



兒童糖尿協會是一個獨立慈善團體,成立於 2001 年,致 力為糖尿病兒童及其家庭提供支援。

Youth Diabetes Action (YDA) is a charity organisation established in 2001, dedicated to supporting children and adolescents with diabetes and their families in Hong Kong.

宗旨 Mission

為香港糖尿病患者兒童、青少年及其家庭提供支援。
To support children and adolescents with diabetes and their families in Hong Kong.

抱負 Vision

糖尿病不再是孩子的障礙
No child will be held back because of diabetes

本會的目標 Objectives

- 為糖尿病患兒童及青少年爭取權益
 Promote community awareness and knowledge of diabetes' effect on children and adolescents
- 改善對糖尿病患兒童、青少年及其家庭的支援及溝通
 Advocate for children and adolescents with diabetes
- 提高社會對糖尿病對兒童及青少年影響的關注與認識 Improve communication with and support to children and adolescents with diabetes and their family members
- 為糖尿病患兒童、青少年及其家庭以及公眾舉辦各項教育及聯誼活動,及提供經濟援助
 Organise, promote, and execute educational, social, financial support and other programmes for children and adolescents with diabetes, their family members, and the public







關愛支援 Care Support

朋輩大使計劃 Mentorship Programme家長茶聚 Parent Sharing Sessions

• 兒童及青少年活動 Children and Youth Programmes

家庭活動 Family Events

輔導服務 Counselling Services

新確診跟進 New Case Connection

外展服務 Patient Outreach

• 熱線 Hotline

教育及社區推廣活動 Education and Community Activities

· 「藍月·十一」活動 Blue November

• 爭取糖尿病童的權利 Advocating for Children with Diabetes

• 在校的個人化糖尿病護理計劃 Diabetes School Care Plan

• 糖尿病座談會及工作坊 Diabetes Seminars and Workshops

• 季刊 YDA Today

財政及醫療支援 Financial and Medical Support

• 醫療用品資助計劃 Financial Assistance Programme

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

• 香港兒童糖尿病紀錄冊 Hong Kong Childhood Diabetes Registry

希望之火獎學金 Flame of Hope Scholarship Awards





重要事項 Key Milestones

2016-2017 四月 April 2016

年度籌款晚會

Annual Spring Fling fundraiser

六月 June 2016

兒童糖尿中心正式啟用

The Centre of Excellence is in operation

七月 July 2016

兩岸四地糖尿病兒童夏令營

Beijing Diabetes Camp

九月 September 2016

第十一屆青少年營

11th Youth Camp

十月 October 2016

健胰騎士夢環台 一 勇闖武嶺

Ride for Youth Diabetes - Challenge at Wulan

十一月 November 2016

「藍月・十一」推廣及籌款活動

Blue November Awareness and

Fundraising Campaign

發佈白皮書及發動聯署行動

White paper and petition to Government of

HKSAR

十二月 December 2016

年度聖誕聯歡暨良好血糖控制證書頒發典禮

Annual Christmas Party and Blood Glucose

Control Certificate Awards











主席的話 Message from the Chairperson

兒童糖尿中心正式啟用 The Centre of Excellence is in operation!

有幸得到各位善長一直的慷慨支持,成立兒童糖尿中心的夢想終於成真。兒童糖尿中心已於 2016 年 6 月正式投入服務,過去一年,我們在中心為會員舉辦了不同的茶聚、講座,以及煮食工作坊等。如果你未到訪過我們的中心,歡迎大家隨時光臨。為提昇會員服務,我們與醫護人員緊密聯繫,並在有經驗的會員義工協助下,舉辦了多個不同既有趣又有教育意義的活動。藉此機會,我要感謝各醫護人員、家長及會員義工的無私貢獻,組成了一個強大的義工隊伍。另外,我們亦極積與各醫療用品公司爭取,為會員提供優惠價錢購買糖尿消耗品。

助養兒童計劃是我們重點項目之一,我們繼續資助了 49 個家庭在糖尿消耗品上的支出。但我們堅信這應該是政府的責任。在 2016 年 11 月,我們主動向政府提出全面資助一型糖尿病童的血糖檢測消耗品的訴求,但得到的答覆是非常失望。我們會繼續努力,為糖尿病童爭取應有的權利和福利。我們衷心感謝所有善長的慷慨捐助,以及委員會、各籌委會、榮譽醫療顧問、義工及同事對本會無私的付出,讓糖尿病童活出一精彩的人生。



With the generous support of our donors over the years, opening the YDA Centre of Excellence is no longer just a dream. The Centre has been in operation since June 2016 and we have hosted numerous gatherings, playdates, seminars, and even cooking classes. If you have not been to the Centre, you are most welcome to visit us. We strengthened our member services by collaborating with medical professionals for educational yet fun programmes, and leveraging the know-how of experienced mentoring parents and adult members. We are grateful to have the unreserved support of our kind-hearted medical professionals, parents, and patient members who have formed the strongest voluntary team ever. We also introduced new diabetes products through pharmaceutical companies at specially negotiated prices.

One of our core initiatives is the Sponsor a Child Programme where we continued our financial support of 49 families in purchasing their ongoing and necessary diabetes medical supplies. However we strongly believe that this should be the responsibility of the government. In November 2016, we advocated and sought sponsorship from the HKSAR Government, but were disappointed to receive unconstructive feedback. This will not stop us pursuing our advocacy work on behalf of Hong Kong children with diabetes no matter how long the journey will be.

We are appreciative of the generous support we have received from donors. I also wish to thank our staff, volunteer Council, the Fundraising Committee, and our Honorary Medical Advisors who have worked tirelessly for our children. A heartfelt thanks to all of you for making such a difference.



關愛支援 Care Support

朋輩大使計劃 Mentorship Programme

初確診的病童或家長往往會感到徬徨無助和震驚,朋輩大使計劃希望透過來人的分享,讓初確診家庭獲得鼓勵及支援,盡快適應。
The Mentorship Programme is designed to support newly-diagnosed families to overcome fear, anxiety, and vulnerability. Our experienced patient and parent mentors offer peer support by sharing their real life experience and knowledge.

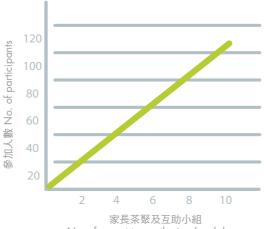


累計朋輩大使 Accumulated no. of mentors

家長茶聚及互助小組 Parent Sharing Sessions

照顧者的壓力經常會被忽略,定期舉辦家長茶聚及互助小組,可讓 家長分享照顧糖尿病子女的經驗及心得,抒緩壓力。

Parent Sharing Sessions provide caregivers with a platform to voice their frustrations, share views on diabetes care, and relieve their worries in small discussion groups.



No. of parent tea gathering/workshops

關愛支援 Care Support

兒童及青少年活動 Children and Youth Programmes

透過不同類型的活動,讓會員在不同領域中建立自信、發展興趣並建立朋輩網絡。每年一度的糖尿青少年營,有幸獲得多位 醫護義工無私的奉獻,讓會員認識更多有關糖尿病的知識, 學習獨立處理日常糖尿病管理。

With the support of medical volunteers, we provide our members with opportunities to enhance diabetes management skills through various activities, such as the annual Diabetes Youth Camp.

家庭活動 Family Events

我們會定期舉辦親子活動,除了希望可加強家庭的凝聚力,更 是為了讓各同路家庭彼此認識和交流,會員間建立一個支援網 絡,互相扶持。

Our family events facilitate peer bonding and provide a platform for families to meet and network effectively among themselves.



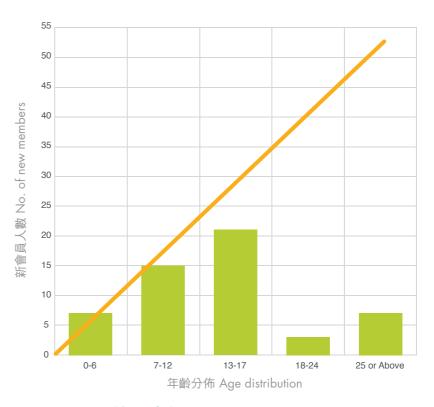




輔導服務 Counselling Services

糖尿病童及其家長在初確診時情緒、甚至於成長階段中遇到的新挑戰,精神的支援是十分重要。本會駐中心社工除了提供電話訪談、家訪及醫院探訪等輔導服務外,更會跟進所有新確診個案,配對有需要服務。 我們更新設電話(whatsapp)群組,讓會員可互動及即時交流資訊。

Emotional support is crucial for newly diagnosed cases. We provide counselling services and hotline support, and set up various discussion groups so that families with children of similar ages can be linked together and support each other.



熱線支援 Hotline support 1310

勇闖難關 衝破障礙 Braving Storms and Breaking Barriers

潘正昕一希望之火得獎者,Team YDA 隊長 Dicky Poon, 2015 Flame of Hope Scholarship Awardee, Team YDA Leader

正昕於 5 歲時確診一型糖尿病,至今已經超過 16 年。他熱愛行山及 騎單車,更敢於探索新事物及與朋友一起挑戰自己的極限。 還記得確診時因得到兒童糖尿協會的幫助,讓他可克服種種困難。為 承傳兒童糖尿協會的互助精神,幫助其他會員,於2014年,正昕與 另外 4 位協會會員成立了 Team YDA,定期為會員舉辦不同的活動, 促進他們身心健康及建立自我網絡。

於 2016 年 10 月,正昕再一次挑戰自己,與 2 名 YDA 會員及14 位 單車愛好者以單車攀越台灣最高點一 3,275 米的武嶺。正昕除了是今 次「健胰騎士夢環台2016」的參加者外,更積極參與策劃及訓練等 工作。其中他遇到了很多困難,尤其是夏季訓練很艱苦,但他認為征 服高峰是對這一挑戰的完美結局。他感謝所有的隊友及導師,與他一 起解決問題及完成這個似乎不可能的目標,讓他可繼續發揮"我做得 到!"的精神。正昕更要特別感謝醫護人員的付出,讓他在騎單車途 中能有效控制及保持血糖水平。他期待著下一個旅程,與協會會員再 挑戰下一個不可能的目標!



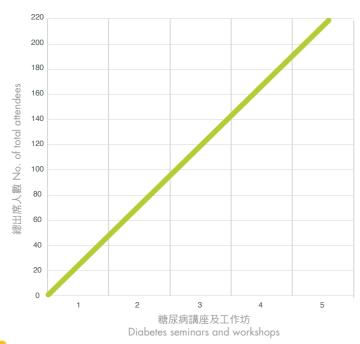
Dicky was diagnosed with Type 1 diabetes at age 5, and diabetes has been a part of his life for more than 16 years. He is interested in hiking and cycling, and passionate about exploring the unknown and challenging his limits with his friends. Having personally benefitted from YDA, he wanted to contribute to other YDA members. In 2014, Dicky and four other members started up Team YDA. His dream is that YDA members can achieve mental and physical fitness and develop their peer network through regular youth-led team activities.

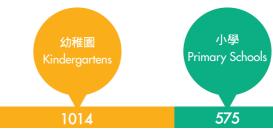
In October 2016, Dicky and two other YDA members – along with 14 cycling enthusiasts – accomplished the 3,275 metre climb to Wuling the highest point on Taiwan, in the Ride for Youth Diabetes event. Dicky was proactively involved in the planning and training stages, as well as participation in the actual event. Although the team encountered many difficulties along the way, as training for uphill cycling is gruelling in the summer, he considers conquering the peak as the perfect ending to this challenge. He is thankful to all the mentors who have taught him valuable lessons on how to tackle many issues, including effective strategies that enable him to inch towards a goal that may seems impossible at the outset. He is grateful to the medical advisors for their perseverance and invaluable help in maintaining his blood glucose levels under control during the trip. He looks forward to our next journey together to reach our next impossible goal!



為增強社會大眾對糖尿病的認識及關注,我們特別舉辦了「藍月·十一」活動響應世界糖尿日。針對學校, 我們推行個人化糖尿病照顧計劃,更向全港幼稚園及小學派發糖尿病學校教育手冊及單張。我們亦會定期舉 辦各式的糖尿病座談會和工作坊,及出版季刊分享糖尿病的資訊及最新科技。

To raise public awareness of diabetes, YDA organised the **Blue November** campaign, a series of programmes to commemorate the UN's World Diabetes Day on 14 November. We also have an Individualised Diabetes Care Plan and distribute diabetes awareness handbooks to all kindergartens and primary schools.





派發糖尿病教育手冊 Distribution of Diabetes Kids Info packs





本會於 11 月發佈白皮書,指出不少糖尿病患兒童寧願冒著併發症和失去性命的風險,也拒絕遵從每日4-6次的血糖檢測,原因是害怕加重家人的經濟負擔。我們不但舉行了新聞發佈會,更發動網上聯署,收集了二千多個簽署,促請政府為所有 25 歲以下患有一型糖尿病的病人免費提供醫療物品,並獲得各方的鼓勵和支持。

We published a White Paper in November, which revealed that many children with diabetes would rather risk the threat of complications and ill health than undergo blood glucose testing four to six times a day because they do not want to be a financial burden to their families.

We held a press conference and organised a petition to urge the HKSAR Government to provide all medical consumables to youths aged under 25 with Type 1 diabetes.



財政及醫療支援 Financial and Medical Support

醫療用品資助計劃 Financial Assistance Programme

醫療用品資助計劃是資助經濟上有困難之糖尿病會員,購買有關糖尿消耗品的支出及醫療診金。我們更備有2 部連續血糖監測儀供會員試用,助他們全天候監察血糖水平。

The Financial Assistance Programme provides much-needed subsidies to disadvantaged families for essential diabetes supplies and medical consultations. We also offer our two sets of continuous glucose monitoring systems (CGMS) on loan for our members to use and learn more about their own blood glucose patterns.









香港兒童糖尿病紀錄冊 Hong Kong Childhood Diabetes Registry

我們很高興今年與香港醫院管理局轄下十一個兒科專科合作, 建立第一個香港兒童糖尿病紀錄冊,協助醫生研究和調查疾病 的發病率及趨勢,惠及更多兒童。

We are glad to foster collaboration between 11 paediatric units under the HK Hospital Authority to set up the first Hong Kong Childhood Diabetes Registry, which helps doctors to study and investigate the incidence and trends of the disease, and benefit more children.



財政及醫療支援 Financial and Medical Support

希望之火獎學金 Flame of Hope Scholarship Awards

希望之火獎學金獎勵優秀的年輕糖尿病患者,能有效控制病情之餘, 在學業、社區參與、課外活動、宣傳糖尿病資訊均有獎項,並全面發 揮自我潛能。本年度的 4 位得獎者分別是虞淑怡、潘正昕、梁詩程及 董朗生。(圖左至右)

The Flame of Hope Scholarship recognises youths with diabetes who show the ability to successfully manage their disease and excel in academic performance, community involvement, extracurricular activities, diabetes advocacy, and are growing up living to their full potential. Four recipients were recognised in 2016-2017: Shirley Yu, Dicky Poon, Melody Leung and Hugo Tung.



虞淑怡 Shirley Yu

淑怡現正就讀香港大學文學與法律,她堅毅不屈的鬥志,成功證明就算生長於普通家庭,亦能學習法律,成為其中一部份。
Shirley is a student at HKU studying Literature and Law. She believes that even though she is from an ordinary family without powerful connections or tremendous family wealth, ordinary citizens like her can still learn and be a part of the justice system.

潘正昕 Dicky Poon

正昕現於大學修讀護理學,喜歡戶外活動如行山、騎單車,尤其喜歡與朋友一起挑戰。雖然醫護工作需經常輪班,但正昕亦可有效管理糖尿病情。

Dicky is a nursing student in university, and he has complete confidence in himself to manage his Type 1 diabetes with the shift schedule expected of a nursing career. Dicky likes hiking and cycling, and pushes himself to explore the unknown and challenge his rigorous limits with his friends.

梁詩程 Melody Leung

詩程熱愛演奏音樂,已考獲多種樂器八級以上成績,亦累積了不少歌劇表演經驗。她現就讀中文大學音樂系,糖尿病並沒有成為 她追尋音樂理想的障礙。

Melody is passionate about music. She achieved grade 8 in practical music exams for various instruments with distinction, and has ample experience in operatic performances. She is currently studying in the Music Department of Chinese University; diabetes was not an obstacle for her to pursue her dreams in musical performance.

董朗生 Hugo Tung

朗生自小熱愛表演,非常享受劇場的世界。演藝工作經常日夜顛倒,但朗生亦有信心可好好管理糖尿病情。

Hugo has been passionate are about performance since childhood, and he enjoys being in the theatre world. He is very confident and committed to manage his Type 1 diabetes with the hectic schedule expected of his performance career.

為提供持續的支援及服務予會員,我們每年均會舉辦不同的籌款活動,增加經費。本年度,我們舉辦了「春日愛心樂悠悠」籌款晚會及「藍月·十一」童行有您籌款遠足活動,我們衷心感謝每一位捐款者的支持。

YDA holds fundraising events to enable us to continue to offer much-needed services to children with diabetes. Special thanks to all our sponsors, donors, and generous friends for their support to us.



助養兒童計劃 Sponsor a Child Programme

助養兒童計劃是多樣化的資助項目,為本會的會員及其家庭帶來新的希望。

The Sponsor a Child Programme has been invaluable to our members' families, funding a variety of different critical resources for them.



受惠人次 No. of beneficiaries



寶賢的故事 Po Yin's Story

「如果沒有你們(兒童糖尿協會)的資助,負擔真的很大。很感恩有這些幫助!」
"We wouldn't be able to make ends meet if it weren't for subsidies from YDA
helping us to pay for the diabetes expenses. We are so grateful for the assistance!"

13歲的謝寶賢(寶寶)於4歲時確診患上一型糖尿病,對於患病一直處之泰然,從不哭鬧,可能是因為比寶寶大一歲的哥哥早在一歲便確診,自少習慣「篤手指」、打針是生活的一部分,比大人都還要「淡定」。

寶寶來自單親家庭,爸爸為生計奔走,兩兄妹同患一型糖尿病,每月消耗性的醫療品如測血糖的試紙、取血針、打針的針嘴、消毒酒精綿等等,花費不菲,但亦必不可少。患病的兩兄妹自小由嫲嫲獨力照顧,每天測血糖、打針,定時定量吃飯,晚飯後一起去運動,午夜觀察小孩狀況,定期去醫院。小孩都愛糖果雪糕,但寶寶說:「驚血糖會好高。」倒是嫲嫲心痛孫囡:「阿嫲沒有零用錢給她買零食。」嫲嫲也要顧及兩個成長中的小孩營養要均衡,還有參加學校活動的費用,學校通告一到就要交費……。

「希望社會多些人了解,明白他們就算有這個病,跟其他小孩其實沒有分別,<mark>只是需要</mark> 多一點的關心和支持。」

Thirteen-year-old Po Yin was diagnosed with Type 1 diabetes (T1D) at age 4. She accepted the fact of being diagnosed with T1D naturally despite the changes to her future life plan. She has never cried even once with the daily routine of multiple finger-pricks and insulin injections. Perhaps it is because her brother, who is a year older than her, was diagnosed with T1D when he was only one; she just accepts it as part of her life.

Po Yin's single-parent father is always busy working to support the family. With two T1D children to raise, their father faces big bills: for blood sugar test strips, lancets, insulin pen needles, and alcohol prep pads. The expenses are huge but vital to the children's health. It's Grandma who takes care of the two T1D grandchildren 24/7: testing their blood sugar, preparing meals with calculated amounts of carbohydrates, taking them to exercise every evening, checking their condition at midnight, and taking them to all their medical check-ups. Po Yin has never requested a sweet treat. "That will shoot my blood sugar rocket high," she says. But Grandma says, "It's because we have no more snack money to give her." Grandma still wants to provide them with good balanced nutrients, and send them to school activities so that they will not feel left out.

"I wish more people will get to know that our children are no different from all the other kids, even though they have T1D. All they need is a little more support and care."

已審核財務報表 Statement of Financial Position

31st March, 2017	2017 HK\$	2016 HK\$
NON-CURRENT ASSETS		
Property, plant and equipment	6,343,622	6,184,647
CURRENT ASSETS		
Other receivables	143,800	831,985
Deposits and prepayments	421,072	548,195
Cash and bank balances	6,991,320	4,995,084
	7,556,192	6,375,264
CURRENT LIABILITIES		
Accruals	34,122	66,406
Donations received in advance	771,300	1,626,773
	805,422	1,693,179
NET CURRENT ASSETS	6,750,770	4,682,085
NET ASSETS	13,094,392	10,866,732
Represented by:		
RESERVES		
Accumulated Fund	-	10,866,732
Designated Fund	978,539	-
Development Fund	800,000	-
Operating Fund	4,972,231	-
Capital Reserve	6,343,622	-
TOTAL RESERVES	13,094,392	10,866,732

財務摘要 Financial Highlights

我們珍惜每分毫的捐款,並且謹慎運用,努力邁向「糖尿病不再是孩子的障礙」的願景。

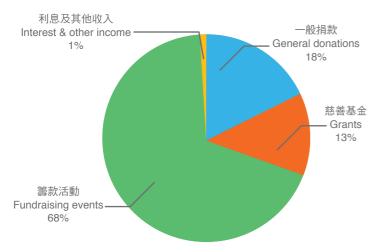
We value every dollar we receive and manage our spending, maximising all donations towards our goal to eliminate all barriers for children with diabetes.

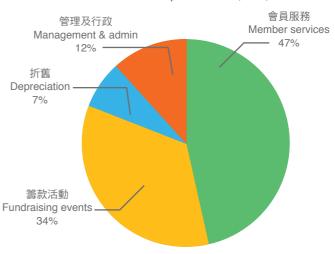
收入 INCOME

總收入Total Income: \$5,678,461

支出 EXPENSE

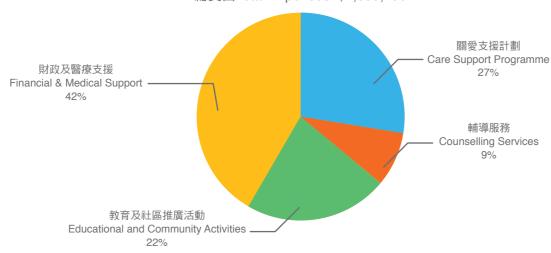
總支出Total Expenses: \$3,558,801





會員服務 MEMBER SERVICES

總支出Total Expenses: \$1,659,490



兒童糖尿協會董事會、顧問及委員會成員 Youth Diabetes Action Advisors and Committees

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榮譽主席 Chairperson Emeritus 何苗春暉女士 Ms Joanna Hotung

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(於 2016 年 12 月 17 日辭任 Resigned on 17 December 2016)

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Ms Maisy Mok

Ms Theresa Yeung

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主席 Co- Chairperson Ms Joanna Hotung

Ms Melissa Brewster

委員 Committee Ms Carmen Beaves

Ms Aradhna Dayal
Mrs Julie Fried
Ms Laila Harilela
Ms Reyna Harilela
Ms Shirley Hiranand
Ms Mara Hotung
Ms Lavina Lim
Ms Paula Mok
Ms Carisse Mueller
Ms Gina Reid

Ms Janana Suleymanli Ms Anna Treier Ms Rina Wadhwani

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Our sincere gratitude to all of our donors and supporters from April 2016 to March 2017. Our thanks also go to all those who have made anonymous donations.

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