小學	Baptist Rainbow Primary School
敬老護老愛心會有限公司	Care for The Elderly Association Limited
香港中文大學校友會聯會張煊昌學校	CUHK FAA Thomas Cheung School
嘉榮行工程有限公司	Carewin Engineering Limited
青山醫院老人精神科外展隊	Castle Peak Hospital Old Age Psychiatric Outreach Service
愛德循環運動 義工陪診服務	Chain of Charity Movement (CSES)
昌哥哥車仔麵	Cheong Gor Gor
-	CWY Group Company Ltd.
衛生署	Department of Health
- 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
基督教香港信義會社會服務部	Evangelical Lutheran Church Social Service - Hong Kong
- 安老院舍外展專業服務隊	- Multi-disciplinary Outreaching Support Team For the Elderly
- 屯門長者綜合服務	- Tuen Mun Elderly Integrated Service
樂餉社	Feeding Hong Kong
惜食堂	Food Angel
香港宣教會大興長者鄰舍中心	HKEC Tai Hing Neighbourhood Elderly Centre

香港家庭福利會	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
香港房屋委員會	Hong Kong Housing Authority
- 大興辦事處	- Tai Hing Estate Office
香港紅十字會	Hong Kong Red Cross
香港聖公會麥理浩夫人中心	Hong Kong Sheng Kung Hui Lady MacLehose Centre
香港輪椅輔助隊	Hong Kong Wheelchair Aid Service
香港婦聯	Hong Kong Women Development Association Limited
醫院管理局	Hospital Authority
鴻興印刷集團有限公司	Hung Hing Printing Group Limited
金錢村何東學校	Kam Tsin Village Ho Tung School
堅信會計師事務所	Kinson CPA & Co.
葵芳老街坊	Kwai Fong Old Kai Fong
葵青地區康健中心	Kwai Tsing District Health Centre
勞工及福利局	Labour and Welfare Bureau
康樂及文化事務署	Leisure and Cultural Services Department
樂善堂王仲銘中學	Lok Sin Tong Wong Chung Ming Secondary School
樂善堂余近卿中學	Lok Sin Tong Yu Kan Hing Secondary School
樂剪會	Love Scissor

香港鐵路有限公司	MTR Corporation Limited
攜手扶弱基金	Partnership Fund for the Disadvantaged
保良局陳南昌夫人小學	Po Leung Kuk Mrs Chan Nam Chong Memorial Primary School
博愛醫院新界西聯網「院舍外展醫生到診服務」	Pok Oi Hospital New Territories West Cluster (Visiting Medical Practitioner Service for Residential Care Homes)
半山區扶輪社	Rotary Club of Mid-level
上海總會	Shanghai Fraternity Association Hong Kong Limited
社會福利署	Social Welfare Department
- 西屯門綜合家庭服務中心	- Tuen Mun (West) Integrated Family Service Centre
聖雅各福群會	St. James' Settlement
馬錦明慈善基金馬可賓紀念中學	Stewards Ma Kam Ming Charitable Foundation Ma Ko Pan Memorial College
香港神的教會	The Church of God in Hong Kong
香港公益金	The Community Chest of Hong Kong
關愛基金長者牙科服務資助項目	The Elderly Dental Assistance Program, The Community Care Fund

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.
香港醫學會	The Hong Kong Medical Association
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
滙豐銀行慈善基金	The Hongkong Bank Foundation
香港電燈有限公司	The Hongkong Electric Company, Limited
何東爵士慈善基金	The Sir Robert Ho Tung Charitable Fund
屯門醫院老人科外展隊	Tuen Mun Hospital Geriatrics Team
偉豐機電冷氣工程公司	Wai Fung Electric & Machinery Co.
宏安集團有限公司	Wang On Group Limited
仁愛堂長者牙科外展服務計劃	Yan Oi Tong - Outreach Dental Care Program
御華陽慈善社	Yue Wah Yeung Charity

(按字母排序 Sort alphabetically)



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