

My Life My Health My CHOICE

年報 2020 Annual Report



再思社區健康組織
Community Health Organisation for
Intervention, Care and Empowerment

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主席獻辭 Message from Chairperson

2020年是充滿挑戰的一年。新冠肺炎疫情席捲全球，死亡人數逾百萬，是人類史上死亡人數最多的大流行病之一。在當中香港市民亦經歷了各種「限聚」的措施，不論是餐廳酒吧不能營業、在家遠距工作、學生改為網上授課等，都成為了我們對這一年不可磨滅的集體記憶。

CHOICE自2002年成立，多年致力愛滋病預防，項目對象包括性工作者及其顧客、男男性接觸者、以致濫藥及其他高危社群。在2020年，CHOICE也跟從政府的防疫建議，除了部份時間要求員工在家工作，中心的對外服務也曾經一度暫停。

在各國的經驗都可以知道，即使防疫措施多麼嚴謹，但是愛滋病的高危行為，在疫情中往往卻是有增無減的。

所以，CHOICE在疫情中，一方面務求遵從政府的防疫限聚措施以保護員工，但另一方面，亦希望維持預防愛滋病的服務。並希望在兩者中作出平衡。

回顧2020年的工作，在疫情中做社區外展，幾近是不可能的了。但是我們今年在中心有限度服務中，依然提供了約1500個愛滋病毒及梅毒抗體測試。此外我們亦適時擴展了機構的網上服務，在一千三百多節的網上外展服務中，接觸人次多達一百六十萬。而我們去年開辦在家中檢驗愛滋病的E-Check (Easy-Check)「依時測」項目，也正好在疫情中，把愛滋病測試，帶到高危人士家中；在2020年，我們一共提供愛滋病測試超過1500個測試。

一如既往，CHOICE堅持每年繼續舉辦學術研討會，亦擬定邀請不少香港及海外的演講嘉賓，包括聯合國愛滋病規劃署在中國的策略信息顧問郭巍博士、衛生署衛生防護中心總監 / 特別預防計劃顧問醫生黃加慶醫生, JP、特別預防計劃高級醫生黃駿君醫生、香港

中文大學崇光感染及傳染病學研究李瑞山教授、公共衛生服務處主任 / 皮膚科主任顧問何景文醫生 瑪嘉烈醫院感染及傳染病科植韶沅醫生、精神科曾韋僑醫生。

可惜2020年的疫情令不少跨國參與的活動都擱置了，連奧運都需要推遲，我們的愛滋病學術會議亦一再延期。猶幸終於在2021年2月，順利舉行網上會議。我們邀請的本地及海外演講嘉賓，亦全部欣然參與。

這令我想到了《易經》中的第五卦，是「水天需」卦。這一個卦象的上卦為水，下卦為天；可以想像為天上有雲，卻仍未下雨，可以這卦有等待之意。另一角度分析，水為坎、是凶險的意思；而天則寓意剛健，所謂「天行健，君子以自強不息」。卦象指示我們，面對艱險可能有阻滯。但在等待期間，仍需要自強不息，等待時機再向前邁進。

2020年是不容易捱過的一年。然而，不斷努力必然會令等待成為有意義。再等些日子，2022年將會是CHOICE的20周年紀念。希望這也會成為我們後疫情運作的一個里程碑，到時仍有賴大家的支持！

尹慧兒醫生

組織架構 Organisational Structure

董事局 Board of Directors

主席 Chairperson
尹慧兒醫生
Dr. WAN Wai Yee



秘書 Secretary
湯德輝先生
Mr. TONG Tak Fai



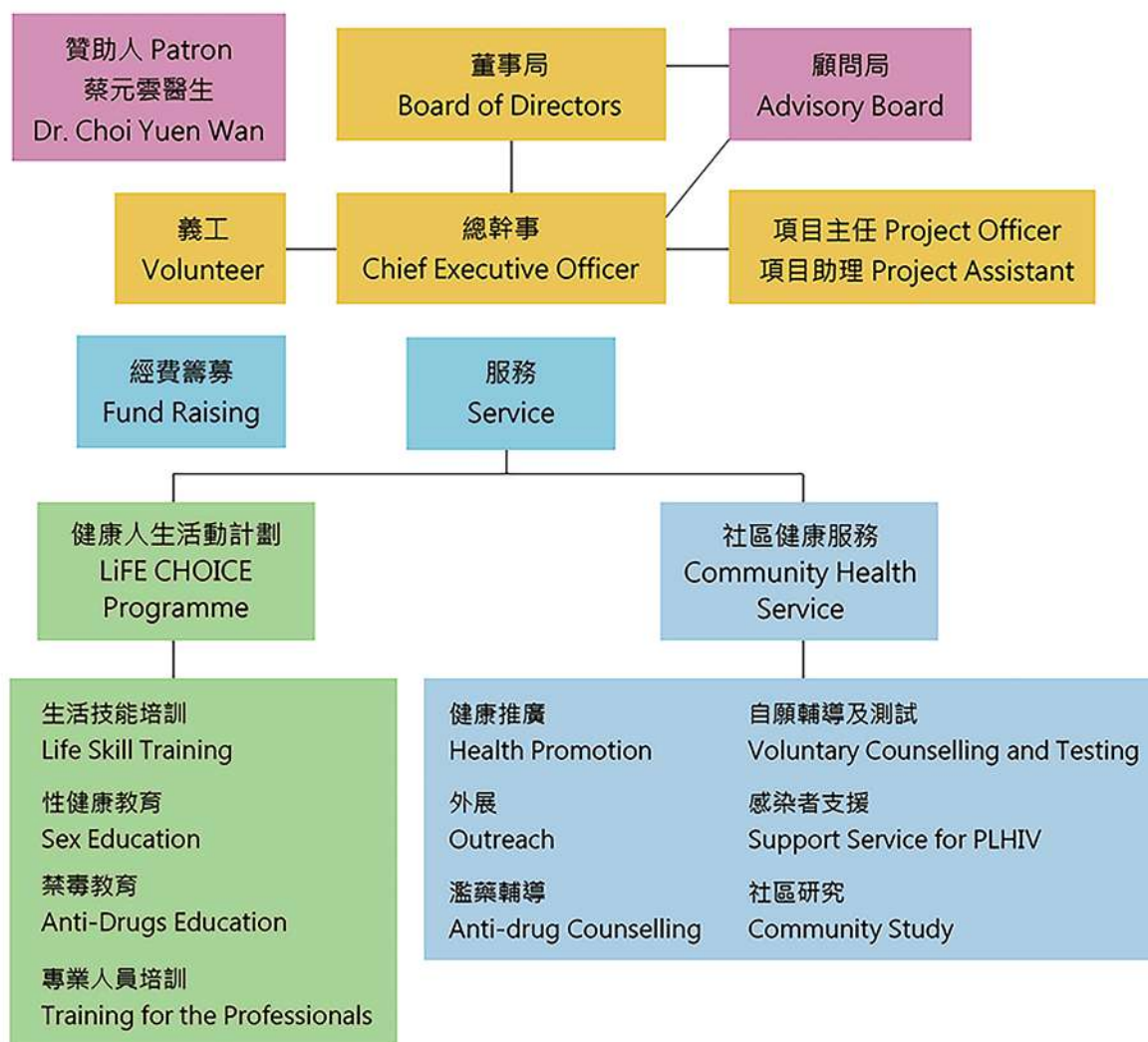
財務 Treasurer
甘啟文教授
Prof. KAM Kai Man Joseph



何文勝博士
Dr. HO Man Sing



董事局 Board of Directors



創辦人	何碧玉女士 譚美儀女士	Cofounders	Ms. Ho Pik Yuk Shara Ms. Tammy Gautier
贊助人	蔡元雲醫生	Patron	Dr. Choi Yuen Wan
董事局	尹慧兒醫生 (主席) 湯德輝先生 (秘書) 甘啟文教授 (財務) 何文勝博士	Board of Directors	Dr. Wan Wai Yee (Chairperson) Mr. Tong Tak Fai (Secretary) Prof. Kam Kai Man Joseph (Treasurer) Dr. Ho Man Sing
顧問局	何景文醫生 劉德輝教授 吳錦祥醫生 冼日明教授 尹志強先生	Advisory Board	Dr. Ho King Man Prof. Lau Tak Fai Joseph Dr. Ng Kam Cheung Stephen Prof. Sin Yat Ming Mr. Wan Chi Keung Aaron
義務核數師	廖建平會計師事務所	Hon. Auditor	Alcott Liu CPA Limited
義務律師	馬致聰先生	Hon. Lawyer	Mr. Ma Chi Chung Ronald
其他	職員及義工	Others	Staff and Volunteers

再思之旅 Milestones

年度 Year	
2002	再思成立，為一所由義工主導的非牟利慈善機構，並展開性服務業的外展服務。 C.H.O.I.C.E. established as a charitable non-governmental, volunteer-based organisation on 14th Aug 2002, and started reaching out to the local sex industry to provide outreach services.
2003	再思為本港首間為性工作者及其顧客提供梅毒及愛滋病毒抗體快速測試的非牟利機構。 C.H.O.I.C.E. became the FIRST Hong Kong-based organisation to provide RAPID Syphilis and HIV antibody test for sex workers and their clients.
2004	與香港中文大學合辦「香港女性性工作者及其顧客生理健康及行為研究」。 與衛生署紅絲帶中心合辦外展活動 - 「驕陽計劃」。 Conducted a community study on female sex workers and their clients' physical health and behaviors in collaboration with the Chinese University of Hong Kong. Launched an outreach project "Project Sunny" with Red Ribbon Centre, Department of Health.
2005	關注青少年跨境濫用藥物問題，開展邊境外展服務。 C.H.O.I.C.E. showed concern about the problem of cross-boundary substance abuse for youth, and started offshore outreach.
2006	開展首個為年青男男性接觸人士社群而設的策略性網上干預服務。 在香港愛滋病顧問局推動下，成為「性工作者及其顧客群組」的評估及政策策劃召集人。 Launched the FIRST strategic internet intervention programme for the young men who have sex with men (MSM) community. C.H.O.I.C.E. became the convener to plan and evaluate the policies catering for sex workers and their clients propelled by Hong Kong Advisory Council on AIDS.
2007	與香港中文大學合作，為懷疑感染或已感染性病的婦女開展輔導干預計劃。 Launched a counselling programme with the Chinese University of Hong Kong for females who were (or suspected to be) infected with STIs.
2008	擴展性病及愛滋病毒抗體測試服務予男男性接觸人士。 Started providing voluntary STI/ HIV testing and counselling service for the MSM community.
2009	擴展健康促進計劃至大眾。與香港大學持續進修學院及香港戒毒會合辦「到校教師培訓課程」，增強教師有關禁毒的知識。 Health promotion and education were further spread among public. C.H.O.I.C.E. launched an anti-drugs training programme for teachers in collaboration with the HKUSPACE and the SARDA to empower teachers on knowledge of drug abuse.
2010	開展為青少年、家長及教師而設的「健康人生活動」計劃。 Introduced the "LiFE CHOICE programme" which is offered for the well being of youth, their parents and teachers.

年度 Year	
2011	<p>舉行世界愛滋病日活動 — 「仁心妙韻」粵曲演唱會，向長者傳遞預防訊息。</p> <p>Conducted a Cantonese Opera on the World AIDS Day to deliver HIV prevention information to elderly.</p>
2012	<p>「姊妹關懷行動」榮獲蘋果日報慈善基金頒發「出色服務獎」。</p> <p>"SHE Project" was awarded "The Outstanding Service" by the Apple Daily Charitable Foundation.</p>
2013	<p>開設「DIY夢工場」，鼓勵婦女可有新的工作技能。</p> <p>Established the "DIY Handicrafts Workshop" to equip women with new life skills.</p>
2014	<p>開展「男同志綜合禁毒服務計劃」，為男同志提供連貫性的預防濫藥服務。</p> <p>Launched an "Integrated Anti-drug Service Scheme for Gay population" to provide a series of coherent anti-drug services.</p> <p>與香港中文大學合作，進行針對男男性接觸者的自我檢測(家居)測試及網上輔導的研究。</p> <p>In collaboration with the Chinese University of Hong Kong, we initiated a randomized controlled trial to evaluate the efficacy of promoting home-based HIV testing with online counselling on increasing HIV testing among men who have sex with men.</p>
2015	<p>創立名為「珍珠社企」的社會企業，邀請服務使用者製作不同的手工藝品及首飾。</p> <p>Launched a social enterprise, the "Pearl Project", to engage service users in making different handicrafts and accessories.</p>
2016	<p>舉辦「愛滋病研討會：愛滋病預防及治療」，邀請了10名本地、內地及國際的愛滋病專家作出分享。</p> <p>C.H.O.I.C.E. organized "HIV/AIDS Conference: Emerging Issues in HIV/AIDS Prevention and Treatment" and assembled a panel of 10 local, mainland and international experts to share their views on HIV/AIDS issues.</p>
2017	<p>開展新的愛滋病病毒感染者關懷計劃 - 「連扣工程」，為感染者提供多元化的身心健康支援服務。</p> <p>C.H.O.I.C.E. spearheaded the "LINKage of PLHIV to Care" Programme for people living with HIV (PLHIV), with a view to providing them with diverse and multi-faceted mental and physical health support services.</p>
2018	<p>開展全港首個免費的「快遞自助檢測 - 愛滋病病毒及性傳染病」，鼓勵年輕群組接受性健康檢查。</p> <p>Launched the first HIV and STI tests by post "eChatiCheck" which provides free and confidential sexual health services to encourage the young generation to receive checks.</p>
2019	<p>2019 開展新的「性在有你 - 非華裔人士的性健康教育諮詢及愛滋病檢查計劃」，鼓勵少數族裔群組接受性健康檢查。</p> <p>Launched in 2019, the "Know Your Status Programme" provides the ethnic minority communities with safe sex promotion, public campaign, safe sex kits and free rapid tests so as to encourage them to get tested.</p>

關於再思 About CHOICE

再思社區健康組織 (簡稱「再思」)

成立於2002年8月，是專注推廣疾病預防的非政府社會服務機構。

我們的抱負

本會致力推廣社區關懷、將健康訊息遍佈社區及建立正向人生態度。我們鼓勵服務使用者發揮自助互助的精神，透過社群參與及義務工作，從而建立一個關愛包容的社會。

我們的信念

「再思」堅信任何的人生階段，都可以有選擇，生命也可改變，故機構的英文定名為「CHOICE」，中文名為「再思」。

我們的使命

我們致力推動「促進健康、預防疾病」的訊息，鼓勵公眾加強對健康生活的認識，從而養成良好的生活模式，建立健康社區。

CHOICE

Established in August 2002. It is a non-governmental social service organisation which focuses on promoting disease prevention and health promotion.

Our Vision

We strive to promote care, healthy lifestyle and positive attitude in the community. Through community engagements and volunteer works, we empower our service users to build a mutually supportive and caring society.

Our Values

The name "CHOICE" comes from our conviction that there are choices in every stage of life, and that life can be changed and made better.

Our Mission

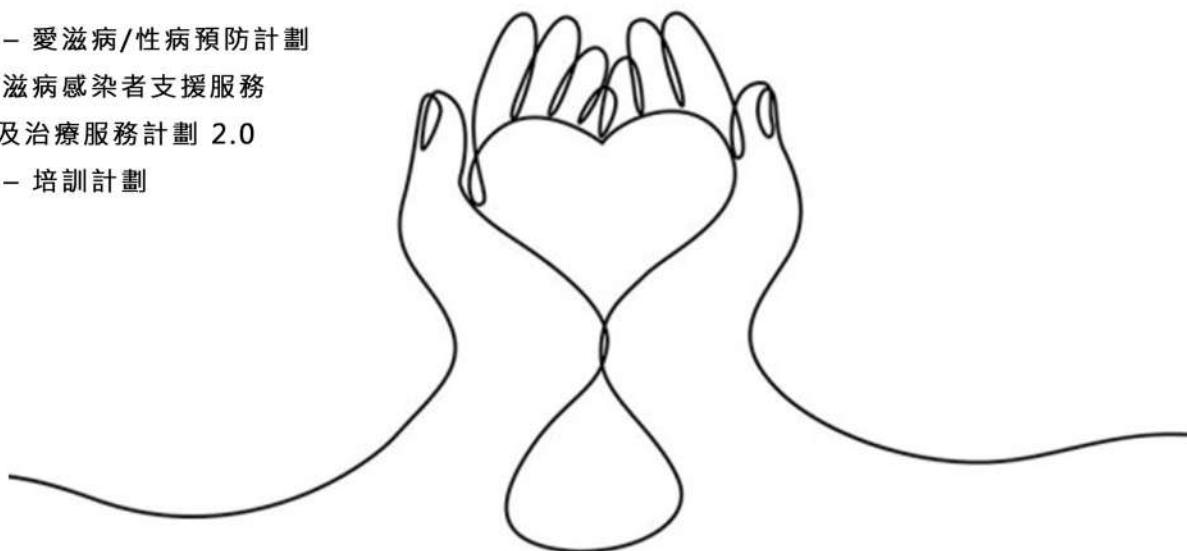
We are dedicated to promoting health and disease prevention and enhancing public awareness towards healthy living and lifestyle for the good of the community in Hong Kong.

促進健康，全人發展

Health Promotion and Holistic Development

服務發展 - 推動卓越和創新服務，回應社會服務需要

- 綜合社區服務 - 愛滋病/性病預防計劃
- 連扣工程 - 愛滋病感染者支援服務
- 綜合濫藥預防及治療服務計劃 2.0
- 健康人生活動 - 培訓計劃



Service Development - Promote service excellence and innovation to address social needs

- Integrated Community-based Intervention for HIV/STI Prevention and Care Programme
- Linkage to care - POZ
- Integrated Anti-Drug Service 2.0
- LiFE CHOICE - Training Programme

綜合社區服務 - 愛滋病/性病預防計劃 Integrated Community - Based Intervention for HIV/AIDS/ STI Prevention and Care Programme

在2020年1月上旬，本港錄得首宗2019新冠肺炎感染個案。在此之後，港府採取了一系列的防疫政策。例如安排酒吧及桑拿處所停業，關閉公園、公廁與更衣室以及游泳池等等。上述勒令關閉的處所正是我們社區外展的地點。為了減低服務使用者以及同工感染的風險，快速測試服務的預約時段減少。同時，服務使用者需要跟隨我們的健康措施，例如探熱及使用消毒搓手液擦拭雙手。本會在此困難期間，緊守崗位，繼續提供輔導、線上外展及有限度的快速測試服務。

In the early January 2020, Hong Kong recorded the first Covid-19 infection. Since then, the government has ordered a series of social distancing measures such as the closure of bars, saunas, parks, public toilets with changing room, and swimming pools. All these affected venues and facilities are our target outreach locations. To protect our staff and clients' health and safety and to prevent the infection of Covid-19, our VCT service was reduced. All visitors are required to follow our hygiene measures, such as temperature check and hand sanitization. During this particularly tough time, our staff remain committed and resolute to providing online outreach service, counselling service, community outreach and VCT service.

快速測試及輔導

自2003年起，本會為有需要人士提供免費、匿名、保密的快速測試及輔導服務，包括：愛滋病病毒、梅毒等快速檢測，讓接受測試者了解自己的身體狀況，並得到相關的健康資訊，及早預防或接受治療。在2020年，我們為超過1500人次提供愛滋病病毒、梅毒及其他性病檢測。

Rapid Testing and Counselling

Since 2003, C.H.O.I.C.E. has been providing free and anonymous testing and counselling services, which include HIV antibody test and Syphilis antibody test. We aim to allow members of high-risk communities to be aware of their health status, provide them with healthcare information, and prepare them for prevention and/or early follow-up treatment. In 2020, we conducted HIV and Syphilis antibody tests for more than 1,500 people.

「快遞自助檢測 - 依時測」 愛滋病病毒及性傳染病

「快速自助檢測 - 依時測」是以互聯網及郵遞的方式，為25歲或以下的年輕群組提供免費的愛滋病病毒及性傳染病自我檢測服務，讓他們可在私密的地方自行檢驗，從而鼓勵年青人定期接受性健康檢查。本會會透過互聯網及電話的方式，提供檢測支援及健康諮詢。如發現受感染，將會轉介感染者到相關的診所作進一步的跟進及治療。透過此計劃，我們得知超過78.1%的服務使用者傾向使用愛滋病病毒及性傳染病自我檢測服務；對比親身前往NGOs及診所接受測試服務，而超過71.2%的服務使用者更為接受線上檢測支援及健康諮詢。最後，超過80.3%的服務使用者表示，他們會推薦線上檢測服務予朋友及性伴侶。

"easyCheck" Free HIV and STI Tests by Post Service

C.H.O.I.C.E. delivers free HIV and STIs self-test kits to the young community aged 25 or below by way of online contact and postal service, so that they can conduct self-tests in a private environment. It aims at encouraging the young community to receive sexual health checks on a regular basis. We provide self-test support and healthcare consultation service online and by telephone. If test result reveals infection, we will refer the client to the relevant clinic for follow-up and treatment. Through this scheme, we find that more than 78.1% of the respondents prefer self-tests for HIV/STI testing; 71.2% prefer test through internet-based eHealth service over attending NGOs/clinic for HIV/STI testing. Finally, more than 80.3% would recommend the online testing service to friends/sex partners.

外展服務

自2002年起，本會已提供逾十八年的外展服務，包括針對不同社群而設的社區及網上外展。經歷了2019年的社會運動、2020年的疫情反覆和各項應對措施，本會無法如常進行社區外展服務。有見及此，網上外展服務節數隨之遞增，盼望能在各種外來因素掣肘下，仍然可以與目標群眾保持接觸。

目標為：

- 1) 增加社群對愛滋病和性病的正確知識
- 2) 糾正社群對愛滋病病毒和性病感染的錯誤認知
- 3) 鼓勵社群定期接受愛滋病病毒性病檢查和避免自行用藥

社區外展

本會定期到訪服務使用者聚集的地方，主動向他們宣傳預防疾病的健康訊息、免費派發安全套及潤滑劑，並提供性病快速測試及輔導。

在2020年，因應2019新冠肺炎疫情蔓延，我們的外展服務故此受到不少挑戰和限制。本會一直緊貼政府的各項在不同場所的防疫措施狀況，以便作出最快、合適的相應安排。但在困難當中，我們仍展開了148多次外展服務，接觸約超過2萬2千人次，並派發了超過3萬3千多個安全套、3萬4千多個潤滑劑及近3萬2千多萬份宣傳品。

Outreach Service

Since its establishment in 2002, C.H.O.I.C.E. has been providing outreach services for more than 18 years, including community outreach and internet outreach for different communities. As a result of the social movements in 2019 as well as the turbulent Covid-19 pandemic in 2020, we were not able to provide community outreach service as usual. Therefore, the number of online outreach sessions has been increasing gradually, in an effort to keep engaging our target communities even under the various restraints.

Objectives:

1. Educate them with the knowledge of HIV/AIDS and STIs prevention
2. Correct their misunderstandings on HIV/AIDS and STIs infection
3. Encourage them to undergo HIV and STIs screening test regularly and avoid self-medication

Community Outreach

C.H.O.I.C.E. makes regular visits to identified assembling places of our target service users to promote disease prevention, deliver healthcare information, distribute free condoms and lubricants and provide on-site HIV, Syphilis and other STIs testing and counselling.

In 2020, due to the Covid-19 pandemic, we encountered a lot of challenges and limitations. We closely followed the government's social distancing policy so as to make a suitable arrangement in an efficient manner. During this difficult time, we still managed to conduct more than 148 outreach sessions, engaging more than 22,000 individuals and distributed more than 33,000 condoms, 34,000 packs of lubricants and 32,000 sets of promotional collaterals.

網上外展

本會提供網上支援服務，為網絡使用者解答對性健康的疑問，並提供輔導或支援，以紓緩他們的不安和焦慮情緒。

另外，2020年度本會加強了網上外展的服務節數，以彌補有限度的社區外展。我們在不同的網絡社交平台及手機交友應用程式開設專頁和官方帳號，不時張貼與愛滋病、性病及其他健康議題的相關文章，為網絡使用者提供多元化的健康資訊。藉此與目標群眾建立溝通渠道，方便向本會查詢及彼此交流，亦有助我們了解服務使用者的情況。

因應本地2019新冠肺炎肆虐，港府關閉了大部分的娛樂場所。同時為了減低同工和服務使用者的感染風險，社區外展維持有限度服務。因應本地同志社群在桑拿及酒吧關閉期間會透過網上社交平台（如：twitter等）交友及聚會，本會亦因此延長網上外展的時間和頻率，希望透過網上外展而提高社群對性病/愛滋病的意識及宣傳安全性行為的重要性。我們展開了超過1289節的網上外展服務，接觸人次近160萬。

彩虹日

每個星期六為本會的「彩虹日」。當天會開放予男同志使用，為他們提供一個暢所欲言的交流平台。我們亦會定期舉行不同類型的活動，如桌上遊戲、戶外活動、無火煮食活動等。除了推廣健康生活訊息外，我們希望透過一系列的活動及經歷分享，加強男同志之間的交流，並協助他們提升自我形象和具有朋輩間的支持。

而在2020年，本會暫停了所有的小組活動，並測試維持有限度服務。直到疫情在本地持續受控，我們才全面恢復了中心的測試服務，彩虹日的男同志免預約測試服務亦改為需要預約。同時，所有的活動均轉至線上舉行，包括線上煮食教室及正向價值觀活動等等。

Online Outreach

C.H.O.I.C.E. provides online support service by answering enquires about HIV and STIs, and providing them with counselling service to alleviate their stress and anxiety.

In addition, in 2020, we increased the number of online outreach sessions to make up for the limited community outreach. We set up pages and official accounts on different online social platforms and mobile dating apps, and post articles related to HIV, STIs and other health issues from time to time to provide internet users with diverse health information. In this way, we can establish a communication channel with the target communities to allow inquiries and exchanges with us, and also help us understand the situation of our service users.

In response to the local Covid-19 pandemic, the Hong Kong government closed most of the entertainment venues. At the same time, in order to reduce the risk of infection among our staff and service users, we maintained limited community outreach services. In response to the local MSM community making friends and having gatherings through online social platforms (e.g. Twitter) during the sauna and bar closures, we also extended the time and frequency of online outreach in an effort to raise the awareness towards HIV/AIDS and STIs and promote the importance of safe sex practice in the community through our online outreach. We conducted more than 1,289 sessions of online outreach, reaching nearly 1.6 million people.

Rainbow Day Activities

Every Saturday is designated as the "Rainbow Day", on which C.H.O.I.C.E. center is open for the gay population. It provides a platform for them to interact and establish rapport with each other. We organize different activities regularly, for example, board game contests, outdoor activities and flameless cooking class, etc. Through a series of games and experience sharing, we aim to enhance the interactions between them, promote healthy living and help them build up confidence and self-esteem.

In 2020, we suspended face-to-face group activities and maintained limited services to the public. Our service was fully resumed after the local Covid-19 situation was brought under control. However, the walk-in testing service for MSM is still suspended. Online booking is strongly recommended for all testing services. At the same time, all activities moved online, including online cooking classes and activities promoting positive thinking and values.

情緒支援服務

部分女性性工作者表示因照顧家庭、情感、戀愛、管教子女、親子關係等各種問題而產生不少壓力及情緒困擾，難以紓緩。因此，本會為有家庭及親子壓力的性工作者提供支援，協助她們紓緩情緒壓力，並尋找解決方法。

亦透過藝術治療活動融合正向心理學，提高她們的自我認識，學習如何有效地表達內心想法，並培養服務使用者的正向思維以應付生活中的逆境。

健康資訊台

本會關心服務使用者的健康，故定期在多個社交平台張貼不同的健康資訊，內容包括：性病/愛滋病、精神健康、男士健康、婦女健康等。此外，我們也不時張貼正面關係、感情管理、理財等資訊，為服務使用者打造多元化的資訊平台。

公眾宣傳活動

為提高公眾對愛滋病及性病的認識，本會舉行一系列的公眾宣傳活動。我們在公眾場所、大專院校等設置街站，派發安全套和教育單張，並向公眾人士及年輕群組宣傳與愛滋病和性病相關的資訊，例如：傳播途徑、預防及香港的感染情況等。

宣傳刊物

本會定期製作及派發不同的宣傳刊物，以增加各社群對性健康、性傳染疾病的認識，並提高他們預防疾病的意識。在2020年，我們派發了近3萬2千份宣傳刊物。

Emotion Support Service

Some of the female sex workers suffer from tremendous pressure and emotional distress arising from their families · lovers, partners and children. In view of it, C.H.O.I.C.E. provides support for those who have family and children by assisting them to relieve their pressure and helping them search for solutions.

Also, we holds the Art Therapy activity. Which are the integration of art therapies and positive psychology. It aims to understand themselves better, be able to express themselves more effectively and cultivate their positive thinking as so to cope with adversities.

Healthcare Information Channel

C.H.O.I.C.E. is concerned with the well-being of our service users. As such, we publish various healthcare information on different social media and platforms, including healthcare information on STIs/HIV, mental health, men' s health and women' s health. Further, we also publish information on positive relationship management, relationship management and financial management from time to time to provide a multi-faceted informational platform to our service users.

Publicity Campaigns

To enhance the public' s awareness towards HIV/AIDS and STIs, we have launched a series of publicity programmes. We set up stalls in public areas and tertiary institutions to distribute condoms and educational collaterals to the public and youngsters, educating them about HIV and STIs related information, including but not limited to routes of transmission, prevention and infection rate in Hong Kong.

Promotional Collaterals

C.H.O.I.C.E. promotes sexual health and offers information on HIV/AIDS and STIs through distributing various promotional collaterals. We hope to enhance the public' s awareness of infection prevention. In 2020, we distributed around 32,000 sets of promotional materials.

連扣工程

LINKage to Care - POZ

線上小組

因應2019新冠肺炎在本地持續蔓延，本中心的實體小組轉為線上舉行。在疫情下很多服務使用者都留在家中，為了不影響我們服務的質素，我們決定在疫情困境下在線上舉辦不同的活動。除了推廣健康生活資訊外，我們希望透過一系列的線上活動，加強服務使用者之間的交流，並期望透過活動為面對情緒困擾的朋友提供支援。

輔導及互助小組

本會為愛滋病病毒感染者提供個案輔導，協助新確診感染、受情緒困擾或用藥出現困難的感染者正面地處理情緒和壓力，並適應定時服藥的習慣及藥物的不良反應，有需要時可提供伴侶輔導服務。另外，我們定期舉行感染者互助小組活動，讓他們於朋輩間互相支持，實踐健康生活。

綜合健康檢查

本會提供綜合健康檢查服務，除了愛滋病病毒及梅毒快速測試外，也為愛滋病病毒感染者提供CD4淋巴細胞、結核測試及其他性病篩查，讓他們更進一步了解自己的身體狀況，從而安排更適切的支援服務。

多元化資訊平台

針對懷疑受感染人士及感染者的群組，本會設立了一系列的多元化資訊平台，包括：資訊性網站、網上風險評估及問答區、社交平台專頁、短片、正向生活公眾宣傳活動等。服務使用者可以透過這些平台，得到更多相關的資訊，從而積極面對治療及重返健康人生。

我們在 2020 年製作了兩部有關愛滋病病毒感染和有關愛滋病病毒誤解的音樂短片。兩部音樂短片 “Just Had a Thought” 和 “Love Till the End” 講述了主角和他後來發現感染了愛滋病病毒的伴侶之間的關係。

本會亦拍攝了其他公眾教育影片，主題涵蓋愛滋病介紹、愛滋病快速測試、愛滋病空窗期、傳播途徑以及其他性健康的基本資訊等。透過短片製作，本會期望提升公眾對愛滋病及性病的認識，以及鼓勵公眾定期接受性健康檢查。

Zoom Groups

Due to the Covid-19 situation in Hong Kong, all of our face-to-face meetings were suspended and we organized meetings instead. During the peak season of Covid-19, many of our service users stayed home. In order to maintain our service, all of our activities went online. Through a series of online activities, we aim at enhancing the interactions between our staff and the service users. We also aim at providing support for those who have issues coping with emotion.

Counselling and Poz Group

C.H.O.I.C.E. provides counselling services to assist the newly diagnosed, the emotionally troubled and the ones who experience difficulties with medication with emotional and stress management, and help them adapt to medication and the associated side-effects. We would also provide counselling services for their partners whenever necessary. In addition, we will have Poz Group gatherings regularly to allow mutual support between peers and encourage them to put healthy living into practice.

Consolidated Health Check

C.H.O.I.C.E. provides consolidated health checks. In addition to HIV and Syphilis rapid tests, we also provide infected persons with CD4 lymphocyte test, Tuberculosis (TB) test and other STI screening tests for them to further understand their health status and to arrange more appropriate support services to them.

Diverse Information Portals

To cater for the infected and those who suspect infection, we have set up a series of information portals, including informational websites, online risk assessment and Q&A forum, social media page, videos and positive living public promotion campaigns. Service users can access relevant information through these information portals so as to gain confidence on treatment and to pick up their healthy life.

In 2020, we produced two music videos on HIV infection and myths about HIV. The 2 music videos, “Just Had a Thought” and “Love Till the End” narrate the relationship between the protagonist and his partner whom he subsequently found to be HIV-positive.

We also produced other education videos, covering topics such as the introduction of HIV rapid test, window period of HIV, transmission routes of HIV and other information regard sexual health. Through the video production, members of the public will gain basic knowledge and a better understanding about HIV and STIs and are encouraged to get tested regularly.

綜合濫藥預防及治療服務計劃 Integrated Anti-Drug Service 2.0

由2014起，本會獲禁毒基金撥款，開展「綜合預防及治療服務計劃2.0」，為男同志社群提供預防濫藥工作及戒毒輔導服務，當中服務範圍甚廣。

本會採用「外展」形式的服務，包括社區外展和網上外展，透過各類型的社交平台，主動接觸男同志社群及濫藥人士。

同時，本會透過個案輔導和不同的預防性及治療小組，增加男同志的預防意識及提升處理濫藥問題的動機，發揮正面的影響。如有需要，我們可為濫藥人士提供精神科轉介及治療。至於「朋輩輔導員」培訓活動，透過建立朋輩支援網絡，宣傳正向健康人生。

為了提升男同志社群的預防意識，本會於2019完成拍攝了兩段短片"獨愛"和"獨暖"以提升社群內的預防濫藥及用藥後性行為意識以及提升用藥同志的戒除動機。兩段短片分別上載到本會的Facebook社交平台，期望透過短片鼓勵服務使用者主動尋求協助以及重返健康人生。兩段發放短片，反應非常受歡迎。

Since 2014, we were again awarded funding from the Beat Drugs Fund 2.0 furtherance of the "Integrated Anti-Drug Service". The scheme provides the gay population with drug prevention and drug-quitting counselling services. This scheme envisages a wide scope of service.

We adopt "outreach" as our mode of service. We conduct both community outreach and online outreach. Through different social platforms, we actively get in touch with the gay population and individuals who abuse drugs.

In the meantime, through case counselling and different preventive and therapy groups, we try to enhance the awareness of the gay population towards drug abuse, and to elevate their motivation in dealing with the problem of drug abuse. If required, we could provide mental health consultation referral and intervention. Peer counsellors also serve to expand the service users' peer network, within which healthy living is promoted.

In order to enhance the awareness of the gay community towards substance abuse, in 2019, C.H.O.I.C.E produced two video clips "Ad - Love" and "Addicted" to elevate their motivation in dealing with the substance abuse and to enhance their prevention awareness of using drugs. Two video clips have uploaded to our Facebook pages. Through these video clips, we encourage our potential target users to seek help actively and to enjoy healthy life. These two video clips was very well-received.

健康人生活動 - 培訓計劃

LiFE CHOICE - Training Programme

「健康人生活動」計劃主要為青年、家長、教師和健康工作者而設，在不同社群內推廣健康的活動，宣揚及培養正向生活。

The LiFE CHOICE Programme is mainly designed for teenagers, parents, teachers and health workers. It aims at promoting and cultivating positive and healthy living through a number of social health promotion campaigns.

校園健康工作坊

本會舉辦「校園健康教育工作坊」，為高小至中學生提供性健康的預防教育，以提升學生的性健康知識及自我保護意識。工作坊除了講解有關愛滋病知識外，也包括性病知識、預防方法、毒品禍害等。

School Health Workshop

C.H.O.I.C.E. organizes sex education workshops for senior primary to secondary school students to provide them with preventive sex education and raise their sex knowledge and awareness for self-protection. The workshops also discusses about STIs/HIV knowledge, means of prevention and the adverse consequences of drug abuse.

專業人員培訓

本會重視與其他健康工作者的交流及經驗分享，曾多次獲邀在不同的講座或分享會中擔任講者，主要醫護人員及其他社會服務工作者講解性病、愛滋病和毒品的知識、相關個案的輔導技巧和理論，並分享前線服務的經驗。

Training for the Professionals

C.H.O.I.C.E. values exchange and experience sharing with other healthcare professionals. We were invited to join seminars as a guest speaker. Audiences are from other healthcare professionals and social service workers. We share about STIs, HIV and drug knowledge, case counselling skills and theories and frontline service experience.

服務研習計劃

本會與多間本地大專院校合作，推行「服務研習」計劃，為大專學生提供前線的實習體驗，讓他們走出校園，活用所學，親身了解社會現象，並以行動回饋社會弱勢社群的需要。

Service Learning Programme

In collaboration with a number of local tertiary institutions, C.H.O.I.C.E. has launched the "Service Learning Programme" to provide tertiary students with frontline experiential learning, which allows them to explore social phenomena outside school, to apply what they have learnt in class and to respond to the needs of the socially disadvantaged.



義工訓練計劃

本會定期舉辦義工訓練工作坊，招募及培訓新義工，為他們提供不同的社區體驗，豐富他們的生活經驗，並培養正向的人生價值觀。

與本地(及外地)機構分享交流

在2020年，全球交通陷入停頓，本會未能夠與外地機構有面對面的交流和合作。本會依然繼續積極參與本地有關愛滋病防治的交流。包括網上會議以及與其他愛滋病服務機構（如：衛生署紅絲帶中心）的緊密合作和聯繫。一系列的合作能夠讓本會加深對本地其他愛滋病工作機構防治策略的認知，以能夠做好本地愛滋病預防工作。

Volunteer Training Workshops

C.H.O.I.C.E. organizes “Volunteer Training Workshops” regularly to recruit and train new volunteers, provides them with different community experiences, enriches their lives and cultivates their positive life attitudes.

Local (and Overseas) Exchange

In 2020, global transportation was virtually suspended. We were not allowed to have face-to-face exchange and co-operations with global HIV/AIDS NGOs. However, we still actively participate in the local exchange of HIV/AIDS prevention and control. We participated in different webinars and kept a close working relationship with other HIV/AIDS organisations (e.g. the Red Ribbon Centre). A series of exchanges and co-operations could further our understanding of other prevention strategies so as to allow us to deliver a better service in the field of HIV/AIDS prevention and control.

其他服務 Other Services

珍珠社企

本會於2015年創立了一個讓服務使用者展現自我的平台—「珍珠社企」。「珍珠社企」邀請不同的服務使用者參與及製作不同的手工藝品及珍珠首飾，讓他們有機會發展新的工藝技能及發掘她們的興趣。

「性傾向」平等計劃 - 他們的故事

為了提升大眾對男同志的了解和認識，亦希望宣揚性傾向平等訊息，以消除大眾對男同志社群的誤解和歧視。本會獲平等機會委員會撥款，設立「他們的故事」計劃，透過刊物讓大家知道年輕男同志的想法。

少數族裔社群宣傳活動

主要是為少數族裔而設，主要目的增加少數族裔對「性」健康的關注及推廣定期「性病/愛滋病檢查」。為了提升少數族裔社群對性健康的關注，本會舉行了一系列的社區健康宣傳活動。我們在少數族裔居住的區域、宗教場所附近空間，公眾場所等設置街站，派發安全套與外語教育單張（包括印地語、印尼語及他加祿語），向少數族裔群組宣傳與愛滋病和性病相關的資訊，例如：預防方法，傳播途徑以及測試服務。

愛滋病研討會2020— (延辦)

本會延遲舉辦年度愛滋病研討會。2020研討會將於2021年2月舉辦。

Pearl Project

C.H.O.I.C.E created a platform for its service users to showcase their talents. In 2015, we launched the "Pearl Project", a social enterprise that engages the service users to make different handicrafts and pearl accessories. Engaged in the Pearl Project, they also had the opportunity to develop their craft skills and to explore their interests.

Equal Opportunities (Sexual Orientation) Programme - Their Stories

In order to develop public's understanding towards the local gay community, to promote the sexual orientation equality message and to eliminate public members' misunderstand and discrimination, we were awarded funding from the Equal Opportunity Commission for the "Their Stories Project". The project includes interviews with members from local gay community and through their sharing about their lives in Hong Kong, we shall have a more thorough picture of the community and their thoughts.

Publicity Campaigns for Ethnic Minority Communities

The "Know Your Status" is specifically designed for ethnic minorities. It aims to raise awareness about sexually transmitted infection and promote a regular health checks. In order to raise the awareness of ethnic minority communities on sexual health, we held a series of community health promotion activities. We set up street stations in areas where ethnic minorities live, areas near religious sites and other public places to distribute condoms and education collaterals in different languages (e.g. Hindi, Indonesian and Tagalog) to promote to ethnic minority groups information relating to HIV and STIs, prevention methods, transmission routes, and available testing services.

HIV/AIDS Conference 2020 (Postponed)

We postponed the annual HIV/AIDS Conference. The Conference 2020 would be held in February 2021.

活動剪影 Activity Pictures





財務撮要

Summary Financial Report

STATEMENT OF INCOME AND EXPENDITURE AND OTHER COMPREHENSIVE INCOME

收入和支出及其他綜合收入表

YEAR ENDED 31 DECEMBER 2020

	2020 HK\$	2019 HK\$
INCOME		
Donation income	8,100	913,100
Charity sales	44,660	-
Bank interest income	94	2,979
Sundry income	74,451	161,550
	127,305	1,077,629
PROJECT GRANTS	4,009,523	2,731,144
PROJECT EXPENDITURES	(3,597,177)	(3,027,678)
	412,346	(296,534)
	539,651	781,095
ADMINISTRATIVE EXPENDITURES		
Activity service fee	-	111,880
Bank charges	1,820	2,390
Building management fee	40,500	28,000
Center activities	256	1,429
Electricity	4,609	8,514
Exchange loss	4	10
Incentive	-	16,250
Mandatory Provident Fund contributions	-	270
Insurance	31,099	38,211
Operating lease rental on land and buildings	245,800	242,600
Less: rental classified under project expenditures	(209,425)	(166,550)
Printing, postage and stationery	12,890	14,324
Salary	-	860
Sundry expenses	-	14,392
Volunteer allowance	-	19,007
	(127,553)	(331,587)
SURPLUS FOR THE YEAR	412,098	449,508
OTHER COMPREHENSIVE INCOME	-	-
TOTAL COMPREHENSIVE INCOME FOR THE YEAR	412,098	449,508

STATEMENT OF FINANCIAL POSITION

財務狀況表

AS AT 31 DECEMBER 2020

	2020 HK\$	2019 HK\$
CURRENT ASSETS		
Rental and other deposits	53,800	53,400
Prepayments	9,481	52,570
Cash and bank balances	8,474,206	8,702,033
	8,537,487	8,808,003
CURRENT LIABILITIES		
Receipts in advance	(1,847,373)	(2,792,939)
Accruals and other payables	(284,562)	(21,610)
	(2,131,935)	(2,814,549)
NET ASSETS	<u>6,405,552</u>	<u>5,993,454</u>
RESERVES		
Accumulated funds	<u>6,405,552</u>	<u>5,993,454</u>

Approved and authorised for issue by the Council on 13 September 2021

On behalf of the Council



WAN WAI YEE
CHAIRPERSON



KAM KAI MAN, JOSEPH
TREASURER

STATEMENT OF CASH FLOWS

現金流量表

YEAR ENDED 31 DECEMBER 2020

	2020 HK\$	2019 HK\$
CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus from operations	412,098	449,508
Increase in rental and other deposits	(400)	(4,000)
Decrease / (increase) in prepayments	43,089	(15,092)
(Decrease) / increase in receipts in advance	(945,566)	1,950,293
Increase / (decrease) in accruals and other payables	262,952	(1,150,593)
	<hr/>	<hr/>
Net cash (used in) / generated from operating activities	(227,827)	1,230,116
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR		
	<hr/>	<hr/>
	8,702,033	7,471,917
CASH AND CASH EQUIVALENTS AT END OF YEAR		
	<hr/>	<hr/>
	8,474,206	8,702,033
Analysis of cash and cash equivalents:		
Cash and bank balances	<hr/>	<hr/>
	8,474,206	8,702,033

愛滋病研討會剪影 HIV/AIDS Conference Overview

New Paradigms In HIV Care

2019



演講者 SPEAKERS

Dr. TAM Ka Hang
Clinical Psychologist, Department of Clinical Psychology
Princess Margaret Hospital

Dr. CHAN Wing Sze
Clinical Psychologist, Department of Clinical Psychology
Queen Elizabeth Hospital

Mr. David STUART
Chemsex Therapist and Sexual Health Advocate, 56 Dean Street
National Health Service, UK

Dr. Anne BRINK
Medical Officer, HIV, Hepatitis and Sexually Transmitted Infections Unit,
Division of Programmes for Disease Control, World Health Organization,
Regional Office for the Western Pacific

Dr. CHAN Chi Wai Kenny
Consultant of Special Preventive Programme,
Centre for Health Protection, Department of Health

Dr. HO King Man
Consultant Dermatologist in-charge, Social Hygiene Service,
Centre for Health Protection, Department of Health

Dr. CHAN Man Chun Jacky
Associate Consultant, Infectious Disease Centre,
Department of Medicine and Geriatrics, Princess Margaret Hospital

主禮嘉賓

黃加慶醫生, JP
衛生署衛生防護中心總監

GUEST OF HONOR

Dr. WONG Ka Hing, JP
Controller, Centre for Health Protection
Department of Health

籌備委員會

甘敏文教授 (主席)
尹慧兒醫生
湯德輝先生
何文勝博士
何碧玉女士

PREPARATION COMMITTEE

Prof. KAM Kai Man, Joseph (Chairman)
Dr. WAN Wai Yee
Mr. TONG Tak Fai
Dr. HO Man Sing
Ms. HO Pik Yuk, Shara

愛滋病研討會剪影 HIV/AIDS Conference Overview

The New Horizons In HIV/AIDS Prevention and Care

2018

9 November 2018

The New Horizons In HIV/AIDS Prevention and Care



演講者 SPEAKERS

Dr. LAU Ying Kit, David
Chairman of the Mental Health Foundation

Dr. WONG Man Tak
Specialist in Psychiatry, Associate Consultant, Department of Psychiatry
Kowloon Hospital

Dr. WAN Wai Yee
Vice-Chairperson of C.H.O.I.C.E.

Prof. CHEN Zhiwei
Department of Microbiology, Li Ka Shing Faculty of Medicine
The University of Hong Kong

Ms. Amakobe SANDE
Country Director of UNAIDS China Director

Dr. CHAN Chi Wai, Kenny
Consultant, Special Preventive Programme
Department of Health

Dr. Reshmie RAMAUTARSING
Program and Technical Director, Thai Red Cross AIDS Research Centre

Dr. TSANG Tak Yin, Owen
Consultant Physician
Department of Medicine & Geriatrics
Prince Margaret Hospital

Dr. LAM Wilson
Associate Consultant
AIDS Clinical Service, Department of Medicine, Queen Elizabeth Hospital

主禮嘉賓

陳佳肅教授, OBE, JP
榮休講座教授

李頌基醫生, BBS, JP
愛滋病顧問局主席

籌備委員會

甘啟文教授 (主席)

尹慧兒醫生

湯德輝先生

何文勝博士

何碧玉女士

GUEST OF HONOR

Prof. CHEN Char Nie, OBE, JP
Emeritus Professor, The Chinese
University of Hong Kong

Dr. LI Chung Ki, Patrick, BBS, JP
Chairman of Hong Kong Advisory
Council on AIDS

PREPARATION COMMITTEE

Prof. KAM Kai Man Joseph (Chairman)

Dr. WAN Wai Yee

Mr. TONG Tak Fai

Dr. HO Man Sing

Ms. HO Pik Yuk, Shara

愛滋病研討會剪影 HIV/AIDS Conference Overview

Frontiers in HIV/AIDS Prevention and Treatment

2017



演講者 SPEAKERS

Dr. Naoko ISHIKAWA
HIV Care and Treatment, HIV, Hepatitis, and Sexually Transmitted Infections Unit, Division of Communicable Diseases, WPRO

Ms. Amakobe SANDE
UNAIDS China Director

Dr. Jeremy ROSS
TREAT Asia's Director of Research

Dr. CHAN Chi Wai, Kenny
Consultant of Special Preventive Programme, Centre for Health Protection Department of Health

Dr. LEE Man Po
Consultant, Head of AIDS Clinical Service, Department of Medicine Queen Elizabeth Hospital

Dr. TSANG Tak Yin, Owen
Consultant Physician, Department of Medicine & Geriatrics Princess Margaret Hospital

主禮嘉賓

黃加慶醫生, JP
衛生署衛生防護中心總監

籌備委員會

甘啟文教授 (主席)
尹慧兒醫生
湯德輝先生
何文勝博士
何碧玉女士

GUEST OF HONOR

Dr. WONG Ka Hing, JP
Controller, Centre for Health Protection
Department of Health

PREPARATION COMMITTEE

Prof. KAM Kai Man, Joseph (Chairman)
Dr. WAN Wai Yee
Mr. TONG Tak Fai
Dr. HO Man Sing
Ms. HO Pik Yuk, Shara

愛滋病研討會剪影 HIV/AIDS Conference Overview

Emerging Issues In HIV/AIDS Prevention and Treatment

2016



演講者 SPEAKERS

Dr. LO Ying Ru, Jacqueline
Coordinator, World Health Organization

Dr. CHAN Chi Wai, Kenny
Senior Medical Officer, Integrated Treatment Centre, Centre for Health Protection
Department of Health

Prof. Andrew GRULICH
Head, HIV Epidemiology and Prevention Program, The Kirby Institute
The University of New South Wales

Dr. TANG Weiming
Assistant Director, University of North Carolina Project-China, Research Assistant
Professor, University of North Carolina at Chapel Hill

Dr. XU Hui Fang
Head of HIV Prevention, Guangzhou CDC

Dr. CHEN Lin
Deputy Director, Division of HIV/AIDS Prevention and Control, Shenzhen CDC
Dr. ZHAO Jin
Senior Technologist, Shenzhen CDC

Dr. TSANG Tak Yin, Owen
Consultant Physician, Department of Medicine & Geriatrics, Prince Margaret Hospital

Dr. LEE Man Po
Consultant, Head of AIDS Clinical Service, Department of Medicine
Queen Elizabeth Hospital

Dr. LAM Ming
Consultant Psychiatrist, Castle Peak Hospital

主禮嘉賓

范瑩孫醫生, JP
香港愛滋病顧問局主席
香港家庭計劃指導會執行總監

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甘啟文教授
湯德輝先生
何文勝博士
何碧玉女士

GUEST OF HONOR

Dr. FAN YUN SUN, SUSAN, JP
Chairperson of Hong Kong Advisory
Council on AIDS, Executive Director of
the Family Planning Association of HK

PREPARATION COMMITTEE

Dr. WAN Wai Yee (Chairperson)
Prof. KAM Kai Man Joseph
Mr. TONG Tak Fai
Dr. HO Man Sing
Ms. HO Pik Yuk, Shara

再思小影院 Mini Theater

有感而發 (2020)

- JUST HAD A THOUGHT -



愛到最後 (2020)

- LOVE TILL THE END -



2020年再思與學生陳子銘合作，創作了“有感而發”及“愛到最後”兩首歌曲及短片。有感而發是講述一個男孩回憶起當初，但這都是過去，不如重新出發或許你會發現更多的美好。你又會想要一個怎樣的將來呢？“愛到最後”是講述男主角開展新的戀情，但被男朋友無意發現他感染愛滋病，心情十分複雜，究竟如何面對呢？

C.H.O.I.C.E collaborated with artist Slept Kid to produce two music videos “Just had a thought” and “Love till the end”. “Just had a thought” describes the protagonist who had a stream of flowing memories, and how he would face his past and look forward to his future. “Love till the end” narrates the protagonist beginning a new relationship. However his partner found that he is HIV-positive. With complicated feelings towards each other, how would they face the truth?

獨。愛 (2019)

- AD-LOVE -



獨。癮 (2019)

- ADDICTED -



「獨愛」和「獨癮」是講述一個濫毒開始的故事。當你的伴侶邀請你用藥，一齊CHEMFUN。享受過後，伴隨而來的是一股股的不適感，甚至影響你的思緒。到底推動你的是心魔，還是不敢拒絕伴侶的「美意」？曖昧，誘惑，謊言……在同志圈中經常發生。「關係」更係最棘手的问题，你又會想「修補」還是「撕裂」呢？遭遇到「誘惑-考驗」，面對不同「曖昧-對話」，你又會如何抉擇？

“AD-love” and “Addicted” are stories about drug abuse and addiction. When your partner asks you to take recreational drugs together, waves of anxiety follow after a short period of bliss. What pushes you to try drugs? Is it craving, or simply the difficulty to reject your partner’s “nice gesture”? Ambiguity, temptations, dishonesty...happen all the time. “Relationship” is the toughest issue among all. Would you like to mend or break a relationship when faced with obstacles? What would you do when you are faced with different temptations?

對話 (2018)

- DIALOGUE -

二月生日之星 (2018)

- GAZING AT THE STAR -



「對話」，以同枱食飯的生活化劇情，帶出母子間的疏離感。兒子是HIV感染者，他沒有向母親坦白；母親疼愛兒子，但未有及時表達。是什麼令他們成為了最親密的陌生人？2018年，CHOICE與伍嘉良導演合作打造的溫情短片，從不同的角度，講及「愛」與「知」的故事，目的是鼓勵正面面對愛滋病。離逝了，有人會為他流下眼淚？有時以為孤單作戰，看不見一直都在的強大後援。其實奮力作戰，不僅是為了負起愛惜自己的責任，還有那些為自己而流的眼淚。「生日之星」是講述生日年年都有，朋友每年都一齊慶祝，今年小了「他」。

In 2018, C.H.O.I.C.E. collaborated with the director NG Ka Leung to produce three family-themed short films, focused on "affection" and "acknowledgement", to encourage acceptance of HIV. "Dialogue" used an ordinary dining scene to illustrate the distance between mother and son. Son is an HIV-positive patient, but he decided to hide his status from his mother. Mother loves her child, but she chose not to show her affection. What makes them become the closest strangers? "Gazing at the star" illustrates a yearly ritual of a group of friends that would celebrate birthdays together. But this year is without "him".

我以前 (2018)

- WHEN WE MEET -

我的HIV軼事 - 御明 (2018)

- YU MING'S ANECDOTE -



一顆落寞的心，遇上一顆單純的心。很多時候能喚醒自己的不是任何人，而是自己的初心。

When loneliness meets innocence, sometimes the only way to be awakened is our first intention.

御明是一個HIV感染者，他親身講述他的故事，告訴我們HIV感染者需要愛作後盾，同時他們會以更多的愛作回饋。「無知」是我們的敵人。期望有一天，大家在同一天空下，充滿友善的目光，笑臉迎人。

Yu-Ming is an HIV-positive patient. With his own words he told us that HIV-positive patients need love and support, and they will reciprocate with greater love and care. Ignorance is our enemy in fighting stigma against HIV. One day, we will all be treated with kindness and acceptance to each other.

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Rm1001A, Witty Commercial Building,
1A-1L Tung Choi Street, Mongkok, KLN

電話 Tel 3188 9024

傳真 Fax 3188 9051

網址 Website www.communityhealth.org.hk
www.choice1069.org
www.mylife-choice.org

電郵 Email info@communityhealth.org.hk