



再思社區健康組織

Community Health Organisation for  
Intervention, Care and Empowerment

# ANNUAL REPORT 年報 2024



# 目錄 Contents

1	主席獻辭 Message from Chairperson	2
2	總幹事心聲 Message from Chief Executive Officer	3
3	再思之旅 Milestones	4
4	核心計劃和服務 Core Programmes & Services	9
5	公眾意識和教育工作 Public Awareness & Education Work	16
6	再思心聲 C.H.V.O.I.C.E.	23
7	財務撮要 Financial Report	30
8	鳴謝 Acknowledgement	34
9	支持再思 Support C.H.O.I.C.E.	38

## 主席獻辭

## Message from Chairperson



湯德輝先生  
Mr. Tong Tak Fai

After two decades of advancing HIV prevention in Hong Kong—from pioneering rapid testing to empowering youth and marginalized communities—C.H.O.I.C.E. enters 2024 inspired by the hope of achieving the WHO’s 2030 goal: ending the AIDS epidemic as a public health threat. Specifically, we are committed to meeting the revised 95-95-95 targets, ensuring that the vast majority of people living with HIV are diagnosed, treated, and achieve viral suppression by 2030.

We confront stark realities, as funding cuts driven by local economic and other factors continue to challenge our work. In response, C.H.O.I.C.E. will strengthen relationships with philanthropists, forge strategic partnerships with NGOs and technology innovators, and ensure people living with HIV lead our advocacy—demonstrating impact even when resources are limited.

None of this would be possible without our extraordinary staff. Your unwavering dedication throughout 2024—delivering testing, counseling, and stigma-fighting services with compassion—has kept C.H.O.I.C.E.’s mission alive. Thank you for your courage and commitment.

“Timely diagnosis is the gateway to treatment, prevention, and the preservation of human dignity.” As affirmed by Professor Peeling, we will enhance our efforts to promote HIV testing among the general public, with a special focus on reaching individuals who may be unaware of their risk or who are diagnosed late in the course of infection.

By encouraging early and accessible testing for all, we can reduce the number of late presenters, improve health outcomes, and move closer to our goal of eliminating HIV in Hong Kong by 2030.

## 總幹事心聲

# Message from Chief Executive Officer

何碧玉女士

Ms. Ho Pik Yuk Shara

在這個時代，全球政經醫社風雲變幻，香港這小島不能幸免。

2024年，對於纏繞全球數年的疫情已經散去，社會各界也逐漸復常。香港愛滋病毒病毒感染人數持續九年下跌，根據衛生署數字，2024年新增呈報個案為365宗，較前一年下跌8.1%。但近一半的新呈報感染個案為晚發現感染者，晚發現不但增加出現併發症，更增加愛滋病毒風險。

「再思」紮根香港已22年，是一所非政府資助慈善團體、社福機構，多年來默默提供服務，受惠人數超逾百萬。經歷香港政經高低起伏不同處境，深明服務需革新。面對這樣的時代變化，我們並沒有因此停下腳步。過往，一直積極主動為有需要的社群提供愛滋病及性病預防服務。2024年，服務社群的需要或面對的挑戰已不再是單一愛滋病及性病預防。為「再思」服務的更新作出準備，以迎合城市的變化。

「再思」由默默地服務，開始提升服務影響的廣度、深度以及知名度。因而，「再思」接受電視台採訪以及媒體方式來提升大眾對疾病預防的關注。我們預備以聲影紀錄數名愛滋病感染人士的真實個案，從他們的故事讓我們深度了解故事背後的故事，人生總是高高低低，在某人生階段遇上阻滯，透過「再思」不同的服務與他們同行，扶持一把，渡過生活中各樣的挑戰。至今，我願秉持再思的信念，「有得揀，可改變，助成長」的方向態度來帶領著整個機構往前走。

「再思」成立了22年。在這道路上，我感謝一班願意委身的董事會成員的睿智帶領，感謝同工團隊的專業堅守，感謝義工夥伴的時間奉獻。正是這些點滴力量的匯聚，構成了「再思」最堅實的基礎，讓我們在時代變局中始終保持前行的勇氣。以專業與溫暖編織社會安全網絡。我們深信，每個生命都值得被尊重。

"In this decade, global political, economic, medical, and social landscapes are grappling with turbulent waves of decline, and Hong Kong, this small island, is not immune."

In 2024, the pandemic that gripped the world for years has dissipated, and various various industries and communities are gradually returning to normal. Encouragingly, the number of HIV infections in Hong Kong has been declining for nine consecutive years. According to figures from the Department of Health, there were 365 newly reported cases in 2024, a decrease of 8.1% compared to the previous year. Despite this progress, nearly half of these new cases were late diagnoses, which not only increase the risk of complications but also heighten the risk of HIV transmission.

C.H.O.I.C.E. rooted in Hong Kong for 22 years, is a non-government-funded charitable organisation and social welfare agency that has diligently provided services to over a million beneficiaries. Having navigated Hong Kong's political and economic ups and downs, we deeply understand the need for service innovation. In the face of such transformative times, we have not slowed our pace. In the past, we have proactively provided HIV and STIs prevention services to communities in need. In 2024, the needs and challenges faced by the communities we serve extend beyond just HIV and STI prevention. C.H.O.I.C.E. is preparing to update its services to align with the city's evolving landscape.

From discreetly serving the community, C.H.O.I.C.E. is now expanding the breadth, depth, and visibility of its impact. To raise public awareness about disease prevention, C.H.O.I.C.E. has engaged with television interviews and media platforms. We are preparing to document the real-life stories of several individuals living with HIV through audio-visual records. Their stories allow us to deeply understand the narratives behind them—life is full of highs and lows, and at certain stages, obstacles arise. Through C.H.O.I.C.E.'s diverse services, we walk alongside them, offering support to overcome various challenges in life. I am committed to leading the organisation forward with C.H.O.I.C.E.'s belief: "With choices, change is possible, fostering growth."

C.H.O.I.C.E. has been established for 22 years. Along this journey, I am grateful for the wise leadership of our dedicated board members, the professional commitment of our staff team, and the time and effort contributed by our volunteers. It is the convergence of these small but powerful efforts that forms the solid foundation of C.H.O.I.C.E., enabling us to move forward with courage amid changing times. We weave a social safety net with professionalism and warmth. We firmly believe that every life deserves respect.

# 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 organisation 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  
Emeritus 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  
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



## Advisory Board

何景文醫生 Dr. Ho King Man  
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

「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，不斷改進服務的內涵和調整服務對象，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。

### Brief History

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 organisation 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 Our Mission

「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 Our Belief

「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 Our Ambition

「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.



核心計劃和服務

**CORE PROGRAMMES  
& SERVICES**

# 性健康 Sexual Health

在香港，對「性」標籤和性教育不足使市民避而不談釀成忽視。性病感染上升，尤其是年輕社群及高危社群，以及獲取服務的障礙，揭示嚴重的公共衛生缺口。提供性健康服務不僅是預防疾病，更是賦予人們知識，使其能就身體與關係作出選擇，讓社區重視生活質素和情緒健康。我們積極推廣並且重視性健康。

In Hong Kong, stigma and a lack of comprehensive sex education leave many vulnerable. Rising STI rates, particularly among youth, high risk population, and persistent barriers to accessing services highlight a critical public health gap. Providing sexual health information and services is not just about disease prevention; it is about empowering individuals with the knowledge to make informed choices about their bodies and relationships, fostering a society that values quality of life and well-being for all. Our work ensures no one is left behind due to silence or shame.

## 快速測試服務 Rapid Testing Services

「再思」自2003年起提供免費、匿名、保密的快速測試，讓有需要的高風險社群了解自己身體的狀況。透過篩檢出感染人士，協助他們及早發現、及早治療，達至「診斷立即治療」、達致「治療即預防」的策略。

Since 2003, C.H.O.I.C.E. provides free, anonymous, and confidential rapid testing services, enabling high-risk groups in need to understand their health status. By screening for infections, we help individuals detect and treat early. This aligns with the strategy of "Immediate Treatment Upon Diagnosis" and "Treatment as Prevention".

愛滋病毒測試數量：  
Total HIV Tests: 1758

梅毒測試數量：  
Total Syphilis Tests: 1756

乙型肝炎測試數量：  
Total HBV Tests: 1749

丙型肝炎測試數量：  
Total HCV Tests: 1755

我從未想過性病測試會是這麼的特別，測試員和我一起思考我為自己健康的打算，讓我意識到「性」不是人生的全部。  
好多謝測試員的專業，未來一定會繼續到「再思」做測試。

I never imagined a STIs test could be so special. The tester and I discussed my health together, which made me realize that sex isn't everything in life. I'm so grateful for the tester's professionalism. I'll definitely continue to get tested at C.H.O.I.C.E. in the future.

【阿哲 Ah Chit】

## 「依時測」－ 愛滋病毒自助測試服務 'EasyCheck' - HIV Self-Testing Services

自2018年起「再思」郵遞自助測試套裝，並提供網上支援，確保測試可正確執行和解讀結果。目的是鼓勵有需要人士、隱蔽人士儘早接受測試，擴大測試的覆蓋率。若有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, C.H.O.I.C.E. delivers self-test kits by mail and provides online support to ensure the correct test execution and interpretation of results. The goal is to encourage those in need and those hiding can test HIV early, thereby increasing testing coverage. For positive or suspected cases, confirmation testing and follow-up treatment will be arranged to ensure users receive the support they need.

自助測試數量：  
Total Self-Test: 350



我居住的地方與「再思」有點遠，實在不方便到中心。沒想到申請後，這麼快就收到測試包，指示亦很清晰。讓我方便地在家完成測試，知道自己身體狀況。

I live a bit far from the C.H.O.I.C.E. center, so getting there isn't easy. I was surprised to receive the self-test kit so quickly after applying, and the instructions were clear. I was able to conveniently complete the test at home and find out more about my health status.

【葉小姐 Ms. Yip】

## 社區外展 Community Outreach

自成立起，「再思」積極走進社群，主動接觸性健康高危社群，例如：男男性接觸者活躍的場所、女性性工作者的工作地點等，向他們傳達性健康資訊、預防性病和治療訊息，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。社區外展讓我們能接觸到較隱蔽和意識較低的一群。

Since found, C.H.O.I.C.E. has actively engaged with the community, reaching out to high-risk groups for sexual health, such as venues frequented by MSM and workplaces of female sex workers. We convey them with information on sexual health, STIs prevention, and treatment, raising awareness of safer sex practices and the importance of regular testing. To encourage safer sex, we also distribute condom packs and provide point-to-care testing to increase motivation for testing. Community outreach plays a crucial role in allowing us to reach those groups which are often less visible and less aware.

社區外展次數：  
Community Outreach Sessions: **332**

接觸人數：  
No. of Service User: **22,162**

已派發物資：  
Supplies Distributed: **54,799**



社區外展工作

## 網上外展 Online Outreach

「再思」於不同平台發佈帖文提及性病的常見疑問和迷思，增加社群對性健康的正確認知、減低污名化；營造一個正面、健康的角度看待「性」的網絡環境。此外，我們在交友軟件主動與社群人士對話，透過溝通，識別出因性病而受情緒困擾和高風險人士，提供支援、提供資訊和輔導。

C.H.O.I.C.E. posts on various platforms addressing common questions and myths about STIs, raising awareness of sexual health and reducing stigma, fostering a positive and healthy online environment for viewing sex. Furthermore, we proactively engage with community members on dating apps, identifying those experiencing emotional distress due to STIs and high risk community, and providing support, information, and counseling.

網上外展次數：  
Online Outreach Sessions: **953**

接觸人數：  
No. of Service User: **1,911,369**





## 精神健康與正面成長計劃

## Mental Health & Positive Growth Programmes

在香港，精神健康常被視為弱點與隱私禁區，導致求助延遲、壓力累積成危機。「再思」堅信正面成長是療癒與韌性的基石。我們推出精神健康輔導及成長計劃，透過活動、資訊分享、支援服務，引導在港社群面對情緒、重建自信。無論何種挑戰，都能轉化為力量。

In Hong Kong, mental health is often viewed as a weakness and a private concern, leading to delayed help-seeking and the accumulation of stress into crises. C.H.O.I.C.E. believes that positive growth is the foundation of healing and resilience. We offer mental health counseling and growth programmes. Through activities, information sharing, and support services, we help the Hong Kong community navigate their emotions and rebuild their confidence. No matter what the challenge, we can transform it into strength.

### 精神健康資訊

### Mental Health Information

「再思」關注社群的精神健康，會定期在不同平台發佈關於相關帖文；意在營造一個正面和覺察自己精神和情緒健康的環境。如有受壓力或情緒困擾，及早得到協助。

C.H.O.I.C.E. focuses on the mental health of the community and regularly posts on related topics across various platforms. The goal is to foster a positive and aware environment for mental and emotional well-being. If individuals are experiencing stress or emotional distress, individuals can get help early.

接觸人數：  
No. of Service User:

330,181



### 熱線支援服務 Hotline Support Service

「再思」明白不同人仕在生活上會面對困難和問題，而積累不少難以紓緩的壓力。為此，我們提供熱線服務及線上平台讓他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。

C.H.O.I.C.E. understands that people often face difficulties and problems in life, which can lead to a buildup of stress that is difficult to alleviate. To this end, we provide a hotline and online platform to provide a safe and open space for people to share their concerns and problems with counselors.

接觸人數：  
No. of Service User:

> 1300



## 互助小組 POZ Group

我們為愛滋病病毒感染者提供活動。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 provide activities for PLHIV to help those who are newly diagnosed, experiencing emotional distress, or having difficulty taking medication to deal with emotions and stress positively, and to adjust to the habit of taking medication regularly and to manage adverse drug reactions.

## 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" programme 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.

## 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.

活動節數：  
No. of activity session: **115**

服務人數：  
No. of Service User: **728**



瑜伽活動  
Yoga Activities

「再思」的活動很多元，時不時可以找到自己想參加的活動，每次都覺得很好玩！

C.H.O.I.C.E. has a wide variety of activities, and you can always find something you want to participate in, and it's always fun!

【Dennis】

自從參加「再思」的活動後，我多了時間可以有意義地使用，甚至認識了幾個朋友！

Since joining the C.H.O.I.C.E. activities, I have more time to use meaningfully and even made a few friends!

【Tim】



浮游花  
Ha-Bariumu



## 輔導服務 Counseling Service

「再思」為男男性接觸者濫藥人士、愛滋病感染人士提供輔導服務。每個人都有獨特的故事和很多困難。透過輔導，了解自己深層的需要、定立生活方向、生活慢慢重回軌道，並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。

C.H.O.I.C.E. provides counseling services for men who have sex with men (MSM) use drugs, People living with HIV. Each person has a unique story and many challenges. Through counseling, we help them discover their deeper needs, define their life direction, and gradually get their lives back on track. We also help them reduce or even stop their dependence on drug use. If a client is found to have mental health needs, we also provide referrals to psychiatric services and accompanying services to provide appropriate treatment and support.

服務人次：  
Number of People Served:

98

輔導次數：  
Counseling Session:

> 500

在那天得知自己HIV呈陽性反應後，對人生很迷茫。痛苦、貧窮和等待死亡是當刻在我腦海最先想到的詞語。與當值同事溝通後，我重拾了面對現實的勇氣，鼓勵自己好好地活著。

On the day I learned I was HIV positive, I felt lost and uncertain about life. Pain, poverty, and waiting for death were the first words that came to mind. After talking with the colleagues on duty, I regained the courage to face reality and encouraged myself to live well.

【Mr. Cheung 張先生】

自從今年踏出第一步尋求協助，「再思」就一直陪伴我。第一次感受到世界不是這麼的冷漠，更不是只有自己在走。談論間，發現自己很多的一面，也明白了許多道理，謝謝「再思」。

Ever since I took the first step toward seeking help this year, C.H.O.I.C.E. has been by my side. For the first time, I felt the world wasn't so indifferent, and I wasn't alone in my journey. During conversations, I discovered many sides of myself and gained a deeper understanding. Thank you, C.H.O.I.C.E..

【Mr. Li 李先生】



## 藥物意識

## Drug Awareness

在亞洲社會，藥物濫用往往被視為家庭恥辱，導致藥物濫用人士孤立無援、康復之路崎嶇。「再思」深信，藥物意識是預防與療癒的關鍵。我們透過不同方法提高藥物意識、輔導及專業介入，提供安全空間與支持。無論何時何地，尋求幫助即是勇氣。

In Asian societies, drug issue is often seen as a family shame, leading to isolation and a difficult road to recovery. C.H.O.I.C.E. believes that drug awareness is key to both prevention and treatment. Through various approaches, including drug awareness, counseling, and professional intervention, we provide a safe space and support. Seeking help, no matter the time or place, is a sign of courage.

## 藥物資訊與支援

## Drugs Information & Support

「再思」定時會發佈帖文關於藥物的迷思、增加尋求協助的機會、濫藥成因，增加社群對藥物的正確認知、提高對藥物濫用人士的理解。此外，我們在交友軟件主動與「藥愛」人士對話，提供支援和輔導。

C.H.O.I.C.E. regularly posts about drug myths and the causes of addiction, aiming to increase community awareness of drugs, increase access to help, and enhance understanding of individual with CF issues. Also, we proactively engage with CF community through dating apps to provide support and counseling.

資訊與支援次數：

Information & Support Sessions:

373

服務人次：

Number of People Served:

45,064

資訊曝光次數：

Information Exposure:

321,051



## CF 支援刊物

## CF Support Publications

「再思」出版不同有關毒品、講述「藥愛」過來人的感受和經歷，勸喻不要嘗試使用毒品。

C.H.O.I.C.E. publishes various articles about drugs, telling the feelings and experiences of people who have experienced Chem Fun (CF), and advises people not to try using drugs.





# 公眾意識和教育工作

## **PUBLIC AWARENESS & EDUCATION WORK**



# 公眾意識和教育工作

## Public Awareness & Education Work

公眾意識往往受限於刻板印象與資訊落差，導致健康議題被忽略、預防失效。「再思」深信，教育是賦權與轉變的引擎。我們透過參與講座於活動、線上或實體資源與推廣、培育義工和實習機會，涵蓋性健康、藥物與精神議題，啟發香港社群主動學習、打破迷思。知識即力量，讓意識成為行動的起點。

Public awareness is often limited by stereotypes and information gaps, leading to neglected health issues and ineffective prevention efforts. C.H.O.I.C.E. believes that education is the engine of empowerment and transformation. Through participating in seminars and events, providing online and in-person resources and outreach, and cultivating volunteers and internships, we cover topics such as sexual health, drugs, and mental health, inspiring the Hong Kong community to proactively learn and dispel myths. Knowledge is power; let awareness become the starting point for action.

### 義工訓練 Volunteer Training

「再思」定期舉辦義工訓練，義工會認識到性病和禁毒的資訊，並於完成培訓並投入本會不同服務。我們亦鼓勵義工以身作則，在重點社群和自己的生活圈子裏推廣安全性行為和遠離毒品的重要性。

C.H.O.I.C.E. organizes regular volunteer training sessions to educate volunteers on STIs and drug prevention. Upon completion, volunteers are encouraged to participate in various services provided by the Association. We also encourage volunteers to lead by example, promoting the importance of safe sex and staying away from drugs in key communities and within their own lives.

義工數量：  
Volunteers:

18

訓練節數：  
Training sessions:

60

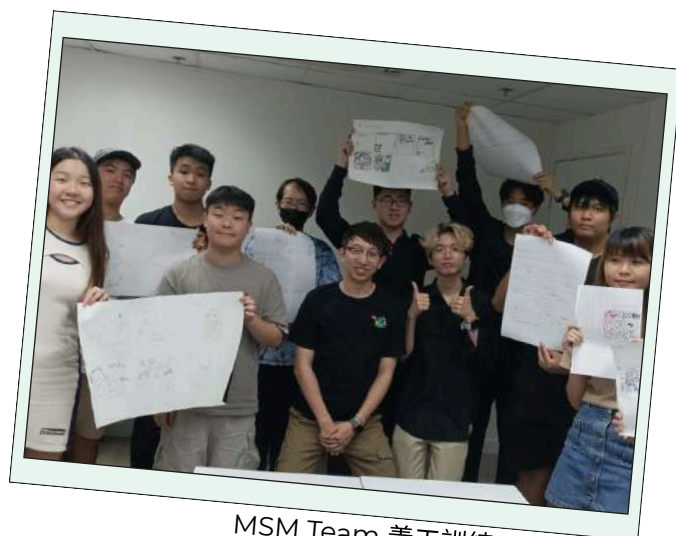
我參加的是針對MSM的義工訓練，在參與訓練之後再更加認識到社會上仍有許多隔閡與困難在身邊，尤其是濫用藥物方面，感謝「再思」給我上了這寶貴的一課。作為義工和社群的一份子，會繼續努力服務香港的群體。

I participated in MSM volunteer training program. After participating, I realized even more deeply that there are still many barriers and difficulties in society, especially regarding substance abuse. I'm grateful to C.H.O.I.C.E. for teaching me this valuable lesson. As a volunteer and a member of the community, I will continue to work hard to serve the Hong Kong community.

[John]



驕陽計劃義工訓練 - 外展



MSM Team 義工訓練 - CF CARE

## 珍珠社企 Pearl Project

2015年「珍珠社企」成立。服務使用者製作珍珠首飾，學習新技能和發掘潛藏的潛能，從而提升自信與成長。每顆珍珠的誕生都源於母貝克服砂粒侵入帶來的苦痛，經歷磨練後才綻放出閃耀光芒。正如人生中的挑戰，儘管過程艱辛，但最終會成為我們生命中珍貴的經歷。

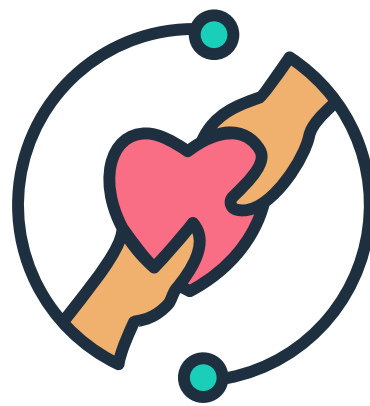
The “Pearl Project” was established in 2015. It allows service users to create pearl jewelry, learn new skills, and discover hidden potential, thereby enhancing their self-confidence and growth. Every pearl is born from the pain of the mother oyster overcoming the intrusion of a grain of sand, and only after this experience can it bloom into a radiant brilliance. Just like the challenges in life, despite the difficult process, they ultimately become precious experiences.



## 服務研習計劃 Service Learning Programme

「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 Programme

單靠「再思」不足以帶來顯著轉變。我們與政府和各機構保持聯繫，舉辦和參加了不同的培訓，探討和交流預防性病和濫藥支援，並邀請機構、學者、醫護和戒毒輔導人士參與和分享。讓業內同工為社群帶來更適切的服務。

C.H.O.I.C.E. alone is not enough to bring about significant change. We maintain close ties with the government and various organisations, hosting and participating in various training sessions to explore and exchange ideas on STIs prevention and drug misuse support. We also invite organisations, academics, medical professionals, and drug counselors to participate and share their insights, enabling colleagues in the field to provide more tailored services to the community.





## 公眾意識 Public Awareness

「再思」一直重視面向公眾的教育。於活動裡，我們會設立攤位或資訊站，不論到訪的是重點社群還是普羅大眾，我們都會向他們提供性病、「藥愛」、「性」的正確訊息。提高大眾意識和覺察，亦藉此消除誤解和偏見，促進社群的改變。

C.H.O.I.C.E. has always prioritized public education. We set up booths and information booths at large-scale, multi-sex events, providing accurate information on STIs, Chem Fun (CF), and sex to both key groups and the general public. This raises public awareness and consciousness, dispels misconceptions and prejudices, and fosters social change.

## 採訪 Interview



然後推行這些健康宣傳計劃  
《星期日檔案 - 四十不惑》採訪



因應不同地方或需要  
“Sunday Report - 四十不惑” Interview



CT goodjobs 採訪 Interview



《新報人》採訪 “Spyan-jour.hkbu” interview

## 資訊攤位 Information Booth



2024 一點粉紅



2024 Pink Dot HK



全球同抗愛滋病運動 2024 啟動禮



World AIDS Campaign 2024 Kick-off Ceremony

## 多媒體宣傳 Multi-media Promotion

我們製作有關性病和禁毒的刊物、短片、歌曲，向社會大眾推廣資訊。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。

We produce publications, short films, and songs about STIs and CF care to promote information to the public. Our goal is to help the public understand the experiences and needs of those who have experienced HIV and substance abuse, fostering greater understanding and support, and reducing discrimination and stigma. Together, we can create a more compassionate society through action and change.

宣傳刊物：  
Promotion Publications:

31,602

性健康刊物 Sexual Health Publications



提及不同／特定性病的須知，達致提高讀者警覺性和學習覺察自己的身體狀況。

Mention the important notes on different/specific STIs to raise readers' awareness and help them learn to be more aware of their own physical condition.

## 再思音樂台 C.H.O.I.C.E. Music Channel

「再思」與不同人士合作，製作不同歌曲、音樂影片、微電影等。以多元化方法向社會講述性病、本會、共融、濫用藥物等題材。

C.H.O.I.C.E. collaborates with various individuals to produce songs, music videos, short films, etc., using diverse methods to educate the public on topics such as STIs, our association, inclusion, and drug abuse.



宣傳影片  
Promotion Videos



# 服務概況總覽

## Service Overview



## 愛滋病研討會

## HIV/AIDS Conference

### 40 Years of Combating HIV: Accomplishments and Challenges

16<sup>th</sup> November 2024



「再思」於2024年11月16日在馬哥孖羅香港酒店舉行第九屆愛滋病研討會。是次主題為 40 Years of Combating HIV: Accomplishments and Challenges，目的是加強醫護人員對愛滋病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。

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。

On 16th November 2024, we held the 9th HIV/AIDS Conference at the Marco Polo Hong Kong Hotel. The theme of the conference was "40 Years of Combating HIV: Accomplishments and Challenges." 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.

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 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.



再思心聲

C.H.V.O.I.C.E.



# 生命浪潮中的同行：輔導中遇見更完整的你我

【輔導員 蕭啟初】

這一年，我陪伴不同個案走過生命旅程。每段關係都是深刻的相遇，讓我在成為輔導員的同時，不斷認識和接納更真實的自己。

## 學會與不確定共處

第一次面對個案時，他哭訴著因長期遷移而感到沒有根。那一刻，我內心充滿無力感，急於想給他「解決方案」。然而，督導溫柔地提醒我：「個案需要的，往往不是現成的答案，而是一個足夠安全的空間，去感受、去探索、去允許自己的脆弱存在。」這份領悟徹底改變了我。我不再將個案的進步視為衡量自己價值的標準，而是學會相信每個人都有其獨特的生命節奏。

## 唯有滋養自己，才能滋養他人

在持續給予、不斷承接個案情緒的過程中，我深刻體會到自我照顧的重要性。輔導工作就像一場馬拉松，如果沒有足夠的補給，再強壯的跑者也會精疲力盡。我漸漸明白，就像大海需要保持自身的遼闊與平靜，才能承載與個案同行的船隻——只有當我自己得到充分的滋養和照顧，我的內在海洋才能足夠深邃與平穩，這才能真正地陪伴個案。

因此我為自己建立了「照顧儀式」：每週進行個人治療，定期到大自然行走，與督導保持密切聯繫。我學會了設立健康的界線，不再讓個案成為我心中無法平息的風浪。

## 持續成長的旅程

這一年的經驗，讓我更加謙卑。每一位個案，都是我生命中最珍貴的老師。他們的生命故事極大地豐富了我的視野，讓我看見生命無限的可能性與韌性。作為輔導員，我最大的成長或許就是：學會了真正地與自己同在，接納自己的脆弱與不完美，也因此，我才能以更真實、更開放的心與他人同在。

感恩這一年的所有相遇，我將帶著這份初心與感動，繼續點亮微光，溫暖彼此的心靈。

# 以生命，傳遞希望的微光

【項目主任 鄧偉俊】

## 初心不改

我在「再思」服務已滿兩年，主要負責為男同志提供快速篩檢及愛滋病病毒感染者的支援服務。當初加入「再思」的初衷，源於一份簡單而堅定的願望：希望男同志社群能重新認識性病與愛滋病，打破誤解，消除標籤，為這個群體帶來更多理解與支持。我相信，每一次的服務都是一粒種子，種下改變的可能。

## 聆聽心聲

每次進行快速篩檢，我不僅是在執行一項任務，更是在聆聽一顆顆真實跳動的心。來檢測的人會分享他們的故事——有因恐懼而顫抖的聲音，有因誤解而迷惘的疑問，也有令人動容的生命經歷。這些故事讓我看見，性病與愛滋病的知識誤區依然存在。我試著以耐心和專業，為他們解惑、開導，成為他們短暫卻溫暖的陪伴。

## 病與人的界線

在工作中，我經常與愛滋病病毒感染者交流，聽他們訴說因身份而生的自卑與隔閡。許多人因為擔心被標籤，害怕結識新朋友，甚至不敢追求愛情，深怕身份暴露後的困境。這些故事讓我想起一位臨床心理學家曾說：「一個人擁有許多身份——可靠的同事、孝順的兒子、忠誠的朋友——而疾病只是其中一部分。」我們應將「病」與「人」分開看待。感染並非恥辱，而是一個轉捩點。在醫療進步的今天，感染不再是終點，而是重新認識自我、找回「我是誰」的契機。

## 雨夜中的提燈與傘

一位曾參與活動的感染者朋友分享過他的故事：從確診時的自卑封閉，到如今的豁然開朗。他說，感染就像在逛街時突如其來的傾盆大雨，毫無準備地被淋得透心涼。幸運的是，有人帶著一把傘、一盞提燈，走進他的雨夜，為他遮風擋雨，照亮前路。如今，他也渴望成為那個為他人撐傘、點燈的人，陪伴更多人走過黑暗，迎向光明。

這些年，我見證了無數人在感染後從低谷走向重生。他們的故事讓我明白，改變不僅來自醫療的進步，更來自社群的接納與支持。每一次篩檢、每一段對話、每一個溫暖的陪伴，都是在傳遞希望的微光。我希望「再思」的工作能繼續點亮更多人的生命，讓每一位感染者都能感受到：他們不孤單，總有人在雨中為他們撐傘，在黑夜中為他們提燈。

而我，也將繼續以初心為指引，成為這條路上的一盞微光，與他們並肩前行。

# 我們一起走過的高山低谷

【輔導員 譚伊棋】

在「再思」工作這一年間，對我的個人成長和專業發展都有深遠的影響，每天的工作都充滿挑戰和機會。

## 日常服務

我的日常工作主要包括外展服務，去性工作者的工作場所幫她們做測試，了解她們平時開工所面對到的困難和壓力。這不僅僅是推廣性健康資訊，更是創造一個安全的空間，讓她們可以表達自己的擔憂和恐懼。每當遇到一些每次我們在走廊行過，她們已經主動開門讓我們入房幫她們做測試，被她們認得的那份親切感就足以抵消我們行多層樓梯，滿頭大汗的累，因為一切都是值得的。

此外，我會為嫖客和男同志提供中心測試服務。在和他們的對話中，有時亦會感受到他們的焦慮和不安。因此，除了提供性健康相關的資訊，我也會為他們提供情感上的支持。這不僅是傳遞資訊，也要成為他們的聆聽者。

## 獨特挑戰

最令我印象深刻的是初次接觸到使用CF的男同志個案。面談中感受到他們無人傾訴的孤獨感，心中藏著無法與他人分享的秘密。面對社會的壓力，他們常常帶著面具生活，無法展現真實自我。目睹他們的掙扎，讓我對這個群組有了更深的同理心與理解。

作為輔導員，我很希望透過對話，令他們更願意接納真實的自己，與內心達成和解。這絕非易事，因為這需要耐心、建立信任，並且不斷嘗試和學習。每當他們邁出微小的一步改變，這些進展都成為我前進的動力，提醒我自己工作的意義。

## 個人成長

這一年很感恩認識了一班志同道合的同事，大家齊心合作完成目標，亦有互相交流、學習的時候。我很珍惜每次跟不同的服務對象接觸，並且感受到創造支持性環境的力量，讓他們能夠安全地分享自己的真實情感。這些經歷讓我明白自己仍有許多需要學習的地方，成為一名輔導員的旅程仍在繼續。



# 踏上自己的成長旅程

【項目主任 周信行】

作為MSM Team的一份子，在「再思」工作之前，從沒想過自己有一天會服務男同志群體。在短短這一年間，讓我獲益良多，對我的個人成長和專業發展都有深遠的影響，每天的工作都充滿挑戰。我的日常工作主要分為兩種，處理中心日常行政事務，包括電話查詢、預約測試服務等等。當中在聆聽電話時都接觸到不少人，他們普遍對性病不認識，存在一些誤解。同時都遇到不少人在發生性行為後表示擔心有感染的風險，我都會根據他的實際情況詳細去解釋感染風險，以平復他的心情。此外，工作還包括外展服務，分別為網上外展和社區外展。網上外展主要是推廣性健康教育，藥物濫用防治資訊等等。至於社區外展服務，主要到訪公廁派發安全套，以及到訪同志桑拿，為同志提供測試服務。

在邀請他們做測試的過程，都感受到他們的焦慮和不安，同時自己都學會去耐心聆聽。

## 印象深刻的外展

最令我印象深刻的是外展服務時到訪同志桑拿。因自己從未踏進桑拿，對我而言，是一個陌生的世界。還記得第一次踏入sauna，見到很多赤裸裸的男士在場內遊走，尋找各自有興趣對象。自己的內心又驚又恐，但又要保持冷靜，鼓起勇氣邀請他們做測試。這種環境對我來說是一個巨大的挑戰，因為我需要快速適應陌生的場景，同時保持專業態度，提供適切的服務。隨著時間的推移，我逐漸學會如何在這樣的環境中與服務對象建立信任，例如透過簡單的問候和真誠的對話，減輕他們的戒心，讓他們更願意接受測試或討論健康問題。

## 崗位上的成長

作為項目主任，我不僅需要執行日常服務，協調團隊，還要統籌活動。這讓我在組織能力和時間管理上有了顯著的提升。例如，在策劃外展活動時，我需要確保物資充足、團隊成員的分工明確，並與場所負責人協調細節。這些經歷讓我學會如何在壓力下保持冷靜，並在有限的資源內完成任務。

更重要的是，這份工作讓我對多元性別群體有了更深的理解。在與男同志群體的互動中，我發現他們面臨的挑戰不僅是健康問題，還包括社會的污名化和心理壓力。這些觀察促使我反思自身的偏見，並學會以更開放和包容的心態去理解不同背景的人。我開始明白，作為服務提供者，我的角色不僅是提供資訊或服務，更是成為他們的傾聽者。

## 未來的展望

這一年的工作讓我對公共衛生的意義有了更深的體會，也激發了我對性健康教育的熱情。我希望未來能繼續在這領域深耕，探索更多創新方式來推廣性健康知識，例如利用新媒體或科技平台來觸及更廣泛的群體。同時，我也希望能進一步提升自己的專業技能，例如學習心理輔導或數據分析，以更全面地支持服務對象和優化項目成效。

這份工作不僅是職業上的挑戰，更是一段關於同理心、勇氣和成長的旅程。我期待未來能繼續在再思的平台上，為男同志群體和其他需要幫助的人，貢獻自己的一份力量。



# 於工作中成長，於服務中助人自助

【項目主任 何哲一】

## 社區外展中的覺察

在男男性接觸者活躍的地點進行社區外展活動時，我從沒想過這會成為我內心深處的觸動。起初，我以為這些活動僅限於提供性健康資訊或預防措施，但透過與他們的對話和交流，他們的故事打動了我。我發現他們的需求遠不止於「性」層面，而是對被理解和被包容的強烈渴望，這反映出更深層的社交需要。

當他們談及自己的故事時，我感受和意識到，他們不僅尋求生理上的需要—例如：安全、性，更渴望一個能卸下防備、自由表達自我的溫暖空間。每次與男同志交流，便每每體驗到男同志社群的視角，容讓我以一個更貼近他們內心需要和更專業的角度來理解和回應。這些互動使我不但學習以同理心傾聽，更是磨練我用更溫柔和同理的話語去回應，並提供更全面的支持；而非僅是專業和獨白般的建議。

這不僅幫助他們，也療癒了我內心的世界，讓我明白，人與人之間的連結能帶來多麼強大的力量。

## 同事互助與感恩之心

在「再思」，我最感恩的是同事之間的交流與互相學習，這份情感連結是溫暖的。總幹事和各位同事總是展現出極大的包容心，他們不僅在專業上提點我如何處理敏感議題，還以個人故事作為我的人生教育，讓我倍感得益。從總幹事分享心路歷程到困惑與挫敗，到同事分享工作間的見聞和對應方法。那些故事中所充滿的堅持和努力，讓我反思和反覆咀嚼，於學習中調整自己的步伐和技巧。同事們的鼓勵和教導總能如一縷陽光，點亮我的心。

也讓我明白，職場不僅是工作場所，更是療癒與成長的園地。我深深感激這種團隊精神，它不僅提升了我的專業技能，更在情感上給予我無價的歸屬感，讓我每每回想，都充滿無盡的謝意。

## 對自己成長的期待

展望未來，我對自己在「再思」的工作充滿期待，並希望能繼續深化個人成長，這份期待伴隨著內心的激動與些許不安。這份工作也促使我反思自身的人生方向，我希望能將這裡學到的技巧和成長應用到日常生活中，成為一個更成熟、更具社會責任感的人，甚至在面對個人挑戰時，能以更堅韌的心態前行。

雖然未來可能充滿未知的挑戰，但我相信，透過持續努力和團隊合作，我能貢獻更多，並在過程中實現自我超越。這段經歷不僅是職業發展，更是心靈的蛻變之旅，讓我對明天充滿希望與感恩。

# 觸碰與成長：於幽谷中尋光

【輔導員 周冠伸】

轉眼間我加入「再思」擔任輔導員服務男同志、有CF或是已感染HIV的朋友仔差不多三年。從學校環境，轉到公共衛生服務領域，始終CF牽涉的範疇很廣，包括弱勢群體的壓力、長期病患、自我形象、成癮行為、性愉悅、大腦結構等，起初自身對CF文化及性的知識有限，面對的挑戰不小。隨著與服務使用者的接觸，一步步了解更多，這過程讓我體會到，經驗需時間累積，急不來，堅持穩步前進才是關鍵。

回想起與服務使用者的對話，有因好奇、朋輩壓力、性的歡愉等而開始CF，同時不乏因生活、工作、感情，甚至圈中那些錯綜複雜的人際關係。我相信他們生活中曾經歷的壓力有如巨石壓頂，彷彿在無邊的暗夜中難以找到一絲光亮，最後選擇CF。

曾聽過他們說「男男之間，很難有真愛情。」「相戀後，偷食，是常態。」「多數都是開放式關係。」「認識新朋友好累，總是猜不透對方的心意。」這都是在表達需要愛、關懷、平等、真誠的關係。而「溝通」是經營關係的根基，不斷從生活、學習及與人的互動體驗出來。

有時候同志面對外在的社會壓力與內心的糾結，我理解那種暗淡無光和孤單。其實我們任何一位，面對社會的期望與生活壓力下，仍拼盡全力生活，難道不值得給自己一個大大的讚？我見證著每位努力面對自己的人、是如何重拾信心與心癮對抗的勇氣和毅力。我與他們並肩，攜手走這趟旅程。

## 生命有選擇，可轉變

「任何人生階段，都可以有選擇，生命也可改變。」「再思」的信念貫穿了我的輔導工作，豐富了我與服務使用者的療癒旅程。在開始時，我們會一起訂立目標，不少案主表示想完全停CF。過程中，他們可能改變目標，如從完全停止轉為減少使用，或因生活阻礙而暫維持現狀。作為輔導員，我知道每次的復吸對他們來講是有內疚感，而這種內疚亦會影響對自己的評價，到最後有可能使循環再次出現；以往我可能會再強調目標改變後的影響，讓他知道相關理論等；但後來慢慢明白若過分聚焦「目標的改變」，可能拉遠彼此距離，使到步伐不一，甚至不再接受服務。

人生如一場不斷思考「意義和選擇」的旅程，於思考中學習，從學習中成長，在成長中反思。

在輔導過程中我亦有反思自身的角色：首先，對服務使用者抱持盼望與信心，相信生命在任何階段都能改變，或許不是當下，而是半年或一年後；其次，我如一面鏡子，非指路明燈，不單是在輔導期間所想像的創造安全空間，同時是「讓服務使用者真實呈現自己，覺察內心，進而選擇改變的安全空間」。讓他們坦誠面對自己，清晰CF背後需要和想法，作出「裡外一致」的選擇。

輔導是一場與自己的對話，助人探尋內心，作出更真實的選擇。未來或有風雨，但我們願成為驛站，陪伴服務使用者走這段未知旅程，點亮屬於他們的心燈。你願意踏上這旅程嗎？



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 2024

	2024 HK\$	2023 HK\$
<b>INCOME</b>		
Bank interest income	225,110	46,457
Donation income	8,500	20,000
Sponsorship income	531,400	610,000
Sundry income	-	21,710
	765,010	698,167
<b>PROJECT GRANTS</b>	5,408,256	4,069,849
<b>PROJECT EXPENDITURES</b>	(4,125,487)	(3,752,318)
	1,282,769	317,531
<b>Less: Administrative expenses</b>		
Accounting fee	2,000	-
Activity service fee	-	51,292
Auditor's remuneration	9,000	15,000
Bank charges	2,120	2,470
Building management fees	60,576	60,576
Center activities	148,567	128,656
Electricity and water	20,093	20,719
Insurance	13,174	12,931
Lab test and accessories	38,200	6,500
MPF contributions	8,000	8,008
Office accessories	4,370	-
Operating lease rental on land and buildings	393,600	420,000
Less: rental classified under project expenditures	(328,450)	(179,200)
Secretarial	105	-
Staff salary	11,069	177,785
Sundry expenses	18,290	21,061
Volunteer allowance	3,000	-
	403,714	745,798
<b>SURPLUS / (DEFICIT) AND TOTAL COMPREHENSIVE INCOME / (LOSS) FOR THE YEAR</b>	<b>1,644,065</b>	<b>269,900</b>

# 財務撮要 Financial Report

## STATEMENT OF FINANCIAL POSITION 財務狀況表 FOR THE YEAR ENDED 31 DECEMBER 2024

	2024 HK\$	2023 HK\$
<b>ASSETS</b>		
Current assets		
Rental and other deposits	133,022	133,022
Sponsorships fee receivable	-	60,000
Project grant receivable	140,214	-
Prepayments	94,543	19,131
Bank balances	9,475,826	11,846,263
	<u>9,843,605</u>	<u>12,058,416</u>
<b>LIABILITIES</b>		
Current liabilities	-	3,967,371
Receipts in advance	<u>327,580</u>	<u>219,085</u>
Accruals and other payables	<u>327,580</u>	<u>4,186,456</u>
<b>NET ASSETS</b>	<u>9,516,025</u>	<u>7,871,960</u>
<b>RESERVES</b>		
Accumulated funds	<u>9,516,025</u>	<u>7,871,960</u>

# 財務撮要 Financial Report

## STATEMENT OF CASH FLOW 現金流量表 FOR THE YEAR ENDED 31 DECEMBER 2024

	2024 HK\$	2023 HK\$
Cash flows from operating activities		
Surplus from operation	1,644,065	269,900
Adjustment for:		
Decrease in sponsorship fee receivable	60,000	240,000
Increase in project grant receivable	(140,214)	-
Increase in prepayments	(75,412)	(8,337)
(Decrease)/Increase in receipts in advance	(3,967,371)	2,026,922
Increase/(Decrease) in accruals and other payables	<u>108,495</u>	<u>(326,248)</u>
Net cash(used in)/generated from operating activities	(2,370,437)	2,202,237
Cash and cash equivalents at the beginning of the year	11,846,263	9,644,026
Cash and cash equivalents at the end of the year	<u><u>9,475,826</u></u>	<u><u>11,846,263</u></u>
Analysis of the balances of cash and cash equivalents		
Bank balances	<u><u>9,475,826</u></u>	<u><u>11,846,263</u></u>



鳴謝

**ACKNOWLEDGEMENT**





## Acknowledgement

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As a non-subsented organization, 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.

### 項目資助者 Grant Project

AIDS Trust Fund  
Beat Drugs Fund  
Government - Funded Programme

### 商業夥伴、贊助者及捐助者

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Abbott Laboratories HK  
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Integrated Treatment Center, Department of Health  
Mental Health Foundation  
Social Hygiene Service, Department of Health  
The Hong Kong Advisory Council on AIDS  
The Hong Kong College of Mental Health Nursing Ltd.  
The Hong Kong Society for Public Health Nursing  
The Hong Kong Polytechnic University  
The University of Hong Kong  
UNAIDS China Office  
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Chan Chun Ho	Lam Man Kin Ronald	Tam Ka Hang
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Kwong Tsz Shan, Ruby	Tam Gautier	Zhou Kai

### 義工 Volunteers

Chan Yee Lam	Lam Ka Yung	Tai Tze Wing
Chan Yan Shan	Lam Sheung Man	Tang Chung Yeung
Chow Kin Long	Leung Cheuk Lam	Wong Tsun Hei
Chui Sum Yi	Liu Shing Hon	Yeung Kin Wo
Go Ka Loung	Loong Tsz Kit	Yu Sin Yi
Hui Yik Shun	Shing Ka Po	Yuan Ming



# 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:



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a dashed vertical line on the left side, indicating where the paper can be folded or torn. The paper is otherwise blank, with no text or other markings.



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

聯絡人 Contact Person \_\_\_\_\_

地址 Address \_\_\_\_\_

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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

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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



5205 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)



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