



Youth Diabetes
Action

兒童糖尿協會



ANNUAL REPORT

2017 - 2018

糖尿病不再是孩子的障礙

No child will be held back because of diabetes





在我們等待政府的同時，兒童糖尿協會將繼續倡導和爭取為我們孩子的健康和未來而努力。

While we wait for the government, YDA will continue to advocate and fight for our children's health and future.

本會的抱負是“糖尿病不再是孩子的障礙”，讓糖尿病兒童免受歧視。然而，由於公眾對糖尿病的無知，和歧視仍然存在。藍月·十一是為響應世界糖尿病日（11月14日），兒童糖尿協會舉辦了藍月·十一的年度活動，希望喚起各界的關注、和積極參與，以提高和支持香港的糖尿病意識。

有賴於通過我們的義工家長義工及青少年會員的踴躍支持，我們的會員服務仍然是最強大的領域。我們亦很高興與醫療專業人士合作開發一些重要的項目，如香港兒童糖尿病紀錄冊。該紀錄冊有助醫療團隊和政府為糖尿病兒童提供更好的指導方針性，以提供即時和達至世界水平的治療並達到最高的全球標準方案。在我們繼續倡導政府的同時，兒童糖尿協會將繼續倡導和爭取也會一如既往地關注我們孩子的健康和未來。

我們從捐助者得到的慷慨捐贈款，讓我們能繼續支持幫助糖尿病兒童及他們的家庭。“助養兒童計劃”是兒童糖尿協會的核心計劃項目之一，我們繼續支持助了60個有經濟困難的家庭購買糖尿病必須的醫療用品，以使他們的孩子能夠生活下去。

我謹代表我們的志願者委員會，感謝我們慷慨的捐助者，名譽醫療顧問，籌款委員會和其他委員會，以及全心全意為我們孩子的工作人員。非常感謝您的支持！

Our objective, “No child will be held back because of diabetes”, is to immunise our children from discrimination. Yet discrimination still happens due to ignorance about diabetes. Blue November, an annual campaign created by Youth Diabetes Action to recognise World Diabetes Day on 14 November, generates widespread interest and engages the public, businesses, and the government to raise and support diabetes awareness across Hong Kong.

Our member services remains the strongest area due to the engaging support from our volunteer parents and young members. We are also grateful to collaborate with medical professionals to develop a number of significant projects. One of them is the Hong Kong Childhood Diabetes Registry, which will help create better guidelines for medical teams and the government to provide point-of-care treatment and meet the highest global standards. While we continue to advocate the government to take on this responsibility wholeheartedly and unreservedly, YDA will continue to advocate and fight for our children's health and future.

Our ability to maintain our support to children and families lies in the generous giving we have received from donors. The Sponsor a Child Programme is one of YDA's core initiatives, where we continue our support to 60 financially needy families in purchasing ongoing and necessary diabetes medical supplies to enable their children to stay alive.

On behalf of our volunteer Council, I wish to thank our generous donors, Honorary Medical Advisors, Fundraising and other Committees, and hardworking staff who have all worked wholeheartedly for our children. A big thank you for your continued support!





兒童糖尿協會是一個獨立慈善團體，成立於2001年，透過教育培訓、聚會活動、醫療資助，致力援助香港糖尿病兒童、青少年及其家庭，為他們爭取平等權益。

Youth Diabetes Action (YDA) is a charity organisation established in 2001 dedicated to the advocacy and aid of children with diabetes and their families through raising diabetes awareness, organising peer support groups, as well as providing financial and medical support.

宗旨 Mission

為香港糖尿病患兒童、青少年及其家庭提供支援。

To support children and adolescents with diabetes and their families in Hong Kong

本會的目標 Objectives

- 提高社會對糖尿病對兒童及青少年影響的關注與認識
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
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
- 為糖尿病患兒童及青少年爭取權益
Advocate for children and adolescents with diabetes





關愛支援 Care Support

- 朋輩大使計劃 Mentoring
- 家長茶聚互助小組 Parent Sharing
- 兒童及青少年活動 Children and Youth Programmes
- 家庭活動 Family Events

輔導服務 Counselling

- 新確診跟進 New case connection
- 外展服務 Patient outreach
- 熱線 Hotline

教育及社區推廣 Education and Community

- 糖尿病座談會及工作坊 Diabetes seminars and workshops
- 在校的個人化糖尿病護理計劃 Diabetes School Care Plan
- 香港兒童糖尿病紀錄冊 Hong Kong Childhood Diabetes Registry
- 「藍月·十一」 Blue November
- 爭取糖尿病童的權利 Advocating for children with diabetes
- 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
- 希望之火獎學金 Flame of Hope Scholarship

重要事項 Key Milestones



四月
April
2017

- 年度籌款晚會 Annual Spring Fling "Transatlantica" fundraiser

七月
July
2017

- 兩岸四地糖尿病兒童夏令營-上海 Greater China Children Diabetes Camp in Shanghai

八月
August
2017

- 第十二屆青少年營 12th annual youth diabetes camp

十一月
November
2017

- 「藍月·十一」 Blue November
- 兒童糖尿病推廣活動 Children diabetes awareness campaign

十二月
December
2017

- 會員周年大會 Annual General Meeting
- 年度聖誕聯歡會 Annual Christmas gathering

朋輩大使計劃 Mentoring

朋輩大使計劃已成立了四年，本計劃希望透過各大使的經驗及知識，給予新確診的家庭及其成員最大的支援，並與他們一起無畏無懼地往前走，克服糖尿病管理上的難關。

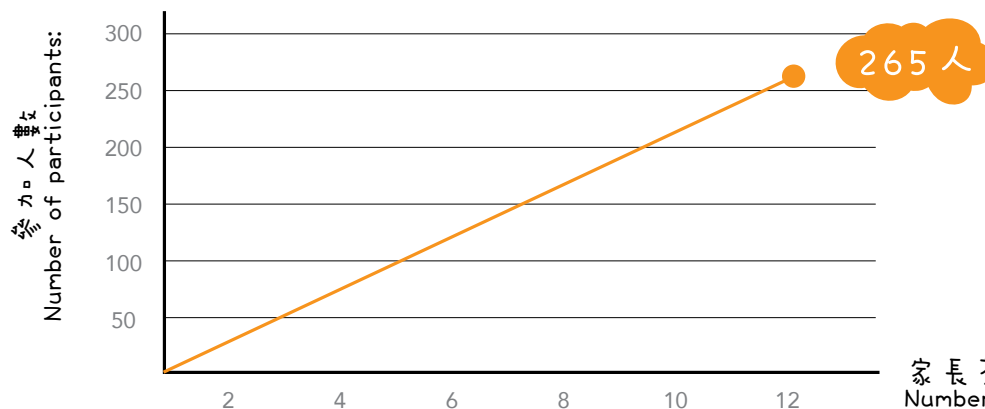
It is the 4th year of our Mentoring Programme, which matches newly diagnosed families with experienced members or parents. With the encouragement of others in the same shoes, they can learn from each other and develop long-lasting bonds.



家長茶聚互助小組 Parent Sharing

家長/照顧者亦會有洩氣的時候，為免對子女造成負面的影響，他們往往會抑壓自己的情緒，不敢宣洩。有見及此，我們會定期舉辦家長茶聚，讓家長藉此排解壓力及與同路人一起分享照顧糖尿病孩子心得。

Parents and caregivers play an essential role in supporting young children with diabetes, but they are not immune to stress. We provide a safe space for them to express emotions and exchange tips with other parents on caring for their children and strengthening their support network.



家長茶聚及互助小組
Number of parent sharing workshops



兒童及青少年活動 Children and Youth Programmes

會員除了要學習獨立處理日常糖尿病管理外，他們亦要追求全面的身心靈發展。透過不同類型的活動，可以令會員建立自信心。更重要的是讓會員更可以建立珍貴的友誼，組織強大的支援網絡。

Aside from learning how to take care of their diabetes, we encourage young people with diabetes to pursue different interests and develop to their full potential. Through different youth programmes, we aim to enhance our young members' self-management skills and bolster their self-confidence, as well as develop their own peer network.

家庭活動 Family Events

透過親子活動改善家庭的溝通、加強家庭的凝聚力與親密感。同時，藉著活動亦令各個家庭集結起來成為一個互助互愛的網絡，讓彼此成為最可靠的同行者！

Family events aim to strengthen family communication and cohesion, and encourage peer support between different families for them to face the challenges ahead in a loving and caring community.



支援活動 Gatherings and events: 20



出席人數 Number of attendees: 926

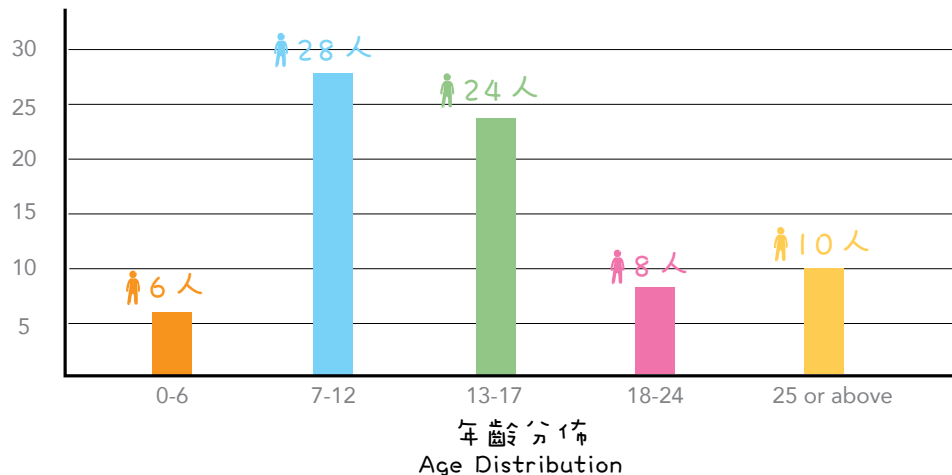


醫護義工 Number of medical volunteers: 12



糖尿病童及其家長往往很需要情感上的支援，以確保能繼續勇敢地對抗糖尿病走下去。本會提供各適切的輔導服務，包括：跟進新確診個案及協助配對朋輩大使。另外，本會亦提供電話訪談，校訪、家訪及醫院探訪等服務。同時，我們的家長電話群組已經有150位家長互相交流及溝通，將大家的距離再拉近。

Emotional support is crucial to the families of children with diabetes in their journey to manage the condition. We provide various counselling services, such as new case connections and mentor matching. Other services include school, home, and hospital visits. We have a support hotline and have 150 parents in our forum to facilitate peer support.



Hotline (including Whatsapps) : > 2200





很多孩子都記得第一次去迪士尼樂園，而Ruhi也不例外。但與大多數人不同的是，當年9歲的Ruhi從迪士尼樂園返家後，因為發燒和虛脫而被送往醫院，並且被確診患有一型糖尿病。

轉眼間到了2014年，15歲的Ruhi出版了自傳“The Bitter Sweet Life”。這本書詳細描述了她患糖尿病的經歷，並激勵其他糖尿病兒童將健康放在首位。“我希望儘自己的一份力量幫助其他人應對糖尿病的日常挑戰，並希望其他人可以從我的經驗中學習。”

糖尿病是長期病，但Ruhi無所畏懼。“糖尿病是否是一場鬥爭，取決於我的態度。雖然它是我生命的一部分，但我的人生並不是完全圍繞著它。”

Many kids remember their first trip to Disneyland, and Ruhi is no exception. But unlike most, Ruhi's trip is memorable for another reason. After a trip to Disneyland, 9-year-old Ruhi was rushed to the hospital feeling constantly parched, feverish, and in pain – and was diagnosed with Type 1 diabetes, a lifelong condition.

Fast-forward to 2014,. and Ruhi had published *The Bitter Sweet Life: A Teenager's Journey with Diabetes*, a book detailing her experiences of living with diabetes as a 15-year-old. “I want to do my part to help others cope with the day-to-day challenges of diabetes, and hope others can learn from my experiences.” Ruhi has made it her mission to motivate other children with diabetes to make health a priority.

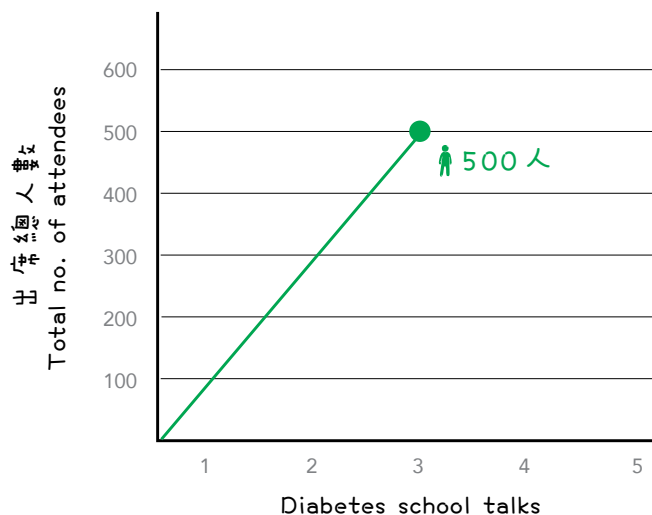
Diabetes is a lifelong condition, but Ruhi is undaunted. “Whether or not it's a struggle depends on my attitude. Though diabetes is a part of my life, I am not defined by it.”

在公眾及社區教育方面，我們自2006年起舉辦「藍月.十一」活動來響應世界糖尿病日，旨在喚起香港市民對糖尿病的關注及提高公眾人士對糖尿病之認識。本會也定期舉辦各式的糖尿病講座和工作坊及出版季刊來分享糖尿病及最新醫療科技的資訊。

在學校教育推廣方面，我們會到各幼稚園及小學進行健康講座。同時，我們亦印製了糖尿病學校教育手冊及單張，並已經派發給全港的幼稚園和小學。另外，我們的「個人化糖尿病照顧計劃」也能協助糖尿病學童與學校之間有效地溝通。

Raising public awareness of diabetes has been one of our main objectives. Since 2006, we have held our signature **Blue November** to draw the public's eye to diabetes issues and commemorate the UN World Diabetes Day. We also organise diabetes education seminars and publish our quarterly magazine, *YDA Today*, to bring the latest updates to our readers.

We also speak at kindergartens and primary schools, and have distributed diabetes handbooks to raise awareness of diabetes. Our Diabetes School Care Plan is an excellent guide to facilitate effective communication between students with diabetes and the school.





醫療用品資助 Financial Assistance Programme

香港政府只為糖尿病人提供胰島素，其他醫療消耗品都要自費。醫療用品資助計劃目的是協助經濟上有困難的家庭購買糖尿病消耗品的部分支出。我們亦期望本計劃可減輕家庭的經濟壓力及改善會員的生活質素。

As the Hong Kong Government does not provide any subsidies for medical equipment for diabetes other than insulin, our Financial Assistance Programme (FAP) provides much needed subsidies to disadvantaged families to ensure they obtain essential medical supplies and medical consultations for their child with diabetes. Through FAP, we help to alleviate some of the stress of financially needy families and improve their quality of life.

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

由2016年起，YDA開始全力支持醫院管理局轄下11個兒科專科部門合作及進行資料搜集，建立香港兒童糖尿病紀錄冊，協助醫生追蹤糖尿病的長期影響，希望這研究能惠及更多兒童。

In order to track the long term effects of diabetes, we are collaborating with 11 paediatric units under the Hospital Authority to prepare the Hong Kong Childhood Diabetes Registry to facilitate research on diabetes and benefit more children.

2017得獎者感言 Voice from 2017 Awardees



文智樂 Louie

雖然糖尿病會帶來大大小小的挑戰，但應該以自己的才能和成就感到自豪。即使實現相同的目標，但你比不必克服這個障礙的人更強大。

Though diabetes brings its own challenges, be proud of your ability and achievements. You are stronger than those who don't have to overcome personal obstacles to achieve the same things.



張曉懿 Antonie

不要因為有糖尿病而感到羞愧。這個病究竟是一個重大的缺陷或只是一個小小的不便，全取決於你的態度。

Don't be ashamed. Whether diabetes is a major flaw or a minor inconvenience depends on your attitude.

Divija Virmani

做些你真正熱愛的事！當你做你享受的事時，它就自然會成為你最大的動力。

Do something you really enjoy! It will keep you motivated since you enjoy doing it.



Ruhi Kumar

健康是你生命中最重要資產。你要有健康的身體才可以完成夢想，所以要好好照顧身體，密切監測糖尿病病情。

Your health is one of the most important things in your life. You need to be healthy to accomplish your dreams, so take care of yourself and monitor your diabetes.





「爸爸辭退了工作來照顧我和妹妹，每天午飯時間都會來學校幫我打針。」
—千雁（6歲）

“Dad quit his job to take care of me and my sister. He goes to my school to give me insulin injections before lunch every day.”

—Chin Ngan (6 years old)

千雁爸爸說：「現在只有我的妻子在工作，所以收入很緊張，但我們沒有其他選擇。非常感謝所有“助養兒童計劃”的善長仁翁，減輕我們購買醫療用品的經濟負擔。」

Chin Ngan's father says: “My wife is the only breadwinner right now so income is tight, but we don't have a choice. Without the Sponsor a Child Programme, it would be impossible to make ends meet while maintaining basic medical care for my daughter.

Thank you to the generous donors who make the Sponsor a Child Programme possible!”

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請為千雁與其他糖尿病患兒童帶來改變，確保他們能夠獲得必要的醫療設備來管理他們的糖尿病。

Make a difference for children like Chin Ngan by ensuring they can receive the necessary medical equipment and emotional support to manage their diabetes.

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我們的“助養兒童計劃”計劃將：

- 幫助收入有限的家庭每月節省高達60%的醫療費用
- 最大限度地減少重複使用採血針和注射針頭
- 他們與面臨同樣挑戰的其他人聯繫起來

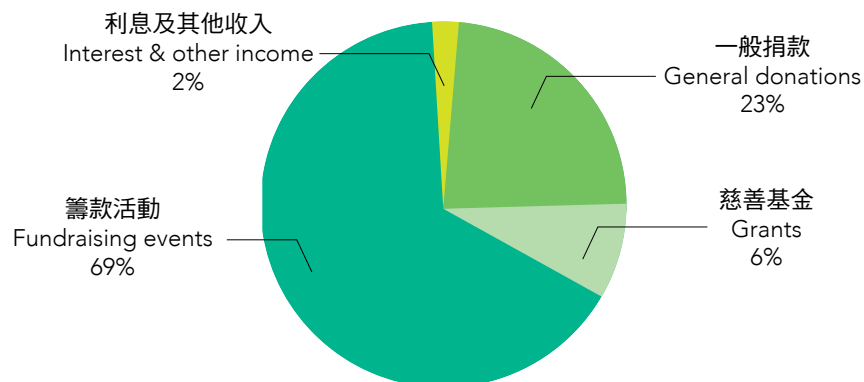
Donations to our Sponsor a Child Programme will:

- help families with limited income save up to 60% on monthly medical expenses
- minimise the need to reuse blood-taking lancets and needles
- connect them with others facing the same challenges



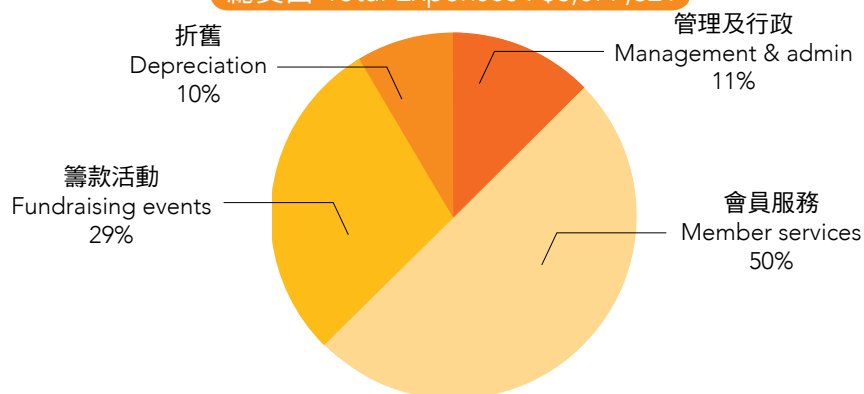
收入 INCOME

總收入 Total Income : \$4,324,908



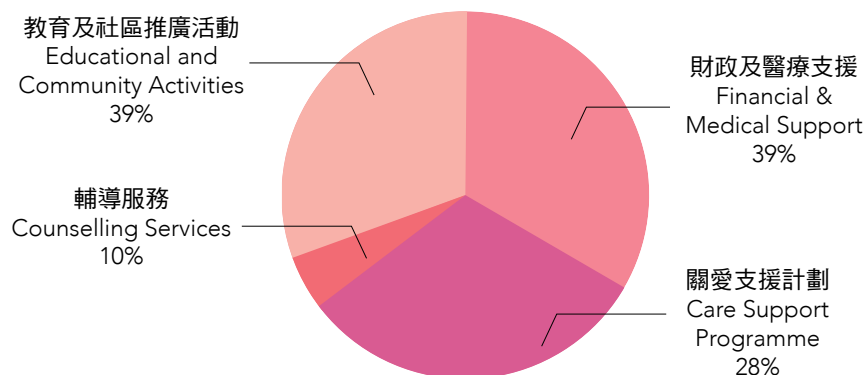
支出 EXPENSE

總支出 Total Expenses : \$3,077,321



會員服務 MEMBER SERVICES

總支出 Total Expenses: \$1,547,811



董事會 Council

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何苗春暉女士

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義務核數師 Hon Auditor

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Ms Janana Suleymanli

Mrs Rina Wadhwani

Mrs Julie Fried

Ms Shirley Hiranand

Ms Laila Harilela

公司 / 機構 / 社區團體 Companies / Organizations

Abbott Laboratories Ltd	Dream Cruise
Accelera Yacht Limited	Dream Wines
ActiveKids Ltd	Ecostore
American Chinese Commerce Association	Edipresse Media Hong Kong Limited
Amorosso Fine Wines Ltd	Face Production
Anastassia's Art House	Flex Studio
Anchor Equity Partners (Asia) Ltd	Fortune Team Investment Limited
AP Consultancy (International) Limited	Fruit Design & Build Ltd
Ascensia Diabetes Care Hong Kong Ltd	Fuegy
Asia Diabetes Foundation	Fung Kids (Hong Kong) Fashion Limited
Asia Medical Specialists	Goldman Sachs (Asia) LLC
Asia Pacific Yacht Alliance	Goldman Sachs Matching Gift
Association of Hong Kong Diabetes Nurses	Grana Group Limited
Bergé Studio	GS Gives Annual Giving Fund
BioScan Ltd	Hago Limited
Bonnie's Art Limited	Happy Jewels
Brilliant Global Holdings Limited	Harilela Hotels Limited
C.L Dress & Weddings	Heavens Portfolio
Celki International Ltd	Hong Kong Dietitians Association
Center Stage Asia Ltd	Hong Kong Disneyland
Chandra Bali Villas	Hong Kong Indian Women's Club
Chanel Hong Kong	Hong Kong International School
Charlotte Travel Ltd	Hong Kong Society of Paediatric Endocrinology and Metabolism
Chellaram Shipping (HK) Ltd	Hopewell Holdings Limited
Children Development Centre	KARORI 卡宜® 天然糖
Children Development Workshop	KFM Kingdom Management Ltd
China Medical & Healthcare Group Limited	Kids' Gallery
DBS Private Bank	Kingdom Find Investment Holdings Ltd
DBS Private Bank - Volunteer Team	KITEC
Dr Ferns Gin Parlour	Kotur Limited
Dragon Capital Limited	Lindt & Sprüngli (Asia Pacific) Ltd

公司 / 機構 / 社區團體 Companies / Organizations

Luxury Fashion Celebrity Club	Shelsham Trading Co. Ltd
Mara Hotung Jewels	Shenzhen Wanlixing Business Travel Company Limited
Medtronic Hong Kong Medical Ltd	Shielder Hong Kong Limited
Meko Water	Sideways Driving Club
Michelangelo Cruises Hong Kong	Slaughter and May
Mills International Preschool	SMS Food Industries Corporation
MommyDaddyMe Limited	Spa Beauty Par Zai
Montblanc	St John Ambulance Brigade
Morgan Stanley Asia Ltd	St. Monica's (T.W.) P.T.A.
My Perfect Body	Stylish Sisters Limited
My Sky Air	Swiss Cosmeceuticals Ltd
Novo Nordisk Hong Kong Ltd	Swiss Health Dynamix Holistic Centre Limited
Oberoi	The Body Group
Ocean Lifestyle Alliance	The Hong Kong Society of Paediatric Endocrinology and Metabolism
Olgana Paris	The Peninsula Hong Kong
OneTouch®	Tingie International Ltd
Optimal Family Health Limited	United Italian Corp (HK) Ltd
Otsuka Pharmaceutical (H.K.) Ltd	Vanity Fair
Plantation Bay Resort and Spa	Vasconi Architectes
Podere Alberese	Vines & Terroirs Ltd
ProRacing Limited	Vinoble Ltd
Pure International HK Limited	WT Management (PTC) Inc
QBE Insurance Asia Pacific	WW Concepts
Queen's Café	Yacht Style
Rafael Aharoni And Son Co. Limited	Zetland Lodge No 525 EC
Roche Diagnostics (Hong Kong) Limited	上輝鮮果
Rohmir Group	九龍第1661旅童軍旅團
Sanofi-Aventis Hong Kong Ltd	北京恒遠鑫達科技集團
Schmidt Marketing (H.K.) Limited	
Sense of Touch	
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Andrew Work	Hui Fai Wa	Ma King Kuen	Sebastian Kemp
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Eugenia Oi Chee Lee	Lee Kit Mei Celia	Rio Wu	Yue Chung Yan Agnes
			Yumiko Honda

Acknowledgements

義工 Volunteers

Angela Chow

Betty Leung

Celia Tai

Chan Cheuk Sze

Chan Choi Wan

Chan Hei Tung

Chan Ka Tsun

Chan Pui Ying

Cheng Tsz Ching

Cheung Wai Nam

Cheung Yim Ling

Chin On Ki

Chin Wing Ki

Chiu So Ting

Chui Tsz Hi

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Ko Yuk Kuen Cara

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Lam Kwok Ting

Lam Man Hay

Lam Shuk Man

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Lau Tsz Lok

Lau Wan Yee

Law Kwan Yin

Lee Lai Fong

Lee Sze Wing

Lo Yuen Tung Karis

Maisy Mok

Man Chi Lok

Poon Ching Yan

Poon Ka Ki

Priyanka Virmani

Raymond Ng

Ruhi, Samir & Juhi Kumar

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Wendy Kwan

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