



Youth Diabetes  
Action  
兒童糖尿協會

Formerly known as Hong Kong Juvenile Diabetes Association  
前稱香港兒童糖尿協會

# Annual Report 2013 - 2014

# 年報



## Message from the Chairperson 主席的話

We have had a busy and yet fruitful year as we continue working towards our vision of "No child held back because of diabetes".

Other than many member activities, including the popular youth camp, we launched the continuous glucose monitor (CGM) device on-loan programme to help children better understand and monitor their personal tendency of blood sugar levels and the relationship between insulin, exercise and food. The mentorship programme went from strength to strength, not only for young people but also for parents who meet regularly to provide technical and emotional peer support. On the community awareness front, we hosted the Diabetes Conference in February 2014 and distributed the bilingual (English/Chinese) "Taking Diabetes to School" storybook to schools and clinics across

Hong Kong in July 2013. Thanks to generous donors, we managed to continue the Financial Assistance Programme to help subsidise needy families to purchase medical supplies. Looking forward, we will emphasise empowering children to overcome the hindrance of diabetes. The success of patient and community awareness lies in the generous support of many medical professionals, sponsors, donors and voluntary supporters.

We wish to thank our very committed staff, volunteer Council and Committee members, and Honorary Medical Advisors, who work tirelessly to fundraise, mentor, organize, counsel and increase public awareness about the challenges of living with diabetes. We look forward to another successful year in safeguarding that no child is held back because of diabetes.

本會度過了既忙碌又充實的一年。我們將會繼續實踐「所有孩子的未來不會因糖尿病而受阻礙」的願景。

除了舉辦各項會員活動外，包括受歡迎的青少年營，今年本會新推出了連續血糖監測儀體驗計劃，讓糖尿病童或青少年可以瞭解和監測血糖水平，以及胰島素、運動和食物之間的關係。而朋輩支援計劃亦不斷壯大，除了青少年之間的會面，家長亦會定期聚會互相交流照顧心得和情緒支援。在社區推廣方面，本會在2014年2月舉辦了糖尿病研討會，在2013年7月寄出了雙語的故事書「認識糖尿病 關愛滿校園」給本港的中小學、兒科醫生及家庭醫生醫務所。此外，本會多謝各捐款者一直的慷慨捐助，讓本會的醫療用資助計劃得以繼續資助經濟上有需要的家庭。展望將來，我們將會強調提昇糖尿病童能力去克服糖尿病在生活上的障礙，提高糖尿病人及公眾對此病的認識，這是全賴醫護人員、贊助者、捐助者和義務支援者的支持。

我在此多謝委員會和各籌委會的義務委員、榮譽醫療顧問和本會的員工，在籌款活動、朋輩支援、會員活動、輔導工作和提高大眾對糖尿童生活的關注上所付出的努力。我們期待著明年的成功並會繼續保障孩子不會因糖尿病而遇到阻礙。

Fina Cheng  
馮亮琪 女士

Chairperson of 2014-16  
2014 - 16年度主席



## About Youth Diabetes Action 關於兒童糖尿協會

**Y**outh Diabetes Action (YDA) which was formerly known as the Hong Kong Juvenile Diabetes Association (HKJDA) has been helping children with diabetes and their families since 2001. Our efforts centre on providing a variety of support to families - educational, emotional, financial, informational, and peer networking. We also raise awareness among the medical community about this disease, as well as educate the general public. We are the only charity in Hong Kong that provides these vital services, and only with your help can we continue to serve this needy population.

This year, YDA continues to move towards our primary goal in acquiring and refurbishing a Centre of Excellence for children with diabetes, where they and their families can learn how to take better care of themselves, share their experiences with others, receive medical and educational advice, and play and have fun knowing they are not alone in living with this disease. We will also continue to support financially needy families by subsidising medical supplies for their children with diabetes.

Thank you for your support!

**兒**童糖尿協會前稱為「香港兒童糖尿協會」，成立於2001年的獨立慈善團體，一直致力為糖尿病童、青少年及其家庭在教育、情緒、經濟、知識和朋輩網絡上提供支援及提高醫護人士和社會大眾對1型糖尿病的認知。本會是香港唯一為1型糖尿病童及其家人服務的慈善團體，你的支持將會推動我們繼續去服務他們。

今年，我們的主要目標是建立一個專為糖尿病童而設的中心，讓小朋友及其家人學會如何自我照顧，與其他人分享經驗，以及獲得醫療和教育方面的意見。中心將成為病童遊玩嬉戲的小天地，他們從而知道自己並非孤身作戰。我們亦會繼續資助經濟上有困難之糖尿病會員在糖尿病消耗品方面的支出。

感謝您的支持!

Address 地址：Unit E, 8/F, Harvest Moon House,  
337-339 Nathan Road, Kowloon, Hong Kong  
香港九龍彌敦道 337-339 號金滿樓8 樓E室

Tel 電話：2544 3263

Fax 傳真號碼：2544 3313

Email 電郵：support@youthdiabetesaction.org

Website 網址：www.youthdiabetesaction.org

### Youth Diabetes Action Council and Advisors 2013-14 (as at 31 March 2014)

#### 兒童糖尿協會委員會及顧問 2013 - 14 (截至2014年3月31日)

##### Chairperson 主席

Mrs Joanna Hotung 何苗春暉女士

##### Vice-chairperson 副主席

Ms Fina Cheng 馮亮琪女士

##### Hon Treasurer 義務司庫

Mr Wilson Toe 杜偉雄先生

##### Council Members 委員

Mr Raymond Choi 蔡浩澎先生

Mrs Kim Enns

Ms Mara Hotung 何美雲女士

Mrs Lieny Jang 張鄭宜芸女士

Mrs Ivich Neuville

Ms Alice Oi Sha Poon 潘愛莎女士

Mr Wilson Toe 杜偉雄先生

Prof Nam Kiu Tsing 丁南僑博士

Mrs Sarah Dyer Dana

(resigned on 5 June 2013 於 2013年6月5日辭任)

Ms Gina Reid

(resigned on 21 Oct 2013 於 2013年10月21日辭任)

##### Hon Auditor 義務核數師

Robert Chui & Co. 崔志仁會計師行

##### Legal Advisor 法律顧問

P. C. Woo & Co. 胡百全律師事務所

##### Hon Medical Advisors 榮譽醫療顧問

Dr PT Cheung 張璧濤醫生

Prof Clive Cockram 郭克倫教授

Dr KF Huen 禡桂芬醫生

Dr Elaine Kwan 關彥華醫生

Dr CY Lee 李靜賢醫生

Prof Louis CK Low 盧忠啟教授

Dr Ronald Ma 馬青雲醫生

Ms Maisy Mok 莫碧虹女士



## Member Services 會員服務

YDA introduced a number of new projects to our members this year, they include:  
本會在本年度為會員提供了不同的新服務，當中包括：

### Mentorship Programme 朋輩支援計劃

Newly diagnosed children and their families feel helpless, shocked, and stressed when they receive the news. The aim of this programme is to provide emotional and social support to parents during periods of adjustment, whether in the first few months following a child's diagnosis, or later on, as a child grows and encounters new challenges in living with Type 1 diabetes. Mentors, who are experienced patients and parents, provide peer support and share their experiences and knowledge.

This year, YDA has recruited 10 mentors to support other parents and their children during various difficult phases.

患者及其家人在確診糖尿病之初往往感到徬徨無助，震驚和感到極大壓力。本計劃的宗旨是在適應期為家長提供情感和社交支援，無論是在孩子初確診的時候，或成長階段中遇到新的挑戰。本會推行朋輩支援大使計劃，藉此計劃讓有經驗的患者以同路人身份與患者及其家人分享感受及相關資訊並交流經驗，沿途給予患者及其家人鼓勵和支持，發揮助人自助的精神。本年度，合共有 10位朋輩大使為有需要的家長及糖尿病童提供情緒、朋輩支援及經驗和知識分享。

### CGM Device On-loan Programme 連續血糖監測儀體驗計劃

The continuous glucose monitoring system (CGMS) is a new medical technology to provide a stream of interstitial glucose measurements. These measurements help medical professionals and patients have a better understanding of their individual blood glucose patterns, thus better therapy can be devised to achieve better control. With the generous support of donors, YDA acquired two CGM devices for our members to borrow. From August 2013 to March 2014, 15 YDA members have benefitted from this programme.

連續血糖監測系統是嶄新的醫療科技，全天候監察血糖水平，讓醫護人員及病者可了解血糖的高低變化，從而制定一個更適切的治療來控制糖尿病。

本會獲各熱心人士的捐助，在2013年8月購買了2部連續血糖監測儀，供會員借用。由去年8月到今年3月已有15位會員受惠。

 Youth Diabetes Action  
兒童糖尿病協會

#### Continuous Glucose Monitoring Device (6 days) On-loan Programme

**Introduction**  
Continuous glucose monitoring (CGM) system is a new medical technology to provide a stream of interstitial glucose measurements. These measurements help medical professionals and patients to have better understanding of the blood glucose patterns, thus a better therapy can be devised to achieve better control.

**How does CGM device work?**  
Insert the sensor under the skin of your abdomen for 6 days consecutively. CGM device will automatically record the blood glucose value for every 5 minutes. You will receive a report which you and the medical professionals can review your blood glucose trend.



**The reason of using CGM device**

- To let the patient know his/her blood glucose fluctuations and trends
- To let us how blood glucose level affected by meals, insulin, exercise and behaviour etc.
- To show hypoglycaemic excursions or unrecognized hypoglycaemic episodes (especially nocturnal hypoglycaemia)

**Who should use it?**

- People diagnosed with Type 1 diabetes; or
- People who have hypoglycaemia or hyperglycaemia; or
- People who have hypoglycaemic unawareness; or
- People with poor glycaemic control; or
- People with wide glucose excursions

\* Priority will be given to those members referred by doctors and aged under 25.

**Enrolment**

1. Seek your Paediatrician's or Nurse educator's advice and support to interpret the graph after the report is generated.
2. Submit the completed enrolment form together with crossed cheque to YDA.
3. YDA will notify the date to collect the device/ set up the sensor.
4. Set up the CGM device at Medicronic International (Hong Kong) Ltd.
5. Record the daily meals consumption, insulin taken and exercise engaged with reference to the product guidelines of Medicronic International (Hong Kong) Ltd.
6. Return the CGM device.
7. Submit the CGM report together with the personal record to your Paediatrician or Nurse educator at your next medical appointment for review.

**Fee**

- A new sensor is required for each trial, per trial fee to pay \$700 for each person.
- YDA members (i.e. YDA or YDA Invited Assistance Programme) will be waived.
- \$1,000 deposit is required. Full refund of the deposit after the return of CGM device. If any damage was found, the deposit will be deducted and additional fee will be charged for the replacement.

**Enquiries: Please contact Ms Penny Poon on 2332 9056.**



## Taking Diabetes to School storybook project 「認識糖尿病 關愛滿校園」書籍計劃

A storybook named "Taking Diabetes to School" was launched and 1,300 copies sent to all primary and secondary schools, paediatricians and family clinics in July 2013. This book provides very useful information about the daily life and physical condition of a child with diabetes, which helps readers, such as school teachers, understand Type 1 diabetes better. It also serves as a tool for doctors to explain Type 1 diabetes to their patients. YDA understands that all children and adolescents with diabetes require support from schools. It's important for teachers and fellow students to learn about Type 1 diabetes in order to help children with diabetes in cases of urgency (such as the occurrence of hypoglycaemia and hyperglycaemia).

本會於2013年7月期間共寄出了1,300冊名為「認識糖尿病 關愛滿校園」的書籍到本港各中小學、兒科醫生及家庭醫生醫務所。此書介紹有關一型糖尿病患者的日常生活及身體狀況。讓讀者能簡易地了解患有一型糖尿病學童的具體狀況。此書也可成為醫生們的工具，以協助向病人講解1型糖尿病。本會明白所有病患兒童及青少年均需學校的支援，老師對一型糖尿病的了解更有助病患者應付危急情況(如低血糖及高血糖的出現)。

**YDA continues to serve our members with existing means, including:**

本會為會員繼續提供以下服務，包括：

### Financial Assistance Programme 醫療用品資助計劃

Since 2004, we have launched the financial assistance programme in order to alleviate the financial burden of disadvantaged families. The programme aims to assist needy families by providing subsidies for their purchases of diabetes supplies, and the expenses of medical consultations. Last year, our programme supported and benefited more than 60 members in total.

自2004年起，本會推行了醫療用品資助計劃，以實報實銷的現金資助幫助有經濟困難的在學糖尿病童及青少年，從而減輕他們在糖尿病消耗品及診金上的負擔。而本年度本計劃一共資助了60位會員。

### Members Benefits 會員福利

YDA sourced different benefits or special discounts offered by a dentist, different healthcare and pharmaceutical companies, such as the purchase of medical items including blood glucose monitors, test strips and lancets, at lower prices to our members.

不同的醫療和製藥公司及牙醫分別向本會會員提供特別折扣訂購不同的糖尿病消耗品，包括血糖機、血糖試紙及取血針、或以優惠價提供牙齒檢查。



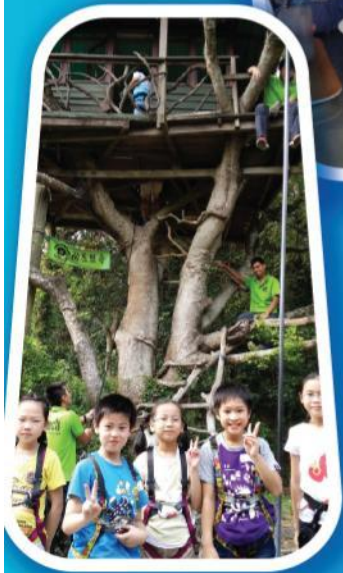
# Member Activities 會員活動

## Children's Programmes 兒童及青少年活動

**Y**DA engaged our members in interesting & interactive programmes which included education in managing diabetes, training in interpersonal skills, and building of peer networks. Last year, YDA organized several activities like Enjoy Green in Your Life, Bowling Fun Day, Happy Kingdom Workshop, Youth Camp, Adventure Training Day Camp, and Sense In The Dark. YDA also aimed to help members establish a positive attitude towards life.



**本**會透過舉行不同類型的活動，讓會員從中學習有關糖尿病的知識及疾病的管理，鍛煉個人交際技巧並建立朋輩網絡，當中活動包括：綠色之旅、保齡同樂日、表達真我・快樂王國工作坊、青少年營、樹屋歷奇日及黑色領悟，以幫助會員培養出正面的人生態度。





## Family Events 家庭活動



We strengthened the relationships between young members and their parents through organizing different family activities like Fun With Cycling and Hiking, Family Cooking Workshop, Paint Your Future, Indoor Rock Climbing Fun Day, Family BBQ Gathering, Christmas Party 2013, and Family Indoor War Games. These activities allowed families to expand their support networks by meeting other families sharing the same experiences.



為向糖尿病兒童和青少年及其家庭提供支援，本會定期舉辦親子活動：如自「行」車、親子烹飪樂、畫出未來、攀石同樂日、親子燒烤樂、聖誕聯歡會2013及親子獵人，以加強糖尿病童或青少年與家人的關係，亦讓會員家庭之間彼此認識，擴闊支援網絡，一同分享面對糖尿病的經驗。





# Education and Community Awareness 教育及社區推廣活動

## New Organisation Image

**Y**outh Diabetes Action, our new name, represents our youthful, energetic and proactive organization.

Since its founding in 2001, our organisation has been known as the Hong Kong Juvenile Diabetes Association, an organization that has worked tirelessly to help the youth of Hong Kong living with diabetes. Now 14 years on, we have launched a new look and name that we believe will carry the organisation to the next level of support we can provide to member families.

In addition, YDA publishes a quarterly newsletter which explores topics of direct relevance to YDA members, and regular website updates allow our members to keep up with information and new events. A new Facebook page with a new image was launched and has become the forum for information exchange among members.



## 本會的新名字，新面貌

**本** 本會的新名字代表著我們 這個年輕、充滿活力、積極進取的機構。

本會自2001年創立以來，一直以香港兒童糖尿協會服務有需要人士為大眾所知。在過去13年，本會一直努力地為香港糖尿病患者兒童及其家庭提供支援。

如今我們為它命以新名，創造了新的形象來給患者提供更進一步的協助和支持。

另外，本會每季都會出版會員通訊及定時更新本會網頁，讓會員能緊貼我們的最新動向。本會亦建立了最新的Facebook專頁，提供交流平台。

## World Diabetes Day 世界糖尿病日

**W**orld Diabetes Day is celebrated every year on November 14 as an official United Nations Day. In 2013, YDA advocated the Standard of Care to ensure that all schools in Hong Kong will provide appropriate support and measures for every student with diabetes in school.

**每** 年的11月14日為聯合國訂定世界糖尿病日。在2013年本會倡議訂立護理標準，以確保香港所有學校都能夠為糖尿病學生提供適切的支援及保障。





## Diabetes Conference

## 糖尿病研討會2014

To draw people's attention to the issues facing the diabetes community, we provided educational events such as a conference and workshops for all members and the general public. In February 2014, YDA invited esteemed speakers including endocrinologists, professors, diabetes nurses, dieticians, diabetes patients and their parents to participate and share their views at the Diabetes Conference.

In addition, we organised four parent support group workshops in June, August, November 2013 and February 2014 respectively for parents to learn about different aspects of diabetes management.

為提高參加者對糖尿病及其患者的關注，本會於今年度舉辦有關糖尿病的研討會和工作坊，並邀請有關界別的專家和人士作演講。本會於2014年2月舉辦了糖尿病研討會，並十分榮幸邀請到多位講者如內分泌科專家、大學教授、糖尿病科護士、營養師、病患者及其家長與參加者分享糖尿病管理的知識及見解。

另外為了讓家長可以在糖尿病獲取更多資訊，本會在去年6月、8月、11月及今年的2月舉辦了4次家長講座。



## Fundraising Activities 籌款活動

To ensure our services for members are sustainable, we pay great effort in fundraising each year. Thanks to the gala dinner 'Spring Fling 2013 - Circus' and the Designer Handbag Auction, over HK\$2,500,000 and HK\$290,000 were raised respectively. Funds were used to support YDA's operations, financial assistance programme, and members' activities and services.

本會為持續地提供支援與服務予會員及其家庭，於每年都舉行大大小小的籌款活動。本會舉辦了「春日愛心樂悠悠2013-馬戲團」籌款晚會及慈善手袋兩項籌款活動，分別籌得超過港幣250萬元及29萬元。所得款項會用作支持本會運作、各項會員服務、活動及資助計劃。





# Auditor's Report 核數師報告

## INDEPENDENT HONORARY AUDITOR'S REPORT

TO THE MEMBERS OF  
**YOUTH DIABETES ACTION ("the Association")**  
**(FORMERLY KNOWN AS "HONG KONG JUVENILE DIABETES ASSOCIATION")**  
(a company limited by guarantee and not having a share capital)

We have audited the financial statements of the Association set out on pages 3 to 13, which comprise the balance sheet as at 31st March, 2014, and the statement of surplus or deficit and other comprehensive income, statement of changes in accumulated funds and statement of cash flows for the year then ended and a summary of significant accounting policies and other explanatory information

### **Councillors' responsibility for the financial statements**

The councillors are responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance, and for such internal control as the councillors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

### **Auditor's responsibility**

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with section 80 of Schedule 11 to the Hong Kong Companies Ordinance (Cap.622) and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the councillors, as well as evaluating the overall presentation of the financial statements

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### **Opinion**

In our opinion, the financial statements give a true and fair view of the state of the Association's affairs as at 31st March, 2014 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance

Robert Chui & Co.  
Certified Public Accountants (Practising)  
Hong Kong

21st October, 2014



# Auditor's Report 核數師報告

## STATEMENT OF COMPREHENSIVE INCOME

Year ended 31st March, 2014

	2014 HK\$	2013 HK\$
INCOME		
Net proceeds from fund-raising activity	1,896,169	1,716,931
Grants	523,310	517,353
General donations	413,907	1,007,814
Bank interest received	2,517	8,455
	<u>2,835,903</u>	<u>3,250,553</u>
Less: EXPENDITURE		
Activities costs	317,644	214,605
Financial assistance in medical supplies	313,439	268,603
Depreciation	30,141	20,912
Printing	40,101	12,735
Rent, rates and management fee	104,312	102,805
Repair and maintenance	4,102	200
Office insurances	6,638	2,301
Office supplies	22,068	39,886
Staff medical expenses	20,646	10,837
Recruitment cost	3,408	14,988
Postage	12,910	1,320
Communication and marketing	186,428	109,764
Salaries	1,199,610	892,227
Staff training cost	2,400	1,718
Mandatory provident fund contributions	49,810	36,119
Telecommunication costs	12,866	10,683
Miscellaneous	11,732	20,323
	<u>2,338,255</u>	<u>1,760,026</u>
SURPLUS BEFORE TAX	497,648	1,490,527
Income tax	-	-
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u>497,648</u>	<u>1,490,527</u>



# Auditor's Report 核數師報告

## BALANCE SHEET

31st March, 2014

	2014 HK\$	2013 HK\$
<b>NON-CURRENT ASSETS</b>		
Plant and equipment	61,487	25,147
<b>CURRENT ASSETS</b>		
Donation and bank interest receivables	10,000	180,538
Deposits and prepayment	467,555	411,655
Cash and bank balances	<u>6,566,025</u>	<u>6,408,780</u>
	<u>7,043,580</u>	<u>7,000,973</u>
<b>CURRENT LIABILITIES</b>		
Accruals	50,353	49,205
Donation received in advance	<u>568,614</u>	<u>988,463</u>
	<u>618,967</u>	<u>1,037,668</u>
<b>NET CURRENT ASSETS</b>	<u>6,424,613</u>	<u>5,963,305</u>
<b>NET ASSETS</b>	<u>6,486,100</u>	<u>5,988,452</u>
Represented by:		
<b>ACCUMULATED FUNDS</b>	<u>6,486,100</u>	<u>5,988,452</u>



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Our sincere gratitude to all of our supporters, who gave their time, efforts and monetary gifts to support YDA from April 2013 to March 2014. It is your generous contribution that enables us to continue our services and helps make a difference in our community.

Our thanks also to all those who have made anonymous donations.

On behalf of all the kids and their families at YDA, thanks you!

我們衷心感謝下列團體及人士於2013年4月至2014年3月支持我們的工作，全賴您們的熱心支持及贊助，我們才能夠提供更好的服務，我們亦謹向那些無名捐款者表達謝意。

謹代表本會的會員及其家人向您們致謝

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