

2023-2024 年報

Annual Report



願景、使命及目的

Vision, Mission and Aims

願景

機構成為推動「傷健共融」理念的典範，並配合社會發展，延伸至多元共融。

使命

以「傷健共融」為本，推動社區友善，切合社會需要及公共政策發展。

目的

- 加強社會大眾對「傷健共融」理念的認同及對「傷健運動」的認識。倡導社會接納傷殘人士並多理解他們的需要，並爭取政府及社會人士提供適切的支持及協作。
- 以促進傷殘人士與健全人士的互相了解及互動為目標，透過他們並肩參與各項社交、康樂、教育、就業、藝術文化、個人發展項目及專項訓練，令大家共同、全面推動各類社區活動，及為社會進步作出貢獻。
- 提供合適環境及地方，如活動中心、營舍、院舍、工作坊等，以助維持及發展「傷健共融」的各種計劃。
- 與不同界別、秉持相同宗旨的本港、內地及海外機構加強聯繫（尤以服務傷殘人士及推動「傷健共融」的團體為要）。
- 配合香港人口、社會、經濟的發展，協會一方面以「傷健共融」為核心理念，另一方面，活動及服務亦延伸至其他方式的「多元共融」，為締造全面的友善社區及和諧社會作出貢獻。

Vision

To be a role model in the promotion of the PHAB integrative concept, extending to integration in different aspects in line with societal development.

Mission

Based on the “PHAB Integration” concept to promote community-friendly while matching with societal needs and the development of public policies.

Aims

- To foster recognition of the public towards the “PHAB Integration” concept and understanding towards the “PHAB Movement”, and to advocate the acceptance and understanding of the needs of persons with disabilities, and to seek appropriate support and collaboration from the Government and the community.
- To enhance understanding and interaction among persons with and without disabilities through their concurrent participation in social, recreational, educational, employment, arts and culture, personal development projects and special training, thereby enabling them to promote various community events together and contribute to the development of society.
- To provide conducive environment and venues, such as activity centres, camps, hostels, workshops for sustaining and developing various projects in promoting PHAB integration.
- To affiliate with local, Mainland China and overseas organizations with similar aims from different sectors (especially those serving persons with disabilities and promoting the integration of persons with and without disabilities).
- Matching with the demographic, social and economic development of Hong Kong and taking the “PHAB Integration” as its core mission, to extend its activities and services to a multi-faceted form of societal integration so as to contribute to the creation of a friendly community and harmonious society.

目錄

Table of Content

願境、使命及目的 Vision, Mission and Aims	1
傷健共融數據 PHAB Data	4
機構管治及管理 Corporate Governance and Management	
主席報告 6 Chairman's Report	6
董事會及委員會 10 Board of Directors and Committees	10
組織架構 14 Organization Chart	14
服務單位通訊名單 16 Correspondence List of Service Units	16
2023-2026 機構策略計劃 2023-2026 Strategic Plan	22
年度重點 Highlights of the Year	
重點活動 30 Major Events	30
服務新里程 34 Service Milestones of the Year	34
傷健共融理念的推廣 Promotion of PHAB Integration	36
服務發展 Services Development	
地區綜合服務 44 District Integrated Service	44
就業服務 58 Employment Service	58
住宿服務 66 Residential Service	66

輔導及支援服務 72 Counselling and Support Service	72
長者服務 80 Elderly Service	80
兒童及青少年服務 90 Children and Youth Service	90
有特殊教育需要青年服務 100 Service for Youth with Special Educational Needs	100
營舍服務 106 Camp Service	106
社區支援服務 110 Community Support Service	110
機構發展 Organizational Development	
員工關顧及發展 117 Staff Engagement & Development	117
優質管理 120 Quality Assurance	120
設施管理及項目發展 122 Facilities Management & Project Development	122
資訊及通訊科技發展 124 Information and Communication Technology Development	124
籌款 Fundraising	126
機構傳訊及伙伴發展 Corporate Communication & Partnership Development	128
財務摘要 Financial Highlights	136
鳴謝 Acknowledgements	138
捐款表格 Donation Form	147

傷健共融數據

PHAB Data



190,000 位

今年，近 190,000 位傷殘人士及健全人士參與了協會提供的各種服務，共同努力建立一個共融社會。

This year, approximately 190,000 persons with and without disabilities participated in various services provided by the Association and helped to build an inclusive society.



12,500 項

透過超過 12,500 項活動，我們的同工與會員攜手正面詮釋了共融的定義。Through over 12,500 activities, our staff members and centre members joined hands to positively demonstrate the true meaning of integration.



1,000,000 人

今年，我們透過各種社交媒體平台、網站和影片，向超過 1,000,000 人傳遞了共融的訊息。

This year, we spread the message of inclusion to over 1,000,000 persons through various social media platforms, websites and videos.



65,000 名

在這一年中，約有 65,000 名社區人士參與了協會舉辦的各類教育和體驗活動，深入了解「傷健共融」的意義。

During the year, approximately 65,000 persons from the community participated in various educational and experiential activities organized by the Association to gain an understanding of the meaning of "PHAB Integration".



6,000 小時

我們提供了近 6,000 小時的就業服務，為傷殘人士和其他有需要的人士提供合適的職業培訓和支援服務，協助他們實現公開就業的目標。

We provided approximately 6,000 hours of employment services, by providing appropriate job training and support services to persons with disabilities and others in need, and helping them to engage in open employment.



7,000 小時

透過 7,000 多小時的輔導，我們陪伴服務使用者度過困難時刻，共同克服逆境。Through more than 7,000 hours of counselling, we accompanied our service users to face their difficult times and overcome adversities.



7,000 小時

我們為社區人士提供了超過 7,000 小時的物理治療、職業治療和康復服務，從保健到康復，提升了他們的身心健康，從而改善了生活質素。

We provided more than 7,000 hours of physiotherapy, occupational therapy and rehabilitation services, from health care to rehabilitation, in order to promote the physical and mental health of people in the community, thus improving their quality of life.

主席報告

協會與社會保持緊密聯繫，無論在平穩時期或疫情挑戰下，團隊始終與各持份者和服務使用者同行，克服各種困難。隨著疫情受控，社會復常，協會的運作也得以全面恢復，繼續推動我們的使命與承諾。

疫情後，基層人士、傷殘人士及青少年的就業情況仍需關注。協會推動共融職場，透過舉辦招聘會及聯繫企業，幫助僱主創建包容的工作環境，鼓勵更多企業聘用傷殘人士及有特殊需要的青年。協會與企業合作，為有特殊需要的學員提供職業培訓和支援，例如與 ISS 集團合作的「SHINE@ISS 計劃」，幫助學員完成實習並順利就業。為擴大有特殊教育需要青年的就業機會，協會與企業及地區團體合辦職業培訓課程，包括與離島婦聯合辦農藝師助理訓練課程，將永續發展 (ESG) 納入培訓內容，並提供實習機會，部分學員實習後成功獲聘，為他們創造長遠就業機會。

協會也積極回應社會對照顧者的關注，配合社會福利署「齊撐照顧者行動」，推動關懷照顧者的訊息。2023 年協會推出《心「照」情話廣播站》系列網上節目，分享照顧者經歷，並於 10 月舉辦多項活動，幫助照顧者紓解壓力、提升健康。協會全年舉辦了 220 次「照顧者茶座」，並培訓 90 位精神健康大使，支援有需要的照顧者。部分活動還提供日間暫託服務，讓照顧者獲得喘息機會。協會亦於 2024 年 3 月在啟德 AIRSIDE 舉辦《顧·事》照顧者藝術展，透過藝術表達照顧者的心聲，提升社區對照顧者的關注。協會亦於各區舉辦多項活動，如「排寒刮痧工作坊」、「照顧者輕鬆日」及「護老者新式運動體驗」，幫助照顧者紓解壓力、提升健康及與家人互動。

近年長者科技應用已成為協會長者服務的核心之一，對促進長者的健康管理和社交融入發揮了重要作用。協會的兩間鄰舍中心充分利用了社會福利署的樂齡科技基金、「賽馬會 e 健樂電子健康管理計劃」及賽馬會「與耆同絡」長者平板電腦及線上支援計劃等資源，將科技融入服務中，教導長者使用智能設備進行健康管理，並將服務帶入偏遠地區如南丫島、石澳及大浪灣等，幫助長者克服地理限制，實現居家安老。

協會也推動「治未病」的健康理念，透過雲端技術、與地區康健中心及醫療服務機構等合作，為長者和傷殘人士提供定期健康檢查、營養管理及視力保養等服務，並購入新興健體器材如飛脂棒及 XCO，讓長者及傷殘人士同樣可以體驗新穎的運動方式，減少健康風險，提升生活質素。

在社區支援方面，協會獲不同機構提供財政資源以支持服務單位的運作。其中，賽馬會傷健體適能中心成功續辦由肺塵埃沉着病補償基金委員會資助的「社區綜合復康計劃」。此外，中心獲香港賽馬會慈善信託基金捐助，進行全方位的翻新及設備添置，預計 2024 年 6 月完成。新設備將推動步姿改善計劃，利用實時反饋技術提升使用者的活動能力，從而改善生活質素並減少對公營醫療系統的依賴。

作為以「社區為本」的服務機構，協會在推廣傷健共融理念和「通用設計」方面取得顯著進展。傷健學院過去一年為超過 120 所學校，逾 28,000 人次舉辦傷健共融教育活動。此外，學院為企業及公營機構提供無障礙設計顧問服務，服務涵蓋設計圖則審視至施工期間的設施評估，確保無障礙設施的有效規劃。協會亦同時推廣「通用設計」理念，鼓勵不同設計或設施都能惠及所有人，無論年齡或能力，確保人人都能受益。協會還與大專院校合作，通過工作坊讓學生參與共融設計研究，促進更具包容性的設計實踐。

這些年來，香港在經濟、社會、文化上都有長足進步，但亦遇上不少困難和挑戰，個人、家庭、不同群體、以至整體社會，都須同心協力地去面對。「共融」代表團結力量，亦是大家在心態上、氛圍上「不分彼此、共同參與」的體現。協會在服務和活動上，由「傷健共融」為起點，並每年每月持續以其為核心理念，延伸至「多元共融」的理念和實踐。

除著重服務的平穩發展外，董事會亦明白各持份者十分關注受資助機構的管治和管理。因此，董事會不斷留意各政府部門的政策和措施，及各資助機構對協會財務及服務質素上的

監管要求，而在積極制定及檢討協會各項政策及程序的同時，亦確保協會能有效運用資源、管理員工及挽留人才。

協會於本年度繼續錄得盈餘。在 2024 年 3 月 31 日，協會整筆撥款儲備累積為港幣 25,085,689 元。在持守穩健、審慎理財，以及按「整筆撥款儲備」的使用原則下，協會於本年度有效運用社會福利署整筆撥款儲備及協會儲備，針對三方面善用財政資源，包括改善員工的聘用條件，以挽留人才及培育未來梯隊；系統提升以減輕員工的行政工作；及改善設施環境，以作服務發展之用。

本會由 2010 年 1 月 1 日起，除臨時員工、活動／興趣班導師、替假員工、時薪兼職司機外，所有員工的僱主供款額由 5.5% 起，按年資遞增至 6.8%。於 2024 年 3 月 31 日，非定影員工公積金儲備為港幣 9,345,807 元。經委員會詳細討論後，決定暫時不動用 2023/24 年度的非定影員工公積金儲備。

在此，本人謹代表協會，衷心感謝各同行者對共融理念的支持，包括社會福利署、康樂及文化事務署、勞工及福利局、民政及青年事務局、社區投資共享基金、各政府部門、香港公益金、香港賽馬會慈善信託基金、中國銀行（香港）有限公司、何金容基金、邵氏基金會、各地區服務及關愛隊伍等，眾多商界伙伴、慈善基金、善長、義工和中心會員等，期盼他們在未來的日子仍能繼續支持協會，讓協會得以持續發展，為建立包容、關愛、和諧的香港社會，作出更大貢獻。

何永煊

主席 何永煊

Chairman's Report

The Association maintains close connections with the community, standing alongside stakeholders and service users to overcome various challenges during both stable periods and the pandemic. As the pandemic is brought under control and society returns to normalcy, the Association's operations have fully resumed, allowing us to continue advancing our mission and commitments.

After the pandemic, employment concerns for grassroots individuals, persons with disabilities and youth remain a key focus. The Association promotes inclusive workplaces by organising job fairs and working with businesses to help employers create inclusive work environments, encouraging more companies to hire persons with disabilities and young people with special needs. In collaboration with businesses, the Association offers vocational training and support for members with special needs, such as the "SHINE@ISS Programme", run with ISS Facility Services Limited, which helps members complete internships and secure employment.

To further expand job opportunities for youth with special educational needs, the Association also co-organised vocational training programmes with different organisations. This year, the Association partnered with OIWA Limited to run an Agricultural Assistants Training Program, incorporating sustainable development (ESG) into the curriculum and providing internship opportunities. Some students successfully secured employment after their internships, creating long-term job opportunities for them.

The Association has also responded to societal concerns regarding carers, aligning with the Social Welfare Department's "Care the Carers Campaign" to promote awareness and support for carers. In 2023, the Association launched the "Heartfelt Words for Carers - Broadcasting Station", a series of online programs sharing the experiences and stories of carers, and organised multiple activities in October to help carers relieve stress and improve their health.

Throughout the year, the Association hosted 220 "Carer Cafés" and trained 90 Carer Support Ambassadors to assist carers in need. Some activities also included day respite services, giving carers a chance to rest. In March 2024, the Association hosted the "StoryC" Art Exhibition by Carers at AIRSIDE in Kai Tak, using art to express carers' voices and raise awareness of their needs. Activities

such as the scraping workshop, Carers Fun Day, and Innovative Exercise Workshop for Elderly Carers were also held in various districts, helping carers relieve stress, improve health, and strengthen family bonds.

In recent years, the application of technology has become a core aspect of the Association's elderly services, playing an essential role in promoting health management and social integration of elderly persons. The two Neighbourhood Elderly Centres have fully utilised resources from the Social Welfare Department's Innovation and Technology Fund for Application in Elderly and Rehabilitation Care, the Jockey Club Community eHealth Care Project, and the Jockey Club Digital Tablet and Online Support Programme for Homebound Elderly. These centres teach elderly to use smart devices for health management and have extended services to remote areas like Lamma Island, Shek O, and Big Wave Bay, helping them to overcome geographic barriers and achieve aging in place.

The Association also advocates "prevention as a means of treatment of disease", collaborating with cloud technology, district health centres, and healthcare providers to offer health services such as regular health checks, nutrition management, and vision care for the elderly and persons with disabilities. Innovative fitness equipment like Flexi Bars and XCO trainers were introduced, allowing service users to try new forms of exercise, reducing health risks, and improving their quality of life.

In terms of community support, a good number of organizations provide financial support to the operation of our services units. Among these, the Jockey Club PHAB Fitness Centre successfully continued the Comprehensive Community Rehabilitation Project funded by the Pneumoconiosis Compensation Fund Board. The centre also received a donation from the Hong Kong Jockey Club Charities Trust for a complete renovation and equipment upgrade, expected to finish by June 2024. The new equipment will support the gait improvement programme, using real-time feedback technology to enhance users' mobility, improve their quality of life, and reduce dependence on the public healthcare system.

As a community service organisation, the Association has made significant strides in promoting the PHAB concept and "universal design". Over the past year, the PHAB Institute provided PHAB education activities to over 120

schools, reaching more than 28,000 participants. The Institute also offered consultancy services on barrier-free design for businesses and public institutions, covering everything from reviewing design plans to assessing facilities during construction, ensuring effective planning of accessible facilities. The Association also promotes the concept of "universal design," encouraging various designs and facilities to benefit everyone, regardless of age or ability, ensuring that all individuals can reap the rewards. The Association further collaborates with tertiary institutions to engage students in inclusive design research through workshops, fostering more inclusive design practices.

Over the years, Hong Kong has made tremendous economic, societal and cultural progress. But, it has also met with a lot of difficulties and challenges. Individuals, families, different groups and the entire community, must face them in unity. "Integration" represents an attitude and atmosphere of "no difference, just act together" being actualised.

The Association takes "PHAB Integration" as the starting point, continuing over the years and months to take it as the core concept while extending to the "multi-faceted integration" conceptualization and actualization.

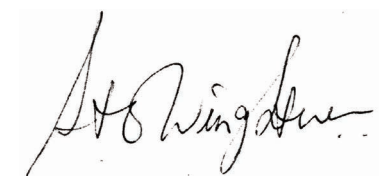
Apart from focusing on the smooth implementation of services, the Board of Directors understands that various stakeholders are very concerned about the governance and management of subsidised organisations. Therefore, the Board pays close attention to the policies and measures of various government departments, as well as the regulatory requirements imposed by funding bodies regarding the Association's finances and service quality. While actively formulating and reviewing the Association's policies and procedures, the Board also ensures that the Association effectively utilizes resources, manages employees, and retains talent.

The Association continued to record a surplus this year. As of March 31, 2024, the Lump Sum Grant reserves amount of the Association is HK\$25,085,689. Under the principles of sound and prudent financial management, and the principles of use for the "Lump Sum Grant Manual", the Association effectively utilised the Social Welfare Services Lump Sum Grant reserves and the General Development Fund on three key areas: improving the remuneration package and benefits of employee to retain

talent and cultivate future leadership; enhancing systems to reduce administrative burdens, and improving facilities to support service development.

Since 1 January 2010, the employer's MPF contribution rate for employees starts at 5.5%, increasing to 6.8% based on years of service. This policy does not apply to temporary staff, activity/instructor staff, substitute staff, and part-time drivers paid hourly. As of 31 March 2024, the non-snapshot staff pension reserve stands at HK\$9,345,807. After thorough discussions, the committee decided not to utilise the 2023/24 non-snapshot staff pension reserve for the time being.

On behalf of the Association, I would like to express my deepest gratitude to many different parties and our partners, who have shared and supported our belief in inclusion, including the Social Welfare Department, the Leisure and Cultural Services Department, the Labor and Welfare Bureau, the Home and Youth Affairs Bureau, the Community Investment and Inclusion Fund, and other government departments, The Community Chest of Hong Kong, The Hong Kong Jockey Club Charitable Trust, the Bank of China (Hong Kong) Limited, Ho Kam Yung Foundation, the Shaw Foundation, District Services & Community Care Teams, and many other corporate partners, charitable foundations, donors, volunteers and centre members, etc. We hope that they will continue to support the Association in the future, allowing it to continue to develop and make greater contributions to building an inclusive, caring, and harmonious Hong Kong society.



Frederick W.H. Ho
Chairman

董事會及委員會

Board of Directors and Committees (於／ as at 31.3.2024)

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陳寶珠女士		
許葉明芳博士	(由 8.2.2024)	
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廖嘉麗女士		
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Ms. Sophia P.C. Chan		
Ir. Dr. Lilian M.F. Hui, BBS	(from 8.2.2024)	
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Ms. Carrie K.L. Liu		
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Ms. Agnes W.T. Kwok	Administration & Development Director	

資訊及通訊科技委員會 (28.11.2023 成立)		
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余法昌先生		
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郭慧子女士	行政及發展總監	
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Mr. K.H. Tong		
Mr. Fuller F.C. Yu		
Ms. Deborah W.Y. Wong	Executive Director	
Ms. Agnes W.T. Kwok	Administration & Development Director	

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陳偉文先生	(由 11.1.2024)	
何永煊教授		
洪為民教授		
梁新兒先生		
王詠兒女士	總幹事	
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Prof. Witman W.M. Hung, JP		
Mr. Sunny S.Y. Leung		
Ms. Deborah W.Y. Wong	Executive Director	

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王詠兒女士	總幹事	
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Mr. Peter K.O. Wong, BBS		
Ms. Deborah W.Y. Wong	Executive Director	

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陳寶珠女士		
何永煊教授		
劉玉餘女士		
王詠兒女士	總幹事	
鄒穎詩女士	服務總監	
郭慧子女士	行政及發展總監	
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Ms. Sophia P.C. Chan		
Prof. Frederick W.H. Ho, SBS		
Ms. Peggy Y.Y. Lau		
Ms. Deborah W.Y. Wong	Executive Director	
Ms. Alvina W.S. Chau	Service Director	
Ms. Agnes W.T. Kwok	Administration & Development Director	

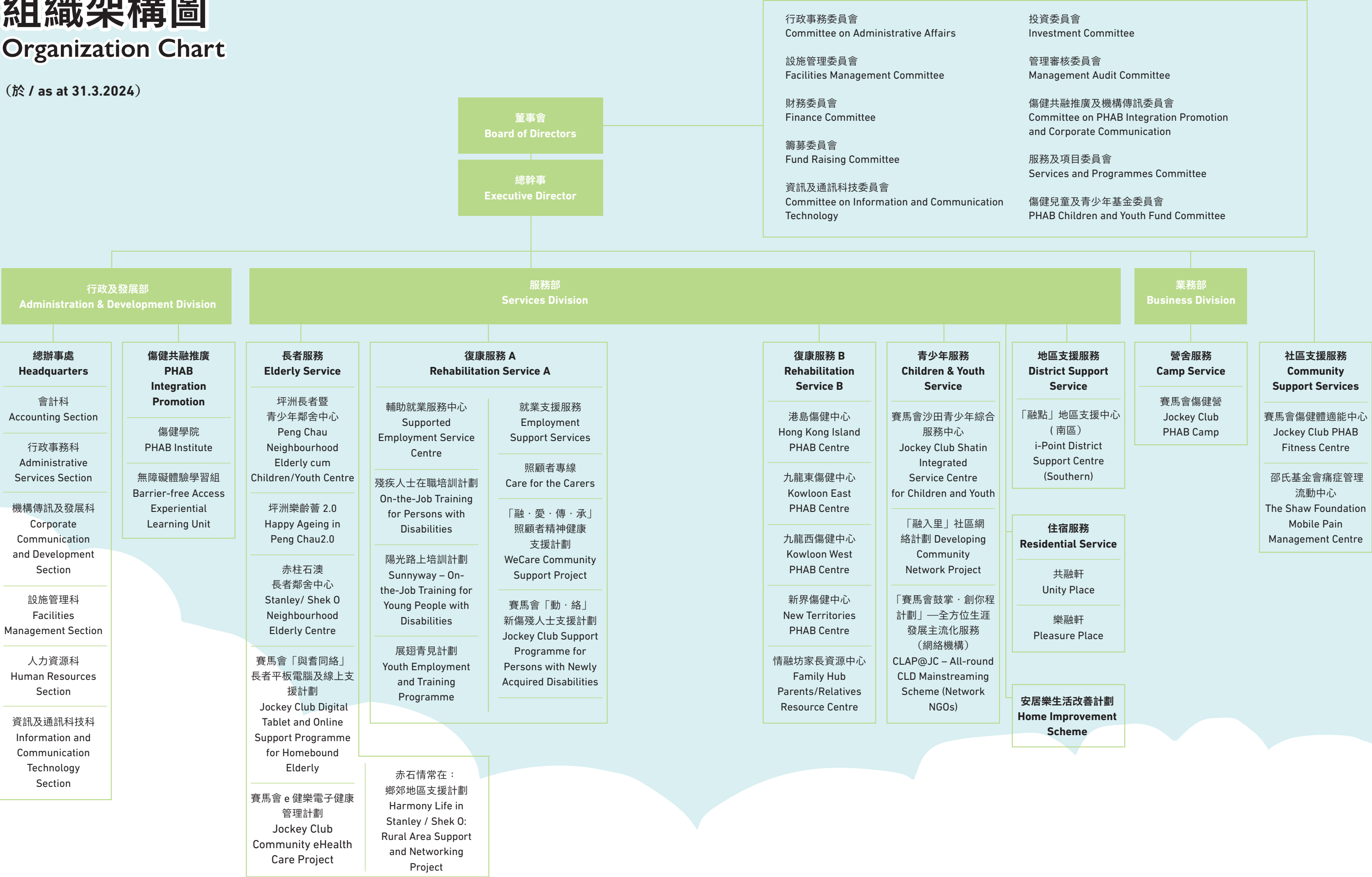
服務及項目委員會		
胡勁恒教授	主席 (至 5.12.2023)	
范維綱先生	主席 (由 5.12.2023)	
陳蔓蕾醫生		
陳寶珠女士		
鍾媛梵女士		
賀耀文先生		
李鐵榮先生		
梁新兒先生		
廖嘉麗女士		
吳嘉愉小姐		
余振球先生		
王詠兒女士	總幹事	
歐美美女士	服務總監	
陳菁薇女士	服務總監	
鄒穎詩女士	服務總監	
郭慧子女士	行政及發展總監	
Services & Programmes Committee		
Prof. K.H. Woo, JP	Chairman (until 5.12.2023)	
Mr. Michael W.K. Fan	Chairman (from 5.12.2023)	
Dr. Doris M.L. Chan		
Ms. Sophia P.C. Chan		
Ms. Flora W.F. Chung		
Mr. Tommy Y.M. Hor		
Mr. Augustine T.S. Lee		
Mr. Sunny S.Y. Leung		
Ms. Carrie K.L. Liu		
Ms. Melanie Brenda Ng		
Mr. JacobHermit C.K. Yu		
Ms. Deborah W.Y. Wong	Executive Director	
Ms. Jasmine M.M. Au	Service Director	
Ms. Ivy C.M. Chan	Service Director	
Ms. Alvina W.S. Chau	Service Director	
Ms. Agnes W.T. Kwok	Administration & Development Director	

傷健兒童及青少年基金委員會		
陳寶珠女士	主席	
馮焯衡先生		
王詠兒女士	總幹事	
PHAB Children and Youth Fund Committee		
Ms. Sophia P.C. Chan	Chairman	
Mr. Jackie C.H. Fung		
Ms. Deborah W.Y. Wong	Executive Director	

組織架構圖

Organization Chart

(於 / as at 31.3.2024)



服務單位通訊名單

(於 / as at 30.9.2024)

Correspondence List of Service Units

1	
總辦事處	香港北角百福道 21 號 1402 室
Headquarters	Unit 1402, 21 Pak Fuk Road, North Point, Hong Kong
	TEL 2551 4161 FAX 2875 1401 EM hq@hkphab.org.hk
2	
照顧者專線	九龍長沙灣道 928-930 號時代中心 10 樓 1001 室
Care for the Carers	Room 1001, 10/F., Times Tower, 928-930 Cheung Sha Wan Road, Kowloon
	TEL 2426 8338 FAX 2426 5188 EM cfc@hkphab.org.hk
3	
賽馬會「鼓掌・創你程計劃」—全方位生涯發展主流服務（網絡機構）	新界沙田第一城恆城街 2 號 34 座地下
CLAP@JC – All-round CLD Mainstreaming Scheme (Network NGOs)	G/F., Block 34, 2 Hang Shing Street, City One, Shatin, New Territories
	TEL 2637 2266 / 2637 2274 FAX 2635 1719 EM stn@hkphab.org.hk
4	
機構傳訊及發展科	香港北角百福道 21 號 1402 室
Corporate Communication & Development Section	Unit 1402, 21 Pak Fuk Road, North Point, Hong Kong
	TEL 2551 4193 FAX 2875 1401 EM ccd@hkphab.org.hk
5	
「融入里」社區網絡計劃	新界沙田駿洋邨駿洋商場 1 樓 AF1 室
Developing Community Network	Unit AF1, 1/F., Chun Yeung Shopping Centre, Chun Yeung Estate, Shatin, New Territories
	TEL 2623 0723 FAX 2623 0810 EM stncy@hkphab.org.hk
6	
就業支援服務	香港柴灣祥利街 18 號祥達中心 9 樓 904 室
Employment Support Services	Flat 904, 9/F., Cheung Tat Centre, 18 Cheung Lee Street, Chaiwan, Hong Kong
	TEL 2323 4622 FAX 2177 1871 EM emss@hkphab.org.hk
7	
情融坊家長資源中心	新界大埔寶湖道 3 號寶湖花園 105-105A 地下
Family Hub Parents/Relatives Resource Centre	Shop Nos. 105-105A, Level 1, Plover Cove Garden, No. 3 Plover Cove Road, Tai Po, New Territories
	TEL 2656 2138 FAX 2656 2213 EM fhprc@hkphab.org.hk
8	
坪洲樂齡薈 2.0	香港坪洲實坪街 2 號坪洲街市一樓
Happy Ageing in Peng Chau 2.0	1/F., Peng Chau Market, 2 Po Peng Street, Peng Chau, Hong Kong
	TEL 2983 9000 / 2983 2200 FAX 2983 9222 EM hapc@hkphab.org.hk
9	
赤石情常在：鄉郊地區支援計劃	香港赤柱黃麻角道 10-12 號綠怡居地下 A 舖及 1 字樓
Harmony Life in Stanley/Shek O: Rural Area Support and Networking Project	Shop A, G/F & 1/F., Greenville, 10-12 Wong Ma Kok Road, Stanley, Hong Kong
	TEL 2813 0648 FAX 2813 0659 EM stl@hkphab.org.hk

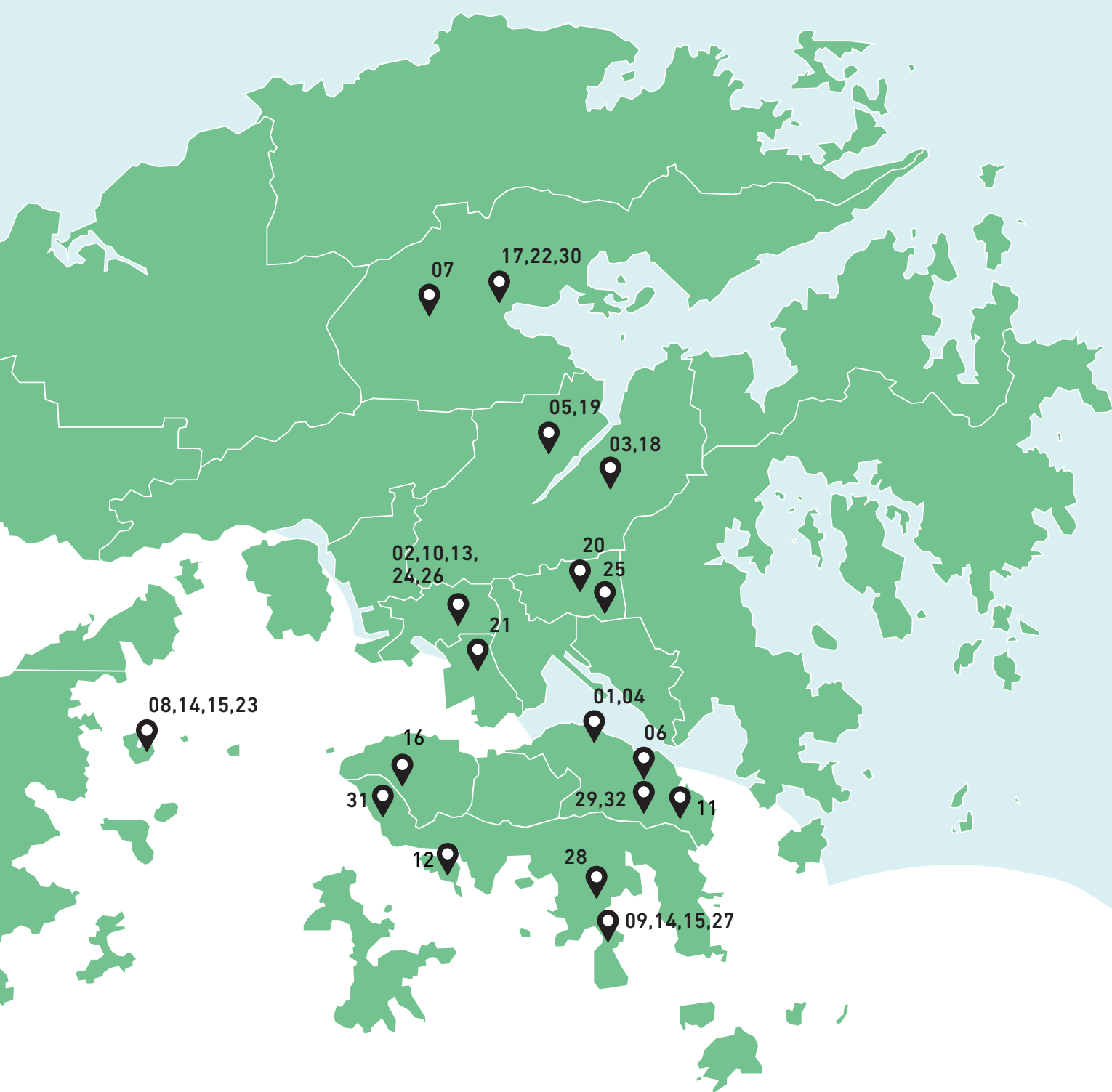
10	
安居樂生活改善計劃	九龍長沙灣道 928-930 號時代中心 10 樓 1002 室
Home Improvement Scheme	Room 1002, 10/F., Times Tower, 928-930 Cheung Sha Wan Road, Kowloon
	TEL 2551 8338 FAX 2550 0566 EM hisot@hkphab.org.hk
11	
港島傷健中心	香港柴灣小西灣邨瑞益樓地下 5 至 12 室
Hong Kong Island PHAB Centre	Unit 5-12, G/F., Sui Yick House, Siu Sai Wan Estate, Chaiwan, Hong Kong
	TEL 2557 1631 / 2558 2628 FAX 2965 9134 EM hkpc@hkphab.org.hk
12	
「融・點」地區支援中心（南區）	香港鴨脷洲利東邨道 5 號利東商場一期 4 樓 401A
i-Point District Support Centre (Southern)	Shop 401A, Level 4, Lei Tung Commercial Centre (Phase 1), 5 Lei Tung Estate Road, Ap Lei Chau, Hong Kong
	TEL 3905 0465 FAX 3464 0684 EM i-pointdsc@hkphab.org.hk
13	
資訊及通訊科技科	九龍長沙灣道 928-930 號時代中心 10 樓 1001 室
Information and Communication Technology Section	Room 1001, 10/F., Times Tower, 928-930 Cheung Sha Wan Road, Kowloon
	TEL 2426 7808 FAX 2550 0566 EM ict@hkphab.org.hk
14	
賽馬會 e 健樂電子健康管理計劃	香港坪洲實坪街 2 號坪洲街市一樓
Jockey Club Community eHealth Care Project	1/F., Peng Chau Market, 2 Po Peng Street, Peng Chau, Hong Kong
	TEL 2983 9000 / 2983 2200 FAX 2983 9222 EM pc@hkphab.org.hk
	香港赤柱黃麻角道 10-12 號綠怡居地下 A 舖及 1 字樓
	Shop A, G/F & 1/F., Greenville, 10-12 Wong Ma Kok Road, Stanley, Hong Kong
	TEL 2813 0648 FAX 2813 0659 EM stl@hkphab.org.hk
15	
賽馬會「與耆同絡」長者平板電腦及線上支援計劃	香港坪洲實坪街 2 號坪洲街市一樓
Jockey Club Digital Tablet and Online Support Programme for Homebound Elderly	1/F., Peng Chau Market, 2 Po Peng Street, Peng Chau, Hong Kong
	TEL 2983 9000 / 2983 2200 FAX 2983 9222 EM pc@hkphab.org.hk
	香港赤柱黃麻角道 10-12 號綠怡居地下 A 舖及 1 字樓
	Shop A, G/F & 1/F., Greenville, 10-12 Wong Ma Kok Road, Stanley, Hong Kong
	TEL 2813 0648 FAX 2813 0659 EM stl@hkphab.org.hk
16	
賽馬會傷健營	香港薄扶林水塘道 75 號
Jockey Club PHAB Camp	75 Pokfulam Reservoir Road, Hong Kong
	TEL 2551 4209 FAX 2550 2384 EM jcpcc@hkphab.org.hk
17	
賽馬會傷健體適能中心	新界大埔廣福邨廣平樓地下 107 及 109 室
Jockey Club PHAB Fitness Centre	Unit 107 & 109, G/F., Kwong Ping House, Kwong Fuk Estate, Tai Po, New Territories
	TEL 2651 1468 FAX 3460 5876 EM jcfc@hkphab.org.hk / EM css@hkphab.org.hk
18	
賽馬會沙田青少年綜合服務中心	新界沙田第一城恆城街 2 號 34 座地下
Jockey Club Shatin Integrated Service Centre for Children and Youth	G/F., Block 34, 2 Hang Shing Street, City One, Shatin, New Territories
	TEL 2637 2266 / 2637 2274 FAX 2635 1719 EM stn@hkphab.org.hk

19			
賽馬會沙田青少年綜合服務中心駿洋分處	新界沙田駿洋邨駿洋商場 1 樓 AF1 室		
Jockey Club Shatin Integrated Service Centre for Children and Youth Chun Yeung Sub-base	Unit AF1, 1/F., Chun Yeung Shopping Centre, Chun Yeung Estate, Shatin, New Territories	TEL 2623 0723	FAX 2623 0810 EM stncy@hkphab.org.hk
20			
九龍東傷健中心	九龍黃大仙下邨一區龍裕樓地下 106-110 室		
Kowloon East PHAB Centre	Room 106-110, G/F., Lung Yue House, Lower Wong Tai Sin Estate (I), Kowloon	TEL 2351 1811 / 2351 1862	FAX 2351 0612 EM kepc@hkphab.org.hk
21			
九龍西傷健中心	九龍深水埗麗閣邨麗蘿樓地下 S102 室		
Kowloon West PHAB Centre	S102, G/F., Lai Lo House, Lai Kok Estate, Shamshuipo, Kowloon	TEL 2361 2323 / 2386 8772	FAX 2958 1280 EM kwpc@hkphab.org.hk
22			
新界傷健中心	新界大埔廣福邨廣平樓地下 110-115 室		
New Territories PHAB Centre	Unit 110-115, G/F., Kwong Ping House, Kwong Fuk Estate, Tai Po, New Territories	TEL 2638 9011	FAX 2638 9061 EM ntpc@hkphab.org.hk
23			
坪洲長者暨青少年鄰舍中心	香港坪洲寶坪街 2 號坪洲街市一樓		
Peng Chau Neighbourhood Elderly cum Children/Youth Centre	1/F., Peng Chau Market, 2 Po Peng Street, Peng Chau, Hong Kong	TEL 2983 9000 / 2983 2200	FAX 2983 9222 EM pc@hkphab.org.hk
24			
傷健學院	九龍長沙灣道 928-930 號時代中心 10 樓 1002 室		
PHAB Institute	Room 1002, 10/F., Times Tower, 928-930 Cheung Sha Wan Road, Kowloon	TEL 2551 8338	FAX 2550 0566 EM pi@hkphab.org.hk
25			
樂融軒	九龍新蒲崗景福街 118 號景泰苑地下及一樓		
Pleasure Place	G/F & 1/F., King Tai Court, 118 King Fuk Street, San Po Kong, Kowloon	TEL 3702 5838	FAX 3460 4077 EM pp@hkphab.org.hk
26			
賽馬會安寧頌：融和篇	九龍長沙灣道 928-930 號時代中心 10 樓 1001 室		
Jockey Club End-of-Life Community Care Project: Unison	Room 1001, 10/F., Times Tower, 928-930 Cheung Sha Wan Road, Kowloon	TEL 3705 5328	FAX 2426 5188 EM eol@hkphab.org.hk
27			
赤柱石澳長者鄰舍中心	香港赤柱黃麻角道 10-12 號綠怡居地下 A 舖及 1 字樓		
Stanley/Shek O Neighbourhood Elderly Centre	Shop A, G/F & 1/F., Greenville, 10-12 Wong Ma Kok Road, Stanley, Hong Kong	TEL 2813 0648	FAX 2813 0659 EM stl@hkphab.org.hk

28			
赤柱石澳長者鄰舍中心馬坑分處	香港赤柱馬坑邨觀馬樓地庫		
Stanley/Shek O Neighbourhood Elderly Centre Ma Hang Sub-base	Lower Ground Floor, Koon Ma House, Ma Hang Estate, Stanley, Hong Kong	TEL 2121 8211	FAX 2744 2718 EM stl@hkphab.org.hk
29			
殘疾人士輔助就業培訓中心	香港柴灣環翠邨盛翠樓 104-105 室		
Supported Employment Training Centre for Persons with Disabilities	Room 104-105, Shing Tsui House, Wan Tsui Estate, Chaiwan, Hong Kong	TEL 2551 4226	FAX 2875 0209 EM set@hkphab.org.hk
30			
邵氏基金會痛症管理流動中心	新界大埔廣福邨廣平樓地下 107 及 109 室		
The Shaw Foundation Mobile Pain Management Centre	Unit 107 & 109, G/F., Kwong Ping House, Kwong Fuk Estate, Tai Po, New Territories	TEL 6151 1059	FAX 3460 5876 EM mpmc@hkphab.org.hk
31			
共融軒	香港薄扶林道 147 號展亮技能發展中心（薄扶林）1 樓及 3 樓		
Unity Place	1/F & 3/F., Shine Skills Centre (Pokfulam) Building, 147 Pokfulam Road, Hong Kong	TEL 2875 8668	FAX 2875 3232 EM up@hkphab.org.hk
32			
展翅青見計劃	香港柴灣柴灣道 238 號青年廣場 3 樓 317 號舖		
Youth Employment and Training Programme	Shops 317, 3/F., Youth Square, 238 Chai Wan Road, Chaiwan, Hong Kong	TEL 3689 1613	FAX 3011 5752 EM yetp@hkphab.org.hk

服務單位地圖

Map of Service Unit



2023-2026 Strategic Plan
2023-2026 機構策略計劃





策略 Strategy 1

在服務和活動中注入4H*元素
Incorporating the 4H* elements into services and activities

策略 Strategy 2

在運作及行政層面善用科技
Leveraging technology in operations and administration

策略 Strategy 3

建立人才培育機制
Establishing a talent development mechanism

策略 Strategy 4

建立知識管理系統
Building a knowledge management system

策略 Strategy 5

增加對外交流與合作，推廣共融理念
Increasing external exchange and collaboration to promote the concept of inclusion

策略 Strategy 6

完善機構管治及財務制度
Improving corporate governance and financial systems



計劃目標

1. 於合適的服務及活動注入4H*元素，為有生活模式轉變的人士#提升生活質素
2. 善用科技、提升及展現服務效益及效率
3. 建立人才發展，加強歸屬感，建立高效團隊
4. 建立知識系統，承傳服務經驗
5. 推廣「傷健共融」理念，延伸至「多元共融」成為業界社區友善模範
6. 完善制度，服務穩步向上發展
7. 建立機構聲譽

Objectives

1. Incorporate 4H* elements into suitable services and activities to enhance the quality of life for individuals# undergoing lifestyle changes
2. Utilize technology effectively to enhance and demonstrate service efficiency and effectiveness
3. Develop talent, strengthen a sense of belonging, and build efficient teams
4. Establish a knowledge system to pass on service experiences
5. Promote the concept of “PHAB intergration”, extending towards “societal integration” to become a role model among the industry in creation of a friendly community
6. Improve systems for steady advancement in services
7. Build organization’s reputation

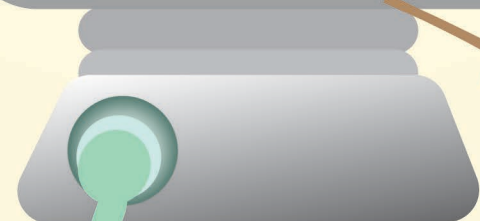
使命 Mission

以「傷健共融」為本，延伸至「多元共融」推動社區友善，切合社會需要及公共政策發展。

Based on the “PHAB Integration” concept, to promote community-friendly and extend to integration in different aspects, while match with societal needs and the development of public policies.



 香港傷健協會
Hong Kong PHAB Association



*4H代表保持健康(Health)、建立習慣(Habit)、發展嗜好(Hobby)、促進和諧(Harmony)

*4H represents Health, Habit, Hobby and Harmony.

#包括傷殘人士在不同人生階段、新傷殘人士、新退休人士等

#Including persons with newly acquired disabilities, new retirees and persons with disabilities entering various life stages.

2023-2026 機構策略計劃

2023-2026 Strategic Plan

隨著上一個 5 年策略計劃順利結出果子，協會新一個策略計劃於 2023 年隨之展開。經過 3 次管理人員會議，與外間顧問團隊於退修會討論，及後再獲董事會通過支持後，協會於 2023 年 7 月正式啟動為期 3 年的策略計劃，旨在推動「傷健共融」並進一步延伸至「多元共融」，以切合社會需求和公共政策發展，建設一個和諧友善的社區。該計劃共包括 6 個策略：

- 策略一：在服務和活動中注入 4H
- 策略二：在運作及行政層面善用科技
- 策略三：建立人才培育機制
- 策略四：建立知識管理系統
- 策略五：增加對外交流與合作，推廣共融理念
- 策略六：完善機構管治及財務制度

為使員工能清晰明白協會未來 3 年的發展方向，各單位主管於行常會議向團隊介紹之外，協會亦善用會內的溝通渠道，由機構傳訊及發展科及傷健學院分別以圖像方式將策略計劃設計成宣傳品以助員工了解，亦會於新入職員工導向中向新入職員工講解計劃。為了將策略計劃由概念落實於服務當中，協會跨單位委派前線同事參與，連同單位主管組成各策略計劃的工作小組，務求協會能夠上下一心將計劃按步達成。

首 3 項策略計劃已於 2023 年 7 月全面展開，策略計劃四至五則預計於 2024 年度第三季陸續開展。協會致力於透過這些策略，實現其促進社會多元共融的使命，並將在未來 3 年內取得顯著成果。

With the successful culmination of the previous five-year strategic plan, the Association launched its new strategic plan in 2023. After discussing in three management meetings and with an external consulting team during staff retreat camp, and with subsequent approval from the Board, the Association officially initiated a 3-year strategic plan in July 2023. This plan aims to promote PHAB integration and extend to multi-faceted integration, meeting society's needs, aligning with public policy development and building a harmonious and inclusive community. The plan includes six strategies:

1. Incorporating the 4H elements into services and activities
2. Leveraging technology in operations and administration
3. Establishing a talent development mechanism
4. Building a knowledge management system
5. Increasing external exchange and collaboration to promote the concept of inclusion
6. Improving corporate governance and financial systems

To ensure all staff of the Association clearly understand the development direction for the next 3 years, in addition to having unit supervisors introduce the plan to their teams during regular meetings, the Association also effectively utilizes internal communication channels. The Corporate Communication and Development Section and PHAB Institute have created promotional materials in visual formats to help employees understand the strategic plan. Furthermore, the plan will be explained to new employees during their orientation. To translate the strategic plan from concept into practice within service units, the Association has appointed frontline staff, along with unit supervisors, to form working groups for each strategy, aiming for unified efforts across the Association to achieve our plan.

The first three strategies were fully launched in July 2023, while strategies four and five are expected to roll out in the third quarter of 2024. Through these strategies, the Association is committed to achieving significant results within the next three years and fulfilling its mission of promoting diversity and inclusion in society.

2023-24 年成果分享

策略計劃 (一)：在服務和活動中注入 4H 元素

策略一的目標是通過推廣包括保持健康（Health）、建立習慣（Habit）、發展嗜好（Hobby）和促進和諧（Harmony）四個元素的 4H 生活改變模式，協助服務對象和員工迎接人生階段的轉變，並提升他們的整體生活質量。本年度策略一工作小組推行了以下措施：



1. 透過網上和實體問卷了解協會員工的生活習慣和對該策略的期望，以調節策略的方向。
2. 透過不同渠道向協會員工講解 4H 概念和重要性，鼓勵員工應用 4H 概念於生活中。
3. 年內工作小組舉辦了不同的減壓工作坊，紓緩員工的身體痛症與睡眠問題等困擾，並透過節日活動喚起同事對飲食健康的關注。
4. 鼓勵協會員工在經歷 4H 生活改變模式的改變，將經驗和理念實踐於服務和活動中，與會員一同提升健康狀況。預計協會將會陸續推出不同 4H 主題的活動和服務。

Achievements in 2023-24

Strategy (1): Incorporating the 4H Elements into Services and Activities

The goal of Strategy 1 is to assist service users and employees in embracing life transitions by promoting the 4H life-change model, which includes the four elements of Health, Habit, Hobby, and Harmony, in order to enhance their overall quality of life. This year, the working group for strategy 1 implemented the following measures:

健康 Health
習慣 Habit
興趣 Hobby
和諧 Harmony

1. Conducted online and physical surveys to understand the lifestyle habits of Association staff and their expectations for the strategy, in order to adjust its direction.
2. Explained the concept and importance of 4H to staff through various channels, encouraging them to apply the 4H principles in their daily lives.
3. Organized various stress relief workshops throughout the year to alleviate staff's physical pain and sleep issues, and raised awareness among colleagues about healthy eating through festive activities.
4. Encouraged employees to share their experiences and apply the principles of the 4H life-change model in services and activities, working together with members to improve health outcomes. The Association plans to gradually introduce various 4H-themed activities and services.

**策略計劃 (二)：在運作及行政層面善用科技，
提升及展現服務效益及效率**

社會服務需求持續增加，協會亦須相應提升行政效率及優化行政管理，以配合服務的推展提供適切的支援，亦同時回應社會永續經營的大趨勢。本年度策略二工作小組推行了以下措施：

1. 為落實逐步推行無紙化作業流程，年內開展電子文件管理系統計劃，將永續經營概念融入日常服務運作中，實現節能減碳之綠色社會責任。
2. 全面應用電子考勤打卡系統，簡化員工簽到及簽退的流程，輕鬆管理員工值班記錄，減省人力資源行政工作。
3. 協會已計劃於 2024 年起積極籌備更換現有活動收據、採購、會員登記、人力資源等系統，以配合及支援協會服務及無紙化的發展。
4. 開發全新「義工電子登記系統」，取代及優化現有管理流程，預期於 2024 年第二季起正式使用。
5. 為鼓勵和推動支付生態多元化，協會各服務單位均設置了電子支付終端機，供大型籌款活動及單位恆常服務中使用，同時鼓勵服務單位推行無現金支付，減省現金交易之人力成本，以便利交易和提升經濟活動效率。
6. 本年度工作小組加強內部實用軟件應用培訓，讓員工能透過實體培訓及線上學習平台持續進修。

Strategy (2): Leveraging Technology in Operations and Administration to Enhance and Demonstrate Service Efficiency and Effectiveness

As the demand for social services continues to grow, the Association must enhance administrative efficiency and optimize management to provide better support for service expansion while aligning with the broader trend of sustainable operation in society. This year, the Strategic 2 working group implemented the following measures:

1. To gradually establish a paperless workflow, the Association launched an electronic document management system project, integrating Environmental, Social, and Governance(ESG) sustainability concepts into daily service operations to fulfil its green social responsibility of energy saving and carbon reduction.
2. The comprehensive application of an electronic attendance system simplified the process of employee clock-in and clock-out, making it easier to manage staff duty records and reducing human resources administrative work.
3. The Association also plans to actively prepare to replace existing systems for activity receipts, procurement, membership registration, and human resources starting in 2024, to support its services and the transition to a paperless environment.
4. A new "Volunteer Electronic Registration System" is being developed to replace and optimize existing management processes, with the official launch expected in the second quarter of 2024.
5. To encourage and promote a diversified payment ecosystem, all service units have set up electronic payment terminals for use in large fundraising events and regular services, while also encouraging units to implement cashless payments to reduce the labour costs associated with cash transactions, facilitating transactions and enhancing economic activity efficiency.
6. This year, the working group strengthened training on the application of internal practical software, allowing employees to continue their education through in-person training and online learning platforms.



新入職導向活動讓新同工認識協會服務理念、工作守則和建立團隊精神。
The orientation activities for new employees help them understand the Association's vision and mission, code of conduct, and foster team spirit.



聖誕前夕向職員派發健康零食包
Healthy snack packs were distributed to staff before Christmas

策略計劃 (三)：建立培育人才機制，加強歸屬感，建立高效團隊

員工是協會的核心資源，他們的培育對於提供卓越服務、穩健地滿足社群需求至關重要。過去一年，策略三工作小組實施了以下的培訓措施：

1. 成立種子基金「點子有錢 FUND」，鼓勵同工發揮創意，提出全新服務理念，並提供資源於單位中實踐構想。
2. 審視並加強新入職導向培訓內容，確保新同工深刻理解協會「多元共融」的理念和協會方針，培養良好的工作習慣，鼓勵科技應用，並增進對協會的認識。
3. 重檢協會「職員培訓政策」，增加培訓津貼額度，簡化批核流程，鼓勵同工持續學習進修。
4. 鼓勵同工參與外界短期管理人員課程，培養第二梯隊。
5. 建立協會內部培訓人才庫，由有經驗的協會同工主持實務工作培訓活動，促進會內職員之間的知識及經驗分享。
6. 建立義工支援系統、培訓職員善用義工及舉辦義工交流活動，以促進服務持續發展。

Strategy (3): Establishing a Talent Development Mechanism to Enhance a Sense of Belonging and Build a High-performance Team

Employees are the core resource of the Association, and their development is crucial for providing excellent services and meeting community needs steadily. Over the past year, the Strategy (3) working group implemented the following training measures:

1. Established a seed fund "Startup Fund Project" to encourage colleagues to be creative, propose new service concepts, and provide resources to implement ideas within their services.
2. Reviewed and enhanced the onboarding training content for new colleagues, ensuring new staff understand the Association's concept of "diverse inclusivity" and operation guidelines, cultivating good work habits, encouraging technology application, and increasing understanding of the Association.
3. Revisited the Association's "Staff Training Policy," increasing the training subsidy and simplifying the approval process to encourage continuous learning and development.
4. Encouraged colleagues to participate in external short-term management courses to cultivate the second echelon.
5. Created an internal training talent pool, where colleagues with more experience conduct practical work training activities, promoting knowledge and experience sharing among staff.
6. Established volunteer support system, training staff to effectively utilize volunteers and organizing volunteer exchange activities to promote the ongoing development of services.

年度重點 Highlights of the year



重點活動

Major Events



全年照顧者支援活動

近年來，照顧者支援逐漸成為大眾關注的焦點。協會自十多年前便開始持續提供照顧者支援的服務，並響應由社會服務聯會發起每年 10 月的「照顧者月」活動。本年度更進一步，協會舉辦一連串活動，旨在提升大眾對照顧者的關注，並鼓勵照顧者注重自身的身心健康。

本年度協會除了舉辦過百次照顧者茶座活動，讓更多傷殘人士照顧者透過輕鬆、自癒的手法，在疲於奔命的照顧路上尋回自己，結識同路人互相扶持，亦於 2023 年 9 月推出一連 4 集《心「照」情話廣播站》，由電台主持分別訪問癌症患者照顧者、認知障礙症患者照顧者、本身亦為傷殘人士的照顧

Year-round Carer Support Activities

In recent years, carer support has gradually become a focal point of public attention. For over 10 years, the Association has provided ongoing carers support services and actively participated in the “Carer Month” campaign each October by the Hong Kong Council of Social Service. This year, the Association took an additional step by organizing a series of activities throughout the year to raise public awareness about carers and to encourage carers to prioritize their own well-being.

Throughout the year, the Association held over 100 “Carer Cafés” events, offering carers of persons with disabilities a chance to reconnect with themselves through relaxed and self-healing activities amidst the demanding journey of caregiving, and meet other carers for mutual support. In September 2023, the Association launched a four-episode series of videos titled “Heartfelt Words for Carers -



照顧者茶座分享會
Carer Café Sharing Session

者，以及有特殊教育需要的子女照顧者的經歷，亦透過社區人士的打氣話語，表揚照顧者的貢獻，鼓勵同路人互相支持。

協會響應 10 月「照顧者月」於各區舉辦一系列活動，藉此讓照顧者好好放鬆身心，紓緩壓力。活動包括由情融坊家長資源中心舉辦的「排寒刮痧工作坊」，讓照顧者們學會了實用的穴位刮痧技巧，讓自己精神放鬆之餘，也可讓家人受惠；照顧者專線服務聯同香港紅十字會瑪嘉烈戴麟趾學校、離島婦聯及第二人生創生舍於 10 月合辦「照顧者輕鬆日」，讓一眾照顧者於繁重的照顧工作中抽空喘息，親親大自然；赤柱石澳長者鄰舍中心為照顧者及受顧長者舉辦「護老者新式運動體驗」，由義務專職導師教授地壺，讓照顧者可以暫時放下照顧重擔，與受顧長者一起學習及體驗新式運動帶來的樂趣，增加彼此互動及溝通等等。

協會亦於 2024 年 3 月 16 及 17 日於啟德 AIRSIDE 舉辦《顧·事》照顧者藝術展覽，以視覺藝術配合互動及感官元素，展出和諧粉彩、平面繪畫及立體創作等超過 30 件藝術品，為參觀者細說作品背後的「顧」事。照顧者透過是次展覽表達在照顧歷程中的感受，藉此讓社區人士關注照顧者的精神健康。

Broadcasting Station”. This series featured interviews with carers of cancer patients, carers of persons with dementia, carers with disabilities, and carers of children with special educational needs, highlighting their experiences. The programmes also included encouraging messages from community members to recognise the contributions of carers and to encourage mutual support among themselves.

During “Carers’ Month” in October, the Association held events in different districts to help carers relax and relieve stress. The Family Hub Parents/Relatives Resource Centre hosted a scraping workshop, teaching practical techniques to help carers unwind and benefit their family members. The Care for the Carers, in collaboration with the Hong Kong Red Cross Margaret Trench School, OIWA, and 2ndlifeco-orp, organised Carers Fun Day, giving carers a break from their demanding roles and a chance to connect with nature. Meanwhile, the Stanley/Shek O Neighbourhood Elderly Centre hosted the “Innovative Exercise Workshop for Elderly Carers”, where volunteer instructors introduced floor curling to carers. This allowed carers to enjoy a new activity while spending quality time with the elderly care recipients, fostering interaction and communication.

On 16-17 March 2024, the Association held the “‘StoryC’ Art Exhibition by Carers” at AIRSIDE in Kai Tak, showcasing over 30 artworks, including pastel Nagomi art, 2D paintings, and 3D creations. The exhibition used visual art and interactive sensory elements to share the caregiving stories behind the pieces, raising public awareness of carers’ mental health.



協會於本年度再次舉行「快樂共融義工嘉許禮」，讓一眾義工獲得支持和肯定他們的貢獻。
The Association held the "Volunteer Awarding Ceremony" in March 2024, allowing volunteers to receive support and recognition for their contributions.

【快樂共融義工嘉許禮】感謝攜手行善 齊做義工「細」心

義工發展一直是協會發展的重要一環。事隔數年的疫情，協會於本年度再次舉行「快樂共融義工嘉許禮」，本年度主題為「由細做起，細心專一」，喻意每位義工的力量都十分重要，只要願意從「細」做起，以細心、專一的服務精神，人人都可以成為別人眼中的世一。嘉許禮除了邀得協會主席、董事及委員會委員，以及近 200 位義工代表出席，更有義務工作發展局前總幹事及現任特別顧問鍾媛梵女士分享推動義務工作的心得，讓一眾義工獲得支持和肯定他們的貢獻。

協會於 2023 年的義工服務總時數超過 15,500 小時，並有超過 900 人參與義工服務。協會將繼續與各愛心團體、企業伙伴及義工們同心協力，一同熱心公益、服務社群，推動共融香港。

除服務及活動外，協會本年度亦舉辦了多次義工交流活動，讓不同服務義工之間能夠有跨單位、跨範疇的交流機會，分享義工經驗和自己所長，啟發彼此並互相鼓勵；而配合協會的義工發展，協會於 2024 年推出了全新的數碼義工資料庫，同時重整了各項義工登記程序，為未來的發展作好準備。

[Volunteer Awarding Ceremony] Gratitude for Volunteer "Champions" Working Together in Service

Volunteer development is an essential part of the Association's work. After several years of pandemic disruptions, the Association held the "Volunteer Awarding Ceremony" in March 2024, themed "Starting Small, Caring and Dedicated". This theme emphasises that every volunteer's contribution matters, and through small actions, care, and dedication, anyone can become a champion in the eyes of others. The ceremony was attended by the Association's Chairman, Directors, Committee members, and nearly 200 volunteer representatives. Ms Chung Woon Fan, Flora, former Chief Executive Officer and current Special Advisor of the Agency for Volunteer Service, was also invited to share insights on promoting volunteer work.

In 2023, volunteers of the Association contributed over 15,500 service hours, with more than 900 individuals participating in various volunteer activities. The Association will continue working closely with charitable organisations, corporate partners, and volunteers to foster inclusion and serve the community, promoting an inclusive Hong Kong.

Apart from services and activities, the Association also organised several volunteer exchange events this year. These events provided opportunities for volunteers from different services to interact across units, sharing volunteer experiences and expertise to inspire and encourage each other. In line with volunteer development, the Association introduced a new digital volunteer database in 2024 and reorganised volunteer registration procedures to prepare for future developments.

持續推廣數健球運動

協會在滙豐香港社區夥伴計劃資助下，於 2021 年推出原創新興運動「數健球」，推廣傷健共融及健康生活，讓不同人士都能夠在有限空間下仍可鬥智鬥力、老少咸宜地進行共融交流，同時藉此新興運動，鼓勵不同年齡和能力人士，包括兒童、青少年、長者、傷殘人士及智障人士，不論在室內室外都能保持運動的習慣，保持身心靈的健康。

協會本年度共舉行了兩次數健球公開賽，共吸引超過 60 隊隊伍、逾 150 人參與比賽，氣氛十分熱鬧。比賽各隊以小組形式對戰，讓不同年紀、不同身體狀況的人士都能同場競技，不分老幼傷健樂也融融，場面十分和諧。2023 年 7 月，協會亦獲香港殘疾人奧委會邀請，於體院舉行的香港殘疾運動體驗日－「香港殘奧日 2023」中開設數健球運動體驗攤位，讓超過 400 多人認識數健球運動。

Continuing the Promotion of PHAB Ball

With support from the HSBC Hong Kong Community Partnership Programme, the Association launched the newly emerged sport "PHAB Ball" in 2021 to promote inclusion and healthy living. This sport allows people of all abilities to engage in physical and mental competition in limited spaces, fostering inclusive interactions for all ages. PHAB Ball encourages individuals of different ages and abilities, including children, youth, elderly persons, persons with disabilities, and persons with intellectual disabilities, to stay active indoors or outdoors, promoting physical and mental wellness.

This year, the Association hosted two PHAB Ball open competitions, attracting over 60 teams and more than 150 persons to join. The atmosphere was lively, with teams competing in group matches, allowing people of all ages and abilities to play together, fostering harmony and inclusion. In July 2023, the Association was also invited by the Hong Kong Paralympic Committee to set up a PHAB Ball experience booth on "Hong Kong Paralympic Day 2023", at the Hong Kong Sports Institute, introducing the sport to over 400 persons.



逾 150 人參與協會原創新興運動「數健球」比賽，讓不同年紀、不同身體狀況的人士同場競技，樂也融融外，同時推廣傷健共融及健康生活理念。

Over 150 people participated in the Association's original emerging sport, "PHAB Ball," allowing persons of different ages and physical conditions to compete together. This event not only fostered a joyful atmosphere but also promoted inclusivity for persons with and without disabilities and the concept of healthy living.

服務新里程

Service Milestones of the Year



數碼諮詢站內，坪洲義工以小組或 1 對 1 方式支援長者使用平板電腦。
Peng Chau volunteers support the elderly in using tablets through group sessions or one-on-one assistance at the digital consultation station.

賽馬會「與耆同絡」長者平板電腦及線上支援計劃

承蒙「香港賽馬會慈善信託基金」的支持，協會兩間長者中心於 2023 年 9 月 1 日展開為期兩年的「賽馬會『與耆同絡』長者平板電腦及線上支援計劃」。該計劃專為坪洲、南丫島、赤柱、大浪灣及石澳 60 歲以上的長者而設，向每名參加者提供一部平板電腦及每月 15GB 數據的上網配額。

計劃的內容不僅包括學習使用平板電腦，還通過線上課堂教導長者使用常用應用程式，如 HA GO、醫健通、九巴 / 城巴等。同時，每月會安排 12 節運動課堂，讓長者即使在雨天也能在家輕鬆鍛鍊身體。此外，計劃還會舉辦認知障礙症講座、健康講座和互動遊戲等，幫助改善長者的認知及社交健康，提升他們的生活質素。

計劃推行短短半年，兩所中心已成功招募超過 230 位長者參與此計劃，共舉辦約 250 節實體及線上活動，服務近 3,500 人次。中心期望藉此計劃，鼓勵長者學習及運用數碼科技，與社會保持緊密聯繫，活出豐盛的晚年生活。

Jockey Club Digital Tablet and Online Support Programme for Homebound Elderly

With the support of the Hong Kong Jockey Club Charities Trust, both of the two elderly centres of the Association launched the two-year "Jockey Club Digital Tablet and Online Support Programme for Homebound Elderly" on 1 September 2023. This programme is designed for individuals aged 60 and above residing in Peng Chau, Lamma Island, Stanley, Big Wave Bay, and Shek O. Each participant receives a tablet along with a monthly internet allowance of 15GB.

The program not only teaches participants how to use the tablets but also offers online classes on popular applications such as HA GO, eHealth, and KMB/Citybus. Additionally, it features 12 exercise classes each month, enabling elderly individuals to stay active at home, even on rainy days. Furthermore, the programme includes various interactive games sections, lectures and training sessions on health and dementia etc, aimed at enhancing participants' health, cognition, and social interaction, ultimately improving their quality of life.

In just six months since the launch of the program, the two centers have successfully enrolled over 230 elderly participants and conducted approximately 250 physical and online activities, attracting a total attendance of around 3,500. Through this programme, the centres aspire to empower elderly individuals to embrace digital technology, maintain strong connections with society, and lead fulfilling lives in their later years.

「赤石情常在：鄉郊地區支援計劃」

「赤石情常在：鄉郊地區支援計劃」於 2024 年 1 月 1 日正式啟動。該計劃由民政及青年事務局社區投資共享基金資助，為期三年，服務範圍包括赤柱、石澳和大浪灣等鄉郊地區。計劃旨在通過義工網絡和社區協作，關懷鄉郊地區的居民，營造和諧共融的社區氛圍。

計劃成立「赤石關愛同盟」，目前已經匯聚 11 個來自區內外的團體組成聯盟。同時，計劃亦邀請超過 70 名熱心義工擔任不同角色，包括區長、樂玩大使、「樂健大使」及導賞員，共同推動區內的關愛文化。此外，計劃透過「赤石愛心商戶」計劃，鼓勵當地商戶參與社區服務。商戶們通過各種方式，如提供優惠、協助推廣服務、參與義工活動等，積極參與到關愛社區的行動中。中心也組織了「赤石社區義工團」，為有需要居民提供各種支援服務和活動，包括生活輔助、健康指導、社交活動等。

該計劃的主要目標是透過建立強大的義工網絡和促進社區協作，提升鄉郊地區居民的生活質素。中心希望藉此計劃，加強區內外團體的連繫，如鄉委會，關愛隊，地區團體等，推動社區內部的互助與關懷，讓每位居民都能感受到社區的溫暖和支持。



家居維修義工為受雨災影響的石澳居民修補屋頂。
Home repair volunteers fixed the roof for Shek O residents affected by the rainstorm

Harmony Life in Stanley/Shek O: Rural Area Support and Networking Project

The Harmony Life in Stanley/Shek O: Rural Area Support and Networking Project officially launched on 1 January 2024. Funded by the Community Investment and Inclusion Fund of the Home and Youth Affairs Bureau, this three-year programme serves rural areas including Stanley, Shek O, and Big Wave Bay. The programme aims to care for rural residents and create a harmonious and inclusive atmosphere in the community through the collaboration between a volunteer network and the neighbourhoods.

The programme has established the "Stanley/Shek O Caring Alliance," which comprises 11 groups from both within and outside the neighbourhoods. It has successfully recruited over 70 enthusiastic volunteers to take on various roles, including Community Captains, Recreational Ambassadors, Wellness Ambassadors, and Tour Guides, all aimed at fostering a culture of care within the community. Additionally, through the Stanley/Shek O Caring Shop initiative, local businesses are encouraged to engage in community service. These businesses actively participate by offering discounts, promoting services, and taking part in volunteer activities. The centre also formed the Stanley/Shek O Community Volunteer Group to provide essential support services for residents in need, including life assistance, health guidance, and social activities.

The primary goal of this programme is to enhance the quality of life for residents in rural areas by building a robust volunteer network and fostering community collaboration. The centre aims to strengthen connections among groups both within and outside the community, foster mutual support and care within the neighbourhood, and ensure that every resident experiences the support of the community.



「赤石情常在」區長舉辦上門關懷探訪長者。
The Community Captain of the Harmony Life in Stanley/Shek O provided home visits to care for elderly persons.

傷健共融理念推廣

Promotion of PHAB Integration



與本港不同機構及大專院校建立良好合作關係，為他們提供專業講課及培訓
Establishing partnerships with various local organisations and tertiary institutions and providing them with professional lectures and training.

傷健共融漸成社會的主流價值，作為推動傷健共融逾 50 載的機構，我們除了繼續透過活動及公眾教育提倡傷殘人士及健全人士間的權利與平等，更致力將共融理念融入至恆常服務當中，心靈及設施無障礙成為所有服務的核心價值，將共融理念透過服務連繫至社區，齊建共融友善社區。

The integration of persons with and without disabilities has become a mainstream value in Hong Kong society. As an organization which has been promoting this concept over 50 years, we continue to advocate for the rights and equality of individuals with and without disabilities through activities and public education. We are also committed to incorporating the integration concept into our regular services so that accessibility, both physically and spiritually, will be the core value of all our services. Through the provision of these services in the community, we aim to build an inclusive and friendly community.

教育及培訓課程

推動共融教育是一個要不斷努力學習和更新的過程。我們著重於深耕細作，透過專業又貼近大眾的公眾教育來推廣傷健共融。傷健學院及無障礙體驗學習組致力於為本港的中小學、大專院校、政府機構及企業提供教育和培訓課程。在過去一年中，我們共向超過 120 所中小學提供了「共融教育」活動，舉辦了 200 多場講座和體驗活動，共有逾 28,000 人次參與了我們的公眾教育活動。無障礙體驗學習組也繼續為本港的專上學院提供專業培訓，不僅為不同學系提供了體驗式活動，更成為了大專院校的教學夥伴，提供符合學分要求的課程。

除了傳統的教學方式外，傷健學院也利用學院的 YouTube 頻道，將專業的內容以有趣的方式呈現，向全球華人提供充滿知識的傷健共融影片。截至目前，我們的頻道已有超過 1,200 位訂閱者，提供了 300 多條影片。

Education and Training Programmes for Schools

Inclusive education is a continuous process of learning and renewal. We emphasise in-depth, professional, and accessible public education to promote PHAB integration. Our PHAB Institute and the Barrier-free Access Experiential Learning Unit are dedicated to providing educational and training programmes for primary and secondary schools, tertiary institutions, government departments, and corporates in Hong Kong. In the past year, we conducted “Inclusive Education” activities in over 120 primary and secondary schools, held 200 lectures and experiential activities, and engaged over 28,000 participants in these public education activities. The Barrier-Free Access Experiential Learning Unit also continued its partnership with tertiary institutions in Hong Kong, providing students with professional training, experiential activities, and courses that fulfil university credit requirements.

Besides talks and seminars, PHAB Institute creates informative and engaging videos on its YouTube channel to promote PHAB integration to Chinese-speaking audiences worldwide. As of now, the channel has over 1,200 subscribers and more than 300 videos.



透過體驗活動，讓健全人士明白設施及共融平等的心態對傷殘人士的正面影響
Through experiential activities, persons without disabilities understood how facilities and an inclusive and equality mindset could have a positive impact on persons with disabilities

無障礙體驗學習組致力於為各行各業、政府部門及公營機構提供培訓工作坊，以協助機構員工掌握無障礙服務的技巧。這些工作坊涵蓋了如何與不同需要人士進行溝通及接待的技巧，旨在提升員工對無障礙服務的理解和應用能力，過去曾合作的機構包括香港郵政、香港迪士尼、香港海洋公園、香港置地等等。

在過去的一年，學習組進一步擴展了其服務範圍，開展了無障礙設計顧問工作。我們為眾多機構提供了無障礙顧問服務，當中包括香港賽馬會及南豐集團等企業。服務不但覆蓋專業培訓，還涵蓋了審視設計圖則預設的無障礙設施位置以及工程期間的設施選料評估等，旨在確保建築物在設計階段已充分考慮和規劃了無障礙設施，從而為所有人提供更加便利和友善的使用環境。

Promoting Accessibility through Sustainable Professional Consultation and Training

The Barrier-free Access Experiential Learning Unit is committed to organizing training workshops for various industries, government departments, and public institutions to help staff develop accessibility service skills. These workshops aim to enhance employees' understanding and application of accessibility services by teaching them communication and reception techniques for interacting with individuals with different needs. Past collaborating organizations include Hong-kong Post, Hong Kong Disneyland, Ocean Park Hong Kong, and Hongkong Land.

In the past year, the Unit has expanded its services to include barrier-free facility consulting. We have provided these consulting services to numerous organizations, including the Hong Kong Jockey Club and Nan Fung Group. These services include professional training, reviews of the predetermined locations of accessibility facilities in design drawings, and evaluations of material selection during construction. This ensures that buildings fully consider and plan for accessibility at the design stage, providing a more convenient and friendly environment for everyone.



傷健學院每年為澳門政府舉行「聯合國殘疾人權利公約」培訓

Every year, PHAB Institute conducts the "United Nations Convention on the Rights of Persons with Disabilities" training for the Macau government.

傷健學院在本年度持續與不同的大專院校合作，進行與「傷健共融」相關的研究。在這段時間裡，我們共安排了 8 個學術研究，包括訪談和問卷調查，以深入了解相關議題。

配合聯合國《殘疾人權利公約》提倡的殘疾人士「自主自立」原則，傷健學院今年也推行了「行動不便長者及肢體傷殘人士購買服飾」的調查。透過這項調查，我們搜集了行動不便長者及肢體傷殘人士在購買服飾時面臨的實際情況，以提供更好的支援和解決方案。

此外，傷健學院在過去一年繼續參與不同公營設施的諮詢研究。我們積極參與了運輸署低地台小巴以及港鐵「關愛共乘」應用程式的設計諮詢，推動無障礙環境及友善社區的概念，以更好地照顧每個人的需求。



傷健學院經理及培訓導師與港鐵合作推廣無障礙出行，接受報章及電台訪問，分享試用港鐵「關愛共乘」應用程式新功能的體驗，以及無障礙交通資訊對傷殘人士自主出行的重要性。

PHAB Institute manager and training instructors collaborated with MTR to promote accessible travel. They participated in interviews with newspapers and radio stations to share their experiences using the new features of the MTR "Care Ride" app and to discuss the importance of accessible transportation information for the independence of persons with disabilities

Research and Experiences Sharing on PHAB Integration

During the year, PHAB Institute collaborated with various tertiary institutions on research studies related to "PHAB Integration". During this period, PHAB Institute conducted 8 academic studies, including interviews and surveys, to gain an in-depth understanding of related issues.

In response to the United Nations Convention on Rights of Persons with Disabilities' principle of "autonomy and independence", PHAB Institute conducted a survey on "Purchasing Clothing for Elderly with Mobility Difficulties and Persons with Physical Disabilities". Through this survey, we gathered information on the challenges these individuals face when buying clothing in real life, allowing us to offer better support and solutions.

PHAB Institute also participated in consultation and research projects involving different public facilities. We were actively involved in the Transport Department's low-floor minibus and MTR "MTR•Care" App design consultation, promoting a barrier-free environment and advocating for a friendly community that meets everyone's needs.

傷殘人士友善政策制定

作為傷健共融的推動者，協會樂意聘任傷殘人士，並積極推行多項友善政策及措施，以共建和諧的工作環境，為傷殘人士提供更多就業機會。這些措施包括：公平及公開招聘傷殘人士；適度調適工作崗位內容以符合傷殘員工的需求和能力；按照傷殘員工的優勢來安排工作；提供無障礙工作環境等。

傷健學院透過參與不同政府部門及政策會議，如運輸署的「殘疾人士使用公共交通工具工作小組會議」及聯合國《殘疾人權利公約》監察及推廣委員會等，積極參與政策制定和倡導工作。此外，傷健學院在過去一年持續參與不同政府部門的諮詢研究，如參與運輸署低地台小巴設計諮詢，推動無障礙環境及友善社區的概念，以照顧每個人的需求。

傷健學院積極參與不同政府部門及政策會議，如運輸署的「殘疾人士使用公共交通工具工作小組會議」及聯合國《殘疾人權利公約》監察及推廣委員會等，積極參與政策制定和倡導工作。此外，傷健學院在過去一年持續參與不同政府部門的諮詢研究，如參與運輸署低地台小巴設計諮詢，推動無障礙環境及友善社區的概念，以照顧每個人的需求。

參與會議列表：

港鐵「港鐵聯絡會議（肢體傷殘及聽障人士部分）」
運輸署「殘疾人士使用公共交通工具工作小組會議」
運輸署「的士服務質素委員會」
運輸署「冠忠無障礙用戶諮詢小組會議」
運輸署「冠忠無障礙復康巴士委員會會議」
香港社會服務聯會「聯合國《殘疾人權利公約》監察及推廣委員會會議」

Participated meetings:

MTR "MTR Liaison Meeting (Section for Persons with Hearing Impairment and Physical Disability)"
Transport Department "Meeting of the Working Group on Access to Public Transport by People with Disabilities"
Transport Department "Committee on Taxi Service Quality"
Transport Department "Kwoon Chung Inclusive Users' Liaison Group"
Transport Department "Meeting of the Kwoon Chung Inclusive Rehabus Management Committee"
Hong Kong Council of Social Service "Meeting of the Committee on Monitoring and Promotion of the United Nations Convention on the Rights of Persons with Disabilities"

Development of disability-friendly policy

As an advocate of PHAB integration, the Association is pleased to employ persons with disabilities and actively implement various disability-friendly policies and measures to create a harmonious work environment and provide more employment opportunities for persons with disabilities. These measures include fair and open recruitment of persons with disabilities, appropriate adjustments to the scope of work to meet the needs and abilities of employees with disabilities, job assignments based on their strengths, and the provision of an accessible work environment.

Through attending various meetings with government departments and policy meetings, such as the "Working Group on Access to Public Transport by People with Disabilities" of the Transport Department and the Committee on Monitoring and Promotion of the United Nations Convention on the Rights of Persons with Disabilities, PHAB Institute actively participates in policymaking and advocacy. PHAB Institute also continued its involvement in various government departments' consultations and research over the past year, such as the Transport Department's low-floor minibus Design consultation, promoting a barrier-free environment and the concept of a friendly community to cater for the holistic needs of everyone.



學院員工與不同傳媒機構合作，如接受訪問及拍攝特輯，透過大眾媒介將共融理念傳遞給更多人。
By getting interviewed and featured, the staff of the Institute worked with media organizations to convey the concept of integration to more people through mass media



無障礙體驗學習組為本港不同企業提供專業培訓，協助企業員工掌握無障礙服務的技巧
The Barrier-free Access Experiential Learning Unit provided professional training to various local enterprises, assisting their employees in mastering accessibility service skills.



傷健學院與不同機構及團體建立良好合作網絡，學院員工受邀擔任 2023 年國際復康日慶祝典禮司儀
The Institute has a well-established network with different organizations and groups. Thus, our staff was invited to host the celebration for the 2023 International Day of Persons with Disabilities.

「傷健共融」理念延伸

推動共融逾 50 載，協會希望將「傷健共融」理念融入到香港市民的生活當中，將共融化成行動，並以以下策略進一步延伸至多元共融，從而締造全面友善及和諧的社區。

- 大眾化的資訊推廣：傷健學院希望透過網絡平台，潛移默化將共融精神傳播予大眾。學院的 YouTube 「傷健學院頻道」已有超過 300 條影片，並藉此讓公眾從新鮮角度認識傷健共融。而學院的 Facebook 專頁更會每天更新資訊，每天 1 篇發文，向大眾宣揚傷健共融的資訊。
- 讓服務使用者帶領服務：傷健學院遵循著聯合國《殘疾人權利公約》的精神，堅守著其中「自主自立」的理念，因此致力於培訓服務使用者成為學院的培訓導師，讓他們成為推廣共融理念的專家。
- 從「無障礙」走向「通用設計」：無障礙設施的確方便了傷殘人士的出入，但其設計理念仍然停留在「類別化」的層面。因此，在過去一年，學院向大專院校的師生們推廣「通用設計」的概念，旨在實踐「全人」的設計理念。
- 關愛共融：透過各種不同的培訓和教育工作，傷健學院將「傷健共融」的理念延伸至「長幼共融」、「跨代共融」以及「家庭間共融」，促進鄰里間的守望相助氛圍，建立一個共融友善的社會。

Extension of the PHAB Concept

Having promoted PHAB integration for over 50 years, the Association hopes to use the following strategy infuse the PHAB concept into the lives of everyone, transform inclusion into action, and extend it further to a multi-faceted form of societal integration, creating a truly friendly and harmonious community.

- Extensive and Informative Promotion: PHAB Institute aims to subtly spread the PHAB integration concept to the public through online platforms. The PHAB Institute YouTube Channel has over 300 videos, offering the public a fresh perspective on PHAB integration. The Institute's Facebook page is also updated daily, publishing one post a day to provide information on PHAB integration to the public.
- Service Users Leading Services: In line with the United Nations Convention on the Rights of Persons with Disabilities' principle of "autonomy and independence", PHAB Institute is committed to training service users to become training instructors at the Institute, making them experts in promoting the concept of inclusion.
- From "Barrier Free" to "Universal Design": While barrier-free facilities certainly bring convenience to persons with disabilities, this design concept remains at the "categorisation" level. Therefore, over the past year, the Institute has promoted the concept of "universal design", which embraces the philosophy of "holistic" design, to tertiary institutions' teachers and students.
- Care and Inclusion: Through various training and educational initiatives, PHAB Institute has been extending the integration concept to include integration between the old and the young, between different generations, and among families. The nurturing of an atmosphere of mutual support in the neighbourhood is essential to building an inclusive society.

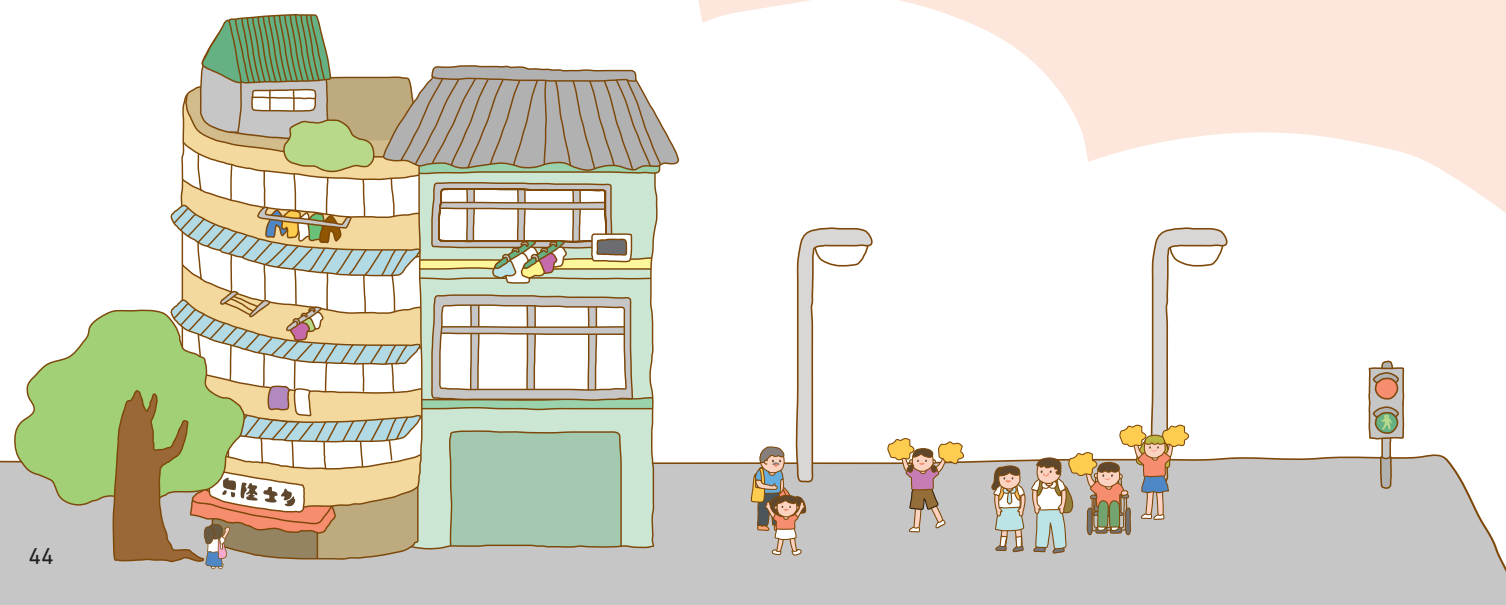
服務發展 Services Development





地區綜合服務

District Integrated Service



服務簡介

地區綜合服務透過 4 間傷健中心、「融·點」地區支援中心（南區）及情融坊家長資源中心，讓傷殘人士及其照顧者，以及健全人士共同參與及組織各項社交康樂、教育性、發展性活動，以及使用不同的專業支援服務等，促進個人成長及發展潛能，增進相互間的了解及接納，建立社區網絡，實踐「傷健共融」。中心亦透過照顧者支援服務，強化家庭功能、促進照顧者間互相扶持及交流經驗，為社區上的照顧者打氣，同時積極進行地區上的聯繫工作，期望能夠與合作夥伴建立安全網，共同服務使用者。

Service Introduction

District integrated services are delivered through four PHAB Centres, i-Point District Support Centre (Southern) and Family Hub Parents/Relatives Resource Centre. These services are purposefully designed to nurture personal growth and develop the potential of persons with disabilities, their carers, as well as persons without disabilities. This is realized through their active participation in social and recreational, educational, and developmental activities, as well as professional support services, to foster mutual understanding and acceptance, establishing their community network and ultimately actualizing the concept of PHAB Integration. Through the provision of carers' support service, the Centres help to enhance family functions, promote the exchange of experience and cultivate a culture of mutual support. The Centres are also actively engaged in networking with different stakeholders in the district to establish a safety net for service users.

推動多元化新興運動

為鼓勵未有運動習慣的人士、長期病患者及傷殘人士等建立良好健康生活模式，協會近年於服務引入不同的新興運動，過程中著重團隊策略和合作，透過互相鼓勵減低參加者因產生挫敗感而放棄的機會，使不擅運動的人士都可以樂在其中。

過去一年，4 間分別位於小西灣、大埔、黃大仙及深水埗的傷健中心突破地域界限，聯合舉辦各類新興運動交流活動，包括法式滾球、布袋球、數健球及芬蘭木柱，促進各中心新興運動參與者以及教練之間的交流，從而達致教學相長；更可凝聚一班對新興運動感興趣的傷殘人士及健全人士，日後於協會攜手透過新興運動推廣傷健共融。

九龍西傷健中心獲得民政事務署「2023-2024 年度深水埗區青年發展計劃」撥款資助，於暑假期間為青少年會員舉辦「新興運動體驗計劃」，讓一班青少年及傷殘會員有系統地接觸和體驗各項新興運動，包括地板冰壺、高智爾球、氣球排球、布袋球及國皇棋。會員在過程中一同接受運動挑戰，互相鼓勵，促進個人成長。本年度，中心更與香港冰壺協會合作，舉行適合傷殘會員參與的冰壺運動，讓使用輪椅的會員親身到溜冰場進行實地體驗，擴闊眼界，豐富人生經驗。



照顧者以義工身份協助推行由本會研發的新興運動－數健球
As volunteers, carers helped promote the PHAB Ball, a newly emerged sport invented by the Association

Promoting Diversified Emerging Sports

To encourage individuals who do not exercise regularly, patients with chronic illnesses, and persons with disabilities to adopt a healthy lifestyle, the Association has recently introduced various newly emerged sports into its services. These sports programmes focus on teamwork and collaboration, reducing the chances of members giving up due to frustration through mutual encouragement, making sports enjoyable even for those not skilled in physical activities.

In the past year, 4 PHAB Centres located in Siu Sai Wan, Tai Po, Wong Tai Sin, and Sham Shui Po joined together to organize various emerging sports exchange activities, including Pétanque, Cornhole, PHAB Ball, and Mölkky. Interactions among users and coaches of emerging sports from different centres, facilitating a mutual learning experience throughout these activities, and bringing persons with and without disabilities, who are interested in emerging sports together, paving the way for the Association to promote inclusion through sport activities in the future.

The Kowloon West PHAB Centre received funding from the Home Affairs Department's Sham Shui Po District Youth Development Programme to organize the "Newly Emerged Sports Experience Programme" for youth members during the summer. Through this programme, youth and members with disabilities systematically experienced various newly emerged sports, including Floor Curling, Wiser Ball, Balloon Volley, Cornhole, and Kubb. They faced sporting challenges together, encouraged one another, and boosted their personal growth. This year, the Centre also collaborated with the Hong Kong Curling Association to organize a curling activity for members with disabilities, enabling wheelchair-using members to experience the sport on an ice rink, broadening their horizons and enriching their life experiences.

帶著藝術進入社區

藝術有助傷殘人士釋放情感、緩解壓力，表達及疏理他們的內心世界；藝術亦可作為橋樑，讓健全及傷殘人士更好地理解及接納雙方的經歷和感受，從而促進社會共融。因此，協會積極為會員提供不同的藝術表達的機會。

新界傷健中心於本年度參與「香港賽馬會社區資助計劃：『有種藝術』社區藝術計劃」，與香港青年藝術協會合作，由專業陶藝導師引導青年會員回憶生命中曾經遇見的人、事、物，以此為靈感創作一系列的小型浮雕，最後製作成一棵匠心獨具的「生命樹」，並在 2024 年 3 月 9 至 17 日期間於荃灣愉景新城商場公開展覽。

九龍東傷健中心於過去一年繼續以舞蹈表演推廣傷健共融。中心獲殘疾人士藝術發展基金支持，透過一系列「舞動所能」培訓活動，讓不同年齡及身體狀況的人士以即興舞蹈自由演繹個人及人與人之間的情感。「舞動所能」本年度有幸參與紅十字會瑪嘉烈戴麟趾學校之成長禮表演，及由香港輪椅輔助隊主辦之「耆義樂輪樂融融」嘉年華，以「喜悅」為主題進行表演，將快樂愉悅的心情透過舞蹈傳播出去。



照顧者運用和諧粉彩，抒心抒壓地給自己一杯咖啡！
Carers expressed their emotions and relieved stress by drawing a cup of coffee through Pastel Nagomi Art

Bringing Art into the Community

Art allows persons with disabilities to express emotions, relieve stress, and articulate their inner world. It also serves as a bridge, fostering better understanding and acceptance between persons with and without disabilities, thereby promoting social integration. For this reason, the Association actively provides members with opportunities for artistic expression.

This year, the New Territories PHAB Centre participated in the "Hong Kong Jockey Club Community Project Grant: stART Up Community Arts Project" and collaborated with the Hong Kong Youth Arts Foundation. Professional ceramic instructors guided youth members in recalling people, events, and objects from their lives, using these as inspiration to create a series of small-scale reliefs that eventually formed a unique "Tree of Life". This art piece was publicly exhibited at D-PARK in Tsuen Wan from 9 March to 17 March 2024.

The Kowloon East PHAB Centre continued to promote the integration of persons with and without disabilities through dance performances over the past year. With support from the Arts Development Fund for Persons with Disabilities, the Centre organized a series of "DanceAbility" training activities, helping members of different ages and physical conditions freely express their personal and interpersonal emotions through improvisational dance. This year, "DanceAbility" was honoured to perform at Hong Kong Red Cross Margaret Trench School's Coming-of-age Ceremony and a carnival hosted by the Hong Kong Wheelchair Aid Service, with "Joy" as the theme, spreading happiness and delight through dance.

注重心靈關顧，增強心理韌性

精神健康是社會關注的重要議題。為有效關顧會員的心靈質素及提升其精神健康，協會透過多樣化的身心療愈模式介入及支持他們的心靈需要，以促進心理康復和幸福感，並增強會員的心理韌性，預防未來可能出現的心理健康危機。

港島傷健中心於本年度舉辦了頌鉢、靜觀、茗茶、香薰治療等活動，讓照顧者透過聲音、植物香氣等了解自己的身心，學習放慢呼吸及釋放內在情緒，從而得到療愈。情融坊家長資源中心亦透過多項與接觸大自然有關的身心療愈活動，讓照顧者從大自然中找到力量回歸生活，當中以園藝治療效果最為顯著。活動讓照顧者暫時放下生活，重新與大自然連結，感受自己的內心世界，並將所想所感記下及分享，建立互助與支持。照顧者在每天灌溉植物的過程中欣賞自己的愛與付出，從而學習要懂得愛自己，令自己更有力愛身邊的人。

九龍西傷健中心於本年度推行森林浴，由森林療愈嚮導於活動中帶領會員放下平日的邏輯思維，透過不同感官去接觸大自然，如傾聽風聲、細嗅樹葉味道、觀察樹木型態等，繼而分享內心感受。使用輪椅的參加者亦透過遊走香港仔水塘及西貢獅子會自然教育中心兩條無障礙郊遊路線，一同享受森林浴。

Focusing on Mental Care to Enhance Psychological Resilience

Mental health is a significant concern in society. To effectively care for members' mental wellness and enhance their mental health, the Association promotes various body-mind healing techniques to address their spiritual needs. This approach aids members' psychological recovery, improves their resilience, and helps prevent future mental health crises.

During the year, the Hong Kong Island PHAB Centre organized activities such as singing bowl therapy, mindfulness, tea meditation, and aromatherapy. These sessions helped carers understand their body and mind through sound and plant aromas, teaching them to slow down their breathing and release inner emotions, thereby achieving healing. The Family Hub Parents/Relatives Resource Centre also hosted several body-mind healing activities related to nature to help carers regain their strength for life. Among these activities, horticultural therapy proved especially effective. It allowed carers to temporarily set aside daily responsibilities, reconnect with nature, explore their inner world, and record and share their thoughts and feelings, fostering mutual support. Through the daily process of watering plants, carers learned to appreciate their love and dedication, cultivating self-love and, in turn, enhancing their ability to love others.

The Kowloon West PHAB Centre introduced forest bathing this year, where a forest healing guide led members to set aside logical thinking and engage with nature through their senses—listening to the wind, smelling the scent of leaves, and observing tree shapes—before sharing their inner feelings. Wheelchair users also enjoyed forest bathing by exploring two accessible hiking trails at Aberdeen Reservoir and Lions Nature Education Centre in Sai Kung.



會員在森林療愈的活動中，靜聽叢林的恬靜，放鬆心情
During the forest therapy, members relaxed their bodies and minds in the tranquil surroundings of nature



照顧者放下身份，全情投入玩樂一天
Carers set aside their roles and fully immersed themselves in a day of fun

共融共進 建立和諧社會

協會一直致力促進傷殘人士及健全人士互相了解，共建和諧社會。過去一年各中心均以不同形式在地區內推動傷健共融。港島傷健中心本年度繼續成為會員與學校、地區團體之間的平台，合作於社區舉辦陶藝工作坊、和風花飾物製作及碟古巴特拼貼袋創作等手作藝術體驗交流活動，讓會員展示作品及發揮才能，從中提升他們的效能感、自信心及大眾對傷殘人士的肯定。協會期望社會大眾能在藝術體驗交流中學習分享、欣賞及尊重不同持份者，一同實現更多的可能性，以藝術推動社會共融。

新界傷健中心於本年度在不同校園分享傷殘人士的生活情況及無障礙設施的重要性，推廣傷健共融。中心舉辦一連串以「無障礙城市」為題的設計思維活動，並且由會員給予學生第一身意見，並在設計協助殘疾人士生活的產品時分享日常的生活點滴及注意事項。活動讓學生親身聆聽傷殘人士分享及交流，有助同學更了解他們的需要。

Inclusion and Progress, Building a Harmonious Society

The Association has always been committed to promoting mutual understanding between persons with and without disabilities and fostering a harmonious society. In the past year, the Centres shared the message of inclusion in various forms within the districts. The Hong Kong Island PHAB Centre continued to collaborate with schools and district groups, co-organizing handicraft art exchange activities such as ceramic workshops, Japanese floral decoration making, and decoupage bag making in the community. These activities allowed members to showcase their talents, enhancing their sense of efficacy, self-confidence, and public recognition. The Association hopes that the public can learn to share, appreciate, and respect different stakeholders through these artistic exchange experiences. Together, we can realise more possibilities and promote community inclusion through art in our society.

The New Territories PHAB Centre promoted inclusion in different schools by sharing the living conditions of persons with disabilities and the importance of barrier-free facilities this year. The Centre organized a series of design thinking activities themed “Barrier-Free City”, where members shared their daily lives with students and provided insights on what to consider when designing products to assist persons with disabilities. These activities allowed students to listen to and engage with persons with disabilities, helping them better understand their needs.



照顧者放低平日的照顧壓力，發揮創意，學習製作花藝擺設
Carers set aside their daily caregiving pressures, unleash their creativity, and learn to create floral arrangements.



照顧者作導師分享藝術才能，助人自助
Carers shared their artistic talents as mentors, helping others while helping themselves



照顧者放下平日的煩瑣，專心學習藝術創作
Carers laid down their burdens and focused on learning art



親子一同學習構想故事、並製作皮影戲之道具
Parents and children learned to conceptualise stories and create props for shadow puppetry

齊撐照顧者

為配合社會福利署「齊撐照顧者行動」的首年主題「錫自己至撐得起」，情融坊家長資源中心連同區內不同持份者，為照顧者舉行一連串的支援活動。中心一直以「家庭強項為本」，致力發掘及發展照顧者的潛能，如製作立體果凍花甜點、編織手工藝等，並促進照顧者助人自助，將所學的分享予其他照顧者。中心會員於過去一年受邀到學校與社會福利署綜合家庭服務中心分享，並為不同大型活動製作紀念品，獲得不少機構及學校賞識，對照顧者們的能力予以肯定。

傷健中心近年致力推行照顧者支援服務，並以「凝聚、歸屬、互助、自助」以及協會 4H 理念（健康、興趣、習慣、和諧）為服務目標。除了為照顧者提供不同活動及治療小組，協會亦透過「照顧者茶座」支援項目提供一系列的照顧者支援活動，加強照顧者對健康身心及飲食的知識，並提升照顧者的自我關顧能力。4 間傷健中心於 2023-2024 年間共舉辦 96 節照顧者茶座活動。另外，協會亦凝聚不同年紀的照顧者，在中心建立互助網絡，讓照顧者自發組織切合自身需要的活動，由受助達致自助及互助，推動照顧者重新掌握自主的生活。

此外，新界傷健中心亦推動傷殘人士及照顧者一同關心社區。中心於本年度與肢體傷殘兒童學校合作，每週 1 次於午飯時間為學生舉行各種飯後小型活動，讓照顧者與中心員工一起與學生玩樂，協助肢體傷殘的學生參與其中。活動亦為照顧者建立「社區義工」的身份，共同服務及貢獻社區。

Supporting Caregivers Together

To align with the first-year theme of the Social Welfare Department's "Care the Carers" Campaign, "Helping Carers Help Themselves", the Family Hub Parents/Relatives Resource Centre, along with various district stakeholders, co-organized a series of support activities for carers. The Centre has always been "family strength-based oriented", striving to discover and develop carers' potential through activities like making 3D jelly flowers and knitting. Furthermore, the Centre promotes carers' self-help by encouraging them to share what they have learned with other carers. Over the past year, centre members were invited to share their experiences with schools and the Integrated Family Service Centres of the Social Welfare Department, as well as to create souvenirs for various large events. These contributions have earned appreciation from many organizations and schools, affirming the carers' abilities.

In recent years, the PHAB Centres have been dedicated to promoting carer support services with the goals of "cohesion, belonging, mutual support, self-help" and the Association's 4H elements: Health, Hobby, Habit, Harmony. In addition to providing various activities and therapy groups for carers, the Association also offered a series of support activities through the "Carer Café" project, enhancing carers' knowledge of healthy living and diet, and improving their self-care abilities. Throughout 2023-2024, 4 PHAB Centres held 96 Carer Café sessions. The Association also brought together carers of different ages, establishing mutual support networks within the centres, empowering carers to organize activities that meet their needs, and promoting the transition from receiving help to self-help and mutual support, allowing carers to regain control of their lives.

Furthermore, the New Territories PHAB Centre also encouraged persons with disabilities and carers to care for the community together. This year, the Centre collaborated with schools for children with physical disabilities, organizing various post-lunch activities for students once a week. These activities allowed carers to temporarily set aside their stress and responsibilities, play with students alongside our staff, and assist students in participating. The activities also established a "community volunteer" identity for carers, enabling them to serve and contribute to the community together.

跨界別協作 支援傷殘人士家庭

「融點」地區支援中心（南區）一直致力於不同層面拓展服務，希望惠及更多有需要的傷殘人士，並積極連繫外間協作，與跨界別、跨專業的人士共同支援區內的傷殘人士及照顧者。中心透過專業介入服務、日間暫託服務、照顧者支援及社交康樂活動等，為傷殘人士及照顧者提供適切的支援。過去一年，中心的服務量顯着提升，於年度意見收集中獲得不少服務使用者的正面評價。

除了恆常服務外，中心本年度亦開展多個由社會福利署推行的計劃，包括「外傭培訓試驗計劃」、「為低收入的殘疾人士照顧者提供生活津貼計劃」、「與照顧者同行計劃」及「樂悠咭申請 - 殘疾人士支援及推廣」，協助將服務推廣至不同層面的人士，包括物管人員、外傭、從未使用地區支援中心服務的照顧者等，讓區內的傷殘人士得到更多關注及支援。中心亦獲萬瑞庭慈善基金資助超過港幣 \$430,000 購買復康儀器，配合中心的專職治療服務，為會員提升使用者的服務體驗及康復效果。

過往一年，中心積極與超過 10 間特殊學校 / 外間團體合作舉辦活動。中心亦獲社署地區專員邀請出席 2024 年「南區福利服務簡介會」，當天會議匯聚關愛隊和區議員等來自不同界別的持份者，讓各界有機會認識及了解服務。



Cross-Sector Collaboration to Support Families of Persons with Disabilities

The i-Point District Support Centre (Southern) has always been committed to expanding services on multiple levels to benefit more persons with disabilities in need. The Centre actively engages in external collaborations, working with cross-sector and cross-professional individuals to support persons with disabilities and carers in the district. Through professional intervention, day respite services, carers' support, and social and recreational activities, the Centre provides appropriate assistance to those in need. In the past year, the Centre's service volume has significantly increased, and it received much positive feedback during the annual feedback collection.

In addition to its regular services, the Centre launched several projects initiated by the Social Welfare Department. These included the "Pilot Scheme on Training for Foreign Domestic Helpers", the "Scheme on Living Allowance for Low-income Carers of Persons with Disabilities", the "Support for Carer Project", and the "JoyYou Card application - Assistance on Promotion to Persons with Disabilities". These projects extended services to different groups, including property management staff, foreign domestic helpers, and carers who had never used the Centre's services, bringing more attention and support to persons with disabilities in the district. The Association also received over HK\$430,000 in funding from the Van Zuiden Charity Trust to purchase rehabilitation equipment, enhancing the Centre's professional treatments and improving members' user experience and recovery.

In the past year, the Centre actively collaborated with more than 10 special schools/external organizations to host activities. The Centre was also invited by the SWD's District Social Welfare Officers to attend the 2024 "Southern District Welfare Services Briefing Session". This meeting brought together stakeholders from various sectors, including the Care Teams and District Councillors, providing an opportunity for different parties to learn about and understand the services.

照顧者參與高爾夫球運動，紓緩照顧壓力
Carers played golf to relieve caregiving stress



會員一同遊覽故宮博物館
Members toured Hong Kong Palace Museum



培養照顧者運動的習慣，透過運動放鬆心情、減壓及強化身體機能
Carers developed the habit of exercising to relax their minds, reduce stress, and strengthen their physical functions



中心的照顧者與殘疾人士分享她們的藝術才能，展示不平凡的能力
The centre's carers and persons with disabilities shared their artistic talents, showcasing their extraordinary abilities

	港島傷健中心 Hong Kong Island PHAB Centre	新界傷健中心 New Territories PHAB Centre	九龍東傷健中心 Kowloon East PHAB Centre	九龍西傷健中心 Kowloon West PHAB Centre
傷健中心會員人數 No. of members in PHAB Centres	711	557	685	640
中心活動次數 No. of centre programmes	663	587	494	611
中心活動參與人次 No. of attendance in the centre programme	6,817	5,726	5,593	7,053
與外間機構合辦的共融活動 No. of programmes jointly organised with outside organisations for promotion of inclusion, integration, and community participation of persons with disabilities	12	12	12	13
促進共融的公眾教育活動 No. of public education programmes organised to promote better understanding of persons with disabilities and their needs	19	8	5	4
支援傷殘人士照顧者及家庭成員的活動 No. of programmes/activities geared to strengthen support for families/carers of persons with disabilities	66	33	61	83
為殘疾人士 / 其家人 / 照顧者提供的輔導人數 No. of persons with disabilities/their family members/carers receiving counselling service	29	67	32	25



邀請關愛隊分享垃圾徵費執行方法
The Care Team was invited to share details about the Municipal Solid Waste Charging



會員一同遊覽將軍澳跨灣大橋
Members toured Tseung Kwan O Cross Bay Bridge

情融坊家長資源中心
Family Hub Parents/Relatives
Resource Centre

家長資源中心會員人數 No. of members in Parents/Relatives Resource Centre	397
中心活動次數 No. of centre programmes	849
中心活動參與人次 No. of attendance in centre programmes	5,169
促進共融的公眾教育 No. of public education programmes organised to promote better understanding of persons with disabilities and their needs	42
接受輔導服務人數 No. of members receiving counselling service	46
個人支援服務數目 No. of individual-based support activities	776

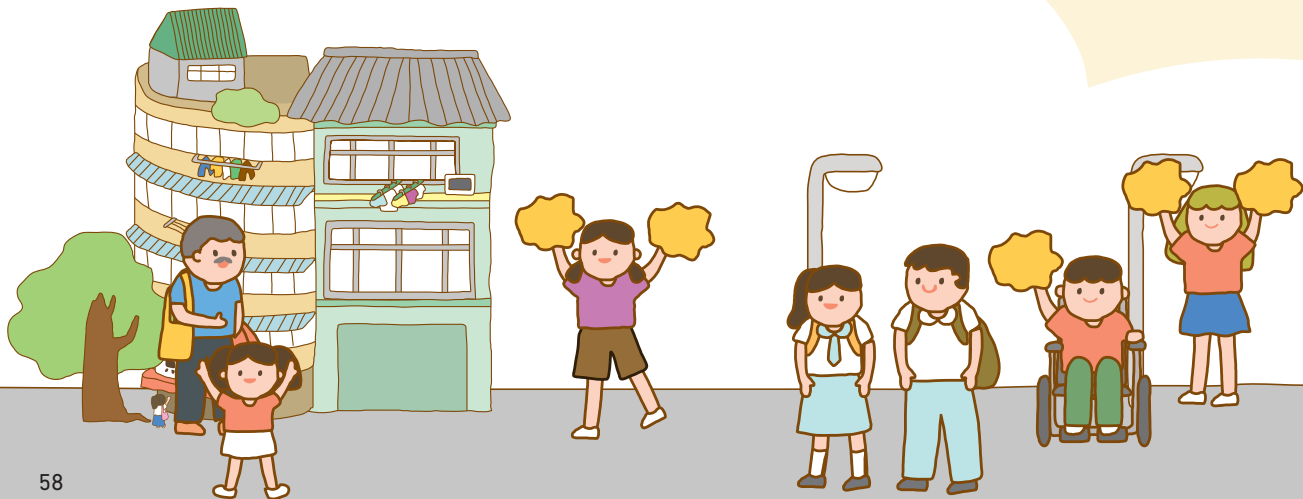
「融·點」地區支援中心（南區）
i-Point District Support Centre (Southern)

「融·點」地區支援中心（南區）中心會員人數 No. of members in i-Point District Support Centre (Southern)	562
中心活動次數 No. of centre programmes	937
中心活動參與人次 No. of attendance in centre programmes	9,796
輔導服務節數 No. of sessions provided in counselling service	715
物理治療／職業治療／言語治療服務節數 No. of sessions of pphysiotherapy/occupational therapy/ speech therapy service provided	2,717
日間暫託／個別支援服務時數 No. of service hours of day respite/Individual support service provided	1,327



就業服務

Employment Service



服務簡介

協會設有多項就業服務，以不同形式支援傷殘人士、離校青年及申領綜合社會保障援助人士，內容包括提供職前培訓、面試技巧訓練、職前實習、在職支援、僱主支援及個人和家庭輔導工作等服務。

「輔助就業服務」、「殘疾人士在職培訓計劃」、「陽光路上培訓計劃」3 項綜合性就業計劃均由社會福利署資助，以不同形式支援傷殘人士，為他們提供適切的工作訓練，協助他們重回勞工市場，在共融的公開環境中工作，盡展所長。以上綜合性就業計劃將由 2024 年 4 月 1 日起整合為「殘疾人士輔助就業培訓中心」。

就業支援服務則以「一站式」及「家庭為本」的工作理念，為健全而申領綜合社會保障援助（綜援）的失業人士提供全面就業支援服務，增強他們個人自信心、工作能力及對工作的積極性，使他們能夠自力更生，在就業範疇上再次融入社會。

Service Introduction

The Association offers a range of employment support services in various forms to assist persons with disabilities, young school leavers, and those receiving Comprehensive Social Security Assistance. These services include pre-employment training, interview skills, internship opportunities, on-the-job support, employer support, and individual and family counselling.

“Supported Employment Service”, “On-the-job Training Programme for People with Disabilities”, and “Sunnyway-On-the-job Training Programme for Young People with Disabilities” are comprehensive employment support services subvented by the Social Welfare Department for persons with disabilities, with the objective of equipping persons with disabilities with the necessary skills to work in an inclusive environment. From 1 April 2024, these integrated employment programmes will be consolidated into the “Supported Employment Training Center for Persons with Disabilities (SET)”.

“Employment Support Services” adopts a one-stop and family-based approach to provide comprehensive employment support to unemployed persons receiving Comprehensive Social Security Assistance. Our goal is to restore their self-confidence, employability and work motivation, ultimately facilitating their self-reliance and integration into society in terms of employment.

全方位支援企業 推動共融職場

協會致力推動共融就業，希望透過全方位支援服務，為傷殘人士及有特殊教育需要的青年建立更包容和多元化的職場，讓他們享有平等的機會實現職業夢想。

因此，協會積極舉辦和協辦不同的研討會，以及聯繫不同企業，為僱主提供度身訂造的支援服務，包括針對不同需要設計職前及在職培訓、提供環境改善建議、技術支援和津助申請等。同時，為協助僱主與傷殘員工建立良好的合作關係，中心會緊密與僱主聯繫及作定期工作探訪，協助傷殘員工應對在就業過程中可能遇到的適應問題。

就業服務於本年度與 ISS 集團合辦「SHINE @ ISS 計劃」，協助企業聘請有特殊教育需要的青年擔任不同工作崗位。計劃包括職業培訓及就業後支援，共有 12 名學員參與。指導員每月與在職學員見面，了解及跟進其工作情況，並提供適切的支援。

過去一年，就業服務單位與協會傷健學院合作推廣共融就業，並聯同企業夥伴出席由勞工處展能就業科及香港中華廠商聯合會舉辦的「心繫共融多元協同研討會」，向二百多名企業嘉賓分享實踐職場共融的經驗，鼓勵企業在共融就業的路上踏出第一步。



會員學習撰寫履歷表，為日後求職作準備
Members learned to write resumes to prepare for future job searches

Comprehensive support for enterprises to promote an inclusive workplace

The Association is dedicated to fostering inclusive employment and creating a more diverse and inclusive workplace for persons with disabilities and young people with special educational needs through comprehensive support services. This ensures they have equal opportunities to achieve their career aspirations.

To support this goal, the Association organizes various seminars and collaborates with different enterprises to offer customised support services for employers. These services include tailoring pre-employment and on-the-job training, providing recommendations for environmental adjustments, offering technical support, and assisting with grant applications. Additionally, to help employers build strong working relationships with employees with disabilities, the centre maintains close contact with employers and conducts regular workplace visits to address any challenges employees may face during their employment.

This year, the Employment Service co-organized the “SHINE@ISS Programme” with ISS Facility Services Limited, helping enterprises employ young people with special educational needs in various roles. The programme provided vocational training and post-employment support, with 12 trainees participating. Instructors met with the trainees monthly to monitor their work situations and offer adequate support.

Over the past year, the Employment Service collaborated with the Association's PHAB Institute to promote inclusive employment. Along with corporate partners, they attended the “Promoting Workplace Inclusivity and Diversity by Connection and Collaboration” symposium organized by the Service Placement Division Labour Department and the Chinese Manufacturers Association of Hong Kong. At the event, they shared their experiences of implementing workplace inclusion with over 200 corporate guests, encouraging companies to take the first step towards embracing inclusive employment.



向公司管理層分享「SHINE@ISS」職場共融計劃的推行成果
Sharing the results of the “SHINE@ISS” workplace inclusion programme with company management



出席研討會分享職場共融的例子
Attending a seminar to share examples of workplace inclusion

發掘技能及興趣，擴闊就業視野

過去一年，協會的就業支援服務採用個人、家庭及社會介入的方式，提升服務對象的積極性和自信心，幫助他們重新投入職場。為應對部分會員因未有工作或需要照顧家人而無法從事全職工作的情況，協會舉辦以手工藝為主題的小組活動，讓會員通過學習手繪布袋、手工肥皂、揮春書法及花藝製作等技能，提升自我價值及技能發展。這些活動不僅幫助待業人士了解多元就業模式，還鼓勵他們將個人興趣發展為自由職業者，實現靈活就業，以配合家庭及個人需要，邁向理想生活。

Discovering skills and interests, broadening employment horizons

Over the past year, the Association's employment support services have employed a personal, family, and social intervention approach to enhance the motivation and confidence of the service recipients, helping them re-enter the workforce. To support members who are unable to engage in full-time work due to unemployment or family caregiving responsibilities, the services organized a series of craft-themed group activities which allowed members to learn skills such as hand-painting tote bags, making handmade soap, practicing calligraphy for the Lunar New Year, and floral arrangement, to strengthen both their personal growth and skill development. Beyond enhancing self-worth, these activities helped unemployed members explore diverse work models and encourage them to consider transforming personal interests into freelance careers, achieving flexible employment that meets their family and personal needs, ultimately leading to their ideal life.



會員學習書寫新年揮春，以派發予其他會員
Members learned couplet calligraphy and distributed their artwork to other members



中心開辦電子繪圖課程，提升學員繪圖的技巧
The centre provided a digital illustration course to enhance students' drawing skills

由受助者轉化為助人者

就業服務訓練班除了協助不同學員重投職場，同時亦鼓勵部分暫未公開就業的學員成為義工，積極回饋社會，累積經驗。服務於本年度透過 4 次「義人同行」小組訓練了 15 名義工，培訓內容包括義工的行為守則、社交溝通技巧以及分享義工經驗等。義工於完成培訓後，需參與中心義工服務，如擔任活動助教、派發物資和協助賣旗日活動等，以增強溝通技巧和執行任務能力。

義工訓練不僅提升長期失業者的社交溝通能力、自信心和責任感，亦有助他們重新融入工作環境，增強他們對社區的歸屬感。

Transforming from beneficiaries to helpers

In addition to assisting trainees in re-entering the workforce, the employment service training program also encourages those who are not yet publicly employed to become volunteers, actively giving back to society and accumulating experience. This year, the service trained 15 volunteers through four sessions of the "Volunteers Walking Together" group, covering topics such as the code of conduct for volunteers, social communication skills, and sharing volunteer experiences. After completing the training, volunteers are required to participate in center volunteer services, such as serving as activity assistants, distributing supplies, and helping with flag-selling day events, in order to enhance their communication skills and task execution abilities.

Volunteer training not only improves the social communication skills, confidence, and sense of responsibility of long-term unemployed individuals, but also helps them reintegrate into the work environment and strengthens their sense of belonging to the community.



會員使用中心內勞工署的智能自助服務站 尋找工作
Members used the Labour Department's smart self-service kiosk at the centre to search for jobs

輔助就業服務
Supported Employment Service

服務人數 No. of service users	222
服務次數 No. of services	1,013
活動次數 No. of activities	216
成功就業人數 No. of service users successfully engaged in open employment	120

就業支援服務
Employment Support Services

服務人數 No. of service users	399
就業輔導時數 No. of vocational counselling	5,229
首次接受服務人數 No. of new service users	123
持續就業人數 No. of service users with sustained employment	90

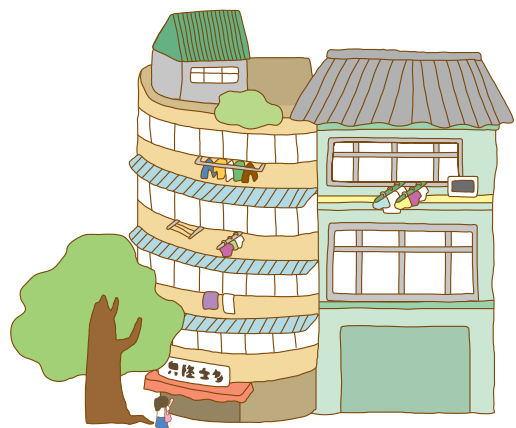


為 ISS Facility Services Limited 提供就業後支援服務，支援有特殊學習需要的青年人應對工作初期的問題
Providing post-employment support services to ISS Facility Services Limited, helping young people with special educational needs address initial work challenges



住宿服務

Residential Service



服務簡介

住宿服務秉持「傷健一家」為服務理念，讓舍友能與社區互動，達致社區共融。在以「家庭式設計」及安全而完善支援的環境下，舍友能透過學習各項生活技能，過着獨立自主的生活。本會設有兩間輔助宿舍，分別為共融軒及樂融軒，為 15 歲或以上，能過半獨立生活，在日常起居生活方面需要適量協助的智障人士或肢體傷殘人士提供住宿服務。共融軒為 72 位智障人士及肢體傷殘人士提供服務，並設有 4 個住宿暫顧名額及 5 個日間暫託名額，為 6 歲以上傷殘人士提供服務。而樂融軒則為 20 位智障人士服務，並設有 1 個住宿暫顧名額。

Service Introduction

The Residential Service upholds the "PHAB Family" service model, which enables residents to become part of the community while bringing community living into the hostel to promote social integration. Through various living skill training programmes and provision of a safe and supportive environment designed like a family, residents can lead an independent and autonomous life. The Association operates two supported hostels, Unity Place and Pleasure Place, for persons aged 15 or above with intellectual or physical disabilities, who are capable of semi-independent living but may need some guidance or assistance with daily living activities. Unity Place provides services to 72 residents with intellectual and physical disabilities and offers 4 residential respite placements and 5-day respite placements for persons with disabilities aged 6 or above. Pleasure Place provides services to 20 residents with intellectual disabilities and 1 residential respite placement.

鼓勵持續學習，增強獨立生活能力

宿舍透過個別訓練及專業人士講座等，為舍友提供健康相關的資訊和培訓；亦透過具規律的日常生活流程和各項舍內活動，讓舍友建立良好的生活習慣及培養對學習事物的興趣，持續提升獨立生活能力。

承接去年建立「新生活模式」的目標，宿舍持續鼓勵舍友學習及善用科技，並增設智能家居用品和設施，鼓勵舍友學習新知識、新事物，藉以增強其獨立生活能力。其中共融軒更於舍內設立咖啡閣，提升他們自願生活技能外，亦有助舍友發展社交生活，建立互助支援網絡；而於樂融軒則著重舍友自主參與，透過智能家居設備，教育舍友分配及安排個人時間、參與興趣活動，鼓勵他們多元化發展閒暇生活，擴闊生活圈子。同時，宿舍亦促成舍友回饋家人及照顧者，增強親子關係。

本年度宿舍獲伊利沙伯女皇弱智人士基金贊助推行「動力才藝樂共融」計劃，透過音樂治療、街舞班、石頭彩繪體驗、物理治療評估、護士及營養師講座等活動，讓共融軒及樂融軒舍友得到舒展身心的機會，協助他們建立健康的生活模式，為未來服務趨勢作準備。

住宿服務
Residential Service

	共融軒 Unity Place	樂融軒 Pleasure Place
入住人數 No. of residents	68	20
肢體傷殘舍友 No. of residents with physical disability	8	0
輕度及中度智能障礙舍友 No. of residents with mild and moderate grade intellectual disability	60	0
入住率 Enrolment rate	94.4%	100%
活動節數 No. of sessions of programmes	141	121
訓練計劃數目 No. of individual plans	206	41

Encouraging Continuous Learning to Enhance Independent Living Skills

The hostels offer health-related training to residents through both individual training and professional talks. Along with a structured daily routine and various in-house activities, these programmes help residents develop habits, foster a passion for learning, and continuously improve their independent living skills.

Building on the “New Lifestyle Model” introduced last year, which promoted the learning and use of technology, the hostels continued to integrate smart home devices and related facilities to help residents acquire new knowledge and skills, further enhancing their independence. Unity Place has established a coffee corner that not only boosts residents' self-care abilities but also provides a relaxed and comfortable space for members to gather and build their support network. At Pleasure Place, the focus is on fostering autonomous participation by using smart home devices to teach residents how to manage their time and leisure activities, encouraging them to diversify their lives and expand their social circles. Additionally, the hostels support residents in giving back to their families and caregivers, thereby strengthening parent-child relationships.

This year, the hostels received sponsorship from the Queen Elizabeth Foundation for the Mentally Handicapped to launch a talent empowerment programme. This programme offers activities such as music therapy, Hip Hop dance classes, rock painting, physiotherapy assessments, and lectures by nurses and nutritionists. These activities provide residents of Unity Place and Pleasure Place with opportunities to relax and establish a healthy lifestyle, aligning the hostels with future service trends.

共建互動平台，融入社區

為有效增強舍友的人際溝通、相處技巧，及提升他們的獨立生活能力，宿舍會定期舉辦社交互動小組、舍友會議及各類活動，藉此增加舍友之間的溝通及接觸；並鼓勵他們走入社區，從中學習與人相處的技巧，以達致社區友善。

宿舍本年度亦安排了多次包括心靈關懷協會及各大專院校的義工到訪，及舉辦多次與商界協作的交流活動，讓舍友透明與不同社區人士溝通，為他們帶來新視野。



房舍的慶生茶聚，建立宿舍關愛氣氛
Celebrating birthdays with a tea gathering in the hostels, fostering a caring atmosphere

配合智能家居學習，提升生活技能，使更易投入社區。
Learning smart home technology helped residents enhance their life skills and engage in the community more easily.

Creating Interactive Platforms for Community Integration

To effectively enhance residents' interpersonal communication and social skills, as well as improve their independent living abilities, the hostel regularly organizes social interaction groups, resident meetings, and various activities to increase communication and contact among residents. They are also encouraged to engage with the community to learn social skills that promote community friendliness.

This year, the hostel has arranged multiple visits from volunteers from the Spiritual Care Association and various universities, as well as several collaborative volunteer activities with the business sector, allowing residents to communicate with different community members and gain new perspectives.



預視未來需要，為多元服務作準備

關注宿舍服務出現老齡化的服務趨勢，宿舍特別為照顧者及員工舉辦各項培訓及講座，如提升照顧行動不便或患有疾人士之實務技巧等，加強他們對老齡化舍友之支援和照顧技巧，藉此提升對舍友老齡化的應對能力及認知。此外，宿舍亦加強個別訓練，協助舍友增強個人之生活技能，為他們未來生活作準備。

Anticipating Future Needs and Preparing for Diverse Services

In response to the aging trend among hostel residents, the hostels have organized various training sessions and seminars for carers and staff. These include enhancing practical skills for caring for residents with mobility issues or illnesses, which strengthens their caregiving abilities and knowledge to better support ageing residents. Additionally, the hostels have intensified individual training to help residents improve their personal life skills, preparing them for the future.



定期舉辦舍友大會，讓舍友了解宿舍最新資訊，加強交流
The regular residents' meetings keep everyone informed of the latest news and enhance communication.



宿舍安排專業人士為舍友提供各項健康講座，增加舍友健康意識
The hostels arranged professional health talks for residents to increase their health awareness.

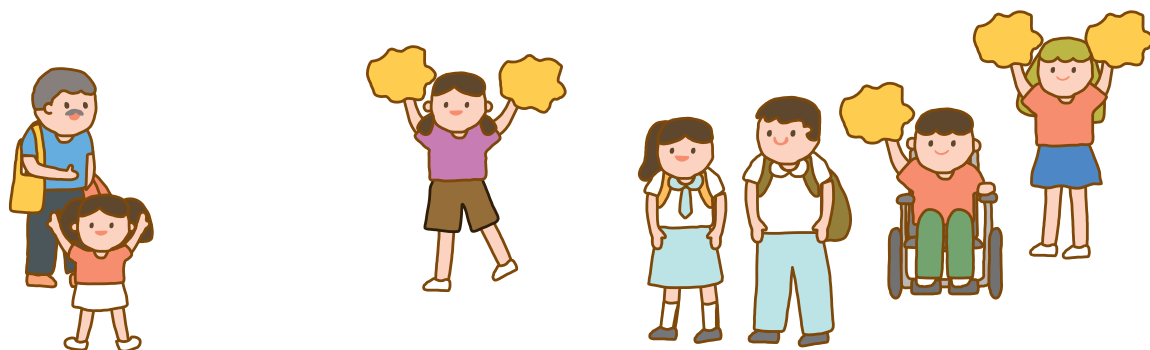


透過遊戲互動，提升舍友間的互助合作精神
Enhancing mutual support and cooperation among residents through interactive games



輔導及支援服務

Counselling and Support Service



服務簡介

協會輔導及支援服務致力為社區內有需要群體提供專業輔導及支援，讓處於「過渡期」、尚未獲長期及正規服務的人士獲得適切的援助。協會輔導及支援服務包括由香港公益金資助的「照顧者專線」及由香港賽馬會慈善信託基金資助的「動·絡」新傷殘人士支援計劃兩個服務單位，服務的內容亦相當廣泛，包括上門輔導、復康訓練、社區資源配對、為個案轉介合適及正規的服務及舉辦成長小組等。

Service Introduction

The Association's counselling and support service is dedicated to offering professional help to those in need, especially persons in a "transitional period" who have not yet accessed long-term or formal services. These services include the "Care for the Carers" project, funded by The Community Chest of Hong Kong, and the "Jockey Club Support Programme for Persons with Newly Acquired Disabilities", supported by The Hong Kong Jockey Club Charities Trust. The services include home-based counselling, rehabilitation training, community resource matching, referrals for formal services, and forming developmental groups etc.

以生命影響生命，積極參與社區活動

對大部分人來說，像是上床休息、步行到附近的商場或參加朋友聚會，這些日常活動看似簡單，但對於賽馬會「動·絡」新傷殘人士支援計劃的受助者來說，這些場景卻充滿挑戰。他們需要持續的努力，並依賴照顧者的全力支持，才能應對生活中的各種挑戰。他們經歷了身體和心理上的掙扎，透過不斷練習和適應新的環境，逐漸找到自我，重新邁向生活。在這個過程中，社工及治療師的專業支援至關重要。他們不僅為新傷殘人士及其家人提供心理輔導和情感支持，還會根據個案的具體情況，設計個性化的康復計劃。專業團隊協助案主提升生活技能，幫助他們克服身體上的限制，並指導家人如何提供更有效的照護。此外，社工和治療師也扮演著橋樑的角色，連接社區資源，讓案主及其家庭在復康之路上獲得更全面的支持。

2023-2024 年度，賽馬會「動·絡」計劃更成功完成 6 期「生命導師」培訓，透過同路人分享和支持，為新傷殘人士及照顧者帶來希望和力量。在社工和治療師的引導下，參加者能夠重整生活路向，適應新生活，並通過分享個人體驗，幫助其他新傷殘人士及其家人，讓復康路上更加踏實有力。



服務使用者於共融節參與服務宣傳
Service users participated in service promotion and shared at the Hong Kong PHABestival.

Encouraging Life Impacting Life and Active Participation in Community Activities

For most people, everyday activities such as going to bed, walking to a nearby mall, or attending a friend's gathering seem simple. However, for beneficiaries of “Jockey Club Support Programme for Persons with Newly Acquired Disabilities”, these scenarios are filled with challenges. They require continuous effort and rely heavily on the support of carers to engage in different challenges of daily living. They experience physical and psychological struggles, and through constant practice and adaptation to new environments, they gradually find themselves and step back into life. During this process, the professional support of social workers and therapists is crucial. They not only provide psychological counselling and emotional support to individuals with newly acquired disabilities and their families, but also design personalized rehabilitation plans based on the specific circumstances of each case. Our professional team assists users in enhancing their life skills, help them overcome physical limitations, and guide families on how to provide more effective care. Additionally, social workers and therapists connect community resources to ensure that users and their families receive comprehensive support on their rehabilitation journey.

In the year of 2023-2024, the “Jockey Club Support Programme for Persons with Newly Acquired Disabilities” successfully completed 6 sessions of “Life Mentors” training, bringing hope and strength to individuals with newly acquired disabilities and their carers through peer sharing and support. With the guidance of social workers and therapists, users are able to free their life paths, adapt to their new lives. By sharing their personal experiences, they help other individuals with newly acquired disabilities and their families, making the rehabilitation journey more solid and empowering.

從醫院到社區，跨專業團隊上門支援

賽馬會「動·絡」新傷殘人士支援計劃通過職業及物理治療師、護士和社工等的跨專業團隊為新傷殘人士提供上門復康訓練、日常生活功能訓練和評估、家居改裝建議、家居護理、健康及情緒支援、服務轉介和社區資源介紹等多元化服務，以提升新傷殘人士的自我照顧能力。

過去一年，計劃舉辦了不同類型的小組活動，包括「不再中風」網上小組、控糖小組、自我管理小組、家居伸展、運動小組和藝術治療互助小組，協助他們及其照顧者紓解情緒壓力、應對照顧困境，並提升自我照顧和管理能力。計劃將於 2024 年 6 月 30 日完成為期 3 年的服務，服務成果及經驗將成為協會未來服務的根基，為新傷殘人士提供更貼心的服務。



物理治療師舉辦不同類型的運動班，讓會員掌握居家運動技巧，並鼓勵參加者建立居家運動的習慣。
Physical therapists conduct various types of exercise classes to help members master home exercise techniques and encourage them to develop a routine of staying active at home

From Hospital to Community, Cross-Professional Teams Provide Home Support

The Jockey Club Support Programme for Persons with Newly Acquired Disabilities offers a variety of services to improve the self-care abilities of persons with newly acquired disabilities. A multi-disciplinary team of physiotherapists, occupational therapists, nurses, and social workers provides these services, which include home rehabilitation training, daily living skills training and assessments, home modification advice, home care, health and emotional support, service referrals, and introductions to community resources.

Over the past year, the programme held activities for several groups, such as the recurrent stroke prevention group, diabetes mellitus control group, self-management group, home exercise and stretching group, and art therapy mutual support group. These groups helped participants and their carers manage emotional stress, address caregiving challenges, and enhance their self-care and management skills. The programme is set to conclude its three-year service period on 30 June 2024, with its outcomes and experiences laying the groundwork for the Association's future services, ensuring more comprehensive support for persons with newly acquired disabilities.

促進照顧者之間的互助精神及支持

為了更有效地支援照顧者，「照顧者專線」於本年度投入更多資源舉辦各種實體小組、上門輔導及外出活動，並積極與各區的照顧者支援網絡及友好團體合作，舉行一系列的照顧者聯乘活動，如照顧者茶座、無障礙遊覽主題樂園、聖誕節自助聚餐及藝術治療小組等，加強與照顧者的聯繫，凝聚照顧者社群。另外，單位舉辦多次外展活動及設街站宣傳活動，讓更多有需要但未曾接觸相關服務的照顧者，能夠得到即時的情緒支援及照顧者社區資源解說。除了以上實體活動，照顧者專線繼續於不同的網上平台進行線上小組、講座及工作坊，內容涵蓋手工藝、健體運動、養生食療及照顧者痛症管理等，籍此提升照顧者在「衣、食、住、行」等方面，關懷自我身心健康的能力，全方位支援力度照顧者的需求。

Promoting Mutual Assistance and Support Among Carers

To better support carers, “Care for the Carers” increased resources this year to e various physical groups, home counselling sessions, and outdoor activities. It also actively partnered with carer support networks and friendly organisations in different districts to host joint activities, such as Carer Café gatherings, barrier-free theme park tours, Christmas buffet dinners, and art therapy groups. These efforts strengthened connections among carers and fostered a sense of community. Additionally, the programme continued to promote its services within the community, ensuring that more carers who need but have not yet assessed relevant services can receive timely emotional support and information on available community resources. Besides the physical activities mentioned, “Care for the Carers” continued to offer online groups, seminars, and workshops on various platforms. These covered topics such as handicrafts, fitness exercises, dietary therapy, and pain management, helping carers to care for their own physical and mental health in terms of “clothing, food, shelter, and transportation”. This comprehensive approach provided essential support to meet their diverse needs.



無障礙遊覽迪士尼樂園
Barrier-free Tour of Disneyland

照顧者茶座成效顯著，成果豐碩

由醫務衛生局資助，為期兩年的「融·愛·傳·承」照顧者精神健康支援計劃正式於 2024 年 3 月 31 日圓滿結束。過去兩年，計劃與社區不同單位合作，如特殊學校、自助組織、家長組織等，於不同地點舉辦超過 220 次地區照顧者茶座，讓更多殘疾人士照顧者透過輕鬆、自癒的手法，在疲於奔命的照顧路上尋回自己，結識同路人互相扶持。參加者在交流中學習如何自處、學習與家人相處和懂得尋找社區資源，共有逾 370 位照顧者參與。此外，計劃更培訓 90 位照顧者精神健康大使完成「精神健康急救課程」，讓他們對精神健康有基本認識，能在生活上辨識有需要的人士，並有技巧地鼓勵有需要人士尋求進一步協助。

計劃於 2024 年 3 月 16 日於啟德 AIRSIDE 舉辦《顧·事》照顧者藝術展覽暨精神健康大使成果分享會，以茶座形式分享計劃成果，一起回顧過往照顧者茶座的點滴，並再次感謝一眾精神健康大使和照顧者一直以來的支持。分享會當日於啟德 AIRSIDE 亦同時舉辦照顧者藝術展覽，透過藝術品、擺設和不同場景向公眾人士展示照顧者生活中的大小事及心路歷程，讓公眾了解照顧者的需要。

Significant Achievements from Carer Cafes

The two-year Health Bureau WeCare Community Support Project officially concluded on 31 March 2024. Throughout the project, the Association collaborated with various community units, including special schools, self-help organizations, and parent groups, to host over 220 district Carer Cafés in different locations. These gatherings provided carers of persons with disabilities a chance to relax, engage in self-healing, rediscover themselves and connect with fellow carers for mutual support. Through these sessions, participants learned how to take care of themselves, improve family relationships, and access community resources. More than 370 carers participated in total. Additionally, the project trained 90 Carer Support Ambassadors who completed “Mental Health First Aid Training”. These ambassadors gained a basic understanding of mental health and learned to identify individuals in need and encourage them to seek further assistance.

On 16 March 2024, the project hosted the “StoryC” Art Exhibition by Carers cum Mental Health Ambassador’s Sharing at AIRSIDE in Kai Tak. The event, in a café gathering format, shared the project’s achievements, reflected on past Carer Cafés, and expressed gratitude to the Carer Support Ambassadors and carers for their continued support. The Carer Art Exhibition was also held during the event, showcasing the daily lives and inner journeys of carers through artworks, displays, and different scenes, helping the public better understand the needs of carers.



精神健康大使與照顧者於照顧者茶座分享會中合照
Mental Health Ambassadors and Carers took photo during the Carer Cafe Sharing Session

照顧者專線 Care for the Carers

接受輔導服務人數 No. of users of counselling service	134
輔導時數 No. of counselling hours	2,350
外展家訪次數 No. of home visits conducted	178
治療 / 支援小組活動節數 No. of meeting sessions of therapeutic groups/support groups	37
訓練、社交、康樂活動節數 No. of sessions of training, social and recreational programmes	53
照顧者對服務滿意率 Carers' satisfaction rate on service	100%

賽馬會「動·絡」新傷殘人士支援計劃
Jockey Club Support Programme for Persons with Newly Acquired Disabilities

接受輔導服務人數 No. of users of counselling service	82
輔導時數 No. of counselling hours	2,543
外展家訪次數 No. of home visits conducted	1,262
心理治療 / 復康小組活動節數 No. of meeting sessions of psychotherapeutic / rehabilitation groups	267
社區教育活動 / 工作坊參與人數 No. of participants of community education talks and workshops	2,024



照顧者體驗水墨畫
Experiencing Chinese ink painting



照顧者聚首一堂，一同慶祝聖誕節
Carers gathered to celebrate Christmas together

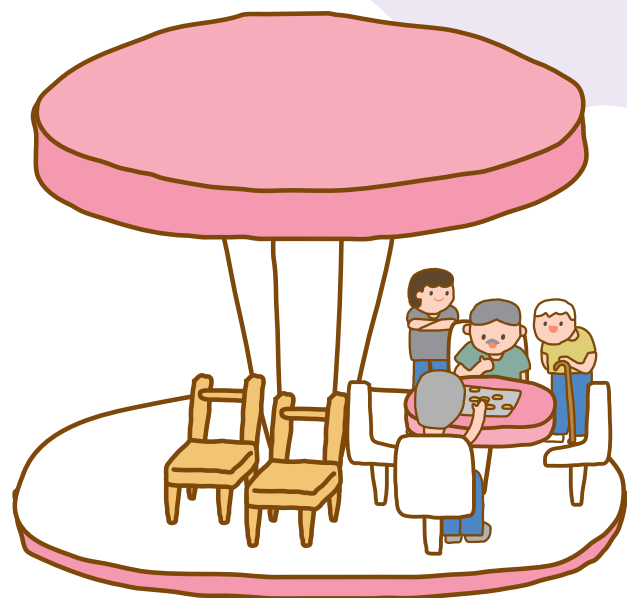


《願·事》照顧者藝術展覽暨精神健康大使成果分享會
"StoryC" Art Exhibition by Carers cum Mental Health Ambassador's Sharing



長者服務

Elderly Service



服務簡介

協會長者服務設有坪洲長者鄰舍中心及赤柱石澳長者鄰舍中心，主要以居於鄉郊區域的長者為服務對象，為他們編織社交網絡和提供鄰舍層面的支援服務。兩所中心均提供各項社交康樂、教育、健康、義工及護老者服務，加上個案輔導，以配合長者身、心、社、靈的需要，促使他們於社區安老，積極參與社區，過着健康而具尊嚴的愉快晚年。

Service Introduction

The Association's elderly services include Peng Chau Neighbourhood Elderly Centre and Stanley/Shek O Neighbourhood Elderly Centre, primarily serving elderly residents in rural areas. These centres aim to weave social networks and provide community support services for them. Both centres offer a variety of social recreational activities, educational programmes, health services, volunteer opportunities, and carer support, along with individual counseling, to meet the physical, psychosocial, social, and spiritual needs of the elderly. Thus, facilitating them to live in the community, actively participate in community activities, and enjoy a healthy and dignified life.

生死相關，做好預備

隨著更多長者開始關注晚年安排及「平安五寶」（即持久授權書、預設醫療指示、遺囑、身後事規劃及生前告別式）的重要性，中心於本年度提供一系列的生死教育活動，亦邀請執業律師到中心為長者解答對「平安三寶」的相關疑問，協助他們及早規劃後事。活動除了以簡潔生動的影片消除長者對死亡的忌諱，更成功招募超過 100 名百長者及社區人士參與，令參與的長者積極規劃晚年生活，勇於為晚年生活作好預備。除了由協會主辦的活動外，中心多位長者續於活動後參與由香港紅十字會舉辦的後事規劃講座，部分長者更成功獲得免費見證服務，為自身後事籌劃邁出了重要一步。

Life and Death: Being Prepared

As more elderly begin to recognise the importance of end-of-life arrangements and the "Five Instruments of Peace"(which include durable power of attorney, advance medical directives, will, funeral planning, and living farewell ceremonies), the centres have introduced a series of end-of-life education activities this year. Practicing lawyers were invited to address questions regarding the "Three Instruments of Peace," assisting them in planning for their future needs. The activities aim to dispel the taboo surrounding death among the elderly through concise and engaging videos, successfully recruiting over 100 seniors and community members to participate. This activity has encouraged the participating members to actively plan for their later years and to prepare for their future lives. In addition to the activities organized by the Association, our members continued to participate in end-of-life planning seminars held by the Hong Kong Red Cross after these events, with some of them successfully obtaining free witness services, taking an important step in planning for their future arrangements.



長者認真參與安心三寶活動
Elderly persons earnestly participated in the "Three Instruments of Peace" activity.

「治未病」關顧健康

近年政府大力提升以地區為本的基層醫療健康服務，扭轉現時「重治療，輕預防」的醫療體制和觀念，而協會兩間長者中心亦配合政策，以服務積極回應基層健康關顧的需要，推廣「預防勝於治療」的訊息。過去一年，中心緊密與南區的地區康健中心及地區康健站合作，以實踐地區為本的「醫社協作」理念，定期為居民提供健康檢查、健康及營養管理、視力保養等講座及活動，多達 500 人次受惠。

承蒙香港賽馬會慈善信託基金支持，兩間長者鄰舍中心於 2023 年 3 月開展為期兩年的第三階段「賽馬會 e 健樂電子健康管理計劃」，為坪洲、南丫島、赤柱、大浪灣及石澳 60 歲以上的長者進行健康質素問卷，並運用雲端技術跟進他們的健康數據。中心亦定期舉辦健康推廣活動，講解如何預防肌肉流失、保養關節、預防跌倒等，讓長者了解身體狀況並採取預防措施。

此外，中心定期舉辦健體器材使用工作坊、伸展運動班、劍擊體驗班、健身舞、八段錦及帶氧運動班等，培養長者建立恆常運動習慣。為增添運動的趣味，計劃更引入飛脂棒、XCO、筋膜伸展棍等新興器材及運動，供長者體驗及學習。這些系統化的健康管理措施，旨在幫助長者維持身心健康，做到「預防勝於治療」。

長者鄰舍中心於本年度亦與香港藥學服務基金合作，為會員提供社區長者藥物管理服務，由香港藥學服務基金專業藥劑師定期為長者進行一對一的藥物諮詢，詳細講解所服用的藥物資訊，並按需要送贈藥盒及切藥器等物品予長者。服務讓長者更容易掌握服藥的情況及對藥物的了解，從而增加長者對自我保健的信心。

Prevention is Better than Cure

In recent years, the government has made significant efforts to enhance district-based primary healthcare services, shifting the emphasis of the present health-care system and people's mindset from "treatment" to "prevention". The Association's Elderly Centres align with this policy, actively responding to the needs for community health care and promoting the message that "prevention as a means of treatment of disease". During the year, the Centres closely collaborated with the Southern District's District Health Centre and DHC Express to implement the community-based concept of "medical-social collaboration," regularly providing residents with health checks, health and nutrition management, vision care seminars, and activities, benefiting over 500 individuals.

With the support of the Hong Kong Jockey Club Charities Trust, our two Neighbourhood Elderly Centres launched the two-year Phase III "Jockey Club Community eHealth Care Project" in March 2023. The project conducts health quality surveys for residents aged 60 and above in Peng Chau, Lamma Island, Stanley, Big Wave Bay, and Shek O, utilizing cloud technology to monitor their health data. The centres also regularly organize health promotion activities that explain how to prevent muscle loss, care for joints, and prevent falls, helping the elderly understand their physical condition and take preventive measures.

In addition, the Centres regularly organize workshops on the use of fitness equipment, stretching exercise classes, fencing experience classes, fitness dance, Ba Duan Jin and aerobic exercise classes to cultivate a regular exercise habit among the elderly. To make exercise more enjoyable, the project introduced new equipment and exercises, such as Flexi Bar, XCO, and Stick Mobility, for elderly persons to experience and learn. These systematic health management measures aim to help them maintain their physical and mental health, living out the principle of "prevention is better than treatment".

The Neighbourhood Elderly Centres also collaborated with the Hong Kong Pharmaceutical Care Foundation to provide medication management services for members. Professional pharmacists from the foundation conduct one-on-one medication consultations for the elderly, providing detailed explanations of the medications they take and supplying items such as pill organizers and pill cutters as needed. This service helps the elderly better manage and understand their medications, thereby increasing their confidence in self-care.

銀齡樂活創新天

過去一年，兩間長者鄰舍中心積極為年輕長者開設各種活動，包括禪繞畫班、手工班、魔力橋比賽和長幼共融的萬聖節活動等，在提供娛樂和學習機會的同時，亦讓年輕長者在其中發揮積極的角色。年輕長者在活動中共同設計和構思攤位內容，主持遊戲，並負責準備活動物資和試行演練，從而擴闊長者之間的社交生活，並培養他們的組織和領導能力。此外，年青長者亦透過培訓成為中心的數碼大使，教導獨居長者使用數碼科技，讓他們學習新技能。

為幫助退休長者應對壓力及增強抗逆力，赤柱石澳長者鄰舍中心在滙豐銀行慈善基金的資助下推行「悅齡展翅生活計劃」，為長者提供由認證教練和專業人士教授的證書培訓課程。本年度共有 32 位長者獲得專業證書及資格，包括體適能基礎訓練證書、日本酒精墨水畫藝術導師認證、正念手作初階導師證及 XCO Trainer 證書。計劃不僅豐富退休長者們的生活，亦讓他們有機會透過由他們教授的社區訓練班貢獻自己所長，向社區人士分享經驗，從而提升自我價值和精神健康，體驗更有意義的晚年生活。計畫亦透過退休長者與學生共同策劃，於南區偏遠地區進行的義工探訪活動，促進跨代共融。

協會獲社會福利署「老有所為活動計劃」資助，於本年度推行「樂學·樂活」計劃，透過跆拳道、手指琴課程和各種社區服務，鼓勵長者持續學習並積極服務社區不同群體，促進不同群體之間的凝聚力及跨代交流，以此增強長者的自信心和歸屬感，體現「老有所為」的精神。

A New Dawn for Active Ageing

In the past year, our two Neighbourhood Elderly Centres have been dedicated to enriching the lives of young elderly persons, by organizing a variety of activities, including Zentangle classes, craft classes, Rummikub contests, and intergenerational Halloween events. These activities not only provide entertainment and learning opportunities but also allow young elderly members to take on active roles. In these activities, young elderly members helped to design and plan booths, hosted games, prepared materials, and conducted rehearsals, promoting social interaction and fostering organizational and leadership skills. Additionally, young elderly members received training to become the centres' digital ambassadors, teaching elderly living alone how to use digital technology and acquiring new skills.

To help retired seniors cope with stress and enhance their resilience, Stanley/Shek O Neighbourhood Elderly Centre, with funding from The Hongkong Bank Foundation, launched the "Happy Ageing Lifelong Learning Scheme," offering certificate training courses taught by certified coaches and professionals. This year, a total of 32 seniors obtained professional certificates and qualifications, including Physical Fitness Foundation Certifications, Japan-Recognised Alcohol Ink Teacher Certifications, a Mindfulness Crafts Instructor Introductory Certificates, and XCO Trainer Certifications. The project not only enriches the lives of retired seniors but also provides them with opportunities to contribute their skills by teaching community training classes, sharing their experiences with community members, thereby enhancing their self-worth and mental health, and leading a meaningful retirement life. The project also promotes intergenerational inclusion through volunteer visit activities planned by retired seniors in collaboration with students from remote areas of the Southern District.

Funded by the Social Welfare Department's "Opportunities for the Elderly Project", the Association conducted the "Joyful Learning, Joyful Living" project this year. Through Taekwondo, Kalimba classes, and various community services, the project encourages elderly to continue learning and actively serve different groups within the community, fostering cohesion and intergenerational communication among various groups, thereby enhancing their confidence and sense of belonging, and embodying the spirit of "active aging."



與警務署合辦防騙活動，「提子」大受長者會員歡迎
The Little Grape received much love from the elderly members in the anti-fraud event co-hosted with the Police.



長者春茗活動期間，社會福利署中西南及離島區福利專員林文儀女士、離島區區議員劉舜婷女士、協會董事范維綱先生及時任總幹事王詠兒女士等嘉賓於台上為醒獅點睛
During the Elders' Spring Banquet, the distinguished guests, District Social Welfare Officer (Central Western/Southern/Islands) Ms. LAM Bun Ngee, District Council Member Ms LAU Shun-ting, Director of the Association Mr. Michael Wan and the then Executive Director Ms. Deborah Wong, took part in an eye-dotting ceremony to kick off a ceremonial lion dance

鄉郊支援網絡

本年度協會繼續在民政及青年事務局社區投資共享基金資助下，推行「坪洲樂齡薈 2.0」計劃，持續組織義工活動及跨界協作平台，推動關愛文化，建立互助社區。計劃通過跨界別協作平台「坪洲關愛同盟」關懷島上的居民，並連繫商戶成為「坪洲愛心商戶」，參與不同的社區事務，如轉介有需要的居民給員工跟進、協助推廣服務、參與義工活動和捐贈活動物資等，共同關愛島上居民。

另外，計劃亦策動坪洲居民成立「坪洲社區義工團」，支援島上有需要的居民，結成鄰里守望相助的網絡。而為表彰各義工的付出與努力，計劃於2024年3月23日舉辦了「坪洲社區義工嘉許典禮 2023」，表揚187名由10多個夥伴成員機構提名的優秀義工，其中33人更獲頒「卓越義工領袖獎」。

因應以上各項服務成果，「坪洲樂齡薈 2.0」計劃於年度內獲多個媒體採訪報導，協會希望報道能讓大眾了解坪洲的人情味及社區互助精神之餘，能夠讓關愛精神傳遞到香港更多的社區。



家居維修義工為鄉郊長者完成家居維修
Volunteers completing home maintenance for elderly persons in rural areas.

Rural Support Network

This year, the Association continued to receive funding from the Home and Youth Affairs Bureau's Community Investment and Inclusion Fund to implement the "Intergenerational Harmony Hub in Peng Chau 2.0" project. The project continued to organize volunteer activities and cross-sector collaboration platforms, promoting a culture of care and establishing a mutually supportive community. The project continued to care for the residents through the cross-sector collaboration platform "Peng Chau Caring Alliance," and connect local shops to become "Peng Chau Caring Shops", which participate in various community matters, such as referring residents in need for follow-up by staff, assisting in service promotion, participating in volunteer activities, and donating materials for events, all working together to care for the island's residents.

In addition, the project encouraged Peng Chau residents to form the "Peng Chau Community Volunteer Team" to support residents in need, creating a network of neighbourhood support. To recognise the contributions and efforts of all volunteers, the Centre held the "Peng Chau Community Volunteer Recognition Ceremony 2023" on 23 March 2024, honouring 187 outstanding volunteers nominated by over 10 partner organizations, with 33 receiving the "Outstanding Volunteer Leader Award."

In light of these achievements, the project has garnered coverage from multiple media outlets throughout the year. The Association hopes that these reports will help the public understand the community spirit of Peng Chau while spreading the message of care to more communities in Hong Kong.

參考「坪洲樂齡薈 2.0」計劃的豐碩成果，協會自2024年1月1日起獲民政及青年事務局社區投資共享基金資助，於赤柱、石澳和大浪灣地區推行為期3年的「赤石情常在：鄉郊地區支援計劃」，在區內組織義工活動及跨界協作，推動關愛文化，建立互助互愛的社區。計劃透過「赤石關愛同盟」聯同「赤石愛心商戶」結成的網絡，關懷區內有需要的居民，同時藉着「赤石社區義工團」，為在赤柱、石澳和大浪灣地區內有需要的人士提供生活輔助、社交陪伴、健康指導等全面的支援。通過跨界協作，計劃增強了區內居民的聯繫和合作，並推動區內的關愛文化，進一步讓更多居民感受到社區的溫暖和支持。

Drawing on the fruitful outcomes of the "Intergenerational Harmony Hub in Peng Chau 2.0", the Association has been funded by the Home and Youth Affairs Bureau's Community Investment and Inclusion Fund to implement the "Harmony Life in Stanley/Shek O: Rural Area Support and Networking Project" for 3 years starting on 1 January 2024, in the Stanley, Shek O, and Big Wave Bay areas. The project aims to organize volunteer activities and cross-sector collaborations in these areas, promote a culture of care, and establish a community of mutual support and love. Through the network formed by the "Stanley/Shek O Caring Alliance" and the "Stanley/Shek O Caring Shop," the project will care for residents in need within the area, while the "Stanley/Shek O Community Volunteer Group" provide comprehensive support, including daily support, social companionship, and health guidance for those in need in Stanley, Shek O, and Big Wave Bay. Through cross-sector collaboration, the project enhances the connections and cooperation among residents in the area and fosters a culture of care, allowing more residents to feel the mutual support of their community.



家居維修義工隊先細心了解長者的生活情況及需要，為維修作準備。
Home repair volunteers team attentively listened to the elders' needs before assisting with repairs.



坪洲長者暨青少年
鄰舍中心（長者部）
Peng Chau
Neighbourhood
Elderly cum Children/
Youth Centre
(Elderly unit)

赤柱石澳長者鄰舍中心
Stanley/Shek O
Neighbourhood
Elderly Centre

會員人數 No. of members	821	707
服務時數 No. of service hours	2,316	2,316
活動次數 No. of programmes	337	267
接受輔導人數 No. of members receiving counselling service	118	117
服務護老者人數 No. of carers served	175	206
隱蔽長者個案數目 No. of hidden elderly persons	48	51
長者義工人數 No. of senior volunteers	102	125
安老服務統一評估個案數目 Total number of Minimum Data Set - Home Care assessment conducted	69	58
為認知障礙長者及其照顧者提供的活動及小組活動數目 No. of programme, activities and groups for persons with dementia and their carers	25	20



兩間長者中心於疫情後首次攜手合辦春節聯歡活動。來自坪洲、南丫島、赤柱、石澳及大浪灣等地區的 150 多位長者熱情參與其中
For the first time since the pandemic, the two elderly centres co-organised a Chinese New Year celebration. Over 150 elderly persons from Peng Chau, Lamma Island, Stanley, Shek O, and Big Wave Bay participated delightfully.



長者到幼稚園為兒童舉辦生日會，與學生們相處無間
Elderly persons celebrated birthdays with kindergarten children and had a good time.



兒童及青少年服務

Children and Youth Service



服務簡介

賽馬會沙田青少年綜合服務中心及坪洲長者暨青少年鄰舍中心（青少年部）一直為所處的社區提供兒童、青少年、親子及校本支援服務。透過中心為本的服務、駐校服務及學校支援服務，中心讓兒童及青少年能夠不分傷與健，共同擁有自由、自主的空間，一同經歷成長的過程，發揮潛能，尋覓全新視野，讓生命彼此發揮積極影響，攜手締造和諧、共融及愉悅的人生。

Service Introduction

Jockey Club Shatin Integrated Service Centre for Children and Youth and Children/Youth Unit of Peng Chau Neighbourhood Elderly cum Children/Youth Centre provide children, youth, parenting and school-based support services in their respective districts. Through centre-based services, school social work services and support services for schools, the Centres aim to provide children and youth with or without disabilities a space filled with freedom and independence so that they can unleash their potentials, look for a new horizon and influence each other positively during their growth, and ultimately creating a life with harmony, inclusiveness, and contentedness.

創建集體藝術平台，倡導青年參與社區

賽馬會沙田青少年綜合服務中心於本年度獲沙田民政事務處資助，推行「THINK CO 聯·賞」（意思為 Thinking & Communication）計劃，透過集體藝術創作，讓區內青年發揮個人潛能，建立正向價值。計劃先為沙田區內學生提供藝術培訓，再聯同區內其他學生、家庭及社區人士於火炭鐵路站外的牆壁上進行壁畫創作，展現「沙田的今昔美」。

培訓和創作不僅為區內學生提供學術以外之實踐機會，有助他們全面成長，更透過建立共同平台，讓社區內各持分者能夠互相認識、彼此學習，推動社區共融。是次經驗亦鼓勵區內青年參與社區事務，積極回饋社會。

Establishing a Collective Art Platform to Advocate Youth Participation in the Community

Funded by the Shatin District Office of the Home Affairs Department, the Jockey Club Shatin Integrated Service Centre for Children and Youth organized the “THINK CO” mural art project (“THINK CO” stands for “Thinking and Communication”). Through collective art creation, the project enables youth to unleash their personal potential and establish positive values. The program first provides art training for students in the Shatin District, and then collaborates with other students, families, and community members to create a mural on the wall outside the Fo Tan MTR Station, showcasing “The Beauty of Shatin Then and Now.”

The training and creation not only offer students practical opportunities beyond academics, aiding their overall personal growth, but also foster a common platform for various stakeholders in the community to get to know and learn from one another, and promote community inclusion. This experience also encourages local youth to participate in community affairs and actively give back to society.



學生、親子及社區人士進行壁畫創作，推動社區共融
Students, parents, children, and community members created murals together to promote community inclusion.



「壹團 共融」傷健青年義工團員攜手推動共融
The “PHAB as ONE” youth volunteers with and without disabilities joined hands to promote inclusion



2023-2024 沙田區傑出青年選舉
2023-2024 Shatin District Outstanding Youth Election

發掘優勢潛能，扶助兒童及青年成長

在支援有特殊教育需要的兒童及青年方面，協會於本年度繼續獲香港賽馬會慈善信託基金資助，成為「賽馬會鼓掌·創你程計劃」的網絡夥伴機構，為 15 歲或以上、具注意力不足 / 過度活躍、讀寫障礙、肢體傷殘 / 視障 / 聽障或言語障礙的青年提供職涯發展支援服務。計劃以生涯發展規劃為介入手法，輔以制訂個人計劃、專業輔導、治療小組及訓練課程，提升他們於升學、就業及成長之動機，並建立清晰的發展方向。

計劃透過合作的中學及大專院校接觸有特殊教育需要的青年，並以小組輔導及 VASK 卡運用方式介入，讓青年認識自己的能力及興趣，發掘個人優勢及潛能；同時透過個人輔導，與青年個別制定發展方向與目標，協助他們逐步邁向成功。計劃更獲多間企業和商戶的支持，為參加者定期提供不同類型的實習和職場體驗機會，有助他們探索於行業內之未來發展。除了一般工作實習，計劃更為一班分別對音樂及舞蹈發展感興趣的青年提供不同的表演平台，讓他們累積經驗，為前路帶來更多可能性。

Empowering Children and Youth by Uncovering Their Potential

To support children and youth with special educational needs, the Association continued to receive support from The Hong Kong Jockey Club Charities Trust as one of the Network NGOs for the “CLAP@JC – All-round CLD Mainstreaming Scheme” this year. This programme offers career development support to youths aged 15 or above with ADHD, dyslexia, physical disabilities, visual or hearing impairments, or speech disorders. By using career development planning as an intervention method, and supplemented by the formulation of personal plans, professional counseling, therapy groups, and training courses, the programme enhances their motivation for further education, employment, and personal growth, while establishing clear developmental directions.

The programme engaged youth with special educational needs through collaboration with secondary schools and tertiary institutions, employing group counseling and the use of VASK cards to help them recognise their abilities and interests, as well as discover their personal strengths and potential. At the same time, through individual counseling, the programme collaborated with youth to set development directions and goals, assisting them in gradually moving towards success. With the support of various business partners, the programme regularly provided members with different types of internship and workplace experience opportunities, helping them explore future development within different industries. In addition to general internships, this year the programme also offered different performance platforms for youth who are interested in music and dance, allowing them to accumulate experience and create more possibilities for their future.



青少年義工教導參加者玩攻防箭
Youth volunteers taught participants how to play archery tag.



青少年於體育館藉遊戲與街坊進行交流
Youth interacted with residents through games at the sports centre.



青少年擔任語文班義務導師，教導兒童學習語文
Youth volunteers served as language class tutors, teaching children languages.

建立正向家庭、校園及社區

正向價值觀對兒童及青少年的成長有很大幫助。為使區內兒童及青少年健康成長，賽馬會沙田青少年綜合服務中心致力與家長緊密聯繫，透過玩樂小組、繪本家長小組及戶外活動等，協助家長與子女建立正向的親子關係；透過「正向情緒」校園推廣計劃，協會亦於區內中學推行「精神健康大使」計劃及社區教育工作，為學生建立正向生命價值，關顧他們的精神健康；而為進一步將正向價值觀推廣至社區，由民政及青年事務局社區投資共享基金資助協會推行「融入里」社區網絡計劃，定期為沙田駿洋邨的居民提供各項支援服務，聯同不同的社區資源及網絡，於社區共同實踐正向互助的精神。

Building Positive Families, Schools, and Communities

Positive values greatly contribute to the growth of children and adolescents. To ensure that children and youth in the community grow up healthily, the Jockey Club Shatin Integrated Youth Service Centre is committed to maintaining close contact with parents. Through playgroups, picture book parent groups, and outdoor activities, the centre assists parents in establishing positive parent-child relationships.

Through the "Positive Emotions" school promotion programme, the Association also implemented the "Mental Health Ambassadors" programme and community education initiatives in secondary schools, to help students establish positive life values and care for their mental health. To further promote positive values in the community, the Association, with the support of Community Investment and Inclusion Fund of the Home and Youth Affairs Bureau, has launched the "Developing Community Network" Project, which regularly provides various support services for residents of Chun Yeung Estate in Shatin, collaborating with different community resources and networks to foster a positive and mutually supportive community.



兒童舞者收到打氣牌作鼓勵 Child dancers received encouragement cards from the audience.



「正向情緒」校園推廣計劃於校園推廣正向價值觀
The "Positive Emotions" school promotion programme advocates positive values on campus.



幾位熱愛音樂的青年在中心彼此認識，並組成樂隊「慢半拍」
Several music-enthusiast youths met at the centre and formed the band "Adagio".



「融入里」社區網絡計劃於駿洋邨平台舉辦藝術流動站，由駿洋邨居民義工教導小朋友扭氣球、製作手工等
The Project on Developing Community Network organised a mobile art station at the Chun Yeung Estate platform, where resident volunteers taught children how to twist balloons and make handicrafts.

從小成為義工 推動關愛社群

過去一年，坪洲長者暨青少年鄰舍中心推動青少年策劃及參與義工服務，例如由青年會員參與假日攤位活動，帶領攻防箭、射擊和小型籃球等運動，以及於暑假為少數族裔及本地小學生策劃中英語文學習班，提供義務教學等，讓他們有更多機會實踐自己所想同時協助他人，增強他們的社交和解難能力。此外，中心於本年度獲民政事務總署資助舉辦「舞導館」，由專業舞者於暑假為兒童提供舞蹈訓練，及後更培訓出 7 位兒童舞蹈義工，為長者表演及進行快閃街頭表演活動等，以舞蹈跳出自信。

中心亦透過手作藝術結連社區的不同人士，促進跨代共融。本年度中心與區內幼稚園合辦「慶祝祖父母節」活動，由長者義工到幼稚園教導小朋友製作小手工，以表達對祖父母的感謝，促進跨代溝通；中心的兒童會員參加藍曬學習班後擔任小義工，協助長者用藍曬技術製作聖誕咭，而「關愛小義工」義工小組亦於新春佳節探訪獨居長者，為他們送上揮春和新年掛飾，以關懷締造共融社區。



透過藍曬活動，促進長幼共融
Promoting intergenerational integration through cyanotype activities.

Starting Small as a Volunteer and Promoting a Caring Community

In the past year, the Peng Chau Neighbourhood Elderly cum Children/Youth Centre has encouraged youth to plan and participate in volunteer services. For example, young members participated in holiday booth activities, leading sports such as archery, shooting, and mini-basketball.

During the summer, they organized Chinese and English learning classes for ethnic minority and local primary school students, providing volunteer teaching opportunities. This allowed them to practice their ideas while assisting others, enhancing their social and problem-solving skills. Additionally, the centre received funding from the Home Affairs Department this year to host the "Dance Studio" project, where professional dancers provided dance training for children during the summer. This programme subsequently trained 7 child dance volunteers, who performed for the elderly and participated in flash mob street performances, expressing confidence through dance.

The Centre also connects different community members through handmade arts and crafts, promoting intergenerational inclusion. This year, the centre collaborated with kindergartens to host a "Grandparents' Day" event, where elderly volunteers taught young children to make small crafts to express their gratitude to their grandparents, thereby fostering intergenerational communication. After participating in cyanotype workshops, the centre's child members served as young volunteers to assist the elderly in creating Christmas cards using cyanotype techniques. The "Little Caring Volunteers" group also visited elderly persons living alone during the Lunar New Year, delivering couplets and festive decorations to show care and create an inclusive community.



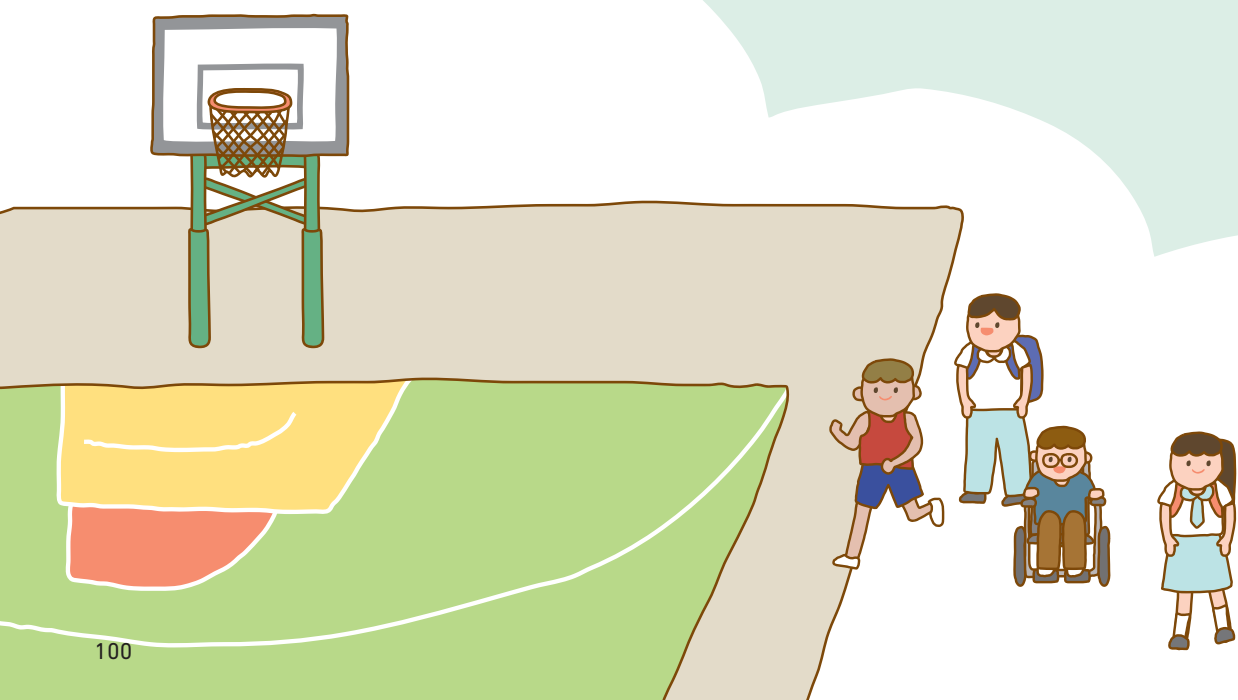
兒童舞者於表演前與觀眾互動
Child dancers interacted with the audience before the performance.

	賽馬會沙田青少年 綜合服務中心 The Jockey Club Shatin Integrated Service Centre for Children and Youth	坪洲長者暨青少年鄰舍 中心青少年部 Peng Chau Neighbourhood Elderly cum Children/ Youth Centre (Children/Youth Unit)
會員人數 No. of members	2,007	119
總服務時數 Total no. of service hours	5,640	1,457
活動節數 No. of sessions of programmes	4,652	207
活動參與人次 No. of attendance	42,672	4,289
中心服務時數 No. of hours providing centre service	2,648	1,457
學校服務時數 No. of hours providing school service	2,992	/



有特殊教育需要青年服務

Service for Youth with Special Education Needs



服務簡介

協會致力為特殊學習需要的青年人提供多元服務，透過由香港賽馬會慈善信託基金資助的賽馬會「夢啟航」就業支援計劃及勞工處「展翅青見計劃」，讓他們共同擁有自由、自主的空間，經歷成長，發揮潛能，尋覓全新視野，締造和諧、共融及愉悅的人生。

賽馬會「夢啟航」就業支援計劃致力為 17 至 35 歲有特殊學習困難及專注力不足／過度活躍症的青少年提供個人成長訓練、職業培訓及工作實習體驗，協助他們按其職志及個人強項配對合適工作，達致持續規劃發展目標。計劃已於 2023 年 7 月完結。

協會同時為勞工處「展翅青見計劃」委任的營運機構，專為 15 至 24 歲青年人提供多元化的職前及在職培訓。計劃致力提供全面的求職平台，幫助不同特性的青年認識自我和職業志向，並豐富他們的工作技能及經驗，從而提升他們的就業競爭力。



Service Introduction

The Association is committed to providing diverse services for young persons with special educational needs. Through the Jockey Club "Project LEGEND" – Employment Support Project, funded by The Hong Kong Jockey Club Charities Trust, and the Youth Employment and Training Programme (YETP) of the Labour Department, these young persons can have a free and autonomous space to experience personal growth, unleash their potential, explore new horizons, and lead an inclusive and fulfilling lives.

Jockey Club "Project LEGEND" – Employment Support Project was committed to providing personal growth training, vocational training, and internship opportunities for young persons aged 17 to 35 with special learning difficulties and attention deficiency/hyperactivity disorder. Our goal was to assist them in identifying suitable career paths based on their aspirations and individual strengths, allowing them to pursue their long-term development goals. The project was ended in July 2023.

As an appointed operating organization for the Labour Department's Youth Employment and Training Programme (YETP), the Association offers a variety of pre-employment and on-the-job training opportunities for young persons aged 15 to 24. The program provides a comprehensive job-seeking platform that helps young persons with different characteristics gain better self-awareness, explore their career aspirations, and enhance their work skills and experience, ultimately increasing their employability.

由學校到職場，助離校生順利過渡

青年從校園畢業到進入職場的過程中容易感到迷茫，尤其是有特殊教育需要的離校生，在這段過渡期中面對缺乏職業選擇的知識、求職技巧、以及對自我定位的困惑等種種挑戰，容易令他們感到不知所措。為此，「展翅青見計劃」為不同特性的學生提供入職培訓服務，包括前期培訓、生涯規劃小組和工作實習等，透過不同的練習和實戰機會，幫助年輕人建立自信。

本年度計劃為香港教育大學賽馬會特教青年學苑的一至三年級學生舉辦「認識生涯規劃」課程，以加強學員對不同職業的認識，並為他們提供相關的職場體驗機會，協助他們及早探索職業路向，順利過渡至職場發展。

Supporting School-to-Work Transition for School Leavers

The transition from school to work can be confusing for young persons, especially for school leavers with special educational needs. During this transitional period, they face various challenges, such as a lack of knowledge about career options, job-seeking skills, and confusion about self-identification, which can leave them feeling overwhelmed. To address these issues, the Youth Employment and Training Programme (YETP) offers a range of employment training services for different students, including preliminary training, career planning groups, and work internships. Through various exercises and practical opportunities, the program helps young persons to build confidence.

This year, the programme organized a career planning course for first to third-year students at the Education University of Hong Kong Jockey Club Youth Academy for Special Educational Needs, to enhance their understanding of different professions and provide them with relevant workplace experience opportunities. This assists them in exploring career paths early and facilitates a smooth transition from school to workplace.



舉辦就業探索活動，讓有特殊教育需要的青年人認識寵物美容的行業
Young people with special educational needs learned about the pet grooming industry in a career exploration activity.

聯繫社區組織，為青年創造就業機會

為了擴闊有特殊教育需要青年人的實習和工作機會，協會與不同社區組織合辦職業培訓課程，讓青年人探索更多元的職業道路。協會本年度與離島婦聯合辦了農藝師助理訓練課程，並將永續發展元素納入課程內容，增強學員對環境保護、社會責任和企業治理 (ESG) 的認識。課程亦提供實習機會，讓學員體驗農務和回收工作，協助他們發掘適合自己的工種。實習結束後，離島婦聯正式聘用實習學員，成功為年輕學員提供就業發展機會。

Connecting Community Partners to Create Employment Opportunities for Youth

To broaden internship and employment opportunities for young persons with special educational needs, the Association partnered with various community organizations to offer vocational training courses, helping them explore diverse career paths. This year, in collaboration with OIWA Limited, the Association organized an agronomist assistant training course that included sustainability elements to raise students' awareness of environmental protection, social responsibility, and corporate governance (ESG). The course also provided internships, allowing students to gain hands-on experience in farming and recycling work, helping them identify suitable job roles. Following the internship, OIWA Limited officially employed the interns, successfully offering these young students valuable opportunities for employment development.



參加者學習由泡茶至出售的技巧
Participants learned skills from tea brewing to sales

連結各界培育青年，助下一代「夢啟航」

本年度賽馬會「夢啟航」就業支援計劃集中在多媒體製作、運動、表演藝術及帶領技巧等範疇提供培訓機會，包括低結構網陣教練課程及風帆職業技能訓練等，鼓勵青年發展多元技能；而一班有特殊教育需要青年亦在協會的鼓勵下發揮才能，設計及製作桌上遊戲《綠洲》，透過富趣味及互動教育元素的遊戲，讓公眾進一步認識有特殊教育需要的青年的特性。

除了桌上遊戲，計劃本年度亦與不同企業及機構合作，透過各種交流活動讓社會各界對有特殊教育需要青年有第一身的認識，促進彼此之間的溝通和了解，當中包括與日立集團合作舉辦的高爾夫球同樂日，以及讓超過 60 名有特殊教育需要的兒童、青年及其照顧者有難得機會乘坐帆船、由城北扶輪社聯同香港遊艇會慈善基金會合辦的「傷健暢航歡樂遊」等。

本年度計劃更與香港理工大學應用社會科學系合作，分別透過問卷及訪談形式，向參與計劃的青年、老師、僱主及家長了解計劃的進展與成效，及後於媒體發布會上正式發布結果。研究結果顯示，參與計劃青年除了在社交技巧上有顯著改善，在職業發展上的自我效能感及執行技巧亦有所提高。

計劃已於 2023 年 7 月隨著閉幕禮正式完結。閉幕禮當日，學員們都被安排於典禮中擔任不同崗位，如設計回顧短片、場刊、宣傳海報，擔任司儀以及組成青年舞團表演等，讓他們於閉幕禮中充分展現計劃成果，完滿作結。

Partnering with Different Sectors to Help the Youth Kick-Start Their “Project LEGEND”

This year, the Jockey Club “Project LEGEND” - Employment Support Project focused on providing training opportunities in areas such as multimedia production, sports, performing arts, and leadership skills, including low-structured net coaching courses and sailing vocational skills training, encouraging youth to develop diverse vocational skills. Additionally, a group of youth with special educational needs, encouraged by the Association, showcased their talents by designing and producing a board game called “Oasis.” Through engaging and interactive educational elements, the game allows the public to gain a deeper understanding of the characteristics of youth with special educational needs.

Besides the board game, the project also collaborated with various enterprises and organizations this year to raise awareness of youth with special educational needs through various volunteer activities, promoting communication and understanding among different sectors of society. These activities included a golf fun day organized in partnership with Hitachi Group, and a rare opportunity for over 60 children and youth with special educational needs, along with their carers, to sail during the “PHAB Sailing Boat Tour” event, co-hosted by the Rotaract Club of Hong Kong City North and the RHKYC Charity Foundation.

This year, the project further collaborated with the Department of Applied Social Sciences at The Hong Kong Polytechnic University to conduct surveys and interviews on the project's progress and effectiveness through questionnaires and interviews with participating youths, teachers, employers, and parents. The results were officially released at a media conference. The research findings indicated that youth participating in the project not only showed significant improvements in social responsiveness but also increased self-efficacy and execution skills in their career development.

The project ended in July 2023 with a closing ceremony. At the ceremony, students were assigned various roles, such as designing a retrospective video, program booklet, promotional posters, serving as hosts, and forming a youth dance group to perform. This allowed them to fully showcase the program's achievements during the closing ceremony, bringing it to a successful conclusion.



青年會員於閉幕禮中展示計劃成果
Youth members showcased project achievements at the closing ceremony.



青年會員參與由日立集團舉辦的高爾夫球同樂日
Youth members participated in a golf outing organised by the Hitachi Group.



營舍服務

Camp Service



服務簡介

賽馬會傷健營具備現代化無障礙設施，為傷殘人士和健全人士帶來嶄新的營舍體驗。營舍配備全面的影音系統、多元化活動設施及舒適的住宿配套設備，並輔以各項專業體適能訓練及度身訂造的多元主題培訓活動，為傷殘人士及健全人士提供互動及正面的健康活動體驗，從而推動友善社區。營舍宿營可容納 124 人，日營可容納 160 人，服務不同需要的人士。

Service Introduction

The Jockey Club PHAB Camp offers a modern, barrier-free camping experience for both persons with and without disabilities. It provides comprehensive audio-visual systems, diverse activity facilities, and comfortable accommodations. These are enhanced by professional fitness training and customised themed activities, providing interactive and positive health experiences for campers while promoting an inclusive community. The camp can accommodate 124 residential campers and 160 day campers, catering to the needs of various individuals.

針對不同團體目標 度身訂造主題活動

賽馬會傷健營本年度共為 1,048 個團體，合共近 40,000 人次提供營舍服務，並舉辦各類多元化主題活動，以迎合不同人士的服務需要。年內，超過 200 個團體，約 6,600 人曾參與不同的主題訓練活動，如「歷奇成長訓練營」、「兒童生活自理營」及「企業培訓」等等。另外，共有來自 178 個團體，近 6,000 人參加教育及康樂主題活動，如「共融教育營」、「戶外教育營」及「假日休閒體驗營」等。於暑假期間，營舍亦為 6 至 14 歲提供住宿主題活動，讓小朋友嘗試走到戶外，在薄扶林的大自然環境下，與年紀相約的同伴輕鬆投入多元愉快的成長體驗，啟發小朋友的無限潛能。營舍團隊會繼續因應各團體不同的活動目標，為其度身訂造合適的主題活動。

引入嶄新項目 拓展服務群體

為進一步拓展服務受眾，讓更多群體能夠認識和享用營舍的服務，賽馬會傷健營亦持續發展新項目予公眾參與，如攻防箭、水上競技等，為營友帶來新穎的體驗。為配合營舍於不同節日推出的特色主題活動，餐膳團隊於本年度舉辦不同的工作坊，如 XO 醬製作、日式和菓子製作、親子薑餅人曲奇製作等，吸引不同年齡的人士及家庭參與。

推動共融 促進傷殘人士就業

賽馬會傷健營亦持續促進傷殘人士就業，本年度為 11 名傷殘人士提供就業及實習機會，相關之職位範圍包括房務、營地設施管理、活動助理及行政工作等。

Tailor-made Themed Activities to Cater to the Needs of Different Groups

This year, the Jockey Club PHAB Camp provided accommodation services for 1,048 groups, serving nearly 40,000 participants, and organized a variety of themed activities to meet the diverse needs of different individuals. Throughout the year, over 200 groups, approximately 6,600 participants, engaged in various training activities such as the "Adventure Growth Training Camp," "Children's Independence Training Camp," and "Corporate Training."

Additionally, nearly 6,000 participants from 178 groups attended educational and recreational themed activities, including the "Inclusive Education Camp," "Outdoor Education Camp," and "Holiday Leisure Experience Camp." During the summer, the camp also offered accommodation-focused activities for children aged 6 to 14, allowing them to explore the outdoors in the natural environment of Pok Fu Lam, engaging in enjoyable and diverse growth experiences with peers of similar ages, thereby inspiring their limitless potential. The team will continue to customize suitable themed activities to align with the different objectives of each group.

Introducing New Programmes to Expand Target Groups

To further expand its service audience and allow more groups to learn about and benefit from the camp's services, the Jockey Club PHAB Camp continues to develop new programmes for public participation, such as archery tag and water sports, offering campers fresh experiences. To complement the Camp's themed activities during various festivals, the culinary team organized several workshops this year, including XO sauce making, Japanese wagashi making, and parent-child gingerbread cookie making, attracting participants of all ages and families.

Promoting Inclusion and Facilitating Employment for Persons with Disabilities

The Jockey Club PHAB Camp continues to support the employment of persons with disabilities. This year, the camp offered employment and internship opportunities to 11 individuals with disabilities in roles such as house-keeping, facility management, activity assistance, and administrative work.



小朋友於活力成長水上歷奇營享受水上活動
Children enjoying water activities at the summer camp



營舍教練與營友接受香港電台訪問，分享不同需要人士的攀石經驗
The coach and campers interviewed by RTHK, sharing the sports climbing experiences for persons with various needs.



營舍設有運動攀登及輪椅攀石的康樂設施
The campsite is equipped with both sports climbing and wheelchair rock climbing facilities



社區支援服務

Community Support Services



服務簡介

社區支援服務為傷殘人士、長者、長期病患者及他們的照顧者提供專業的物理治療及體適能服務，透過治療和運動訓練促進他們的健康，提高在社區獨立生活的能力，以及改善生活質素。賽馬會傷健體適能中心分別提供中心為本和到戶的物理治療及體適能服務，包括術後復康、運動及痛症治療、復康治療及照顧者訓練等。中心亦會為企業、學校或團體提供各類評估、治療或健體小組。由邵氏基金會資助的痛症管理流動中心，則以流動車方式進入社區，為經濟條件受限、受痛症困擾的人士提供一站式西醫及物理治療服務。

而「安居樂生活改善計劃」16年來持續獲何金容基金贊助，以改善肢體傷殘人士的生活環境及質素為目標，透過改裝家居、配置復康設備、提供職業治療及物理治療等服務，減低傷殘人士受傷的風險，並提升復原機會、延緩身體機能退化，旨在促進其自主生活。計劃亦重視協助剛離院的傷殘人士獲得充份的支援，盡早適應新生活。

Service Introduction

Community Support Services of the Association offers a range of physiotherapy and fitness services for people with disabilities or chronic conditions, elderly persons, and their carers. These services aim to improve health, enhance independent living, and boost the quality of life within the community. The Jockey Club PHAB Fitness Centre provides both centre-based and outreach physiotherapy and fitness services, including post-surgery rehabilitation, kinesiotherapy, pain management, rehabilitation therapy, and carer training. The Centre also offers assessments, therapies, and fitness groups for companies, schools, and organizations. Funded by The Shaw Foundation, the Shaw Foundation Mobile Pain Management Centre operates within the community via mobile vehicles, offering one-stop medical consultation and physiotherapy services to people with limited financial resources who suffer from pain.

The "Home Improvement Scheme", having been sponsored by the Ho Kam Yung Foundation for 16 years, has continued to focus on enhancing the living environment and quality of life for persons with physical disabilities. The scheme provides home modification services, medical equipment, occupational therapy, physiotherapy, and other services to reduce the risk of injury, promote recovery, delay the deterioration of body functions, and support independent living. It also offers essential support to recently discharged patients with disabilities, helping them adapt to their new lives as quickly as possible.

服務成果

賽馬會傷健體適能中心於本年度成功續辦由肺塵埃沉着病補償基金委員會資助的「社區綜合復康計劃」，成為在 2024 年 1 月至 2027 年 6 月期間的指定復康中心之一，服務人數亦由上年度的 35 人增至本年度的 44 人，每月出席人次平均達 200 人次。

中心於 2023 年 8 月獲香港賽馬會慈善信託基金捐款，為全中心進行全面翻新工程及添置設備，工程於 2023 年 3 月下旬展開，預計 2024 年 6 月中完成，工程期間所有服務會如常運作。中心將使用新購置的設備推行步態改善計劃，利用實時和客觀的反饋技術來改善服務使用者的步距、步速和節奏等，以提升不同人士的活動能力及改善其生活質素，從而減低對公營醫療系統的倚賴。

痛症管理流動中心服務獲邵氏基金會資助，由 2023 年 10 月起深入社區，為經濟條件受限、受痛症困擾的人士提供一站式物理治療服務。此外，中心亦製作了一系列痛症專題教育短片，以供公眾學習瀏覽。

Service Achievements

The Jockey Club PHAB Fitness Centre successfully renewed the Comprehensive Community Rehabilitation (CCR) Project funded by the Pneumoconiosis Compensation Fund Board, becoming a designated rehabilitation centre from January 2024 to June 2027. The number of service users increased from 35 last year to 44 this year, with an average monthly attendance of 200.

In August 2023, the Centre received a donation from the Hong Kong Jockey Club Charities Trust for a comprehensive renovation and equipment upgrade. Renovation work began in late March 2023 and is expected to be completed by mid-June 2024. Services were operated as usual during the renovation. The centre will introduce a gait improvement programme using real-time, objective feedback technology to enhance users' stride, pace, and rhythm, ultimately improving mobility and quality of life, and reducing reliance on the public healthcare system.

The Pain Management Mobile Centre, funded by the Shaw Foundation, has been operating since October 2023, offering one-stop physiotherapy services to financially disadvantaged individuals suffering from pain in the community. This year, the service produced and released a series of educational films focused on pain management, aiming to increase public awareness, provide accurate and practical guidelines.

賽馬會體適能中心於本年度提供物理治療服務達 4,520 小時，服務人次 3,648 人。體適能服務達 95 小時，服務人次 546 人。邵氏基金會資助痛症管理流動中心提供個別物理治療服務達 1,298 人次，西醫服務達 235 人次。

安居樂生活改善計劃由專業治療師提供上門家居評估及訓練服務，藉以評估受助人的情況，為其安排合適的家居改善服務。本年度，計劃合共為超過 75 位受助人進行家居評估，並資助他們購置輔助器材、轉介物理治療或家居護理諮詢服務，總資助及轉介申請項目超過 350 項，以改善其生活質素，確保家居安全及舒緩照顧者的照顧壓力，同時鼓勵受助者積極重投社區生活。計劃的主要資助項目包括輪椅、物理治療服務及加裝扶手等。92% 受助者滿意計劃的申請程序。96% 受助者認同職業治療有助提升家居自理能力及改善家居安全。97% 受助者認同計劃能夠改善到他們的生活質素。94% 受助者認同計劃能協助照顧者或家庭，減低照顧壓力，反映本服務能切合受助者及其家庭的需要，協助他們投入社區。

This year, the Jockey Club PHAB Fitness Centre provided 4,520 hours of physiotherapy services to 3,648 people. Additionally, fitness services totalled 95 hours, reaching 546 people. The Pain Management Mobile Centre, funded by the Shaw Foundation, delivered individual physiotherapy services to 1,298 people and Western medical services to 235 people.

The “Home Improvement Scheme” offers home-based assessment and training services by professional therapists, who evaluate the situation of service users and arrange appropriate home improvement services. This year, therapists conducted over 75 home assessments, evaluating individual's needs and coordinating appropriate home improvement services. The services also funded the purchase of assistive devices, and referred users to physiotherapy or home care consultation services, resulting in over 350 funded and referred projects. Major funded items included wheelchairs, physiotherapy services and handrail installations etc. These efforts aim to enhance quality of life, ensure home safety, reduce carers' burden, and encourage service users to reintegrate into the community. Major funded items included wheelchairs, physiotherapy services, and handrail installations.

The impact of these efforts was evaluated, as 92% of service users expressed satisfaction with the application process. Additionally, 96% agreed that occupational therapy improved their self-care skills and home safety, while 97% felt an overall improvement in their quality of life. Therefore, 94% believed the scheme successfully reduced the caregiving burden on carers and families. These results indicate that the Scheme effectively meets the needs of persons with disabilities and their families by providing the necessary services.



為骨質疏鬆病人舉辦運動班
Exercise class for patients with osteoporosis



痛症管理流動中心有新外觀
New Exterior of Mobile Pain Management Centre



痛症管理流動中心的啟動禮
Mobile Pain Management Centre Opening Ceremony



門診物理治療服務
Out-patient physiotherapy service

機構發展 Organizational Development





員工關顧及發展

Staff Engagement & Development

專業發展及員工培訓

員工作為協會的重要資產，他們在專業上的發展及能力的建立必然是協會重視的一環。因此，協會一直致力推動同事積極進修，鼓勵員工學習不同服務層面的知識，以裝備自己，提升專業知識及發展服務。

為配合此方向，協會年內共為員工舉辦了 33 次內部培訓，共超過 1,500 次人次參與，範疇包括維護國家安全條例相關培訓、強制通報懷疑虐待兒童個案相關培訓、輔導手法、認識精神健康講座、僱傭條例相關法例培訓、客戶服務技巧、新入職員工導向課程、員工發展日及行政系統培訓等等。

協會本年亦津助 30 多位員工參與外界短期培訓系列課程，讓員工學習與工作及服務相關的知識，繼而將所學運用在服務上。

Professional Development and Employee Training

Employees are an important asset of the Association, and their professional development and skill-building are essential aspects that the Association values. Therefore, the Association is committed to encouraging staff to pursue further studies at different levels to equip themselves for strengthening and developing services.

To support this direction, the Association organized a total of 33 internal training sessions throughout the year, with over 1,500 participant instances. These sessions included training on safeguarding national security ordinance and mandatory reporting of child abuse bill, the understanding Mental Health Workshop, the orientation day for new staff and training on counselling techniques, relevant legislation such as the Employment Ordinance, customer service skills, and administrative systems.

This year, the Association also subsidized over 30 employees to participate in external short-term training course, allowing them to learn knowledge relevant to their work and services, which they can then apply in their roles.

機構發展

Organizational Development



員工積極參與內部培訓
Staff members actively participated in internal training sessions

檢討偏遠地區工作交通津貼

有見本港偏遠地區交通費日益提升，為加強招攬人才的競爭優勢，及適時檢討交通費為員工帶來的經濟壓力，協會於本年度調升了於離島工作人員之交通津貼，以補償在市區居住，而每日需往返離島單位工作人員到偏遠地區工作的不便，以及所需的額外交通費。

推行「員工關顧計劃」

作為珍視員工的機構，提升員工健康，不但有助提高整體生產力，更能加強員工歸屬感，為公司留住人才。協會本年度繼續秉持關懷文化，再度推行「員工關顧計劃」，津貼員工進行週年身體檢查及牙齒保健，鼓勵員工及時關顧個人健康狀況，提升健康意識，保持最佳狀態。

員工康樂及福利活動

職員聯誼活動委員會本年度繼續為員工搜羅多元化生活優惠及產品折扣，員工可透過內聯網資訊掌握最新優惠情報。此外，委員會亦為協會員工籌辦不同康樂活動，包括「公仔造型鳳梨酥工作坊」、「DIY 香水工作坊」予員工體驗不同手工興趣；組織足球隊讓員工寓運動於娛樂以強身健體；此外亦透過組織「中秋生果分享」、「聖誕新年聚餐」及「甲辰年春茗晚宴」、「職員戶外一日遊」等活動，讓各單位員工能夠有更多機會聚首一堂，建立友誼以加強凝聚力。

Review of Transportation Allowances for Staff in Remote Areas

To address the rising transportation costs to remote areas in Hong Kong and enhance our competitiveness in talent recruitment, the Association has increased transportation allowances for employees working in the Islands District this year. This adjustment aims to compensate staff living in urban areas who commute daily to remote locations, helping to cover the additional transportation expenses and inconvenience.

Implementation of the "Staff Wellness Programme"

As an organization that values its employees, enhancing their health not only contributes to overall productivity but also strengthens their sense of belonging, helping the company retain talent. This year, the Association continued to uphold a culture of care by implementing the "Staff Wellness Programme", which subsidizes employees for their annual health check-ups and dental care. This initiative encourages employees to take timely care of their personal health, raise health awareness, and maintain their best condition.

Employee Recreation and Welfare Activities

This year, the Committee on Staff Social Activities continued to source a variety of discounts and product offers for employees, which they can access through the intranet. In addition, the committee organized various recreational activities for staff to explore crafting interests, including the "Character-Shaped Pineapple Cake Workshop" and "DIY Perfume Workshop". The committee also formed a football team to promote sports and fitness in a fun way. Other activities included the "Mid-Autumn Fruit Sharing", "Christmas and New Year Gathering", "Spring Dinner for the Year of the Dragon" and "Outdoor Day Trip", providing opportunities for staff members from different units to come together, build friendships, and enhance cohesion.



職員一同製作公仔造型的鳳梨酥
Employees made character-shaped pineapple cakes together



職員及家人於「戶外一日遊」活動遊覽大潭水務文物徑
Staff members and their families toured the Tai Tam Waterworks Heritage Trail during the "Outdoor Day Trip"

優質管理

Quality Assurance

在本年度內，協會持續按社會福利署所訂的《最佳執行指引》執行管治工作，全面執行及符合了所有在第一組理應遵守的九項及第二組社會福利署鼓勵非政府機構採用的八項原則、準則及程序。

協會每年均會檢視項服務質素標準及進行內部審核，以確保協會各服務單位均能遵守訂定的標準，為服務使用者提供質素良好的服務。協會一直以來配合社會福利署的建議，設有跨服務單位內部審核的機制，由其他服務單位主管審視單位的運作情況，以達到互相借鏡及監察的效果。主管在審核後會提交報告至協會優質服務會議作討論，適時提供適切的培訓，並按服務需要進一步修訂內部準則及指引，以符合社會福利署最新的要求。

過去一年協會已順利完成外審並確認全部項目均符合要求。雖然協會的服務單位並非完全由社會福利署資助，但非資助單位亦會於合適的情況下，按照相關的服務質素標準作管理及推行服務，以促使協會所有單位服務都有完善的計劃、檢討及持續改善與服務相關的政策及程序，保持良好的管理。

另外，職安健工作小組於本年度從新整理協會的「職安健指引」，清楚列明法例法規的要求，使單位更容易依循、參考及執行。該指引亦於 2023 年 7 月起正式實施。工作小組本年度亦為三個單位進行職安巡查，檢視單位執行職安管理的情況，並於管理人員會議中分享優質實踐及可改善的領域。風險評估及相關培訓亦是職安重要的一環，工作小組除了為協會司機進行了體力處理操作風險評估及提供相關培訓，亦為 4 個服務單位進行了顯示屏幕設備的風險評估，就著評估結果提供了相應的預防建議，以減低勞損機會。

During the year, the Association continued to follow the Social Welfare Department's Best Practice Manual in the governance of the Association. The Association followed all 9 guidelines in Level One which NGOs were expected to follow and 8 guidelines in Level Two which NGOs were encouraged to adopt.

Each year, the Association conducts review on its Service Quality Standards and carries out internal inspections for service units to ensure compliance with the set standards and provision of quality service to service users. Following recommendations from the Social Welfare Department, the Association has a cross-unit internal audit mechanism. The operations of one unit are reviewed by managers of other service units to facilitate mutual learning and monitoring. After the audit, the managers submit a report to the Association's Quality Service Meeting for discussion. This allows for timely training and any necessary revisions to internal guidelines and procedures to meet the latest requirements of the Social Welfare Department.

In the past year, the Association successfully completed external audits, confirming that all items met the requirements. Even though some of the service units are not required to follow these standards as they are not funded by the Social Welfare Department, they also adopted these Service Quality Standards whenever deemed appropriate. This promotes better service management in terms of planning, review and continuous improvement in service related policies and procedures across the Association.

Additionally, the Occupational Safety and Health Working Group revised the Association's "Occupational Safety and Health Guidelines" this year, clearly outlining the legal requirements to make it easier for units to follow, reference, and implement. These guidelines were officially implemented in July 2023. The working group also conducted occupational safety and health inspections for three units this year, to review their implementation of occupational safety management and shared best practices and areas for improvement during management meetings.

Risk assessment and related training are also crucial components of occupational safety. In addition to conducting physical handling risk assessments and providing related training for the Association's drivers, the working group performed risk assessments for display screen equipment in 4 service units and offered corresponding preventive recommendations based on the assessment results to reduce the risk of occupational injuries.



協會職員於「甲辰年春茗晚宴」歡聚
The staff of the Association gathered at the "Spring Dinner for the Year of the Dragon"



協會司機參與職安健培訓
The Association's drivers participated in Occupational Safety and Health Training

設施管理及項目發展

Facilities Management & Project Development

「融·點」地區支援中心（南區） 於利東新址正式投入服務

「融·點」地區支援中心（南區）已於 2023 年 6 月完成裝修工程，正式進駐鴨脷洲利東商場的新服務點，為協會服務開啟新篇章，推動傷健共融，營造友善社區，拓展服務範疇，讓更多有需要人士得以受惠，以改善生活素質。

賽馬會傷健體適能中心裝修工程

協會賽馬會傷健體適能中心於 2023 年 8 月喜獲香港賽馬會慈善信託基金慷慨捐款進行裝修及購置設備。裝修工程已於 2024 年 3 月份展開，預計 2024 年 7 月份完成。新購至設備將用於進行步態評估及訓練服務，提升長者及傷殘人士的步行能力，從而提升他們整體的身心健康。

Operation Commencement of i-Point District Support Centre (Southern) at Lei Tung

The renovation of the i-Point District Support Centre (Southern) at Lei Tung Shopping Centre in Ap Lei Chau was completed and officially opened in June 2023. The Association expanded and enhanced its services to increase the number of beneficiaries, to promote the concept of PHAB, to foster a friendly community and to improve the quality of life for those in need.

Renovation of the Jockey Club Fitness Centre

The Association was awarded a generous donation from the Hong Kong Jockey Club Charities Trust to renovate the Jockey Club Fitness Centre and purchase equipment. The renovation commenced in March 2024 and is expected to be completed by July 2024. The newly purchased equipment will be used for gait assessment and training services, enhancing the walking ability of the elderly and persons with disabilities, thereby improving their overall physical and mental health.



「融·點」地區支援中心（南區）位於鴨脷洲利東商場
i-Point District Support Centre (Southern) is located at Lei Tung Commercial Centre, Ap Lei Chau

多功能服務中心舉行動工禮

協會於 2024 年 3 月 27 日舉行賽馬會多功能服務中心（暫名）動工儀式，在一眾嘉賓的見證下正式與承建商完成簽約及啟動工程項目。此大樓獲香港賽馬會慈善信託基金資助，座落於薄扶林水塘道，與賽馬會傷健營大樓毗鄰。新大樓樓高三層，融入綠化、療愈身心、無障礙互動、支援自主健康管理等元素，設有包括內建池底升降台的恆溫水療池，互動健身室、融入戶外綠化設施的無障礙體驗徑及靜觀明陣等，藉此讓不同年紀及需要的傷殘人士及健全人士，可以透過多功能服務中心獲得適切支援，增強身心健康。大樓預計於 2025 年下旬落成。

參與「綠色社福機構」推動計劃

配合施政報告措施爭取香港於 2050 年前實現碳中和之目標，賽馬會沙田青少年綜合服務中心參與政府推出之「綠色社福機構」計劃，並於 2023 年 8 月成功獲機電工程署審批，資助單位一站式提升能源表現及能源管理服務，當中包括進行能源審核、更換變頻式冷氣機及發光二極管燈等。有關更換工程已於 2024 年 3 月份展開，預計 2024 年第 3 季內完成。

Groundbreaking Ceremony of the Multi-purpose Service Centre

On 27 March 2024, the Association held a groundbreaking ceremony for the Jockey Club Multi-purpose Service Centre (tentative name). Under the witness of distinguished guests, the Association officially signed the contract with the contractor and initiated the construction project. The building, funded by the Hong Kong Jockey Club Charities Trust, is located on Pok Fu Lam Reservoir Road, adjacent to the main building of the Jockey Club PHAB Camp. The new three-storey building incorporates elements of greenery, mental and physical wellness, barrier-free interaction, and support for autonomous health management. Facilities include a heated hydrotherapy pool with a movable pool floor, an interactive fitness room, a barrier-free trail integrated with outdoor greenery, and a mindfulness labyrinth. These are designed to provide support and enhance the physical and mental wellness of persons with and without disabilities of different ages and their needs through the multi-purpose service centre. The building is expected to be completed in late 2025.

Participation in "Green Welfare NGO" program

In line with the government's policy addressing Hong Kong to achieve carbon neutrality by 2050, the Jockey Club Shatin Youth Integrated Services Centre participated in the "Green Welfare NGO" program launched by the Electrical and Mechanical Services Department this year. In August 2023, the Centre successfully secured funding to carry out a one-stop energy performance and management improvement project, which includes conducting energy audits, replacing inverter air conditioning units, and installing LED lights. The replacement project is scheduled to commence in March 2024, with completion expected in the third quarter of 2024.



嘉賓出席賽馬會多功能服務中心（暫名）動工儀式
Honorable guests attended the groundbreaking ceremony for the Multi-Function Service Centre (tentative name)

資訊與通訊科技發展

Information & Communication Technology Development

資訊與通訊科技升級、安全與管理

近年針對非營利組織和公共部門的網路攻擊日益嚴重，網絡安全的需求大大提高。協會今年引入了電子郵件安全系統作為使用者的前線保護，以增強處理垃圾郵件和網路釣魚電子郵件時的安全性。報告顯示，電子郵件安全系統使用後，超過 85% 的垃圾郵件被篩選掉，100% 的潛在惡意檔案成功被偵測和隔離。

此外，協會於 2023 年 12 月聘請了資訊科技安全審計員，對技術基礎設施和網路進行全面評估，目標於 2024 年中旬完成報告。協會亦舉辦了網絡安全意識講座和模擬網路釣魚練習，以加強員工安全意識培訓。協會透過審查和教育措施多管齊下，進一步加強網路安全實踐和意識。

隨著線上服務需求的增加，赤柱石澳長者鄰舍中心現有的寬頻網路已不再足以應付日常運作需要。經過與網路服務供應商多番協商，該中心於本年度進行了網路基建升級工程，並於 2023 年 10 月完成，提高了單位在未來不斷變化的服務需求下的服務能力。

Information & Communication Technology Upgrades, Security, and Management

In recent years, cyber-attacks targeting non-profit organizations and the public sector have become increasingly severe, significantly raising the demand for network security. This year, the Association introduced the email security system Green Radar (grMail) as frontline protection for users to enhance security when handling spam and phishing emails. Reports show that the email security system successfully filtered out over 85% of spam emails and detected and isolated 100% of potentially malicious files.

In December 2023, the Association hired an IT security auditor to thoroughly assess our technical infrastructure and network, aiming to complete the report by mid-2024. The Association also conducted cyber security awareness seminars and simulated phishing exercises to boost staff security awareness. By combining audits with educational measures, the Association could further strengthen its cyber security practices and awareness.

With the increasing demand for online services, the existing broadband network at Stanley Shek O Neighbourhood Elderly Centre was no longer sufficient for daily operations. After multiple negotiations with the network service provider, the network infrastructure upgrade at the centre was completed in October 2023. The successful upgrade of the network infrastructure enhanced the unit's service capacity and supported effectively the continuously changing service demands in the future.

資訊與通訊科技 永續發展

資料管理系統發展計劃於 2023 年底啟動，預計於 2024 年中期完成。協會引入新的文件管理系統，旨在減少整個組織的紙張使用量，並設法減少儲存大量積壓文件的壓力。此外，新的文件理系統可確保資料得到安全管理，同時合乎資料保護的相關法規，並符合協會對負責任的業務實踐和持續發展的理念。

協會全新考勤系統已於 2023 年 12 月起正式全面推出。自動化的考勤追蹤和工作日程管理，有助減少紙本考勤記錄，並節省將紙本文件轉換為電子格式的行政工作，從而改善營運效率，同時有助消除考勤資料整合過程中的人為錯誤。員工可以透過刷卡輕鬆登記個人工作記錄，還可以根據需要，快速搜尋和查看考勤資料，實現協會的無紙化工作流程和長遠治理目標。

ESG Development of Information & Communication Technology

The Document Management System Development Plan was launched at the end of 2023, with completion expected by mid-2024. The Association introduced this new system to reduce paper usage across the organization and ease the burden of storing a large backlog of documents. Additionally, the new system ensures secure data management, complies with relevant data protection regulations, and aligns with the Association's commitment to responsible business practices and sustainable development.

The Association's new attendance system was officially rolled out in December 2023. Automated tracking and work schedule management reduce paper records and save administrative work by eliminating the need to convert paper documents to electronic formats. This improves operational efficiency and eliminates human errors when integrating attendance data. Staff could easily register their work records through card swiping and quickly search and view attendance data as needed, supporting the Association's paperless workflow and long-term governance goals.

籌款

Fundraising

主要籌款活動

為配合不同年齡的傷殘人士及健全人士的社會服務需要，協會不斷拓展各類型的服務以填補短缺的服務，及提升服務質素。因此，協會每年均舉行籌款活動，將所籌得的善款用作推行相關服務的經費，令更多有需要的人士得以接受合適的服務。

於 2024 年 1 月 27 日，協會順利舉行了全港賣旗日。協會招募超過五千名服務使用者、學生、家長、商界伙伴及其他社福機構的會員參與是次賣旗活動。在各方善長的支持下，協會共籌得超過港幣 1,800,000 元，款項將用於協會復康服務的運作上，並加強協會對各項服務的行政支援。

協會於 2023 年 11 月舉辦年度主題籌款活動「第二屆《探索共融村》挑戰賽」，希望透過不同的團隊任務，包括無障礙體驗、運動及解難遊戲等，讓大眾可以用輕鬆有趣的方式了解傷殘人士的生活面對的困難，同時為協會服務籌款。「第二屆

Major Fundraising Events

To meet the service needs of persons with and without disabilities of all ages, the Association continues to expand its services to fill service gaps and improve service quality. Thus, different fundraising events are organized every year to raise funds for implementing appropriate services for persons in need.

The Association successfully held its territory-wide Flag Day on 27 January 2024. Over five thousand service users, students, parents, corporate partners, and members of other social welfare organizations participated in this flag-selling activity. With the support of various benefactors, the Association raised over HK\$1,800,000, which will be used to fund the Association's rehabilitation services and strengthen administrative support for various services.

In February 2023, the Association organized an annual fundraising event, "2nd PHAB Challenge". Through various team activities, including barrier-free access experiential games, sports, and problem-solving games, the event allowed participants to gain a better understanding of barriers encountered by persons with disabilities in



親子義工參與全港賣旗日
Parent-child volunteers participated in the territory-wide Flag Day

《探索共融村》挑戰賽」共為協會籌得超過港幣 1,300,000 元。

每年一度的慈善獎券售賣活動於 2023 年 11 至 12 月進行。透過董事、委員、員工、服務使用者的努力，以及戶外銷售，本年度共籌得近港幣 270,000 元。

恆常籌款

協會本年度亦再度成為永旺（香港）百貨有限公司「幸福的黃色小票」活動的受惠機構之一，讓公眾能夠透過消費以物資形式捐贈予本會，以支持協會的服務，及為推動傷健共融出一分力。活動共為協會籌得超過港幣 50,000 元的物資。

協會除了不時獲得善長的捐款資助外，於 2017 年及 2019 年分別開始推行的月捐計劃及與換幣龍合作，繼續為協會帶來固定的捐款以資助協會的服務。由於網上付款日趨普遍，協會在網上捐款平台中，繼續設有 PayMe 及轉數快等選項，為捐款者提供更多選擇。

their daily living while raising funds for the Association. The event successfully raised nearly HK\$1,300,000 for the Association.

The annual Raffle Ticket Sale was held from November to December 2023. Through the personal network of Directors, Committee members, staff members, and service users, as well as selling booths in public places, nearly HK\$270,000 was raised.

Regular Fundraising Events

The Association once again became one of the beneficiaries of the "Yellow Receipt Campaign" organized by AEON Stores (Hong Kong) Co. Limited this year, which enabled the public to support the Association and contribute to the promotion of inclusion by making donations through shopping. The campaign raised over HK\$50,000 worth of goods for the Association.

In addition to donations given by different donors from time to time, the Monthly Donation Programme and the partnership with Coin Dragon since 2017 and 2019 respectively continued to provide a steady source of income to the Association for its services. In view of the increasing popularity of online payment, the Association provided different payment methods, such as PayMe, and Fast Payment System (FPS) to provide donors with more options for making online donation.



義工於共融節攤位中售賣慈善獎券
Volunteers sold raffle tickets at "PHABestival"

機構傳訊及伙伴發展

Corporate Communication and Partnership Development

機構傳訊與共融理念推廣

推廣「傷健共融」理念是香港傷健協會的核心使命。協會致力透過多元化的溝通渠道，如社交平台、傳媒報導、電台及電視節目等，向公眾推廣「友善社區」的願景，促進社會各界接納和尊重不同需要人士，讓他們在社區中能自在生活，同時提供協會各項相關支援服務的資訊。

2023 年，協會延續上年度的推廣工作，舉辦了主題式大型共融理念活動——「第二屆共融節」，以及「第二屆《探索共融村》挑戰賽」年度慈善活動。這些活動結合了共融教育、體驗嘉年華、藝術表演、手作工作坊等元素，讓大眾以輕鬆有趣的方式了解傷殘人士的生活，促進傷健人士的交流。值得一提的是，今年的共融節更包括由陳登社會服務基金會贊助的「拉闊共融藝術巡遊」，讓傷殘人士、長者、有特殊學習需要的青年及照顧者以音樂、舞蹈及武術表演等方式向社區人士展現才華。

除了舉辦活動，協會亦會出版各類宣傳品和刊物，如以插畫呈現社區友善主題的單張，以及第三集的《共融每一天》親子漫畫集，以生動有趣的方式，鼓勵大眾在日常生活中視他人為平等。

此外，協會持續於官方社交媒體平台，如 Facebook、Instagram 及 YouTube，發放有關共融、協會服務、活動以及健康相關的資訊，讓大眾了解協會的工作。

Corporate Communication and Promotion of the Service Concept of the Association

Promoting the concept of PHAB integration is at the core of the Hong Kong PHAB Association's mission. The Association has been actively promoting the vision of a "friendly community" through various channels, including social media platforms, media coverage, radio, and television programmes. The goal is to build public acceptance and respect for persons with different needs, create a comfortable living environment, and provide the public with information about the Association's support services.

In 2023, the Association continued its promotional efforts from the previous year by organizing large-scale events, including the "2nd PHABestival" and the annual charity event, the 2nd "PHAB Challenge". These events combined elements such as inclusive education, experiential activity booths, art performances, and craft workshops. These activities were designed to help the public understand the lives of people with disabilities enjoyably and engagingly, fostering interaction between people with and without disabilities. Particularly, this year's festival also featured the "Inclusive Art Parade" sponsored by the Chan Dang Social Services Foundation. This event allowed people with disabilities, the elderly, youth with special learning needs, and carers to showcase their talents through music, dance, and martial arts performances.

In addition to organizing events, the Association published various promotional materials and publications, such as illustrated flyers highlighting community-friendly themes and the third volume of the "PHAB Everyday" comic book series, to encourage the public to view others as equals in their daily lives in an engaging and approachable way.

The Association will continue to share information about PHAB integration, its services, programmes, and activities, as well as health-related information, through its official Facebook, Instagram, and YouTube channels to help the public better understand the Association's work.



「拉闊共融藝術巡遊」讓不同人士展現才華
"Inclusive Art Parade" showcased the talents of different persons



感謝各贊助方支持第二屆探索共融村挑戰賽
Gratitude to sponsors of "the 2nd PHAB Challenge"

伙伴及資源拓展

協會一直積極與商界企業和政府機構合作，匯聚各界資源開展創新工作，提升現有服務。同時透過企業員工和公眾人士參與義工服務及體驗活動，建立傷健合作與交流平台，提升大眾對傷殘人士及其照顧者的認識和接納。

在滙豐香港社區夥伴計劃的資助下，協會本年度推行「健樂生活樂南區計劃」及「悅齡展翅生活計劃」，為南區長者和有需要人士注入更多健康元素。「健樂生活樂南區計劃」繼續讓南區內不同年齡和能力人士都能透過「數健球」運動保持運動的習慣，維持身心靈健康；而由 2023 年 9 月起，「悅齡展翅生活計劃」訓練一班已有專長的年輕退休人士成為不同的項目教練，並於社區體驗、定期訓練及義工活動中擔任教練，讓他們可以發揮潛能所長，貢獻社區。

透過攜手扶弱基金的配對支持下，由理光（香港）有限公司贊助推行的「傷健家庭生態體驗 2023」，讓來自低收入家庭的兒童、特殊學習需要兒童、傷殘人士及其家人或照顧者協力到郊野及海岸進行清潔活動，為還原自然面貌出一份力，同時透過親子合作活動增進家庭成員之間的溝通；而由藍十字（亞太）保險有限公司贊助推行的「“Four C” a Bright Future 職涯培訓計劃」本年度正在籌備，將與香港教育大學合作，以「4C 個人資源評測工具」，幫助 90 名有特殊學習需要青年認識自我，提升關注、自主、好奇及自信。



「健樂生活樂南區計劃」社區運動會讓不同人士一同競賽
“Healthy Happy Lifestyle Sport Project in Southern District” community sports day enabled different persons to compete together.

Partnership and Resources Development

The Association has been actively collaborating with corporations and government departments to pool resources from all walks of life to carry out innovative services and enhance existing ones. Through the participation of corporate staff and the public as volunteers in different types of volunteer services and experiential activities, the Association has established various platforms for collaboration and exchange between persons with and without disabilities, promoting public understanding and acceptance of persons with disabilities and their carers.

With the support of the HSBC Hong Kong Community Partnership Programme, the Association launched the “Healthy Happy Lifestyle Sport Project in Southern District Programme” and the “Happy Aging Lifelong Learning Scheme” this year. These programmes aim to infuse more health elements into the lives of the elderly and persons in need in the Southern District. The “Healthy Happy Lifestyle Sport Project in Southern District Programme” continues to help people of different ages and abilities in the Southern District maintain their exercise habits and overall well-being through the “PHAB Ball” sport. Starting in September 2023, the “Happy Aging Lifelong Learning Scheme” trained a group of experienced young retirees to become coaches for various projects. These coaches will lead community experiences, regular training, and volunteer activities, allowing them to leverage their skills and contribute to the community.

With support from the Partnership Fund for the Disadvantaged, the Association received sponsorship from Ricoh (Hong Kong) Limited to launch the PHAB Family Eco Life Experience 2023. This programme brought together children from low-income families, children with special learning needs, persons with disabilities, and their families or carers for cleaning activities in nature reserves and coastal areas, contributing to the restoration of natural environments and enhancing family communication through parent-child collaborative activities. Additionally, the “Four C” a Bright Future Project sponsored by Blue

本年度協會繼續與商界企業及機構保持緊密聯繫，包括日立集團、金門建築有限公司、香港政府審計署等企業機構舉辦不同的共融義工活動，與會員彼此認識、溝通及合作。此外，協會亦感謝中信銀行（國際）、香港地產行政師學會、AEON Stores 永旺（香港）百貨有限公司、瑞安建業有限公司、保得物業管理有限公司、港麗保安有限公司、栢麗服務有限公司、樂熹發展有限公司、中國香港教師義工總會、經緯青年商會等亦積極參與及支持協會各類型的活動和服務。

為了肯定合作伙伴在回饋社會方面的努力，協會於本年度成功提名 29 間公司和機構獲取「商界／同心展關懷」的嘉許。

Cross (Asia Pacific) Insurance Limited and in partnership with the Education University of Hong Kong is currently in preparation. It will use the “4C Personal Resource Assessment Tool” to help 90 youths with special learning needs better understand themselves and improve their focus, autonomy, curiosity, and confidence.

This year, the Association continued to maintain close ties with corporations and organizations, including Hitachi Group, Gammon Construction Limited, and the Audit Commission, co-organizing various inclusive volunteer activities that foster understanding, communication, and cooperation among members. Additionally, the Association extends its gratitude to China CITIC Bank International, Hong Kong Institute of Real Estate Administration, Aeon Stores (Hong Kong) Limited, SOCAM Development Limited, Protech Property Management Limited, Conrad Security Limited, Polyking Services Limited, Lok Hei Development Limited, China (Hong Kong) Teachers’ Volunteers’ Union, and JCI Queensway for their active participation and support in various activities and services.

To recognize the efforts of partners in giving back to society, the Association successfully nominated 29 companies and organizations for the “Caring Company Award” this year.



在場參加者參與非洲鼓即興工作坊
Participants enjoyed an African drum jamming workshop



審計署署長林智遠教授、審計署義工們與新界傷健中心的會員一起製作月餅
Professor Nelson Lam, Director of the Audit Commission and volunteers from the Commission make mooncakes with our members at New Territories PHAB Centre



金門建築義工隊與坪洲長者透過團體遊戲增進彼此的了解
Gammon Construction Volunteer Team and the Peng Chau Elderly enhance mutual understanding through group games

董事會、委員會成員及員工之間的溝通

除了與對外機構及媒體保持緊密聯繫，協會內部溝通亦同樣重要。本年度協會共舉辦了兩次董事探訪及家訪活動，讓董事們、單位職員和會員可以互相交流溝通，分享服務的需要、挑戰及成果。

Communication amongst the Board of Directors, Committee Members and Staff Members

Apart from maintaining close communication with external organizations and different media partners, internal communication is equally important. In the current year, the Association has organized two board visits and home visit events, allowing directors, unit staff, and members to communicate and exchange ideas, sharing the needs, challenges, and accomplishments of the services.



協會董事探訪「融·點」地區支援中心，與中心同事及會員交流
Directors of the Association visited i-Point District Support Centre and communicate with staff and member



於「香港殘奧日 2023」向公眾推廣數健球運動
Promoting PHAB Ball to the public at "Hong Kong Paralympic Day 2023"

世聯保險有限公司

Allied World Assurance Company, Ltd

蘋果樹屋有限公司

Apple Tree House Limited

花玥間

ARTEMIS

藍十字 (亞太) 保險有限公司

Blue Cross (Asia-Pacific) Insurance Limited

其士國際集團有限公司

Chevalier International Holdings Limited

城巴有限公司

Citybus Limited

港麗保安有限公司

Conrad Security Limited

金門建築有限公司

Gammon Construction Limited

美國吉時兄弟 (香港) 有限公司

Getz Bros. & Co. (Hong Kong) Limited

香港薩莉亞有限公司

Hong Kong Saizeriya Co. Limited

鴻福堂集團有限公司

Hung Fook Tong Holdings Limited

Innovative Digital Health Limited

Innovative Digital Health Limited

ISS Facility Services Limited

ISS Facility Services Limited

利福國際集團有限公司

Lifestyle International Holdings Limited

樂熹發展有限公司

Lok Hei Development Limited

磁又天然美療有限公司

Magnetic Massager Therapy Limited

盛貿有限公司

Pacific Extend Limited

德基設計工程有限公司

Pat Davie Limited

非凡市場拓展有限公司

Phabulous Marketing Limited

栢麗服務有限公司

Polyking Services Limited

美派店有限公司

Private Shop Limited

保得物業管理有限公司

Protech Property Management Limited

理光 (香港) 有限公司

Ricoh Hong Kong Limited

瑞安承建有限公司

Shui On Building Contractors Limited

瑞安建築有限公司

Shui On Construction Company Limited

瑞安建業資產管理 (香港) 有限公司

SOCAM Asset Management (HK) Limited

瑞安建業有限公司

SOCAM Development Limited

崇光 (香港) 百貨有限公司

SOGO Hong Kong Company Limited

美商吉時洋行有限公司

The Getz Corporation (Hong Kong) Limited



財務摘要

Financial Highlights

HONG KONG PHAB ASSOCIATION
(All amounts in Hong Kong dollars unless otherwise stated)

CONSOLIDATED BALANCE SHEET

	As at 31st March	
	2024	2023
ASSETS		
Non-current assets		
Property, plant and equipment	38,612,253	42,670,991
Right-of-use assets	3,210,615	5,542,128
Financial assets at fair value through other comprehensive income (“FVOCI”)	7,162,033	8,888,939
Investments at amortised cost	3,054,575	3,087,639
Total non-current assets	52,039,476	60,189,697
Current assets		
Accounts receivable and prepayments	12,651,307	10,524,522
Bank balances and cash	66,661,404	67,465,213
Total current assets	79,312,711	77,989,735
Total assets	131,352,187	138,179,432
FUNDS		
Accumulated surplus	3,445,520	2,235,293
Chairman’s discretionary account	106,940	107,749
Revaluation reserve for financial assets at FVOCI	355,072	2,066,211
Designated funds	45,866,305	43,685,958
Total funds	49,773,837	48,095,211
LIABILITIES		
Non-current liabilities		
Social Welfare subvention reserves	33,268,097	29,869,258
Lease liabilities	89,200	2,795,657
Provision for employee benefits	574,057	724,679
Deferred income	5,119,665	4,021,727
Accounts payable and accruals	30,474,466	38,351,502
Total non-current liabilities	69,525,485	75,762,823
Current liabilities		
Lease liabilities	3,354,306	3,010,253
Accounts payable and accruals	8,698,559	11,311,145
Total current liabilities	12,052,865	14,321,398
Total liabilities	81,578,350	90,084,221
Total funds and liabilities	131,352,187	138,179,432

HONG KONG PHAB ASSOCIATION
(All amounts in Hong Kong dollars unless otherwise stated)

CONSOLIDATED STATEMENT OF COMPREHENSIVE INCOME

	Year ended 31st March	
	2024	2023
Revenue and other income	143,806,857	133,381,372
Administrative and other operating expenses	(33,490,318)	(32,285,640)
Employee benefit expenses	(91,066,104)	(85,075,884)
Repairs and maintenance	(2,549,927)	(2,183,876)
Low value and short-term leases in respect of office premises and service centers	(80,245)	(339,860)
Transportation expenses	(1,145,599)	(999,031)
Programme expenses	(11,796,188)	(10,797,230)
Operating surplus	3,678,476	1,699,851
Finance cost – interest expenses on lease liabilities	(288,711)	(171,683)
Surplus before income tax	3,389,765	1,528,168
Income tax credit	-	-
Surplus for the year	3,389,765	1,528,168
Other comprehensive loss for the year		
<u>Items that will not be subsequently reclassified to profit or loss</u>		
Change in the fair value of financial assets at FVOCI	(1,711,139)	(950,917)
Total comprehensive income for the year	1,678,626	577,251

香港傷健協會截至 2024 年 3 月 31 日年度非法定帳目聲明

以上陳述的是截至 2024 年 3 月 31 日的財務數字，雖然源於香港傷健協會（簡稱“本會”）相關年度的財務報表，但不構成本會該年度的法定帳目。有關財務報表以英文編製。根據公司條例第 436 條要求披露的與這些法定帳目有關的更多信息如下：本會將按照公司條例第 622(3) 條及附表 6 第 3 部要求，按時向公司註冊處處長遞交有關帳目。本會的核數師已就該帳目出具審計報告。該審計報告為無保留意見的審計報告；其中不包含審計師在不出具保留意見的情況下以強調的方式提請使用者注意的任何事項；亦不包含根據公司條例第 406(2)，407(2) 或 (3) 條作出的聲明。

Statement on non-statutory accounts for the Hong Kong PHAB Association for the year ended 31st March 2024
The above figures relating to the year ended 31st March 2024 are extracted from the financial statements of the Hong Kong PHAB Association (the “Association”), but they do not constitute the Association’s statutory annual financial statements for that year. The financial statements are prepared in English. Further information relating to those statutory financial statements required to be disclosed in accordance with section 436 of the Companies Ordinance is as follows:
The Association will deliver those financial statements to the Registrar of Companies in due course as required by section 662(3) of, and Part 3 of Schedule 6 to, the Companies Ordinance.
The Association’s auditor has reported on those financial statements. The auditor’s report was unqualified; did not include a reference to any matters to which the auditor drew attention by way of emphasis without qualifying its reports; and did not contain a statement under section 406(2), 407(2) or (3) of the Companies Ordinance.

本會周年財政報告可於以下網址下載：
The Association’s Annual Financial Report can be downloaded from the following website:
<https://phab.hk/AFR-2023-24>

鳴謝名單

本會承蒙下列機構及人士支持與協助，
謹此致謝（按機構英文名稱或姓氏排序）

第二人生創生舍	2nd Life Corp
	93m.style
永旺（香港）百貨有限公司	AEON Stores(Hong Kong)Co., Limited
義務工作發展局	Agency for Volunteer Service
加減乘除基金有限公司	Agent of Change Foundation Limited
上水宣道小學	Alliance Primary School (Sheung Shui)
世聯保險有限公司	Allied World Assurance Company, Ltd.
安普測量顧問有限公司	Ample Surveyor Services Ltd
	andlab beauty
星星堂	AngelChild HK
蘋果樹屋有限公司	Apple Tree House Limited
花玥間	ARTEMIS
香港展能藝術會	Arts with the Disabled Association Hong Kong
中國銀行（香港）有限公司	Bank of China (Hong Kong) Limited
沙田圍浸信會呂明才小學	Baptist (Sha Tin Wai) Lui Ming Choi Primary School
浸信會呂明才中學	Baptist Lui Ming Choi Secondary School
庇理羅士女子中學	Belilios Public School
大浪灣村居民協進會	Big Wave Bay Village Residents Association
幸福傳聲基金會	BlessVision Foundation
藍十字（亞太）保險有限公司	Blue Cross (Asia-Pacific) Insurance Limited
佛教孔仙洲紀念中學	Buddhist Hung Sean Chau Memorial College
佛教覺光法師中學	Buddhist Kok Kwong Secondary School
佛教善德英文中學	Buddhist Sin Tak College
佛教黃允畋中學	Buddhist Wong Wan Tin College
佛教葉紀南紀念中學	Buddhist Yip Kei Nam Memorial College
建・祝義工隊	Build & Wish Voluntary Team
中華基督教會全完中學	C.C.C. Chuen Yuen College
中華基督教會方潤華小學	C.C.C. Fong Yun Wah Primary School
中華基督教會方潤華中學	C.C.C. Fong Yun Wah Secondary School
中華基督教會基慈小學	C.C.C. Kei Tsz Primary School
中華基督教會基灣小學（愛蝶灣）	C.C.C. Kei Wan Primary School (Aldrich Bay)
中華基督教會灣仔堂基道小學	C.C.C. Wanchai Church Kei To Primary School
大家樂集團有限公司	Café de Coral Group Limited
中國香港營舍總會有限公司	Camping Association of Hong Kong, China, Ltd.
廣東道官立小學	Canton Road Government Primary School
顧・網通	Care Neighbourhood Network (CNN)
明愛樂務綜合職業訓練中心	Caritas Lok Mo Integrated Vocational Training Centre
迦密愛禮信小學	Carmel Alison Lam Primary School
迦密聖道中學	Carmel Holy Word Secondary School
國泰航空飲食服務（香港）有限公司	Cathay Pacific Catering Services (H.K.) Ltd
中華基督教會馮梁結紀念中學	CCC Fung Leung Kit Memorial Secondary School
中華基督教會扶輪中學	CCC Rotary Secondary School

Acknowledgements

The Association acknowledges with thanks
the assistance of the following bodies
during the year (in alphabetical order of
organization name/surname in English):

東柴灣綜合家庭服務中心
陳登社會服務基金會
陳瑞祺（喇沙）書院
巢建輝 中醫師
其士國際集團有限公司
慈航學校
佛教志蓮中學
中國香港教師義工總會
中信銀行（國際）
中華聖潔會靈風中學
中聖書院
循道衛理聯合教會丹拿山循道學校
青年會書院
香港中華基督教會青年會柴灣會所
香港中華基督教青年會顯徑會所
潮州會館中學
基督書院
宣道會鄭榮之中學
宣道中學
宣道會陳瑞芝紀念中學
宣道會坪洲堂
真鐸學校
中華基督教會馮梁結紀念中學
基督教協基會社會服務部
香港城市大學
城巴有限公司
中華傳道會安柱中學
文理書院（香港）
換幣龍有限公司
薈愛社
社區投資共享基金
路德會協同中學
孔教學院大成何郭佩珍中學
孔聖堂中學
港麗保安有限公司
浸信宣道會呂明才小學
香港歐妍美科技有限公司
新界喇沙中學
香港大學計算機科學系
衛生署

胡素貞博士紀念學校
浴室易
心光恩望學校
心光盲人院暨學校
基督教香港信義會沙田多元化金齡服務中心

Chai Wan (East) Integrated Family Service Centre
Chan Dang Social Services Foundation
Chan Sui Ki (La Salle) College
CHAU KIN FAI, Chinese Medicine Practitioner
Chevalier International Holdings Limited
Chi Hong Primary School
Chi Lin Buddhist Secondary School
China (Hong Kong) Teachers' Volunteers' Union
China CITIC Bank International
China Holiness Church Living Spirit College
China Holiness College
Chinese Methodist School, Tanner Hill
Chinese YMCA College
Chinese YMCA of Hong Kong Chai Wan Centre
Chinese YMCA of Hong Kong Hin Keng Centre
Chiu Chow Association Secondary School
Christ College
Christian Alliance Cheng Wing Gee College
Christian Alliance College
Christian Alliance S C Chan Memorial College
Christian and Missionary Alliance Peng Chau Church
Chun Tok School
Church of Christ in China Fung Leung Kit Memorial Secondary School
Church of United Brethren in Christ, Hong Kong Limited – Social Service Division
City University of Hong Kong
Citybus Limited
CNEC Christian College
Cognitio College (Hong Kong)
Coin Dragon Limited
Community Advancement Association Limited
Community Investment and Inclusion Fund
Concordia Lutheran School
Confucian Tai Shing Ho Kwok Pui Chun College
Confucius Hall Secondary School
Conrad Security Limited
Conservative Baptist Lui Ming Choi Primary School
D&W Beauty Limited
De La Salle Secondary School New Territories
Department of Computer Science – University of Hong Kong
Department of Health
Dr Mall
Dr. Catherine F. Woo Memorial School
Easy Bath
Ebenezer New Hope School
Ebenezer School & Home for the Visually Impaired
ELCHK, Shatin District Community Centre for the Golden-Aged

基督教香港信義會社會服務部—
善學慈善基金關宣卿愉翠長者鄰舍中心
機電工程署
醫藝同行

播道書院
大快活快餐有限公司
粉嶺公立學校
振翅
食物及衛生局
食德好
炮台山循道衛理中學
福建中學（小西灣）
金門建築有限公司
東莞工商總會劉百樂中學
吉時兄弟（香港）有限公司
銀杏館
高燒
安徒生會南丫島中心
不老耆英義工團
盈善最樂
醫務衛生局
協康會大口環家長資源中心
梁文燕紀念中學（沙田）
杏花青年空間
香海正覺蓮社佛教梁植偉中學
日立遠東有限公司
香港義剪協會
港澳信義會慕德中學
港大同學會小學
薈色園主辦可道中學
何金容基金
薈色園主辦可譽中學
品賢利生團
嘉諾撒聖家學校（九龍塘）
聖家學校
民政事務總署
民政及青年事務局
匡智社會企業部
港九潮州公會中學
香港藝術節協會有限公司
香港浸會大學附屬學校王錦輝中小學
香港失明人協進會
香港寬頻
香港青少年服務處賽馬會
麗城綜合青少年服務中心
香港中國婦女會中學

ELCHK, Sheen Hok Charitable Foundation—
Kwan Shon Hing Yu Chui Neighbourhood Elderly Centre
Electrical and Mechanical Services Department
Eli Care
EON
Evangel College
Fairwood Fast Food Limited
Fanling Public School
Fluttering Wings
Food and Health Bureau
Food Grace
Fortress Hill Methodist Secondary School
Fukien Secondary School (Siu Sai Wan)
Gammon Construction Limited
GCC&ITKD Lau Pak Lok Secondary School
Getz Bros. & Co. (Hong Kong) Limited
Gingko House
GoFever
Hans Andersen Club Lamma Island Centre
Happy Elderly Action Group
Happy With Charity
Health Bureau
Heep Hong Society Sandy Bay Parents Resource Centre
Helen Liang Memorial Secondary School (Shatin)
Heng Fa Chuen Youth S.P.O.T.
HHCKLA Buddhist Leung Chik Wai College
Hitachi East Asia Limited
HK Cut for Love
HKMLC Queen Maud Secondary School
HKUGA Primary School
Ho Dao College (Sponsored by Sik Sik Yuen)
Ho Kam Yung Foundation
Ho Yu College and Primary School (Sponsored By Sik Sik Yuen)
Holistic Social Caring Association
Holy Family Canossian School (Kowloon Tong)
Holy Family School
Home Affairs Department
Home and Youth Affairs Bureau
Hong Chi Social Enterprise Office
Hong Kong And Kowloon Chiu Chow Public Association Secondary School
Hong Kong Arts Festival Society Limited
Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School
Hong Kong Blind Union
Hong Kong Broadband Network
Hong Kong Children & Youth Services Jockey Club
Belvedere Garden Integrated Children & Youth Services Centre)
Hong Kong Chinese Women's Club College

香港中國婦女會馮堯敬紀念中學
香港基督教服務處
香港基督教服務處培愛學校
香港專業進修學校
香港冰壺協會
迪士尼樂園
香港職業發展服務處
香港家庭福利會坪洲服務中心
香港房委會 麗閣邨辦事處
香港專業教育學院
香港專業教育學院（黃克競）
香港君悅企業有限公司
香港青少年培育會白普理宿舍
離島婦聯坪洲婦女中心
香港藥學服務基金
香港遊樂場協會
香港生產力促進局
紅十字會甘迺迪中心
香港紅十字會甘迺迪中心
香港紅十字會瑪嘉烈戴麟趾學校
香港紅十字會雅麗珊郡主學校
香港紅卍字會大埔卍慈中學
香港薩莉亞有限公司
香港聖公會西環長者綜合服務中心
香港聖約翰救護機構
香港聖約翰救護機構牙科服務
香港鄧鏡波書院
香港防癆心臟及胸病協會（中醫服務）
香港科技大學
香港基督教女青年會梁紹榮度假村
香港青年藝術協會
康業服務有限公司
香港置地集團公司
鴻福堂
鴻福堂集團有限公司

聖母無玷聖心學校
世界之約

香港國際社會服務社
綠在離島
離島區青年活動委員會
離島地區康健站
離島區議員黃漢權先生
離島區議員劉舜婷女士
置邦物業管理有限公司

Hong Kong Chinese Women's Club Fung Yiu King Memorial Secondary School
Hong Kong Christian Service
Hong Kong Christian Service Pui Oi School
Hong Kong College of Technology
Hong Kong Curling Association
Hong Kong Disneyland
Hong Kong Employment Service
Hong Kong Family Welfare Society Peng Chau Service Centre
Hong Kong Housing Authority Lai Kok Estate Office
Hong Kong Institute of Vocational Education
Hong Kong Institute Of Vocational Education (Haking Wong Campus)
Hong Kong JoyKing Enterprise Ltd.
Hong Kong Juvenile Care Centre Bradbury Hostel
Hong Kong Outlying Islands Women’s Association – Peng Chau Women centre
Hong Kong Pharmaceutical Care Foundation
Hong Kong Playground Associaion
Hong Kong Productivity Council
Hong Kong Red Cross John F. Kennedy Centre
Hong Kong Red Cross John F. Kennedy Centre
Hong Kong Red Cross Margaret Trench School
Hong Kong Red Cross Princess Alexandra School
Hong Kong Red Swastika Society Tai Po Secondary School
Hong Kong Saizeriya Co. Limited
Hong Kong Sheng Kung Hui Western District Elderly Community Centre
Hong Kong St. John Ambulance
Hong Kong St. John Ambulance Dental Service
Hong Kong Tang King Po College
Hong Kong Tuberculosis, Chest and Heart Diseases Association Chinese Medicine Service
Hong Kong University of Science and Technology
Hong Kong Young Women’s Christian Association Sydney Leong Holiday Lodge
Hong Kong Youth Arts Foundation
Hong Yip Property Management (China) Ltd
Hongkong Land Limited
Hung Fook Tong
Hung Fook Tong Holdings Limited
Ideaology
Immaculate Heart of Mary School
In time of
Innovative Digital Health Limited
International Social Service Hong Kong Branch
ISCGS (OIWA Limited)
Island District Youth Program Committee
Islands DHC Express
Islands District Council Member Mr WONG Hon-kuen, Ken
Islands District Council Member Ms Lau Shun Ting
ISS Facility Services Limited

經緯青年商會	JCI Queensway	香港鐵路有限公司	MTR Corporation Limited
路德會賽馬會富善綜合服務中心	Jockey Club Fu Shin Lutheran Integrated Service Centre	南英幼稚園	Nam Ying Kindergarten
賽馬會官立中學	Jockey Club Government Secondary School	新生精神康復會	New Life Psychiatric Rehabilitation Association
賽馬會特教青年學苑	Jockey Club Youth Academy for Special Educational Needs	新生精神復康會安泰軒（離島）	New Life Psychiatric Rehabilitation Association The Wellness Centre (Islands)
	JOL Cacao	生生社企餐廳	New Life Social Enterprise Restaurant
佐敦道官立小學	Jordan Road Government Primary School	新世界發展有限公司	New World Development Company Limited
佐敦谷聖若瑟天主教小學	Jordan Valley St. Joseph's Catholic Primary School	新世界設施管理有限公司（青年廣場）	New World Facilities Management Company Limited
Josie 恩恩音樂之家	Josie Yan Yan Music House	天主教伍華中學	Ng Wah Catholic Secondary School
裘錦秋中學（葵涌）	Ju Ching Chu Secondary School (Kwai Chung)	新界婦孺福利會梁省德學校	NTWJWA Leung Sing Tak Primary School
錦田公立蒙養學校	Kam Tin Mung Yeung Public School	寶泰藥房有限公司	O/B Bo Tai Company Limited
救恩書院	Kau Yan College	香港海洋公園	Ocean Park Hong Kong
悠遊樂園	Kindnival	離島婦聯 - 可持續發展部	OIWA Limited Sustainable Development Department
景林天主教小學	King Lam Catholic Primary School	一脈里中醫有限公司	Oneness Way Healthcare limited
九龍城浸信會禧年小學	Kowloon City Baptist Church Hay Nien Primary School	老有所為活動計劃	Opportunities for the Elderly Project
喇沙書院	La Salle College	五旬節聖潔會永光書院	PH.C. Wing Kwong College
勞工及福利局	Labour and Welfare Bureau	盛貿有限公司	Pacific Extend Limited
荔枝角天主教小學	Laichikok Catholic Primary School	親子頭條	Parenting Headline
林大輝中學	Lam Tai Fai College	攜手扶弱基金	Partnership Fund for the Disadvantaged
朗廷酒店集團（香港逸東）有限公司	Langham Hotels (EHK) Limited	德基設計工程有限公司	Pat Davie Limited
劉淑嫻區議員辦事處	LAU Suk-han District Council Member Office	坪洲及喜靈洲關愛隊	Peng Chau & Hei Ling Chau Care Team
路德會利東展能中心	Lei Tung Lutheran Day Activity Centre	坪洲鄉事委員會	Peng Chau Rural Committee
康樂及文化事務署	Leisure and Cultural Services Department	五旬節林漢光中學	Pentecostal Lam Hon Kwong School
香港觀塘青年獅子會	Leo Club of Kwun Tong Hong Kong	非凡市場拓展有限公司	Phabulous Marketing Limited
路德會梁鉅鏐小學	Leung Kui Kau Lutheran Primary School	環亞機場管理有限公司	Plaza Premium Lounge Management Limited
利福國際集團有限公司	Lifestyle International Holdings Limited	保良局雨川小學	PLK Riverain Primary School
靈糧堂劉梅軒中學	Ling Liang Church M.H. Lau Secondary School	保良局青年發展服務	PLK Youth Development Service
嶺南衡怡紀念中學	Lingnan Hang Yee Memorial Secondary School	肺塵埃沉著病償基金委員會	Pneumoconiosis Compensation Fund Board
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獎券基金	Lotteries Fund	保良局姚連生中學	Po Leung Kuk Yao Ling Sun College
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	MegaBox Management Service Ltd.	保得物業管理有限公司	Protech Property Management Limited
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余傳明先生	Mr. Yu Chuan Ming	番禺會所華仁小學	Pun U Association Wah Yan Primary School
	Mr. Zhang Tao	伊利沙伯中學舊生會小學	Q.E.S. Old Students' Association Branch Primary School
張小明先生	Mr. Zhang Xiaoming	皇仁舊生會中學	Queen's College Old Boys' Association Secondary School
王禕女士	Ms. Wang Yi	復修辦館	Repair Café Hong Kong

浸信會愛羣社會服務處家屬資源及服務中心	Resource&Service Center for the Relatives-	香港神託會生命教育計劃	Stewards Life Education Project
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香港西區扶輪社匡智晨輝學校	Rotary Club of Hong Kong Island West Hong Chi Morninghope School	大埔崇德黃建常紀念學校	Sung Tak Wong Kin Sheung Memorial School
香港城北扶輪社	Rotary Club of Hong Kong City North	西貢崇真天主教學校中學部	Sung Tsun Catholic School
香港旭日扶輪社	Rotary Club of Hong Kong Sunrise	華旭物流有限公司	Sunlight Logistics Solution Ltd.
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聖公會李炳中學	S.K.H. Li Ping Secondary School	耀陽行動	Sunshine Action
聖公會呂明才中學	S.K.H. Lui Ming Choi Secondary School	香港社會福利署東區及灣仔區福利辦事處	SWD Eastern and Wan Chai District Social Welfare Office
嘉諾撒聖心學校	Sacred Heart Canossian School	香港社會福利署深水埗區福利辦事處	SWD Sham Shui Po District Social Welfare Office
香港耀能協會賽馬會田綺玲學校	SAHK Jockey Club Elaine Field School	香港社會福利署大埔及北區福利辦事處	SWD Tai Po & North District Social Welfare Office
香港耀能協會高福耀紀念學校	SAHK Ko Fook lu Memorial School	香港社會福利署黃大仙區福利辦事處	SWD Wong Tai Sin and Sai Kung District Social Welfare Office
南亞路德會沐恩中學	SALEM-Immanuel Lutheran College	東華三院黃鳳翎中學	T.W.G.Hs Wong Fung Ling College
慈幼學校	Salesian School	大埔浸信會社會服務處	Tai Po Baptist Church Social Service
慈幼葉漢小學	Salesian Yip Hon Primary School	大埔浸信會公立學校	Tai Po Baptist Public School
善視眼鏡店	SeenCere Optical Co., Ltd.	德信中學	Tak Sun Secondary School
沙田民政事務處	Sha Tin District Office, Home Affairs Department	鄧鏡波學校	Tang King Po School
沙田循道衛理中學	Sha Tin Methodist College		THE BODY SHOP
沙田圍胡素貞博士紀念學校	Sha Tin Wai Dr. Catherine F. Woo Memorial School	香港小童群益會	The Boys' & Girls' Clubs Association of Hong Kong
花開瞭語	Shall Flower Talk	香港小童群益會賽馬會	The Boys' & Girls' Clubs Association of Hong Kong -
沙田培英中學	Shatin Pui Ying College	秀茂坪青少年綜合服務中心	JC SAU MAU PING C&YISC
石澳居民會有限公司	Shek O Residents Association Limited	香港小童群益會	The Boys' and Girls' Clubs Association of Hong Kong -
石湖墟公立學校	Shek Wu Hui Public School	「賽馬會眾心行善 - 義工推廣校園夥伴計劃」	JC VOLUNTEER TOGETHER – School Based Programme
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瑞安承建有限公司	Shui On Building Contractors Limited	基新中學	The Church of Christ in China Kei San Secondary School
瑞安建築有限公司	Shui On Construction Company Limited	中華基督教會基全小學	The Church of Christ in China Kei Tsun Primary School
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聖公會主恩小學 (葵涌)	SKH Chu Yan Primary School	基督教香港信義會元朗信義中學	The ELCHK Yuen Long Lutheran Secondary School
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聖公會九龍灣基樂小學	SKH Kowloon Bay Kei Lok Primary School	香港華人基督教聯會真道書院	The Hong Kong Chinese Christian Churches Union Logos Academy
聖公會聖紀文小學	SKH Saint Clement's Primary School	香港社會服務聯會	The Hong Kong Council of Social Service
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瑞安建業有限公司	SOCAM Development Limited	香港青年協會赤柱戶外訓練營	The Hong Kong Federation of Youth Groups Stanley Outdoor Training Camp
社會福利署	Social Welfare Department	香港地產行政師學會	The Hong Kong Institute of Real Estate Administrators
社會福利署中區及離島綜合家庭服務中心	Social Welfare Department Central & Islands Integrated Family Service Centre	香港賽馬會	The Hong Kong Jockey Club
崇光（香港）百貨有限公司	SOGO Hong Kong Company Limited	香港賽馬會慈善信託基金	The Hong Kong Jockey Club Charities Trust
南區地區康健中心	Southern DHC	香港紅十字會	The Hong Kong Red Cross
南青鋒	Southern Keen Youth	香港聾人福利促進會	The Hong Kong Society for the Deaf
聖雅各福群會中西區長者地區中心	St Jame's Settlement Central and Western District Elderly Community Centre	香港道教聯合會青松中學	The Hong Kong Taoist Association Ching Chung Secondary School
聖士提反書院附屬小學	St Stephen's College Preparatory School	香港上海滙豐銀行	The Hongkong and Shanghai Banking Corporation Limited
聖馬可中學	St. Mark's School	滙豐銀行慈善基金	The Hongkong Bank Foundation
聖保羅書院小學	St. Paul's College Primary School	尊賢會	The Jade Club
聖羅撒書院	St. Rose of Lima's College	香港婦女中心協會賽馬會太和中心	The Jockey Club Tai Wo Centre
聖士提反女子中學	St. Stephen's Girls' College	九龍巴士（一九三三）有限公司	The Kowloon Motor Bus Co. (1933) Ltd

聖華學校
循道愛華村服務中心
基督教聖約教會堅樂小學
薄鳧林牧場
邵氏基金會
香港耀能協會
萬瑞庭慈善基金
劇場空間
天水圍循道衛理中學
台山商會中學
大埔浸信會社會服務處欣悅家長綜合服務中心
曾壁山（崇蘭）中學
尖沙嘴浸信會坪洲福音堂
慈雲山天主教小學
東華三院
東華三院李賜豪小學
東華三院冼次雲小學
東華三院心瑜軒
東華三院馮黃鳳亭中學
東華三院吳祥川紀念中學
東華三院曾憲備小學
東華三院徐展堂學校
東華三院邱金元中學
香港伍倫貢學院
滬江維多利亞學校
職業訓練局
華悅居護老院
病不孤單基金會
仁濟醫院羅陳楚思小學
仁濟醫院第二中學
循道衛理楊震社會服務處深水埗區晉晴支援服務中心
逸昇堂
元朗朗屏邨東莞學校
元朗公立中學校友會鄧兆棠中學

The Little Flower's Catholic Primary School
The Methodist Church Epworth Village Community Centre
The Mission Covenant Church Holm Glad Primary School
The Pokfulam Farm
The Shaw Foundation
The Spastics Association of Hong Kong
The Van Zuiden Charity Trust
Theatre Space
Tin Shui Wai Methodist College
Toi Shan Association College
TPBCSS Charis Parent Intergrated Service Centre
Tsang Pik Shan (Sung Lan) Secondary School
Tsim Sha Tsui Baptist Church Peng Chau Chapel
Tsz Wan Shan Catholic Primary School
Tung Wah Group of Hospitals
Tung Wah Group of Hospitals Li Chi Ho Primary School
Tung Wah Group of Hospitals Sin Chu Wan Primary School
TWGHs Integrated Centre for Addiction Prevention and Treatment
TWGHs Mrs Fung Wong Fung Ting College
TWGHs S. C. Gaw Memorial College
TWGHs Tseng Hin Pei Primary School
TWGHs Tsui Tsin Tong School
TWGHs Yow Kam Yuen College
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Victoria Shanghai Academy
Vocational Training Council
Wah Yuet Kui Home For Elderly
WeCareBill Foundation
Yan Chai Hospital Law Chan Chor Si Primary School
Yan Chai Hospital No.2 Secondary School
Yang Memorial Methodist Social Service
Yatsingtong
Yuen Long Long Ping Estate Tung Koon Primary School
Yuen Long Public Middle School Alumni Association (YLMSAA) Tang Siu
Tong Secondary School
Zonta Club of Kowloon

九龍崇德社
李然新先生
紀濤先生
丁麗亞女士
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For online bank transfer/credit card/PayMe/FPS, you can email the form to hq@hkphab.org.hk or fax it to 2875 1401.

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香港傷健協會（本會）遵從《個人資料（私隱）條例》的規定處理及儲存閣下的個人資料，絕不會向第三方出售閣下的個人資料。本會將按需要運用閣下之個人資料作日後聯絡、呼籲募捐、宣傳活動、機構通訊或收集意見等推廣用途。閣下有權隨時向本會查詢、更改或要求停止使用閣下的個人資料。如閣下不願意接收以上資訊，請在以下空格加上✓號。

The Hong Kong PHAB Association (the Association) shall comply with the Personal Data (Privacy) Ordinance in handling and keeping your personal data. The Association will never sell your personal data to any third party. The Association will use your personal data for the purpose of including future correspondences, fundraising appeals, promotional activities, corporate communications, or feedback collection. You have the right to inquire, modify, or request the cessation of the use of your personal data at any time. If you do not wish to your personal data being utilized for the above purpose, please mark a ✓ in the box below.

本人不願意透過 ☐ 郵寄 ☐ 電郵 ☐ 電話 接收香港傷健協會的最新推廣資訊。

I do not wish to receive the latest promotional information from the Hong Kong PHAB Association via ☐ mail ☐ e-mail ☐ phone call.



