



Youth Diabetes
Action
兒童糖尿協會

YDA today



2019

news
letter

issue
57

Raising Awareness
提高認識

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編輯的話

From the Editor

為響應11月14日世界糖尿病日，兒童糖尿協會將於11月舉辦藍月十一，以提高大眾對糖尿病的認知，包括對患者及其家人生活的影響。我們整個月都有不同的活動，請和我們一起參與，讓更多人了解糖尿病。

世界糖尿病日是大概30年前作為一項全球糖尿病宣傳活動而推出的，因為人們越來越擔心糖尿病對健康構成的威脅不斷升級。糖尿病個案固然不斷上升，但病情卻仍然被誤解。有關糖尿病的迷思包括“一型和二型糖尿病都是一樣的”，或“一型糖尿病是吃得太多糖果引起的”，“一型糖尿病只影響兒童，而二型糖尿病只影響老年人”等等。

另外，糖尿病不僅影響病童的日常生活，還會影響他們的家庭和朋輩網絡。糖尿病是終生長期疾病，患者必需時刻監察血糖，其中的情緒及經濟壓力也是不能輕視的。

本會致力於我們的使命，希望糖尿病不再是孩子的障礙。請支持藍月十一的活動，包括糖尿研討會，藍「飾」日及慈善音樂會等等。請邀請你身邊的朋友，同事和鄰居一同參與，讓我們一起來談談糖尿病。

歡迎瀏覽我們的網站 www.yda.org.hk 獲取更多資訊。

This World Diabetes Day (WDD) we are organising BLUE NOVEMBER to raise awareness of diabetes and the serious impact it can have on the lives of those living with it and their family. We have a number of activities throughout the month. Please join us in spreading the word and learning more about diabetes.

WDD is on 14 November. It was introduced almost 30 years ago as a global diabetes awareness campaign amidst growing concerns about the escalating health threat posed by diabetes. Diabetes is on the rise, and yet the condition is often still misunderstood. Some of the misconceptions include thinking all types of diabetes are the same, Type 1 is caused by eating too much sugar and only affects children whilst Type 2 affects older people, among others.

There is also a lack of understanding around how diabetes can impact not just the life of the child with the condition but also the rest of the family and support network. It is a relentless condition that requires daily management and can lead to huge emotional and financial challenges for families.

YDA is dedicated to our mission that no child should be held back because of diabetes. Please join us for BLUE NOVEMBER. Some of the activities include a Diabetes Conference, charity concert 'Music for the Family' and dress in blue. Invite your friends, colleagues and neighbours. Let's talk about diabetes.

Find out more in this issue or visit our website: www.yda.org.hk

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歡迎來稿

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一型糖尿病患者不僅每天需要檢查血糖水平，注射胰島素及小心算醣，在情緒和心理上也會遇到種種挑戰。本會邀請了朋輩大使Brett Cooper與我們分享他的經歷。

Type 1 diabetes is often seen as a physical condition. However, it is much more than just checking blood glucose levels, administering insulin and counting carbs. It can be emotionally and psychologically challenging too. YDA mentor, Brett Cooper tells us about his experiences.



會員小檔案 Member Profile

Brett Cooper

確診時4歲

與一型糖尿病同行36年

Brett Cooper

Diagnosed aged 4

Had Type 1 for 36 years

1) 除了影響身體狀況外，你認為一型糖尿病會影響患者其他方面嗎？

一型糖尿病當然會影響健康狀況，但遠不止於此。經過了這麼多年，與糖尿病同行對我來說已經不再困難，但管理壓力和情緒，有時候比血糖保持在理想範圍更加困難。我發現日常生活中壓力越大，我越需要留意病情，並做好相應的調整。

例如當我必須處理一些重要的事情，如大型會議或演講時，緊張的感覺與低血糖的感覺會容易混淆，所以我要更加密切留意我的血糖水平及調節飲食。

Do you think Type 1 diabetes is more than just a physical condition?

Type 1 diabetes is of course a physical condition, but it is much more than that. Living with diabetes for me has become easier over time. However, things like stress and emotions always need to be managed and can sometimes be more difficult than simply keeping blood glucose at the right levels. I've found that when there is more pressure in life, the more I need to be aware of what's happening with my diabetes and be prepared to adjust accordingly.

For example, when I have something important like a big meeting or presentation at work, sometimes the stress or nervousness can be mistaken as a hypo. I found that I need to keep a closer watch on my blood glucose levels and adjust my diet.



2) 你如何在日常生活中與一型糖尿病取得平衡？

我發現當我的生活有規律，如早上做運動，小吃多餐，吃對食物，我的生活並無不妥。但當我工作忙碌或面臨大變化時，如轉學校或工作，考試，搬家等等，縱使這些都是正常生活的一部分，但你必需要比平時更加自律。我盡可能維持日常習慣，但偶爾也會靈活地享受生活。還要定期覆診，當你有需要時，醫護人員可幫你從回正軌。

How do you balance everyday life and Type 1 diabetes?

I find that when I keep to a routine - exercise in the morning, small meals throughout the day and eating the right foods - I can really balance my everyday life well. It can be difficult when I have busy days or during big change such as starting a new school or job, exams, moving house etc. All these things are part of normal life but you just need to be even more disciplined than usual. I try to stick to a routine as much as possible but still have the flexibility to enjoy everything life has to offer. Also see your endocrinologist regularly, as they will always help nudge you back on track if you need it.

3) 你有試過因糖尿病而感到無助嗎？

我小時候並沒有去想“為什麼是我？”或“為什麼我有這個病？”之類的問題；有病就得直接去面對它。但其實當我還是學生時，我低血糖時是會盡量避開人的。我總會悄悄地希望可以儘快離開，讓我可以私下去處理低血糖。這些情況總會令我有點尷尬，因為我不想引起別人注意。諷刺的是，低血糖有時會令你情緒更激動，例如會比平時表現得更果斷。

但是經驗告訴我，如果我覺得低血糖時跟其他人說清楚並立刻補糖，我通常10分鐘內便會復原。另外，當其他人清楚知道我的需要，其實會幫助我更容易管理血糖。大部分人都很熱心，我有需要時會體諒我。因此，我覺得與身邊的人保持開放態度是最好的做法，而不是保持沉默獨自處理病情。

Has there been a situation where you've felt overwhelmed by having Type 1?

When I was growing up, I didn't ask questions like "why me?" or "why do I have this?". I just got on with it. However, I found myself at school sometimes shying away from talking to people when I was having a hypo. I would quietly be hoping that whatever situation I was in would pass quickly,

so I could privately go to treat my hypo. I found these situations at the time difficult to deal with, as I didn't want to be embarrassed or draw attention to myself. Ironically, having hypos can sometimes cause you to handle situations with more emotion, like coming across more assertive than usual.

Over time though, I have found that if I just excused myself to go treat my hypo, I'm generally ok again within 10 minutes. And also, by being more open with people has helped me to have better control. People are generally understanding and actually want to help when they know more. So, my advice is to be open with people around you, rather than keeping quiet and dealing with it by yourself.



4) 你確診後有遇到一型糖尿病的誤解或迷思嗎？

我遇過不少關於糖尿病的誤解，例如有人會問“你是否小時候吃太多糖果所以才會有糖尿病呢？”或“如果你暈倒，我需要幫你注射胰島素嗎？”等等。他們這些問題並沒有惡意，純粹是出於誤解而已。

其實大部分人都盡量包容和照顧我，但有時候反而會越幫越忙。當我大約7-8歲時，我朋友邀請我參加生日會。在澳洲有個流行的遊戲，就是把冬甩掛在繩子上，參加者不准用手，要儘快把它吃完。可能冬甩對我來說太甜了，所以我朋友的父母決定我的位置不掛冬甩，改掛一塊麵包。雖然回想起來有點好笑，而且可以有更好的處理方法，但我沒有被冒犯，因為我朋友的父母只是用他們有限的糖尿病知識，想辦法讓我參與遊戲而已。

我現在會向其他人解釋清楚糖尿病是什麼，以及我如何管理糖尿病。如果他們說了些完全錯誤的東西，我會立刻糾正他們。大部分人都樂於接受，並會以學到新東西而高興，這也能鼓勵我。

What misconceptions have you encountered since having Type 1?

Over time I have experienced a lot of misconceptions about diabetes. Some include when people find out I have diabetes they say things like “did you eat a lot of sugar as a child and that caused your diabetes?”; or they ask “if you have a problem and faint, should I just give you a shot of insulin?”. Seriously, these things happen but it's just through misunderstanding.

On the other hand, I have had situations where people really try to accommodate for my Type 1 but unintentionally take it too far. When I was around 7-8 years old, I was invited to a friend's birthday party. In Australia, they play this game where they hang donuts from strings and children have to try to eat the donut without using their hands. Whoever finishes it first is the winner. They decided that for me they would hang a piece of bread instead of a donut. I wasn't offended as my friend's parents were just trying to accommodate me. It was a funny situation that I always look back on and could have been managed differently, but at the same time they were trying to include me.

I generally deal with these situations now by explaining about diabetes and how I manage it. I correct them quickly if they say things that are totally wrong. For the most part, people accept it pretty quickly and are happy they learnt something they didn't know before and it helps me as well.



5) 你認為需要增強社會對一型糖尿病的認知嗎？為什麼呢？

我們需要更多認知，原因有很多，包括幫助更多人了解情況並在社區中建立更多支持。我認為香港政府必需加強對糖尿病患者的支援。目前政府只提供少量援助，但這遠遠不夠。額外的資助可以讓糖尿病患兒童免費獲得血糖試紙，注射針和採血針。對政府只是一小筆撥款，但對糖尿病患者的家庭卻是一個巨大的緩解，並且能真正幫助糖尿病患兒童管理病情。

此外，提高一型糖尿病的認知將有助於日後的醫學研究和科技發展，提高糖尿病患者的生活水平，改善香港及世界各地許多人的生活。

Why do you think more awareness is needed for Type 1 diabetes?

We need more awareness for many reasons, including to help more people understand the condition and build more support in the community. In particular, I think more support is needed from the Government in Hong Kong. Currently, the Government provides some assistance to support families but it is not enough. Additional funding would allow for children with

diabetes to have free access to blood glucose test strips, injection needles and lancets. This is a small additional funding allocation from the Government but a huge relief for families and would really contribute to help children with diabetes manage so much better.

In addition, more awareness of Type 1 diabetes will help to put more focus on research and development. This overall will only help make living with diabetes easier and improve the lives of so many people here in Hong Kong and around the world.

為響應11月14日世界糖尿病日，兒童糖尿協會將於11月舉辦藍月十一，以提高人們對糖尿病的認知，包括對患者及其家人生活的影響，包括各種的情緒及經濟上的考驗。歡迎瀏覽我們的網站www.yda.org.hk獲取更多資訊，了解更多關於如何加入我們，提高大眾對糖尿病的認知。

To mark World Diabetes Day on 14 November, we are organising BLUE NOVEMBER to raise awareness of diabetes and its serious impact. Diabetes impacts every aspect of life – bringing huge emotional and financial challenges. Visit our website www.yda.org.hk for more information on how you can join us in spreading the word about diabetes.

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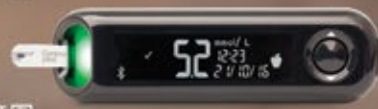
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網址：www.diabetes.ascensia.hk
辦公時間：星期一至五9:00a.m. - 12:00p.m., 1:00p.m. - 5:30p.m.



糖尿病不單影響身體，患者及家人更需要面對情緒方面的挑戰。我們邀請兒科專科醫生及執業治療師馮醫生為我們分享如何應付一型糖尿病帶來的壓力。

1) 一型糖尿病如何影響一個人的情緒健康？

像許多其他慢性病一樣，一型糖尿病需要持續的長期治療和監測。每天繁複的血糖監測及胰島素注射，處理日常飲食的碳水換算，擔心併發症等等，都會給年輕患者帶來心理壓力，更不用說與同齡人“不同”的自我認知及一般青少年期的家庭衝突。一型糖尿病存在心理和社會層面，必須耐心和同情地解決這些問題。

2) 情緒及心理壓力會影響血糖控制嗎？

當然會。身體通過激活下視丘/腦下垂體/腎上腺（HPA）軸來應付壓力，釋放“壓力激素”，特別是腎上腺素和皮質醇。雖然這些激素有助身體應付特殊情況，但也會抵消胰島素的功效。如果長期處於高壓狀況，會令血糖更難控制。此外，壓力也會影響行為和意志，增加不遵守日常糖尿病管理程序的可能性，進而影響血糖控制。

3) 可以如何處理一型糖尿病所帶來的壓力？


保持活躍：恆常運動不僅有助血糖控制，還可以通過釋放大腦中的安多酚（“快樂荷爾蒙”）來平衡負面情緒。學習一些簡單減壓技巧也是一個好主意，如呼吸運動，漸進式肌肉放鬆法和正念減壓法等。多約朋友出來見面，與信任的人分享你的感受和困難。

4) 家長應如何處理？

負面情緒是會蔓延的，因此家長應該了解自己的情緒對孩子的潛在影響。遇到挫折時，保持樂觀，積極面對。孩子比你想像的更堅強。當孩子需要你時，與他們坦誠溝通，先聽聽孩子的需要後才給他們建議。在家庭中，關係相互影響。不要只關注孩子的需要，也要關注你伴侶的需要。父母之間的感情對孩子情緒有深遠的影響，所以如果夫妻關係出現問題，請不要猶豫，尋求專業協助一家人一起解決困難。

馮偉正醫生

資深兒科專科醫生
婚姻及家庭治療師



People with diabetes and their families can face challenges that go beyond the physical dimension. Let's hear from specialist in paediatrics and licensed therapist Dr Fung for some tips on how to handle stress brought on by Type 1 diabetes.

1) How can Type 1 diabetes affect a person's mental health?

Like other chronic illnesses, Type 1 diabetes requires continual long-term treatment and monitoring. The inevitability of regular insulin therapy, tedious glucose monitoring rituals, dietary planning, worries about developing complications, all pose psychological stress on the young patient, not to mention the self-perception of 'being different' with peers and the common parent-child conflicts. There are psychological and social aspects in Type 1 diabetes, and these have to be addressed with patience and empathy.

2) Do emotional and psychological stresses impact a person's diabetes management?

Certainly. The body responds to stress through the activation of the hypothalamus-pituitary-adrenal (HPA) axis, resulting in the release of 'stress hormones', notably adrenaline and cortisol. Whilst these hormones help mobilise the body resources to cope with extraordinary situations, they also counteract insulin action. If stress persists for an extended period of time, it will pose challenges to control blood glucose levels. Furthermore emotional stress also affects behaviour and motivation, increasing the likelihood of non-adherence to day-to-day diabetic management routines, in turn compromising glycaemic control.

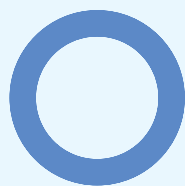
3) How should people manage any stresses that come with having Type 1 diabetes?

Be active: regular physical activities are good not only for glucose control, but also for getting rid of negative emotions through the release of endorphin (the 'feel-good hormone') from the brain. It is also a good idea to learn a couple of simple stress coping skills such as breathing exercise, progressive muscle relaxation and mindfulness meditation. Meet friends often, and find someone you can confide in to share your feelings and difficulties.

4) What about for parents?

Negative emotions are contagious. Parents should be aware of their own emotions and their potential impact on the child. In difficult times, stay positive and be hopeful. Find the strength in your child, who may be more resilient than you think. Be available emotionally when he/she needs you. Listen before you give any advice. Within the family, relationships affect one another. Don't just pay attention to the child's needs, but attend to the needs of your other half. Inter-parental bonding has a profound effect on the emotional wellbeing of the child. When relationship issues arise, don't hesitate to seek professional help.

Dr Aurelius Fung
Specialist in Paediatrics
Marriage and Family Therapist



world diabetes day

14 November

「藍月·十一」

糖尿病可以影響日常生活的每方面，為患者及其家人帶來種種挑戰。為響應11月14日世界糖尿病日，兒童糖尿協會將於11月舉辦一系列活動，提高社會大眾對兒童糖尿病的關注並加強社區關懷。

糖尿研討會

日期：11月9日

時間：下午1時至5時

地點：香港生產力促進局大樓

糖尿研討會為患者，家長，醫療專業人士和公眾提供更多有關糖尿病對年輕人的影響以及最新技術資訊。

藍「飾」自拍

日期：11月14日

請大家於世界糖尿病日當日穿上藍色的服飾以支持糖尿病患童，一起實踐「你並不孤單」，讓更多人關注糖尿病。#YDABlueNovember @youthdiabetesaction

慈善音樂會

日期：11月24日

時間：下午4時

地點：香港灣仔賽馬會演藝劇院

來參加我們適合一家大小的音樂會，並支持糖尿病兒童！

我們需要你！請邀請你身邊的朋友，同事和鄰居一同參與，並幫助提高公眾對糖尿病的認識。還有很多其他方式可以參與藍月十一，請瀏覽我們的網站www.yda.org.hk獲取更多資訊。

讓我們一起來談談糖尿病。請加入我們，一起支持糖尿病患者及其家人，讓糖尿病不再是孩子的障礙。

BLUE NOVEMBER

Diabetes impacts every aspect of life – bringing huge emotional and financial challenges. To mark World Diabetes Day on 14 November, we are organising **BLUE NOVEMBER** to raise awareness of diabetes and its serious impact, emphasising on care among the community.

Diabetes Conference

Date : 9 November

Time and location : 1-5pm at Hong Kong Productivity Council Building, 78 Tat Chee Avenue, Kowloon Tong

Our conference is an inclusive forum for patients, parents, healthcare professionals and the public to learn more about the impact and management techniques for young people with diabetes.

Dress BLUE Selfie

Date : 14 November

Dress in blue and post a smiley selfie on the day to support children with diabetes to show that we are not alone! #YDABlueNovember @youthdiabetesaction

Music for the Family with SAR Philharmonic

Date : 24 November

Time and location : 4pm at HK APA Amphitheatre, Wan Chai

Come join us for a fun afternoon concert for the whole family and support a worthy cause!

We need you! Bring your family, friends, and work colleagues to show your support and help raise public awareness of diabetes. There are lots of other ways to get involved in BLUE NOVEMBER. Visit our website www.yda.org.hk for more information and join us in spreading the word.

Let's talk about diabetes. Join us in providing the support that every child with diabetes needs for a better quality of life.



野菜牛肉 壽喜鍋

Beef and Vegetable Sukiyaki Pot

步入秋季，當然要吃一道美味熟食！這道鍋物料理不需額外加油，而鍋內牛肉、豆腐及雞蛋更提供豐富的優質蛋白質。

What better way to welcome the fall than a warm, delicious dish? This hot pot dish does not use cooking oil, and provides a healthy source of protein from the beef, tofu and eggs.



野菜牛肉壽喜鍋

Beef and Vegetable Sukiyaki Pot

Makes 2份

每份 Per Serving

總碳水化合物 Total Carbohydrate	糖 Sugar	脂肪 Fat	蛋白質 Protein
20g	9g	19g	30g

材料 Ingredients

生牛肉片	227克	Raw beef slices	227g
娃娃菜	半棵	Baby cabbage	1/2
甘筍	1片	Carrot	1 slice
冬菇	1隻	Mushroom	1
金菇	25克	Enokitake mushrooms	25g
小棠菜	1棵	Shanghai cabbage	1
豆腐	90克	Tofu	90g
溫泉蛋	1隻	Soft-boiled egg	1

壽喜燒汁 Sukiyaki sauce

日式豉油	10毫升	Japanese soy sauce	10ml
清酒	50毫升	Sake	50ml
味醂	50毫升	Mirin	50ml
水	300毫升	Water	300ml

做法

1. 把壽喜燒汁材料攪拌至均勻。
2. 把壽喜燒汁倒進鍋內。
3. 加入蔬菜，生牛肉片及溫泉蛋。
4. 將鍋置於爐上，煮熟食材即可。

Method

1. Stir the sukiyaki sauce ingredients together until well-mixed.
2. Pour the sukiyaki sauce into a pot.
3. Add the vegetables, raw beef slices and soft-boiled egg to the pot.
4. Put the pot on a stove. Simmer until the ingredients are well cooked.





大埔綠活體驗 Experience Green Life

| 03/08

在忙碌的日常生活中休息一下，重新融入大自然！我們會員與高盛的義工一起前往生活書院製作趣緻的蒜頭燈及自煮有機午餐，過了有意義的一天。
Taking a break from the hustle and bustle of the city to reconnect with nature. Accompanied by volunteers from Goldman Sachs, our members had a meaningful time at the School of Everyday Life.



青少年營日營及簡介會 YDA Youth Camp: Pre-camp briefing*

| 24/08

萬眾期待的青少年營又來了，今年反應非常熱烈！大家先熱身，由教練帶領讓各位參加者互相認識！家長隨後亦參加簡介會，了解兩日一夜入營的詳情。
We're geared up and getting ready for the exciting annual YDA D-Camp! At our pre-camp session, campers got to know each other through ice breaking games, and an information session for the camp with their parents.



樹屋歷奇 Let's Go on an Adventure

| 07/09

本會會員和高盛義工在樹屋田莊度過充滿活力的一天。通過各種活動，參加者能夠克服挑戰並提升自理能力。
YDA members and Goldman Sachs volunteers had an action-packed day at the Tree Top Cottage. Through various activities, participants were able to overcome challenges and gain confidence in their diabetes self-management skills.



低糖美食分享會 Parent Support: Serradura Pudding Workshop*

| 21/09

家庭會員在分享會上學習如何製作美味又漂亮的低糖穀麥木糠布甸！本會舉辦的分享會是讓會員及家長一起分享經驗及學習碳水化合物換算的好平台。
YDA families came together to prepare a delicious feast for the senses! Our parent support group is an excellent platform for members and families to share their experience and practise carb counting together.



繪凳樂繽紛 Stool Art Extravaganza

| 22/09

會員與東亞銀行義工一起體驗繪木凳的樂趣，用顏色表達自己，把實用又漂亮的木凳帶回家！
YDA members embraced their creativity with volunteers from Bank of East Asia to paint beautiful and practical stools!

*此活動由香港公益金贊助 This activity is sponsored by The Community Chest of Hong Kong

如果你有興趣成為會員或與本會合作，請瀏覽我們的網站www.yda.org.hk或電郵至event@yda.org.hk了解詳情。

If you are interested in joining our member programmes or sponsoring an activity, please visit our website at www.yda.org.hk or email event@yda.org.hk for more details.

鳴謝

Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2019年8月至9月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。

Thanks to the generous support of the following companies, organisations, and individuals during August to September 2019, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

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Novo Nordisk Hong Kong Limited
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請捐款支持我們！ Every single dollar counts!

捐款種類 Donation Type

本人願意支持兒童糖尿協會

I would like to make a donation in support of Youth Diabetes Action (YDA):

- 每月港幣200，可資助1名糖尿病兒童購買1個月的採血針費用
Monthly HK\$200 – help a child with diabetes for a month's worth of blood test lancets
- 每月港幣300，可資助1名糖尿病兒童購買1個月的採血針及針頭費用
Monthly HK\$300 – help a child with diabetes for a month's worth of lancets and insulin pen needles
- 每月港幣600，可資助1名糖尿病兒童購買1個月的血糖試紙費用
Monthly HK\$600 - help a child for one month of blood glucose test strips
- 港幣10,000 (助養兒童計劃)，可資助1名糖尿病童購買1年的醫療消耗品費用，以改善其家庭生活
HK\$10,000 (Sponsor a Child) - sponsor the life of a child with diabetes and purchase diabetes medical supplies for one year
- 其他金額 Other amount HK\$ _____

捐款方法 Donation Method

劃線支票 **By Cheque**

劃線支票，抬頭請寫「兒童糖尿協會」 By crossed cheque made payable to "Youth Diabetes Action"

支票號碼 Cheque no.: _____

請把支票郵寄至：九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室

Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon

信用卡 **By Credit Card** VISA MasterCard Amex

信用卡號碼 Credit Card No.:

發卡銀行 Issuing Bank: _____ 有效日期 Expiry Date: 月 MM 年 YY

持卡人姓名 Cardholder's Name: _____ 持卡人簽署 Cardholder's Signature: _____

本人授權兒童糖尿協會於本人之信用卡賬戶內一次過 / 每月 / 每年定期扣除上述之金額。若以信用卡每月 / 每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。

I hereby authorize YDA to charge the above specified amount once / monthly / yearly from my credit card account. The authorisation of monthly / yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

捐款者資料 Donor's Information

捐款港幣100或以上可憑捐款收據申請扣稅。

Donations of HK\$100 or above are tax deductible with a donation receipt.

收據抬頭 (如與捐款者不同) Recipient name (if different from the above). _____

姓名 Name: _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact No.: _____