



護瞳行動創辦人 Founder
霍洛教授 Prof. Fred Hollows

瞳·言 FRED'S VISION

您的支持改寫無數生命
HOW YOUR SUPPORT
IS CHANGING LIVES

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挽救兒童失明 「瞳」燃孩子希望 MBUGUA THANKS YOU

PHOTO: HUGH RUTHERFORD

瞳行 30 YEARS 年



The Fred Hollows
Foundation | 護瞳行動



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總幹事心底話

ONE MINUTE WITH LAURA

今年是護瞳行動成立30週年。你是何時加入，而你最自豪的事又是什麼呢？

It's the 30th anniversary of The Fred Hollows Foundation in 2022. How long have you worked at The Foundation and what is your proudest moment?

我在四年前加入護瞳行動，幾年來工作非常愉快。我十分認同護瞳行動的價值 - 真誠、助人自助、行動和合作，以此致力服務全球的邊緣社群。30年來我們已為超過300萬人恢復視力，惠及的不單止眼疾患者，更為他們的家庭和社區帶來希望，影響深遠。

I joined The Foundation just over four years ago, and it has been a wonderful journey. I am incredibly proud of being able to work with an organization that values integrity, empowerment, action and collaboration; and to serve the needs of some of the world's most marginalized groups. To date, The Foundation has restored sight to over 3 million people worldwide, and the impact on not just individuals, but families and whole communities is immeasurable.

你希望護瞳行動十年後的發展如何？

How do you see The Foundation 10 years from now?

我們工作的最終目的，是保證所有人，不論他們是誰或住在地球什麼角落，也能接觸到優質的眼健康服務。護瞳行動與伙伴們緊密合作，治療可以避免的眼疾，提高工作地區的眼疾服務覆蓋範圍，期望世界任何地方，患者和社區都能獲得維持眼健康所需的技術和服務。

Our ultimate goal is to ensure that everyone, regardless of who they are or where they live, have access to quality eye health care. The Foundation is working hard with all our partners to tackle the causes of avoidable blindness and raise the coverage of eye health care across all the places we work. Our hope is that all nations will be equipped with the skills and resources necessary to look after the eye health needs of their communities.

你打算怎樣慶祝護瞳行動30週年紀念呢？

How will you celebrate our 30th anniversary?

我一定要多謝支持者對我們工作的無比信心。沒有他們30年來慷慨和熱心支持，我們難以獨力為人帶來光明和希望。無論是支持者、員工或眼疾患者，希望大家可以回想護瞳行動在這段時間內給我們的友誼。堅守護瞳價值，我們定可共同創造更多奇蹟。

I would definitely love to thank our wonderful supporters for their incredible faith in us – we would not have been able to achieve so much over the past 30 years without their generosity and loyalty. I would like to invite all supporters, staff and patients past and present to take a moment to reflect on our journey, and feel a sense of camaraderie with everyone in The Fred Hollows Foundation family. Together, we can achieve even more if we stick firm to our values and our vision.

李駿晴 Laura Lee
香港及東盟總幹事
Chief Representative
of HK & ASEAN



世界視覺日 2022

WORLD SIGHT DAY 2022



今年的10月13日是世界視覺日。護瞳行動延續國際防盲機構 (IAPB) 的主題「愛護瞳」，鼓勵公眾承諾關注眼睛健康。在不同的人生階段，我們都有機會患上各種眼疾，特別是這幾年疫情來襲，無論大小朋友都被迫留在家中，接觸天然光線的機會減少，孩子的視力首當其衝受到影響。市民若能定期檢查眼睛，及早發現眼毛病，就能防範未然。去年全球超過350萬人簽署承諾定期檢查眼睛，希望您今年也會加入這個行列！詳情請參閱護瞳行動網站。

This year's World Sight Day falls on 13th October. The Fred Hollows Foundation continues to echo the theme of "Love Your Eyes" as set by The International Agency for the Prevention of Blindness and urges the public to pledge to book an annual eye test. All of us will face different vision needs during our lives. Over the last few years, COVID has forced us to live indoors. The lack of natural lighting is especially harmful to children's eye sight. Last year, over 3.5 million people have pledged to take a regular eye test. We encourage you to join us this year. Visit our website for more details.



慶祝護瞳行動 30 YEARS ANNIVERSARY ACHIEVEMENT

眼科醫生霍洛教授與太太Gabi和一班好朋友於1992年成立了護瞳行動，期望發展更具策略，同時廣納更多資源，為更多人消除可以避免的失明，帶來光明。

2022年是護瞳行動成立30週年紀念。這對我們是重要的時刻，也見證著包括您在內的全球支持者一直為有需要人士恢復視力的期盼和幫助。

全賴像您一樣的熱心支持者，護瞳行動才能從一家澳洲慈善團體，發展至今成為全球舉足輕重的眼健康發展組織。在過去30個寒暑，各界持份者與我們並肩為超過300萬人恢復視力，發放2億劑抗生素治療沙眼，令更多人重拾光明的理想邁進一步。

In 2022, The Fred Hollows Foundation celebrates its 30th anniversary. We know this is a special milestone not just for us, but many of you who have supported The Foundation through the years.

Delivering Fred's vision to end avoidable blindness was taken up by Gabi, friends and colleagues who convinced the 1990 Australian of the Year to establish a Foundation with the strategy and financial capacity to achieve his goal of ending avoidable blindness.

Thanks to supporters like you, Fred's vision has become a global legacy. Over the past 30 years, your support has enabled us to restore sight to more than 3 million people around the world and supported programs to deliver more than 200 million doses of antibiotics for trachoma.

在過去15年，護瞳行動支持了：
OVER THE PAST 15 YEARS, THE FOUNDATION HAS SUPPORTED:

- 41,772,221 人獲得篩查 PEOPLE SCREENED
- 1,556,899 宗白內障手術 CATARACT OPERATIONS
- 309,647 治理沙眼的手術 SURGERIES TO TREAT TRACHOMA
- 5,587,258 宗其他復明或改善視力療程 OTHER SIGHT SAVING OR IMPROVING INTERVENTIONS
- 132,196,451 人獲分發抗生素治療沙眼 PEOPLE TREATED WITH ANTIBIOTICS FOR TRACHOMA
- 904,019 副眼鏡獲分發 PAIRS OF GLASSES DISTRIBUTED

您的支持培訓了 PEOPLE TRAINED, INCLUDING:

- 2,131 手術醫生 SURGEONS
- 439,404 社區護士 COMMUNITY HEALTH NURSES

- 11,863 間設施獲配備 FACILITIES EQUIPPED

所有家長的共同心願，都希望孩子能夠健康快樂地成長；但這個真摯的願望，要在非洲國家肯亞實現並非容易。

肯亞母親瑪莉有三個孩子，可是小兒子布嘉把她卑微的願望粉碎了——學校老師告訴瑪莉，布嘉就算出盡力眯起眼睛，也看不清書本上的字。

瑪莉把他帶到診所檢查視力，醫生又請他們到更大的醫院。可是瑪莉說：「太遠了，我沒有錢帶他到城裡的醫院。」

瑪莉是單親母親，為了令一家人溫飽，她得應付兩份工作，一邊在農田辛勞耕作，同時幫忙人家洗衣服，才能勉強賺取養活四口所需。有時候為了工作，瑪莉不得不把布嘉獨自留在家裡。可是這數年新冠狀病毒來襲，人家都不願再聘請外來勞工，政府同時限制公眾外出的時間，嚴重影響瑪莉生計，農地的工作愈來愈少，她每天只能賺取少於2美元，即大約港幣14元，又何來餘錢支付布嘉的醫療費用呢？

在絕望之中，護瞳行動的社區醫療服務隊到訪瑪莉的村莊，逐家逐戶探訪後發現布嘉的個案。團隊向瑪莉解釋他們能支付布嘉眼科檢查及手術所需費用，布嘉的人生就在當下一刻被徹底改寫了。

醫生發現布嘉的一雙眼睛都患了白內障，必須接受手術。瑪莉和布嘉兩母子在像您一樣的捐款者支持下，能夠趕往離家100公里的眼科醫院。瑪莉說：「手術的後果怎樣我都會接受，因為我兒子現在要面對的已經夠差了。我唯一的願望，是他能夠看得見，在學校好好學習，將來能養活自己。」

儘管兒童白內障手術並不簡單，布嘉成功恢復了視力。他回家途中興奮地指著街上的車，在家裡又拿起玩具仔細打量，像要看真每件物件的細節。兩母子不禁泛起歡樂的笑臉，瑪莉特別感謝護瞳行動全球捐款人，幫助布嘉恢復視力。

「沒有你們的幫助，我沒有辦法負擔兒子的手術費。我想他盡快回到學校，布嘉現在可以重新在人生起跑。我終於能卸下重擔了。」

Every mother's dream is to have a healthy child, and Kenyan mother Mary had the same dream.

Mbugua was Mary's third child and she hoped his future would be bright. But when her son started school his teachers delivered unfortunate news: Mbugua couldn't read properly. He would squint to no avail.

Mary took him to a local clinic and the doctor referred her to a bigger hospital. "I couldn't take him [to the bigger hospital] because of the distance, and I didn't have the money," Mary said sadly.

A single mother, Mary works as a labourer, farming and washing clothes for wealthier families in her neighbourhood. At times, she had no choice but to leave Mbugua alone in their mud house while she worked.

She struggled to put food on the table and raising enough money for their journey to a faraway hospital was simply beyond reach.

When COVID-19 swept Kenya, Mary's income took a hit. Most local employers were concerned about hiring workers due to the high risk of infection. The government also imposed curfews which restricted people's movements and forced farm owners to cut down on labourers like Mary.

At school, Mbugua's vision was holding him back from progressing to the next grade.

Luckily, a Community Health Volunteer trained by The Fred Hollows Foundation was doing door-to-door visits in the community and told Mary that The Foundation could help her son.

Mbugua was diagnosed with cataract in each eye and recommended for surgery. Supported by The Foundation, Mbugua and Mary made their way to Sabatia Eye Centre, more than 100 kilometres from their hometown.

"I have no fear for the surgery, because whatever Mbugua is going through is much worse than the surgery," Mary said through tears.

"My wish is that he gets to see, studies hard in school and is able to provide for himself."

The surgery was a success, and mother and son couldn't hide the joy from their faces.

Their trip back home was filled with excitement as Mbugua pointed to the cars on the road.

At home, Mbugua held his toys close and stared at them, absorbing all their detail.

Mary is grateful to supporters like you who donated to help restore her son's sight. She wants him to resume his education.

"I am greatly indebted to you as I couldn't afford the surgery earning less than US\$2 a day," she said.

"My son is now in a position to live a normal life and a burden has been lifted off my shoulders."

PHOTOS: HUGH RUTHERFORD



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修補失明孩子的人生 MBUGUA SMILES AGAIN

感謝各界支持 同燃希望獎 THANKS FOR MAKING HUMANITY AWARD SPECIAL



鼓勵高小學生服務社會的同燃希望獎，今年在香港已踏入第五屆，並嘉許了超過1,000名本地學童。活動在近年疫情的挑戰中舉行，在困難的時刻撒下了希望種子，別具意義。善事無分大小，同燃希望獎鼓勵學生在日常生活創造正面改變，活出護瞳行動的價值 - 真誠、行動、助人自助和合作。今年我們十分榮幸獲得以下企業支持，在此我們致以衷心謝意。

2022 marks the 5th The Fred Hollows Humanity Award in Hong Kong. We have acknowledged over 1,000 local students, which is especially meaningful in recent years during COVID. No act of kindness is too small and The Award encourages students to give back to the community and live the values of The Fred Hollows Foundation everyday - integrity, action, empowerment and collaboration. We would like to thank the following corporates for their generous support to the event this year.

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盧覓雪： 「睇得見，真係好！」 ARTIST MICHELLE LOO SUPPORTS GOOD VISION FOR EVERYONE

護瞳行動非常榮幸邀得著名藝人盧覓雪 (Michelle) 擔任香港「瞳」燃光明大使。Michelle認為健康視力定奪一個人的生活經歷和享受，她說：「我十分喜歡行山，時至今日，健康的眼睛仍然會令我驚嘆香港的美麗景色；如果我看不到，也就無法再次享受閱讀和電影帶給我的樂趣。」為了保養眼睛，Michelle會減少在黑夜使用手機，長時間閱讀後會望向遠處鬆弛眼睛，閒時也會進食藍莓、杞子養目。

「睇得見，真係好」，Michelle熱心支持護瞳行動的全球救盲工作，並協助拍攝宣傳短片，以多款形象呼籲公眾關注全球失明問題帶來的影響。她說：「我們應該靈活運用自己的能力行善，有錢出錢，有力出力。視力的重要性是難以被取代的，可以及早醫治的話，為何我們不幫忙呢？」密切留意護瞳行動Facebook及Instagram專頁，Michelle的動人呼籲將於不日上載。

The Fred Hollows Foundation is delighted to work with Michelle Loo, a renowned artist in Hong Kong, to help us end avoidable blindness. Michelle believes healthy eyesight determines the experience and enjoyment in one's life, "I love hiking very much, I am amazed to this day by the beautiful scenery up in the mountains here in Hong Kong. If I were to live one day without sound vision, I could never enjoy all the fun I have with books and films," she said. To better care for her eyes, Michelle consciously reduces direct gazing at cell phones in the dark and will look into the distance from time to time for relaxation. Blueberries and wolfberries are her go-tos when it comes to pocket snacks.

"How nice it is to be able to see!" Michelle devotedly supports the Foundation's mission and appeared in a promotional video for public awareness. Dressed in brand-infused styles, she urges our community to stay aware of the impact of global blindness and to support our work. "There are always hundreds of ways - using your time, money and voice to support charities and causes you love. Good eyesight is irreplaceable. If we can prevent blindness for others, why don't we help?" Michelle said. Stay tuned on our Facebook and Instagram pages to view Michelle's heart-warming appeal first-hand.



非洲港漂青年的 人工晶體故事 ERITREAN IN HONG KONG TELLS THE STORY OF IOL



我們在香港非洲中心認識來自厄立特里亞的Dawit，而他竟與護瞳行動淵源甚深。2018年Dawit獲獎學金來香港進修，來港前他曾在護瞳行動於厄立特里亞創立的人工晶體工廠擔任生產經理。人工晶體是一塊薄膠片，用於白內障手術來代替眼睛的渾濁自然晶狀體。Dawit指成立工廠大幅降低晶體價格，方便更多人復明，但厄立特里亞仍需要大量眼科醫生進行手術。Dawit說：「(護瞳行動創辦人)霍洛教授是厄立特里亞最受尊敬的人之一。他不是捐款給厄立特里亞或開設慈善機構，而是把寶貴的技術教授給我們。這顛覆了我們當時的想法。」

The Fred Hollows Foundation met Dawit at the African Center, to learn more about his deep association with The Foundation. Dawit came to Hong Kong in 2018 on a scholarship to study and further his knowledge as product manager at an intraocular lens (IOL) factory in Eritrea. An IOL is a thin piece of plastic used in cataract surgery to replace the cloudy lens of the eye. Dawit said the factory greatly reduced the price of IOLs and allowed more people to restore sight. Yet Eritrea still needs more of eye doctors to perform surgeries. Dawit said: "Professor Fred Hollows (founder of The Foundation) was one of the most respected people in Eritrea. Instead of donating to us, he passed on valuable techniques to us. This turned around the way we work."

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- 每月 Monthly 單次 One-off
- HK\$500 HK\$350 HK\$180
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- 中文 English

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關顧長者眼健康 CARING FOR THE ELDER'S VISION



香港社會急需面對高齡化帶來的影響，包括眼睛健康。視力欠佳會對長者造成一連串的嚴重影響。長者因為看不清跌倒，而不幸致命的新聞屢見不鮮。醫學期刊「刺針」的全球健康委員會研究指出，跌倒是全球70歲或以上長者的主要死亡原因，每年有三分之一65歲或以上的長者跌倒，而視力障礙更是他們跌倒的主要因素。

視障亦會令人出現情緒困擾，減低與外界接觸和接收資訊的機會。患者難以獨立生活及改變自己以至家人的生活外，更會增加社會的公共醫療成本。因為這些原因，長者及其照顧者應多加注意視力健康，防範問題於未然。

Aging is an issue that societies like Hong Kong have to face and this has an implication for eye health too. Poor eyesight makes it easier for the elderly to fall accidentally and may have fatal consequences. Global Health Commissions of The Lancet found out that fall mortality among the elderly was more common in people over 70 years of age. One in three adults aged 65 years or older experience a fall each year and poor eyesight is a major reason leading to it. Vision loss may also lead to mental health issues, affecting their social interactions and the ability to take care of themselves independently. Eye problems may also change the lifestyle of both the elderly themselves and their families and increase social medical costs. Both the elderly people and their caretakers should pay more attention to eye health for healthier lives.



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The Fred Hollows Foundation (HK) Limited
Room 1005, 10/F, OfficePlus @ Prince Edward
794-802 Nathan Road
Kowloon

