



# Annual Report 2019-2020

# CARE & SUPPORT





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





## 主席的話

# Message from the Chairperson



兒童糖尿協會  
鄭馮亮琪主席  
Fina Cheng  
Chairperson  
Youth Diabetes Action

“遇難越己虫”

Building resilience during difficult times”

今年是2019冠狀病毒肆虐全球的一年，對我們的日常生活造成不少影響，無論是上課、上班的環境，還是人與人之間的連繫方式都有很多改變。在這個變幻莫測的大環境下，一型糖尿病患者更需要大家的支持和幫助。

疫情爆發初期，防疫物資短缺，YDA曾呼籲公眾捐贈生活必需品和防疫物資予YDA會員，並獲得巨大迴響，數以百計的防疫包成功分發到有需要的會員手上，在此十分感謝一眾善心人。在這困難的時期，能切身感受到大家守望相助，不向困境低頭的韌性，實在令人鼓舞。

疫情持續未退，嚴重影響YDA的日常工作和慈善收益，但我們並未因此卻步。自疫情爆發以來，YDA的關愛支援及輔導熱線一直響個不停，比以前更忙碌。困境在前，YDA繼續為糖尿病童及其家人提供支援，從未間斷。

儘管過去數月充滿挑戰，但YDA仍有幸於2020年初成為香港公益金的會員機構，獲得撥款，資助關愛支援及輔導服務，以繼續支持YDA向糖尿病童及其家人提供適切的服務和擴大服務範疇。

最後，我謹代表兒童糖尿協會董事會，感謝慷慨的捐助者、名譽醫療顧問、籌款委員會和相關委員會，以及員工的支持。面對未知的未來，我們必定更努力，確保一型糖尿病童能獲得全方位支持，活出健康人生，消除疾病為孩子帶來的障礙。

In 2020, we are in the midst of the coronavirus (Covid-19) pandemic. This has impacted all families in terms of time spent at home, changes in routine and the lack of physical contact with others; leading to the need for more guidance and support for children suffering from diabetes.

During these difficult times, it has been encouraging to see how we can all come together as a community and show resilience. We made an appeal for essential supplies and hygiene products for YDA members and this generated a huge response. Hundreds of care packs have been distributed to YDA members, and we are grateful to those who kindly donated and worked with us to provide much relief to the children and families in need.

YDA has also been immensely impacted through the loss of income and severe disruption to our work. On top of this, we have also seen an increase in the levels of demand for our Support and Counselling Services and we are working hard to provide ongoing services to the people in need.

Even though the last few months have been challenging, our funding position improved earlier in the year due to our success in becoming a member of the Community Chest. The funding for YDA's Care Support and Counselling Services has already started, and will continue to offer more fantastic opportunities for us to widen our support and events programme.

On behalf of the Council members, I would like to express our gratitude to our generous donors, Honorary Medical Advisors, Fundraising and other Committees, and dedicated staff for their continued support.

With such uncertain times ahead, the impact and seriousness of diabetes among young people demand that we work harder than ever before. We must ensure that children with diabetes are given the support they need to live a healthy life.



# 關於 Introduction

兒童糖尿協會（YDA）是一個獨立慈善團體，於2001年成立，一直以來透過教育培訓、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。



**Youth Diabetes  
Action**  
兒童糖尿協會

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 held back because of diabetes

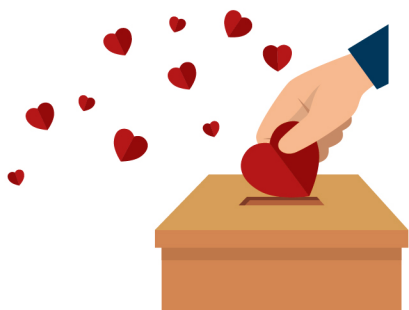
## 目標 Objectives

- 改善對糖尿病兒童、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
- 為糖尿病兒童、青少年及其家庭以及公眾舉辦各項教育及聯誼活動，以及為有需要的家庭提供經濟援助  
Organise, promote, and execute educational, social, financial support and other programmes for children and adolescents with diabetes, their family members, and the public
- 提高社會對糖尿病兒童及青少年的關注，以及對該疾病的認識  
Promote community awareness and share knowledge of the impact diabetes can have on the lives of children and adolescents living with it



# 2020概覽

## 2020 at a Glance



港幣 **450** 萬元捐款及籌款款項  
HK\$4.5 million raised through donations and event fundraising

**2,438** 位活躍會員  
2,438 active YDA members



**60** 多個家庭受助於「醫療用品資助計劃」  
Over 60 families supported via the YDA Sponsor a Child programme

超過 **1,800** 人次參加多個糖尿病管理教育、青少年活動及家庭支援等，為受糖尿病影響的人士建立連繫網  
More than 1,800 individuals attended events offering education in diabetes management, youth activities, family support, and opportunities to connect with others affected by diabetes





# 年度焦點 Activity Highlights

## 春日愛心樂悠悠2019 Spring Fling 2019

春日愛心樂悠悠2019籌款晚宴「黃金法老王」共有300多位賓客參與，籌得超過港幣200萬元善款。  
Our 'Golden Pharaoh' fundraising dinner was held on 3 May 2019 raising HK\$2 million with over 300 guests attending the event.



掃描二維碼瀏覽短片  
Scan QR code to watch the videos



## 糖路童行微電影 My Sweet Journey videos

感謝健臻醫療保健的贊助，以輕鬆的手法拍攝了一系列有關一型糖尿病的微電影和短片，並於11月發佈，讓大眾可以更深入了解患者生活，並消除對一型糖尿病的誤解。

A series of videos was launched in November which explained what it is like to live with Type 1 diabetes and to dispel some misconceptions. The videos were sponsored by Ascensia.



## 藍月·十一：「藍『飾』自拍」 Blue November: Dress BLUE selfie

「藍『飾』自拍」獲得眾多專業醫護人員、企業支持者及會員好友的踴躍參與，大家穿上藍色衣服來自拍，用行動支持糖尿病兒童。

Many medical professionals, corporate supporters, YDA members and friends joined us in our Dress Blue selfie, showing their support to children with diabetes.



**SMILE**

## 藍月·十一：YDA糖尿病研討會 Blue November: YDA Diabetes Conference

YDA糖尿病研討會是「藍月·十一」的焦點活動之一，為會員、照顧者和醫護人員提供一個全面的討論平台，探討年輕糖尿病患者管理糖尿病的技巧及了解最新醫療科技發展。

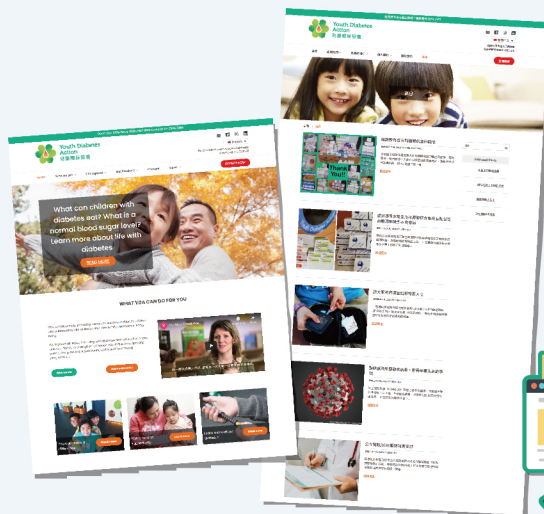
As part of Blue November, the YDA Diabetes Conference was a well-rounded forum for patients, caregivers and healthcare professionals. Attendees heard about the latest developments and management techniques for young people with diabetes.



## 兒童糖尿協會網頁 YDA website

全新的YDA網頁於2020年初啟用，使用者更容易獲得有關糖尿病的資訊，有更好的使用體驗。

We launched a new YDA website, improving user experiences and access to information on diabetes.



# 我們的支援服務

## Our Support Services

YDA相信良好的身心管理和充足支援下，每位糖尿病童都可以活出豐盛健康的人生，因此YDA致力為每位受糖尿病影響的兒童、青少年及其家人提供輔導、支援，以及有關糖尿病的資訊。

本年，YDA很高興成為香港公益金會員機構，成功取得三年的撥款，持續為YDA會員提供「關愛支援」及「輔導服務」。

Our aim is to reach every child, adolescent and family affected by diabetes to provide support and information. We believe that with good management and support, a child with diabetes can go on to live a full and healthy life.

This year we were successful in becoming a member of the Community Chest. The three-year funding supports our YDA Care Support and Counselling Services.

## 關愛支援

### Care Support



累積配對

Accumulated matching



121 對

121 pairs

關愛支援服務旨在增強糖尿病兒童或青少年的自信及知識，使他們能夠在家人的支持下健康控糖。

朋輩大使計劃佔關愛支援服務很大比重，計劃成功為有需要的家庭配對已受訓的朋輩大使，透過大使的經驗和知識，分享日常控糖秘訣，與新確診家庭同行。

Our Care Support services are aimed at empowering children and young people with diabetes to enable them to take control of their own diabetes management with the support of their families.

A big part of this service is the Mentorship Programme. YDA continues to successfully match families in need with a mentor who can offer peer support and sharing their own experiences on daily diabetes management.



2020年初新型冠状病毒疫情爆發，基本防疫用品供不應求，對需要每天多次打針、檢測血糖的糖尿病兒童，情況尤其嚴峻，為很多父母帶來壓力。為了舒緩這些家庭的焦慮，YDA向大眾募捐防疫物資，並獲得很大的迴響，酒精拭紙、口罩等物資亦分發到有需要的YDA會員手中，在此感謝各位善心人士。

The onset of the coronavirus pandemic in early 2020 led to a lot of stress and uncertainty for many parents especially when trying to access essential hygiene supplies. To relieve some of the anxiety, YDA made an appeal for hygiene supplies which generated a huge response. We received donations of alcohol swabs, face masks and more, which were distributed to YDA members. We, and our members, are very grateful for the generosity of the donors.



誠熙媽媽：「YDA派發的防疫包很實用，亦可分擔我們及其他面對同樣困難的家庭的經濟壓力。」

“The distribution of care packs was very useful and could help to lessen the financial burden faced by us and other families in the same situation.”

Shing Hei's mother.

## 輔導服務 Counselling Services



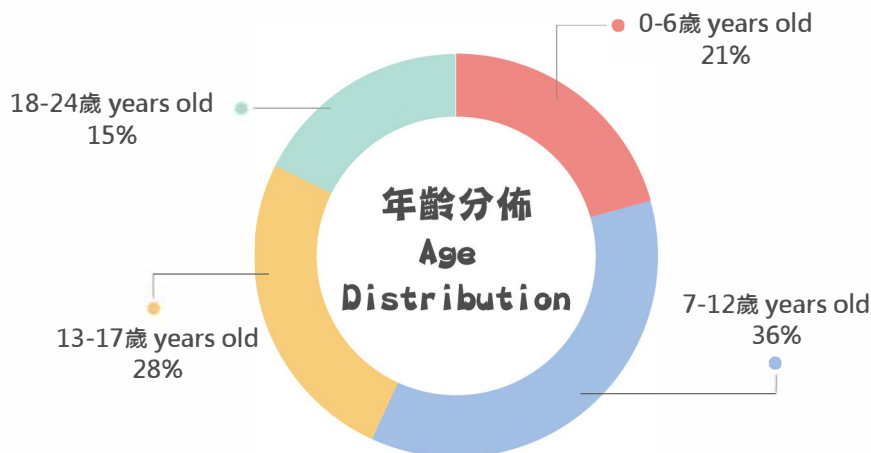
YDA為新確診糖尿病的兒童及家長由住院其間開始，提供為期6個月的即時輔導服務，確保家庭可以獲得正確的糖尿病資訊及同路人的支持，讓他們在對抗疾病的路上不再孤單。具豐富糖尿病知識的YDA社工會幫助有小朋友確診糖尿病的家庭接納並適應糖尿病，包括提供營養資訊、協助小朋友重回校園生活、如何面對家人及朋友等。

YDA provides immediate counselling services to a newly diagnosed child and their parents before they leave hospital or within the first six months. This service is designed to reassure families that there is support and information available for them and they are not alone. Families work together with our social workers learning how to adjust to life with diabetes, for example understanding nutrition, requirements, going back to school, communicating with family and friends, etc.

### 2019年新確診會員人數

No. of newly diagnosed cases in 2019:

**39**



熱線服務  
Hotline services: **>3,200** 查詢  
enquiries





# 教育及社區推廣

## Education and Community Activities

YDA致力透過教育和推廣，提高社會對糖尿病兒童的關注，並消除社會對糖尿病的誤解和歧視。

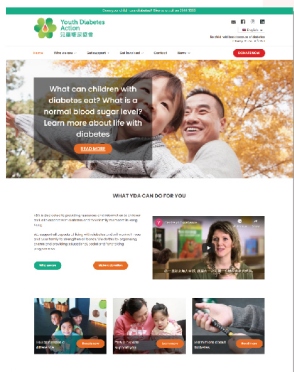
YDA wants to eliminate the discrimination that children with diabetes face through advocating, educating, and raising awareness of the condition within society.

YDA舉辦一系列活動，如「藍月·十一」糖尿研討會，以及出版YDA Today會訊、校園個人化糖尿病照顧計劃等教材和刊物，為受糖尿病影響的相關人士及有興趣了解更多的人士提供全面的資訊；又會舉辦工作坊，介紹糖尿病的護理資訊及最新醫療科技，務求令社區更清楚認識糖尿病。

Over the year, we provided a wide range of activities and materials to help educate those affected by the condition and those who want to learn more. This included activities like Blue November and the Diabetes Conference, materials like our magazine YDA Today and Diabetes School Care Plan, and much more. We also offered a number of diabetes workshops to showcase the latest in diabetes care and technology available.

YDA將持續與醫管局十二個兒科部門合作，通過香港兒童糖尿紀錄冊追蹤糖尿病的長遠影響。

We continue our collaboration with 12 Hospital Authority paediatric units to track the long-term effects of diabetes through the Hong Kong Childhood Diabetes Registry.



於2020年初更新的YDA網頁為大眾提供更好的使用體驗，更方便取得實用的糖尿病資訊。

The YDA website was revamped to provide a better user experience and to make diabetes information more easily accessible.



# 企業義工計劃 Corporate Volunteer Programme

企業義工計劃讓企業參加者深入了解糖尿病及患者生活，同時參加者亦可與我們的年輕會員分享生活經驗，互相交流。

Our Corporate Volunteer Programme provides a great opportunity for corporate staff to learn more about diabetes and what it is like to live with the disease, whilst passing on their life skills to our young members.



約**一百**名來自不同企業的義工  
About 100 volunteer corporate staff



共有**5**家企業參加了是項計劃  
5 companies joined the Programme



服務了**124**名YDA會員  
Activities benefitted 124 YDA members



# 財政及醫療支援 Financial and Medical Support



管理一型糖尿病，除了是每天24小時無休止的工作，使用大量醫療消耗品所造成的經濟負擔亦是患者及家人所面對的困難之一。現時政府只為糖尿病人提供胰島素的藥物資助，而其他和糖尿病有關的消耗品，包括血糖試紙、針頭、採血針等的支出則需由糖尿病患者自行承擔。

Type 1 diabetes does not only require constant management 24/7, but there is also the financial burden that comes with it. With the government only subsidising insulin, the cost of diabetes medical equipment, such as blood testing strips and insulin pen needles needed to administer the insulin, is still a huge burden for families.

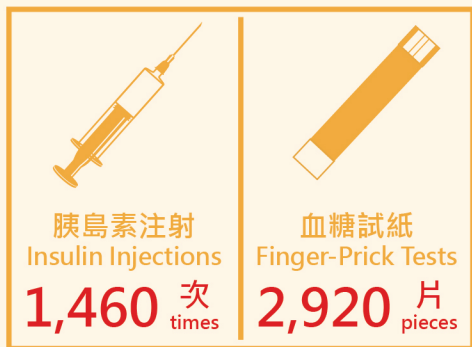
YDA的醫療用品資助計劃因此對很多低收入家庭來說非常重要，以確保患病孩子的病情穩定，避免出現併發症。

The Financial Assistance Programme (FAP) is important for many low-income families to ensure their children's health and prevent future medical complications.



每年平均需要  
In one year,

一型糖尿病  
兒童  
A child with  
Type 1 diabetes



2019/20年度共有超過60個家庭受惠於此計劃，受惠者節省達60%的醫療診金及醫療用品開支，經濟壓力得以舒緩，便可專心管理病情。

Over 60 families benefited from the FAP in the past year, saving up to 60% on their medical expenses and purchase of essential medical supplies, giving families the opportunity to focus on managing their child's Type 1 diabetes, rather than worrying about the costs.

# 心靜的故事

## Sum Ching's Story



心靜在2018年9月確診，媽媽小春與我們分享了心靜確診的經過，以及加入YDA醫療用品資助計劃如何為他們的生活帶來新轉機。

「當時，我和丈夫都很難過，很難接受。我非常自責，在醫院陪伴心靜時，我心裏有過無數種想法，當看到她每次吃東西前都要篤手指、打針，我都在想：為什麼這些事會發生在我們家？是否我做錯了什麼要報應在女兒身上？」

「心靜初期在醫院時每天都會哭，問我為何她與其他小朋友不同，需要打針後才可以吃東西！」

Sum Ching was diagnosed in September 2018. Her mum Siu Chun shares her experience with her daughter's diagnosis and how the YDA Sponsor a Child programme has made a difference to their lives.

"My husband and I were crushed when Sum Ching was diagnosed with Type 1 diabetes. We had a hard time accepting it in the beginning. I blamed myself. Every time she had to prick her finger or get an injection, I couldn't help but think I did something wrong, and that my daughter is suffering for some kind of mistake I made.

"In the beginning, Sum Ching cried a lot! She felt different from the other kids and used to ask why she was the only one who needed to do finger pricks and injections before she could eat.





「我有4個小朋友，我要在家照顧他們，只有丈夫出外工作，醫療用品的費用對我家是一個負擔。還有，社會上仍然缺乏一型糖尿病的資訊，我初時不知道每餐應該煮什麼食物給女兒吃，亦不知怎樣計算碳水化合物。醫院糖尿病科姑娘介紹了兒童糖尿協會及其醫療用品資助計劃給我們，幫了我們很大忙。」

「YDA的資助計劃可以減輕我家的經濟負擔，讓我的孩子都可以擁有開心健康的童年。我們亦知道了在管理糖尿病的路上，我們並不孤單，還有很多同路人與我們一起面對難關。」



"We have four children, and I can't work because I have to take care of the kids. The cost of medical disposables is a huge burden to us. There was also a lack of accessible information on diabetes; I didn't know what kind of meals I should make Sum Ching, or where to find the carbohydrate value for various foods. It was a big help when the nurse at our hospital told us about YDA and the Sponsor a Child programme.

"The Sponsor a Child programme has definitely helped our financial situation. We're no longer scrambling to make ends meet, and all four of my children can have a safe and happy childhood. It also lets us know that we're not the only ones facing the challenges that living with diabetes brings. There is so much warmth and hope from the other parents we've met through YDA.



**“多謝各位善長及兒童糖尿協會給予我們的溫暖及希望！”**

**“I'm so grateful for all the help we've received from donors and YDA!”**

獲得足夠的醫療用品對糖尿病童十分重要，請支持和幫助像心靜一樣的糖尿病童，使他們可以得到基本醫療用品以及情緒支援，得以控制病情並過上健康的生活。

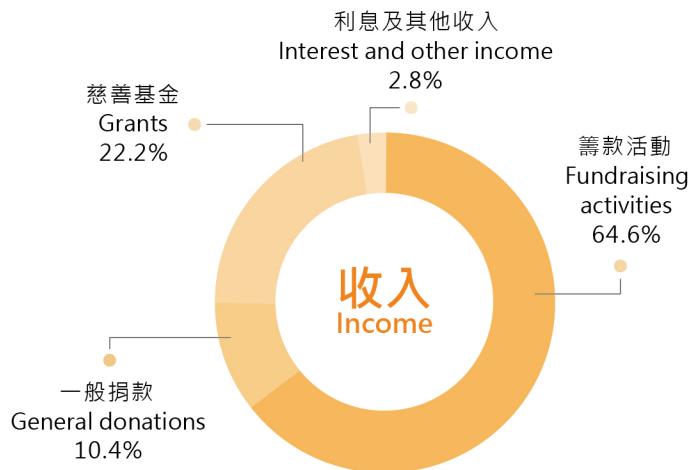
It is important that children with diabetes are able to access the supplies they need. Please help and support children with diabetes like Sum Ching, so that they can receive the necessary medical equipment and emotional support to manage their diabetes and live a healthy life.



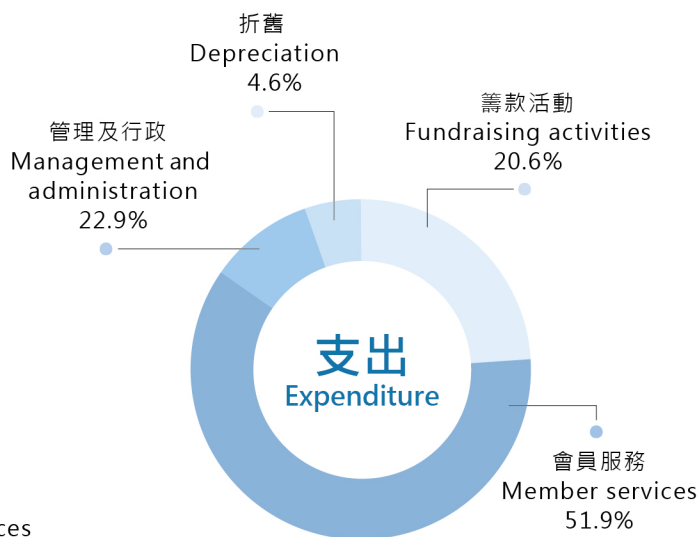
[www.yda.org.hk/donate-now](http://www.yda.org.hk/donate-now)

# 財務摘要

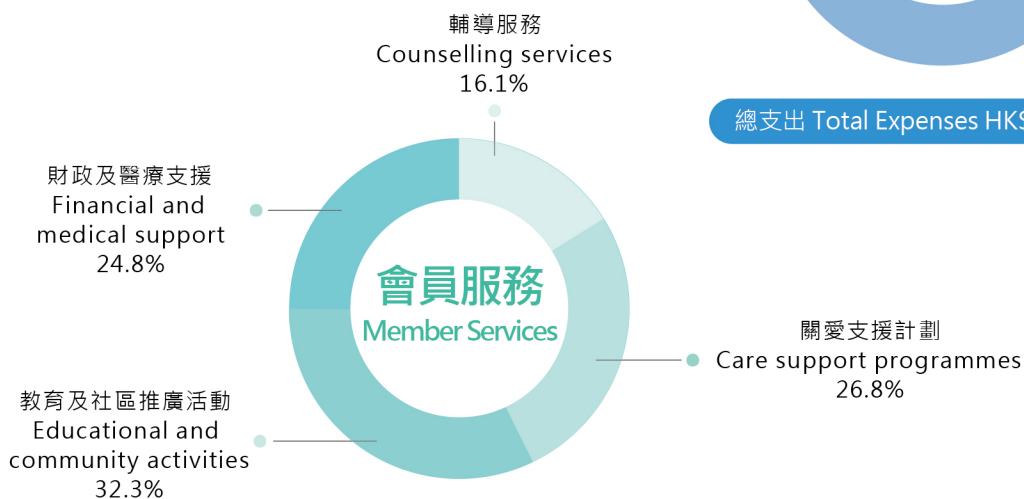
## Financial Highlights



總收入 Total Income HK\$4,815,805



總支出 Total Expenses HK\$4,359,345



總支出 Total Expenses HK\$2,259,386



# 兒童糖尿協會董事會、顧問及委員會成員 Council and Committee Members

## 董事會 Youth Diabetes Action Council

榮譽主席 Chairperson Emeritus

何苗春暉女士 Ms Joanna Hotung

主席 Chairperson

鄭馮亮琪女士 Ms Fina Cheng

義務司庫 Hon Treasurer

李佩君女士 Ms Tina Lee

義務公司秘書 Hon Company Secretary

郭燕麗女士 Ms Queenie Kwok

義務核數師 Hon Auditor

天職香港會計師事務所有限公司  
Baker Tilly Hong Kong Ltd

法律顧問 Hon Legal Advisors

賴顯榮律師 Mr Henry Lai  
楊明悌大律師 Ir Prof Ming-Tai Yeung

委員 Councillors

Ms Melissa Ann Brewster  
周艷華女士 Ms Angela Chow  
Mr Manoj Ram Dani  
Ms Julie Farrell  
Ms Julie Fried  
何美雲女士 Ms Mara Hotung  
林梅若梅女士 Ms Lavina Lim  
Mr Andrew Maynard  
Mr Haresh Wadhwani

# 兒童糖尿協會董事會、顧問及委員會成員

## Council and Committee Members

### 榮譽醫療顧問 Honorary Medical Advisors

郭克倫教授 Professor Clive Cockram

馬青雲教授 Professor Ronald Ma

張璧濤教授 Dr Pik-To Cheung

關彥華醫生 Dr Elaine Kwan

傅振祥醫生 Dr Antony Fu

潘穎瑤醫生 Dr Sarah Poon

童月玲醫生 Dr Joanna Tung

黃偉進醫生 Dr Sammy Wong

黃敏儀醫生 Dr Shirley Wong

黃慧如醫生 Dr Eunice Wong

游可聰醫生 Dr Ho-Chung Yau

林思為小姐 Ms Sylvia Lam

莫碧虹姑娘 Ms Maisy Mok

潘綺雯姑娘 Ms Iris Poon

楊海明姑娘 Ms Theresa Yeung

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# 鳴謝

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### 個人 Individuals

Alice Liu  
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Jane Lam  
Janette Tsang  
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Jennifer Cosco  
Jenny Fung  
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Jill Gallie  
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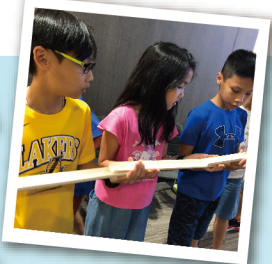


## 公司或團體 Companies / Organisations

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 黃廷方慈善基金  
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# 請捐款支持我們！

Help us to support children with diabetes to live a better life.

## 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
- ☐ 捐款港幣10,000 (助養兒童計劃)，可資助1名糖尿病兒童購買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, Kowloon

☐ 信用卡 By Credit card      ☐ VISA      ☐ Mastercard

信用卡號碼 Credit card no.: 

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發卡銀行 Issuing bank: \_\_\_\_\_ 有效日期 Expiry date: 

--	--

 月MM 

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 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.: \_\_\_\_\_





**Youth Diabetes  
Action**  
兒童糖尿協會

☎ 電話 Tel : 2544 3263

☎ 傳真 Fax : 2544 3313

✉ 電郵 Email : support@yda.org.hk

🌐 網頁 Website : www.yda.org.hk

📍 地址：九龍土瓜灣道94號美華工業中心B座9樓B17室

Address: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon



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