



Youth Diabetes
Action

兒童糖尿協會



年報 Annual Report 2022-2023

主席的話

Chairperson's message

邁步向前 推動療法普及化

Taking steps forward towards better access



新冠疫情下，日常生活、活動方式劇變，加上壓力和焦慮，嚴重影響糖尿病人管理病情和血糖控制。現在難關過去，展望將來，本會將繼續革新服務，為糖尿病兒童及其家人提供適切支援，使他們的生活復常。我們亦樂見各會員繼續踴躍參加本會活動。

在香港公益金醫療援助基金資助下，本會展開「CGM小彩虹」計劃，提供連續血糖監測儀（CGM）予超過180名兒童使用，計劃獲得正面迴響，大家的反應令人鼓舞之餘，也推動我們積極為香港的糖友引入更多不同的治療方式，讓更多病人受惠。

此外，我們致力提高大眾對糖尿病和兒童糖尿協會的認識。隨着市民生活習慣改變，我們鼓勵以健康的生活方式來預防二型糖尿病早期發病，也鼓勵病人養成健康的生活習慣。

最後，謹向董事會成員、醫療顧問、捐助者、贊助商、義工和職員的鼎力支持，表示摯誠感激。各界支持讓本會持續運作，確保孩子的人生不會受限於糖尿病。

鄭馮亮琪女士
兒童糖尿協會主席

Covid-19 had a significant effect on the ability to manage diabetes well and have good glucose control. It was especially challenging due to the changes to daily life, exercise levels, additional stresses, and anxiety. As we leave these challenges behind us, we move forward with adapting our services to provide support for children and their families as they get their lives back to normal. It was a delight to see so many members attending our activities again.

We successfully launched the CGM Little Rainbow programme with funding from the Community Chest Medical Assistance Fund. The programme provided more than 180 children with CGMs and we received lots of positive feedback. This has been encouraging and we plan to bring more opportunities of providing better access to different treatment options.

Additionally, we want to increase the public awareness of diabetes and YDA. As the habits of the public has changed, we want to encourage a healthy lifestyle to prevent early onset of Type 2 and encourage those with diabetes to live a healthy life.

Lastly, I would like to offer my sincere gratitude for the incredible support from our dedicated council members, medical advisors, donors, sponsors, volunteers and staff members. Your support means we can continue to work tirelessly to ensure that no child is held back because of diabetes.

Fina Cheng
Chairperson, Youth Diabetes Action

關懷與支持

Care and support

我們致力讓糖尿病童和青少年活得健康，走得更遠。雖然糖尿病未有治癒方法，但我們希望提供更多治療選擇和最好的護理，以助病人管理病情。

We are committed to supporting children and young people with diabetes to live a healthy and longer life. Whilst the cure is yet to be found, we want to provide better access to more treatment options and the best quality of care to be available so children and young people can manage their diabetes well.

我們的工作

What we do

支持 Support

為糖尿病兒童和青少年提供情緒和經濟支援，讓他們有信心去管理病情，並保持積極心態。

We provide emotional and financial support for children and young people living with diabetes to ensure they can manage their diabetes confidently and with a positive outlook.

倡議 Advocate

為糖尿病兒童爭取權利，讓他們接受最好的護理及獲得更多治療選擇。

We fight for the rights of children with diabetes so they can receive the best quality of care and access to more treatment options.

教育 Educate

致力提高社區對糖尿病的認識，消除對患者的誤解。

We work to promote awareness of diabetes in the community and to dispel the misconceptions associated with living with diabetes.



本會工作一覽

Our impact at a glance



超過

More than

2,800

名會員
YDA members

透過捐款及活動籌得

520

萬港元

HK **\$5.2** million

raised through donations and fundraising

超過
Over

180

名兒童透過CGM小彩虹計劃獲得長期血糖監測儀
children receiving CGMs on the CGM
Little Rainbow programme

超過
Over

70

個家庭受惠於YDA贊助兒童計劃
families supported by Sponsor
a Child financial programme

超過

Around **1,600**

人出席YDA的活動
individuals attended YDA activities and events





朋輩大使計劃 Mentorship programme

累積配對
Accumulated matching **215** 對
pairs

68 2022年新確診會員數字
Number of newly diagnosed
members in 2022

0-6 歲 years old - 12
7-12 歲 years old - 20
13-17 歲 years old - 24
18-24 歲 years old - 12

支援熱線
Hotline services

≥ 2,600 電話查詢
enquiries

超過 **30** 名企業義工
Over corporate volunteers



推廣治理技術 惠及病人

Driving better access

YDA相信糖尿病治理科技，尤其是以連續血糖監測儀 (CGM) 來管理病情，可以令糖尿患者生活獲得改善。

2022年5月，在公益金醫療援助基金的支持下，本會展開為期三年的「CGM小彩虹計劃」，為200名5至16歲的患者提供一年的CGM，惠及眾多會員，好評如潮。

YDA believes that the use of diabetes technology to manage diabetes, especially a continuous blood glucose monitoring system (CGM), will be life changing.

In May 2022 we launched the CGM Little Rainbow programme with support from The Community Chest Medical Assistance Fund. The Programme supplied CGMs to 200 children aged 5-16 for a year, over a 3-year period. This programme has been well received among the members and gained lots of positive feedback.





CGM小彩虹計劃

CGM Little Rainbow programme

朗朗 4歲
Long Long age 4

「裝了CGM後，可以看到血糖變化，現時就算外出食飯，都可以吃到更多種類食物，按情況調整胰島素用量。亦方便老師留意他的血糖的情況，適時進食。」

有CGM的幫助，可以隨時掌握血糖指數，糖尿病不是障礙，小糖友亦可以正常運動，食到不同的美食，希望各位小糖友身體健康。」

黃雋朗媽媽

“With the CGM, we can see the changes in Chun Long’s blood sugar levels and he can now enjoy a greater variety of foods and easily adjust his insulin dosage accordingly. It also made it more convenient for Chun Long’s teachers to monitor his blood sugar and ensure timely meals.

Young friends with diabetes can live life in full, engage in physical activities, and enjoy different delicious foods. I wish all children with diabetes good health!”

Wong Chun Long’s mum



樂樂 6歲 Lok Lok age 6

開始用上CGM，樂樂再也不用多次查指血了，也能隨時見到血糖數據、根據血糖數據調節升降趨勢吃東西，血糖越來越來越平穩，生活開始向平常靠近。帶著CGM看到打了胰島素血糖幾耐開始降啊，藥效幾時到啦，按時吃飯、血糖控制得更加好。可以看出食物對血糖的影響，真的特別好、讓血糖更平穩！

多謝兒童糖尿協會，在烏雲密布的日子裏讓我們見到陽光。

李振樂媽媽

“The CGM device led to a significant improvement in Lok Lok’s blood sugar stability, and my life is getting back to normal. With the help of CGM, we could track the diminishing insulin resistance time and anticipate the medication’s effects. Lok Lok regained the ability to maintain a regular and steady eating schedule, and we can now observe the direct impact of various foods on his blood sugar, which greatly enhanced the stability of his blood sugar levels.

We extend our heartfelt gratitude to Youth Diabetes Action for bringing a ray of sunshine into our darkest days.”

Lok Lok Li Zhenle's mum



徐韻晴 11歲
Tsui Wan Ching age 11

「我女兒五歲確診第一型糖尿病。我本身係在職人士，很難經常監察（女兒的）血糖。好幸運地得到CGM小彩虹計劃資助我們用CGM。用法簡單，用一部手機連接，掃描CGM就可以測量血糖指數，無需要篤手指。

血糖指數可以連接幾部電話，都能即時收到血糖指數。最重要是用法簡單，我女兒都能自行掃描CGM。」

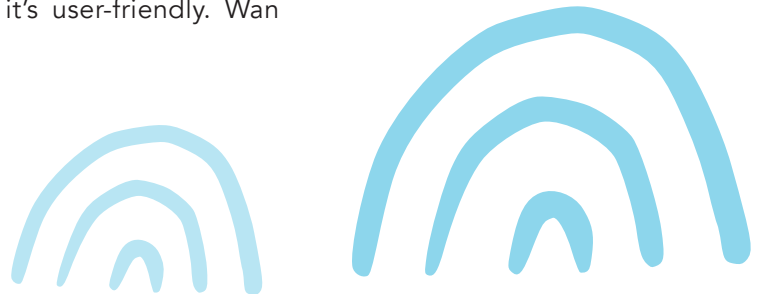
徐韻晴媽媽

“When Wan Ching was diagnosed at the age of 5, as a working mum, it was challenging for me to monitor her blood sugar levels constantly.

Life got easier after my daughter joined the Little Rainbow programme. The CGM is easy to use; you connect it to a smartphone, scan the CGM, and measure the blood sugar levels without finger pricks.

We can use multiple phones to connect to the blood sugar real-time readings anytime, anywhere. Most importantly, it's user-friendly. Wan Ching can scan the CGM by herself.”

Tsui Wan Ching's mum





重建聯繫 社區推廣 Reconnecting and community engagement

當兒童和青少年患上糖尿病，患者及其家人或會感到孤獨和無法承受。我們很高興可以為會員再舉辦實體的活動。

朋輩大使計劃以及聯繫新確診者家庭是本會重點的支援服務，確保患者家庭在關鍵時刻獲得支持。



Living with diabetes can be overwhelming and lonely for children and young people with diabetes. We were pleased to be able to re-start in-person activities.

Our mentorship programme and connecting with newly diagnosed families is the key support service that we offer to ensure there is support available to families at a crucial time in their lives.

鳴謝 Thank you

感謝所有參與活動，以及為YDA籌款、捐款、獻出時間的人。沒有你們的支持，我們無法帶來這些成果。

Thank you to everyone who attended one of our activities, raised funds for YDA, made a donation and volunteered their time – we couldn't have done it without your wonderful support.



Chris Funnell和Backyard Roots團隊組織了一場健步挑戰活動，為「藍月·十一」籌得超過15萬元善款。

Chris Funnell and the team at Backyard Roots organised a step challenge and raised more than \$150K for Blue November.

非常開心可支持YDA。作為一名第一型糖尿病患者，同時還有一名4歲的一型糖尿病孩子，YDA是一個不可或缺的支援支持伙伴，對許多兒童的生活以及他們的家庭帶來了巨大的幫助，所以感謝你們一直相伴！

Chris Funnell, YDA會員

“It is an absolute pleasure to support the YDA. Being T1D myself and having a 4yr old with T1D, the YDA is an integral support system that has a huge impact on many children's lives (and their families), so thank you for being there!”

Chris Funnell, YDA member



傳媒報道 In the media

「CGM小彩虹計劃」獲得東網、am730、星島日報、頭條日報等媒體報道。

2022年7月，由YDA與香港糖尿聯會合辦的「糖路有您」填色比賽舉行頒獎禮及記者會。

NowTV及香港電台載有本會的報道，提高人們對糖尿病酮酸中毒（DKA）的認識。一項關於「香港兒童糖尿病紀錄冊」的研究顯示，40%確診一型糖尿病的兒童，曾被誤診並接受錯誤的療程，最終要入院治療。

The launch of the CGM Little Rainbow programme received press coverage in on.cc, am730, Sing Tao Daily and Headline Daily.

The “Colouring Diabetics Life” mask colouring competition, co-organised by YDA and Diabetes HongKong (DHK) held an awards ceremony and press conference in July 2022.

We raised awareness of Diabetic Ketoacidosis (DKA) with media coverage in NowTV and RTHK. A research study looking at the results from the HK Childhood Diabetes Registry showed that 40% of children diagnosed with Type 1 were initially mis-diagnosed and received the wrong treatment which led them to needing hospital care.

國際認同 International recognition



YDA很榮幸憑「兒童糖尿病紀錄冊」入圍國際糖尿病聯合會（IDF）百年胰島素紀念獎。該獎項表揚了為改善患者生活所努力的機構，YDA也藉此向全球介紹紀錄冊及本會的工作。

過去五年，紀錄冊發表了四份醫學研究報告，包括2022年的一篇論文，分析2018年香港一型糖尿病兒童使用CGM的情況，發現只有10.6%患者定期使用CGM，低於其他發達國家。研究再次證實，CGM需要更大的普及性，讓更多人受惠。

YDA was proud to have the Hong Kong Childhood Diabetes Registry shortlisted for the International Diabetes Federation (IDF) Centenary of Insulin Award. The Award recognised outstanding efforts to improve the lives of people living with diabetes. It was a fantastic opportunity to share the details of the Registry and the work of YDA to a global audience.

The Registry has in the past five years published four medical research reports. This includes a paper published in 2022 which analysed the usage of CGM in children with Type 1 diabetes in Hong Kong in 2018. It found only 10.6% used CGM regularly, which is lower than compared to that of other developed countries. This reaffirmed the need for better CGM access.



“兒童糖尿協會YDA在過去21年的成就有目共睹。

協會資助成立的香港兒童糖尿病紀錄冊（Hong Kong Childhood Diabetes Registry HKCDR）為香港提供了珍貴的兒童糖尿病數據。今年更得到公益金醫療援助基金的資助，推出了CGM小彩虹計劃，為患者提供連續血糖監測儀（CGM），使患者能夠更有效地管理血糖。

YDA已由一個單純支援糖尿病童及其家庭的社區支援機構，一步步進展為一個全面及有力的倡導團體，為糖尿病兒童及青少年爭取權益，真正達至糖尿病不再是孩子的障礙的目標！

為YDA團隊的努力和付出至敬和喝采！”

關彥華醫生, YDA榮譽醫療顧問

“The achievements of YDA in the past 21 years are obvious to all.

The Hong Kong Childhood Diabetes Registry (HKCDR) funded by the organisation provides Hong Kong with valuable childhood diabetes data for reference. This year, YDA received funding from the Community Chest Medical Assistance Fund and launched the CGM Little Rainbow programme to provide patients with continuous glucose monitors (CGM) so that patients can manage their blood glucose more effectively.

YDA has evolved from a community support organisation that simply supports diabetic children and their families, to a comprehensive and powerful advocacy group, fighting for the rights of diabetic children and teenagers, and truly achieving the mission of diabetes no longer being an obstacle for children!

Big respect and applause to the YDA team for their efforts and dedication!”

Dr Elaine Kwan, YDA Honorary Medical Advisor

伸出援手 改善生活 Making a difference

患上糖尿病，為整個家庭帶來情緒和經濟負擔。由於香港政府只為患者提供免費的胰島素，因此糖尿病設備，例如血糖試紙、胰島素筆針頭等的額外支出，對低收入家庭可說百上加斤。去年，我們繼續透過助養兒童計劃向70多個家庭提供經濟援助，為他們節省了高達60%的醫療費和購買醫療用品的開支。

Living with diabetes is a family-wide burden, emotionally and financially. With the Hong Kong government only providing insulin, the additional cost of diabetes equipment, such as blood testing strips and insulin pen needles has a significant impact especially to low-income families. We have continued to provide financial assistance to over 70 families through the Sponsor a Child programme in the past year. These families saved up to 60% on their medical expenses and purchase of essential medical supplies.





參與方式 Ways to get involved



捐款 Donate

每一元也可帶來改變。請幫助YDA繼續為糖尿病兒童及其家庭提供服務。
Every dollar makes a difference. Help YDA to continue our work in providing vital services for children with diabetes and their families.

資助孩子一年 Sponsor a child for a year

12,000元的善款可為有需要家庭支付一年的基本醫療設備及保護用品費用。
A donation of HK\$12,000 will help one family in need pay for essential medical equipment and healthcare items for a year.

成為YDA會員 Become a YDA member

沒有糖尿病也可以成為會員。希望更多人加入，以表達對患者的支持。
You don't need to have diabetes to become a member. We want more people to join to show their support for people with diabetes.

企業合作伙伴 Corporate partner

加入我們，支持糖尿病兒童並提高社區對糖尿病的關注。
Join us in helping to support children with diabetes and raising awareness of diabetes in the community.



展望將來

Looking ahead

未來一年，我們希望建立更強大的支援社群，並提高大眾關注，讓年輕的糖尿病人有自信有能力控制病情。

In the coming year we hope to build a stronger community of support and increase awareness so that young people living with diabetes feel empowered to take control of their diabetes.

舉辦更多活動 Organise more activities

我們希望有更多機會凝聚大家，協助患者培養對生活和管理病情的信心。

We want to provide more opportunities to bring everyone together, whilst also help develop confidence in living with and managing diabetes.

讓糖尿病科技更普及 Better access to diabetes technology

我們很高興獲得香港賽馬會慈善信託基金資助，將於2023年推出一個全面支援計劃，現正開始籌備工作。

We are delighted to have secured funding from the Hong Kong Jockey Club Charities Trust to develop a comprehensive support programme for launch in 2023. Work has begun on developing this new programme.

提高關注 Increase awareness

目前大眾對糖尿病仍有許多誤解，我們希望提高社會對糖尿病的認識，並倡導健康的生活方式，以預防二型糖尿病。

There are still a lot of misconceptions around diabetes, and we want to improve the public's understanding of diabetes and promote a healthy lifestyle in order to prevent the development of Type 2 diabetes.

瀏覽本會最新消息：www.yda.org.hk

To keep up to date with what we are doing, visit: www.yda.org.hk

“YDA經常舉辦不同活動予會員參與，並經常提供協助及支援。記得一次工作期間YDA正在中心舉辦活動，YDA員工特意坐在外語會員家庭旁，細心翻譯活動嘉賓的講話內容，讓我覺得YDA特別溫暖有愛。”

“YDA organises many different activities for its members with care and support. I was working at one YDA event and saw a staff member translating the content of the event speaker to an English-speaking family. I was touched by their action and believe YDA is dedicated to supporting all its members.”

如 Yu

清潔公司員工

Contract office cleaning staff

“作為YDA的義工，我們見證YDA對糖尿病青少年的堅定支持，還有患者的堅韌和決心，深受感動和激勵。我們很榮幸有機會參與YDA的支援和倡導工作，改善糖年輕尿病患者的生活。”

“As a volunteer for the YDA, we are deeply moved by the unwavering commitment to support young individuals living with diabetes. Witnessing the resilience and determination of these individuals inspires us daily. It is an honour to be part of an organisation that empowers and advocates for the well-being of youth with diabetes, and we are grateful for the opportunity to make a positive impact in their lives.”

御盛工程顧問有限公司

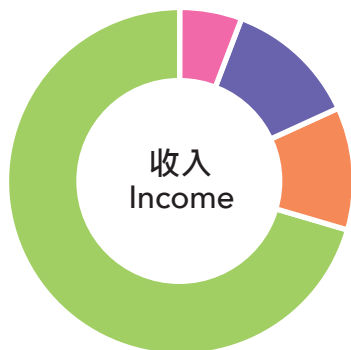
Shielder Hong Kong Limited

YDA 企業伙伴

YDA Corporate supporter

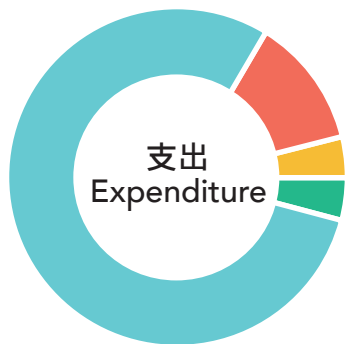
財政摘要

Financial highlights



- 6% 利息及其他收入
Interest and other income
- 11% 一般捐款
General donations
- 12% 籌款活動
Fundraising activities
- 71% 慈善基金
Grants

總收入
Total income
HK\$5,228,593



- 4% 折舊
Depreciation
- 4% 籌款活動
Fundraising activities
- 12% 管理及行政
Management and administration
- 80% 會員服務
Member services

總支出
Total expenses
HK\$5,090,136

- 10% 關愛支援計劃
Care support programmes
- 11% 輔導服務
Counselling services
- 13% 教育及社區推廣活動
Educational and community activity
- 46% 財政及醫療支援
Financial and medical support

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

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

何美雲女士

Ms Mara Hotung

林梅若梅女士

Ms Lavina Lim

Mr Andrew Maynard

Mr Haresh Wadhvani

財務委員會

Finance Committee

李佩君女士

Ms Tina Lee

Mr Colin Farrell

Mr Andrew Maynard

榮譽醫療顧問

Honorary Medical Advisors

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

陳廣達醫生

Dr Patrick Chan

傅振祥醫生

Dr Antony Fu

黎倩婷醫生

Dr Tiffany Lai

潘穎瑤醫生

Dr Sarah Poon

童月玲醫生

Dr Joanna Tung

黃敏儀醫生

Dr Shirley Wong

黃偉進醫生

Dr Sammy 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

籌募委員會

Fundraising Committee

何苗春暉女士

Ms Joanna Hotung

Ms Melissa Ann Brewster

Ms Aradhna Dayal

Ms Julie Farrell

Ms Carmen Fernandez Beaves

Ms Laila Harilela

Ms Reyna Harilela

Ms Shirley Hiranand

何美雲女士

Ms Mara Hotung

林梅若梅女士

Ms Lavina Lim

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個人 Individuals



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施琪滿
施維展
施維山
施維祝
施能錠
林津樑

支持我們 支援糖尿病童

Help us to support children with diabetes

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12,000 (資助兒童計劃) · 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\$12,000 (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:

- 每月捐款 Monthly donation 港幣HK\$ _____
- 一次性捐款 One-off donation 港幣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.:

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 authorise 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.

- 銀行轉帳 Bank transfer

銀行 Bank: 香港上海滙豐銀行有限公司 HSBC 帳戶名稱 Account name: Youth Diabetes Action 帳戶號碼 Account number: 808-371959-838

- PayMe



請將成功付款頁截圖並連同「捐款者資料」WhatsApp (+852 64245419) 或電郵 (support@yda.org.hk) 給兒童糖尿協會。

Please screenshot the payment success page and WhatsApp (+852 64245419) or email (support@yda.org.hk) to

Youth Diabetes Action with the "Donor's information".

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.

姓名 Name: _____

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

地址 Address: _____

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

YDA致力為香港糖尿病兒童、青少年及其家庭提供支援。
YDA is dedicated to supporting children and adolescents
with diabetes and their families in Hong Kong.



Youth Diabetes
Action
兒童糖尿協會



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