

2022/23年度

紅十字之友小冊子

Friends of Red Cross Annual Brochure

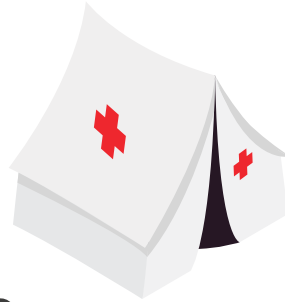


紅十字之友
FRIENDS
of Red Cross

友您在此 人道實踐
Live out Humanity



+852 2802 0016 forc.redcross.org.hk



與時並進

Keep abreast
of the times



香港紅十字會一直積極推展多元化的人道工作，與世界各地的紅十字會保持緊密聯繫，同時亦與本地不同單位協作交流，以堅守人道立場為原則，回應市民的身心需要，與時並進，支援本地及海外有需要人士。

The **Hong Kong Red Cross** (HKRC) has been proactively carrying out a wide range of humanitarian work and maintaining close ties with Red Cross societies worldwide. Additionally, we collaborate with various local organizations to respond to people's physical and mental needs by humanitarianism and support the needy locally and overseas.

7項基本原則

Fundamental Principles



人道
Humanity



公正
Impartiality



中立
Neutrality



統一
Unity



獨立
Independence



志願服務
Voluntary
Service



普遍
Universality

我們的使命

Our Mission



保護生命
Protect human life



關懷傷困
Care for the health
of the vulnerable



維護尊嚴
Respect human dignity



所有人都能在各自的領域，用不同的方式、力所能及地做點事，推動人道工作向前發展。

All can, in one way or another, each in his own sphere and within his own limitations, do something to help the good work move forward.



亨利·杜南 Henry Dunant (1828-1910)
紅十字會創辦人 Founder of the Red Cross Movement

經常性支出分配

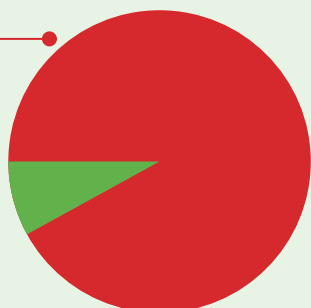
Allocation of Recurrent Expenditure

92.46%

支持人道救援工作
Support Humanitarian Work

7.54%

行政、傳訊及資源發展
Administration, Communications &
Resource Development



*資料來源Source: 年報Annual Report 20/21

閱覽年報

Annual Report





緊急救援及備災

Emergency Relief and Disaster Preparedness

為受危難事故影響的人士提供適切的人道救援服務，以及提升社區應對危難事故的能力及意識。

Provide appropriate humanitarian assistance to people who are affected by crises and raise the community's awareness and ability to respond.



無懼疫情逆境 繼續與您抗疫同行

Overcome the Pandemic TOGETHER

我們的抗疫工作 Our latest works for the pandemic
<https://www.redcross.org.hk/en/ncov2019.html>

疫情持續，我們的抗疫支援工作並沒有停止過，繼續向本地弱勢社群派發防疫物資或日常用品、向疫情下被封區市民提供支援，並適時設立「抗疫同行熱線」為市民提供一站式支援服務；同時，持續透過不同渠道/方式為公眾人士提供防災備災知識，包括推行「備災基礎訓練課程」、動員「流動防災教育車」、開展為青少年工作者的「心強」青少年工作者培訓計劃等。

The pandemic remained severe lately while the anti-pandemic works of HKRC never stop! We continue distributing infection control items or daily necessities to those underprivileged in the community, providing instant support to people living in restricted areas under the pandemic; launching "COVID-19 Support Hotline" to provide one-stop platform for public support. Moreover, we keep sharing disaster preparedness and preventive measurement to the public, including conducting "Disaster Preparedness Foundation Course", mobilizing "Moving Disaster Prevention Education Truck", organizing a year-round "Journey Together: Psychosocial Support Training for People Working with Youth", etc.



面對氣候災難 與弱勢社群並肩同行

Stand by the Vulnerable to Encounter Climate Crisis

當全球面對新冠疫情，氣候變化沒有因此而放緩，極端天氣持續加劇各地氣候危難的災情。紅十字會與紅新月會國際聯合會一直積極支援救災工作，為受災人士提供人道救援，包括提供食物及營養品、乾淨食水、衛生設施、臨時居所、醫療服務、心理支援服務等人道援助，並派出人員協助相關的行動。

While COVID-19 is ravaging the world, climate change has never slowed down, and extreme weathers continue to aggravate the climate crisis in every corner. The International Federation of Red Cross and Red Crescent Societies has been actively supporting disaster relief efforts and providing humanitarian assistance to the victims of natural calamity, including the provision of food and nutritional support, clean water, hygiene facilities, emergency shelter, medical care, and psychological support, as well as deployed professional staff and volunteers to assist in operations.

故事 Story

「因為村內的水源已經乾涸，所以我便在這路邊的泉口取水。村民每天凌晨4點便來這裡排隊，又或者走1小時路程到山上另一個水源挑水。」

"I'm taking water from this spring by the roadside, because the water system in our village has dried out. People line up here at 4 o'clock every morning. Some of them also go to the mountain to take water for another source which takes an hour more to get there."

身處非洲萊索托的Nneheiyg Smith
Nneheiyg Smith in Lesotho, Africa



萊索托是非洲其中一個經歷旱災的國家，當地居民無法種植農作物，牲畜也相繼死亡。單是非洲南部已有1,100萬人因旱災面臨糧食、食水短缺及衛生環境惡劣等問題。

Lesotho is just one of the countries affected by the drought - the people were unable to grow crops and their livestock died. Across southern Africa, 11 million people are now experiencing food shortages, lack of water, disease outbreaks, etc., due to the drought situation.



社區健康服務及教育

Community Health Service and Education

關懷本地有需要社群，加強社會人士對健康及急救的認識，共建關愛及健康的社區。

Care about local people in need and enhance public understanding of health and first aid to build a caring and healthy community.



急救單車服務 與您同步

First-aid Service Cycle with You

本會於2020年9月及11月起，分別為屯門至馬鞍山單車徑和新田皇巴士站單車徑的使用者提供急救服務。

We provided our first aid services along the cycle track from Tuen Mun to Ma On Shan and at San Tin Bus Terminus since September and November 2020 respectively.



長者「健康自家管」 照顧長者身體與心靈

Home-based Chronic Disease Management Service for the Elderly Caring the Physical Health and Mental Wellness

自2014年起，本會與不同地區的長者服務機構合作，關注患有高血壓及糖尿病的獨居或隱蔽長者並提供服務。

此外，在疫情下，部份長者對於出外購物或會有所顧慮，亦因能力所限未能增加購物量以減少外出次數。為了讓長者在有緊急需要時亦能維持基本生活，本會為有需要長者準備了「5天膳食備用包」，食品包含碳水化合物、蛋白質及纖維，讓長者就算減少外出次數，亦可保持足夠營養維持生活所需。派送期間，義工及職員亦會同時教導長者適當儲糧及補給的重要性，以備不時之需。

Since 2014, the HKRC has been providing the Home-based Chronic Disease Management Service for the Elderly (CDME) with elderly service organizations in different districts which is targeting elderly singletons or hidden elders with hypertension and diabetes.

In addition, some of the elderly may hesitate to go shopping during the pandemic, and they cannot take fewer trips by carrying more stuff each. To facilitate the elderly maintain basic living in emergencies, the HKRC prepared "5-day Instant Meal Pack" for those in need. Every pack contained food with carbohydrates, protein, and fiber so that the elderly could have sufficient nutrients even they go out less for groceries. When volunteers and staff members delivered the packs, they also taught the elderly the importance of storing food and supplies properly for emergencies.



故事 Story

「幾十歲有人來探你，陪你傾計，關心你；我們老人家怎會不開心？比「執到錢」還要高興！」

"At our age, who wouldn't be happy when someone paid you a visit and kept you company? Happier than winning a windfall I'd say!"

「健康自家管」長者慢性病管理服務受惠者練玉香女士(圖中)
Ms. Lin Yuk Heung (centre), beneficiary of
the Home-based Chronic Disease Management Service for the Elderly



85歲的練玉香現獨居於觀塘的公共屋邨，她患有糖尿病多年，近年專注處理高血壓及類風濕關節炎等問題，但每當天氣變壞，腳便腫得厲害，走路還需輔以拐杖或輪椅協助。自疫情爆發，練婆婆情緒亦受影響。基於防疫限聚，子女來探望她的機會大大減少，她也無法像從前經常外出做運動、見朋友，被「困」在家常說很悶、很無聊。疫情期間義工暫停上門探訪，改以電話傾談，反而能省卻家訪時既有的程序，令彼此溝通變得更輕鬆自在，更易放開懷抱說出心中所想。

85-year-old Grandma Lin is living alone in a public housing estate in Kwun Tong. She has had diabetes for many years. Now she focuses on treating her other health issues, such as hypertension and rheumatoid arthritis. However, she suffers from swollen feet every time if the weather turns bad. When this happens, she will need crutches or a wheelchair to help her walk. Ever since the pandemic broke out, Grandma Lin has been emotionally affected. The social gathering ban has made it difficult for her children to pay her a visit, and for her to go out to exercise or to see her friends. Being 'trapped' at home makes her bored. Though home visit services have been suspended due to the pandemic, our CDME volunteers still keep in touch with the elderly through phone calls. We believe that phone calls help save time and effort compared to home visits, making communication easier. The elderly are more comfortable with sharing their thoughts over the phone.



人道參與及教育

Humanitarian Engagement and Education

透過不同活動及計劃向大眾宣揚人道價值，讓更多人認識及參與人道工作。

Through a wide range of activities, we raise public awareness on humanitarian values, getting more people to take part in humanitarian initiatives.



人道探索平台

Humanitarian Platform Content

人道探索平台為老師及學生提供電子版的人道教育活動，設有4個不同的專題合共13個探索包，提供靈活及彈性空間，以不同的互動學習工具，讓學生可以自發探索感興趣的人道議題。

The Platform provides teachers and students with an electronic version of humanitarian education activities. There are 13 exploration kits in 4 different topics. The Platform allows students to explore humanitarian issues of their interest with interactive learning tools in a flexible way.



栽種人道種子 培育青少年人道領袖

Planting Humanitarian Seeds Nurturing Young Humanitarian Leaders

中小學及大專學生透過參與本會各式各樣的活動，如「校園健康大使計劃」、「青年作為行為改變的推動」活動、「紅十字小同伴」計劃等，能更直接和有效地建立人道概念，從而實踐人道，幫助有需要人士。

Primary, secondary and tertiary students could establish humanity concepts more directly and effectively through different programs and activities e.g. "School Health Ambassador Programme", "Youth as Agents of Behavioural Change", "Red Cross Little Buddies" etc so as to act out Humanity.

故事 Story

「如果不是加入了香港紅十字會，我已經學壞了。當時放學後任何時間都是紅十字會，步操、急救比賽訓練，當上委員會搞活動，好忙卻很充實！」

"If I didn't join the Hong Kong Red Cross, I would have gone astray. It is a wonderful time. After school, I spent lots of time with the Red Cross, from drill practice to joining the first-aid competition and organizing activities as a committee. It was hectic but satisfying."

施智誠 Lion Sze (後排左一)(back row, first left)

香港紅十字會成人團會員及高級文憑學生
a Member of Hong Kong Red Cross Adult Unit and a Higher Diploma Student



智誠初中由於成績不理想便參加了學校的輔導班，剛好輔導智誠的師兄師姐都是香港紅十字會青年團的團員，於是他便加入成為一份子。長達5年的青年團生涯，非但為智誠帶來美好回憶，更讓智誠有更好的成長，擔任總隊長後亦希望把人道精神傳承下去，幫助更多人。

When Lion studied junior secondary school in Hong Kong, he suffered low grades and attended the auxiliary class. The older schoolmates who taught him were the Hong Kong Red Cross Youth Unit members, and he joined them. The 5-year in the Youth Unit not only brought memories to Lion but also assisted his growth. After Lion became a Head Section Leader, he wished to pass on this humanitarian spirit and help more people.



特殊教育及復康

Special Education and Rehabilitation

為有特殊教育需要人士提供教育，復康及住宿服務，實踐維護尊嚴的精神。

Provide students with special educational needs and provide them with education, rehabilitation and boarding services to realize the spirit of respecting human dignity in practice.



創意教學 持續學習

Creative Education Support Continuous Learning

在疫情下，我們的醫院學校以及轄下三所身體弱能學校的教職員，為讓住院病童及特殊學校的學生得著學習機會，發揮潛能，不斷發揮創意，為學童提供電子平台、互動式簡報、教學影片、網上分享節目等。

The staff of our hospital school and three physically handicapped schools take care of inpatients and students with special education who try hard to create diversified learning platforms, such as e-platforms, interactive presentations, educational videos, and online sharing programs for students to continue their learning during the pandemic.



生涯規劃 探索路向

Career Exploration and Planning

舉辦不同內容的生涯規劃講座，邀請了寵物美容師、酒店房務員及髮型師等專業人士到院校主持職業分享會。個別講者更即席示範，使學生更掌握工作實況，從而反思個人的職業路向。

During the year, through organized career planning seminars on different topics and invited professional pet groomers, hotel room attendants, and hairstylists to share their experiences. Individual speakers also gave demonstrations to help students understand the scenarios in reality and think about their own career paths.

故事 Story

「我最期望家棟將來能夠自力更生，好好照顧自己，他喜歡歷史、文化，想當社工，以生命影響生命，就像校長、老師、教練一樣，無論結果怎樣，我們都會全力支持他。」

"I hope Sean can look after and rely on himself in the future. He likes history and culture, and aspires to be a social worker, affecting life with life just like his principal, teacher or coach. We'll support him with all our heart no matter what gets in the way."

張媽媽分享

Sean's mother shared



張家棟自細便患有大腦麻痺症，四肢中只有左手尚餘基本活動能力。由於肢體張力不協調而需以輪椅代步，在香港紅十字會甘迺迪中心(甘校)寄宿初期，家棟在起居飲食方面都需要老師和其他職員照顧。

在學習上，甘校在三年前為家棟安排教學助理代筆，好讓他們建立默契以應付今年文憑試(DSE)，另外亦安排豐富多采的學習經歷，包括硬地滾球訓練。畢業在即，校方也為他做好準備，安排實習、輔導，讓他能夠面對人生以後的挑戰。

Sean, Cheung Kar-tung, a student at the Hong Kong Red Cross John F. Kennedy Centre (the JFKC), was born prematurely. As a child, he had cerebral palsy paralysing all his limbs except limited movement with his left hand. As he was dystonic, he had to move around on a wheelchair. When he began boarding, Sean needed help from teachers and other staff to conduct his daily life.

To better cope with DSE exams, the JFKC arranged teaching assistants three years in advance as amanuenses, allowing them to build mutual understanding early. The JFKC also provided a diverse range of learning experiences, like learning bocchia. When Sean is about to graduate and leave the JFKC, it has arranged practical and counselling activities for him, giving him the best preparation possible for the upcoming challenges.

感謝**您** 每月定期捐款支持香港紅十字會的人道工作！

Thank you for your regular monthly donations to support our humanitarian work!

捐款者活動 Donor Activities



「人道在城市」定向挑戰 Humanity City Challenge



線上「童」學急救
Online First Aid Workshop



遊戲日 Fun Day



「戰區90」體驗活動 Exploration Activity - "WARZONE 90"



《遺產安排與捐贈》講座 "Legacy Planning and Giving" Sharing



更多活動詳情
Activity details



影片分享
Video Sharing

您和我的小故事
Story of YOU & ME

有您穩定的支持，我們才能於緊急災難發生時作出即時救援，並可有效地計劃及延續對社會上弱勢社群的幫助，為他們帶來希望！

With your steady support, we can provide immediate relief during emergencies as well as effectively plan and sustain our services to bring hope to the underprivileged in our society!



我願意支持香港紅十字會 I would like to support the Hong Kong Red Cross through

- 單次捐款 One-off donation 每月捐款 Monthly donation
 港幣HK\$900 港幣HK\$450 港幣HK\$200
 港幣HK\$_____ (其他捐款金額 Other donation amount)

我已是「紅十字之友」並願意增加每月捐款額至
I am "Friends of Red Cross" and would like to increase my monthly donation amount to

- 港幣HK\$500 港幣HK\$250 港幣HK\$100
 港幣HK\$_____ (其他捐款金額 Other donation amount)



6901/GD

捐款者資料 Donor's Information

姓名 Name	姓 Last name 名 First name 先生Mr./女士Ms./小朋友 Kid	捐款者號碼(如適用) Donor No. (if applicable)
地址 Address		聯絡電話 Tel no.*
		電郵 Email*
	<input type="checkbox"/> 香港HK <input type="checkbox"/> 九龍KLN <input type="checkbox"/> 新界NT	出生日期 Date of birth
		____日 Day ____月 Month ____年 Year

如收據抬頭與上述姓名不同, 請註明:
If the name of the receipt is different from the above, please state:

*為方便日後聯絡, 請盡量提供 Please provide for future communications

請選擇通訊語言 Please choose preferred language for communications: 中文 English

個人資料收集聲明 Personal Information Collection Statement

香港紅十字會(「本會」)盡力遵守《個人資料(私隱)條例》中所列載的規定, 確保儲存的個人資料準確無誤, 及有妥善保密的儲存方法。為保障資料當事人的利益, 本會只收集當事人提供的個人資料作行政、寄發收據、活動報名及推廣用途(見下文)。本會可能運用您提供的個人資料(包括您的姓名和聯繫方式), 以便本會日後為您提供最新的機構資訊、進行捐款相關的跟進, 以及聯絡和推廣用途。您的個人資料可能會提供給本會以外的第三方服務提供者, 以處理您的資料作行政和日後推廣用途。倘本會未得到您同意之前, 本會將不會使用您的個人資料作任何推廣之用途。您可以隨時要求本會停止使用您的個人資料作上述推廣用途, 費用全免。如欲日後查閱或更新個人資料, 請隨時致電捐款查詢熱線: 28020016。

Hong Kong Red Cross ("HKRC") undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data obtained are accurate and securely kept. To safeguard interest of our data subject, HKRC collects personal data from you for the purposes of administration, receipt issuing and other promotion activities (as defined below).

HKRC may use the personal data you provided (including your name and contact details) for the purposes of providing you with information of HKRC, donation follow up, communications & promotion activities. Your personal data may be provided to third party service provider (outside HKRC) who provides data handling for administration and marketing purposes. However, we will not use your personal data unless we have received your consent. Upon your request at any time and at no charge, we will cease to use your personal data for promotion purposes. Please contact our Donation Hotline at 2802 0016 for enquiry or any updating of your personal data.

倘你同意本會左列的安排, 請於下方簽署。
Please sign at the end of this statement to indicate your agreement to such use of personal data as the left.

簽署 Signature: _____

姓名 Name: _____

日期 Date: _____

如果你不同意左列安排, 請在簽署前於下欄加上"✓"號表示。
Should you find such use of your personal data not acceptable, please indicate your **objection** before signing by ticking the box below.

本人不同意有關使用個人資料的安排。
I **object** to the proposed use of my personal data as stated.

捐款方法 Donation Method

信用卡 Credit Card

請郵寄、電郵或傳真遞交。Please send this form to us by mail, email or fax.

VISA MASTERCARD AMERICAN EXPRESS

持卡人姓名 Cardholder's Name	持卡人簽名# Cardholder's Signature
信用卡號碼 Card No.	有效期至 Expiry Date
____	____月 ____年 <small>(有效日期最少兩個月內有效 The expiry date is valid for at least two months)</small>

#(適用於每月捐款) 本人授權香港紅十字會由本人之信用卡戶口轉賬上述指定金額作定期捐款。此授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效, 直至另行通知。
(Applicable to monthly donation) The authorization for the Hong Kong Red Cross to debit the specified amount monthly from his/ her credit card account will continue after the expiry date of the credit card and with the issuance of a new card until further notice.

銀行自動轉賬 Bank auto-pay (只適用於每月捐款 Applicable to monthly donation only)

請以電郵或傳真遞交捐款資料, 自動轉賬授權書將稍後寄上。

Please send the completed form to us by email or fax, the Direct Debit Authorization Form will be mailed to you later.

劃線支票 Crossed Cheque (只適用於單次捐款 Applicable to one-off donation only)

支票號碼 Cheque No.: _____

支票抬頭請填寫「香港紅十字會」, 並連同此表格寄回。

Please make your cheque payable to "Hong Kong Red Cross" and mail to us with this form.

7-Eleven (只適用於單次捐款 Applicable to one-off donation only)

於全港 7-Eleven 分店以現金直接捐款, 並將收據正本連同此捐款表格寄回。

Make cash donation via any outlets of 7-Eleven and mail us the original receipt together with this form.

PayMe (只適用於單次捐款 Applicable to one-off donation only)



掃碼二維碼以進行捐款。

如欲索取捐款收據, 請於程式內填上捐款者資料, 包括姓名、電話及電郵地址或郵寄地址。

Scan the QR code to make a donation.

Please provide your name, telephone number, email or postal address at mobile app for the donation receipt.

轉數快 Faster Payment System (FPS) (只適用於單次捐款 Applicable to one-off donation only)

請把捐款轉帳至「轉數快」識別碼: 164279317

Please transfer the donation to the following "FPS ID": 164279317

如欲索取捐款收據, 請提供交易紀錄截圖, 並連同捐款者姓名、電話、地址及捐款者號碼(如有) 電郵至 crd@redcross.org.hk。

Please send us a screen capture of the related transaction history with your name, telephone number, postal address and donor ID (if applicable) to crd@redcross.org.hk for the donation receipt.