

# 2022 ANNUAL REPORT

週 年 年 報



J LIFE FOUNDATION LIMITED  
啓愛共融基金有限公司



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# 序言

## PREFACE

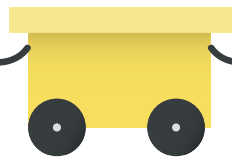
啓愛的起點是傅雅妮小姐的家，她曾開放那裏予街童寄住，其後，她陸續在2012年開設青年中心，2013年開設啓愛家庭服務中心，2017年開設啓愛共融基金永義慈善音樂及食物資源中心「Meal惜Box」，並在2019年設立社企「啓愛點」，2020年則設立了過渡性房屋營運中心「築福里」，逐步擴大援助受眾。2021年，整個香港依然被新冠肺炎的陰霾籠罩，啓愛選擇堅守前線，致力幫助低收入家庭，為創建更美好的家而努力，始終如一。

J Life Foundation started in Ms. Elli Fu's home when she decided to house and help street youths. For the consecutive years, she persists in expanding the scope of her service. She set up J Café in 2012, J Life Family Service Centre in 2013, Meal-sic Box in 2017, J Life Mart in 2019 and Blessing Lane in 2020. In 2021, the threat of COVID-19 continued to loom over Hong Kong. J Life has continued to serve at the frontline and help underprivileged families and will continue to do so with unswerving dedication to build ourselves a better home.



# 董事會及團隊

## BOARD OF DIRECTORS AND TEAM



### 董事會 BOARD OF DIRECTORS

陳帆醫生 Dr. CHAN Fan

陳志樑先生 Mr. CHAN Chi Leung Tony

符詩林先生 Mr. FOO Tze Lin Kenny

### 團隊 TEAM

FU Nga Nei Elli (Founder & CEO) 傅雅妮 創辦人及行政總裁

LEUNG Ha Ping Winnie (Operations Officer) 梁夏萍 營運主任

WAN Wai Ming Adam (Assistant Project Officer) 溫偉明 助理項目主任

YIP Cho Yi Zoe (Assistant Project Officer) 葉楚宜 助理項目主任

TANG Shun Fong Ida (Assistant Project Officer) 鄧順芳 助理項目主任

ZHONG Ying (Assistant Project Officer) 鍾穎 助理項目主任

TSE Ching Wai Wendy (Accountant) 謝菁慧 會計

HUANG Suzhen (Operations Assistant) 黃素貞 營運助理

CHEN Guifen (Operations Assistant) 陳桂芬 營運助理

## 董事會及團隊 Board of Directors and Team





# 願景和使命

## VISION & MISSION



食物支援 教育下一代  
To feed the poor and educate  
the next generation



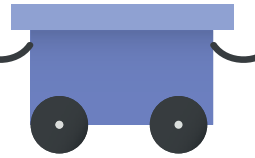
舒緩香港跨代貧窮問題  
To eradicate cross-generational  
poverty in Hong Kong

助人自助  
To help others to help  
themselves





## 創辦人的話 MESSAGE FROM THE FOUNDER



親愛的啓愛同行者：

啓愛共融中心踏入第十年的旅程，經歷了一年的全球肺炎疫情，不斷經歷高高低低的疫情，這一年的確是不容易走的一年，在今年二月再爆發了一個嚴重新冠病毒變異毒株Omicron疫症，當時機構在兩日內，有近八成的同事都感染疫症，只剩下三名同事。而深水埗區七成商舖亦已關門，如要繼續維持前線服務是一個不容易的決定，但當時因為接到一個婦女的求助電話，她的孩子正在發高燒，但打999熱線仍無人接聽，她甚至用了一個早上在深水埗搜尋普通的必理痛，最後都是買不到任何藥物。這宗個案猶為深刻，驅使我在面對嚴重疫情及缺乏人手的情況下，仍鼓起無比的勇氣和決心去繼續維持前線服務，真的很欣賞整個團隊對基層家庭及社區的委身，齊上齊落，一個都不能少；在這個艱難的時期，百業蕭條，誠心感謝所有基金會、企業、捐贈者的持續捐贈，以及能夠購買「抗疫漢堡包」等物資去援助基層家庭維持生計。

這一年，我們亦能在嚴峻的疫情下，順利開展一個全新的專項運動項目，邀請專業的退役奧運運動員去訓練一眾青少年及兒童，讓他們在嚴峻的疫情下，能夠離開較狹窄的居住環境，透過運動舒緩壓力及學習專項運動，發揮自身的所長。

未來，啓愛將繼續向改善香港跨代貧窮問題的宏大願景前進，現正籌備擴展新的社企項目及啓愛住屋計劃，致力於培訓更多專業人才。

再次感激每一位曾經幫助深水埗基層家庭的朋友，您們的支持是解決香港貧窮問題不可或缺的一部份。讓我們繼續攜手合作，衝破疫情籠罩下的陰霾、傳播愛和希望，留下難忘的一頁！

Dear Friends,

The J Life Foundation enters into its ten year of operation over the past year of the global pandemic. The ever-changing nature of the pandemic means that the path of J Life is never easy. During the serious outbreak of Omicron in February of this year, over eighty percent of our employees contracted the virus, leaving only three coworkers. In addition, over seventy percent of small businesses in Sham Shui Po were closed, and continuing frontline services in the face of this was not easy. Nonetheless, a call from an underprivileged mother whose child had been with high fever, and called the emergency hotline without response, thereby forcing her to spend the entire morning attempting to purchase paracetamol in Sham Shui Po in vain, motivated all of us to continue our frontline services in the local community. Hence, I am grateful to our entire team for persevering through these difficult and dynamic times, without any of whom we would not be able to continue servicing underprivileged families. In these trying times, we are also grateful to all charitable foundations, corporations, and donators for their continued support, allowing us to support and help our beneficiaries.

In spite of the pandemic, this year we were able to execute a brand-new sports initiative, utilizing professional retired Olympians to train a small group of youth and children to allow them to continue physical activities in the midst of the pandemic, reducing their stress.

In the coming year, J Life continues its grand vision of eradicating poverty in Hong Kong and is currently in development of new social programs to achieve this goal.

Once again, I would like to express my deep gratitude for every friend who contributes to the reduction of poverty in Sham Shui Po. Your contributions are an integral part in achieving our goal. Let us continue to work hand in hand to combat the pandemic, spread love and hope, and make a positive impact on the world!

傅雅妮 Elli Fu  
創辦人及總裁 Founder and CEO

## 專題故事

## FEATURE STORIES

### 疫情下一個母親的故事

The story of a mother during the pandemic



疫情最嚴重期間，在一個寒冷又下雨的二月天，紫誼到啓愛中心附近為她正在發高燒的兒子求藥。她撥打999熱線求助政府，但因疫情嚴峻，當時的醫療系統癱瘓，所以她撥出的求助熱線未曾得到回應。紫誼居住在狹小的劏房，當時的家庭成員都感染疫症，高燒咳嗽不斷。紫誼在求助政府機構無果之下，為家人尋找需求的藥物。但當時的防疫物資供不應求，紫誼在市場內亦購買不到任何藥物。在此艱難的情況下，她選擇到啓愛求助，而啓愛亦回應了她的需要，為她整個家庭提供藥物，確保了他們的健康。

紫誼求助啓愛的時候，中心亦面臨嚴重的人手不足問題，整體運作只靠三位沒有感染疫症的員工。在紫誼求助前，啓愛亦有考慮要不要因應疫情而短暫暫停中心服務，但紫誼的經歷讓啓愛明白在疫情之下維持正常服務對香港社會的重要性，這也是啓愛在疫情期間繼續為更多家庭提供需要的藥物或者服務的動力。

On a cold rainy day in February during the worst period of Omicron, Tse Yi came outside J Life to request medicine. Her child had a high fever, and upon calling the emergency hotline, received no response due to the overwhelming number of calls at the time. Due to their abode in a small subdivided flat, she along with her family of four had contracted COVID and were sick with fever and cough. However, she persisted in the search for medicine for her family, to the extent of spending an entire morning in Sham Shui Po during the lockdown finding paracetamol, to no avail. Faced by this rejection, she had no choice but to turn to J Life to request medicine. When she arrived, J Life provided her with medicine for her entire family, ensuring their continued health and wellbeing.

At this time, J Life only had three healthy full-time staff, and was contemplating temporary closure during the pandemic, but the perseverance of this mother motivated our team to continue the operation of J Life throughout the worst of the pandemic. J Life was able to provide vital medicine to many families other than Tse Yi's.



### 小容的故事 Xiaorong's Story

小容是一位居住在公共房屋的母親，獨力照顧三個孩子；其中最小的兒子患有嚴重的活躍症。在疫情的影響下，小容無法工作，難以養家糊口，而成為啓愛的會員後，她有機會參加啓愛所提供的針織班，把自己製作的針織產品放在社企「啓愛點」中售賣，能夠為她增多一種收入來源及進一步加強她的就業能力。此外，學習針織讓她放鬆心情，減低因要照顧活躍症兒子而面對的壓力。她從零開始學習針織，在編織技能方面不斷精益求精，甚至幫助其他家庭的母親去學習編織。社企營運順利時，她通過售賣編織花朵而獲得將近港幣3000元的收入。

在小容身上，很能夠展現出啓愛助人自助的理念，她不僅是專注於強化自身的技能，更是通過針織班去教授其他婦女編織的技巧，希望她們在疫情下仍能維持穩定的收入來源。

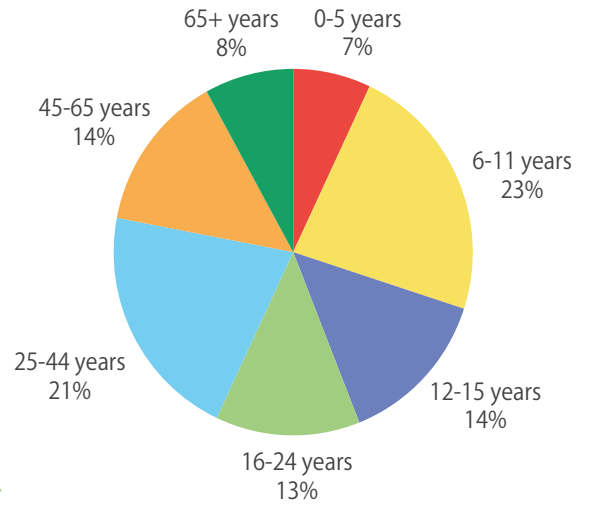
Xiaorong is a single mother living in a public housing estate with three young children, with one of them suffering from severe ADHD. Due to the pandemic restrictions, Xiaorong was unable to work, and it was hard for her to support her family during this time. As a beneficiary of J Life, she took part in the crochet and knitting course provided by J Life, and sold her products at J life Mart. This allows her to earn a supplementary income to support her family and improves her employability by teaching her valuable skills. Plus, the mindfulness of the crocheting provides her with an avenue for relaxation and to relieve the stress from taking care of her young daughter with ADHD. From her continued participation in this program, she continuously improved her skills to the point that she could teach other mothers to crochet and knit. Luckily, at times of good business, she can sustain an income of about HKD3000 from selling her hand-knit flowers.

Xiaorong exemplifies the core value of J Life to transform from a receiver from a giver. Throughout the pandemic, she has organised classes to teach other underprivileged women to crochet and knit, which allows them in turn to sustain their own incomes.

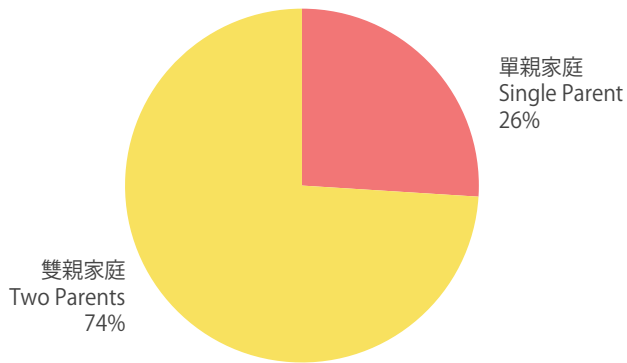


# 我們的受惠者 OUR BENEFICIARIES

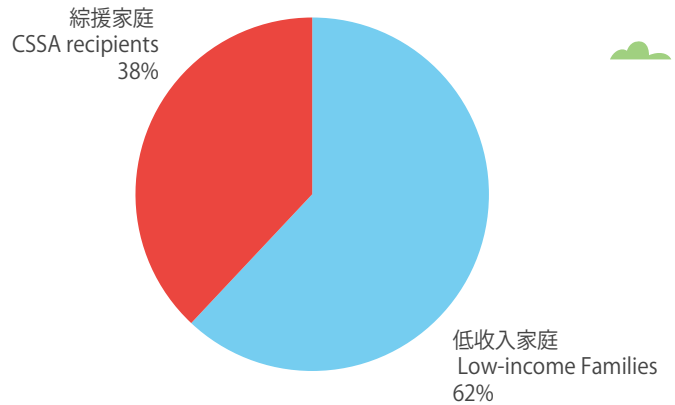
## 年齡組別 Age Group



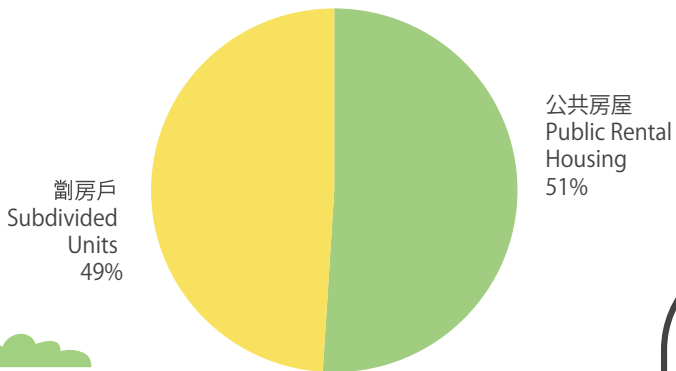
## 婚姻狀況 Marital Status



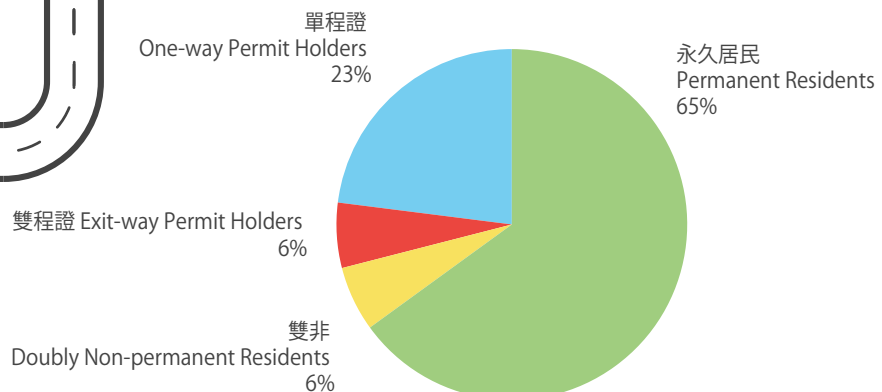
## 經濟狀況 Financial Status



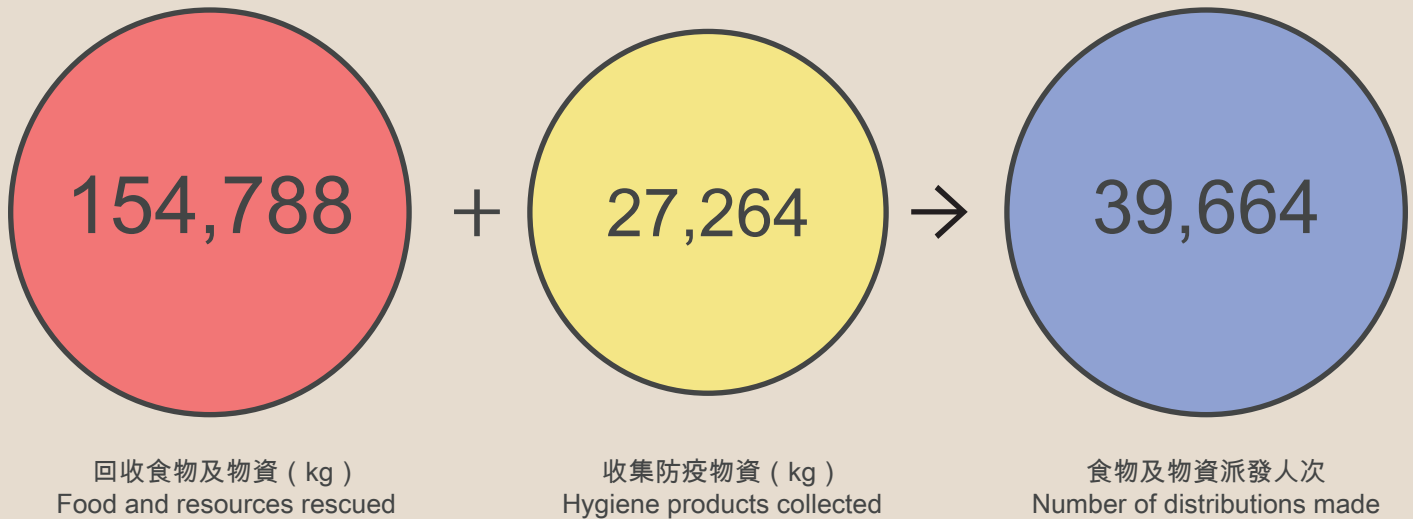
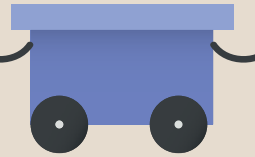
## 居住狀況 Living Condition



## 會員身份 Residency Status



# 我們的工作 OUR WORK



2012年迄今，我們幫助了  
Since 2012, we have served:

會員家庭 Underprivileged Members in Family Units	1,343
新會員家庭 New Underprivileged Members in Family Units	59
受助兒童 Underprivileged Children	1,087
受助青年 Underprivileged Youths	1,215
受助長者 Underprivileged Elderlies	433
南亞裔人士 Underprivileged South Asians	200
露宿者 Homeless People	200

年度支援工作記錄 ( 1/1/2022 – 31/12/2022 )  
Social Statistics (1/1/2022 – 31/12/2022)

長者飯餐數量 ( 飯盒 ) Number of Hot Meals Distributed to Elderly (in boxes)	18,464
課堂堂數 No. of Classes Conducted	771
課堂總出席人次 Total Class Attendances	5,815
年度總受惠人次 Number of Beneficiaries	46,971
年度啓愛會員義工總人數 J Life Member Volunteers	49
啓愛會員義工總服務次數 J Life Member Volunteer Attendances	649
個人及機構義工總服務次數 Youth, Individual and Corporate Volunteer Attendances	290
非啓愛會員義工時數 Number of Hours volunteered by non-J Life members	1,815

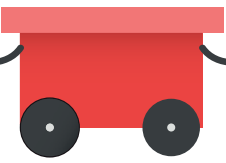
# 我們的中心 OUR CENTRES

- 2012年：J Café，青年中心 J Café, Youth Centre
- 2013年：J Life Foundation，辦公室及家庭服務中心  
J Life Foundation, Family Service Centre, and Headquarters
- 2017年：Meal 惜 Box，音樂及食物資源中心  
Meal-sic Box, Music, and Food Resources Centre
- 2018年：啓愛點，社會企業 J Life Mart, Social Enterprise
- 2020年：築福里，過渡性房屋營運中心  
Blessing Lane, Transitional Housing Operation Centre



# 食物及物資援助項目

## FOOD & MATERIAL GOODS SUPPORT



### 因新冠疫情的改變

#### Changes due to Omicron-22



由於第五波新冠疫情，啓愛中心的食物及物資援助項目經歷了極大的困難。在疫情開始時，我們為基層家庭派發了藥物及防疫物資，例如頭痛藥，維他命C，和口罩等。當中全賴有新鴻基及扶輪社的全力贊助，讓許多基層家庭有足夠的藥物去應對疫情。在這段時期，啓愛無法如平常的方式，去維持我們的食物及物資援助項目。舉例而言，我們不能把食物派發。為了確保會員與員工的健康及避免傳播新冠疫情，我們把食物及物資獨立包裝，放置在中心門外讓會員自取。我們很感謝Peter Bennett基金、太古集團、和瑞士銀行的鼎力支持，讓我們在疫情期間仍能夠風雨不改，繼續維持我們的食物及物資派發項目。

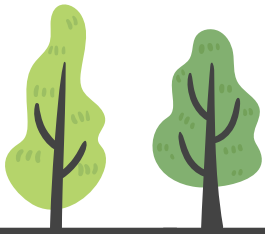


除了我們的常規會員，我們亦為本地的露宿者與南亞裔人士提供由永義慈善基金贊助的食物包。食物包內含有米飯、雞蛋、牛奶等基本食物，能支援及滿足受惠者約兩至三天的食物開支，讓他們可以吸收足夠的營養。



Due to the fifth wave of the COVID-19 pandemic, J Life has made drastic changes regarding its food and material support programs. At the beginning of the pandemic, we distributed health products such as common medications, vitamin C, and masks. This emergency support was funded by Sun Hung Kai and Rotary, and allowed many underprivileged families access to medication. Furthermore, during this period of time, we were unable to continue our food and material support programs in our usual fashion. For example, we could not distribute food directly to our beneficiaries. Instead, in order to reduce the risk of transmission amongst both our staff and our beneficiaries, we individually packed goods and left them outside for our beneficiaries to pick up upon the verification of their identity. We would like to thank the Peter Bennett Foundation, Swire Properties, and UBS for their kind support, which was an integral part in mitigating the increased workload that we endured during this time.

In addition to our regular beneficiaries, we also provided food packs provided by the Easyknit Charitable Foundation to the local South Asian and homeless community. These food packs consisted of basic foodstuffs, such as rice, milk, eggs, and other necessities. This allowed them to have sufficient food for a few days when they were otherwise unable to acquire food, as many other social organizations were not in operation.



此外，疫情亦導致長者的食物援助項目暫停。為了確保我們長者會員的安全及健康，以及減少疫情傳播的風險，我們暫時停止了對長者的食物援助項目。在這一段時間，我們每天都收到許多長者會員的來電，請求我們繼續維持這個項目，表達了項目暫停對他們生活所造成的巨大壓力和影響，亦會進而大量減少到他們在家積存的食物量。

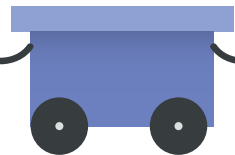
因此，我們轉換成以盡量減少對雙方風險為主的派發食物模式。改為由我們受惠家庭的婦女親自把食物包置放在長者會員的家門外；在這個過程中，他們完全不會接觸，大量減低疫情傳播風險。然而，此模式需要較繁複的行政工作，不但要把食物包送上長者的家門外，還要把食物進行獨立包裝。此外，送貨員是由社區內的貧窮人士擔任，使他們在百業蕭條的疫情環境下，仍能有多一種收入來源去維持生活。因此，我們感謝陶哲甫及陶潘麗瑤基金的援助，讓我們通過這個項目，能夠派發超過800個食物包給逾200名長者會員。

Another major difficulty during Omicron-22 was the ceasing of food distribution to the elderly. To ensure our elderly beneficiaries' health and safety, we had paused our meal distribution service for our elderly. Our suspension has caused stress among beneficiaries, shown by the many phone calls we receive every day requesting a resumption of the services. Without our distribution service, our elderly beneficiaries would have very little food at home.

In view of this, we provided food support to the elderly in a minimal risk situation, which was done by delivering the food packs directly to right outside their home. However, this required a lot more manpower not only for the home delivery service, but also to individually pack the resources for the food packs. Indeed, care was taken that there would be minimal to no interaction with the elderly for the risk of infection to be minimal. Furthermore, those hired for the home delivery service would come from the local underprivileged community to provide them with an alternative source of income during the time of high unemployment. Hence, we are grateful to the C. F. and Nancy Tao Foundation for sponsoring this program. With their support, we delivered over 800 emergency food packs to over 200 elderly beneficiaries.



# 經濟支援項目 FINANCIAL SUPPORT



疫情無情·啓愛有愛 ( 緊急支援項目 ) ( 陳張敏聰夫人慈善基金 )  
J Life @ Fighting COVID-19 (Emergency Relief Program)  
(Chan Cheung Mun Chung Charitable Fund Foundation)



自第五波疫情爆發後，香港被嚴峻的疫情陰霾籠罩，其中政府的防疫措施一再收緊。因此，許多基層人士要面臨開工不足及失業問題，甚至部分基層婦女亦因為要照顧在家上學的子女而辭去兼職工作，處境非常嚴峻。同時，在啓愛的受惠者當中，亦有越來越多的家庭確診新冠肺炎。由於香港的醫療系統無法在高峰期接收大量的確診病人，導致很多基層人士未能及時獲得適當的醫療服務。

有見及此，啓愛提供了由陳張敏聰夫人慈善基金贊助的“啓愛疫情醫療保健項目”予基層人士。啓愛的項目主要分為五部分：常規食物包、緊急食物包、藥物，例如必理痛、防疫物資、及緊急防疫基金。緊急食物包派發給新冠確診者：讓他們能在隔離期間，仍能收到日常生活用品。常規食物包主要派給非新冠確診者，尤其是高危群組，不但減低他們外出購買食物的需要，還減少購買生活用品時感染新冠的風險。此外，我們特別感謝陳張敏聰夫人慈善基金，在疫情期間為啓愛提供了個人保護裝備，讓我們確保員工在派發食物包時的健康及安全。



The fifth wave of the pandemic was unprecedented in its scale in Hong Kong, and the government tightened many restrictions. Hence, many underprivileged families once again faced the growing threat of unemployment: many women had to quit their jobs in order to care for their children at home due to the implementation of online learning. At the same time, an increasing number of the beneficiaries of J Life contracted COVID-19. As the health care system in Hong Kong is unable to tolerate many patients simultaneously, many underprivileged families are unable to receive proper medical care and treatment.

In view of the situation, J Life has introduced the emergency relief program, kindly sponsored by the Chan Cheung Mun Chung Charitable Fund Foundation, to provide healthcare for underprivileged families. The emergency program is composed of five major facets: regular food packages; emergency food packages; medicine, such as paracetamol; anti-epidemic equipment; and emergency funds. Emergency food packages are distributed to our beneficiaries that contract COVID-19, such that they are able to receive basic necessities during the course of their self-isolation period. On the other hand, our regular food packages are distributed to our beneficiaries that have not contracted COVID-19, especially high-risk groups, in order to reduce the risk of contracting COVID-19 while purchasing necessities. We are especially grateful to the Chan Cheung Mun Chung Charitable Fund Foundation for providing J Life with the necessary personal protective equipment during the pandemic. This allowed us to ensure the safety and good health of all staff while distributing such goods to the underprivileged.

# 教育項目

## EDUCATION PROGRAMS

疫情加劇或稍有緩和時，教育局會宣佈要求學校更改教學模式，啓愛的補習班和興趣班也會因應教育局頒佈的模式進行，因此我們需要時刻緊貼教育局消息，隨機應變，希望能爭取時間進行面授，將教學的效用最大化。

Due to the everchanging nature of the pandemic, the Education Bureau frequently modified its guidelines regarding the mode of teaching. The tutoring and interest classes in J Life always complied promptly with the relevant guidelines. Thus, J Life closely followed all announcements from the EDB. As the pandemic situation continues to develop, J Life hopes that there can be a return to face-to-face teaching modes.

### 小學生課後功課輔導班 ( 瑞士銀行 )

### After-school Homework Tutoring for Primary Students (UBS)



中心為超過五十名小學生舉辦課後功課輔導班。受到疫情的影響，我們把功課輔導班從實體面授改為網上教授，以 ZOOM 形式為學生提供功課輔導。而當教育部宣佈放寬可繼續面授課程時，我們也按照規定把功課輔導班轉為面授課程，亦為了能夠提高中心的衛生情況，我們把學生分成小組及定期進行消毒，減低傳播風險。

We conducted after-school homework tutoring programs for over 50 primary school pupils from low-income families. We rapidly educated parents how to use Zoom and set up online homework tutoring during COVID-19. We also converted to face-to-face format for classes in response to Education Bureau notifications. To maintain a sanitary learning environment, students were divided into smaller groups, and our facility was sanitized between sessions.

### 香港文憑試英文補習班 ( Rotary ) HKDSE English Tutorial Class (Rotary)

中心開設了文憑試英文補習班，於地區的中學取錄了21名基層家庭的應屆文憑試考生，志力為他們提高英文水平，使到他們可在文憑試的英文科中取得佳績。

我們明白到中學文憑試的英文科成績對考生尤其重要，即使考生其他科目的成績顯著，但是一旦英文科目未符合大學的入學門檻，他們仍是錯失了升讀大學的機會。

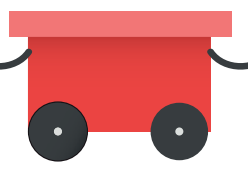
因此，通過為基層學生提供優質教育，希望他們可在文憑試中成功取得佳績，讓他們有接受高等教育及選擇理想職業的機會，逐步協助他們打破跨代貧窮的宿命，使他們擁有更美好的將來。

We introduced a new class to improve the English grades of 21 underprivileged students from local secondary schools who will be taking the Hong Kong Diploma of Secondary Education (DSE) Examination next year. These exams are especially important, because if a student does not pass their English Examination, they will have no chance to enter a university, even if their scores in other subjects are close to full marks.



By providing underprivileged students with access to quality education and language skills, they will have a better chance of succeeding in the DSE examination and pursuing higher education or career opportunities. This allows them to break the cycle of poverty and provide opportunities for a better future.

# 強化生命項目 EMPOWERMENT PROGRAMS

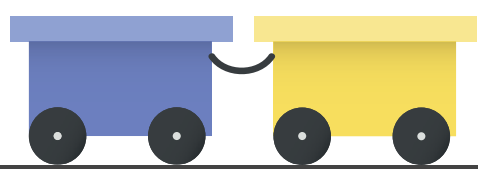


## 利東街婦女產品義賣 ( 美國銀行 , 扶輪社 ) Lee Tung Avenue Charity Sale by Underprivileged Women (BofA, Rotary Club)



在2022年，我們的強化生命項目讓婦女去製作一系列的產品，例如手作和編織產品。我們非常感謝美國銀行贊助這些針織班，讓婦女能夠去製作一些編織產品，也非常感謝扶輪社租用利東街開展慈善市集，並邀請啟愛參與，令更多人有機會接觸到我們婦女所製作的手工產品。

In 2022, our empowerment programs allow underprivileged women to produce their own variety of products, from handmade products to knitted products. We are grateful to Bank of America for sponsoring these classes to teach underprivileged women to create their own products, and to the Rotary Club for renting Lee Tung Avenue to provide a space for our beneficiaries to sell these products. We hope that this will allow them to sell their products to a wider audience.





# 社區發展項目

## COMMUNITY PROGRAMS

### 社區戶互撐 (周大福)

#### Community Mutual Support Initiative (Chow Tai Fook)

疫情影響各行各業，大量基層家庭面臨失業，而中小企業亦面對經營困難。周大福贊助的「社區戶互撐」計劃連結啓愛、基層家庭與長者、及區內小商戶，透過派發購物券，為地區經濟注入暖流，讓有需要的家庭得到溫飽，同時支持區內小商戶，給予社區共同協作的機會。

啓愛在此項目中一共派出超過兩萬張購物券，幫助了三百多個家庭，並支持了十多間商鋪。疫情最嚴重的時候，政府實施的防疫措施導致許多商鋪的生意大受打擊、市面蕭條。有見及此，啓愛針對基層人士生活的基本需要，而精選了不同商鋪參與此項計劃，希望為此區小店引入更多人流，逐漸擺脫疫情的困境。此外，由於防疫措施，北河街街市不斷地關閉，期間蔬菜價格飆升，基層家庭的生活變得更雪上加霜。因此，啓愛在施行此項計劃時所選擇的商鋪，都是可以切實緩解基層住戶所面對的困境，讓他們使用購物券時重現笑顏、重拾對生活的信心。



The pandemic situation has affected all facets of life in Hong Kong. Many underprivileged families face the threat of unemployment, and small to medium sized enterprises withstand business difficulties. The Community Mutual Support Initiative sponsored by Chow Tai Fook connects J Life not only with underprivileged families and elderly, but also with small businesses through the distribution of community consumption vouchers. In addition to stimulating the local economy and supporting local enterprises, this initiative subsidizes the growing cost of living amongst the underprivileged, thus fostering the spirit of cooperation within the local community.

Through this initiative, J Life has distributed over twenty thousand community consumption vouchers to over three hundred underprivileged families and improved business for over ten local businesses. At the height of the pandemic, anti-epidemic measures taken by the government have been devastating to the local economy. Accordingly, J Life has allocated these vouchers to a variety of local businesses, considering both the needs of the businesses and underprivileged families at the same time. Furthermore, measures undertaken by the government caused the frequent closing of markets for sanitization, indirectly causing a sharp rise in the prices of basic necessities, such as meat, fish, and vegetables, further exacerbating the cost-of-living crisis amongst the underprivileged. Hence, J Life has ensured that the community consumption voucher is able to meet the needs of the underprivileged.



## 啓動·愛上做運動 ( 匯豐 ) Start Doing Sports! (HSBC)



由於上一年的成功，以及疫情的惡化，我們決定繼續“啓動·愛上做運動”的項目。今年，我們很感謝匯豐贊助這個項目。“啓動·愛上做運動”是為了培養基層青少年及他們的家庭多做運動的良好習慣。這不但能提高他們的健康，還可以令家庭關係更和諧。

疫情下，大部分學校未能如期上體育課或舉辦戶外活動。家長及學童可以做運動的機會減少了很多。學童無法養成持續運動的習慣，亦會逐漸變得懶惰，因而衍生很多在家沉迷玩電子遊戲或上網的情況出現。

有見及此，學童更難去維持健康的體魄，家長亦因長時間陪伴子女留在家中，而加重了他們在照顧子女方面的負擔。學童透過參與此項目，除了可以增強體能，項目也會轉介他們去相應的運動組織，針對他們的潛力作專項運動培訓。親子運動課程和專項運動可以提升參加者的健康意識，以運動減壓並培養做運動的習慣。學童運動培訓可以彌補欠缺的體育課，激發他們的潛能和培養體育精神。

在2022年，我們為小朋友與青少年舉辦了三個活動，分別是棒球、單車、及滑板班。這些活動共有48個小朋友與青少年參加，一共有超過100小時的課程時間。除了此活動，我們也舉辦了家庭運動班，讓家庭一起在戶外做運動，增進他們的感情。家庭運動班共有16個家庭參加，一共有54小時的課程時間。

Owing to the success of this program the previous year, and the worsening of the COVID-19 pandemic, we have elected to continue our Start Doing Sports program. The Start Doing Sports Program is a program that is designed to encourage underprivileged youth and their families to develop the habit of regular exercise. Not only does this improve the fitness of the youth, but it also promotes familial harmony. This year, we are grateful to HSBC for sponsoring our program.

Since the outbreak of the pandemic, many schools could not schedule sport classes or outdoor activities. The opportunity of participation in physical fitness activities for pupils and parents was decreased drastically. It has become more challenging for the youth to maintain a healthy physique due to the fact that pupils didn't have the habit of exercising.

Due to online learning, many parents needed to spend long periods of time at home with their children, which increased their burden of parenting and stress levels. Through taking this program, youth could build up their body, and those that have strong potential and interest would be referred to further training in external sports associations. The family sport class and skills class not only developed the habit of regular exercise among the pupils, but also focus on the whole family's well-being. By participating in outdoor activities together in a spacious setting, they can rediscover the joy of sports and the companionship of each other. This helps to improve their family environment.

In 2022, we operated three classes for youth and children, namely baseball, cycling, and skateboarding. In total we received an attendance of 48 youth and children, delivering over 100 class hours in total. In addition, we held specialized family sport sessions, where families could come together to exercise outside the home, thus improving their bonding. A total of 16 families were serviced, with 54 class hours being delivered.

# 義工服務及企業社會責任

## VOLUNTEERING AND CSR

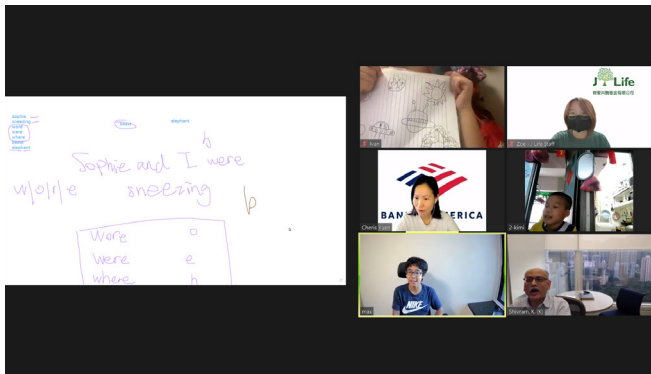
### 花旗集團—社聯大學生社責實踐計劃（花旗集團，社聯） Citi—HKCSS Community Intern Program (Citibank, HKCSS)

在2022年，我們通過花旗集團—社聯大學生社責實踐計劃取錄兩名實習生，分別在營運部及籌款部工作。他們協助啓愛撰寫新的項目提案及實施已有的計劃。此外，他們把啓愛融入社交媒體，幫助實行“啓動·愛上做運動”項目。

In 2022, we were able to receive two interns from the Citi—HKCSS Community Intern Program. One was assigned to the operation team, and the other was to the funding team. They assisted in the drafting of our proposals and implementation of our projects. Furthermore, they expanded our social media presence, and assisted in the “Start Doing Sports Program”.



### 網上英文課（美國銀行） Online English Lessons (BofA)



在2022年，我們為在家學習的小學生舉辦了網上英文課程。我們很感謝美國銀行的義工在網上教授小學生英文口語。希望可以通過互動性高的趣味活動，能讓學生增強英語交流的自信，並養成喜愛閱讀的良好習慣。

In 2022, we operated a virtual English lesson to cater to the needs of primary school children at home. We are grateful to BofA Securities for their kind provision of volunteers to teach the underprivileged children English. We hope that this program is able to help the children develop confidence in English speaking via interactive activities, and to inspire a love of reading in young children.

### 香港迪士尼星夢光影之旅

### Hong Kong Disneyland Momentous Joy (Hong Kong International Theme Parks)



我們感謝香港迪士尼樂園為了基層兒童提供500張迪士尼樂園的門票。絕大部分啓愛家庭的孩子都沒有去過樂園遊玩，因此在迪士尼樂園遊玩的7小時中，對他們而言都是全新的體驗，亦是畢生難忘的快樂回憶。

Hong Kong Disneyland has kindly provided 500 tickets to Disneyland for underprivileged children to experience the joy of going to a theme park. Many children had heretofore never been to Disneyland, and this was totally new to them. They had a lot of fun during the 7 hours which they spent in Disneyland.

## 聖誕尖沙咀夜遊 ( 信和集團 )

### Christmas Nighttime Tsim Sha Tsui Tour (Sino Group)

今年的聖誕節，感謝信和集團的邀請，共45名中心會員有機會與子女一同參加夜遊，乘搭亮麗的觀光巴士遊覽尖沙咀，欣賞周圍的聖誕裝飾。在夜遊結束時，他們還能夠接收到精美的聖誕禮物。

45 beneficiaries were invited by Sino Group to take a nighttime tour of Tsim Sha Tsui at Christmas. They rode an open-top bus to drive around Tsim Sha Tsui and see the various Christmas decorations around there. At the end of the trip, they even received some Christmas presents.



## 籌款活動

### FUNDRAISING ACTIVITIES

## 咖啡顯愛心 ( 愜意咖啡會有限公司 )

### Love Coffee Loves (Cozy Coffee Club Limited)

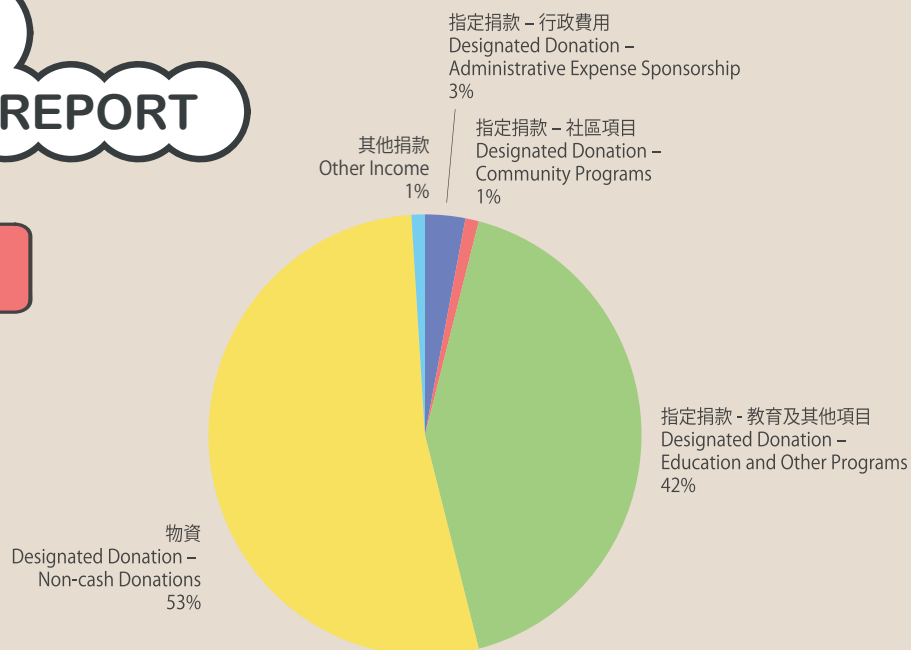


我們感謝愜意咖啡繼續在疫情期間，每買一杯咖啡會捐贈\$1給啓愛。

We are grateful to Cozy Coffee for continuing to make a \$1 donation to J Life for each cup of coffee sold throughout the pandemic.

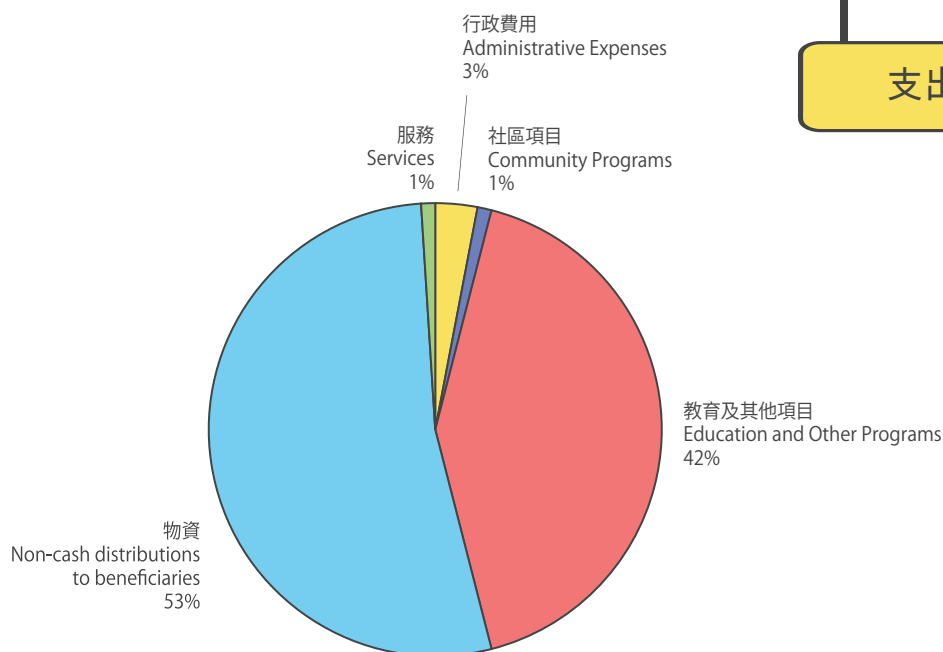
# 財務報告 FINANCIAL REPORT

## Donation



指定捐款 - 行政費用 Designated Donation - Administrative Expense Sponsorship	\$ 552,116
指定捐款 - 社區項目 Designated Donation - Community Programs	\$ 148,481
指定捐款 - 教育及其他項目 Designated Donation - Education and Other Programs	\$ 8,833,177
物資 Designated Donation - Non-cash Donations	\$ 11,283,671
其他捐款 Other Income	\$ 274,782
<b>合共 Total:</b>	<b>\$ 21,094,169</b>

## 支出 Expenses



Administrative Expenses行政費用	\$ 552,115
Community Programs社區項目	\$ 144,522
Education and Other Programs教育及其他項目	\$ 8,833,178
Non-cash distributions to beneficiaries物資	\$ 11,283,671
Services服務	\$ 256,800
<b>Total合共:</b>	<b>\$ 21,070,286</b>

# 活動概覽

## EVENTS SUMMARY



日期 Date	合作機構 English Name	活動 English Event
24-29/01/2022	Rainbow Foundation Limited	Ark Staycation with Love 愛·在舟度假
21/01/2022	Synerco Disinfection Service	Germagic disinfection
26/04/2022		塗層GERMAGIC disinfection services
04/06/2022	Rainbow Foundation Limited	童心同行
16/07/2022	Hong Kong Disney Resort	Hong Kong Disneyland's Momentous joy
26/07/2022	PCCW & HKT	Mirror We Are 演唱會
31/07/2022	Fine Art Asia - Susanna Lo	Butterfly Lovers
12/08/2022	Landmark 置地	葵麥球工作坊
18-20/08/2022		Science Exploration Camp 科學探索營
23-26/08/2022	Rainbow Foundation Limited	D.R.E.A.M. Camp 夢想營
27/08/2022		挪亞方舟動起來！親子共融同樂日!!!
28/08/2022	Hongkong International Theme Parks Limited ("HKITP")	Hong Kong Disneyland's Momentous joy
05/09/2022	JMJ Children's Charitable Foundation	A Million Dreams Charity Concert 慈善演唱會
06/09/2022	—	明日戰記
18/09/2022	Hongkong International Theme Parks Limited ("HKITP")	Hong Kong Disneyland's Momentous joy
04/10/2022	BNP Paribas	明日戰記
12/10/2022	—	Black Out 演唱會
16/10/2022	Hongkong International Theme Parks Limited ("HKITP")	Hong Kong Disneyland's Momentous joy
06/11/2022	HKCSS	2022 海洋公園生態保衛賽
12/11/2022		
19/11/2022	Hongkong International Theme Parks Limited ("HKITP")	Hong Kong Disneyland's Momentous joy
26/11/2022		
28/11/2022	慧妍雅集 Wai Yin Association	慧妍雅集四十週年
19/12/2022	信和集團 Sino Group	
21/12/2022		「聖誕夜遊尖沙咀」活動



# 同行的夥伴

## DONORS AND PARTNERS

### 捐贈者 Donor

7-11便利店 7-Eleven	香港會基金 Hong Kong Club Foundation Limited
荷蘭銀行 ABN AMRO Bank N.V.	香港社區基金 Hong Kong Community Foundation
艾奕康 AECOM	香港迪士尼樂園 Hong Kong Disneyland
美亞保險 AIG Insurance Hong Kong Limited	香港養和醫院 Hong Kong Sanatorium & Hospital
香港美國俱樂部基金會 American Club Foundation(ACF)	益力多乳品有限公司 Hong Kong Yakult Company Limited
美國國際集團 American International Group, AIG	中國工商銀行 ( 亞洲 ) ICBC
艾橋生物科技集團有限公司 AQ BIO TECHNOLOGY GROUP LIMITED	IG 集團 IG Group
高富金融集團 Athena Best Financial Group	海景嘉福洲際酒店 InterContinental Grand Stanford Hong Kong, an IHG Hotel
愛培自閉症基金 Autism Partnership Foundation	摩根大通 J.P. MORGAN
美國銀行 Bank of America	錯信有限公司 John Lam & Associates Limited
中國銀行 ( 香港 ) 有限公司 Bank of China (Hong Kong) Limited	香港置地集團公司 Hong Kong Land Limited
法國巴黎銀行 BNP Paribas	香港交易所慈善基金 HKEX Foundation
中銀人壽 BOC Life	孫志新慈善基金 Suen Chi Sun Charitable Foundation Limited
陶哲甫及陶潘麗瑤基金有限公司 C.F. & Nancy Tao Foundation Limited	應力工程有限公司 KPA Engineering Limited
陳瑞球家族福利及慈善基金有限公司 Chan Sui Kau Family Benefits and Charitable Foundation Limited	蘭桂坊酒店 Lan Kwai Fong Hotel
C.P. Pokphand Co. Ltd.	瑞生國際律師事務所 Latham & Watkins LLP
HS CHAU FOUNDATION	利希慎基金有限公司 Lee Hysan Foundation
周大福慈善基金有限公司 Chow Tai Fook Charity Foundation Limited	香港深水埗獅子會有限公司 Lions Club Of Sham Shui Po Hong Kong Limited
合保實業有限公司 Consonant Industrial Limited	Little Fitting Room
康和電機有限公司 Cornwall Contracting Company Limited	小木屋工作室有限公司 Little Wood Studio Limited
康和電器工程有限公司 Cornwall Electrical Engineering Limited	建峽实业投資 Janchor Partners
愜意咖啡會有限公司 Cozy Coffee Club Limited	麥格理資產管理 Macquarie Asset Management Limited
永義慈善基金會有限公司 Easyknit Charitable Foundation Limited	美心集團 Maxim's Caterers Limited
emco Novus International Limited	迪臣國際醫學儀器有限公司 Medical Technologies Limited
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G/F, 380 Tai Nan Street, Sham Shui Po



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