



# 保良局賣旗籌款

## PO LEUNG KUK FLAG SELLING FUND RAISING CAMPAIGN

146<sup>th</sup>  
ANNIVERSARY

以人為本 眾心行善

Putting people first from the start,  
igniting kindness with united hearts



親愛的家長：

保良局服務香港146年，一直積極回應社會需要，秉承幼有所育、老有所依的宗旨，為有需要的社群提供多元化服務。本局致力作育英才，為莘莘學子提供優良的教育服務，讓學生在充滿愛及正向氛圍下愉快學習，將來回饋社會。適逢今年主題是「以人為本 眾心行善」，在連繫各界一同行善之餘，本局也鼓勵學生多走進社區，認識弱勢社群的需要。

賣旗籌款向來是本局每年重點籌款活動之一，歷年得到各位學生及家長的熱心參與及支持，實在非常感恩！活動所籌得之善款將用於本局多元化服務，讓兒童、青少年、長者及殘疾人士受惠。作為保良局的一分子，盼望您們能夠支持校內募捐活動，與本局並肩同行，繼續為有需要人士籌措資源，幫助基層及弱勢社群。

衷心祝願您和家人身體健康，家庭生活美滿！

龐董晶怡

保良局主席兼總校監  
龐董晶怡

謹啟

Dear Parents,

Po Leung Kuk, with 146 years of service in Hong Kong, has been actively responding to the needs of the community by providing a wide range of services to the needy in line with our mission of nurturing the young and caring for the elderly. The Kuk strives to cultivate talents and offer quality education services to our students, ensuring that they can learn happily in a loving and positive atmosphere and contribute to society in the future. Coinciding with this year's theme of "Putting People First from the Start, Igniting Kindness with United Hearts", the Kuk encourages students to engage themselves in the community where they can learn to understand the needs of the underprivileged, in addition to joining hands with different sectors for good causes.

Flag Day has long been one of the key fund-raising activities of Po Leung Kuk, and the enthusiastic participation and support from students and parents over the years is very much appreciated! The funds raised will be allocated to our diversified services for children, youth, the elderly, and the disabled. As members of Po Leung Kuk, we hope that you will continue to support our school fund-raising activities by joining us in our endeavours to raise funds for the needy and help the grassroots as well as the vulnerable communities.

Our heartfelt wishes are with you and your family for good health and happiness!

Yours faithfully,

Helena Tung Pong

Helena C.Y. TUNG PONG  
Chairman of Po Leung Kuk and  
Schools' Supervisors Committee







賣旗籌款向來是本局善款重要來源之一，善長的支持對保良局服務受眾至為重要。

懇請慷慨捐款，同心協力支援基層弱勢。善款將全數用於保良局多元化服務，讓兒童、青少年、長者、殘疾人士及照顧者受惠。賣旗活動行政費由保良局董事會成員贊助，確保善款一分一毫用於各項關愛扶弱工作。



Flag Day has all along been one of the major sources of donations for Po Leung Kuk. Support from donors is vital for the Kuk to serve the public, thus donations are highly appreciated. You are invited to join hands with us to support the underprivileged groups in our community. All funds raised will be fully used to support the diversified community services of Po Leung Kuk, benefitting children, the youth, the elderly, the disabled, and caretakers. All administrative costs of the event is sponsored by the Board of Directors of Po Leung Kuk to ensure that every penny we raise goes to the care and support of the disadvantaged.

## 受惠個案分享 CASE SHARING

### 保良局流動中醫車 時刻守護基層市民健康

### Po Leung Kuk's Chinese Medicine Mobile Clinic Keeps Guarding the Health of The Grassroot

年近八旬的葉婆婆長期受多種病痛困擾，如氣喘、腳腫；其中最嚴重為膝關節退化引致的劇烈疼痛，令她夜不安眠，需長期服用止痛藥，且每次走路10分鐘就需要休息。慶幸在數月前接觸到保良局流動中醫車並接受中藥和針灸治療，婆婆多種病症都得到舒緩，不再需要服止痛藥。現只需要每星期一次的針藥綜合調理，持續守護婆婆的健康。葉婆婆及家人很感激醫師一直以來的細心照顧，讓葉婆婆一家重現笑聲。

Aged nearly 80, Granny YIP had been suffering from multiple ailments such as shortness of breath and swollen feet. The most devastating of which was the severe pain caused by the degenerative joints of her knees, leaving her sleepless at night, needing to take painkillers persistently and take a break every time she walked for 10 minutes. Fortunately, after coming into contact with the Po Leung Kuk Chinese Medicine Mobile Clinic a few months ago to receive Chinese medicine and acupuncture treatments, she was able to find relief from her various medical problems and no longer needed to take painkillers. Now she only needs comprehensive conditioning treatment with acupuncture and Chinese medicine once a week to maintain her health. Granny YIP and her family members are very grateful to the practitioners for their thorough care, which has brought smiles back to their lives.



保良局流動中醫診所定期遊走及停泊於全港多個地區及公共屋邨，提供優質、便捷及收費廉宜的中醫服務。流動中醫診所設備齊全，並配備輪椅升降台。診所提供中醫全科及針灸治療，並配以方便可靠的中藥配方顆粒。

Po Leung Kuk's Chinese Medicine Mobile Clinics regularly roam around different districts and public housing estates in Hong Kong, providing quality, convenient, and affordable Chinese medicine services. The Chinese Medicine Mobile Clinics are fully equipped, complete with wheelchair lifts. The clinics offer general Chinese medicine and acupuncture therapy, as well as user-friendly and reliable Chinese medicine prescription granules.





## 喜交新朋友 與晚年抑鬱說再見

### Making New Friends and Saying Goodbye to Elderly Depression

陳婆婆剛被轉介到保良局張蕙萍皇后山喜悅耆的長者中心時候被列為隱蔽長者，因未適應到新的居住環境，加上未結識到新朋友而十分孤獨，導致本來已有抑鬱症的她更加封閉自己，病症惡化。

幸獲保良局一班充滿熱誠的社工，鼓勵陳婆婆融入中心活動，不久後更認識了一位名字跟她一樣有「梅」字的老友記，她們一起成為義工，更參與新年公開演出。現時陳婆婆不再感到鬱悶，她的身心靈都充滿正能量。

When Granny CHAN was first referred to the elderly centre at Po Leung Kuk Cheung Wai Ping Queen's Hill Jolly Net, she was listed as a hidden elderly. As she could not adapt to the new living environment and make new friends, Granny CHAN felt all the more lonely and isolated, which led to the deterioration of her already existing depression.

Thanks to a group of warm-hearted social workers from Po Leung Kuk, she was encouraged to integrate into the centre's activities. Soon after, she befriended an old lady whose name shares the same Chinese character "Mui", joining together as volunteers, they took part in the New Year's public performances. Now Granny CHAN no longer feels depressed, and her mind, body, and spirit are full of positivity.



本局的71個安老服務單位，以「五全照顧」為理念，結合社區支援、家居照顧及院舍照顧服務，令長者獲得細緻的照顧、親切的關懷，保持良好的心理健康及有尊嚴的安享晚年。  
The Kuk's 71 elderly service units are built on the concept of "5-pronged holistic care", combining community support, in-home care, and residential care services, so that the elderly can receive meticulous care and compassionate attention, maintain good mental health, and enjoy their twilight years in a dignified manner.



## 特殊需要兒子與爸爸再現歡顏

### SEN Son and Dad All Happy Again

5歲的智驊被評估有言語發展遲緩、學習和社交障礙，屬有特殊教育需要（SEN）兒童。智驊媽媽早年不幸患癌病逝，爸爸因而患上抑鬱症並長期失眠。由於智驊需要貼身照顧，令智驊爸爸不得不辭去工作，承受着沉重的經濟和心理壓力。

後來，智驊獲安排入讀保良局倪文玲（元朗）兒童發展中心，中心提供校車服務及小組形式的教育及言語訓練支援，提升了他的社交及言語能力，減輕了智驊爸爸不少壓力。同時，爸爸接受中心的心理輔導並加入家長小組，一起參加中心舉辦的親子活動，與其他同路人同行，他們一家生活有所改善。

5-year-old Chi Wah was assessed as having special educational needs (SEN) with speech and language delay, along with learning and social difficulties. Following the tragic death of his mother from cancer some years ago, his father developed depression and suffered from chronic insomnia. As Chi Wah needed constant care and attention, his father had to quit his job thus putting him under heavy financial and psychological pressure.

Subsequently, Chi Wah was enrolled in Po Leung Kuk Malina Ngai (Yuen Long) Child Development Centre, which provided school bus service and small group education as well as speech training support. Chi Wah's social and language skills were enhanced, relieving his father's stress. At the same time, Chi Wah's father received psychological counselling from the centre and became a member of the parents' group. By joining the parent-child activities organised by the centre and meeting others who are in the same situation, the life of this family has been improved.



本局學前特殊教育服務致力幫助小朋友發揮潛能；向有特殊學習需要的兒童提供職業治療、物理治療及言語治療等服務，並支援照顧者的生活和心理所需，一同以正向態度扶持小朋友成長發展。

The Kuk's pre-primary special education service is committed to helping children develop their potential; providing occupational therapy, physiotherapy, and speech therapy services to children with special learning needs; supporting the caretakers in their daily lives and psychological needs; while adopting a positive attitude to support children's growth and development.



2277 8237

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





## 善款用途舉例 EXAMPLES OF USAGE

每捐款 For every donation of

\$200

即可贊助一位患有認知障礙症、受情緒困擾或中風的長者體驗**一次園藝治療**，同時提升活動能力及改善精神壓力  
Sponsor an elderly with dementia, emotional distress or stroke to experience **one session of horticulture therapy**, to improve their mobility skills and mental health

每捐款 For every donation of

\$350

即可贊助一位長者於流動中醫車**接受一次針灸治療及五日藥物**，守護健康及減輕經濟壓力  
Sponsor an elderly for **one session of acupuncture treatment with five days of medications at our mobile Chinese medicine clinic**, to guard their health and ease their economic tension

每捐款 For every donation of

\$500

即可贊助一位社區貧困人士在社區飯堂享用**一個月的免費午餐或晚餐**，讓他們得到營養膳食  
Sponsor an underprivileged person with **lunch or dinner at our community canteens for a month**, ensuring they have nutritious meals

每捐款 For every donation of

\$1,000

即可贊助三位吞嚥困難人士**品嚐佳節軟餐食物五次**，有助增加食慾，汲取所需營養  
Sponsor three people with swallowing difficulties to **enjoy soft meals on five festivals/special occasions** to rebuild their appetite and the nutrition they need

每捐款 For every donation of

\$5,000

即可贊助兩位發展障礙的幼兒**接受五節綜合遊戲訓練**，以提升幼兒的認知、社交、語言、大肌肉、小肌肉及自理等能力  
Sponsor two children with **special needs to participate in five sessions of play therapy group**, aiming to improve their cognitive, social, languages, fine & gross motor skills and self-care ability.



登記成為  
線上賣旗義工  
Enroll as Online  
Flag-Selling Volunteer

- 捐款達\$300或以上，可獲贈由本局殘疾人士親手製作的**手縫杯墊**及**特別版紙旗**一份。  
For donations of \$300 or above, a **handmade cup coaster** crafted by persons with disabilities, and a set of **special edition flag stickers** will be gifted.



- 捐款達\$2,000或以上，可獲由著名藝術家劉建文 Michael Lau 創作的**賣旗畫作環保袋**一個。  
For donations of \$2,000 or above, a **tote bag featuring the painting** by the renowned artist Michael Lau with his themed design of the Flag Day will be gifted.



### 保良局賣旗籌款捐款回條 Po Leung Kuk Flag Selling Fund Raising Campaign Reply Slip

請填妥表格連同捐款交回所屬學校。Please return to school with filled information and donation.

(請在適當選項內加上「✓」) Please tick where appropriate

☐ 本人樂意捐助港幣  
I would like to donate HK\$ \_\_\_\_\_ 元

捐款方法  
Donation Method

☐ 現金  
Cash

☐ 劃線支票 (抬頭:「保良局」)  
Crossed cheque payable to "Po Leung Kuk"

☐ 網上捐款  
Online donation



☐ 本人未克捐助  
I would not make any donation.

保良局屬校名稱 Name of School \_\_\_\_\_

學生姓名 Name of Student \_\_\_\_\_ 班別 Class \_\_\_\_\_

家長/監護人簽署 Parent's/Guardian's signature \_\_\_\_\_ 日期 Date 2024 / \_\_\_\_ / \_\_\_\_

捐款收據 ☐ 不需要 ☐ 需要，收據抬頭  
Donation receipt Not needed Please send me a receipt: Name of donor \_\_\_\_\_ (in block letters)

紀念品 ☐ 不需要 ☐ 經學校轉交 ☐ 經速運公司送至：  
Souvenir Not needed Please pass via school Deliver to the address below by courier: \_\_\_\_\_

捐款港幣壹佰元或以上可申請扣稅。Tax-deductible receipt can be issued for donation of HK\$100 or above.