

My Life My Health My CHOICE

年報 2021 Annual Report



再思社區健康組織

Community Health Organisation for
Intervention, Care and Empowerment

目錄 CONTENTS

2	主席獻辭 Message from Chairperson
4	組織架構 Organisational Structure
6	再思之旅 Milestones
8	關於再思 About CHOICE
9	再思服務 Community Services
	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
	連扣工程 LINKage to Care - POZ
	健康人生活動計劃 LiFE CHOICE Programme
	其他服務 Other Services
26	財務撮要 Summary Financial Report
30	鳴謝 Acknowledgement
35	支持再思 Support Us

主席獻辭 Message from Chairperson



邁向二十周年

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。

2021年是充滿挑戰的一年。新冠肺炎疫情肆虐全球，大家都經年沒有出國旅行，並且經歷了各種社交距離措施，實在身心疲憊。各國的經驗都可以知道，在嚴謹的防疫措施中，愛滋病的高危行為，在疫情中往往是有增無減的。預防愛滋病的活動在這些艱難的歲月顯得更為重要。而如何在轉變的環境下提供有效的服務，就是我們的挑戰。

回顧2021年的工作，因應政府的呼籲，在疫情中我們部份同事在家工作，中心只是提供有限度服務。但是今年我們依然在中心提供了超過1500個愛滋病毒及梅毒抗體測試。在疫情中，因應傳統的社交場所的關閉，我們開拓了新的社區外展，在600多次的社區外展中接觸人次超過4萬人次。此外我們亦適時擴展了機構的網上服務，在1500多節的網上外展服務中，接觸人次多達一百萬。

今年我們也購置了新的器材，以便在中心提供更全面的綜合健康檢測。除了愛滋病病毒及梅毒快速測試外，我們延續提供淋病衣原體篩查、CD4淋巴細胞及血脂測試。

一如既往，我們於2021年11月20日舉辦了第六屆的愛滋病學術研討會。我們邀請了國際的愛滋病專家，有聯合國愛滋病規劃處駐華辦事處政策及戰略顧問周凱博士，及世界衛生組織西太平洋區域傳染病部愛滋病肝炎及性傳染疾病陳寶蓮醫生，及本地的專家，在線上分享愛滋病預防及治療上的新發展。

此外，有鑒於男同志社群內的濫藥問題，有相當的本地特色和需要，所以我們在2021年10月9日舉辦了專業培訓會議：“We Make A Difference”；講者有精神科醫生、臨床心理學家以及資深輔導員，並邀請服務愛滋病防治以及戒毒界別的各界同工出席。大家都分享了疫情中的各種轉變，有誠懇及專業的分享。

這幾年，我們不斷在宣傳最新的愛滋病預防策略，叫做「以治療為預防」(Treatment as Prevention)，在國際間，常常用U=U作為口號。U=U意思就是Undetectable=Untransmittable，我們翻譯作「『測不到』就是『傳不到』」。其實這是一個具有科學根據的治療概念，意思即係只要經過適當治療，便可以成功壓抑病毒。一般愛滋病患者，都會在國際認可的實驗室，定期抽血，檢驗血液內的愛滋病病毒。若果血液內的病毒量持續六個月以上受控，是低至實驗室也測不到的水平（『測不到』），那麼這個愛滋感染者就不具傳染力（『傳不到』）。

在公共衛生的層面，因應U=U，我們就應該更廣泛的鼓勵有需要人士接受測試。並且關切受感染的愛滋病患者，堅持治療，以達致成功壓抑病毒。

今年我們因着這個訊息，做了《誰若有力便抱緊》這首歌。很感激林一峰先生，跟我們溝通數次之後，便能夠掌握U=U的精粹，並且把愛滋病愛滋病患者的心聲，化進歌詞裏，一人心兼曲、詞、編、監、唱的角色，真的不簡單！治療的旅途，有時很漫長，當中有寂寞、困難的時間。但是，不管什麼情況，堅持治療，才可以再踏上健康的正軌。

不可等好天氣來臨，才敢於安心相信快樂。

純屬抉擇，再跨一步，寧願相信！誰若有力去擁抱就要抱緊！

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



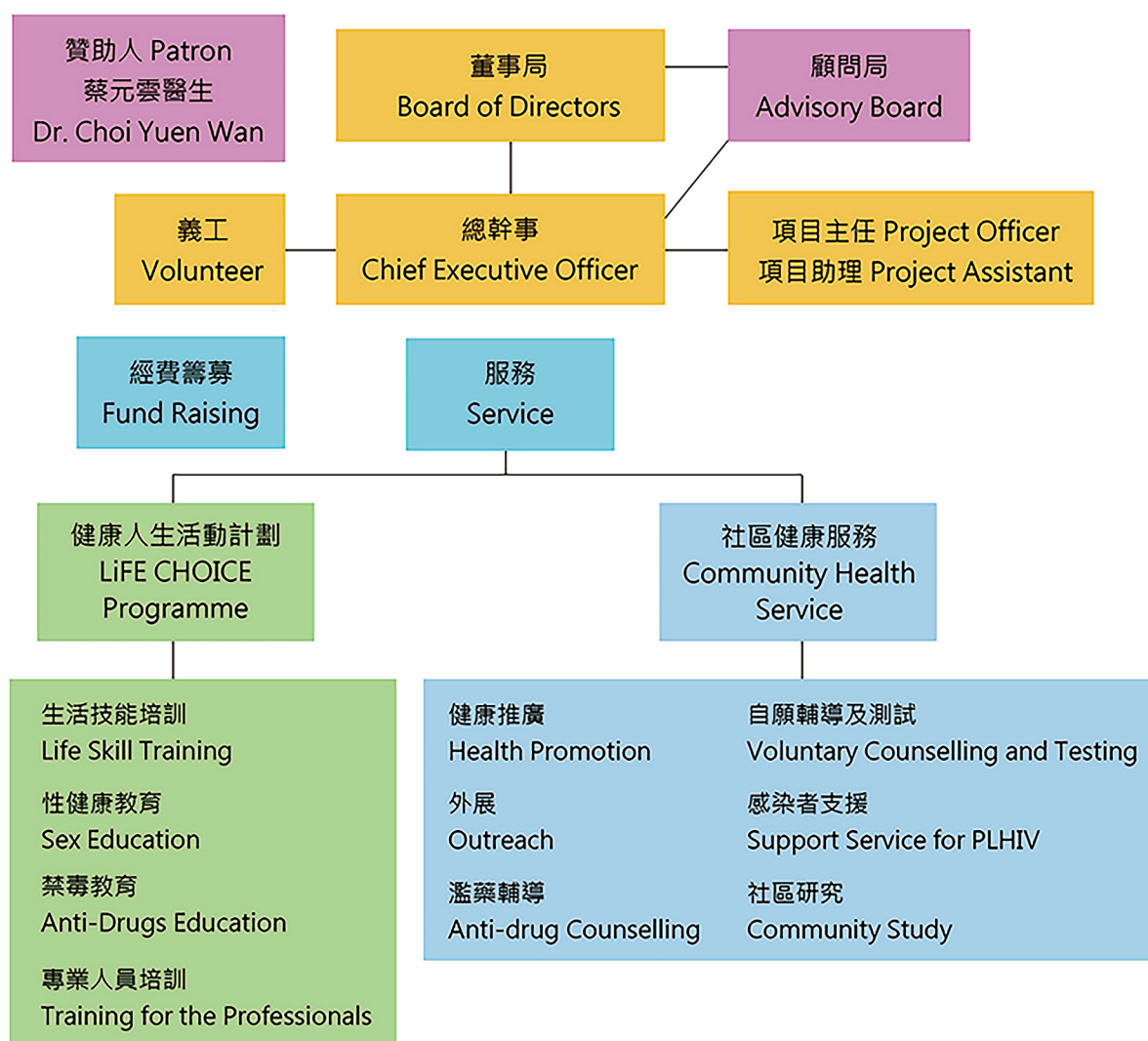
財務 Treasurer
甘啟文教授
Prof. KAM Kai Man Joseph
(至2021年9月18日離任)
(Til 18th September 2021)



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) 何文勝博士	Board of Directors	Dr. Wan Wai Yee (Chairperson) Mr. Tong Tak Fai (Secretary) Dr. Ho Man Sing
顧問局	何景文醫生 劉德輝教授 吳錦祥醫生	Advisory Board	Dr. Ho King Man Prof. Lau Tak Fai Joseph Dr. Ng Kam Cheung Stephen
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.
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 the World AIDS Day to deliver HIV prevention information to elderly.

年度 Year	
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>
2020	<p>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。</p> <p>Despite the severe outbreak of Covid, C.H.O.I.C.E. remains fully open and operates normally to provide full services to the high-risk communities and those in need by appointment.</p>
2021	<p>開立「再思音樂台」，透過音樂創作，加深公眾人士對愛滋病及性病健康服務的認識，以及鼓勵有需要人士接受性病快速測試。</p> <p>Launched the "C.H.O.I.C.E. Music Channel" to enhance the public's understanding of health services relating to HIV and STIs through music, and to encourage those in need 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「C.H.O.I.C.E.」，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。

C.H.O.I.C.E

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 "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.

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
- 宣傳及支援服務
- 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
- 健康人生活動計劃
- 其他服務 – 包括愛滋病研討會、再思音樂台及再思小劇場等



Service Development – Promoting service excellence and innovation to address STI/HIV/AIDS situation

- Integrated Community-Based Intervention for HIV/AIDS/STI Prevention and Care Programme
- Promotion and Support Services
- LINKage to care – POZ – Support service for People Living with HIV (PLHIV)
- Integrated Anti-Drug Service
- LiFE CHOICE Programme
- Other services – including HIV/AIDS Conference, C.H.O.I.C.E. Music Channel and Theatre, etc

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

由愛滋病信託基金贊助，本會為高危社群（包括男男性接觸人士、女性性工作者及其顧客）提供愛滋病和性病的預防及支援服務，包括外展、快速測試及輔導等。另外，我們亦舉行公眾教育活動，提高社區預防愛滋病 / 性病的意識。

在2021年，在新冠疫情下，本會繼續為不同社群提供適切的服務。為鼓勵高危群組定期接受性健康檢測，我們於2021年開始普及愛滋病毒自我檢測，開展「快遞自助檢測 - 依時測」計劃，向在港的高危人士快遞愛滋病毒自我檢測包，並向他們提供跟進服務。

另外，因應新冠疫情，我們的外展服務繼續受到不少限制和挑戰。本會一直緊貼政府各項在不同場所的防疫規定，作出最快、最合適的安排，盡力於疫情期間及社交限制下進行社區外展服務。同時，本會加強網上外展的服務節數，以彌補有限度的社區外展。

This programme is sponsored by the AIDS Trust Fund. C.H.O.I.C.E. provides HIV and STI prevention, testing and follow-up services for the high-risk communities (including men who have sex with men (MSM), sex workers and their clients). Services include outreach sessions, voluntary testing, counselling, etc. In addition, we also launch publicity campaigns to raise the public's awareness towards HIV/STI prevention.

In 2021, despite the Covid outbreak, we continue to provide suitable services for different communities. To encourage high-risk communities to receive regular sexual health testing, we began popularizing HIV self-test and launched the "Easy-Check" scheme where we courier self-test kits to high-risk communities in Hong Kong and provide them with follow-up services.

In addition, due to the Covid outbreak, we had a lot of challenges and limitations in providing community outreach service. We closely followed the government's social distancing policies so as to make the suitable arrangements in a timely manner. We tried our best to provide outreach services to the extent possible under the social distancing measures. In the meantime, we increased the number of online outreach sessions to make up for the reduced number of community outreach sessions.



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2021年，我們為超過2,000人次提供愛滋病病毒、梅毒及其他性病檢測。

個案分享 - Jason:

分享：「十分感謝再思在我最彷徨無助下伸出援手。猶記得那一次無套之後，整個人坐立不安，又不知道可以做些什麼，只好鼓起勇氣打電話到再思求助。電話中他們耐心解答我的疑問，以及聆聽我的擔憂，之後還陪我一起到急症室求診，尋求專業意見。最後醫生處方「暴露後預防用藥」給我。用藥減低感染愛滋病的風險。期間，很感謝再思職員耐心的聆聽和意見。幸好我並未受愛滋病病毒感染。十分感謝再思的幫助！」

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 rapid test and Syphilis rapid 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 2021, we conducted HIV and Syphilis rapid tests for more than 2,000 people.

Sharing - Jason:

"I am much obliged for the help from C.H.O.I.C.E. I can still recall how scared and anxious I was after I had unprotected sex. I was lost. I called C.H.O.I.C.E. They listened to my worries and answered my questions patiently. They even accompanied me to the Accident and Emergency Department to seek professional advice. I was prescribed "Post-Exposure Prophylaxis (PEP)". Use of PEP lowers the risk of HIV infection. I am very grateful for the advice from C.H.O.I.C.E.'s staff and their patience. Fortunately, I was not infected with HIV. Once again, thank you for C.H.O.I.C.E.'s help and assistance!

「快遞自助檢測 - 依時測」

本會由以快遞方式為18歲或以上在港人士提供免費的愛滋病病毒自我檢測套裝。本會會透過互聯網及電話的方式，為自我檢測人士提供檢測支援及健康諮詢服務。如發現受感染，本會將會協助轉介感染者到相關的診所作進一步的跟進及治療。自助檢測不但提高私隱度，更能有效減低新冠病毒的傳播。

截至2021年年底，我們派發了超過50個愛滋病病毒自我檢測套裝，超過97%服務使用者回覆自我檢測結果及接受本會跟進服務(如適用)。

"EasyCheck" Free HIV Test by Courier Service

We deliver free HIV self-test kits to people aged 18 or above in Hong Kong by courier. We provide self-test support and healthcare consultation service online and by telephone. If tested positive, we will refer the client to the relevant clinic for follow-up consultation and treatment. Not only does self-test allow better privacy for service users, it also reduces the risk of spreading Covid.

By the end of 2021, we distributed more than 50 HIV self-test kits. More than 97% of the service users replied with their self-test results and received our follow-up services (if applicable).

外展服務

自2002年起，本會已提供逾十九年的外展服務，包括針對不同社群而設的社區及網上外展。目標是：(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；及(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。

個案分享 - Peter:

「雖然唔係HIV，但係中左梅毒個心都十分唔好受。之前以為梅毒無得醫，以為就咁就一世，有一種走投無路嘅感覺。喺網上見到再思嘅電話，打上黎問。職員為我解答左好多問題。知道梅毒係有得醫嘅，我都鬆一口氣。」

Outreach Service

Since its establishment in 2002, C.H.O.I.C.E. has been providing outreach services for more than 19 years, including community outreach and internet outreach for different communities. The objectives are (1) to educate them with the knowledge of HIV/AIDS and STIs prevention; (2) to correct their misunderstandings on HIV/AIDS and STIs infection; and (3) to encourage them to undergo HIV and STIs screening test regularly and avoid self-medication.

Case Sharing - Peter:

"Even though it is not HIV, it is not something easy to accept when it comes to Syphilis. I thought Syphilis is incurable, and my life was over. I thought I was stuck. I called C.H.O.I.C.E. and asked all the questions that I had. Their staff answered me patiently. I finally learnt that with proper treatment, Syphilis can be cured. I was relieved."

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2021年，我們展開了634多次外展服務，接觸約超過42,000人次。

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 2021, we conducted 634 outreach sessions, engaging more than 42,000 individuals.

網上外展

再思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相關的文章，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。

我們提供網上支援服務，為網絡使用者解答對性健康的疑問，並提供輔導及支援，以紓緩他們的不安和焦慮情緒。在2021年，我們展開了超過1,500節的網上外展服務，接觸人次近100萬。

Online Outreach

C.H.O.I.C.E. sets 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. It also helps us understand the situation of our service users.

We provide online support service by answering enquires about HIV and STIs, and providing them with counselling service to alleviate their stress and anxiety. In 2021, we conducted more than 1,500 sessions of online outreach, reaching nearly 1 million people.

彩虹活動

我們舉辦「彩虹活動」予男同志參加，為他們提供一個暢所欲言的交流平台。我們會定期舉辦不同類型的活動，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。

在2021年，本會因應新冠疫情及社交限制舉行有限度的小組活動。本會於2021年舉辦了共34次活動，超過350人次參與。

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、大專院校等地方設置街站，派發安全套和教育單張，並向公眾人士宣傳愛滋病和性病相關的資訊，目的是增加大眾預防感染的意識。

在2021年，我們派發了超過74,000多個安全套、55,000多個潤滑劑及近63,000千多份宣傳品。

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、婦女健康等。此外，我們也不時張貼親子關係、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。

姊妹支援服務

部分女性性工作者表示因照顧家庭、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。

Rainbow Day Activities

We organize "Rainbow Activities" for the gay community and provide them with an open platform for exchange and discussion. We organize different activities regularly, for example, board game contests, outdoor activities and flameless cooking classes, 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 2021, in view of the Covid situation and the limitations on social gatherings, we held limited group activities. We held a total of 34 activities, engaging more than 350 individuals.

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, educating them about HIV and STIs related information in order to raise the public's awareness of infection prevention.

In 2021, we distributed more than 74,000 condoms, 55,000 packs of lubricants and 63,000 sets of promotional collaterals.

Healthcare Information Channel

C.H.O.I.C.E. cares about 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 and women's health. Further, we also publish information on parent-child relationship management, relationship management and financial management from time to time to provide a multi-faceted information platform to our service users.

Female Sex Workers Support Service

Some of the female sex workers suffer from tremendous pressure and stress arising from their families 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 alleviate their stress and helping them search for solutions.

連扣工程

LINKage to Care – POZ

很多愛滋病感染者仍然對愛滋病感染及治療存有很多誤解，精神健康亦受到困擾。長期的精神困擾增加高危行為以及拒絕接受治療。有見及此，我們提供連扣工程服務。連扣工程計劃是為愛滋病感染人士及其家人提供支援，包括互助小組、輔導服務、綜合健康檢查及多元化資訊平台。

Many people who are infected with HIV (PLHIV) still have many misunderstandings about HIV infection and treatment, which also affect their mental well-being. Long-term stress increases high-risk behaviours and make them less likely to receive treatment. As such, we provided the LINKage to Care service. The LINKage to Care scheme aims at providing support to PLHIV and their family. Services include POZ Group, counselling service, comprehensive health checks and the provision of diverse information portals.

互助小組

在疫情下很多服務使用者都留在家中。為了維持我們的服務，我們決定在疫情困境下在線上舉辦不同的活動。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，讓他們於朋輩間互相支持，實踐健康生活，並期望透過活動為面對情緒困擾的朋友提供支援。

輔導服務

本會為愛滋病毒感染者提供個別輔導，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，並在有需要時可提供伴侶輔導服務。

Poz Group

During the outbreak of Covid, many of our service users stayed home. To maintain our service, all of our activities went online. Through a series of online activities, we aim at enhancing the interactions between and among peers so that they have mutual support from each other and lead a healthy living together. We also aim at providing support for those who have issues coping with emotion.

Counselling

C.H.O.I.C.E. provides counselling services to the newly diagnosed, the emotionally troubled and the ones who experience difficulties with medication and stress management. We help them adapt to medication and to cope with the associated side-effects. We would also provide counselling services for their partners whenever necessary.

個案分享 – Derek:

我人生第一次HIV測試就是在再思。坦白說，我事前沒想過會確診，因為我沒有多名性伴侶，也沒有發現任何病徵。說確診HIV容易接受，是騙人的。禍不單行，碰巧相依為命的母親離世。那種現實的無情，相信不足為外人道也。我感到孤獨，並開始出現抑鬱症狀。確診後「自閉」長達兩年之久。幸得再思於兩年間不斷主動聯絡，更積極鼓勵我盡早開始治療，邀請我入互助小組一起行山、做小手工等，讓我感到不那麼孤單，更令我明白到我還是可以選擇做個積極樂觀的人。

Case Sharing – Derek:

I had my first HIV test at C.H.O.I.C.E. Honestly, I did not expect that I would test positive for HIV since I did not have multiple sex partners, nor did I have any symptoms before. It would be deceiving to say that it is easy to accept an HIV infection. Worse still, my mother passed away at around the same time. The cruelty is beyond words. I shut myself away for 2 years. Fortunately, C.H.O.I.C.E. actively kept contact with me during the 2 years, encouraged me to start treatment early and invited me to join the POZ Group for hiking and handicraft workshops. I felt that I was not alone. Further, I understood that I could still make a choice for myself to be a positive and optimistic person.

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及其伴侶提供CD4淋巴細胞快速測試、血糖測試、血脂測試、身體數據分析，以及飲食營養資訊，讓他們更進一步了解自己的身體狀況，及讓我們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拾健康人生。

Consolidated Health Check

C.H.O.I.C.E. provides comprehensive health checks. In addition to HIV and Syphilis rapid tests, we also provide HIV-infected persons and their partners with CD4 lymphocyte test, blood glucose test, blood lipid test, body analysis and diet and nutritional information. It allows them to further understand their health status and allows us to arrange more appropriate support services for them.

Diverse Information Portals

To cater for the infected and those who suspect themselves having been infected, 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 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.

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

自2014年起，本會獲禁毒基金撥款，開展「綜合預防及治療服務計劃」，為男同志社群提供預防濫藥工作及戒毒輔導服務，服務範圍廣泛。本會以外展形式，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，增加男同志對於濫藥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。本會亦希望透過「朋輩輔導員」培訓活動，讓服務使用者建立朋輩支援網絡，並向他們宣傳正向健康人生。另外，我們安排專業培訓以增加機構間的互動與交流，共同為男同志社群提供適切的服務。

在2021年，我們透過社區外展派發了超過20,000份禁毒宣傳品，進行了超過250節的個案輔導。

Since 2014, we have been awarded funding from the Beat Drugs Fund to launch the "Integrated Anti-Drug Service". The scheme provides the gay community with drug prevention and drug-quitting counselling services. This scheme envisages a wide scope of service. Adopting outreach as our mode of service, we conduct both community outreach and online outreach to actively get in touch with the gay community and individuals with substance abuse issues through different social platforms. In the meantime, through case counselling and different prevention and treatment groups, we try to enhance the awareness of the gay community towards substance abuse, and to elevate their motivation in dealing with the problem of substance abuse. We also hope that through the "Peer Counsellor" training programme, service users can build a peer support network within which positive and healthy living is advocated. In addition, we organize professional training to promote the interaction and exchange with other organisations so as to provide suitable services for the gay community.

In 2021, we distributed more than 20,000 sets of anti-drug promotional collaterals through community outreach and conducted more than 250 sessions of case counselling.

同工分享：

陪伴濫藥人士戒除毒癮也可能是一番深刻的經歷。戒毒的過程一定不容易。當身邊的伴侶、家人或朋友看見他們努力爭脫毒品的魔爪，一步一步從低谷中走出來，重新建立與伴侶、家人及朋友的關係，是十分有意義的。

Worker Sharing:

Accompanying someone to quit drugs can be a profound experience. Quitting drugs is never easy. It is very rewarding to witness a partner, family member or friend pulling himself together, getting rid of drugs and rebuilding the relationships with others.

專業培訓計劃 We Make A Difference

本會於2021年10月9日舉行了專業培訓計劃「We Make A Difference」。是次計劃在線上舉行，並且邀請到精神科醫生方若君醫生、臨床心理學家譚嘉恒博士、以及資深輔導員杜柏軒先生分享本地男同志社群內的濫藥情況。是次研討會有超過30名業界同工出席。

Professional Training and Sharing: We Make A Difference

On 9 October 2021, we held the online Professional Training and Sharing "We Make A Difference". We have invited Dr. Fong Yeuk Kwan, Psychiatrist, Dr. Barry Tam Ka-hang, Clinical Psychologist and Mr. To Pak-hin, experienced counsellor, to share about the substance abuse situation within the local gay community. More than 30 co-workers in the anti-drug sector attended the training.

公眾教育短片製作

本會在 2019 年製作的 2 段關於濫用藥物和成癮的短片非常受歡迎。為了提高公眾對性健康的認識並消除有關 HIV 和其他性病的誤解，今年，我們製作了禁毒影片「藥隱約現」。故事根據真人真事改編，內容講述一名 Chem Fun 玩家的經歷以及濫藥的後遺症。

Care 小組計劃

Care 小組為開放式團體活動。每項活動亦有 1-2 名同儕義工參與。透過正面的同儕影響加強禁毒訊息。此計劃的目的是識別藥物濫用者，以鼓勵他們盡早尋求幫助，以及學習情緒管理。

運動「郁一郁」

此活動邀請參加者一起「郁一郁」，透過伸展、瑜伽及核心肌肉訓練等運動，增加體態美，改善自我形象、睡眠，建立常規有序的生活模式，更希望參加者開始培養運動習慣及正向價值觀，並逐漸遠離毒品。

輔導及轉介服務

本會轉介藥物濫用者和/或精神健康有障礙的人士到公營或私家精神科醫生進行個人諮詢、醫療評估及治療，並為他們提供緩解，幫助控制情況。我們於 2021 年提供近 300 次輔導服務，轉介超過 10 名人士接受精神科治療。

Public Education Video Production

We produced 2 videos about substance abuse and addiction in 2019, which are very well-received. To enhance the public's awareness of sexual health and to eliminate misconceptions about HIV and STIs, we produced the video "CFrough See Through" this year. The video talks about the experience of a Chem Fun (CF) player and the side effects of substance abuse.

Care Group Programme

Care Group Programme is a programme with open group activities. 1-2 peer volunteers are involved in each activity to build and strengthen an anti-drug message through positive peer influence. This programme seeks to identify substance abusers, encourage early help-seeking and allow participants to learn the skills to manage emotions.

"Make a move" Exercise

We invite participants to "make a move" together. Through stretching, yoga and core training exercise, the participants can improve their body shape, self-image and sleep quality, and to establish a healthy lifestyle. It is also hoped that the participants can start to develop an exercise habit, cultivate a positive lifestyle, and stay away from drugs.

Counselling and Referral Service

We refer substance abusers and persons with mental health disorders to public or private psychiatrists for individual counselling, medical evaluation and treatment, and provide them with solutions to help control the situation. In 2021, we provided around 300 sessions of counselling service and referred more than 10 individuals to psychiatric treatment.

健康人生活動計劃 LiFE CHOICE 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.

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，主要為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。

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。

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2021年，全球多國仍因新冠疫情實施不同出入境限制。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了解，進一步改善本地愛滋病預防工作。

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。

Training for the Professionals

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

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 take action to respond to the needs of the socially disadvantaged.

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 2021, many countries still have border control in place due to Covid. We were not allowed to have face-to-face exchanges and co-operations with overseas HIV/AIDS organisations. However, we still actively participate in 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 and allow us to deliver better services for HIV/AIDS prevention and control.

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 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.

活動剪影 Activity Pictures



◆ 大老山尋芒之旅



◆ 香港仔遊記



◆ 海下灣



◆ 靈異導賞團



◆ Gay Tour



◆ 瑜珈班



◆ 畫畫班



◆ 手縫皮革班



◆ 手繩班

愛滋病研討會 HIV/AIDS Conference

愛滋病研討會2020

愛滋病病毒防治的挑戰

本會於2021年2月27日舉辦了第五屆的愛滋病學術研討會。是次研討會為2020年度因新冠疫情肆虐而延至到2021年2月舉辦。是次會議在線上舉行，並且邀請了8名本地及國際的愛滋病專家及前線醫護人員作為是次研討會的嘉賓，分享不同國家、地區在愛滋病預防工作及治療上的新發展。

主講嘉賓包括(1)香港衛生署顧問醫生(特別預防計劃)黃加慶醫生太平紳士、(2)聯合國愛滋病規劃處駐華辦事處策略訊息顧問郭巍博士、(3)香港衛生署高級醫生(特別預防計劃)黃駿君醫生、(4)香港中文大學傳染病學研究教授李瑞山教授、(5)再思主席尹慧兒醫生、(6)瑪嘉烈醫院植韶沅醫生、(7)精神科曾韋僑醫生以及(8)香港衛生署社會衛生科何景文醫生。

是次研討會有超過500名人士參加，當中包括關注愛滋病預防及治療上新發展的人士、非政府組織代表、醫護人員、公共衛生的前線工作人士及學生等。

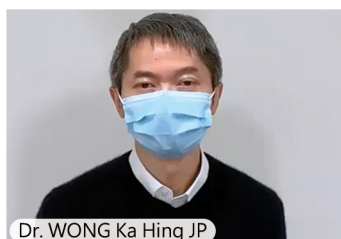
HIV/AIDS Conference 2020

Facing New Challenges in HIV Prevention and Care

On 27 February 2021, we organized our 5th academic conference on the issue of HIV/AIDS prevention and treatment online. Due to the COVID-19 outbreak in 2020, the HIV/AIDS Conference 2020 was postponed to February 2021. We have assembled a panel of 8 local and international HIV/AIDS experts and frontline medical practitioners as guest speakers to share their views on the latest development of HIV prevention and treatment in different countries and regions as well as the challenges they have encountered.

Our guest speakers include (1) Dr. Wong Ka Hing JP, Consultant Doctor, Special Preventive Programme, Department of Health; (2) Dr. GUO Wei, Strategic Information Adviser, UNAIDS China; (3) Dr. Wong Chun Kwan Bonnie, Senior Health and Medical Officer, Special Preventive Programme, Department of Health; (4) Professor Lee Shui Shan from Stanley Ho Centre for Emerging Infectious Diseases, CUHK; (5) C.H.O.I.C.E. Chairperson Dr. Wan Wai Yee; (6) Dr. Chik Shiu Hong Thomas from Princess Margaret Hospital, (7) Dr. Tsang Wai Kiu Alfert, Psychiatrist, Mental Health Foundation; and (8) Dr. Ho King Man from the Social Hygiene Clinic, Department of Health.

We registered more than 500 attendees for the conference, including people who are concerned with HIV prevention and the latest treatment development, representatives from non-governmental organisations, healthcare professionals, frontline practitioners from other public health institutions and students.



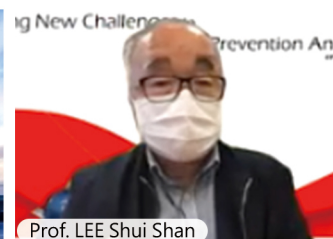
Dr. WONG Ka Hing JP



Dr. GUO Wei



Dr. WONG Chun Kwan



Prof. LEE Shui Shan



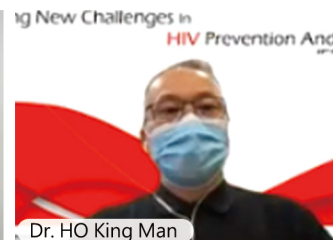
Dr. WAN Wai Yee



Dr. CHIK Shiu Hong



Dr. TSANG Wai Kiu



Dr. HO King Man

愛滋病研討會2021

愛滋病防治：新常態下的再思

本會於2021年11月20日舉辦了第六屆的愛滋病學術研討會。是次會議在線上舉行，並且邀請了7名本地及國際的愛滋病專家及前線醫護人員作為是次研討會的嘉賓，分享現今不同國家、地區於新冠疫情期間愛滋病預防工作及治療上的新發展。

主講嘉賓包括(1)衛生防護總監徐樂堅醫生太平紳士、(2)聯合國愛滋病規劃處駐華辦事處政策及戰略顧問周凱博士、(3)香港衛生署顧問醫生(特別預防計劃)黃加慶醫生太平紳士、(4)世界衛生組織西太平洋區域傳染病部愛滋病肝炎及性傳染疾病陳寶蓮醫生、(5)香港衛生署高級醫生(特別預防計劃)何志軒醫生、(6)香港感染控制中心顧問醫生陳文俊醫生和(7)中大醫學院賽馬會公共衛生及基層醫療學院助理教授王艾斯教授。

是次研討會超過300名人士參加，當中包括關注愛滋病預防及治療上新發展的人士、非政府組織代表、醫護人員、公共衛生的前線工作人士及學生等。

HIV/AIDS Conference 2021

New CHOICES in HIV/AIDS Care

On 20 November 2021, we held our 6th academic conference on the issue of HIV/AIDS prevention and treatment online. We have assembled a panel of 7 local and international HIV/AIDS experts and frontline medical practitioners as guest speakers to share their views on the latest developments of HIV prevention and treatment in different countries and regions.

Our guest speakers include (1) Dr. Tsui Lok Kin Edwin JP, Controller of the Centre for Health Protection; (2) Dr. Zhou Kai, Policy and Strategy Adviser, UNAIDS China; (3) Dr. Wong Ka Hing JP, Consultant Doctor, Special Preventive Programme, Department of Health; (4) Dr. Chan Po Lin from HIV, Hepatitis and Sexually Transmitted Infections, Division of Communicable Diseases, WHO Regional Office for the Western Pacific; (5) Dr. Ho Chi Hin Billy, Senior Medical and Health Officer, Special Preventive Programme, Department of Health; (6) Dr. Chan Man Chun Jacky, Consultant Doctor, Infectious Disease Centre, Princess Margaret Hospital; and (7) Dr. Wong Ngai Sze Candy, Assistant Professor, Stanley Ho Centre for Emerging Infectious Diseases, CUHK.

We registered more than 300 attendees for the conference, including people who are concerned with HIV prevention and the latest treatment development, representatives from non-governmental organisations, healthcare professionals, frontline practitioners from other public health institutions and students.



Dr. TSUI Lok Kin



Dr. ZHOU Kai



Dr. WONG Ka Hing JP



Dr. CHAN Po Lin



Dr. HO Chi Hin



Dr. CHAN Man Chun



Dr. WONG Ngai Sze



Dr. LAM Ka Wai

再思音樂台

C.H.O.I.C.E. Music Channel

再思之歌 (2021)

- EVERYONE HAS CHOICES -



本會在2021年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U=U (HIV病毒量為不可檢測 = 不會傳播HIV)的訊息。

In 2021, we collaborated with the new local singer Wong Sze Ting on the production of the new song "Everyone Has Choices". We hope to enhance the public's understanding on HIV testing, encourage the high-risk communities to get tested and promote the message of "Undetectable=Untransmittable" (U=U) through the music production.

自從U=U「測不到=傳不到」的概念被提出及證實後，對感染者社群以及愛滋病防治策略是一大鼓舞。U=U「測不到=傳不到」概念使社會大眾對感染者的接受程度大大提高，同時亦為感染者開治接收治療和服藥提供更大的推動力。為此，本會積極透過不同渠道宣傳U=U的概念，包括拍攝宣傳短片以及微電影來提升大眾對此概念的認識，從而建立一個零感染、零歧視、互助包容的社會。

Ever since the concept of "Undetectable=Untransmittable" (U=U) has been raised and confirmed, it is highly positive and encouraging news to the PLHIV community and the local HIV prevention and treatment sector. The U=U concept allows the PLHIV community to be understood better by the public. It also serves as a strong incentive for those diagnosed with HIV to start treatment and medication early. C.H.O.I.C.E. actively promotes the concept of U=U through different channels, such as micro-movies and videos, in order to help build an inclusive, infection-free and discrimination-free society.

愛在你左右 (2021)

- WE ARE BY YOUR SIDE -



在2021年，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感染了愛滋病病毒。作為初感染者的阿Sam心裡有很多的疑慮，包括藥效、藥物依從性、本港提供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病毒的誤解。

In 2021, we invited Dr. Wilson Lam to participate in the production of our micro-movie "We Are by Your Side". In the story, Sam was infected with HIV. Newly infected with HIV, Sam has many questions, worries and doubts, including the efficacy of HIV medication, difficulty in adhering to the medication, treatment options, follow-up healthcare services in Hong Kong, etc. Dr. Lam responded to each of Sam's questions and dispelled everyone's misunderstandings about HIV infection.

藥隱約現 (2021)

- CFROUGH SEE THROUGH -



在禁毒基金的支持下，本會於2021年拍攝了第二部微電影《藥隱約現》。是次電影透過Chem Fun玩家第一身的經歷，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，找尋到屬於自己的路。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。本會希望透過此部電影，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。

我們上載了此微電影到本會的社交平台，有超過40,000人次觀看。

Funded by the Beat Drugs Fund, we produced a new 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 of the movie, he found his way out by seeking help. As long as you are brave enough to seek help, you always have a choice to lead a healthy and happy life. Everyone can have a healthy and happy life by taking the first step to seek assistance. The micro-movie discusses the causes of substance abuse, the motivations for drug abusers to quit drugs and their motivations for seeking help.

We uploaded this micro-movie onto our social media platforms and registered a view rate of over 40,000.

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。暖 (2019)

- ADDICTED -



「獨愛」和「獨暖」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，什至影響你的思緒。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」更係最棘手的問題，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H I V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H I V感染者，他親身講述他的故事，告訴我們H I V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.

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 2021

	2021 HK\$	2020 HK\$
INCOME		
Donation income	2,100,000	8,100
Charity sales	31,500	44,660
Bank interest income	118	94
Exchange gain	16	-
Sundry income	1,129	74,451
	2,132,763	127,305
PROJECT GRANTS	4,066,812	4,009,523
PROJECT EXPENDITURES	(4,143,830)	(3,597,177)
	(77,018)	412,346
	2,055,745	539,651
ADMINISTRATIVE EXPENDITURES		
Activity service fee	3,180	-
Bank charges	1,620	1,820
Building management fee	10,500	40,500
Center activities	6,984	256
Electricity	8,882	4,609
Exchange loss	-	4
Insurance	29,201	31,099
Office accessories	6,598	-
Operating lease rental on land and buildings	246,000	245,800
Less: rental classified under project expenditures	(230,750)	(209,425)
Lab test and accessories	106,589	-
Media and online promotion	177,269	-
Printing, postage and stationery	6,757	12,890
Staff allowance	1,783	-
Sundry expenses	6,541	-
	(381,154)	(127,553)
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u>1,674,591</u>	<u>412,098</u>

STATEMENT OF FINANCIAL POSITION

財務狀況表

AS AT 31 DECEMBER 2021

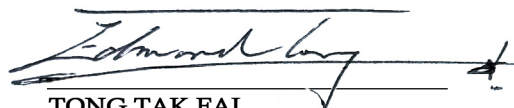
	2021 HK\$	2020 HK\$
CURRENT ASSETS		
Rental and other deposits	53,800	53,800
Prepayments	257,416	9,481
Bank balances	10,924,307	8,474,206
	11,235,523	8,537,487
CURRENT LIABILITIES		
Receipts in advance	(3,067,759)	(1,847,373)
Accruals and other payables	(87,621)	(284,562)
	(3,155,380)	(2,131,935)
NET ASSETS	<u>8,080,143</u>	<u>6,405,552</u>
RESERVES		
Accumulated funds	<u>8,080,143</u>	<u>6,405,552</u>

Approved and authorised for issue by the Council on 24 September 2022

On behalf of the Council



WAN WAI YEE
CHAIRPERSON



TONG TAK FAI
SECRETARY

STATEMENT OF CASH FLOWS

現金流量表

YEAR ENDED 31 DECEMBER 2021

	2021 HK\$	2020 HK\$
CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus from operations	1,674,591	412,098
Increase in rental and other deposits	-	(400)
(Increase) / decrease in prepayments	(247,935)	43,089
Increase / (decrease) in receipts in advance	1,220,386	(945,566)
(Decrease) / increase in accruals and other payables	(196,941)	262,952
Net cash generated from / (used in) operating activities	2,450,101	(227,827)
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	8,474,206	8,702,033
CASH AND CASH EQUIVALENTS AT END OF YEAR	<u>10,924,307</u>	<u>8,474,206</u>
Analysis of cash and cash equivalents: bank balances	<u>10,924,307</u>	<u>8,474,206</u>

鳴謝

Acknowledgement

AIDS Trust Fund	Lau Tak Fai Joseph
Alcott Liu CPA Limited	Lee Man Po
Beat Drugs Fund	Lee Shui Shan
Brink Anne	Ma Chi Ching Ronald
Cable Joe IT Engineering Ltd.	Mental Health Foundation
Chan Chi Wai Kenny	Ng Kam Cheung Stephen
Chan Denise	Poon Wilson
Chan Man Chun Jacky	Red Ribbon Centre
Chan Po Lin	Sin Yat Ming
Chik Shiu Hong Thomas	Stuart David
Fong Yeuk Kwan	Tam Ka Hang
Gilead Sciences Hong Kong Ltd.	Tong Tak Fai
GlaxoSmithKline Hong Kong	Tsang Ho Fai Thomas
Guo Wei	Tsang Tak Yin Owen
Ho Chi Hin	Tsang Wai Kiu Alfert
Ho King Man	Tso Wei Kwok Homer
Ho Man Sing	Tsui Lok Kin Edwin
Hong Kong College of Health Service Executive	UNAIDS China
Hong Kong Society for HIV Medicine	Wan Chi Keung Aaron
Hong Kong Society for Infectious Diseases	Wan Wai Yee
Hong Kong Society for Nursing Education	WHOCC
Hong Kong Society of Behavioral Health	Wong Chun Kwan Bonnie
Hong Kong School Nurses Association	Wong Ka Hing
Hong Kong Society for Public Health Nursing	Wong Man Tak
Kam Kai Man Joseph	Wong Nga Sze Candy
Lam Man Kin Ronald	Yeung Pui Shan
Lam Wilson	Yim Edward
Lam Ying Kit David	Zhou Kai



LIBERATE YOUR PATIENTS FROM DAILY HIV THERAPY

with VOCABRIA + REKAMBYS, the first and only, complete long-acting injectable regimen, dosed once every 2 months, for virologically suppressed* patients^{1,2}



First and only, complete long-acting regimen for HIV-1^{1,2}



The efficacy you have come to expect from daily HIV regimens¹



Preferred by 98% of patients over daily oral therapy in the ATLAS-2M clinical trial³



VOCABRIA
cabotegravir suspension for injection



REKAMBYS
rilpivirine suspension for injection

*HIV-1 RNA <50 copies/mL¹ in adults who are virologically suppressed (HIV-1 RNA <50 copies/mL) on a stable antiretroviral regimen without present or past evidence of viral resistance to, and no prior failure with agents of NNRTI and INI class.

At Week 48, 98% of 306 patients with no prior exposure to VOCABRIA + REKAMBYS who responded to the questionnaire preferred every 2-month injections vs 1% of 306 patients who preferred the study daily oral lead-in (1% reported no preference).³

Vocabria (cabotegravir 30mg film-coated tablets and 600mg prolonged-release suspension for injection in 3mL), and Rekambys (rilpivirine 900mg prolonged-release suspension for injection in 3mL).
Important Safety Information

Contraindications: • Hypersensitivity to any ingredient • Coadministration with rifampicin, rifapentine, rifabutin, phenytoin, phenobarbital, carbamazepine, oxcarbazepine, systemic dexamethasone (except single dose) • St John's Wort **Warnings and Precautions:** • If discontinued, adopt a fully suppressive antiretroviral regimen no later than when the next injection would have been due • If virologic failure is suspected an alternative regimen should be adopted as soon as possible. Residual concentrations may remain for prolonged periods after discontinuation. • Increased risk of failure associated with 2 or more of: archived rilpivirine resistance mutations BMI 30 kg/m² or HIV-1 A6/A1 subtype • Caution if uncertain treatment history without pre-treatment resistance analyses, if BMI 30 kg/m², or HIV-1 A6/A1 subtype • Hypersensitivity reactions. Rare, serious post-injection reactions from accidental IV administration • Hepatotoxicity (monitor LFTs). Not recommended in hepatitis B • Limited data in hepatitis C, monitor LFTs • Opportunistic infections • Immune reactivation syndrome • QTc prolongation at supratherapeutic doses - caution with medicines associated with Torsade de Pointes • Not to be used with other antiretrovirals for HIV • Caution with narrow therapeutic index OAT1/3 substrates, e.g. methotrexate. If macrolide antibiotics required, consider azithromycin • Caution with oral treatments and H2 antagonists and antacids. • Limited data on the use of Vocabria in patients aged 65 years and over.

The following adverse events have been reported

Injection site reactions (generally mild/moderate) including cellulitis and abscess formation (uncommon), headache, pyrexia (mostly reported within one week of injection), depression, depressed mood, anxiety, abnormal dreams, insomnia/sleep disorder, somnolence, dizziness, dry mouth, decreased appetite, nausea, vomiting, abdominal pain/discomfort, flatulence, diarrhoea, fatigue, asthenia, malaise, rash, myalgia, weight increase, hepatotoxicity, pancreatitis, increased transaminases, increased bilirubin, decreases in white blood cells, haemoglobin and platelet count, increases in cholesterol, triglycerides, pancreatic amylase, and lipase Please refer to the full prescribing information for further information and prior to administration. Abbreviated Prescribing Information based on PI version: Vocabria 30mg film-coated tab- HK022021(GDS03/EU20210105); Vocabria 400mg, 600mg prolonged-release suspension for injection - version HK022021 (GDS03/EU20210105). For adverse events report, please call GlaxoSmithKline Limited at (852)3189 8989 or send an email to us at HKAdverseEvent@gsk.com.

Vocabria (cabotegravir 30mg film-coated tablets and 600mg prolonged-release suspension for injection in 3mL), and Rekambys (rilpivirine 900mg prolonged-release suspension for injection in 3mL).

Indication: Cabotegravir in combination with rilpivirine for treatment of HIV-1 in adults who are virologically suppressed (HIV-1 RNA <50 copies/mL) on a stable antiretroviral regimen without present or past evidence of viral resistance to, and no prior failure with agents of NNRTI and INI class. **Dosing:** Adults (over 18 years) carefully selected who agree to the injection schedule and are counselled about the importance of adherence. An oral lead in prior to the initiation of injections can be used to assess tolerability. For oral lead in: Prior to injections, once-daily oral dosing of cabotegravir 30mg tablet and rilpivirine 25mg tablet for approximately 1 month (at least 28 days) with food. Initiation injections following oral lead in: months 2 (final day of oral lead-in therapy) and 3. Separate intramuscular (gluteal) 3mL injections of Vocabria and Rekambys. Continuation injections: Two months after the final initiation injections and every 2 months thereafter. Separate intramuscular (gluteal) 3mL injections of Vocabria and Rekambys. Injections may be administered up to 7 days before or after the due date. Please refer to the prescribing information for advice outside this window or missed injections. Caution in severe renal impairment or moderate hepatic impairment. Not recommended in severe hepatic impairment. **Contraindications:** Hypersensitivity to any ingredient. Coadministration with rifampicin, rifapentine, rifabutin, phenytoin, phenobarbital, carbamazepine, oxcarbazepine, systemic dexamethasone (except single dose), St John's Wort. **Special warnings/precautions:** If discontinued, adopt a fully suppressive antiretroviral regimen no later than when the next injection would have been due. If virologic failure is suspected an alternative regimen should be adopted as soon as possible. Residual concentrations may remain for prolonged periods after discontinuation. Increased risk of failure associated with 2 or more of: archived rilpivirine resistance mutations BMI 30 kg/m² or HIV-1 A6/A1 subtype. Caution if uncertain treatment history without pre-treatment resistance analyses, if BMI 30 kg/m², or HIV-1 A6/A1 subtype. Hypersensitivity reactions. Rare, serious post-injection reactions from accidental IV administration. Hepatotoxicity (monitor LFTs). Not recommended in hepatitis B. Limited data in hepatitis C monitor LFTs. Opportunistic infections. Immune reactivation syndrome. QTc prolongation at supratherapeutic doses - caution with medicines associated with Torsade de Pointes. Not to be used with other antiretrovirals for HIV. Caution with narrow therapeutic index OAT1/3 substrates, e.g. methotrexate. If macrolide antibiotics required, consider azithromycin. Caution with oral treatments and antacids. Please refer to the prescribing information for full list of interactions. **Pregnancy/breast feeding:** Not recommended. **Side effects:** Please refer to prescribing information for full details. Injection site reactions (generally mild/moderate) including cellulitis and abscess formation (uncommon), headache, pyrexia (mostly reported within one week of injection), depression, depressed mood, anxiety, abnormal dreams, insomnia/sleep disorder, somnolence, dizziness, dry mouth, decreased appetite, nausea, vomiting, abdominal pain/discomfort, flatulence, diarrhoea, fatigue, asthenia, malaise, rash, myalgia, weight increase, hepatotoxicity, pancreatitis, increased transaminases, increased bilirubin, decreases in white blood cells, haemoglobin and platelet count, increases in cholesterol, triglycerides, pancreatic amylase, and lipase Please read the full prescribing information prior to administration. Full prescribing information is available on request from GlaxoSmithKline Ltd, 23/F, Tower 6, The Gateway, 9 Canton Road, Tsim Sha Tsui, Kowloon, Hong Kong. Abbreviated Prescribing Information based on PI version: Vocabria 30mg film-coated tab- HK022021 (GDS03/EU20210105); Vocabria 600mg prolonged-release suspension for injection - version HK022021 (GDS03/EU20210105); Rekambys 900mg prolonged-release suspension for injection - EU SmPC 28 July 2021; (Hong Kong Approval Date: 16 Dec 2021). For adverse events report, please call GlaxoSmithKline Limited at (852)3189 8989 or send an email to us at HKAdverseEvent@gsk.com.

VOCABRIA injection is indicated, in combination with REKAMBYS injection, for the treatment of HIV-1 infection in adults who are virologically suppressed (HIV-1 RNA <50 copies/mL) on a stable antiretroviral regimen without present or past evidence of viral resistance to, and no prior virological failure with agents of the NNRTI and INI class.¹

HIV-1=human immunodeficiency virus type 1; INI=Integrase Inhibitor; NNRTI=non-nucleoside reverse transcriptase Inhibitor.

References: 1. VOCABRIA Hong Kong Product Characteristics GDS03. 2. REKAMBYS Summary of Product Characteristics. Janssen Healthcare; 2021. 3. Overton ET, Richmond G, Rizzardini G, et al. Long-acting cabotegravir and rilpivirine dosed every 2 months in adults with HIV-1 infection (ATLAS-2M): 48-week results: a randomised, multicentre, open-label, phase 3b, non-inferiority study. Lancet. Published online ahead of print: Decem ber 9, 2020. doi: 10.1016/S0140-6736(20)32666-0.



Working together in HIV

© 2022 ViiV Healthcare group of companies or its licensor. Please read the full prescribing information prior to administration. Full prescribing information is available upon request from GlaxoSmithKline Limited. The material is for reference and use by healthcare professionals only. Trade marks are property of their respective owners

GlaxoSmithKline Limited
23/F, Tower 6, The Gateway, 9 Canton Road, Tsim Sha Tsui, Kowloon, Hong Kong
Tel: (852) 3189 8989 Fax: (852) 3189 8931

PM-HK-CBR-ADV-T-00001
Date of Preparation: 13/02/2022 (02/24)



BIKTARVY®
bictegravir 50mg/emtricitabine 200mg/
tenofovir alafenamide 25mg tablets

THE BEAUTY OF WHAT IS POSSIBLE

BIKTARVY® is a powerful STR that combines the **DESCOVY® (FTC/TAF)*** backbone with bictegravir, a novel and unboosted INSTI^{1,2}

DHHS & IAS RECOMMENDED

AS AN INITIAL REGIMEN FOR MOST PEOPLE WITH HIV^{3,4}

EACS RECOMMENDED

AS AN INITIAL REGIMEN FOR ART-NAÏVE ADULT HIV-POSITIVE PERSONS⁵

BIKTARVY® is a small STR with once daily dosing^{1,2}



**High genetic barrier
to resistance**



**No HLA-B 5701
testing required**



**Active against
HBV[†]**



**Low potential
for DDIs[‡]**



**Once-Daily
small STR[§]**



**Taken Any
Time of Day**



**No Food
Requirements**



No Booster



Enough said, Trusted care

Learn if BIKTARVY® is right for your patients.

The image is shown for illustration purpose only. It does not represent the actual size of the tablet.

*emtricitabine 200 mg/tenofovir alafenamide 25 mg.¹

†BIKTARVY® contains TAF, which is active against HBV. Discontinuation of BIKTARVY® therapy in patients co-infected with HIV and HBV may be associated with severe exacerbations of hepatitis. Patients co-infected with HIV and HBV who discontinue BIKTARVY® should be closely monitored with both clinical and laboratory follow-up for at least several months after stopping treatment.¹

‡BIKTARVY® is contraindicated with dofetilide, rifampin and St John's Wort.^{1,6}

§Each BIKTARVY® tablet is approximately 15 mm x 8 mm.¹

CrCl, creatinine clearance; DDIs, drug-drug interactions; DHHS, Department of Health and Human Services; EACS, European AIDS Clinical Society; FTC, emtricitabine; HBV, hepatitis B virus; HIV, human immunodeficiency virus; IAS, International AIDS Society; INSTI, integrase strand transfer inhibitor; PLHIV, people living with HIV; STR, single-tablet regimen; TAF, tenofovir alafenamide.

References: 1. BIKTARVY® Hong Kong Prescribing Information (HK-JUN19-EU-MAY19). 2. Deeks ED. Bictegravir/emtricitabine/tenofovir alafenamide: A review in HIV-1 infection. *Drugs* 2018; 78(17): 1817-28. 3. Panel on Antiretroviral Guidelines for Adults and Adolescents. Guidelines for the use of antiretroviral agents in adults and adolescents with HIV. Department of Health and Human Services. Available at: <http://aidsinfo.nih.gov/contentfiles/lvguidelines/AdultandAdolescentGL.pdf>. (Accessed November 21, 2020). 4. Saag MS, Gandhi RT, Hoy JF, et al. Antiretroviral Drugs for Treatment and Prevention of HIV Infection in Adults: 2020 Recommendations of the International Antiviral Society-USA Panel. *Jama* 2020; 324(16): 1651-69. 5. The EACS treatment guidelines 10.1 October, 2020. Available at: https://www.eacsociety.org/files/guidelines-10.1_5.pdf (accessed November 21, 2020). 6. Di Perri G. Clinical pharmacology of the single tablet regimen bictegravir/emtricitabine/ tenofovir alafenamide (BIC/FTC/TAF). *Infez Med* 2019; 27(4): 365-73.



HIV

Gilead Sciences Hong Kong Limited
Room 2603, 26th Floor, Hysan Place
500 Hennessy Road, Causeway Bay, Hong Kong

IT'S TIME TO **BUILD BACK BETTER** TO END HIV.



CONGRATULATIONS
to Australia, Cambodia, Taiwan
and Thailand for achieving
90-90-90 by 2020!^{1,2}

At Gilead Sciences, we know that achieving the UNAIDS 95-95-95 target is only possible if we work together across communities and with people living with HIV. By supporting initiatives through our Asia Pacific Rainbow Grant, we challenge ourselves and help our partners to **Build Back Better**. Together, let's rise beyond COVID-19 and work toward ending HIV.



References: ¹ UN Joint Programme on HIV/AIDS (UNAIDS). (2020). *Global AIDS Update: Seizing the Moment*. | ² Central News Agency (CNA) Taiwan. (2020). *Despite the pandemic, Taiwan ranks first in Asia for AIDS prevention and control*.

支持我們
Support Us

Stamp
Here

貼上郵票

香港九龍旺角弼街9-15號

恒利中心302室

再思社區健康組織有限公司

請在此封口 □ Please seal here

請在此封口 □ Please seal here

請在此封口 □ Please seal here

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: 香港九龍旺角弼街9-15號恒利中心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 St, Mong Kok, Kowloon, Hong Kong

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 CHOICE”. I would like to receive CHOICE annual report and update on activities.
- ☐ 電郵 email
☐ 郵寄 post

所有個人資料保密, 只供內部使用 You personal data will be treated as confidential information and for internal use only

地址 九龍旺角弼街9-15號恒利中心302室
Address Room 302, Henley Industrial Centre
9-15 Bute Street, Mong Kok, Kowloon

電話 Tel 3188 9024

傳真 Fax 3188 9051

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

電郵 Email info@communityhealth.org.hk