



再思社區健康組織

Community Health Organisation for  
Intervention, Care and Empowerment

# ANNUAL REPORT 年報 2023



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## 主席獻辭

## Message from Chairperson



湯德輝先生  
Mr. Tong Tak Fai

It has been the most challenging year for me to take up the leadership of C.H.O.I.C.E. when Dr. Ho King Man resigned in the middle of his term to take up the position of Chairperson of the Advisory Council on AIDS. Fortunately, Dr. Ho will continue to serve as an Advisor and provide guidance for C.H.O.I.C.E.'s future development and growth.

After almost 20 years of service with Shara and all the directors, both past and present, I felt obliged to take up the new role and continue to serve C.H.O.I.C.E. with all your support. The COVID-19 pandemic has not slowed down our expansion at the current location, which now includes a more spacious office and activity room for our clients.

C.H.O.I.C.E. will continue to expand its services in response to the needs of the community and target populations. In response to the outbreak among female sex workers in recent years, the team has worked swiftly in conducting VCTs to identify possible loopholes and community needs.

The recent surge in HIV infections reminds us that we must remain vigilant in our services to all target populations.

C.H.O.I.C.E. was accepted in 2023-2024 as one of the members of the Hong Kong Council of Social Service in recognition of its services and corporate governance. We will take this opportunity to make C.H.O.I.C.E. known to the larger community and seek support from various agencies to strengthen the services we provide to our clients. Hopefully, C.H.O.I.C.E. will be able to empower our clients and provide them with the necessary interventions and care, as per our motto.



關於再思

**ABOUT C.H.O.I.C.E.**



# 再思之旅

## Milestones

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. was established as a charitable non-governmental, volunteer-based organization on 14th Aug 2002, and started reaching out to the local sex industries 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。  
Became the FIRST Hong Kong-based organisation to provide RAPID Syphilis and HIV antibody tests 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」。  
Conducted a community study on female sex workers and their clients' physical health and behaviours in collaboration with the Chinese University of Hong Kong.  
與衛生署紅絲帶中心合辦外展活動「驕陽計劃」。  
Launched an outreach project "Project Sunny" with Red Ribbon Center, 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。  
Started offshore outreach on the problem of cross-boundary substance abuse for youth.

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」評估及召集人。  
Launched the FIRST strategic online intervention program for the young men who have sex with men (MSM) community. Became the convener to plan and evaluate the policies catering to sex workers and their clients propelled by the 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計劃。  
Launched a counseling program 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 STIs/ 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 the public. Launched an anti-drug training program for teachers in collaboration with HKUSPACE and the SARDA to empower teachers on the drug abuse issue.

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 program" which is offered for the well-being of youth, their parents and teachers.

2011 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。  
Conducted a Cantonese Opera on World AIDS Day to deliver HIV prevention information to the elderly.

2012 「姊妹關懷行動」榮獲蘋果日報慈善基金頒發「出色服務獎」。  
"SHE Project" was awarded "The Outstanding Service" by the Apple Daily Charitable Foundation.

# 再思之旅 Milestones

開設「DIY夢工場」，鼓勵婦女可有新的工作技能。

Established the "DIY Handicrafts Workshop" to equip women with new life skills.

2013

開展「男同志綜合禁毒服務計劃」，為男男性接觸者提供連貫性的預防濫藥服務。與香港中文大學合作，進行針對男男性接觸者自我檢測(家用)測試及網上輔導研究。

Launched "Integrated Anti-drug Service Scheme for Gay Population". Collaboration with the Chinese University of Hong Kong, initiated a randomized controlled trial to evaluate the efficacy of promoting home-based HIV testing.

2014

創立「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。

Launched a social enterprise, the "Pearl Project", to engage service users in making different handicrafts and accessories.

2015

舉辦「愛滋病研討會：愛滋病預防及治療」，邀請了十位本地、內地及國際的愛滋病專家作出分享。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.

2016

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。

C.H.O.I.C.E. spearheaded the "LINKage of PLHIV to Care" Program for people living with HIV (PLHIV), to provide them with diverse and multifaceted mental and physical health support services.

2017

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。

Launched the FIRST HIV and STIs tests by post "EasyCheck" which provided free and confidential sexual health services to encourage the young generation to receive checks.

2018

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。

Launched the "Know Your Status Program" provided 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.

2019

新型冠狀病毒疫情嚴峻，再思仍然保持開放及正常運作，並以預約形式繼續為有需要人士及高危社群提供服務。

Despite the severe outbreak of COVID-19, C.H.O.I.C.E. remained fully open and operated normally to provide full services to the high-risk communities and those in need by appointment.

2020

開設「再思音樂台」，透過音樂創作，加深公眾人士對愛滋病及性健康服務的認識，並且以《再思之歌》推廣「再思」的測試服務。

Launched the "C.H.O.I.C.E. Music Channel" to enhance the public awareness of services relating to HIV and sexual health, and used "Everyone Has Choices" to promote our testing service.

2021

為消除對愛滋病感染者的歧視及表達對感染者的支持，我們邀請了林一峰先生為我們創作及獻唱歌曲《誰若有力就抱緊》。

To eliminate discrimination against HIV/AIDS infection and to show support for PLHIV, a song titled 《誰若有力就抱緊》，written and performed by Mr. Chet Lam, was released.

2022

我們成為香港社會服務聯會（HKCSS）的成員。

We became a member of the Hong Kong Council of Social Services (HKCSS).

2023

我們衷心感謝李慧雲教授於2024年1月31日出任為本會贊助人。

We were pleased to welcome Prof. Rosanna W. Peeling to be our Patron on 31st January 2024.

2024

# 組織架構 Organization Structure



## Patron

李慧雲教授 Prof. Rosanna W. Peeling (Since 31/01/2024)

Emeritus Professor, London School of Hygiene & Tropical Medicine, UK  
Professor, University of Manitoba, Canada  
Founding Director, International Diagnostics Centre Network  
Chairperson, Global Social Innovation in Health Initiative, WHO/TDR



## Board of Directors

湯德輝先生 Mr. Tong Tak Fai (Since 21/09/2023)

主席 Chairperson



林家慧博士 Dr. Lam Ka Wai Katherine (Since 28/09/2024)

副主席 Vice Chairperson



何家欣博士 Dr. Ho Ka Yan

秘書 Secretary



尹慧兒醫生 Dr. Wan Wai Yee (Since 28/09/2024)

財務 Treasurer



何文勝博士 Dr. Ho Man Sing

委員 Member



何景文醫生 Dr. Ho King Man (Since 21/09/2023)

前任主席 Immediate Past Chairperson



## Advisory Board

劉德輝教授 Prof. Lau Tak Fai Joseph

吳錦祥醫生 Dr. Ng Kam Cheung Stephen

## Co-founders

譚美儀女士 Ms. Tammy Gautier

何碧玉女士 Ms. Ho Pik Yuk Shara

## Chief Executive Officer

何碧玉女士 Ms. Ho Pik Yuk Shara

## Hon. Lawyer

馬致聰先生 Mr. Ma Chi Chung Ronald

## Auditor

MHC CPA Limited

## 關於再思 About C.H.O.I.C.E.

### 簡史 Brief History

「再思」成立於2002年，根據公司條例正式成為獨立法人團體（擔保有限公司），並獲稅務局按稅務條例批准成為豁免繳稅的慈善機構，是專注推廣健康及疾病預防的非政府社會服務機構。我們致力走進社群，揉合專業服務，提供全人關懷，並努力開拓與時俱進的創新服務。我們因應社會的需要，不斷改進服務的內容和調整服務對象，由初期主要為高危的弱勢社群提供服務，擴展到青年群組及公眾。

C.H.O.I.C.E. was established in 2002 and has officially been incorporated (limited by guarantee) under the Companies Ordinance and registered as a tax-exempt charitable organization under the Inland Revenue Department. C.H.O.I.C.E. is a non-governmental social service organization which focuses on promoting health and disease prevention. We are committed to reaching out to the community and integrating professional services to provide holistic care, and we strive to develop innovative services that keep pace with the times. In response to the needs of society, we keep enhancing the content and the target audience of our services. From mainly providing services to high-risk disadvantaged groups in the initial stage, we have expanded our services to youth groups and the general public.



## 我們的抱負

「再思」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。

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

## 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「C.H.O.I.C.E.」，中文名為「再思」。

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

## 我們的使命

「再思」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。

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



服務總覽

SERVICE HIGHLIGHT

## 免費性健康測試及諮詢

# Free Sexual Health Testing and Counseling

測試是預防策略中的重要一環，透過篩檢出感染的人士，協助他們及早發現、及早治療，保障個人健康，並減低疾病在社群裡傳播，達至「診斷立即治療」達致「治療即預防」的策略，以減低社區的傳播。

Testing is a crucial part of a preventive strategy. By screening for infections, we help individuals detect and treat early, ensuring personal health and reducing disease transmission in the community. This aligns with the strategy of "Immediate Treatment Upon Diagnosis" and "Treatment as Prevention", effectively reducing community transmission.

## 快速測試服務 (包括愛滋病病毒、梅毒、乙型肝炎、丙型肝炎)

### Rapid Testing Services (including HIV, Syphilis, Hepatitis B, and Hepatitis C)

「再思」自從2003年開始提供免費、匿名、保密的快速測試及輔導服務，讓有需要的高風險社群了解自己的愛滋病病毒和梅毒感染狀況，並得到相關的健康資訊，有助預防或及早治療，減低日後風險。同時，為呼應世界衛生組織訂下於2030年前消除病毒性肝炎為目標，「再思」亦在測試服務裡增設乙型肝炎和丙型肝炎的檢測，同心合力消除病毒性肝炎。

Since 2003, we have offered free, anonymous, and confidential rapid testing and counseling services. This initiative helps high-risk communities understand their HIV and Syphilis infection status and provides relevant health information. Our goal is to aid in prevention and early treatment, ultimately reducing future risks. Additionally, in line with the World Health Organization's objective to eliminate viral hepatitis by 2030, we have expanded our services to include testing for Hepatitis B and Hepatitis C, actively working towards the elimination of viral hepatitis.

## 愛滋病病毒自助測試「依時測」計劃

### “EasyCheck” Self-testing Program

「再思」自2018年增設愛滋病病毒自助測試「依時測」計劃，透過郵遞，送上愛滋病病毒自助測試套裝，並且提供網上支援，鼓勵有需要人士儘早接受測試，目的是為更多隱蔽、有需要的高危人士，提供測試的選擇，擴大測試的覆蓋率。申請人士需於網上填寫簡單資料，成功登記索取後，我們會有專人聯絡並簡單解釋要點。按程序寄出愛滋病病毒自我檢測套裝，讓他們選擇合適的時間和地點進行測試，安心又舒適地了解自己的健康狀況。我們亦會提供指導和跟進，確保測試可正確執行和解讀結果。若發現陽性或懷疑受感染個案，我們會安排進一步核實檢測及跟進治療，讓使用者能獲得所需的支援。

Since 2018, we have implemented the “EasyCheck” self-testing program for HIV, which delivers self-testing kits via mail and provides online support. This initiative encourages those in need to get tested early, offering a discreet option for at-risk individuals and expanding testing coverage. Applicants fill out a simple online form, and once registration, a specialized staff member contacts them to explain essential information. We then send out the HIV self-testing kit, allowing them to choose a convenient time and place for testing. This ensures a comfortable and private way to learn about their health status. We also provide guidance and follow-up support to ensure the test is conducted correctly and the results are interpreted accurately. If a positive result or suspected infection is identified, we will arrange further verification testing and follow-up treatment to ensure users receive the necessary support.



# 外展服務

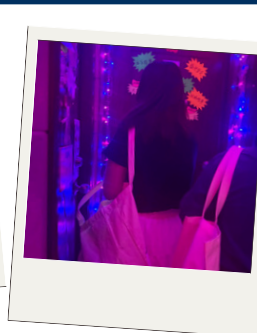
## Outreach Service

### 社區外展

#### Community Outreach

「再思」積極走進社群，主動接觸健康高弱勢社群，例如：男男性接觸者活躍的娛樂場所、女性性工作者的工作地點等，向他們傳達性健康資訊、愛滋病/性病的預防和治療訊息，提高他們的安全性行為意識和傳遞定期測試的重要性。為鼓勵安全性行為，我們亦會在場派發安全套套裝，以及提供即時測試服務，增加測試動機。在我們的經驗裡，不少服務使用者都曾反映他們未有自行到各機構進行測試以了解自己身體狀況的習慣，只有當碰巧遇上外展測試時才會做，顯示社區外展在宣傳性健康和預防性病方面確有其重要角色，讓我們能接觸到較隱蔽和意識較低的一群。

We actively engage with high-risk health communities by reaching out to places where these groups congregate, such as entertainment venues popular with the MSM community and the working locations of female sex workers. We convey information about sexual health, prevention, and treatment of HIV/STIs, raising awareness of safe sexual practices and the importance of regular testing. To encourage safe sex practices, we distribute condom packs on-site and provide point-of-care testing to increase motivation for testing. Our experience shows that many service users have reported not having a regular check in organizations to understand their health status; they only test when they happen to encounter outreach testing. This highlighted the crucial role of community outreach in promoting sexual health and preventing STIs, allowing us to reach more hidden and less-aware populations.



### 網上外展

#### Online Outreach

「再思」於服務期間在不同平台主動接觸活躍於網絡世界的人士，透過發佈資訊性帖文和解答提問等方式，回應對愛滋病/性病的常見疑問和迷思，釐清誤解，增加社群對性健康的正確認知，從而懂得採用適當措施減低自己和他人的感染風險。我們更希望減低對愛滋病和性病的污名，營造一個以正面、健康的角度看待「性」的網絡氣氛和社會環境，讓有需要的人不會因為忌諱被歧視而影響尋求協助的意欲。除此之外，我們亦會在一些交友軟件主動與社群人士展開對話，透過溝通，評估他們的需要，識別出有情緒困擾和「藥愛」人士，提供支援、加以介入和輔導。

During our service period, we actively engage individuals active in the online world across various platforms. Through informative posts and responding to inquiries, we address common questions and misconceptions about HIV/STIs, clarify misunderstandings, and enhance the community's correct understanding of sexual health. This helps individuals adopt appropriate measures to reduce their risk of infection for themselves and others. We aim to reduce the stigma surrounding HIV and STIs, fostering a positive and healthy online atmosphere and social environment regarding "sex", so that those in need are not deterred from seeking help due to fear of discrimination. Additionally, we engage in conversations with community members on certain dating apps, assessing their needs through communication. This allows us to identify individuals who may be experiencing emotional distress or are at risk of Chem Fun (CF), so we can provide support, intervention, and counseling.

# 精神健康

## Mental Health and Well-being



### 熱線支援

#### Hotline Service

「再思」接觸到的部分婦女在生活上面對種種困難，當面對經濟、照顧家庭、管教子女、親子關係等各種問題時，不少壓力會隨之出現，困擾的情緒難以紓緩。有見及此，我們提供熱線服務及線上平台讓她們能有一個安全和開放的空間，與輔導員分享自己的困惑和問題。同時，亦會向她們提供支援及情緒管理和減壓技巧，希望能夠改善她們的生活狀況。

Many women we engage with face various challenges in their lives. Issues such as financial stress, family caregiving, parenting, and parent-child relationships can create significant pressure, leading to overwhelming emotions. In response, we offer a hotline service and an online platform that provide a safe and open space for them to share their concerns and problems with counselors. Additionally, we offer support along with emotional management and stress-reduction techniques, all aimed at improving their overall quality of life.

Jason: 「通過輔導的過程，我發現了如何以更健康的方式來生活，培養真正的友誼和親密關係。」

Throughs counseling process, I've also discovered a healthier ways to spend my time, nurturing genuine intimacy and connections with others.

Ken: 「在傾談的過程中，感覺很舒服和令我覺得安全，對其他人的安全感亦大增！容讓我梳理自己的方向、日常應對的方法、生活方式等。更為我開展人生路的新一段。」

Feeling comfortable and safe during the conversations, it heightened my sense of security and helped me navigate life paths, coping strategies, and lifestyle adjustments. It marks a new chapter in my life journey.

莊女士：「在一個充滿家庭問題、絕望的時刻遇上再思，我的生活從此改變了。輔導員跟我一同設定目標，慢慢回歸正常生活。」  
Encountering C.H.O.I.C.E. in a moment of despair and family problem, my life had changed. I set goals together with the counselor, gradually help me return to a normal life.

Kei: 「輔導員很專業與我傾談所面對的問題和處境，也令我很坦率地說出自己的想法和感受。過程中，給予我無比的鼓勵。」  
The counselor discussed my issues professionally, allowing me to express my own thoughts openly. The process was incredibly encouraging.

### 輔導服務

#### Counseling Service

「再思」現時的輔導服務，主要為男男性接觸者濫藥及愛滋病感染人士及其照顧者提供一站式服務。不論濫藥或感染了愛滋病毒，每個人都有一個獨特的故事，而故事的背後往往隱藏了很多故事及困難。透過輔導，重新了解及發現自己深層的需要、重新定立生活方向，讓生活慢慢重回軌道，活出健康正面的人生，協助他們減低甚至停止對使用藥物的依賴。若發現服務使用者有精神健康上的需要，我們亦有轉介精神科和陪診服務，以提供適切的治療和支援。

Our current counseling service provides essential support for men who have sex with men (MSM), individuals who use drugs, and those living with HIV, as well as their caregivers. Each person's journey is unique, often concealing various challenges and difficulties. Through counseling, individuals can rediscover their deeper needs, redefine their life direction, and work towards getting their lives back on track. This ongoing support helps them lead healthier and more positive lives, while also aiding in reducing or even overcoming drug dependence. If we identify any mental health needs among service users, we also offer referrals to psychiatric services and provide guidance for appropriate treatment and support.

## 小組活動 Group Activities

「再思」舉辦不同形式的活動小組，包括互助小組、治療小組和彩虹活動，讓參加者建立朋輩支援的網絡，與同路人互相支持，並鼓勵大家一同以更健康和積極的方式應對生活中所產生的情緒和壓力。

We organize various types of group activities, including therapy groups, peer support groups, and stress relief groups. These activities enable participants to build a network of support, where they can help each other and encourage healthier, more positive ways to cope with emotions and stress.

### 互助小組

#### POZ Group

我們為愛滋病毒感染者提供小組輔導，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。

We offer group counseling for PLHIV. This support assists newly diagnosed individuals, those experiencing emotional distress, and those facing challenges with medication adherence. Our goal is to help them manage their emotions and stress positively, adapt to their medication routines, and cope with any side effects.



互助小組活動

### Care小組 Care Group

「再思」為藥物濫用人士舉辦小組活動，透過正面的朋輩影響以加強並推動禁毒文化，以及將他們的生活重心逐漸轉移到健康的社交活動上，減少對毒品的依賴。亦以伸展、瑜伽、泰拳及核心肌肉訓練等運動和靜觀的元素，建立常規有序的生活模式，並維持良好認知健康，並減低心癮，逐漸遠離毒品。

We organize group activities for individuals dealing with CF issues, harnessing positive peer influence to strengthen and encourage a drug-free culture. These groups gradually shift their focus toward healthy social activities, helping to reduce reliance on drugs. Through activities such as stretching, yoga, Muay Thai, and core muscle training, combined with mindfulness elements, we aim to establish a regular and structured lifestyle. This approach supports cognitive health and reduces cravings, helping individuals distance themselves from drugs over time.



泰拳及核心肌肉訓練



共創藝術（靜觀圓圈畫）

### 彩虹活動

#### Rainbow Activities

「彩虹活動」是予男男性接觸者參與，為他們提供一個實體且開放的環境，讓他們可以自由地分享彼此的經歷和挑戰，加強男男性接觸者之間的交流，並協助他們提升自我形象和建立朋輩間的支持。

The "Rainbow Activities" program is designed for men who have sex with men (MSM), providing a physical and open environment for them to freely share their experiences and challenges. This strengthens communication among MSM and helps them enhance their self-image while building peer support.

# 培訓和交流

## Training and Sharing

### 服務研習計劃

#### Service Learning Program

「服務研習計劃」是實踐傳承、教育的重要一環。透過與多間本地大專院校合作，為大專學生提供前線實習體驗，讓他們走出校園，活用所學，親身了解社會現象，並以行動回饋社群的需要，為日後投身相關行業作適切的準備。

The Service Learning Program is a vital component of heritage and education. In collaboration with several local tertiary institutions, we offer students valuable internship experiences that enable them to move beyond the classroom. This program allows them to apply their knowledge, gain first-hand insights into social phenomena, and take action to address the needs of the community. As a result, students are better equipped for future careers in related fields.

### 專業培訓計劃

#### Professional Training Program

「團結就是力量」，單靠「再思」並不足以為整個社群帶來顯著改變，因此我們不斷與政府和各機構保持緊密聯繫，在過去一年裡舉辦了不同的培訓，探討有關愛滋病防治和交流濫藥支援的最新資訊，並邀請本地機構及學者、醫護人員和從事戒毒相關心理輔導的專業人士參與和分享，讓業內同工能有交流和互相學習的機會，吸取彼此的經驗，共同為社群帶來更適切的服務。

"Unity is strength." Relying solely on our organization is not enough to create significant changes within the entire community. Therefore, we maintain close contact with the government and various organizations. Over the past year, we have organized several training sessions to discuss the latest information on HIV prevention and treatment, as well as support for substance abuse. We have invited local organizations, scholars, healthcare professionals, and experts in drug counseling to participate and share their insights. This provides an opportunity for industry colleagues to exchange ideas and learn from one another, utilizing each other's experiences to deliver more effective services to the community.



專業培訓計劃-WE MAKE A DIFFERENCE (09/09/2023)

# 義工訓練

## Volunteer Training

「再思」亦定期舉辦及招募義工訓練工作坊。在2023年，15名義工完成培訓並參加「再思」不同的服務，為服務使用者提供支援的訓練。讓他們認識預防愛滋病/性病和禁毒的資訊，並參與我們的外展工作，在重點社群和自己的生活圈子裏推廣健康的信息，讓更多人知道安全性行為和遠離毒品的重要性。集合大家的力量，我們才能一起做得更多、走得更遠。

We regularly conduct volunteer training workshops and actively recruit participants. In 2023, 15 volunteers completed training and participated in various services offered by our organization, providing valuable support to service users. They learned about HIV/STIs prevention and substance abuse issues, and became involved in our outreach efforts, promoting health messages within key communities and their social circles. This initiative helps raise awareness about the importance of safe sexual practices and avoiding drug use. By combining our efforts, we can achieve more and go further together.



珍珠頸鏈成品展示



社區外展實地簡介

## 珍珠社企

### Pearl Project

2015年成立的「珍珠社企」致力為服務使用者提供一個展現自我的平台，透過參與製作各種手工藝品和珍珠首飾，她們不僅能學習新技能，還能發掘潛藏的潛能與優勢，從而提升自信與成長。每當我們欣賞一條珍珠項鍊時，或許未曾想到每顆珍珠的誕生都源於母貝克服砂粒侵入帶來的苦痛，經歷漫長的磨練後才綻放出閃耀光芒。這正如人生中的挑戰與不如意，儘管過程艱辛，但最終會成為我們生命中珍貴的經歷。每次凝視手中的珍珠，都是提醒我們感恩那些讓我們成長的時刻。

Founded in 2015, the "Pearl Project" aims to provide a platform for service users to express themselves. By participating in the creation of various handicrafts and pearl jewelry, individuals not only learn new skills but also discover their hidden potentials and strengths.

Each time we admire a pearl necklace, we may not consider that the birth of every pearl stems from an oyster overcoming the pain caused by the intrusion of a grain of sand. After enduring a long process of transformation, the oyster produces a beautiful pearl. This metaphor reflects the challenges and hardships we face in life; although the journey may be difficult, it ultimately leads to invaluable experiences. Each time we gaze at a pearl in our hands, it serves as a reminder to appreciate the moments that help us grow.

# 公眾教育 Public Education

## 實體宣傳 Physical Promotion

面向公眾的教育亦是我們不容忽視的工作。在一些本地舉辦的大型多元性向的活動裡，我們會參與設立攤位和資訊站，不論到訪的是重點社群還是普羅大眾，我們都能向他們提供關於愛滋病和性病的正確訊息，提高大眾對預防感染的認知和意識，並希望消除社會對愛滋病和HIV感染者的誤解和偏見，促進社群的改變。

Public education is a vital aspect of our mission. We participate in various large-scale, diverse community events by setting up booths and information stations. Whether visitors represent key communities or are part of the general public, we provide accurate information about HIV and STIs. Our goal is to raise awareness and improve understanding of infection prevention. We aim to eliminate misconceptions and prejudices against people living with HIV and AIDS, promoting positive change within the community.



總幹事何碧玉姑娘獲邀作分享嘉賓



Pride Month 2023 於 iSquare 擺設公眾教育攤位

## 多媒體宣傳 Multi-media Promotion

刊物和短片亦是我們向社會大眾推廣資訊的有效渠道。我們曾製作關於愛滋病和禁毒的刊物、短片甚至歌曲，讓公眾了解更多過來人(HIV感染者及濫藥人士)的心路歷程和需要，多一點理解和支持；少一點歧視和污名，同行實踐改變，創造一個更有愛的社會。

Publications and short videos are effective channels for sharing information with the public. We have developed various materials, including videos and songs, focused on HIV and substance abuse. These resources aim to help the public understand the experiences and needs of those affected, including people living with HIV (PLHIV) and substance users. Our goal is to promote understanding and support, reduce discrimination and stigma, and work together to build a more compassionate society.



性健康小冊子



CF支援小冊子

# 服務概況總覽

## Service Review



# 愛滋病研討會

## HIV/AIDS Conference

### ENDING The HIV Pandemic Innovations in HIV Prevention and Care

2<sup>nd</sup> December 2023



On 2nd December 2023, we held the 8th HIV/AIDS Conference at the Marco Polo Hong Kong Hotel. The theme of the conference was "ENDING THE HIV PANDEMIC- Innovations in HIV Prevention and Care." The primary goal was to enhance healthcare professionals' knowledge and awareness of the treatment and prevention of HIV and STIs, as well as to increase their sensitivity and understanding of vulnerable populations. After the pandemic, the conference returned to an in-person format, with a total of 124 attendees.

We were honored to invite Mr. Tong Tak Fai, our Chairperson, Dr. Tsui Lok Kin Edwin, the Controller of the Centre for Health Protection, Department of Health and Dr. Ho King Man, Chairperson of the Hong Kong Advisory Council on AIDS to give welcome speech. Dr. Erasmus U. Morah from UNAIDS China Office, Dr. Kiyohiko Izumi from WHO WPRO and Prof. Rosanna W. Peeling have kindly agreed to be our international guest speakers, while Dr. Wong Chun Kwan Bonnie from Department of Health, Dr. Chan Man Chun Jacky from the Princess Margaret Hospital and Dr. Koh Chiu Choi from the Department of Health will be our local experts and share with us in the conference.

「再思」於2023年12月2日在馬哥孖羅香港酒店舉行第八屆愛滋病研討會。是次主題為ENDING THE HIV PANDEMIC- Innovations in HIV Prevention and Care，目的是加強醫護人員對愛滋病毒及性病治療和預防知識及最新資訊，並增加醫護人員對性弱勢群體的知識和敏感度。疫情後研討會回復實體舉行，共有124人出席。

我們很榮幸邀請到主席湯德輝先生、衛生署衛生防護中心總監徐樂堅醫生及香港愛滋病顧問局主席何景文醫生，致歡迎詞。聯合國愛滋病規劃署駐華代表處的Erasmus U. Morah博士、世界衛生組織西太平洋地區的Kiyohiko Izumi 博士和Rosanna W. Peeling 教授欣然同意擔任我們的國際演講嘉賓，而衛生署特別預防計劃顧問醫生黃駿君、瑪嘉烈醫院傳染科顧問醫生陳文俊及衛生署社會衛生科高級醫生許招財則擔任是次研討會嘉賓。



Dr. Erasmus U. Morah



Prof. Rosanna W. Peeling



Dr. Tsui Lok Kin Edwin



Dr. Ho King Man



再思音樂台

C.H.O.I.C.E. MUSIC  
CHANNEL



## 再思音樂台 C.H.O.I.C.E. Music Channel



### 誰若有力就抱緊

我們與唱作人林一峰先生合作，推出由他創作及獻唱的歌曲《誰若有力就抱緊》。藉著此曲，我們希望推廣「測不到=傳不到」(U=U) 的訊息，並消除大眾對HIV感染者的誤解和污名。定期測試，積極治療，我們每一個人都值得被愛和接納。

In collaboration with local singer-song writer Mr. Chet Lam, we published the song “誰若有力就抱緊”, written by Lam. The song aims to promote the message “Undetectable = Untransmittable” (U = U), hence eliminate the misunderstandings and stigma against PLHIV. Get tested regularly, face treatment positively. We all deserve love and acceptance.

### 再思之歌 Everyone Has CHOICES



本會與本地新晉女歌手黃詩婷合作，推出歌曲《Everyone Has Choices》。本會希望透過歌曲加深公眾人士對愛滋病及性病測試服務的認識，鼓勵有需要人士接受愛滋病及梅毒快速測試，以及宣傳愛滋病毒量為不可檢測水平就不會傳播（測不到=傳不到）的訊息。

We collaborated with local singer Wong Sze Ting on the production of the song “Everyone Has Choices”. We hope to enhance public understanding on HIV testing, encourage the high-risk communities to get tested and promote the message of “Undetectable = Untransmittable” (U=U) through this song.

## 愛在你左右 LOVE Is All Around



本會邀請到林緯遜醫生參與製作本會的微電影《愛在你左右》。故事主人阿Sam感染了愛滋病毒，作為初感染者的他心裡有很多疑慮，包括對藥效、藥物依從性、本港的治療選項以及病後護理等問題。林醫生聆聽阿Sam的問題並一一解答，亦消除了電影中眾人對感染愛滋病毒的誤解。在禁毒基金支持下，本會亦拍攝了另一部微電影《藥隱約現》。是次電影透過Chem Fun玩家的第一身經歷，反映濫藥的後遺症，包括出現幻覺、幻聽及焦慮等等。男主角得到幫助後，逐漸找尋到屬於自己的路。本會希望透過這部電影，剖析濫藥人士濫藥的成因、戒毒的動機、以及致使他們求助的動力。只要尋求適當的協助，所有人都能重新找到健康幸福的人生。

We invited Dr Wilson Lam to participate in our micro-movie "LOVE Is All Around". In the story, Sam is newly infected with HIV and he has many questions and worries, including doubts about the efficacy of HIV treatment, drug compliance, treatment options, follow-up healthcare services in Hong Kong, etc. Dr Lam responds to his questions and clarifies everyone's misunderstandings about HIV. Sponsored by the Beat Drugs Fund, we produced another micro-movie "CFrough See Through". In this movie, a Chem Fun (CF) player talks about the side effects of substance abuse, such as hallucination, auditory hallucination and anxiety. At the end, he finds his way out by seeking help. The movie discusses the causes of substance abuse, the motivations to quit and the incentives to seek help. With the right support, everyone can have a healthy and happy life by taking the first step to change.

## 有感而發 Just had a thought



我們與學生陳子銘合作，創作了《有感而發》及《愛到最後》兩條音樂短片。《有感而發》講述一個男孩回憶當初種種片段，在面對過去和期盼將來之間掙扎徘徊；《愛到最後》講述男主角終於開展新的戀情，但被男朋友無意發現他是HIV感染者的身份，面對這種複雜的心情，他們的結局又會如何呢？

We collaborated with artist Slept Kid to produce two music videos "Just had a thought" and "Love till the end". In "Just had a thought", our protagonist is having a stream of flowing memories which triggers him to face his past, while "Love till the end" narrates him beginning a new relationship and being discovered by his partner that he is HIV-positive. With complicated feelings towards each other, how would their ending be?



財務撮要

**FINANCIAL REPORT**

# 財務撮要 Financial Report

## DETAILED INCOME STATEMENT 收入和支出綜合表 FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 HK\$	2022 HK\$
<b>INCOME</b>		
Bank interest income	46,457	6,374
Donation income	20,000	52,200
Sponsorship income	610,000	600,000
Sundry income	21,710	-
	698,167	658,574
<b>PROJECT GRANTS</b>	4,069,849	4,065,420
<b>PROJECT EXPENDITURES</b>	(3,752,318)	(4,430,578)
	317,531	(365,158)
<b>ADMINISTRATIVE EXPENDITURES</b>		
Activity service fee	51,292	-
Auditor's remuneration	15,000	-
Agency fee	-	17,500
Bank charges	2,470	1,955
Building management fee	60,576	49,358
Center activities	128,656	-
Electricity and water	20,719	24,591
Insurance	12,931	37,108
Media and online promotion	-	450,000
MPF contributions	8,008	-
Office accessories	-	14,383
Operating lease rental on land and buildings	420,000	368,419
Less: rental classified under project expenditures	(179,200)	(312,750)
	6,500	-
Lab test and accessories	-	105,357
Repairs and maintenance	-	6,965
Printing	177,785	839
Staff remuneration	21,061	7,774
Sundry expenses	745,798	771,499
<b>SURPLUS / (DEFICIT) AND TOTAL COMPREHENSIVE INCOME / (LOSS) FOR THE YEAR</b>	<b>269,900</b>	<b>(478,083)</b>

# 財務撮要

## Financial Report

### STATEMENT OF FINANCIAL POSITION 財務狀況表 FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 HK\$	2022 HK\$
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Rental and other deposits	133,022	133,022
Sponsorship fee receivable	60,000	300,000
Prepayments	19,131	10,794
Bank balances	11,846,263	9,644,026
	12,058,416	10,087,842
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Receipts in advance	3,967,371	1,940,449
Accruals and other payables	219,085	545,333
	4,186,456	2,485,782
<b>NET ASSETS</b>	<u>7,871,960</u>	<u>7,602,060</u>
<b>RESERVES</b>		
Accumulated funds	<u>7,871,960</u>	<u>7,602,060</u>

# 財務撮要

# Financial Report

## STATEMENT OF CASH FLOWS 現金流量表 FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 HK\$	2022 HK\$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Surplus/ (Deficit) from operations	269,900	(478,083)
Increase in rent and other deposits	-	(79,222)
Decrease / (Increase) in sponsorship fee receivable	240,000	(300,000)
(Increase) / Decrease in prepayments	(8,337)	246,622
Increase / (Decrease) in receipts in advance	2,026,922	(1,127,310)
(Decrease) / Increase in accruals and other payables	(326,248)	457,712
Net cash generated from/ (used in) operating activities	2,202,237	(1,280,281)
<b>CASH AND CASH EQUIVALENTS AT THE BEGINNING OF THE YEAR</b>	9,644,026	10,924,307
<b>CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR</b>	<u>11,846,263</u>	<u>9,644,026</u>
Analysis of the balances of cash and cash equivalents :		
Bank balances	<u>11,846,263</u>	<u>9,644,026</u>



鳴謝

**ACKNOWLEDGEMENT**



# 鳴謝

## Acknowledgement

作為一間非政府整筆撥款資助的機構，本會支援青年的工作實在有賴各位善長仁翁默默支持。您慷慨的支持和捐助，能夠為我們社會帶來深遠的正面影響。此舉為更多有需要的提供健康服務。您的每一分善舉，讓我們同心合力推動整個社會對健康的關注和重視！倘有錯漏，敬祈見諒。

As a non-subsidized organisation, we depend on the support of generous donors and volunteers to serve our community. Your generous supports and donations have the power to create transformative change in our community. Your kindness will enable us to provide health promotion programs that reach more individuals in need. Let's work together for the well-being and happiness of everyone in our community! We appreciate your support and apologize for any oversights.

Abbott Laboratories HK  
AIDS Trust Fund  
Alcott Liu CPA Limited  
Beat Drugs Fund  
Chan Man Chun Jacky  
Chan Pui Chung Denise  
Chinese University of Hong Kong  
Erasmus U Morah  
Fong Yeuk Kwan  
Gilead Sciences Hong Kong Limited  
GlaxoSmithKline Limited  
Guo Wei  
Ho King Man  
Ho Man Sing  
Ho Ka Yan  
Hong Kong Society for HIV Medicine  
Hong Kong Society for Nursing Education  
Infectious Disease Center of Princess Margaret Hospital  
Infectious Disease Center of Queen Elizabeth Hospital  
Integrated Treatment Center, Department of Health  
Koh Chiu Choi  
Lam Ka Wai Katherine  
Lam Man Kin Ronald  
Lau Ying Kit David  
Lee Man Po

Lee Shui Shan  
Lui Chung Yan Grace  
Ma Chi Chung Ronald  
Mental Health Foundation  
Ng Kam Cheung Stephen  
Poon Wilson  
Rosanna W. Peeling  
Tam Gautier  
Tam Ka Hang  
The Hong Kong Advisory Council on AIDS  
The Hong Kong Society for Public Health Nursing  
The Hong Kong Polytechnic University  
The University of Hong Kong  
Tong Tak Fai  
Tsang Wai Kiu Alfert  
Tsang Tak Yin Owen  
Tsui Lok Kin Edwin  
SIT Alfred  
Social Hygiene Service, Department of Health  
UNAIDS China Office  
Wan Wai Yee  
Wong Ka Hing  
Wong Chun Kwan Bonnie  
Wong Nga Sze Candy  
World Health Organization - WPRO  
Yip Sum Lisa  
Zhou Kai



香港公共健康護理學會  
HONG KONG SOCIETY FOR PUBLIC HEALTH NURSING



香港精神健康護理學院有限公司  
The Hong Kong College of Mental Health Nursing Ltd.



香港愛滋病醫學會  
HONG KONG SOCIETY FOR HIV MEDICINE



**GILEAD**  
Creating Possible





# TOGETHER, WE CAN HELP END THE HIV EPIDEMIC FOR EVERYONE, EVERYWHERE.

***Supporting local communities through  
the Gilead Asia Pacific Rainbow Grant***

Close to  
**US \$6M**  
awarded since 2018

More than  
**300**  
new partnerships formed,  
including healthcare  
professionals and  
governments

Funding  
**144**  
community-based  
projects in  
Asia Pacific

Targeting  
**23**  
geographies across  
high, middle and low  
income settings

Supported  
**130K**  
people to be screened,  
tested, and counselled  
for HIV

Learn how we are  
creating a stigma free  
community:



Download the  
HIV factsheet:





支持再思

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

## 捐款表格 Donation Form

### 捐助金額 Donation Amount

- ☐ HK\$100
- ☐ HK\$500
- ☐ HK\$1,000
- ☐ 其他 Other HK\$ \_\_\_\_\_

#### 付款方式 Payment method

- ☐ 支票付款:以抬頭「再思社區健康組織有限公司」填寫劃線支票  
Cheque-payable to "Community Health Organisation for Intervention, Care and Empowerment Limited"
- ☐ 直接存入「再思社區健康組織有限公司」戶口, 匯豐銀行戶口號碼039-5-074925  
Direct Pay-in to "Community Health Organisation for Intervention, Care and Empowerment Limited" at  
HSBC account no. : 039-5-074925

請將支票存款收據連同此表格寄回: 九龍旺角彌街9至15號恆利中心302室  
「再思社區健康組織有限公司」收, 以便發出收據

Please send your cheque/pay - in slip together with this form to Community Health Organisation for Intervention, Care and Empowerment Limited, Room 302, Henley Industrial Centre 9-15 Bute Street, Mong Kok, Kowloon

### 個人/機構資料 Personal/Organisation Details

- ☐ 個人 Personal ☐ 機構 Organisation (Organisation Name) \_\_\_\_\_

聯絡人 Contact Person \_\_\_\_\_

地址 Address \_\_\_\_\_

電話 Tel \_\_\_\_\_ 傳真 Fax \_\_\_\_\_

電郵 E-mail \_\_\_\_\_

請寄回收據(捐款港幣\$100或以上可憑收據申請減稅之用)

Please send me receipt(donation of HK\$100 or above is tax deductible with a receipt)

收據抬頭 Preferred name on official receipt

願意加入成為「再思之友」。本人希望定期以下列方法收取「再思年報」及其他活動資料。  
Would happy to be "friends of C.H.O.I.C.E.". I would like to receive C.H.O.I.C.E. annual report and update on activities.

- ☐ 電郵 E-mail ☐ 郵寄 Post

所有個人資料保密, 只供內部使用

Your personal data will be treated as confidential information and for internal use only





3188 9024 查詢熱綫 Hotline



5402 9299 男男性接觸者測試服務 MSM Testing Service



5544 5540 綜合預防及治療計劃 Integrated Anti-drug Service



5409 2569 驕陽計劃 Project Sunny



5995 2386 愛滋病病毒感染者關懷計劃 LINKage of PLHIV to Care



[www.communityhealth.org.hk](http://www.communityhealth.org.hk)



[www.choice1069.org](http://www.choice1069.org)



[info@communityhealth.org.hk](mailto:info@communityhealth.org.hk)



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Room 302, Henley Industrial Center  
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