



公益金資助精神健康服務 扶助情緒受困青少年

Funded by The Community Chest

– Mental Health Services to Support Youths

在成長路上，每個人都可能遭受挫折和打擊，影響情緒健康。公益金資助會員機構提供合適服務，幫助有需要的青少年紓解情緒困擾。以下是受惠者 Wendy、Lily 及阿泰的故事。



園藝療癒年輕照顧者

「爸爸突然病了，我們一家都手足無措。」回想爸爸上救護車的一刻，文靜內斂的少女 Wendy 仍然激動。

自去年爸爸患上長期病開始，Wendy 與姐姐 Lily 感受到爸爸因身體變化而生的情緒，同時媽媽也感到焦慮。面對疾病的恐懼，以及日以繼夜的照顧，家中各人的情緒時刻都非常繃緊。家中不停爭吵，簡單如換個燈泡也會慘釀成家庭大戰。Wendy 擔心爸爸病情惡化，禁不住每天流淚。「最近他頭部受傷要留醫，但疫情令我哋無法探望……」Wendy 承認自己不懂表達，一直也沒有好好面對自己的情緒，「我好怕醜，好多事唔識講出嚟。」

在由公益金資助、明愛舉辦的「抑鬱症與焦慮的及早識別與防治 – 社區為本精神健康促進計劃」的社工鼓勵下，姐妹倆開始接受園藝治療減壓訓練。從中，Wendy 更認識自己，學習表達自己，也把感受與秘密寫在園藝小盆景中的玻璃瓶。植物的生命力使她感到療癒。

過去因壓力減少留家的姊妹倆，亦學到互相支持的重要性。Lily 開心道：「有時做好了盆景，我哋會同爸爸講起植物，佢又會幫手打理，大家都感到開心多了。」好友也發現 Wendy 參與計劃後，整個人也輕鬆自在了不少。「Wendy 從前總是悶不作聲，現在自信開朗了！」

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The Chest supports member agencies in providing mental health services to the youths who face challenges affecting their emotional health. Stories of the beneficiaries, Wendy, Lily and Tai are as follow.

Horticulture Heals Young Caregivers

“We were overwhelmed when our father suddenly fell ill.” Wendy, a quiet and introverted youth, is still emotional when she recalls the moment her father boarded the ambulance.

After Wendy’s father became chronically ill last year, their family life became tense. Haunted by the disease and unbearable stress of caregiving, Wendy cried day and night as she worried about her father’s deteriorating condition. She became depressed as she could not visit her hospitalised father. “I felt shy and couldn’t properly express my depression.”

Under the Chest funded project “Early Identification and Promotion of Mental Health through Community-based Prevention Programme for Individual Struggling with Depression and Anxiety Symptoms” offered by Caritas – Hong Kong, Wendy and her sister Lily took up gardening to reduce stress. Wendy learned to understand and express herself better, and caring for plants and bonsai helped her to heal.

“Sometimes my sister and I talked with our father about the plants, which he was delighted to help take care of. It was soothing,” Lily shared happily. From an introvert to a confident and cheerful youth, Wendy’s best friend was glad to notice her blossoming change.



Wendy 與 Lily 專注於園藝治療，各自選擇不同的植物表達自己。

Wendy and Lily found healing in gardening, each choosing a different plant to express themselves.

接納自己 從學習修圖開始

中五學生阿泰，和大多數青少年一樣，渴望被身邊的人認同及結交志同道合的好友。但因兒時在校園被欺凌的經歷，令本身缺乏社交技巧的他難以與人建立深厚的連結，常感到孤獨和不被理解；加上他對自己要求極高，常常被挫敗的情緒困擾。因為阿泰渴望表達內在感受，且對攝影有興趣，學校老師邀請他參與由公益金資助、生命熱線推行的「凝」相－支援青少年情緒健康計劃。

活動幫助阿泰學會修飾不完美的相片，讓他體會變化的空間與可能。社工及義工亦肯定他的投入參與，並會花時間與他討論其作品，給予真誠的讚賞。他們更將阿泰自覺不完美的作品於社交媒體發放，讓他經歷一次自我接納之旅，發現即使自己不完美也是值得欣賞的。

為了認識同伴，阿泰總會主動上前介紹自己和表達觀點。但這種較為直接的交友方式未必人人接受，對一心示好的阿泰造成打擊。在父母和社工的支持下，阿泰學會從他人的觀點與角度去反思自己，覺察到太急於分享時，會忽略他人的感受。雖然阿泰暫時未遇上與他真正氣味相投的朋友，但學會換位思考及欣賞自己，亦為其未來交友打下了堅實的基礎。

Self Acceptance through Photography

Like most teenagers, Tai, a Form 5 student, wants to be recognised by the people around him, and to make like-minded friends. However, due to childhood bullying and a lack of social skills, he had trouble establishing deeper connections. Recognising Tai's desire to express his inner feelings and interest in photography, his teacher recommended that he join the Chest funded project "Photography Link YOUTH" offered by Suicide Prevention Services.

Through the project, Tai learned to digitally retouch photos – sparking his passion to learn more. Social workers and volunteers offered valuable advice, and most importantly, sincere praise. They also posted about Tai's self-perceived imperfections on social media, leading him on a journey of self-acceptance that helped him realise even imperfections are worthy of appreciation.

Previously, Tai was very forward in introducing himself and expressing his views. However, his eagerness to make new friends was not always reciprocated. With the support of his parents and social workers, Tai learned to reflect on his actions from others' perspectives. Now well on his journey to find like-minded friends, Tai is capable of putting himself in others' shoes and appreciating himself – laying a solid foundation for his true friendship.



阿泰和他的攝影作品。

Tai and his photography.

12
三月
Mar
2021

揮桿助社區 Tee Off for the Community

慈善快訊
Campaigns
and Donations

公益金東亞慈善高爾夫球賽在香港哥爾夫球會粉嶺哥爾夫球場舉行，吸引超過 200 名高球好手組成 51 支隊伍共襄善舉。面對疫情的衝擊，活動仍籌得逾 250 萬元善款，成績令人鼓舞。因應社會對精神健康服務需求日增，活動籌得的善款不會扣除任何開支，全數撥捐公益金資助的精神健康服務。

比賽當日天朗氣清，各隊選手盡情為慈善揮桿，競逐殊榮。公益金特別鳴謝東亞銀行有限公司（「東亞銀行」）連續第六年冠名贊助活動，慷慨支持賽事的籌辦經費和「一桿進洞」獎品；香港哥爾夫球會免費提供比賽場地、豁免果嶺費及安排球會員工協助賽事，以及各間贊助果嶺、球洞、獎品及紀念品的機構。

The Community Chest BEA Charity Golf Day attracted over 200 golfers from 51 teams. Players teed off for charity at The Hong Kong Golf Club's Fanling Golf Course and despite the current economic environment, raised over \$2.5 million. All donations will be allocated in full - without any deduction for administrative costs - to support Chest-funded mental health services, which have seen rising demand in recent years.

On the event day, enthusiastic golfers enjoyed the greens under clear skies while supporting a meaningful cause. The Chest is deeply grateful to title sponsor The Bank of East Asia, Limited ("BEA") for supporting campaign expenses for the sixth consecutive year and sponsoring the "Hole-in-One" Award. Special thanks also go to The Hong Kong Golf Club for providing an excellent venue, waiving the green fees and offering professional assistance; as well as to all the putting green, hole, and prize and souvenir sponsors.



東亞銀行聯席行政總裁暨活動籌劃委員會主席李民橋先生（左）親身參與賽事，並於比賽前與賽事總監 Mr Dean Nelson（右）合照。

Mr Adrian Li, the event's Organising Committee Chairman and Co-Chief Executive of BEA (left), photographed with the Tournament Director, Mr Dean Nelson (right), before the game.

今年慈善球賽的「全場總冠軍」及「最佳球分獎」得主為懋德航運（香港）有限公司。

The Champion and the "Best Gross" award winner – Unique Shipping (HK) Limited.



31 一月 Jan 2021 - 14 二月 Feb 2021

慈善快訊
Campaigns
and Donations

公益金線上百萬行 支持家庭及兒童福利服務

Virtual Walk for Family and Child Welfare Services

在中銀香港全力支持下，公益金首次線上百萬行得到超過 5,500 人，包括由各界組成的 40 支隊伍及個人參加者報名支持。儘管疫情持續，是次線上百萬行籌得逾 510 萬元，全數善款將不扣除任何行政開支，撥捐資助 24 間提供家庭及兒童福利服務的社會福利會員機構，惠及逾 41 萬名有需要人士。

Ardently supported by Bank of China (Hong Kong), the Chest's first Virtual Walk for Millions was held with the participation of over 5,500 entrants from 40 teams, as well as members of the general public. Despite the ongoing pandemic, over \$5.1 million was raised for the Walk which will be allocated to 24 of the Chest's member agencies, providing family and child welfare services for over 410,000 beneficiaries.



左起：活動籌劃委員會聯席主席林世強博士、主席黃靈新先生、
聯席主席李愛平博士及中國銀行（香港）副總裁龔楊恩慈女士

From left: Event Organising Committee Co-chairman, Dr Alex Lam;
Chairman, Mr Vincent Wong; Co-chairman, Dr Christina Lee and
Deputy Chief Executive of Bank of China (Hong Kong), Mrs Ann Kung



中銀香港捐款易平台正式上線

BOCHK e-Donation Platform Official Launch

公益金為各位善長帶來好消息，中銀香港捐款易平台正式上線，透過提供多項不同的電子支付方式，包括 BoC Pay、雲閃付、支付寶香港、微信支付香港、轉數快、Visa、MasterCard、JCB 及銀聯等，讓大家能夠隨時隨地捐款做善事。為善不甘後人，立即利用中銀香港捐款易平台捐款，支持本地社福服務！

The Chest is delighted to announce the launch of the BOCHK e-Donation platform. Offering various means of e-payment including BoC Pay, Union Pay QR code, AlipayHK, WeChat Pay Hong Kong, FPS, Visa, MasterCard, JCB and Union Pay, the platform provides additional convenience by allowing donors to make donations anytime, anywhere. Show your support for local social welfare services by making donations via the BOCHK e-Donation platform!

掃描二維碼捐款：
Scan the QR Code to donate:



捐款連結 Link:
<https://bit.ly/3qcX6se>

19
三月
Mar
2021

分享「膳」心

Skip Lunch Day – Show You Care!

今年公益行善「折」食日反應熱烈，吸引接近 290 間機構及市民參與，捐出一天的午膳費用予公益金。活動籌得超過 120 萬元善款，將百分百用於支援「露宿者、籠屋及板間房居民服務」，協助有需要人士改善生活質素。部分善長選擇捐出愛心券，透過公益金會員機構將「膳」心送到受惠者手上。

公益金感謝鴻福堂集團控股有限公司第 12 年支持活動，贊助 20,000 張「折」食日愛心券予參加者，以及本地插畫家慧惠創作宣傳品，傳播慈善訊息。



Nearly 290 organisations and other individual donors donated a day's lunch money to support Skip Lunch Day. The event brought in over \$1.2 million to help improve the lives of the homeless, as well as residents of cage homes and cubicles. Some donors shared their warmth by re-donating their Skip Lunch Day coupons to the needy through the Chest's member agencies.

The Chest sincerely thanks Hung Fook Tong Group Holdings Limited for supporting the event for the 12th year and sponsoring 20,000 Skip Lunch Day coupons, and local illustrator Wai Wai for partnering with the Chest to create related promotional material.

公益金聯同會員機構，將善長捐出的「折」食日愛心券轉贈基層市民，攜手關懷弱勢社群。

Through the Chest and its member agencies, donated coupons were distributed to people in need.



與少數族裔長者「疫」境同行 Supporting Elderly Ethnic Minorities in the Pandemic

自疫情爆發以來，公益金會員機構積極幫助受影響的人士，協助他們渡過難關。香港基督教服務處自2016年推行「耆望－少數族裔長者支援計劃」，致力協助少數族裔長者融入社會，為因語言障礙及文化差異，在日常生活嘗盡苦頭的少數族裔長者給予支援，當中受惠的包括八旬的 Naram Dhoj 伯伯。伯伯是尼泊爾人，年輕時為駐守香港的踞喀兵，由於只能以尼泊爾語溝通，未能跟進申請公共房屋的進度，幸得「耆望」社工協助，聯繫房委會解釋伯伯的特殊情況。疫情初期，伯伯對疫情資訊一無所知，既沒有戴口罩外出，亦沒有任何社交距離，及後於強制檢測時更遇上困難。「耆望」社工聞訊立刻施以援手，悉心教導伯伯如何與樣本包派發及收集地點的職員溝通，更贈送口罩予伯伯一家，讓伯伯感受人間有情。

伯伯很感激公益金資助「耆望」計劃，讓他的生活多了一份依靠。在「耆望」社工的幫助及鼓勵下，伯伯逐漸解鎖心扉，主動參與「耆望」計劃下的互助小組，透過認識有相同背景的朋友，發揮守望相助的精神。

With the outbreak of the pandemic, the Chest's member agencies have been actively helping people from all walks of life to overcome difficulties. Since 2016, Hong Kong Christian Service has operated the "Support to Ethnic Elderly (SEE)" Project to facilitate social inclusion of senior citizens from ethnic minorities, and to provide support for those facing language and cultural barriers. In his youth, Naram Dhoj was a Gurkha stationed in Hong Kong. As Nepali is his sole language of communication, Naram was unable to follow the progress of his public housing application. Due to language barriers, Naram was also unaware of the pandemic's severity, as well as the need to wear face masks and maintain social distance. Social workers under project SEE immediately came to his aid and facilitated on-site communication during compulsory testing. They also delivered packs of face masks, demonstrating society's kindness and care.

Naram is very grateful to the Chest for funding Project SEE, which has given him something to fall back on in his life. With encouragement from social workers, Naram joined the Mutual Support Group to engage with other seniors from ethnic minority communities.



29 五月
May
2021

「萬眾同心公益金」電視籌款節目 “Community For The Chest” Television Show

活動預告
Coming Up



“Community For The Chest” Television Show

「公益金及時抗疫基金」長江捐款熱線
“The Community Chest Pandemic Rainbow Fund”
Cheung Kong Donation Hotline

18282



星期六晚上 8 時 無綫電視翡翠台
Saturday 8pm, Jade Channel, TVB

「萬眾同心公益金」電視籌款節目舉行在即，公益金特別鳴謝長江集團繼續慷慨解囊，聯同李嘉誠基金會以配對捐款形式贊助「公益金及時抗疫基金」捐款熱線，市民「捐一蚊」，長江集團聯同李嘉誠基金會雙倍支持「捐兩蚊」，捐出與公眾經熱線籌得善款之兩倍金額，加倍惠澤社群。節目所籌得的善款將撥捐「公益金及時抗疫基金」，支援受疫情影響的市民。為善不甘後人，誠邀各位善長準時收看節目，並致電捐款熱線 18282！

The Chest's signature annual event, the “Community for the Chest” Television Show is coming soon! The Chest would like to thank Cheung Kong Group for their continued generosity, and the Li Ka Shing Foundation for donating twice the amount raised through “The Community Chest Pandemic Rainbow Fund” Cheung Kong donation hotlines. All funds raised via the show will be designated to the Chest's Pandemic Rainbow Fund to help people afflicted by the pandemic. Tune in to the show, and call our donation hotline 18282 to support the Chest!

「公益金及時抗疫基金」再度開放接受申請 Reopening of “The Community Chest Pandemic Rainbow Fund”

新冠疫情肆虐逾年，嚴重打擊香港經濟及民生。由於各行各業的從業員持續面對失業、減薪及開工不足的困境，公益金於四月上旬再度推出「公益金及時抗疫基金」，支援受疫情影響的人士。

The COVID-19 pandemic has been rampant for over a year, battering the economy and livelihoods. Many industries and sectors are facing unemployment, wage cuts and underemployment. Considering the severity and lasting impact caused by the coronavirus, the Chest reopened “The Community Chest Pandemic Rainbow Fund” in early April to provide support to those affected by the pandemic.

各界人士可以透過以下捐款方法支持「公益金及時抗疫基金」：
The Community Chest welcomes corporate and individual donors to support the Pandemic Rainbow Fund via the donation methods below:



A 將善款存入以下一個「香港公益金」銀行戶口
Direct deposit into the following bank accounts of
“The Community Chest of Hong Kong”

中國銀行（香港）
Bank of China (Hong Kong)
012-874-0-011380-6

滙豐
HSBC
110-745189-001

恒生銀行
Hang Seng Bank
367-000775-002

B 網上捐款
Online Donation

掃瞄二維碼捐款：
Scan the QR
Code to donate:



11-12 七月 Jul 2021 綠色低碳日 Green Low Carbon Day

參加綠色低碳日，響應低碳生活！活動以「綠色生活，同享·共惜」為主題，推動可持續及低碳生活方式，同時幫助有需要人士。

凡捐款 85 元或以上的善長，可獲由港鐵公司贊助的綠色低碳日紀念車票乙張。憑票可於 7 月 11 日及 12 日兩天無限次免費乘搭港鐵及獲得 50 MTR 分。車票數量有限，送完即止。活動所籌得的善款，不會扣除任何開支，全數用於資助社會福利會員機構提供「環保相關項目」。

Under the theme of "Share, Enjoy and Cherish Green", The Community Chest Green Low Carbon Day aims to promote sustainable and low-carbon living while also supporting those in need.

With a donation of \$85 or more, donors will receive a Green Low Carbon Day Commemorative Ticket for unlimited rides on the MTR on 11 & 12 July and 50 MTR Points – sponsored by the MTR Corporation and available while stocks last. All donations received will benefit "Green Related Projects" supported by the Chest's member agencies, with no deductions for administrative costs.



部份受惠項目 Funded Projects



樂餉社收集、分類和轉贈食物，支援社會上的有需要人士。
Feeding Hong Kong collects surplus nutritious food, which is then sorted, inspected, logged and served to people in need.



聖雅各福群會推行物盡其用助社群計劃安排義工，為社區內的有需要人士提供家居維修服務
Operated by St. James' Settlement, the Community Resources Recycling Project organises and arranges volunteers to provide furniture refurbishing services.

2021 香港交易所慈善夥伴計劃 2021 HKEX Charity Partnership Programme



香港交易所慈善基金繼去年首度推出「香港交易所慈善夥伴計劃」，今年繼續捐贈 2,000 萬元支持公益金的社會福利會員機構推行社區項目，共同應對各種社會和環境挑戰。計劃主要支援四個項目範疇：「理財教育」、「多元共融」、「扶貧紓困」及「環境可持續發展」，並將於 6 月 1 日至 6 月 30 日開放予公益金會員機構申請。為確保善款用得其所，撥款申請將由公益金入會、預算及分配委員會審議及批核，結果將於今年 12 月公布。去年，獲得撥款的十個最具效益及有影響力的服務項目於今年上半年陸續展開，服務年期為 2 至 3 年。

For the second consecutive year, HKEX Foundation has made a generous donation of \$20 million to the Chest via the HKEX Charity Partnership Programme. The Programme focuses on various challenges in the community and environment by supporting community initiatives under four major themes: Financial Literacy, Diversity and Inclusion, Poverty Relief and Environmental Sustainability. Applications will be open to the Chest's member agencies from 1 June to 30 June 2021. To ensure prudent allocation of funds, applications will be verified and approved by the Chest's Admissions, Budgets and Allocations Committee, and the results will be announced in December 2021. The 10 most cost-effective two-to-three year service projects approved under the Programme in 2020 are scheduled to launch in the first half of 2021.

滙豐銀行慈善基金 40 週年 特別捐款助劄房居民

The Hongkong Bank Foundation's Special Donation Benefit Residents of Sub-divided Units

為慶祝滙豐銀行慈善基金成立 40 週年，香港上海滙豐銀行有限公司慷慨捐款支持多個慈善項目，回饋社會。其中 1,000 萬元將透過公益金，資助會員機構 - 基督教家庭服務中心、香港路德會社會服務處及循道愛華村服務中心推行為期 2 至 3 年的服務項目，為本地劄房住戶提供適時支援。

In celebration of the 40th anniversary of The Hongkong Bank Foundation, The Hong Kong and Shanghai Banking Corporation Limited has made a special donation to bring positive change to the community. \$10 million was allocated through the Chest to welfare projects operated by three of its member agencies: Christian Family Service Centre, Hong Kong Lutheran Social Service Lutheran Church - Hong Kong Synod, and Methodist Epworth Village Community Centre. With two-to-three year service periods, these designated projects provide timely support to residents of sub-divided units in Hong Kong.



及時雨基金 Rainbow Fund

公益金及時雨基金為因生活遭逢突變、意外傷亡或天災而陷入困境的個人和家庭，提供緊急短期經濟援助。及時雨基金自 2004 年成立以來，透過全港 90 間批核中心，累積撥款超過 1.75 億元，協助逾 70,200 名有需要人士渡過難關。以下為兩宗因意外導致家庭支柱重傷甚至離世的個案。

The Community Chest Rainbow Fund provides timely financial assistance to individuals and families afflicted by emergency financial crises, accidents and natural disasters. In collaboration with 90 assessment centres across Hong Kong, the Chest has reached out to more than 70,200 beneficiaries and allocated over \$175 million since the Fund's establishment in 2004. In this edition of our newsletter, we highlight the plights of two families whose breadwinner was lost or seriously injured in accidents.



好爸爸車禍重創 妻兒陷困境 Devoted Father's Severe Road Accident Left Family in Financial Woe

跟車工人梁先生於 1 月上旬不幸遇上嚴重交通意外，導致下半身重創，恐日後無法如常工作。意外發生後，任文職的梁太為照顧丈夫經常向公司請假。她既要照顧兒子及丈夫，亦為拮据的經濟狀況感到擔憂，身心飽受沉重的壓力。公益金及時雨基金聞訊撥款三萬元，協助梁家紓解燃眉之急。

Mr Leung, a trucking worker, was involved in a serious traffic accident in early January, which resulted in severe injuries to his lower body, leaving him unable to work. Mrs Leung, who works as a clerk, found herself needing to take leave from work to care her husband and son. After the accident, the family encountered financial difficulty. The Community Chest Rainbow Fund granted \$30,000 to the Leung family as immediate relief.

地盤工意外亡 遺年幼女兒 Construction Worker's Death Left Young Daughters in Despair

39 歲地盤工洪先生於二月下旬地盤工作期間，不幸在高處墮下不治，遺下妻子、兩個就讀小學的女兒及六旬母親。面對丈夫驟然離世，洪太太既要肩負起照顧兩名女兒的責任，亦為無法負擔丈夫的殮葬費及家人的生活費苦惱。公益金及時雨基金聞訊撥款九萬五千元，協助洪家紓解燃眉之急。

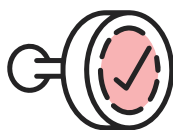
In late February, 39-year old construction worker Mr Hung died after falling from height while working on a construction site, leaving behind his wife, two daughters in elementary school and a mother in her sixties. In the face of her husband's sudden death, Mrs Hung had to take care of her two daughters and became distraught about covering the expenses of her husband's funeral expenses and the family's daily needs. To alleviate their monetary burden, the Community Chest Rainbow Fund granted \$95,000 to the Hung family as immediate relief.

及時雨基金 2020 年 12 月至 2021 年 3 月統計數字 Rainbow Fund Statistics: December 2020 to March 2021



申請數目
Number of
Applications

1,276



資助個案
Number of
Approved Cases

1,238



受惠人數
Number of
Beneficiaries

2,724



發放援助金額
Amount Granted

\$9,019,781

教育
Education

公益金透過不同形式 與逾 2,500 名學生交流 School Talks Reach Out to Over 2,500 Students Through Different Channels



今個學年因受疫情影響，學生多在家學習，我們與社會福利會員機構透過視象、網上直播及預先錄製短片等形式與學生交流，自去年 10 月至今，已與逾 2,500 名學生分享公益金的慈善工作，讓學生認識社會需要及關注社會福祉。近日疫情稍為緩和，在可行的情況下，我們再次前往學校舉行講座，同學們的積極投入，為我們的慈善教育工作增添意義！

This school year, students spent most of their time studying at home due to the pandemic. With the support of our social welfare member agencies, we continued to organise school talks through different platforms, including online sessions, webcasts and pre-recorded videos. Since October last year, we have introduced the work of the Chest to over 2,500 students and helped them to understand various social needs. Recently the epidemic's situation has eased slightly, and when conditions permit, we have returned to schools to meet with students. The active participation and engagement of students makes our endeavours in philanthropic education very meaningful.

學校分享講座查詢熱線

Interested schools can contact the Chest at

2599 6111

網上報名：
Enrol Now:



連繫我們 Connect with Us



www.commchest.org



[commchestHK](https://www.youtube.com/channel/UC...) |



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Economy

活動綜覽 Upcoming Events

- 29/5/2021 「萬眾同心公益金」
電視籌款節目
"Community for the Chest" Television Show
- 11-12/7/2021 綠色低碳日
Green Low Carbon Day
- 7-9/2021 公益月餅
Mooncakes for Charity
- 9/2021-3/2022 環保為公益
Greening for the Chest
- 日期待定/
Date to be
Announced 公益金便服日
Dress Casual Day
- 20/11/2021 公益金賣旗日
The Community Chest
Flag Day

為善最樂，坐言起行
Give. Make a difference.

捐款人資料 Donor Information

姓名 Name: _____

地址 Address: _____

日間聯絡電話 Daytime Contact Number: _____ 電子郵件 E-mail: _____

捐款類別 (請於適當方格內加上) **Type of Donation** (Please where appropriate) 每月捐款 Monthly Donation 單次捐款 One-off Donation

* 捐款金額 **Donation Amount** HK\$100 HK\$200 HK\$300 HK\$500 其他 Other _____

付款方法 (請於適當方格內加上) **Payment Methods** (Please where appropriate)

抬頭「香港公益金」之劃線支票。Cheque made payable to "The Community Chest of Hong Kong"

將款項存入以下其中一個「香港公益金」銀行戶口，並將入數紙寄回公益金辦事處：Bank into the following **Chest's** accounts and mail the bank-in slip to the Chest office.
中國銀行(香港) Bank of China (Hong Kong) | 恒生銀行 Hang Seng Bank | 渣打銀行 Standard Chartered Bank
012-874-0-008588-4 | 367-6-004678 | 411-0-160769-3

透過信用卡捐款 Via Credit Card Visa Master AE 信用卡編號 Credit Card No: _____

信用卡有效日期至 Credit Card Validity: _____

持卡人姓名 Credit Card Holder: _____ 持卡人簽署 Authorised Signature: _____

每項透過VISA、萬事達及美國運通信用卡之捐款，服務公司均會向公益金按百分比收取手續費。該筆手續費不會由閣下捐款中扣除。
The Service Company will charge The Community Chest a percentage fee for every donation made through VISA, Master Card and American Express.
However, this charge will **NOT** be deducted from your donation to the Chest.

* 請填妥表格，郵寄、傳真 (2506 1201) 或電郵至 chest@commchest.org 公益金辦事處。
Please send the completed form to the Chest Office by mail, via fax (2506 1201) or by email at chest@commchest.org.

閣下亦可登上公益金網頁 www.commchest.org 進行捐款。捐款港幣一百元或以上可獲發正式收據。

If you wish to donate online, please click onto www.commchest.org. Official receipts will be issued for donation of HK\$100 or above.

公益金將會用上述資料與閣下保持聯絡，定期介紹公益金的各項籌款活動、宣傳及推廣事宜、定期通訊、義工服務及意見收集之用。

如閣下不願意繼續收到公益金的活動資料，請於方格內加上 號並將此表格交回公益金辦事處。
Data collected will be used to keep you updated with The Community Chest's fund-raising events, marketing & promotional activities, newsletters, volunteer services and surveys to collect donor opinions. If you do not wish to receive information on the Chest's future activities, please tick the box and send this form to the Chest office.

您從何得悉公益金籌款活動？(請在適當位置加上) **Where did you learn about Chest's events?** (Please where appropriate)

- 電視/電台廣告 TV/Radio Commercials 報章/雜誌廣告 Newspaper/Magazine Advertisements 公益金網頁 The Chest's Website
- 公益金通訊 The Chest's Newsletter 親友介紹 Relatives and friends 公司/學校之內部宣傳品 (如電郵、海報等) Internal publications (e.g. Email, posters, etc.)
- 社交網站 (如Facebook、YouTube等) Online Social Media (e.g. Facebook, YouTube, etc.) 其他 Others (請註明 please specify _____)



香港賽馬會
The Hong Kong Jockey Club
同心·同步·同進 RIDING HIGH TOGETHER

香港公益金有賴慈善夥伴—香港賽馬會的慷慨資助，得以將全數善款，不扣除任何行政開支，100%撥捐165間社會福利會員機構，惠澤社群。
The Community Chest of Hong Kong is grateful for the generosity of its partner-in-charity, The Hong Kong Jockey Club, which makes possible the allocation of 100% of the donations to 165 social welfare member agencies – without deduction of administrative costs – to benefit millions in Hong Kong every year.

GD55AR

香港公益金：香港灣仔告士打道39號夏慤大廈18樓1805室

The Community Chest of Hong Kong: Unit 1805, 18/F Harcourt House, 39 Gloucester Road, Wanchai, Hong Kong

電話 Tel No: 2599 6111 傳真 Fax No: 2506 1201 電子郵件 E-mail: chest@commchest.org 網址 Website: www.commchest.org

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Via BOCHK e-Donation Platform



透過PayMe捐款
Via PayMe



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