



Youth Diabetes
Action
兒童糖尿協會



茁壯成長
Empowering Life

朗朗於2022年確診一型糖尿病
Long Long diagnosed with Type 1 diabetes in 2022

Annual Report

年報 2023-2024

本會承諾 Our commitment

我們致力於幫助糖尿病兒童和青少年过上更健康、更充實的生活。雖然糖尿病仍未有治療方法，我們仍希望提供更多治療選擇及最好的護理，協助患者管理病情。

We are dedicated to supporting children and young people with diabetes live healthier and fulfilling lives. While the cure has yet to be discovered, we aim to improve access to more treatment options and ensure high-quality care is available for effective diabetes management.



本會工作 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 offer emotional and financial support to help children and young people with diabetes manage their condition confidently and positively.

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 aim to raise awareness of diabetes in the community and dispel the misconceptions of living with the condition.

創出光明前路 Creating a brighter future

在23-24財政年度，本會重點支援年輕人控制糖尿病情，同時亦很高興「賽馬會年輕糖尿支援計劃」備受各界肯定。該計劃由香港賽馬會慈善信託基金資助，廣泛地向2至30歲患者提供連續血糖監測儀（CGM）。此外，位於荔枝角的YDA會員中心開幕，加強服務當地社區。

該計劃讓本會籌辦更多教育工作坊和活動，鼓勵大家積極管理糖尿病，也提高大眾意識和宣揚健康生活，預防年輕人罹患二型糖尿病。我們亦為專業醫護及公眾舉辦糖尿病研討會，讓社會更了解糖尿病，並於兩間主要國際學校演講，為未來舉辦更多的學校講座而鋪路，藉教育消除誤解。

由公益金醫療援助基金支持的「CGM小彩虹計劃」繼續發展，向超過200兒童提供CGM。今年的籌款也十分成功，當中以「藍月慈善晚宴」及Backyard Gang發起的「百萬健步挑戰」最矚目。

在此，我謹向所有作出貢獻的人致謝，全賴各位的社區精神和無私奉獻，本年度才會迎來豐收。您的支持讓本會持續運作，確保孩子的生活，不受糖尿病所困。

鄭馮亮琪女士
兒童糖尿協會主席

In FY23-24, our primary focus was on empowering young people to take control of their diabetes. We were thrilled by the approval of the Jockey Club Support for Young People with Diabetes programme. Funded by the Hong Kong Jockey Club Charities Trust, the programme offers a broader continuous glucose monitor (CGM) initiative for ages 2-30. Additionally, the YDA Centre for Specialist Care in Lai Chi Kok was opened to better serve the local community.

The programme allowed us to organise more educational workshops and activities, encouraging active participation in diabetes management. It also raised awareness and promoted healthy lifestyles to prevent Type 2 diabetes in young people. We hosted a Diabetes Conference for health professionals and the public to learn more about diabetes, and secured presentations in two major international schools, paving the way for further school talks to educate and dispel the misconceptions about diabetes.

The CGM Little Rainbow programme, supported by The Community Chest Medical Assistance Fund, continued to thrive, providing CGMs to over 200 children. It was also a successful fundraising year, highlighted by the Blue Moon Gala Dinner and The Million Step Challenge with The Backyard Gang.

I would like to thank everyone who contributed to making FY23-24 an incredible success. The community spirit and dedication were evident. With your support, we can continue to work tirelessly to ensure that no child is held back by diabetes.

Fina Cheng
Chairperson, Youth Diabetes Action

本會工作一覽

Our impact at a glance



超過
More than
2,800

名YDA會員
YDA members



透過捐款及募捐籌得

1,160
萬港元

HK **\$11.6** million
raised through donations and fundraising

超過
Over **540**

兒童和青少年透過**CGM小彩虹計劃**和

賽馬會年輕糖尿支援計劃獲得CGM

children and young adults received CGMs through
the **CGM Little Rainbow and Jockey Club Support
for Young People with Diabetes** programmes

超過 **70** 個家庭受惠於助養兒童計劃
Over families supported by Sponsor a
Child financial assistance programme

約
Around

2,000 人參加YDA的活動
individuals attended YDA activities and events

「朋輩大使計劃」配對有經驗的家長支援初確診家庭
Mentorship programme matching experienced
parents with newly diagnosed families

累積配對
Accumulated matching

247 對
pairs

71

新確診會員人數
Number of newly
diagnosed members

| | | |
|---------|------------------|-----------|
| 0-6 | 歲 years old | 4 |
| 7-12 | 歲 years old | 23 |
| 13-17 | 歲 years old | 30 |
| 18-24 | 歲 years old | 5 |
| Over 24 | 歲以上 years old | 9 |

義工
Volunteers **65**

29 企業義工
Corporate
volunteers

36 會員及家長義工
Member and parent
volunteers

熱線服務
Hotline services

> 2,400 查詢
enquiries



賽馬會年輕糖尿支援計劃

Jockey Club Support for Young People

此計劃為年輕糖尿病患者提供為期兩年的CGM，以及一定數量的胰島素泵。另外，計劃希望增加患者及家人的資源，提高大眾意識，同時進行了一項關於CGM使用成本效益的調查。

The programme offers young people with diabetes access to CGMs for two years, as well as a limited number of insulin pumps. It also includes resources designed to empower patients and their families. It has also played a key role in raising awareness about diabetes and includes participants in a study examining the cost-effectiveness of CGM usage.



如欲了解詳情及登記，請瀏覽：
jcsupportdm.hk/zh-hant
To find out more information and
to sign up please visit the website:
jcsupportdm.hk

超過
Over

330 名兒童和青少年獲得CGM
children and young adults received a CGM

8 人
individuals

獲得胰島素泵
received an insulin pump

4 年
year

的計劃讓患者獲得最新的治療科技，特別為無力
負擔這些費用的會員而設

initiative that allows young people with diabetes to
access the latest diabetes treatments, particularly for
members who might not have been able to afford this
essential care on their own.

會員經驗分享

Members share their experiences

黃皓琛 Summer

年齡 Age 21

CGM讓我能夠隨時掌握自己的血糖水平，這樣我在上課時不必時時刻刻擔心突然的低血糖或高血糖，我能更專注於學習。

在考試期間，緊張的情緒常常會影響血糖。CGM能即時提醒我血糖的變化，讓我及時應對，調整飲食或注射胰島素，保持最佳狀態。

運動前後我可以輕鬆檢查血糖，亦可避免運動時出現低血糖意外。這讓我更享受運動，也更有信心參加各種體育活動。

在朋友相處方面，參加這個計劃讓我有機會結識了很多同樣面對糖尿病挑戰的人。我們互相分享經驗，甚至一起討論如何在社交場合中管理血糖。這樣不僅增進了我們的友誼，也讓我感受到自己並不孤單。

The CGM allows me to monitor my blood glucose levels at any time, reducing the constant worries about sudden highs and lows during class. This enables me to focus better on my studies.

During exams, it can instantly alert me to changes, allowing me to respond promptly.

I can easily check my blood sugar before and after exercise, preventing unexpected lows and boosting my confidence to participate in sports.

Through this programme, I've connected with others facing similar challenges, sharing experiences and support. This not only strengthens our friendships but also makes me feel less alone.



恩恩 YAN YAN

年齡 Age 7

多謝兒童糖尿協會，派CGM，安排肌理畫、整湯圓、食盆菜、做手工和畫畫等活動，讓我可以認識到很多糖友。

Thank you YDA for giving us CGMs! They organised fun activities like making texture painting, making sweet dumpling, enjoying Poon Choi, crafting, and painting. I got to meet a lot of friends with diabetes!

吳愷恩
Ng Hoi Yan



恩恩參加了YDA的賽馬會年輕糖尿支援計劃，獲得CGM資助。CGM幫助了她的日常生活，我們作為家長可以監察她的血糖走勢，更加了解每一種食物對恩恩血糖升降的影響，從而避免血糖過高或過低，保持穩定，讓恩恩能夠過上一般小朋友的生活。

Yan Yan joined YDA's Jockey Club Support for Young People with Diabetes and received CGM. The CGM has helped her daily life, allowing us as parents to monitor her blood sugar trends and better understand how each type of food affects Yan Yan's blood glucose fluctuations. This helps us avoid her blood sugar being too high or too low, keeping it stable so that Yan Yan can live a life like any other child.

吳愷恩媽媽
Ng Hoi Yan's mum

YDA會員中心

YDA Centre for Specialist Care

新的會員中心開幕是YDA一個重要里程碑。新中心除了地點方便，也擴展現時土瓜灣中心的服務，進一步支援糖尿病患者。

The grand opening of the YDA Centre for Specialist Care marked a significant milestone for YDA. This new convenient centre complements the services offered at our Centre of Excellence in To Kwa Wan, further strengthening support for patients with diabetes.



新中心是CGM計劃參加者的重要支援站，也是舉辦工作坊和活動的場地，例如專科護士和營養師主持的糖尿病管理教育、休閒和運動工作坊。會員亦可在新中心聯絡交流，獲得糖尿病管理的資訊。

The Centre serves as a vital support hub for members involved in the CGM programmes, providing an excellent space for workshops and activities such as diabetes management education by specialist nurses and dieticians, relaxation and sports-related workshops. It offers members the opportunity to connect with one another while gaining important information about diabetes management.

中心開幕至今.....
Since it's opening, the centre has...

舉辦了 **12** 場多元工作坊
held **12** diversified workshops

超過 **310** 名會員參加了工作坊
had over **310** individuals attending workshops

派發超過 **7,500** 個CGM
distributed more than **7,500** pieces of CGMs



活動——公眾教育

Events – awareness raising



糖尿病研討會

Diabetes Conference

YDA糖尿病研討會的主題是「糖尿病——當下與前瞻」，共有120多位與會者，包括患者、家屬、專業醫療人員和其他組織的代表。YDA邀請多位具豐富知識和經驗的講者，舉辦一系列互動講座，講解日常糖尿病管理及未來治療選擇，讓參加者了解日後的糖尿病管理方向。

The YDA Diabetes Conference, titled “Diabetes – Present and Future”, had over 120 attendees including patients, families, medical professionals and representatives of other organisations. YDA invited several knowledgeable and experienced speakers to present a series of interactive seminars focused on daily diabetes management and future treatment options. Participants gained valuable insights into the future of diabetes management.

學校講座

School talks

本會於啟新書院及香港國際學校舉辦了學校講座，消除大眾對糖尿病的迷思和誤解，也更了解學校可為糖尿病童帶來關鍵支援，未來我們會舉辦更多相關活動。

We held two informative school talks at Renaissance College and Hong Kong International School, addressing myths and misconceptions about diabetes. A better understanding of the school environment can significantly support children with diabetes. We will continue to expand this initiative.



關愛支援

Care support

有力的社區支援可以保障孩子，以免他們獨自面對這種終身疾病。每個人都可能患上糖尿病，但不是每個人都可得到必要的資源和護理，尤其是低收入家庭。本會致力加強現有計劃，確保兒童和家庭都得到支援。

Having a strong community of support will help to ensure that no child is left alone in dealing with this life-long condition. Diabetes can affect anyone; however, not everyone is able to access the resources and care required, making it especially challenging for low-income families. We are committed to enhancing our existing programmes to ensure children and families receive the support they need.

資助兒童計劃

Sponsor a child

這是本會的核心支援計劃，繼續協助70多個家庭，提供基本醫療用品和情緒支援，減輕他們的經濟和精神壓力，讓他們照顧患病家人時，不再無助。

Our core care support programme continues to empower over 70 families in need by providing essential medical supplies and vital emotional support. This programme alleviates both the financial and emotional burdens associated with diabetes management, enabling families to better navigate the challenges of living with diabetes.

CGM小彩虹計劃

CGM Little Rainbow programme

在公益金醫療援助基金的資助下，CGM小彩虹計劃進展良多，超過200名16歲及以下兒童獲得了CGM，特別是有需要家庭的兒童。我們有幸見證計劃改善他們的生活。

Supported by the Community Chest Medical Assistance Fund, the CGM Little Rainbow programme has made significant strides, providing over 200 children aged 16 and under—particularly those from families in need—with CGMs. We have witnessed the positive impact this initiative has had on their lives.



糖尿大曬營

YDA diaBEATes Camp

自新冠疫情以來，本會首次舉辦宿營，活動十分成功，超過60人參加了體育項目、冒險遊戲和尋寶活動，參加者彼此建立了珍貴的友誼，更加強了獨立管理糖尿病的能力。感謝諾和諾德香港有限公司的贊助，也感謝醫護人員和高盛Community TeamWorks義工的支持。

Our first overnight camp since COVID-19 was a great success, with over 60 participants engaging in sports, adventure games, and a treasure hunt. They forged lasting friendships and enhanced their ability to self-manage diabetes independently. Thank you to Novo Nordisk Hong Kong Limited for their sponsorship, as well as the medical professionals and Goldman Sachs Community TeamWorks volunteers for their invaluable support.



在進營地以前，兒子說他不想去；但是一出營地後，他馬上問我什麼時候可以再去。非常感謝YDA以及所有同行的醫護人員，感謝你們每一位的細心照顧和陪伴！

Before the camp, my son said he didn't want to go, but once he came back, he asked when he could go again. A big thank you to YDA and all the medical staff. We truly appreciate every one of you for your attentive care and companionship!



柯雋皓媽媽 Or Chun Ho's mum



這個營地活動玩得很開心，希望下次再有機會參加。感謝各位醫護人員及YDA職員兩天來的關愛和照顧，萬分感激。

The camp was really enjoyable, and we hope to join again next time. Many thanks to all the medical staff and YDA employees. We are extremely grateful.



Chan Long Ching's mum



籌款活動

Fundraising activities

無論是參加YDA活動，還是自己組織籌款活動 – 感激您的支持。

Whether you joined one of YDA's events or organised your own – thank you for your support.

「與光·童行」剃頭籌款 Shave with Love

7位參加者剃頭為YDA籌款，其中更包括一名嬰兒在內。本會特別感謝主辦人Daniel和Elaine（他們的女兒Madelaine患有一型糖尿病），以及俄亥俄州立大學香港校友會及東華三院李潤田紀念中學校友會的支持，他們一共籌得超過57,000元。

Seven participants, including a baby, shaved their heads to raise funds for YDA. Special thanks to organisers Daniel and Elaine, whose daughter Madelaine has Type 1 diabetes, and to the Ohio State University Alumni Club of Hong Kong and TWGHs Lee Ching Dee Memorial College Alumni Association for their support. They raised over HK\$57,000.



藍月慈善晚宴 Blue Moon Gala

YDA藍月慈善晚宴圓滿結束，籌得超過100萬港元。在這個歡樂而充實的晚上，一眾賓客踴躍參與，在此感謝各界慷慨解囊和支持，對YDA尤其重要。另外，特別鳴謝冠名贊助Purviz Shroff女士。

The YDA Blue Moon Gala Dinner was a spectacular success, raising over HK\$1 million. Guests had an evening filled with fundraising and fun, actively contributing to the cause. Thank you for the incredible generosity and support from guests for making a significant impact for YDA. Special thanks to title sponsor Mrs Purviz Shroff.



百萬健步挑戰

The Million Step Challenge

與Backyard Roots合辦的「百萬健步挑戰」籌得逾18萬港元，總步數超過700萬。本會向所有參加者表示衷心感激。

Co-organised with Backyard Roots, the Million Step Challenge for Blue November raised over HK\$180,000 and collectively achieved more than seven million steps. We extend our heartfelt gratitude to all participants who embraced this challenge.



YDA聖誕派對 YDA Christmas Party

YDA聖誕派對，歡樂又熱鬧，除了有聖誕大餐，義工和YDA會員也帶來精彩表演。特別感謝香港公益金的贊助與支持。

The YDA Christmas party was a joyful celebration with a festive feast, performances by volunteers and YDA members. Special thanks to The Community Chest of Hong Kong for their sponsorship and support.



攜手支持 Get involved

管理兒童和青少年一型糖尿病，對家庭和醫療提供者都是一大難題。這種慢性疾病需要精心的日常管理，包括監察血糖、注射胰島素，以及提供合適的飲食。一旦處理不當，可能導致短期或長期的嚴重併發症。

上述種種都是挑戰，沒有您的支持，我們就難以幫助糖尿病兒童消除障礙。

Managing Type 1 diabetes in children and young adults presents a significant challenge for families and healthcare providers alike. This chronic condition requires meticulous daily management, including monitoring blood glucose levels, administering insulin, and making informed dietary choices. If not properly controlled, diabetes may result in serious short and long term health complications.

These are big challenges and without your support we couldn't achieve our mission of no child held back by diabetes.



以下是一些支持本會的方式：
Here are some ways to get involved:

捐款 Donate

你的一分一毫也可帶來改變。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

HK\$12,000的善款，可為有需要家庭支付一年的基本醫療設備及護理用品費用。

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

與我們攜手，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

倡議求變 Advocating for change

當年輕人面對成長挑戰時，管理糖尿病會增加他們的情緒負擔。CGM對管理糖尿病有積極作用，但這項基本治療的費用頗高，令病人卻步。

目前，香港政府只補貼胰島素的成本，部分製造商也未引入最新的糖尿病儀器，本會致力倡議改變。

未來數年，我們重點讓最新的療法變得普及，所有糖尿病兒童和年輕人都有權選擇適合自己的方案。

As young people navigate the challenges of growing up, managing diabetes adds to their emotional burdens. CGMs have proven to positively impact diabetes management; however, access to this essential treatment option remains prohibitively costly.

Currently, the Hong Kong government only subsidise the cost of insulin, and some manufacturers have yet to introduce their latest diabetes devices to the HK market. We are committed to advocating for change.

In the coming years, our focus will be on improving access to the latest diabetes treatments. We believe all children and young adults with diabetes should have the flexibility to choose their preferred method of treatment for managing their condition.

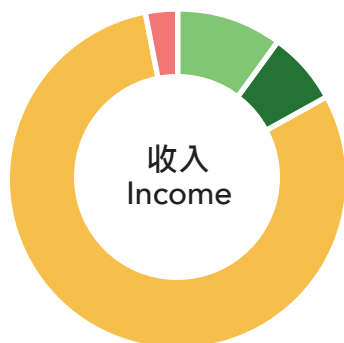


請簽署YDA的請願書，向政府爭取將CGM納入一型糖尿病年輕人的醫療。讓我們攜手倡議，爭取更好的醫療願景，讓糖尿病患者活得更精彩。

Sign our petition to show your support for the inclusion of CGM devices in the HK healthcare system for young people with diabetes. Together, we can advocate for better healthcare provisions and improve the lives of those affected by this condition.

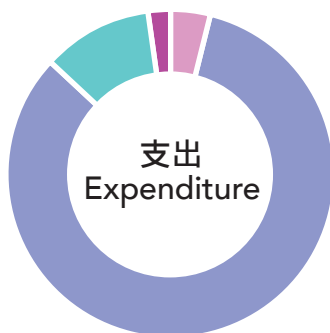
財政摘要

Financial highlights



- 3% 利息及其他收入
Interest and other income
- 7% 一般捐款
General donations
- 10% 籌款活動
Fundraising activities
- 80% 慈善基金
Grants

總收入
Total income
HK\$11,595,733



- 2% 折舊
Depreciation
- 4% 籌款活動
Fundraising activities
- 11% 管理及行政
Management and administration
- 83% 會員服務
Member services

總支出
Total expenses
HK\$11,153,872

- 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

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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.:

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發卡銀行 Issuing bank: _____ 有效日期 Expiry date:

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 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 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



請將成功付款頁面截圖並連同「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".

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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: _____

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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.



兒童糖尿協會總辦事處
九龍土瓜灣道94號美華工業中心B座9樓B17室
YDA Head Office
B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon

電話 Tel : 2544 3263
傳真 Fax : 2544 3313
電郵 Email : support@yda.org.hk
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