

光愛中心

*Light and Love Home
Annual Report*

年度報告
2024-2025



讓**光**照亮、
以**愛**傳承

Let there be **LIGHT**
and **Heritage of LOVE**



年度報告 2024 - 2025 Annual Report

讓光照亮

Let there be LIGHT
and Heritage of LOVE

以愛傳承



目錄 Contents

關於光愛 About Us	1
組織架構圖 Organisation Structure	2
總幹事的話 Chief Executive's Remarks	3
服務報告 Service Report	
安老服務	
Elderly Services	6
光愛敬老院	
Light and Love Elderly Hostel	
光愛葵芳長者服務中心	
Light and Love Kwai Fong Neighbourhood Elderly Centre	
社區發展服務	
Community Development Services	20
耆菁天地	
Active Ageing Centre	
愛樂天地	
Miracle of Music Home	
教育服務	
Educational Services	32
光愛樂幼稚園 (安泰)	
Light and Love Home Happy Kindergarten (On Tai)	
光愛樂幼稚園幼兒中心 (顯徑)	
Light and Love Home Happy Kindergarten and Child Care Centre (Hin Keng)	
服務統計 Services Statistics	41
財務報告及摘要 Financial Report	44
鳴謝 Acknowledgement	51

關於光愛 About Us

讓光照亮

「真理必叫你們得以自由。」 《聖經》

沒有光，人只能在黑暗中摸索，盼望我們的工作能使人得著正確價值觀。

以愛傳承

「愛是永不止息。」 《聖經》

「愛」的威力是無法估計的，因為我們從出生就有了這生命的特質，一點小火也可燃亮身邊人心中的熱誠，聚結成愛的火球，為每個冰冷角落帶來溫暖和希望。

關於光愛中心

香港光愛中心自一九八三年成立至今，已有四十多年。由一群熱心的基督徒，帶著「服務社群，推廣福音」的使命，從開辦私營安老院舍開始，至今已成為一個服務多元化的非牟利註冊慈善團體。多年來，機構的慈惠工作備受各方人士的讚賞和肯定，除獲政府和公益金的恆常資助外，亦感謝來自各方捐款者的支持，讓機構的服務得以持續推行。

使命 我們相信 - 神就是光，神就是愛
我們竭誠 - 服務社群，推廣福音

宗旨 跟隨基督腳蹤，去到有需要的人那裡，服務社群，推廣福音。

目標 本著聖經教訓，重視每個人的需要和價值，透過不同活動和適切服務，接觸和關懷社會上有需要的人，幫助他們培養正確價值觀，活出豐盛的生命。

Let there be **Light** and Heritage of **Love**

“The truth shall make you free.” (Bible)
If there is no light, people can only search in the dark. Hope that our work can facilitate people to find positive life values.

“Love never fails” (Bible)
No one can imagine the power of love. As we were born with this trait, a flash of kindness can ignite the enthusiasm in people's hearts, creating synergies that spread love. Love can bring warmth and hope to every corner in the world.

About Light and Love Home

Founded in 1983, Hong Kong Light and Love Home was established by a group of enthusiastic Christians for over 40 years with the mission “To serve the community and to proclaim the gospel.” It was a non-profit private elderly hostel to serve the elderly in need in society. Nowadays, it has become a registered NGO to provide diversified services.

Our charitable work has earned praise and recognition in society for many years. We are grateful for the regular subventions from the government, subsidies of the Community Chest and the generous donations from donors, so that Light and Love Home can continue providing services.

Mission:

We believe that God is light, God is love. We strive to serve the community and to proclaim the gospel.

Aims:

Follow the footsteps of Christ to those in need. Serve the community and proclaim the gospel.

Objectives:

In accordance with Biblical teachings, we respect the needs and value of everyone. By means of various activities and appropriate services, we reach and concern those in need and help nurture true values towards an abundant life.

組織架構圖 ORGANISATION STRUCTURE (2024-2025)

董事會 BOARD OF DIRECTORS

主席 Chairman

劉志光測量師 | Sr Lau Chi Kwong

副主席 Vice-chairman

郭震東先生 | Mr Kwok Chun Tung

董事 Directors

劉智權先生 | Mr Lau Chi Kuen
1.4.2024 - 30.11.2024
李智迪先生 | Mr Lee Chi Tik
1.12.2024 - 31.3.2025
(義務秘書) (Secretary)

李綺梅女士 | Ms Lei I Mui
(義務司庫) (Treasurer)

蔡子執先生 | Mr Choi Chi Chap

莫志傑先生 | Mr Mok Chi Kit

義務法律顧問 Legal Advisor

謝曼霞女士 | Ms Tse Mun Har

管理委員會 MANAGEMENT COMMITTEE

主席 Chairman

劉志光測量師 | Sr Lau Chi Kwong

副主席 Vice-chairman

郭震東先生 | Mr Kwok Chun Tung

委員 Members

張綺慧女士 | Ms Cheung Yee Wai

蔡子執先生 | Mr Choi Chi Chap

林少琼女士 | Ms Lam Siu King

劉智權先生 | Mr Lau Chi Kuen
1.4.2024 - 30.11.2024

李智迪先生 | Mr Lee Chi Tik
1.12.2024 - 31.3.2025

梁士培先生 | Mr Leung Sze Pui

李綺梅女士 | Ms Lei I Mui

羅文彪先生 | Mr Lo Man Piu

莫志傑先生 | Mr Mok Chi Kit

蕭海暉女士 | Ms Shaw Nancy

鄭永生先生 | Mr Cheng Wing Sang

校董會 SCHOOL MANAGEMENT COMMITTEE

光愛樂幼稚園 (安泰)

Light and Love Home Happy Kindergarten (On Tai)

校監 Supervisor

朱國強先生 | 1.4.2024 - 31.12.2024
Mr Chu Kwok Keung

劉志光測量師 | 1.1.2025 - 31.3.2025
Sr Lau Chi Kwong

校董 Managers

黃靜雯博士 | Dr Wong Ching Man

蔡潔貞女士 | Ms Choi Kit Ching

蕭海暉女士 | Ms Shaw Nancy

謝曼霞女士 | Ms Tse Mun Har

羅文彪先生 | Mr Lo Man Piu

鄭永生先生 | Mr Cheng Wing Sang

光愛樂幼稚園幼兒中心 (顯徑)

Light and Love Home
Happy Kindergarten and
Child Care Centre (Hin Keng)

校監 Supervisor

林少琼女士 |
Ms Lam Siu King

校董 Managers

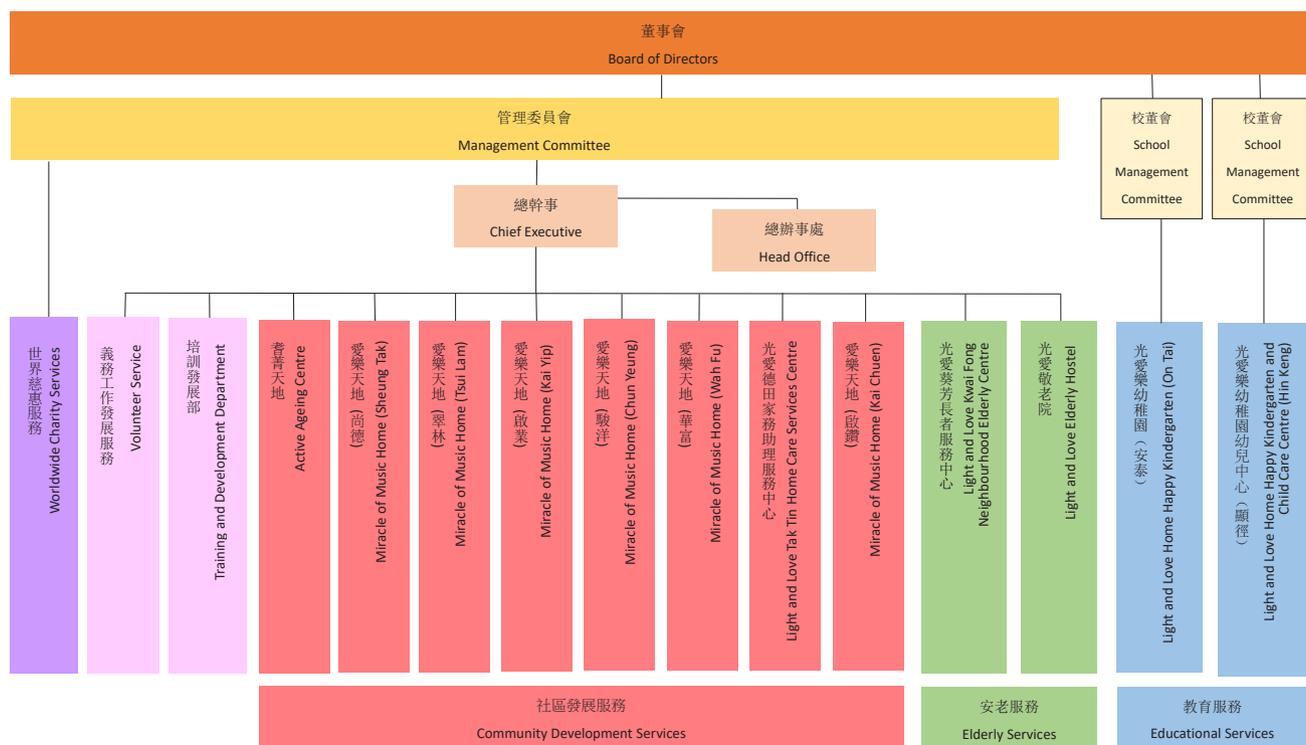
黃靜雯博士 |
Dr Wong Ching Man

蕭海暉女士 |
Ms Shaw Nancy

鄭永生先生 |
Mr Cheng Wing Sang

光愛中心有限公司 Light and Love Home Limited

組織架構圖 Organisational Structure



總幹事的話 Chief Executive's Remarks

「你當倚靠耶和華而行善，住在地上，以他的信實為糧；又要以耶和華為樂，他就將你心裡所求的賜給你。」

《聖經》

回顧過去一年，光愛中心能夠在不同範疇持續推展服務，實在有賴各界的支持與同行。每一次捐助、每一位義工的付出、每一個神恩典的祝福，都成為我們堅持下去的力量。無論是在香港的幼兒教育與長者服務，還是在馬達加斯加、柬埔寨及波蘭的海外工作，我們都深深體會到「愛」能夠跨越地域，為有需要的每一位服務使用者帶來溫暖與希望。

在香港，我們的幼兒教育工作服務了過百名孩子，讓他們在安全和充滿愛的環境中成長；我們在長者服務舉辦的活動，參與的人次逾萬，幫助長者保持身心活力，並透過健康講座、社交聚會和探訪，讓他們再次感受到社區的溫暖。

我們的使命並不止於本地。我們相信「愛」是一種跨越國界的力量，因此多年來我們都有在世界各地推展慈惠工作。過去一年，我們在馬達加斯加持續推動教育項目，讓孩子能夠接受基本教育，並透過培訓教師提升教學質素；在柬埔寨，我們協助社區改善生活設施，提供清潔水源與基本醫療支援，讓居民的生活質素得以提升；在波蘭，我們支持弱勢家庭，特別是因戰爭或經濟困境而受影響的群體，讓他們在艱難中仍能感受到溫暖與希望。這些工作不僅是物質上的援助，更是心靈上的支持，讓受助家庭知道他們並不孤單。

“ Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart.” (Bible)

Over the past year, Light and Love Home has sustained and expanded its charitable services across a range of areas. This progress has been made possible through the contributions of donors and the commitment of volunteers. These efforts have strengthened our capacity to serve both local and overseas communities. Whether through early childhood education and elderly care in Hong Kong, or through international charitable services in Madagascar, Cambodia, and Poland, we have extended support across borders, benefiting communities in need.

In Hong Kong, our early childhood education programmes have reached over one hundred children, providing a safe and nurturing environment conducive to growth and learning. Our elderly services have engaged more than ten thousand participants through activities designed to promote physical and mental well-being, including health talks, social gatherings, and home visits. These initiatives have assisted seniors in strengthening community ties and enhancing social participation. Such efforts demonstrate the importance of sustained community care in fostering social cohesion and resilience.

Our mission also extends internationally. In Madagascar, education projects have been advanced to enable children to access basic schooling and to improve teaching quality through teacher training. In Cambodia, community support has focused on improving living conditions, including the provision of clean water supplies and essential medical assistance. In Poland, vulnerable families, particularly those affected by conflict or economic hardship, have received material assistance and psychosocial support. These overseas initiatives illustrate our conviction that charitable work must be pursued wherever needs arise.

在這年，我們很高興能與香港神的教會攜手合作，推動「幸福香港」活動。透過探訪、義工服務與社區關懷，我們一同走進不同家庭，送上實際的幫助與心靈的慰藉。現時，已有數千人次參與其中，許多家庭因著這份愛心而重新燃起希望。這不僅是一次次的行動，更代表著慈惠工作能讓不同的界別連起來，為社區帶來溫度與生命力。過去幾年因各種原因，全球多地，包括香港均面對前所未有的困難，但若我們能心連心、同心協力，香港定能成為一個更幸福、更有凝聚力的城市。

展望未來，我們希望能夠擴展更多社區計劃，推動跨界合作，並邀請更多朋友加入我們的行列。因為我們相信，當更多人願意站出來付出自己一份力量，社會就會變得更溫暖、更有力量。我們也期待能在教育、健康及世界慈惠各方面，持續發揮影響力，讓更多生命因著愛而得著照亮。光愛中心將繼續秉持「讓光照亮、以愛傳承」的精神，努力建立更多橋樑，讓愛的流動不斷延續。

我們深信，只要倚靠神的帶領，忠心行善，祂的信實必成為我們的力量；當我們以祂為喜樂，祂也會成全我們心中的渴望。這份信念，正是光愛中心在慈惠工作中不斷前行的根基。願我們在祂的恩典中繼續同行，讓光照亮、以愛傳承。
祝福大家平安喜樂！

鄭永生
總幹事

During the year, Light and Love Home collaborated with the Church of God in Hong Kong on the “Blessed Hong Kong” campaign. Through visits, volunteer services, and community care efforts, thousands of families have benefited from enhanced support. These are more than just campaigns as they represent how charitable work can bridge different sectors, infusing society with vitality, and a shared sense of purpose. In recent years, amid unprecedented challenges faced globally and locally, we have observed that by joining hands, a more cohesive and resilient city can be fostered.

Looking ahead, Light and Love Home aims to broaden its community programmes, foster greater cross-sector partnerships, and encourage wider participation from the public. We are convinced that when more individuals step forward to contribute, society becomes more cohesive and resilient. We also intend to make a lasting impact in education, health, and international charity, guided by our ethos of “Let there be light, and heritage of love.” In doing so, we seek to extend the reach of services to more beneficiaries and to strengthen bridges across communities.

We truly believe that, by following God's guidance and doing good, His faithfulness will become our strength. When we find joy in Him, He will also fulfil the desires of our hearts. This conviction forms the foundation of Light and Love Home's charitable work and sustains our progress. May we continue to walk together in His grace. Let there be light and heritage of love.

Wishing you all peace and joy!

Winson Cheng
Chief Executive



服務報告

SERVICE REPORT



安老服務：
ELDERLY SERVICES:

光愛敬老院

LIGHT AND LOVE ELDERLY HOSTEL

光愛葵芳長者服務中心

LIGHT AND LOVE KWAI FONG NEIGHBOURHOOD
ELDERLY CENTRE

光愛敬老院 Light and Love Elderly Hostel



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY

「在白髮的人面前，你要站起來；也要尊敬老人，又要敬畏你的神。我是耶和華。」
《聖經》

長者為社會貢獻多年，固然是值得尊重，能夠安享晚年，是社會對長者應盡的義務和責任。隨著社會結構的轉型，獨居長者及以老護老的情況日趨嚴重，院舍照顧的需求及要求亦日益增加。

感恩院舍能成為一個凝聚各方力量的載體，聯繫社區義工及家人，為一群長者帶來歡樂和關懷。感謝香港神的教會義工服務團每星期的恆常探訪，滿足院友社交和心靈的需要。香港中文大學同行之友愛鄰社、佛教沈香林紀念中學、風草鈴小結他隊、加拿大神召會嘉智中學等義工團體，為院友舉辦不同的活動，豐富了院友的院舍生活，讓他們知道自己並沒有被遺忘。



“You shall stand up before the gray head and honor the face of an old man, and you shall fear your God: I am the LORD.”
(Bible)

The elderly have made significant contributions to society for many years and deserve their respect. It is the obligation and responsibility of society to guarantee that they can enjoy their twilight years. With the transformation of social structures, the increasing number of singleton elders, and the situations of “the elderly taking care of the elderly” have become increasingly alarming problems, leading to a growing demand for residential care services and heightened expectations in this regard.

We are grateful that our hostel has become a carrier which aims at pooling efforts of various stakeholders, liaising with community volunteers and family members to bring joy and care to the elderly. We would like to extend our sincere gratitude to the Church of God in Hong Kong Volunteer Service Team for their regular weekly visits, which help satisfy the social and spiritual needs of the residents. Volunteer groups from the CUHK Love Your Neighbour Club, Buddhist Sum Heung Lam Memorial College, the Canterbury Bells Ukulele Team (“風草鈴小結他隊”), and PAOC Ka Chi Secondary School have held various activities for the residents, enriching the quality of their hostel life and reassuring them that they are not being neglected.



過去一年，院舍以「樂齡生活」為主題，將樂齡科技應用於院友照顧及日常生活中，提昇院友生活質素。

2024-25年度，院舍得到公益金資助港幣共\$304,757，用作改善不同的設施，包括更換3號房、運動室及活動室空調機，提升了院舍室內的舒適度；更換了部份電動護理床及高背椅，以滿足長者護理需要；增加了辦公室轉椅及加裝閉路電視鏡頭，以保障院友及職員的安全。因應疫情期間機電工程署到訪院舍巡視後所提出的建議，重置院舍通風系統，以提升院舍空氣流通。2024年10月24日，公益金委員及光愛中心管理委員會成員到訪敬老院，了解院舍運作及探訪院友。

展望新一年，院舍服務持續提升，讓每一位入住的院友感受愛和尊重，安然面對人生的另一階段。



Over the last year, our hostel has adopted the theme of "Joyful Ageing" by integrating "Gerontechnology" into both the care and the daily activities of the residents. This strategic innovation has significantly enhanced the quality of life for the residents.

During the financial year 2024–25, our hostel received a total grant of HK\$304,757 from the Community Chest of Hong Kong to enhance various facilities. This funding has been allocated for various improvements to our facility. It includes the refurbishment of Room 3, the Sports Room, and the Activity Room to enhance indoor comfort. We have also replaced electric rehabilitation beds and high-back chairs to better accommodate the needs of the elderly. Additionally, we introduced swivel office chairs and installed additional closed-circuit television cameras to ensure the safety of both residents and staff. In compliance with recommendations from the Electrical and Mechanical Services Department, made during their inspection visit amid the pandemic, our hostel has replaced its ventilation system to improve indoor air ventilation. On October 24, 2024, members of the Community Chest of Hong Kong Committee and the members of the Management Committee of Light and Love Home visited our hostel to learn more about our operations and to meet the residents.

Looking ahead to the new year, we are dedicated to enhancing our residential care services. Our objective is to ensure that each resident experiences a profound sense of love and respect, enabling them to peacefully embrace this new chapter in their lives.

光愛葵芳長者服務中心

Light and Love Kwai Fong Neighbourhood Elderly Centre

「年老的有智慧、壽高的有知識。」

《聖經》

2024-25年度中心服務主題為「關注長者全人健康」，繼續推動長者關注自己全人健康項目，鼓勵他們從六方面實踐健康生活模式，包括身體、社交、情緒、興趣發展、心靈及社區參與的範疇，計劃與不同專業合作，為長者提供各項健康知識、訓練、諮詢服務等，期望能提升長者管理自己全人健康的能力，及早了解自身狀況和跟進，讓長者活出平安喜樂的晚年。

計劃推廣期間，於2024年12月舉辦「識搵識嘆歡樂嘉年華」，透過運動和健康資訊分享，再配合不同興趣表演及特色攤位遊戲，藉此提升長者重視自我管理健康意識，在生活中掌握重要資訊，擁有享受健康生活的態度。



社會福利署資助服務

Subsidised Service by
the Social Welfare Department



“Wisdom is with the aged, and understanding in length of days.” (Bible)

We are pleased to announce that the service theme of our centre for the 2024–25 Year is “Focusing on the Holistic Health and Well-Being of The Elderly” (“關注長者全人健康”), and we will continue to promote projects that encourage the elderly to focus on their holistic health and well-being. These projects involve encouraging them to adopt healthy lifestyles across six key aspects: physical well-being, social engagement, emotional well-being, interest development, spiritual well-being, and community involvement. We will work closely with various professionals to provide elders with health education, training, and advisory services. We aim to enhance elders’ ability to manage their health and well-being, enabling them to understand their health status early and take appropriate follow-up actions, so they can enjoy fruitful twilight years.

During the promotional period, the “Work Hard, Play Hard Carnival” (“識搵識嘆歡樂嘉年華”) will be held in December 2024. Through sharing, exercise, and health information, complemented by diverse, interest-based performances and themed stall games, the event aims to enhance elders’ sense of self-management in respect of health consciousness, thereby enabling them to get hold of critical health information in daily life and cultivate an attitude of embracing a healthy lifestyle.

身心靈健康、社交康樂教育服務

中心以促進長者身心健康為目標，積極拓展多元化服務，讓長者在關懷備至、活力洋溢的環境下享受生活。

中心每星期恆常設有「長者健體運動班」、「活力動起來」運動、「拉筋舒展體驗班」及「普及長者健體運動班」，以提升長者的身體機能和平衡能力，並培養每日運動的習慣。

中心與「惜食堂」合作推行午膳服務，不僅為有需要的長者提供營養均衡的膳食，亦是傳達社區愛心的表現。長者在享用健康膳食的同時，能感受到社區的濃厚暖意。隔月供應的香氣四溢「靚湯」，更成為富有人情味的小型聚會，參加者聚首一堂，在歡聲笑語中享受美味所帶來的幸福與歸屬感。

健康講座方面，衛生署護士定期到中心舉辦活動，重點圍繞預防及管理長者常見疾病，包括慢性病護理及藥物安全等實用知識，大大提高長者的自我護理意識和能力，並提醒避免諱疾忌醫，強調「預防勝於治療」的理念。同時，中心積極聯繫各界資源，建立完善的長者服務網絡，並與香港專業教育學院（IVE）合作舉辦「長者身體檢查日」、「冬日送暖行動」及「長者理財計劃」等活動。

展望新歲，中心將繼續秉持「以長者為本」的理念，深化身心健康服務，並積極開展多元化社區合作項目。



Holistic Health, Social, Recreational and Educational Services

The Centre continued to promote the physical and mental well-being of senior members by actively expanding a diverse range of services, enabling them to enjoy life in a caring and vibrant environment. The Centre regularly offers weekly programmes, including the “Senior Fitness Exercise Class”, “Get Moving” exercise sessions, “Stretching and Flexibility Experience Class”, and “Popular Senior Fitness Exercise Class”. These initiatives are designed to enhance seniors’ physical functions and balance, while fostering the establishment of a daily exercise routine.

The “Lunch Box” Service, organised in collaboration with “Food Angel”, not only provides nutritionally balanced meals for elderly persons in need but also serves as an expression of community compassion. Seniors are able to enjoy wholesome meals while experiencing the warmth extended by their neighbourhood. The “delicious soup” served every other month has become a cherished occasion, bringing together participants in small gatherings rich in human connection, shared life experiences, and laughter.

Health seminars are regularly conducted at the Centre by nurses from the Department of Health, focusing on the prevention and management of common ailments among the elderly. These sessions cover practical knowledge such as chronic disease care and medication safety, thereby significantly enhancing seniors’ self-care awareness and capabilities. They also emphasise the importance of seeking timely medical treatment and reinforce the principle that prevention is better than cure. Concurrently, the Centre proactively engages with diverse resources to establish a comprehensive elderly services network. In collaboration with the Hong Kong Institute of Vocational Education (IVE), the Centre organises initiatives such as the “Senior Citizens’ Health Screening Day”, “Winter Warmth Campaign”, and “Financial Planning Programme for the Elderly”. These programmes aim to strengthen health awareness, provide seasonal support, and enhance financial literacy among seniors, thereby promoting holistic well-being and fostering community solidarity.

Looking ahead to the new year, the Centre will continue to uphold its principle of “senior-oriented care”, deepening its physical and mental well-being services while actively developing diverse community partnership initiatives.



中心課程教育與發展並重，活動豐富多元化，提高長者的學習興趣和促進社交互動。本年度課程內容涵蓋身心健康、文化藝術及資訊科技應用等多個領域，旨在打造有利長者學習、交流與實現自我的社區環境，展現長者持續學習與追求健康愉快生活的精神。

身心健康課程包括韓國流行音樂舞蹈(K-pop)、踢拳(Kick-Boxing)、塑身健身舞、社交舞蹈、痛症伸展舒緩、綜合健體運動等，提升身體協調與活力，緩解身體不適，享受音樂與舞蹈的樂趣；文化藝術類別包括口琴研習、小結他研習、油粉彩畫班、國語懷舊金曲等，豐富長者的精神生活；資訊科技應用課程內容有智能手機操作、基礎手機攝影等，讓長者在時代的步伐中前進，增加生活樂趣。

義工發展及服務

中心義工們積極推動多元服務的發展，為有需要長者提供關愛且貼心的服務，建立和諧共融的社區。

「樂頤義工」為體弱長者提供暫託服務，期間進行不同群體及休閒活動，每次一同度過愉快的三小時，藉此充實長者的生活，同時讓照顧者得到適切的喘息空間。



The curriculum is fairly balanced in terms of education and personal development, offering a rich variety of activities designed to enhance elders' interest in learning and foster social interaction. This year, our curriculum covers multiple domains, including physical and mental well-being, arts and culture, and information technology applications. It aims to cultivate an elderly-friendly community environment for learning, exchange, and self-actualisation, showcasing their spirit of lifelong learning and pursuit of a healthy, joyful life.

Physically healthy courses include Korean popular music (K-pop) dancing, Kick-Boxing, fitness aerobics, ballroom dancing, therapeutic stretching for pain management, and comprehensive fitness training. These activities aim to enhance body coordination and mobility, alleviate bodily discomfort, and enable elders to enjoy the pleasures of music and dance. Courses in arts and cultural sectors encompass harmonica workshops, acoustic guitar lessons, oil pastel painting classes, and "Mandarin Nostalgic Classics" singing classes, enriching elders' spiritual lives. Information technology application courses cover smartphone operation and junior mobile photography, enabling elders to keep abreast with the times and increase their joy of life.

Volunteer Development and Services

Our centre's volunteers proactively promote the development of diverse services, providing caring and attentive services to the elderly in need, thereby forging a harmonious community.

The Volunteers from Jolly Club ("樂頤義工") provide respite services to frail elders, offering group social and leisure activities during each three-hour session. It enriches elders' daily lives, while giving caregivers appropriate breathing space.



「光愛關注長者義工隊」每月恆常上門探訪獨居或行動不便長者，慰問及了解長者近況，定期送上物資及節日福袋，讓長者們有更多關懷及社區聯繫。義工人手充足，每月不同培訓主題，加強義工服務的信心和技巧，有助團隊的發展和合作。

「光愛樂使團」成立初期是小結他隊組合，今年經歷重組，加入不少樂器元素如木箱鼓、手風琴、長笛等，又曾與口琴班同學在大型嘉年華活動中合奏表演，使團也定期到護理安老院舍表演，透過音樂及歌聲分享愛與喜樂，為社區送上關懷和溫暖。

年終舉辦「義工嘉許禮」以表揚義工們過去一年的無私貢獻及投入。本年度共有六十九位義工得獎，每位服務時數達十小時或以上，當中七位義工於上年度服務超過一百小時，四位更服務超過一百五十小時，他們長時間投入服務長者工作，展現無比熱情。在嘉許禮當中，義工以不同方式分享感受及回顧服務歷程，如以歌聲及舞蹈為義工送上祝福和分享個人感受，讓彼此在交流中互相啟發及學習。

冀望義工服務在新一年繼續多元化發展，回應社區內需要，惠澤更多長者。



The Light and Love Caring for the Elderly Volunteer Team (“光愛關注長者義工隊”) conducts regular monthly home visits to elderly singletons or elders with limited mobility. Volunteers often reach out to elders to offer support and companionship and to understand their current needs. Thanks to our ample volunteer support, we offer various training themes each month to enhance the confidence and service skills of our volunteers, fostering the development and collaboration of our volunteer team.

The “Light and Love Joyful Musical Mission” (“光愛樂使團”) originally formed as a ukulele ensemble. This year, it has undergone a reorganisation and now incorporates various other instruments, such as the cajón, accordion, and flute. This musical group has also collaborated with harmonica students, performing at large-scale carnivals. It also regularly performs at residential care homes for the elderly, playing music and singing songs to spread love and joy, thereby bringing warmth to our community.

The Year-End Volunteer Recognition Ceremony honours volunteers for their selfless sacrifice and dedication throughout the past year. This year, 69 volunteers received awards, each having served at least 10 hours. Among them, 7 volunteers served over 100 hours last year, while 4 volunteers surpassed 150 hours. Their sustained commitment to serving the elderly demonstrated remarkable passion. During the ceremony, volunteers shared their experiences and reflections on their service journey in various ways. Some conveyed blessings and personal insights through song and dance, fostering mutual inspiration and learning through sharing experiences.

We hope that volunteer services will continue to diversify in the coming year, responding to the needs of the community and benefiting more elders.

福音事工

「讓光照亮，以愛傳承」，中心秉承機構理念，透過活動讓服務使用者感受神的愛，使區內有靈性需要的長者及護老者認識福音。香港神的教會義工恆常在中心舉辦身心健康團契，透過一系列主題包括耆趣歡樂時光，啟迪歡聚時光和身心健康班，配合靈性專題內容關心長者身心靈的需要和發展。團契義工主動關心參加者的需要，分享自己的信仰見證及經歷，加深對信仰的認識和接觸，獲得靈性上的喜樂和滿足。

過去一年，團契有3位長者會員決志信主耶穌，接觸別處基督徒6位，當中5位已受浸見證主。

基督徒因著主耶穌的愛喜歡分享自己的信仰見證及經歷，參與團契的其中一對長者夫婦從前在教會聚會多年，兩位已經超過80歲，他們因著義工們的热情和對真理的持守，就決心實行全人下水受浸，成了團契義工們很大的鼓舞，更提醒信徒們要不斷追求真理，在信仰的旅程中以行動回應神的恩愛。



Gospel Work

"Let there be Light and Heritage of Love" embodies the ethos of our centre, enabling service users to experience God's love through various activities and introducing the Gospel to the elderly and carers of elders in the community with spiritual needs. Volunteers from the Church of God in Hong Kong regularly host well-being fellowships at the centre. Through themed activities, including "Joyful Moments for Elders" ("耆趣歡樂時光"), "Enlightening Gathering Moments" ("啟迪歡聚時光"), and "Health and Wellness Class" ("身心健康班"), which integrate spiritual content, thereby addressing the "body, mind, and spirit" needs and development of the elderly. Fellowship volunteers proactively engage with participants, sharing testimonies and experiences in faith to deepen their understanding of and engagement with faith, thereby attaining spiritual joy and fulfilment in their daily lives.

Over the past year, three senior members from the fellowship have committed themselves to believing in the Lord Jesus Christ. We have also come into contact with six Christians from other congregations, five of whom have since been baptised and borne witness to the Lord.

Moved by the love of the Lord Jesus, Christians delight in sharing their testimonies and experiences in faith. Among those deeply engaged in the fellowship are an elderly couple who previously attended another church for many years. Now both over eighty, they were so touched by the volunteers' warmth and commitment to the truth that they decided to undergo full immersion baptism again. Their commitment to the Lord Jesus greatly encouraged the fellowship volunteers and reminded believers to continually pursue the truth and respond to God's love through actions on their faith journey.

教會義工每星期帶著神的愛在中心服侍，讓一群長者感受像家一般的溫暖和關愛。當長者患病入院時，義工們到病房探望、陪伴；又一同郊遊享受戶外活動之樂趣；當長者遇見患難困苦時，義工們真誠迫切地向神禱告呼求，尋找解決方法。這些舉動確實彰顯神的愛，盼望來年有更多社區人士及中心會員參與團契，認識主的慈愛和能力。

認知障礙症支援服務

「及早檢測、及早診治、及早介入」一直是面對認知障礙症的方向。隨著社會對於認知障礙症的認識逐漸加深，不少社區人士及照顧者均主動到中心尋求協助。惟每位認知障礙症長者的特性有所不同，要真正做到「個人化」的服務計劃確實需要多方面的合作。

中心從社區教育及推廣方面，常邀請不同專業分享與疾病相關的知識，主動向區內商舖及保安從業員講解疾病及留意疑似認知障礙症長者，期望能提升整個社區對疾病的認識及關注，建立認知友善的環境。



Church volunteers serve at the centre each week, bringing God's love to the elderly and providing them with the warmth and care of a home. When they fall ill and are hospitalised, the volunteers visit them and provide companionship. They also enjoy outdoor activities together on outings. When the elderly are facing hardship or distress, the volunteers earnestly pray to God for help. These actions truly manifest God's love. We hope that more community and centre members will join the fellowship in the coming year and experience the Lord's kindness and power for themselves.

Dementia Supportive Service

"Early detection, early diagnosis, and early intervention" has always been the approach to dementia care. As society's understanding of dementia deepens, an increasing number of community members and caregivers are proactively seeking support from our centre. However, due to the unique characteristics of each elder with dementia, providing personalised service plans for them requires collaboration across multiple sectors.

Our centre regularly invites professionals from various fields to share information about dementia through community education and promotion, proactively educating local shopkeepers and security personnel to recognise the symptoms of dementia in elderly people, aiming to raise community awareness of dementia care and encourage greater concern for those affected. These efforts seek to foster a dementia-friendly environment.

已確診認知障礙症或有輕度認知缺損的長者，中心會提供一系列服務，包括了解認知情況及做初步檢測，安排合適的認知訓練。中心訓練活動包括認知訓練小組、桌上遊戲、藝術創作活動等，旨在刺激思維，維持認知功能。活動不單著重訓練，更為參加者提供一個互動和社交平台，可以在輕鬆的環境中互相交流，建立友誼。

對於護老者而言，照顧患有認知障礙症的長者往往面對極大的壓力。中心會提供各種資源，例如輔導服務、照顧技巧講座、支援小組等，幫助他們掌握照顧技巧及減輕心理負擔。

中心特此鳴謝過去一年曾協助服務推行的認知義工，他們已成為服務的好幫手。義工們的參與不單付出時間和精力，更重要是他們用心去關懷每一位參加者，使參加者感受到溫暖和關愛。



For the elderly with dementia or cognitive impairment, our centre provides them with a range of services, including cognitive assessments and preliminary tests, followed by tailored cognitive training programmes. The centre activities encompass cognitive training groups, board games, and artistic creation sessions, all designed to stimulate thinking and keep cognitive functioning. The activities not only focus on training but also provide elders with an interactive social platform where they can interact and build friendships in a relaxing environment.

Looking after the elderly with dementia can place immense pressure on caregivers. Our centre provides various resources to help caregivers master caregiving techniques and alleviate their psychological burden, such as counselling services, skill training, and support groups.

We would like to extend our sincere gratitude to the volunteers who have assisted in service delivery over the past year. They have become invaluable assets to our service. The volunteers' participation involves not only their time and energy, but also their heartfelt care for each elder, ensuring warmth and compassion.

隱蔽長者及輔導個案服務

中心透過外展工作，主動接觸基層獨居長者和雙老家庭。個別長者參加了社區長者支援計劃，透過改善家居環境如棄置囤積雜物、添置小型電器、進行小型工程、更換舊家具等，讓長者在無障礙和安全的家居環境下，居家安老。中心恆常透過電話慰問、義工探訪、轉贈物資、定期發放健康資訊，讓長者獲得社區的資源，使獨居和雙老家庭減少疏離感，促進對社會的連繫。

中心透過上門做運動計劃，協助行動不便和缺乏運動的長者，由專業的運動教練帶領，學習家中做運動的方法，鍛鍊肌肉，保持身體的活動能力，減低家中跌倒的風險。

持續接觸區內的持份者

為支援隱蔽獨居長者和雙老長者，中心也會透過外展形式，積極接觸區內有服務需要的長者及護老者。今年度中心參與由荃葵青長者中心合辦的《守亮愛·優秀管理員嘉許計劃》。此計劃旨在表揚荃葵青區內致力關懷長者的物業管理人員及屋苑，推動社區建立關愛長者的氛圍，發揮守望相助的精神，轉介懷疑隱蔽長者的個案予中心，為有需要的長者及護老者提供支持與溫暖；中心收到超過50份優秀保安員的提名表格，足見社區對關愛工作的重視與踴躍參與。

Services for Hidden and Counselling Cases

Our centre proactively reaches out to singleton and doubleton elderly families through outreach work. Some elders have participated in the Community Elderly Support Project, which aims to enable them to age in place in a barrier-free and safe home environment through improvements such as disposing of hoarded items, procuring small electrical appliances, carrying out minor works, and replacing old furniture. We regularly provide telephone check-ins, volunteer visits, resource referrals, and disseminate health information to enable the elderly to access community resources, thereby reducing the feelings of alienation among singleton and doubleton elderly families, and helping them feel more connected to the community.

We offer home-based exercise programmes for the elderly with mobility issues or physical inactivity. Guided by professional instructors, the elderly learn exercises to build strength, stay active, and lower the risk of falls at home.

Continuous Liaison with Community Stakeholders

To render support to hidden singleton and doubleton elders, our centre proactively conducts outreach to connect with those in need of services in the community. This year, we participated in the "Care and Shine Recognition Scheme for Outstanding Property Management Personnel" ("守亮愛·優秀管理員嘉許計劃") co-organised with the Tsuen Wan, Kwai Chung, and Tsing Yi District Elderly Community Centres. This initiative aims to recognise property management staff and residential estates in the aforementioned districts for their dedication to elderly care, fostering a supportive community environment for the elderly, and encouraging the spirit of mutual support. Therefore, suspected cases of hidden elders detected by the neighbourhood could be referred to our center, ensuring that the elderly and their caregivers receive the necessary support and care. We have received over 50 nomination forms for outstanding security guards, highlighting the community's commitment and active involvement in community care.



護老者支援服務

2024年度護老者支援服務提供多元化活動，涵蓋實用的資訊學習、輕鬆的康樂節目，以及復康物資的借用及轉贈服務，旨在加強對護老者的支援，提升其身心健康。

小組及資訊講座

為讓護老者獲得新體驗，中心舉辦不同主題的小組活動，例如「文字藝術師—減壓小組」，教授參加者掌握各種字體，書寫座右銘或喜愛的歌詞，以達至自我鼓勵的效果；「健腦陪玩員速成班」則透過模擬練習，讓護老者在遊戲中學習，輕鬆掌握帶領長者進行認知遊戲的技巧，並交流照顧心得。此外，中心亦舉辦一系列多元化的工作坊及講座，涵蓋情緒健康、飲食營養、特殊修甲、輔助溝通工具及藥物安全等範疇，期望提升護老者的知識水平，並協助他們應對日常照顧工作中的挑戰。



Elderly Carers Supportive Services

The 2024 Carer Support Services have been implemented to strengthen support for carers through the provision of diversified programmes, practical information, and resource-sharing initiatives. The Services encompass structured information sessions, recreational activities designed to relieve stress, and rehabilitation equipment lending and donation services, thereby enhancing the well-being of carers and care recipients alike.

Groups and Information Seminars

To broaden carers' horizons and enrich their caregiving experience, themed groups have been organised. These include the Calligraphy Artist – Stress Relief Group (“文字藝術師—減壓小組”), which enables participants to acquire calligraphy skills for writing motivational mottos or favourite song lyrics, and the Brain Health Playmate Crash Course (“健腦陪玩員速成班”), which equips carers with techniques to lead seniors in cognitive games while exchanging caregiving insights. In addition, a series of workshops and seminars covering emotional health, dietary nutrition, specialised pedicures, assistive communication tools, and medication safety have been conducted. These sessions aim to enhance carers' knowledge across multiple domains and provide practical solutions to challenges encountered in daily caregiving routines.



減壓活動

減輕護老者壓力是服務的重要目標。中心持續推行義工訓練，以支援暫託服務，並獲受惠家庭讚賞，認為服務有效提供喘息空間。本年度，中心首次與賽馬會護老者中心（葵芳）合作，舉辦一系列新穎有趣的康樂活動，包括星之編織、流體畫、釣蝦、石頭畫、生態瓶製作及足底按摩等，為參加者帶來豐富體驗。此外，中心亦安排多項戶外活動，如「繽紛地鐵展廊」、「數碼藝術打卡團」、「普天同慶樂悠悠」及「潮玩市中心海洋體驗館」，讓護老者與長者共度美好時光，締造珍貴回憶。

資源共享

復康器材借用服務一向深受社區人士歡迎，輪椅更時常全數借出。除借用服務外，中心亦不時接收社區護老者捐贈的各類物資，並轉贈予有經濟困難的護老者及長者，藉此傳遞社區的關懷與支持。中心謹向各位善長致以誠摯謝意，感謝他們的踴躍支持。

Stress Relief Activities

Alleviating carers' stress remains a key priority. The Centre continues to implement volunteer training to facilitate respite care services, which have been well received by beneficiary families. In 2024, the Centre also collaborated with the Jockey Club Carer Centre (Kwai Fong) to introduce novel recreational activities, including star weaving, fluid painting, shrimp fishing, stone painting, eco-bottle making, and foot reflexology. Furthermore, outdoor activities such as the Vibrant MTR Gallery ("繽紛地鐵展廊"), Digital Art Check-in Tour ("數碼藝術打卡團"), Universal Celebration of Joy ("普天同慶樂悠悠"), and Trendy Urban Ocean Experience Centre ("潮玩市中心海洋體驗館") were organised, enabling carers and seniors to share quality time and create cherished memories.

Resource Sharing

The rehabilitation equipment lending service continues to be widely utilised, with wheelchairs frequently in full circulation. In addition to lending services, the Centre regularly receives donations of rehabilitation items from carers and community members. These items are redistributed to carers and seniors facing financial difficulties, thereby fostering community solidarity and mutual support. The Centre extends its sincere gratitude to all benefactors for their generous contributions.







社區發展服務：
COMMUNITY DEVELOPMENT SERVICES:

耆菁天地

ACTIVE AGEING CENTRE

愛樂天地

MIRACLE OF MUSIC HOME

耆菁天地 Active Ageing Centre

本年度，光愛中心耆菁天地積極地開辦了不少新課程。成人班組如：「歡唱好聲音」、「按摩鬆鬆拉筋樂」、「平衡球增肌健體班」、「日本書道入門班」，以及「長者智能手機應用班」等；兒童班組如：「故事繪畫手工班」、「功課輔導班」及「開心英文綜藝班」。本中心樂見各位參加者投入出席課堂活動，漸見學習成果。

10月26日至12月1日，本中心舉行了「敬老護老愛心券」義賣籌款活動，總共籌得HK\$23,287，我們衷心感謝所有中心會員及各界人士的支持，讓本中心得以繼續為社區服務。

11月16日至12月15日，「塑膠彩西洋畫班」、「素描畫班」及「成人水彩入門班」學員的傑作在葵芳站內「港鐵社區畫廊」展出，生動地展現了學員們的活力與創造力，為社區添上色彩。



9-10月成人水彩畫入門班



This year, the Active Ageing Centre, Light and Love Home has proactively launched numerous new courses. Adult classes include “Joyful Singing Voices” (“歡唱好聲音”), “Massage and Stretching for Relaxation and Joy” (“按摩鬆鬆拉筋樂”), “Stability Ball Muscle Building and Fitness Class” (“平衡球增肌健體班”), “Introduction to Japanese Calligraphy Class” (“日本書道入門班”), and “Smartphone Applications Class for Seniors” (“長者智能手機應用班”). In addition, children’s classes comprise “Storytelling, Drawing, and Handicraft Workshop” (“故事繪畫手工班”), “Homework Tutoring Class” (“功課輔導班”), and “Joyful English Entertainment Workshop” (“開心英文綜藝班”). We are glad to see participants enthusiastically attending classes and gradually bearing results.

From 26 October to 1 December 2024, our centre held a fundraising activity named the “Care for the Elderly Charity Ticket Campaign 2024”, raising a total of HK\$23,287. We would like to express our heartfelt thanks to all our members and supporters from various sectors for enabling us to continue serving the community.

From 16 November to 15 December 2024, the MTR Community Art Galleries at Kwai Fong Station displayed artworks created by students from the “Western-Style Acrylic Painting Workshop”, “Sketching Class”, and “Beginner Watercolour Workshop for Adults”. These artworks vividly showcase the students’ energy and creativity, enriching the community.

2025年2月下旬起，中心推行服務擴展宣傳計劃，宣傳內容包括本中心四個服務範疇：成人班組、兒童輔導班、「護理員基礎證書課程」（課程通過「香港學術及職業資歷評審局」評審認可），以及「樂耆伴陪診及家居照顧服務」。我們除了在葵芳邨，還在葵翠邨、石蔭邨、石籬邨、葵涌二邨、葵盛東邨、葵聯邨、麗瑤邨及華荔邨張貼相關海報。此外，我們獲屋邨辦事處批准把服務單張放入到葵芳屋邨居民的信箱內。後來，有來自不同屋邨人士致電查詢課程和服務，也陸續來中心繳費報名（例如石蔭邨、石籬邨、葵盛東邨都有街坊來報成人班組，而葵翠邨、麗瑤邨有家長來為小朋友報兒童班）。可見擴展宣傳成效不俗。

本中心展望來年繼續推行「護理員基礎證書課程」及更多新課程，鼓勵退休人士善用餘暇，持續學習和發展潛能，實踐「退而不休」，活出既豐盛又多姿多采的金色年華，並達至「終身學習」之理想。

9-11月多功能家居維修DIY班



按摩鬆鬆拉筋樂



平衡球增肌健體班



From late February 2025, our centre has launched a service expansion promotion scheme to expand its services. This scheme highlights the four service areas of the centre, which are adult classes, children's remedial classes, the "Foundation Certificate for Care Workers" programme (accredited by the Hong Kong Council for Academic Accreditation), and the "Joyful Elderly Accompaniment for Medical Appointments and Home Care Service". In addition to Kwai Fong Estate, relevant posters have been displayed in Kwai Tsui Estate, Shek Yam Estate, Shek Lei Estate, Kwai Chung (II) Estate, Kwai Shing East Estate, Kwai Luen Estate, Lai Yiu Estate, and Wah Lai Estate. Furthermore, the Estate Management Office granted us permission to place service pamphlets in the letterboxes of households in Kwai Fong Estate. Our centre soon began receiving enquiries about courses and services from residents of various estates. Residents subsequently visited to pay fees and register. For example, residents from Shek Yam Estate, Shek Lei Estate, and Kwai Shing East Estate enrolled in adult classes, while parents from Kwai Tsui Estate and Lai Yiu Estate came to register their children for classes. This shows that our promotion scheme has achieved satisfactory and remarkable results.

Looking ahead to the coming year, our centre will continue to offer the "Foundation Certificate for Care Workers" programme, as well as new courses. We encourage retirees to make the most of their leisure time through lifelong learning and personal development, in line with the "Spirit of Positive Ageing". This enables them to enjoy fruitful and colourful twilight years and achieve the ideal of "Lifelong Learning".

愛樂天地 Miracle of Music Home

愛樂天地

愛樂天地（尚德）自2019年3月成立以來，已服務社區六年了。

我們與義工團隊合作，定期為長者舉辦多元化的免費活動，包括健體班與拉筋班，幫助長者維持良好的身體機能；透過心血管檢測與垂直律動機運動，提升長者的健康意識，並增設幸福專題分享，使長者獲得身心靈健康的要訣。

近年來，我們也為區內60歲或以上有需要的長者提供免費午膳外帶服務，為他們送上溫暖與關懷。

我們重視兒童的潛能發展，舉辦智趣DIY班及多元智能班，透過各類手作活動，訓練學員的專注力、溝通技巧，並促進多元智能發展。

我們開辦功課輔導小組，由具備大專或以上程度，富經驗、耐性與愛心的導師任教。許多學生在參加後，成績皆有顯著進步，獲得家長們的肯定與推薦。報名人數眾多，經常需要排隊輪候。

展望未來，我們將繼續與義工團隊合作，組織探訪隊伍，深入社區關懷有需要的人士，提供更適切的支援與幫助。



Miracle of Music Home

Miracle of Music Home (Sheung Tak) has served the community for six years since its establishment in March 2019.

In collaboration with volunteer teams, we regularly organise a variety of complementary activities for the elderly, such as fitness classes and stretching classes. These activities help them maintain their physical functions. We promote health awareness among them by offering cardiovascular screenings and whole-body vertical vibration. We have also introduced happiness-themed sharing sessions to equip the elderly with practical tips on achieving physical, mental, and spiritual well-being.

In recent years, we have also provided free lunch takeaway services for the needy elderly aged 60 or above in the community, delivering warmth and care to the elderly.

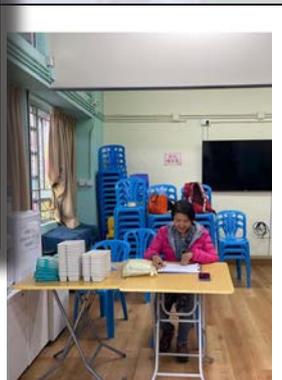
We prioritise the development of children's potential through our creative do-it-yourself (DIY) workshops and diversified intellectual development classes. By engaging participants in diverse, hands-on activities, we cultivate their concentration, communication skills, and foster diversified intellectual development.

Our after-school homework tutorial classes are led by experienced and patient tutors who have tertiary qualifications. A significant number of students have shown notable academic improvement since joining the classes, which has led to the classes being recognised and recommended by parents. Hence, queuing is often necessary due to the high volume of applicants.

Looking ahead, we will continue to work with our volunteer teams to organise outreach visits and reach out to communities, providing care and support to the needy.



幸福快樂拉筋班



免費午膳外帶服務

愛樂天地 (翠林)

愛樂天地 (翠林) 致力於為區內居民提供長者、家庭及兒童服務。我們定期舉辦多元化的興趣班、活動及旅行，並於節日期間借用商場和社區會堂，為社區帶來歡慶氣氛。

我們關心長者的身心靈健康，與義工隊合作為長者提供免費心血管檢測，並開設健康拉筋、唱歌及分享健康資訊等課程，協助長者維持身心活力。此外，中心增設了桌遊時段，為長者建立快樂的社交平台，讓他們安享豐盛的晚年。

為了支援有需要人士，我們為60歲或以上長者及其他有需要居民提供免費午餐外帶服務。

值得一提的是，在2024年10至11月，我們舉辦了「破紀錄拉筋班」，與街坊們一同參與「幸福香港2024愛躍全城」活動，成功挑戰「最多人線上線下同時做拉伸運動」的紀錄，留下難忘的回憶。

展望新的一年，愛樂天地將繼續與義工隊攜手，組織探訪隊伍，深入關懷區內基層人士，為他們提供更適切的支援與幫助。



Miracle of Music Home (Tsui Lam)

We strives to deliver services that cater to the needs of the elderly, families, and children in the community. We regularly organise diverse interest classes, activities, and trips. In addition, we utilise shopping centres and community halls for festival-themed celebration activities, allowing members of the community to experience the fun-filled festivals.

We prioritise the physical, mental, and spiritual well-being of the elderly. We are pleased to offer complimentary cardiovascular screening assessments in collaboration with our volunteer teams. We also provide courses in stretching, singing, and health information, helping the elderly to keep their "body, minds, and spirits" active and full of life. Furthermore, the centre has introduced board game sessions, creating a joyful social platform for the elderly to enjoy their twilight years comfortably and fruitfully.

To render support to those in need, free lunch takeaway services are provided for elders aged 60 or above, and other needy residents.

It is worth noting that we invited the residents to join our stretching classes for record-breaking training during October and November 2024. Then, we collaborated with them to participate in the "Blessed, Hong Kong. Leaps with Love 2024" campaign, which was a tremendous and memorable success, breaking the record for "Most people stretching online and in a single venue simultaneously".

Looking ahead to the coming year, we will continue to strive to collaborate with our volunteer teams to organise outreach visits for grassroots in the community, providing necessary assistance and support to them.

愛樂天地(啟業)

愛樂天地 (啟業) 踏入第四年，與義工隊共同努力，將愛與盼望融入社區，專注為長者、退休人士及鄰里提供身心健康的支援。本中心添置了一台心血管檢測機，定期為社區居民提供免費心血管測量服務，並傾聽他們的需求，鼓勵他們建立健康的生活方式，以預防慢性疾病。

此外，我們也開設了多元化的運動班，以促進心理健康，減輕焦慮，改善睡眠質素，並促進社交互動，幫助他們尋找同伴和支持。課程包括活腦運動，幫助延緩認知衰退，增強思維能力；我們的藝術課程有水彩、素描和塑膠畫，這些活動不僅能增強記憶力和專注力，還能有效舒緩壓力。

本中心與義工隊繼續深入社區，透過探訪、街站、開心茶聚和節日慶祝活動，讓居民感受到溫暖，使獨居長者不再孤單，讓雙老找到生活中的快樂。



Miracle of Music Home (Kai Yip)

We are proud to announce that it has marked its fourth year of service, continuing to work closely with our dedicated volunteer teams to promote the values of love and hope within the community. Our centre has acquired a cardiovascular screening machine to provide residents with regular, complimentary cardiovascular assessments. We listen to their needs and encourage them to adopt a healthy lifestyle to help prevent chronic diseases.

In addition, we offer a diverse range of exercise classes designed to promote mental health, alleviate anxiety, improve sleep quality, and foster social interaction, helping the elderly find companionship and support. Our programme includes brain-training exercises to help delay cognitive decline and enhance cognitive function. Our art classes feature watercolour painting, sketching, and acrylic painting, activities that not only strengthen memory and concentration but also effectively soothe emotions.

Our centre and volunteer teams continue to outreach into the community through home visits, mobile stations, tea gatherings, and festival celebrations. These initiatives bring warmth to residents, ensuring the singleton elderly no longer feel isolated, and enabling elderly couples to find joy in their daily lives.

愛樂天地(駿洋)

愛樂天地(駿洋)位於火炭駿洋邨，2022年8月開始投入服務，至今已有3年多。

逢星期六下午，一班充滿陽光、愛心及熱誠的義工為兒童開辦多元化的興趣班，幾年來，已超過一百位小朋友受惠。

兩年前，中心特別增設「耆樂天地」，為長者及退休人士提供活動，包括興趣班、齊運動、桌遊及唱金曲。另外，逢星期日下午的「幸福星期天」，透過開心唱遊、齊齊舞、生日會、聽故事學大道理、義剪及健康講座等，讓他們能認識神的愛。

感恩過去一年，家庭義工們付出愛與關懷，漸漸地走進了他們的心坎，今天，「耆樂天地」已成了他們心靈上的一片綠洲！

駿洋邨是屹立在火炭山上的一個小社區，似是孤島，所以我們的服務，能成了他們的幸福橋。我們會以愛同行，繼續燃亮社區。



Miracle of Music Home ((Chun Yeung)

Miracle of Music Home (Chun Yeung) is situated in the Chun Yeung Estate, Fo Tan. It was commissioned in August 2022 and has been serving the community for over three years.

Every Saturday afternoon, a group of enthusiastic volunteers organises diversified interest classes for children. For several years, more than a hundred children have benefited from these sessions.

Two years ago, our centre introduced the "Elderly Happiness Club" ("耆樂天地") to provide activities for the elderly and retirees. These include interest classes, group exercise sessions, board games, and singing classic songs. Every Sunday afternoon, the "Happy Sundays" session offers a variety of activities, including joyful singing, group dancing, birthday parties, learning life lessons through storytelling, volunteer haircut service, and health talks. These activities enable them to experience God's love.

We would like to express our sincere gratitude for the past year, during which our family volunteers have dedicated their time and efforts with unwavering commitment, gradually fostering a sense of warmth and care within our elderly community. Today, we are proud to say the "Elderly Happiness Club" has become a sanctuary for the elderly, providing valuable respite and support.

Chun Yeung Estate is a small community situated on a mountain in Fo Tan, which gives the impression of being an isolated island. Our services thus act as a conduit to their happiness. We will continue to support them with our love and care, ensuring the community remains thriving.

愛樂天地(華富)

愛樂天地(華富)位於香港島南區的華富邨，這是機構首間位於港島區的自負盈虧服務單位，2023年1月份正式投入服務。

中心的服務對象主要為邨內長者，因此我們開設的班組也以成人長者為主，常規班組如「齊齊做運動伸展班」、「養生健康班」、「物理治療運動班」、「預防認知障礙訓練班」(後改為「多元趣味及資訊興趣班」)等，各班每期都吸引不少長者參與。因應機構與香港神的教會於2024年12月合辦「幸福香港-愛躍全城」的破紀錄行動，中心於2024年10月至12月期間開辦了數班破紀錄彩帶伸展班，並與學員一起參與破紀錄行動。中心逢星期三及星期日早上，與香港神的教會合辦基督徒團契，藉詩歌、遊戲、見證和短講，幫助區內長者身、心、社、靈的發展。2024-2025年度，共有6位長者會員受浸，感謝主！

中心不時在邨內舉行街站或嘉年華，以聯繫街坊及招收會員，以擴展我們的服務；舉辦旅行，帶領長者們跳出社區，開廣他們的眼界。

由於中心屬自負盈虧服務單位，需要不斷開拓資源以增加收入。中心繼續參與港燈的「社福機構餐飲資助計劃」，讓我們有額外的資源可以舉辦更多適合會員的活動，如會員同樂日、生日會等，由港燈資助活動相關的餐飲開支。港燈也曾派員到場參與中心的生日會及降生節聯歡會，並稱讚我們的義工動員能力強，能成功舉行一個令長者難忘的聚會。



Miracle of Music Home (Wah Fu)

Miracle of Music Home (Wah Fu), located at Wah Fu Estate in the Southern District of Hong Kong Island, commenced operations in January 2023. This facility marks our inaugural self-financing service unit on Hong Kong Island.

Our centre primarily serves the elderly in the estates, and hence our classes cater mainly to the elderly. The regular classes, including "Community Exercise and Stretching Class" ("齊齊做運動伸展班"), "Health-Preservation Class" ("養生健康班"), "Physiotherapy Exercise Class" ("物理治療運動班"), and "Dementia Prevention Training Class" ("預防認知障礙訓練班") (later renamed as "Fun and Informative Interest Class"), consistently attract significant participation from elders in each term. In response to the record-breaking campaign, "Blessed Hong Kong. Leaps with Love 2024", co-organised by Light and Love Home and the Church of God in Hong Kong in December 2024, we held several record-breaking ribbon-stretching classes from October to December 2024, and the participants joined the record-breaking campaign later. Our centre co-hosts Christian fellowship sessions with the Church of God in Hong Kong every Wednesday and Sunday morning. Through hymns, games, testimonies, and short prayers, we render support to elders in physical, psychological, social, and spiritual development. During the 2024-2025 period, we are pleased to announce that six elderly members were baptised through our church. Praise be to the Lord!

We occasionally set up mobile stations and hold carnivals within the estate to continue networking with residents and recruit new members, thereby expanding our service. We also organise trips to give our elderly members the chance to experience new places and gain a broader view of the world.

Our centre operates as a self-financing service unit, thereby continually diversifying our funding sources. We continue to participate in the "NGO Catering Subsidy Programme" sponsored by the Hongkong Electric Company Limited, which enables us to allocate additional resources to organise more activities catering to our members, such as Fun Days for Members and birthday parties, with the sponsor subsidising catering expenses related to these events. The Hongkong Electric Company Limited also sent representatives to attend our birthday parties and Christmas gatherings, commending our tremendous volunteer mobilising power in successfully organising memorable gatherings for elders.

本年度我們開設了一些收費班組，如甜品裝飾班、線描元素繪畫班(共三期)、結他初班等，收生對象不限於長者，有兒童、職青等參與，成功為中心擴張了不同的年齡層。

華富邨的重建已提上日程，中心會珍惜能與邨內街坊相處的日子，期望能舉辦更多適合他們的活動，帶給他們不一樣的人生。

光愛德田家務助理服務中心

光愛德田家務助理服務中心於2023年8月1日正式投入服務，為有需要人士提供家居服務支援，例如陪診、到戶看顧、家務助理及起居照顧，亦有復康用品租借，包括輪椅、助行架及手肘拐杖。服務使用者除了透過海報單張或中心網站得知我們的服務外，更有些是透過其他服務團體介紹而申請服務的，十分感恩中心服務不斷伸延，被不同團體認識。自2024年6月起，本中心為慈雲山的松悅園耆逸護養院暨日間護理中心提供陪診服務，令院友的家人得到支援，減輕他們照顧的擔子。

中心也和教會義工隊合作，費心思為老友記設計很多有意義的活動，包括會堂的開心健康之旅、一天遊、飲茶相聚、街站、義工探訪、銀髮聯歡生日會、團契小組等，透過這些活動把歡樂關懷及神的愛帶入社區，擴闊長者們的生活圈子，身心健康得到豐富的造就。



This year, we have introduced a number of fee-paying classes, including cake decorating classes, line drawing fundamentals classes (3 Terms), and beginner guitar classes. The admission targets include, but not limited to, elders, children, and working youths, thereby successfully expanding our services to different age groups.

The redevelopment of Wah Fu Estate is now on the agenda. Our centre cherishes the time spent with the residents and hopes to organise more activities tailored to their needs, bringing them a better life.

Light and Love Tak Tin Home Care Services Centre

The Light and Love Tak Tin Home Care Services Centre commenced operations on 1 August 2023, providing home support services to those in need. These services include escort services for out-patients, home-based care services, homemaker services, and personal care services. We also offer rehabilitation equipment on loan, such as wheelchairs, walkers, and forearm crutches. Service users are informed about our services through various channels, including posters, leaflets, our official website, and referrals from other service providers. We are grateful that our centre has experienced steady growth in providing services and increasing recognition from diverse organisations since its inception. Since June 2024, our centre has provided escort services for the Evergreen (Tsz Ching) Nursing Home cum Day Care Centre in Tsz Wan Shan, rendering support to family carers, thereby alleviating their burden of care provision.

Our centre also collaborates with volunteer teams from the Church of God in Hong Kong, doing its best to hold numerous meaningful activities for our "old pals". These activities include health talks, day trips, tea gatherings, mobile stations, volunteer visits, silver-haired birthday parties, and church fellowship. Through these initiatives, we bring joy, care, and God's love into the community, thereby widening social circles of elders and enriching their physical and mental well-being.

2025年1月開始，義工隊每星期兩次在中心舉辦幸福小組，內容精彩多元化，包括伸展運動、唱詩歌、破冰遊戲、健康資訊、手工製作、信仰專題等，彼此互動交流，建立更深關係，藉此傳揚福音和聖經真理，使社區有光有愛，令長者們有豐盛的晚年生活。

地區義工發展計劃

光愛中心地區義工發展計劃於2013年成立，至今已有十多年了。義工隊分佈於全港各區，成員主要來自教會、義工團體等。各義工隊在機構的支援下，靈活自發組織切合各地區需要的慈惠活動，如送祝福、慈惠街站、地區嘉年華、探訪、開設興趣班組等，接觸及服務社群。多年來，地區義工隊舉辦的活動均深受地區人士歡迎及讚賞，受惠人士遍佈各階層。

班組活動

為配合作夥伴香港神的教會進入屋邨推廣福音的策略，本年度地區義工隊除使用機構位於多個屋邨的服務單位及幼稚園外，亦承蒙多所學校慨允借出校舍開辦興趣班組接觸區內人士，如東九龍愛全城義工隊在逢星期日下午借用保良局陳南昌夫人小學及樂善堂余近卿中學舉辦「躍動星期日」系列興趣班組，內容包括多元智樂動、溫習室、乒乓球班、籃球班、家長開心大本營、義工訓練計劃等；同時，該義工隊亦在逢星期六下午借用華德學校開設免費的拉筋班、健康班及兒童班，向區內居民推廣健康人生的訊息，這些班組均大受歡迎。



Since January 2025, our volunteer teams have hosted twice-weekly happiness groups at our centre. These sessions offer an exciting and diverse range of activities, including stretching exercises, hymn singing, icebreaker activities, health information, craft workshops, and faith-based topics sharing. Participants engage in social interaction, fostering meaningful relationships. Through these activities, the Gospel and Biblical Truth are promoted, thereby bringing light and love to the community and enabling our elders to enjoy fruitful twilight years.

The District Volunteer Team

The Light and Love Home's District Volunteer Development Programme was launched in 2013 and has been operating for over a decade. Volunteer teams are deployed across all districts in Hong Kong, with members primarily recruited from churches, volunteer organisations, and similar groups. With institutional support, we organise charitable activities tailored to the needs of each district, such as blessing events, charitable mobile stations, district carnivals, visits, and interest classes. These activities encourage team members to engage with and serve the community. The District Volunteer Teams' activities have been warmly welcomed and highly commended by the community over the years, benefiting people from all walks of life.

Group Activities

In alignment with the strategy of our partner, the Church of God in Hong Kong to promote the Gospel within public housing estates, this year, the District Volunteer Teams have made use of the service units and kindergartens located across multiple housing estates. They have also been granted permission by several schools to make use of their premises for running interest classes, to reach out to the local community. For instance, the East Kowloon "Loving Our City" ("愛全城") District Volunteer Team holds "Vitality on Sundays" ("躍動星期日") series of interest classes every Sunday afternoon at Po Leung Kuk Mrs. Chan Nam Chong Memorial Primary School and Lok Sin Tong Yu Kan Hing Secondary School. These interest classes include "Fun Smart Moves" ("多元智樂動") activities, self-study learning classes, table tennis classes, basketball classes, family hubs for parents, and volunteer training programmes. In the meantime, the volunteer team also utilises the facilities of Bishop Walsh Primary School every Saturday afternoon to organise free stretching classes, health classes, and children's classes, with a view to promoting messages on healthy living to the community. These classes have proven highly popular.



街站和嘉年華

為配合機構和教會進入屋邨的策略，本年度地區義工隊繼續在全港多區的屋邨開設街站或舉行地區嘉年華，藉與街坊做問卷調查、免費心血管檢測、攤位遊戲、表演和傾談等，除為街坊們帶來歡樂，亦趁機了解地區人士的需要，以安排日後上門探訪或提供合適的班組和活動，引導他們能認識福音，信靠耶穌基督，過豐盛的人生。

旅行

地區義工隊會不時舉行旅行以聯繫街坊，讓他們走出社區，遊覽香港名勝，開廣眼界，渡過輕鬆愉快的一天。

「幸福香港.愛躍全城」

為配合機構與香港神的教會在2024年12月8日在摩士公園合辦的「幸福香港.愛躍全城」破健力士世界紀錄的活動，地區義工隊在多區舉行免費的拉伸班，除成功以1,911人再度刷新「最多人線上及線下同時做拉伸運動」的健力士世界紀錄稱號外，亦藉此提高社會人士對健康的關注，連結人與人之間的關係，將愛與歡樂帶進社區，提升幸福指數。

總結

地區義工隊發揮了作為機構協助教會推廣福音的角色，盼望他們繼續充分用好機構和社會人士給予他們的資源，舉辦更多合適的活動，將愛和喜樂幸福的信息傳遍香港。



22/2/25 安達邨歡暢開心嘉年華



Mobile Stations and Carnivals

In line with the outreach strategy of the Light and Love Home and the Church of God in Hong Kong, the District Volunteer Teams have continued to set up mobile stations and organise carnivals in public housing estates throughout Hong Kong this year. Through activities such as questionnaire surveys, free cardiovascular tests, stall games, performances, and chatting with residents, our teams have brought happiness to the community and made use of this opportunity to understand their needs, with a view to arranging future home visits or providing suitable interest classes and activities. We aim to guide them in learning about the Gospel and trusting in Jesus Christ so that they may live fruitful lives.

Travelling

Our District Volunteer Teams organise trips from time to time to reach out to the residents and encourage them to explore beyond the community. These trips provide an opportunity for them to discover the attractions of Hong Kong, broaden their horizons, and enjoy a refreshing day out.

“Blessed Hong Kong. Leaps with Love”

To tie in with the “Blessed Hong Kong. Leaps with Love” campaign, co-organised by the Light and Love Home and the Church of God in Hong Kong, on 8 December 2024 at Morse Park, the District Volunteer Teams held free stretching classes in various districts. In addition to setting a new Guinness World Record for the “Most people stretching online and in a single venue simultaneously” with a total of 1,911 participants, the programme also aimed to raise public awareness of health, connect people, and bring love and joy into the community to enhance the happiness index.

Conclusion

The District Volunteer Teams have successfully fulfilled their role as our organisation, to help the church to promote the Gospel. We hope that they will continue to make good use of the resources given to them by our organisation and the members of the community, and organise more suitable activities to spread the message of love, joy, and happiness throughout Hong Kong.







教育服務：
EDUCATIONAL SERVICES:

光愛樂幼稚園 (安泰)

LIGHT AND LOVE HOME HAPPY KINDERGARTEN (ON TAI)

光愛樂幼稚園幼兒中心(顯徑)

LIGHT AND LOVE HOME HAPPY KINDERGARTEN AND

CHILD CARE CENTRE (HIN KENG)

光愛樂幼稚園 (安泰)

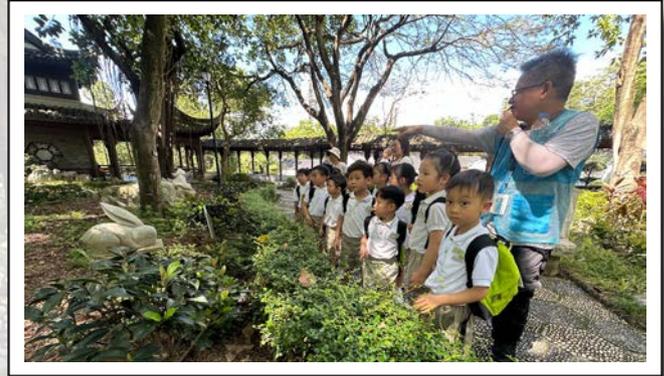
Light and Love Home Happy Kindergarten (On Tai)

光-照亮，愛-滿FUN，樂於探索動腦筋

感謝神的恩典和帶領，學校不斷追求進步，每個階段都有不同的發展和學習，讓教職員可以燃亮自己，成為更多小朋友和家長的祝福。學校一直積極傳遞及實踐光愛中心3H價值，並以愛心培育幼兒，讓孩子在關愛及富啟發性的環境下探索和學習。從創校至今，在本園畢業的學生已約有200位，我們期望每位光愛樂的孩子能建立良好的品格、積極的學習和生活態度，以適應不斷轉變的世界。

Healthy Life 活出健康人生 ~ 培養主動積極、正向品格

學校十分重視幼兒的身心靈健康，設計校本生命教育及品德課程，並延伸至日常生活，例如帶領幼兒探索大自然，欣賞神創造的萬物、主動向人說早安、製作心意卡或小禮物贈予身邊的人，鼓勵家長一起幫助幼兒建立正向品格。



Happy to Explore and Think

By God's grace and guidance, our school continually strives for progress, with each stage bringing distinct development and learning opportunities. This enables staff to ignite their own potential, becoming a blessing to more children and parents. The school has been actively promoting and achieving the 3H values of the Light and Love Home, nurturing children with compassion and care. This enables students to explore and learn within a caring and stimulating environment. Since its establishment, approximately 200 students have graduated from our kindergarten. We expect our students to cultivate good character, a positive attitude towards learning and lifestyle, and the ability to adapt to the changing world.

Healthy Life: Living a Healthy Life ~ Cultivating Proactive and Positive Character

Our school attaches great importance to the physical, mental, and spiritual well-being of children by developing a school-based curriculum and moral education that extends into their daily lives. This educational programme encourages children to explore nature and appreciate God's creations. It also encourages children to interact socially, for example, by exchanging morning greetings and making greeting cards or small gifts for others with parent participation, which helps to develop positive character traits in students.

學校設計兼烹調營養均衡的茶點和午餐，以及安排幼兒參與季節性流感疫苗學校外展計劃、各機構舉辦的身體檢查、健康計劃、講座等，培養幼兒健康的飲食和生活習慣。

Happy Family 締造快樂家庭 ~ 家校攜手培育孩子成長

學校致力與家長保持良好的溝通與協作，共同促進幼兒全人發展，透過舉辦多元化的親子活動，例如親子旅行、才藝表演、閱讀樂工作坊、迪士尼畢業慶典，加強家校之間的聯繫和增進親子關係。學校已成立家長教師會，策劃各類型活動及家長工作坊，例如幸福加油站、製作香薰精油等，讓家長彼此交流分享，紓解育兒壓力。家長亦積極參與義工服務，定期到校協助校務、擔任故事爸媽、協助校外活動等。



Our school provides nutritionally balanced refreshments and lunches for the children and organises their participation in the Seasonal Influenza Vaccination School Outreach Programme. Our school also arranges medical checks, health programmes, and talks by various organisations. These initiatives encourage students to develop healthy dietary and living habits.

Happy Family: Achieving Happy Family ~ Home-School Co-operation to Nurture Children Development

Our school strives to maintain good communication and effective co-operation with parents to jointly foster the all-round development of children. We organise a variety of activities for parents and children, including parent-trip trips, talent shows, reading workshops, and Disney-themed graduation ceremonies. These activities are designed to strengthen home-school connections and enhance parent-child relationships. Our school has established a Parent-Teacher Association, which organises various activities and workshops for parents. Examples of past workshops include the Happiness Station ("幸福加油站") and aromatherapy essential oil-making sessions. These events offer parents a valuable opportunity to exchange experiences and share insights, thereby alleviating the pressures of parenting. Parents also play an active role in voluntary services, regularly assisting with school duties, serving as storytellers, and supporting off-campus activities.

Harmonious Community 建立和諧社區 ~ 實踐關愛行動

為加強孩子對社區的歸屬感，學校會因應幼兒的生活經驗和興趣，帶領幼兒探索社區各項設施，例如街市、酒樓、商舖、公園等，讓幼兒對社區有更深的認識；安排幼兒透過實際行動向社區表達關懷，例如在邨內報佳音、進行回收大行動。同時善用社區資源，例如參觀邨內流動圖書館、秀茂坪交通安全城、消防及救護教育中心暨博物館、於順利邨體育館舉辦聯校親子同樂日。



Harmonious Community Building a Harmonious Community ~ Putting Caring into Action

To foster a sense of belonging in children within the community, our school will guide them in exploring various community facilities, such as public markets, restaurants, shops, and parks. These activities will be tailored to their life experiences and interests, thereby deepening their understanding of the community. Children will be encouraged to show their care for the community through practical actions, such as caroling within the estates and organising recycling drives. Our school will also make use of community resources by visiting the mobile library within the estates, Sau Mau Ping Road Safety Town, and the Fire and Ambulance Services Education Centre Cum Museum, as well as organising an inter-school parent-child fun day at the Shun Lee Tsuen Sports Centre.



傳承中華文化

學校通過多元化的活動傳承中華文化，例如舉行中華文化週、親子節日慶祝會、孝親活動，又設計「同心童德」小冊子，推動幼兒於日常中實踐中國傳統美德；學校亦安排相關的體驗活動，例如到訪海洋公園探訪熊貓、參觀三棟屋博物館、文化博物館、九龍寨城公園等。高班幼兒更於畢業典禮「熊貓蹤跡童發現」中，以精彩話劇、舞蹈，向大家呈現熊貓在中國被發現和在香港生活的事跡，觀眾都看得非常投入，大受好評。本年度學校成立了升旗小隊，於週會、重要日子或特別場合進行奏唱國歌及升國旗儀式，提高幼兒的國家觀念及對國民身份的認同。



The Inheritance of Chinese Culture

Our school promotes Chinese Culture through various activities, including hosting Chinese Culture Week, organising parent-child festive celebrations, and holding events to encourage filial piety. It has also created the "Unity and Harmony" ("同心童德") booklet to encourage young children to practice traditional Chinese virtues in their daily lives. Relevant experiential activities are arranged, including visits to Ocean Park to see the pandas and tours of the Sam Tung Uk Museum, the Hong Kong Heritage Museum, and the Kowloon Walled City Park. At their graduation ceremony, "Panda Trails: Children's Discoveries" ("熊貓蹤跡童發現"). The audience was thoroughly engrossed, and the performance received high praise. This academic year, our school has established a flag guard team to perform the national anthem and conduct national flag-raising ceremonies during weekly assemblies, on significant dates, and at special occasions. This initiative aims to engender a sense of nationality concept and the national identity amongst students.

光愛樂幼稚園幼兒中心 (顯徑)

Light and Love Home Happy Kindergarten and Child Care Centre (Hin Keng)

學校介紹

最好的教育，不僅是知識的傳授，更是生命的啟迪與品格的培養。我們願意為天父和孩子呈現最優質的教育，榮耀神的名。我們相信生命影響生命，我們以愛與榜樣陪伴孩子，在成長黃金期發揮潛能，讓每個孩子都能在關愛和啟發中茁壯成長，為未來人生奠定穩固基礎。

創校感恩典禮

感謝神的帶領，讓我們於2024年10月5日迎來「創校感恩慶典」。承蒙立法會議員（教育界）朱國強議員親臨主禮。典禮中我們一同榮耀讚美神，在孩子的成長路上，一同見證主美好的作為。



School Overview

The best schooling is not only the impartation of knowledge, but also the enlightenment of life and the cultivation of character. We are willing to bring the highest quality education to our Heavenly Father and to the children, thereby glorifying God's name. We believe that lives influence lives. We provide children with love and by setting a good example, enabling them to realise their potential during their formative years. Consequently, all children have the potential to thrive in an environment characterised by care and inspiration, thereby laying down solid foundations for their future endeavours.

The Anniversary Thanksgiving Ceremony

We are grateful to God for His guidance, which has enabled us to celebrate the "Anniversary Thanksgiving Ceremony" on October 5, 2024. The Honourable Mr. Chu Kwok Keung, Member of the Legislative Council (Education), graciously presided over the ceremony. We came together to honour and celebrate God, witnessing His remarkable work as the children progressed in their development.

課程特色

六大校園文化 兩文三語發展

透過「繪本校園」、「遊戲校園」、「探知校園」、「藝術校園」、「彩虹校園」、「健康校園」，六大校園文化及豐富的語言環境設置，提升幼兒學習興趣，促進全人發展。



Special Features of Curriculum:

Six Core Campus Culture, Development of Biliteracy and Trilingualism

Through the establishment of six core campus cultures – Sketchbook Campus, Game Campus, Exploring Campus, Arts Campus, Rainbow Campus, and Healthy Campus – alongside a rich language environment, we enhance children's interest in learning and foster whole-person development.



體驗式學習活動

透過到戶外參觀，幼兒從繪本專題研習，延伸到戶外學習。深入理解所學知識並將其應用於現實生活中。認識社區設施，更能建立善用資源，關心與愛護社區的態度。

特色主題生日會

每月生日會都是愉快的學習日。小朋友與家人配合特色主題悉心打扮回校。除了參加節慶活動，透過繪本故事強化幼兒閱讀與聆聽的語文能力外，亦透過相關慶祝遊戲，一同感受歡欣快樂氣氛。



Experiential Learning Activities

Through outdoor visits, children extend their sketchbook project-based learning into field-based learning. This deepens their understanding of acquired knowledge and enables its application in real-life problems. Familiarity with community facilities fosters an attitude of better utilisation of resources, alongside care and appreciation for the community.

Themed Birthday Celebrations

Our monthly birthday celebrations are fun-filled learning days. Children and parents dress up according to the day's theme. As well as taking part in festive events, the celebrations help children to develop their reading and listening skills through storytelling and sketchbook activities. We all share in the joyous atmosphere through the games.

家校活動

學校重視家校合作，定期舉行不同類型家校合作活動，包括：課程會、家長工作坊、親子旅行、運動會、親親爸媽、家長觀課、節日慶祝活動等，亦會邀請專家作主題分享或家長義工協助帶領活動等。讓家長與老師建立緊密聯繫，了解孩子的學習進展，在學習過程中為孩子提供相關的資源，共同支持幼兒的成長與發展。

第二屆感恩結業典禮

第二屆感恩結業典禮，於2025年7月12日圓滿舉行。我們有幸邀請到興學證基協會董事會主席陳加恩校長為主禮嘉賓。結業禮充滿快樂和感動！每位小朋友都有份站台表演，展示學習的成果和喜悅。



Family-School Activities

Our school places great emphasis on collaboration between families and schools, regularly organizing various joint activities, including curriculum meetings, parent workshops, family trips, sports days, Parent-Child Bonding Days, classroom observations, and activities in celebration of festivals. Experts are also invited to deliver talks, and parent volunteers assist in leading activities. These initiatives aim to establish a close liaison between parents and teachers, enabling parents to understand their child's progress and support them throughout their learning journey. Together, they support the child's growth and development.

The Second Thankgiving Graduation Ceremony

The Second Thankgiving Graduation Ceremony took place on 12 July 2025. We were honoured to welcome the officiating guest, Principal Mr. Chan Ka Yun, Chairman of the Board of Directors of the Schools For Christ Foundation. The ceremony was filled with joy and affection! Each child has a designated stage to perform, showcasing the fruits of their learning and the joy it brings.

服務統計 Service Statistics

光愛敬老院 Light and Love Elderly Hostel

院舍長者服務人次 Number of Residents Served (1/4/2024 - 31/3/2025)			服務統計 Service Annual Statistics	服務內容 Service Content	全年活動次數 Meeting / Activities	全年參與人次 Participants
性別 Sex	安老部 Aged	護理部 Care and Attention		院友例會 Residents meetings	8	368
男 Male	1	32		院友活動 Residents activities	771	10728
女 Female	1	39		院友家屬活動 Activities for family members	12	73
				院友探訪 Visits from family members	-	3585

耆菁天地 Active Ageing Centre

會員人數 Number of members: Male 46 (男) / Female 191 (女) 合共 Total: 237人

課程統計 Annual Statistics	班組類別 Category	班組數目 Class	節數 Session	參加人次 Participant
	藝術 Arts	24	214	1611
	音樂 Music	9	80	804
	社交康樂 Social and Recreational	6	47	352
	語言與學術輔導 Language and Academic tutoring	13	126	706
	資訊科技 Information Technology	2	12	80
	健體運動 Fitness Exercise	8	56	588
	提升生活技能 Life Skills Enhancement	3	16	126
	總數 Total	65	551	4267

光愛葵芳長者服務中心 Light and Love Kwai Fong Neighbourhood Elderly Centre

服務內容 Service Content	全年服務數目 Service no.	服務指標 Agreed level
平均會員人數 Average membership within one year	1250	400
偶到中心每節平均使用人次 Average attendance per session in a year	73	60
身心健康活動數目 Psycho-social well-being activity	50	110
教育及發展性活動 Educational and developmental activity	53	
社交及康樂性活動 Social and recreational activity	44	
健康老化活動 promoting healthy ageing	21	20
積極樂頤年活動 promoting active ageing	6	5
退休生活規劃活動 promoting pre-retirement planning	4	3
樂齡科技推廣活動 promoting application of digital technology and gerontechnology	2	2
義工發展及服務 Volunteer development activity and service	50	40
護老者支援服務 Carers support service	45	40
55-59歲參與活動人數 Activities for service user aged 55-59	49	-
義工服務人數 Volunteer registered	127	100
輔導個案/完成個案比率 Counselling cases / Turnover rate of cases	131 / 39.35%	100/20%
接受護老者支援服務人數 Active cases of carers support service	228	140
隱閉長者或極有需要的長者服務人數 / 完成個案比率 Cases of hidden or vulnerable elderly persons / Turnover rate of cases	35 / 27.08%	35/20%
與地區持份者聯繫及推廣服務的活動 Activity of building up rapport with local stakeholders for service promotion	16	16
長期護理申請評估數目 MDS-HC assessments conducted for long term care service application	78	45
接受認知障礙症訓練人數 People trained with dementia-related knowledge	45	30
認知障礙症公眾教育活動 Activities to provide public education on dementia	11	10
認知障礙症支援及訓練活動 Activities to provide dementia related support and training	6	6
認知障礙症患者及/或照顧者支援及訓練小組 Groups to provide support and training to elderly persons with dementia and/ or their carers	4	3
同工接受認知障礙症培訓時數 Training sessions to staff on dementia	67	60
有需要護老者支援小組 Supportive groups held for needy carers	4	4
有需要護老者訓練及活動 Training activities and programmes for needy carers	15	15
有需要護老者支援服務 Support services to needy carers	124	100
接受有需要護老者服務人數 / 完成比率 Needy carers served / Turnover rate	50 / 35.90%	50/20%
低收入家庭護老者津貼個案 Cases of Allowance for Carers (Low-income Families)	38	-

愛樂天地 (尚德/翠林/啟業/駿洋/華富)

Miracle of Music Home (Sheung Tak / Tsui Lam / Kai Yip / Chun Yeung / Wah Fu)

會員人數 Number of members: Male 1005 (男) / Female 2547 (女) 合共 Total: 3552人

課程統計 Annual Statistics	活動/班組類別 Category	活動/班組 數目 Event/ Class	節數 Session	參加人次 Participant
	身心健康活動 Physical and Psycho-social Well-being Activity	91	487	8045
	教育及發展性活動 Educational and Developmental Activity	46	538	3048
	社交及康樂性活動 Social and Recreational Activity	64	294	4666
	音樂及藝術 Music and Arts	60	289	2305
	總數 Total	261	1608	18064

財務報告及摘要

FINANCIAL REPORT

堅信會計師事務所
KINSON CPA & Co.
Certified Public Accountants (Practising)

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
LIGHT AND LOVE HOME LIMITED**

光愛中心有限公司
(Incorporated in Hong Kong with limited liability by guarantee)

Report on the Audit of the Financial Statements

Opinion

We have audited the financial statements of Light and Love Home Limited ("The Association") set out on pages 6 to 19, which comprise the statement of financial position as at 31 March 2025, and statement of the comprehensive income, statement of change in funds and statement of cash flow for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31 March 2025, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standard for Private Entities ("HKFRS for Private Entities") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

Basis for Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSA") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Association in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

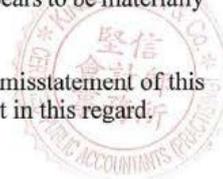
Other Information

The directors are responsible for the other information. The other information comprises the information included in the directors' report, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.



堅信會計師事務所
KINSON CPA & Co.
Certified Public Accountants (Practising)

**INDEPENDENT AUDITOR'S REPORT
 TO THE MEMBERS OF
 LIGHT AND LOVE HOME LIMITED**

光愛中心有限公司
 (Incorporated in Hong Kong with limited liability by guarantee)

Responsibilities of Directors and Those Charged with Governance for the Financial Statements

The directors are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRS for Private Entities issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

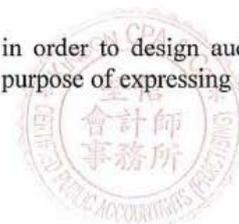
Those charged with governance are responsible for overseeing the Association's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.



堅信會計師事務所

KINSON CPA & Co.

Certified Public Accountants (Practising)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF LIGHT AND LOVE HOME LIMITED

光愛中心有限公司

(Incorporated in Hong Kong with limited liability by guarantee)

- Evaluate the appropriateness of account policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

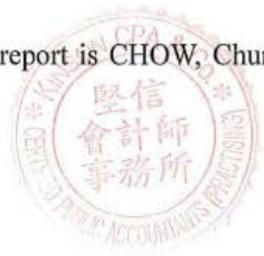
We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The engagement partner responsible for the audit and issuance of audit report is CHOW, Chun Keung (practising certificate number: P04153).



Kinson CPA & Co.
Certified Public Accountants (Practising)

Hong Kong, 28 October 2025



LIGHT AND LOVE HOME LIMITED
光愛中心有限公司
STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025 HK\$	2024 HK\$
Income			
Donation received	2(a)	6,072,853	4,762,189
Board fee income	2(a)	5,334,926	5,187,090
Fee income	2(a)	4,281,648	3,009,071
Service fee income	2(a)	1,002,699	932,700
Grant from The Community Chest	2(a)	1,019,200	1,121,120
Subvention from Social Welfare Department	2(a) & 18	6,889,311	6,519,321
Subvention from Education Bureau	2(a)	5,282,431	5,545,881
Subscription fee received	2(a)	35,461	36,348
Bank interest received	2(a)	187,247	208,970
Sundry income	2(a)	1,943,513	1,730,025
Other income	2(a)	450,178	221,300
		<u>32,499,467</u>	<u>29,274,015</u>
Less: Expenditure			
Administrative expenses		1,141,644	1,288,355
Board expenses		190,310	172,645
Depreciation		717,355	785,947
Fixed asset written off		-	3,312
Food		923,036	881,922
Insurance		150,465	149,594
Miscellaneous		195,293	113,810
Programme expenses		3,069,451	2,686,072
Rent and rates		4,410,369	3,861,618
Repair and maintenance		562,194	389,571
School material fee		440,131	377,071
School operation expenses		183,026	179,265
Special allowances		339,853	196,483
Staff cost		19,151,173	17,211,150
Stores and equipment		586,057	524,798
Transportation and travelling		33,644	24,318
Utilities		708,592	692,158
		<u>32,802,593</u>	<u>29,538,089</u>
Operating deficit		<u>(303,126)</u>	<u>(264,074)</u>
Finance costs		-	-
Deficit for the year	4	<u>(303,126)</u>	<u>(264,074)</u>
Other comprehensive income for the year		-	-
		<u>(303,126)</u>	<u>(264,074)</u>

The annexed notes form an integral part of these financial statements.



LIGHT AND LOVE HOME LIMITED
光愛中心有限公司
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2025

	Note	2025 HK\$	2024 HK\$
Non-current assets			
Property, plant and equipment	2(f) & 7	<u>2,526,695</u>	<u>2,701,816</u>
Current assets			
Deposits and prepayment		1,086,629	883,248
Payment in advance		73,000	77,980
Inventories	2(j) & 6	54,989	40,673
Accounts and other receivable	2(b)	543,830	749,641
Cash and bank balances	2(e)	11,749,753	11,546,723
		<u>13,508,201</u>	<u>13,298,265</u>
Current liabilities			
Deposit received		355,455	334,405
Board fee in advance		-	500
Receipts in advance		520,552	386,445
Accounts and other payable	2(c)	698,402	494,865
		<u>1,574,409</u>	<u>1,216,215</u>
Net current assets		<u>11,933,792</u>	<u>12,082,050</u>
Net assets		<u>14,460,487</u>	<u>14,783,866</u>
Represented by:			
General fund	10	10,498,786	9,828,293
Other funds			
Endowment fund	11	552,415	297,337
Retirement reserve fund	12	398,850	398,850
Social welfare department reserve fund	13	1,983,933	1,575,793
Hostel development fund	14	405,000	405,000
Social welfare development fund	15	-	98,624
Medical allowance fund	16	465,957	362,111
Specified funds	17	155,546	1,817,858
		<u>3,961,701</u>	<u>4,955,573</u>
		<u>14,460,487</u>	<u>14,783,866</u>

公開籌款活動收入 Income from Public Fundraising Activities (2024-2025)		
公開籌款項目 Public Fundraising Events	日期 Date	善款收入 Fundraising Income (HK\$)
光愛慈善馬拉松 2024 Charity Marathon 2024	1/5/2024	397,958.00
光愛賣旗日 2024 Flag Day 2024	3/8/2024	211,306.00
愛心步行日 2024 Charity Walk 2024	11/10/2024	287,238.10
敬老護老愛心券 2024 The Care for the Elderly Charity Ticket Campaign 2024	26/10/2024-1/12/2024	99,687.00
註: 上述善款收入未計算相關的活動開支 Remark: Administrative fees have not be subtracted from the above mentioned income		

受資助服務簡報 Summary of Funded Services			
資助機構 Supporting Organization	服務單位 Service Unit	資助類別 Funding Type	資助金額 Amount (HK\$)
香港公益金 The Community Chest	光愛敬老院 Light and Love Elderly Hostel	基綫撥款 Base Line Allocations	1,019,200.00
		設施資助計劃 Capital Project Fund	304,757.00

鳴謝 Acknowledgement

滙天工程有限公司	Awin Engineering Limited	香港家庭福利會	Hong Kong Family Welfare Society
中國銀行	Bank of China	- 新界 (葵芳) 分會綜合 家居照顧服務	- New Territories (Kwai Fong) Centre Integrated Home Care Service
華德學校	Bishop Walsh Primary School	香港房屋委員會	Hong Kong Housing Authority
佛教沈香林紀念中學	Buddhist Sum Heung Lam Memorial College	- 大興辦事處	- Tai Hing Estate Office
敬老護老愛心會有限公 司	Care for The Elderly Association Limited	香港紅十字會	Hong Kong Red Cross
風草鈴小結他隊	Canterbury Bells Ukulele Team	香港聖公會麥理浩夫人 中心	Hong Kong Sheng Kung Hui Lady MacLehose Centre
嘉榮行工程有限公司	Carewin Engineering Limited	香港輪椅輔助隊	Hong Kong Wheelchair Aid Service
青山醫院老人精神科外 展隊	Castle Peak Hospital Old Age Psychiatric Outreach Service	香港婦聯	Hong Kong Women Development Accoication Limited
愛德循環運動 義工陪診 服務	Chain of Charity Movement (CSES)	寰宇希望	Hope worldwide
香港中文大學校友會聯 會張煊昌學校	CUHK FAA Thomas Cheung School	醫院管理局	Hospital Authority
中大同行之友愛鄰社	CUHK Love your Neighbour Club	鴻興印刷集團有限公司	Hung Hing Printing Group Limited
衛生署	Department of Health	金錢村何東學校	Kam Tsin Village Ho Tung School
- 荃灣及葵青區長者健 康服務外展隊	- Tsuen Wan District and Kwai Tsing District Visiting Health Team	堅信會計師事務所	Kinson CPA & Co.
基督教香港信義會社會 服務部	Evangelical Lutheran Church Social Service - Hong Kong	葵芳老街坊	Kwai Fong Old Kai Fong
- 安老院舍外展專業服 務隊	- Multi-disciplinary Outreaching Support Team For the Elderly	葵青地區康健中心	Kwai Tsing District Health Centre
- 屯門長者綜合服務	- Tuen Mun Elderly Integrated Service	勞工及福利局	Labour and Welfare Bureau
樂餉社	Feeding Hong Kong	康樂及文化事務署	Leisure and Cultural Services Department
惜食堂	Food Angel	樂善堂王仲銘中學	Lok Sin Tong Wong Chung Ming Secondary School
香港宣教會大興長者鄰 舍中心	HKEC Tai Hing Neighbourhood Elderly Centre	樂剪會	Love Scissor

林士德體育館	Osman Ramju Sadick Memorial Sports Centre	香港社會服務聯會	The Hong Kong Council of Social Service
加拿大神召會嘉智中學	PAOC Ka Chi Secondary School	香港青年協會賽馬會葵芳青年空間	The Hong Kong Federation of Youth Groups Jockey Club Kwai Fong Youth S.P.O.T.
香港鐵路有限公司	MTR Corporation Limited	香港測量師學會	The Hong Kong Institute of Surveyors
攜手扶弱基金	Partnership Fund for the Disadvantaged	香港醫學會	The Hong Kong Medical Association
保良局陳南昌夫人小學	Po Leung Kuk Mrs Chan Nam Chong Memorial Primary School	香港耆康老人福利會荃灣長者地區中心	The Hong Kong Society for the Aged - Tsuen Wan District Elderly Community Centre
博愛醫院新界西聯網「院舍外展醫生到診服務」	Pok Oi Hospital New Territories West Cluster (Visiting Medical Practitioner Service for Residential Care Homes)	滙豐銀行慈善基金	The Hongkong Bank Foundation
半山區扶輪社	Rotary Club of Mid-level	香港學術及職業資歷評審局	The Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ)
上海總會	Shanghai Fraternity Association Hong Kong Limited	香港電燈有限公司	The Hongkong Electric Company, Limited
社會福利署	Social Welfare Department	何東爵士慈善基金	The Sir Robert Ho Tung Charitable Fund
- 西屯門綜合家庭服務中心	- Tuen Mun (West) Integrated Family Service Centre	屯門醫院老人科外展隊	Tuen Mun Hospital Geriatrics Team
聖雅各福群會	St. James' Settlement	宏安集團有限公司	Wang On Group Limited
馬錦明慈善基金馬可賓紀念中學	Stewards Ma Kam Ming Charitable Foundation Ma Ko Pan Memorial College	仁愛堂長者牙科外展服務計劃	Yan Oi Tong - Outreach Dental Care Program
香港神的教會	The Church of God in Hong Kong	御華陽慈善社	Yue Wah Yeung Charity
香港公益金	The Community Chest of Hong Kong		
關愛基金長者牙科服務資助項目	The Elderly Dental Assistance Program, The Community Care Fund		

(按字母排序 Sort alphabetically)

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