

YOUR CONCERN 關懷愛滋會訊

香港愛滋病病毒感染及愛滋病情況 Summary table on the HIV/AIDS situation in Hong Kong

Table showing HIV/AIDS statistics in Hong Kong for July-September 2012. Includes columns for Gender, Ethnicity, Route of Transmission, and cumulative cases.

資料來源 Source: www.info.gov.hk/aids/english/surveillance/latest_stat.htm 發佈日期: 2012年12月4日 Updated on 4 Dec 2012

支持我們 SUPPORT US

我們需要您任何形式的支持,以延續我們的預防及教育工作,謝謝! We need any support from you to sustain our work of prevention and education, thank you!

我想成為「關懷愛滋好友」 I would like to become "Friends of AIDS Concern".

先生 Mr. 太太 Mrs. 女士 Ms. 小姐 Miss. Last name 姓, First name 名, Contact no. 聯絡電話, Address 地址.

電郵 Email 會應環保,請支持「e-通訊」! Save our environment, please support e-communication!

請選擇通訊語言 Please choose preferred language for communication. 中文, English.

每月捐款 Monthly donation. 每月HK\$150 monthly, 每月HK\$200 monthly, etc.

一次性的捐款 One-off donation. HK\$500, HK\$1,000, HK\$2,000. Other Amount 其他金額 HK\$:

捐款方式 Payment method. 信用卡, Visa, MasterCard, 支票, 銀行匯款, etc.

有效期至 Expiry date, 信用咭驗證 Card Validation no.

簽署 Signature

關懷愛滋「辦事處 AIDS Concern Office」. 支票抬頭請填「關懷愛滋基金會有限公司」.

網上捐款 E-donation. donations.aidsconcern.org.hk/e/customizedonation.asp

直接存款 Direct transfer. 匯豐銀行 HSBC: 575-05265-001, 東亞銀行 The Bank of East Asia: 144-40-40003-5

繳費單捐款 PPS Donation. 關懷愛滋「商戶編號 AIDS Concern' Merchant Code: 6135

賬單號碼 Bill Account Number: 八位數字聯絡電話 8 digits Contact Number

謝謝您的支持! Thanks for your support!

測試服務查詢 TESTING SERVICES ENQUIRE

男男同性接觸者 MSM. 性工作者顧客 Clients of sex workers. 性活躍青少年 Sexually active youth. 測試服務時間表 Testing service timetable.

會訊索取地點 NEWSLETTER LOCATION

銅鑼灣 Causeway Bay: 阿婆廚庫 Mackie Kitchen, 人民公社 People's Recreation Community. 灣仔 Wan Chi: 中國 Central, 紅磡 Hung Hom, etc.

我想成為義工 I would like to become Volunteer.

先生 Mr. 太太 Mrs. 女士 Ms. 小姐 Miss. Last name 姓, First name 名, Age 年齡, Contact no. 聯絡電話, Address 地址.

電郵 Email 會應環保,請支持「e-通訊」! Save our environment, please support e-communication!

語言 Language. 廣東話 Cantonese, 英語 English, 普通話 Putonghua, 其他 Others.

學歷 Education. 小學 Primary, 中學 Secondary, 大專 College.

大學或以上 Undergraduate or above. 可參與服務日數 Please indicate your available days. 周一 Mon, 周二 Tue, etc.

我希望協助以下工作 I would like to assist the following work. 簽署 Signature, 日期 Date.

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響應環保,請立即登記「e-通訊」! Save our environment, please register e-communication!

登記辦法 Registration. 電郵至 marketing@aidsconcern.org.hk, 請於主旨註明「支持 e-通訊」.

義助人 PATRONS

林鄭月娥女士, 雷麗絲小姐, 賀智彬先生, 何鴻燊博士, 陸嘉蓮小姐, 馬登夫人, 盧世傑先生, 楊榮璋小姐, 阮偉文博士.

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特別鳴謝 SPECIAL THANKS

特別鳴謝以下好友於2011至2012年度的支持. Thanks to our friends for supporting us in 2011-2012. Benjamin C M Lee, Chan Shing Tang, etc.

封面故事 COVER STORY

2012年世界愛滋病日已告結束,各界齊齊出手支持,來聽聽我們的支持者的想法,了解我們面對的挑戰! With World AIDS Day 2012 just behind us, everyone showed their support in different ways. Let's review how some of our supporters see the challenges we face.

「我們需要從思維入手,確保正確使用安全套及每年測試,性是一生活的一部分,讓我們同心合力,保障我們及我們伴侶的健康。」

"We need a shift in mentality to ensure proper condom use and annual testing. Sex is part of our daily life, but let's ensure that our sexual health, and the sexual health of our partner, is always guaranteed."

「關懷愛滋,勇躍行政總監 Acting Chief Executive of AIDS Concern 溫達禮 Dirk Van der Tak



「相對社會完全將愛滋病病毒感染者當作普通病患者,仍然有一段距離。」

"There is still a long way to go until people treat people living with HIV as general patients."

「關懷愛滋」大使 Ambassador of AIDS Concern 黃耀明 Anthony Wong



「中國社會有好多禁忌,大家唔正確了解呢性件事,好易出事。」

"There are a lot of taboos about sex in the Chinese community. If we don't understand it correctly, we will have big trouble!"

「他不要我」希望能帶出在真愛之下,病,就只不過是病了,沒有誰更高,誰更低的! "The project "He Doesn't Love Me" would like to show that if two are in love, illness is merely a condition, it doesn't make one to be superior or inferior to the other!"

「他不愛我」作者 Writer of "He Doesn't Love Me" 莫志偉 Ye Zi Wei

「作為公民,當有人真係係你面前需要幫忙,你唔敢幫?」 "As a citizen, when you see a person asking for help, don't you dare to help?"

歌手 Artist 林二汶 Eman Lam



2012年世界愛滋病日精彩節目重溫!

This is what happened during World AIDS Day 2012!

人手測試週 Testing Week

測試周來到第五年,經各界傳媒廣泛報導,成功吸引186名朋友在期間前來「關懷愛滋」進行快速測試! 測試週過後,如你或你的朋友希望測試,請致電23946677預約!

由黃耀明、林二汶、黃麗輝、Dorothy Tang及多位僱工好友出手支持,「關懷愛滋」拍攝了一系列短片,鼓勵大眾關注愛滋病,歡迎登上一「關懷愛滋」youtube頻道 -

Durex 貼身支持「一盒杜蕾斯救一條生命」 Durex Shows Support - "One Durex = Save One Life!" 12.2012

Durex donated a condom to AIDS Concern upon any purchase of Durex products, and an additional HK\$5 for the Charity Packs designed by well-known Hong Kong illustrator, Dorothy Tang, to help people in need prevent HIV and other sexually transmitted infections.

Pure Yoga與Pure Fitness在所有分店,包括IFC、銅鑼灣及朗豪坊等熱點,大派紅絲帶襟章, Pure Yoga更為會員提供慈善瑜珈班!

Red ribbon pins were available at the branches of Pure Yoga and Pure Fitness including hot spots such as IFC, Causeway Bay and Langham Place. Pure Yoga also offered charity classes for members.



「他不要我」希望能帶出在真愛之下,病,就只不過是病了,沒有誰更高,誰更低的!

"The project "He Doesn't Love Me" would like to show that if two are in love, illness is merely a condition, it doesn't make one to be superior or inferior to the other!"

「他不愛我」作者 Writer of "He Doesn't Love Me" 莫志偉 Ye Zi Wei

人手出短片 "Show Your Support" Video

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你友善嗎？ Are You PLHIV-Friendly? A Dos and Don'ts Guide

學會與愛滋病毒共存，不但是感染者的重要一課，更是我們每個人都要學習的尊重之道。我們與三十一位愛滋病毒感染者朋友進行小調查，收集她/他們最不喜歡的問題和對待，以及四個關懷愛滋提供的小貼士，讓你學懂如何與愛滋病毒感染者相處。

Learning about HIV/AIDS is not only a lesson for people living with HIV, but one for everyone in understanding how to be sensitive and show respect. We have gathered these tips from our 31 friends living with HIV as a guide to the Dos and Don'ts, so you too can be a PLHIV-friendly person.



忌問 Don't ask...

1. 「為甚麼你會感染？」 How did you get infected?

大部份人得知朋友感染，都會好奇其感染途徑，並賦予很多聯想和假設。不論出於疑惑或關心，這個問題都為感染者朋友增添壓力，更令他們擔心你會按著案批判他們，所以對感染者朋友來說，重覆感染原因往往都很難堪！

It is the first question that pops up in most people's mind after learning their friend is infected. Even if you ask out of curiosity, your friend might feel stress in answering, worrying of the possible judgment that may follow.

2. 「你是否由於濫交感染呀？」 Do you have many sex partners?

感染愛滋病毒並不等於濫交，而且每個人對關係和性的價值觀不同，應該予以尊重。Being infected is not necessarily the consequence of having multiple sex partners, and we should respect the different value individuals place on their relationships.

3. 「你為甚麼不用安全套？」 Why didn't you use a condom?

愛滋病毒感染者沒有進行安全性行為的原因，可能是錯誤使用安全套、信任對方或以前對愛滋病一知半解，安全意識不足等等，這個問題開假設和指責感染者自己選擇發生不安全性行為，所以需要承擔後果，當然令感染者朋友感到難受。

While there are many possible reasons for being infected after unsafe sex - incorrect use of condom, trusting the partner, or lack of HIV/AIDS knowledge - this question apportions blame for not practicing safe sex and is thus responsible for being infected.

4. 「你知道誰將愛滋病毒傳給你嗎？」 Do you know who gave it to you?

無論知道與否亦不能改變感染者朋友的狀況，而且問題關乎個人私隱。知道與否，是誰將病毒傳給自己，感染者朋友亦不必向任何人交代呀！

Whether your friend knows it or not doesn't change the situation. It is also a matter of privacy - your friend does not have to tell anyone about it.

5. 「你有冇後悔呀？」 Do you regret it?

與愛滋病毒共存是個人的生活狀態，這個問題無疑是向感染者朋友施壓。試想想，你也不會喜歡別人在你患上感冒時，質問你有否後悔忘記添衣吧！

HIV status is a personal matter and a living condition; no one should feel guilty or regret for being HIV positive. Imagine if you catch a cold, would you like your friend blaming you for not taking enough Vitamin C?

忌做 Don't do

1. 不同對待 VIP treatment

有感染者朋友提到：「有朋友在聚會時要求我用公筷」特別看待感染者朋友，不但令你顯得無知，更會引起其他人的懷疑，令感染者感到尷尬。

A friend living with HIV was once asked to use serving chopsticks when dining out with friends - treating your PLHIV friend differently not only triggers others to feel suspicious, but also displays your ignorance.

2. 嬌客同埋 Excessive Care

有些感染者朋友遇上熱心好友落力安慰，不過其實大多數感染者希望得到平等對待。在有效的藥物治療下，感染者朋友與其他人的生活並無太大分別，過多的噓寒問暖可能會帶給感染者壓力。

Some people show excessive care to their friends living with HIV, while most of them would like to be treated equally. As they would live an active and healthy life just like you, given the proper treatment, showing too much care is stressful for people living with HIV.

3. 增進知識 Know more about HIV/AIDS

了解愛滋病，不但讓你免受感染，更可以立即卸除無謂的恐懼！不要再讓過時的誤解和偏見嚇怕自己——多一點知識，下次與感染者朋友握手和同桌進餐，就多一點自在啦！With better knowledge you will be able to stay safe without panic. Don't scare yourself with outdated ideas that you will be infected by hugging your HIV+ friend or sharing a cup with her/him.

4. 閒話家常 Let your HIV+ friend tell

每個人對得知感染的反應各異，你的感染者朋友不一定希望透露感染細節，謹記感染者都不過平常人，下次見面時，不妨談談最近上畫的好電影，或者週末好節目。如果他們想討論自己的身體情況，請細心聆聽！

Your friend may not feel comfortable to disclose their HIV status. After all, they are the same person you have known - why not talk to them about your favourite film or a nice pizza place you have been recently? When they want to talk about their HIV status, they will talk about it.

5. 聚舊未來 Let's talk about the future

社會大眾大多焦點放在感染者的過去，往往令本是關心的問候變成批判性的問題，無意間傷害和感染者之間的關係。我們可以將焦點放在未來，例如：你有甚麼人生目標？感染後生活有否改變？你現在有甚麼想跟感染者或非感染者分享？

As the saying goes, bygones are bygones. To keep asking about the bygone may harm your friendship with people living with HIV; it is a better idea to discuss the future. Some ideas could be: What are your life plans now? How to face HIV positively? Can you share some memorable moments?

6. 聯絡我們 Get in touch with us

關懷愛滋相信感染者身邊的家人、朋友和同事，一樣有機會需要支援。如果你有任何與愛滋病感染者有關的疑難，歡迎你聯絡我們：enquire@aidsconcern.org.hk

We believe that families, friends and workmates of people living with HIV need support as well. If you want to talk about the problems that you encounter, come and talk with us: enquire@aidsconcern.org.hk



性服務行業團隊 SEX INDUSTRY TEAM

網上外展調查新聞發佈會 (2012年11月)
PRESS CONFERENCE ON INTERNET SURVEY OF SAFESEX PRACTICES (Nov 2012)

團隊發佈一項有關異性戀男性與其女性伴侶，實踐安全性行為的網上調查。

A press conference was held in November to release the findings from an internet survey studying safe sex behaviour between heterosexual males and their female sex partners involving semi-established friendships.



團隊展示世界愛滋病日海報、貼紙及早測試
Our Sex Industry Team members holding the World AIDS Day 2012 poster to encourage early HIV/AIDS testing

「有種部隊」外展宣傳及教育物資 (2012年12月)
LAUNCH OF 'GUTS TEAM' (Dec 2012)



「有種部隊」是團隊最新的外展宣傳及教育物資主題。
The mission of 'The Safety Army' is the latest theme of our outreach education and promotional material.

愛滋病毒感染者支援及反標籤團隊 PLHIV SUPPORT AND ANTI-STIGMA TEAM

《他不愛我》展覽 (2012年11月-12月)
HE DOESN'T LOVE ME: EXHIBITION (Nov-Dec 2012)

「關懷愛滋」與作家葉志偉與太太人工作室合作，透過在 Kubrick 舉行的攝影展覽，探討愛滋病毒感染者與他們的非感染伴侶，如何跨越負面標籤的壓力。刊載相片及故事的精美小書即將面世，請密切留意！

AIDS Concern collaborated with local writer Deyan Yip Zhi Wei and Tai Dai Ren Studio to explore how people living with HIV and their HIV negative partners can overcome this stigma with a photography exhibition held in Kubrick. Don't worry if you missed the exhibition, a book is coming soon.

特別鳴謝：葉志偉、香港浸會大學視覺藝術學院、太太人工作室、Kubrick、Time Bar
Special Thanks: Bryan Yip Zhi Wei, Academy of Visual Arts of Hong Kong Baptist University, Tai Dai Ren studio, Kubrick, Time Bar

M 男男性接觸者團隊 MSM TEAM

告別單身派對 (2012年11月)
FAREWELL TO SINGLE LIFE PARTY (Nov 2012)

特別鳴謝
Special Thanks:
新帝田酒吧

我們的朋大從免費男男性接觸者而說的新對開幕致詞
Our prevention officer gave an opening speech at the party for cross-border MSM community.

性安全大使加冕禮 (2012年11月)
SAFER SEX AMBASSADOR CORONATION (Nov 2012)

特別鳴謝
Special Thanks: Time Bar

「關懷愛滋」性安全大使 Ricky (左) 及 Pamela (右)
Our safer sex ambassadors Ricky (left) and Pamela (right)

中秋迎月老會 (2012年9月)
MID-AUTUMN WORKSHOP FULL MOON GATHERING (Sep 2012)

男男性接觸者團隊的朋輩及員工於中秋節聚會，分享他們對於社群發展和動向的看法
Peers and volunteers of the MSM Team gathered and shared their views about relationship development and news of the community.



推廣及傳訊團隊 MARKETING AND COMMUNICATION TEAM

「A級藝遊@南丫」慈善步行 X 迷你藝術派對 (2011年10月)
A WALK @ LAMMA (Oct 2011)



「關懷愛滋」支持者熱烈參與於南丫島舉行的慈善步行及迷你藝術派對
Supporters of AIDS Concern joined a charity walk and mini art party on Lamma Island

青少年團隊 YOUTH TEAM

錫晒你大行動-青少年性健康教育義工計劃 (2012年9月-2013年4月)
"KISSING YOU" VOLUNTEER PROGRAM (Sep 2012-Apr 2013)



義工分享他們參加錫晒你大行動的背後原因
Recently recruited voluntary peers of the "Kissing You" Program, who will provide outreach to youth, share their objectives of participating in the program.

關懷愛滋青少年性行為調查發佈會 (2012年12月)
PRESS CONFERENCE ON SURVEY OF THE SEXUAL PRACTICES OF YOUTH (Dec 2012)



青少年團隊展示他們派發予性活躍青少年的宣傳品
Members of our Youth Team hold educational material distributed to sexually active youth.

「關懷愛滋好友」羊毛氈創作班 (2012年11月)
"FRIENDS OF AIDS CONCERN" FELT WOOL CLASS (Nov 2012)



羊毛氈編織為參與者示範製作羊毛氈動物的技巧
The teacher of the felt wool class demonstrated skills in felt wool production with the participants.

想知道更多「關懷愛滋」資訊，請緊貼我們的Facebook專頁。
If you would know more about our events, please follow our Facebook page.

