

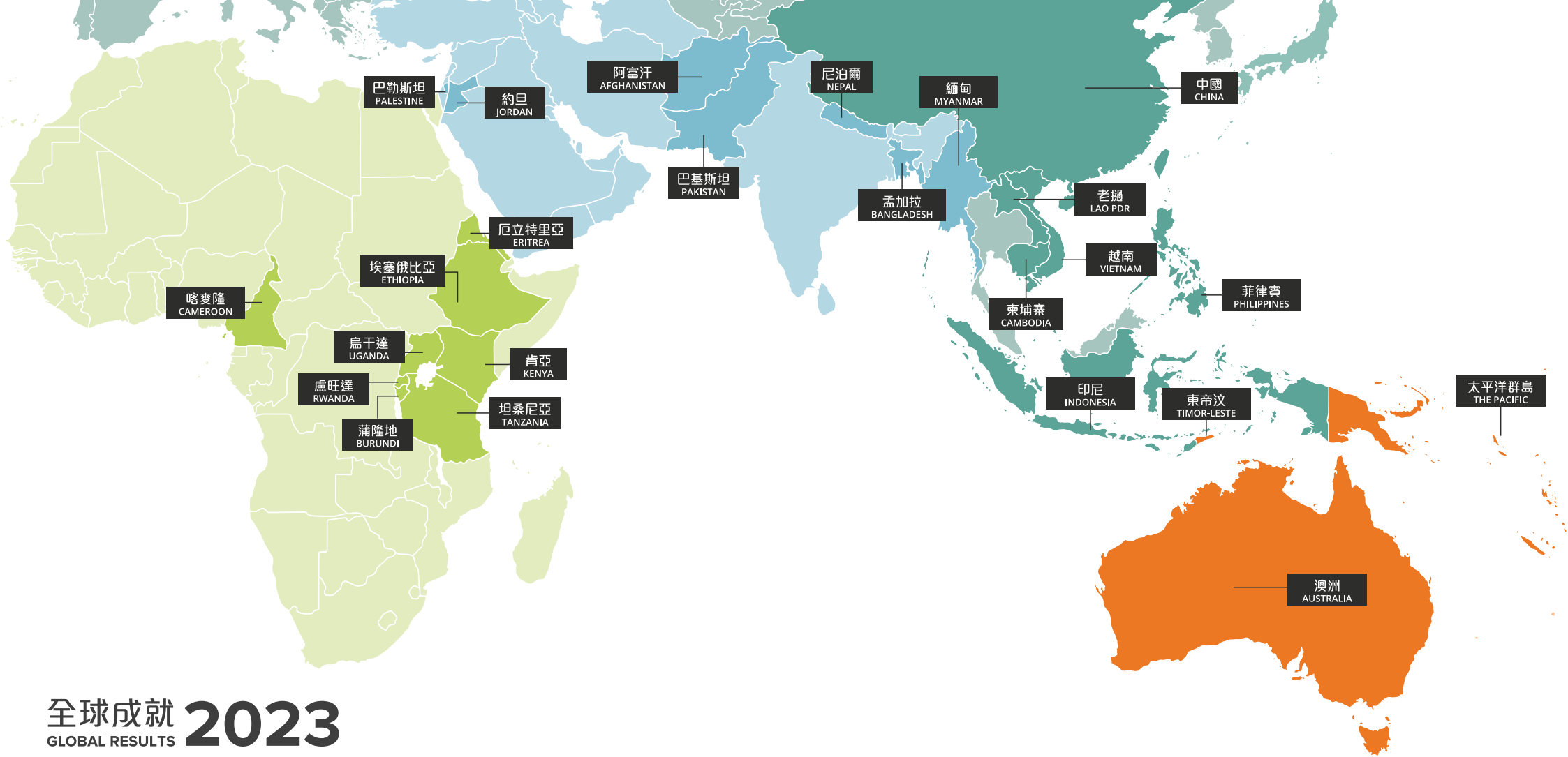


感謝

您的支持，
成就救盲英雄

Thank
You

Your support allows us to
empower more eye health heroes



全球成就 2023

GLOBAL RESULTS

4,435,157
人獲得篩查
PEOPLE SCREENED

612,376
宗治療或改善視力療程
EYE OPERATIONS AND
TREATMENTS PERFORMED

6,866,281
人獲分發抗生素治療沙眼
PEOPLE TREATED WITH
ANTIBIOTICS FOR TRACHOMA

36,804
名外科醫生、
護士及教師獲得培訓
PEOPLE TRAINED
INCLUDING SURGEONS,
NURSES AND TEACHERS

1,951
間醫療機構、訓練中心
及學校得以落成、重建
或修葺
MEDICAL FACILITIES, TRAINING
CENTRES AND SCHOOLS BUILT,
RENOVATED OR EQUIPPED

5,899,610
名在校兒童與社區成員獲
眼保健及個人衛生教育
SCHOOL CHILDREN AND COMMUNITY
MEMBERS EDUCATED IN EYE HEALTH
AND SANITATION



「我是樂觀主義者，深信世界會變得更美好。」
"I'm an optimist, always, that the world can be a better place."

— 霍洛教授 Professor Fred Hollows

創會董事的話

Thank You **GABI HOLLOWES AO**

Founding Director



我非常高興能夠與您分享我們在 2023 年於眼健康服務取得令人振奮的發展和成果。我們挽救了 185 萬年視力，這是護瞳行動迄今為止挽救得最多的年數，其中有 58% 是婦女和女孩。這驕人的成績表明我們在消除可避免的失明方面不斷進步。

儘管 2023 年面臨着各種挑戰，護瞳行動仍努力為世界各地被邊緣化的社群提供眼健康服務，我衷心感激每一位支持者。沒有您們以及各合作夥伴、員工和企業的支持，我們不會有今天的成果。

世界瞬息萬變，但有一件事是確定的——護瞳行動將繼續致力為最需要的人提供優質、可負擔的眼科服務。感謝您與我們「瞳」行，讓我們共同努力，繼續促進眼健康發展，為世界帶來改變。

I am excited to share the progress we have made in 2023. It has been a year highlighted by inspiring advancements in eye health. As a result of The Fred Hollows Foundation's activities in 2023, we saved 1.85 million years of sight. These are The Foundation's highest impact numbers to date, showing that we continue to make solid progress to end avoidable blindness. More than 58% of these outcomes were women and girls.

I'm particularly grateful for the unwavering support The Foundation receives from everyday people, despite the profound challenges of 2023. We would not be where we are today without their support, and that of our partners, staff and corporate donors. It's that very championing of our cause that has seen The Foundation support programs in more than 25 countries.

There is not a lot I would want to predict about the future given the volatility of life, but one thing's for sure – we will continue our work providing high-quality, affordable eye care to those who need it most. Thank you for being a part of our journey. Together, we can continue to make a difference in eye health.



挽救 1 年視力
1 year of sight saved



一個可避免失明患者重拾完整視力 1 年。
A person living for 1 year with full sight, when they would otherwise have been needlessly blind.



總監 韋思瀚的話 Message from IAN WISHART

CEO

2023 年對護瞳行動來說是非常難忘的一年，我們在這一年持續成長，並擴展我們的救盲工作，接觸更多有需要的公眾。在約旦，我們開展了一個為期三年的試驗性項目，為當地 10,000 名兒童，包括敘利亞難民提供眼科服務。除了為未來成功奠定成功的基礎，籌備我們 2024-2028 年的策略，我們也為可避免失明患者取得了顯著成果。

在 2024 年，護瞳行動推出了新的五年策略。除了繼續以眼健康為中心外，更著重於改善醫療系統，堅持以人為本的綜合眼保健模式，加強眼健康問題對於社會經濟發展的重要性。

為了實現目標，我們需要既靈活又勇敢，並團結一致共同努力。我有信心這新策略將確保我們在未來五年內能夠有效地帶來更多改變。

It's been another memorable year for The Fred Hollows Foundation, one where we continued to grow and reach even more people with our sight-saving work. We launched a new three-year pilot program in Jordan which, in partnership with the Institute for Family Health, will deliver eye care to 10,000 vulnerable school children, including Syrian refugees. As well as laying the building blocks for future success by preparing our 2024-2028 strategy, we also delivered strong results for our beneficiaries.

In 2024, we are excited to unveil our new five-year strategy. In our new strategy, we will retain our focus on eyes, but we'll be focusing on a systems-change approach, strengthening Integrated People Centred Eye Care and elevating eye health as a social, economic and development issue.

Our 2024-2028 strategy puts the focus squarely on sustainable eye health system solutions. It needs us to be bold, to be agile, and for us to work collectively as one team. It's an exciting time and I'm confident this new direction will ensure we are well set up to multiply our impact over the next five years.

投資眼科醫療 AN INVESTMENT CASE FOR EYE HEALTH

2023年，護瞳行動與澳洲維多利亞大學合作發布首份全球性研究，發現白內障手術是所有疾病治療中投資回報率最高的一種，每投資1美元就能獲得20.5倍的驚人回報。這項研究調查了護瞳行動其中19個服務國家或地區，有全球近40%的常見眼疾患者居住。

在研究發現，相較於針對心血管疾病、青少年健康以及母嬰健康的治療，白內障手術的投資回報是以上領域的兩倍。

護瞳行動高級全球衛生經濟學家傑克·亨尼斯表示：「這研究可以鼓勵政府、非政府組織、慈善機構和私營部門加大對實現2030年全球眼護理目標的集體投資。」

The Fred Hollows Foundation and the Victoria University's Institute of Strategic Economic Studies released world-first research in June 2023 which found that cataract surgery provides one of the best returns on investment for any disease intervention. The study examined 19 countries that collectively account for nearly 40% of the global disease burden from common eye problems.

The analysis found that, on average, every dollar invested in cataract treatment returns \$20.50 USD.

The study also found that cataract surgery can provide more than double the return on investment in comparison to programs aimed at cardiovascular disease, adolescent health, and maternal and child health.

“The findings bolster the case for greater collective investment from government, non-government, philanthropy and the private sector to meet the 2030 global eye care targets,” The Foundation’s Senior Global Health Economist Jack Hennessy said.



「現在是加強眼健康投資的時候。」
“Now is the time to step up our investment in eye health.”
- 總監韋思翰 (Eo Ian Wishart)

讓「她們」看見 HELPING HER SEE

在全球幾乎每個角落，因為社會文化的差異，婦女和女孩都有機會面對性別歧視，讓她們不能獲得與男性同等的待遇，當中包括醫療服務或治療的機會，而女性佔全球失明人口55%。

性別不平等對婦女、她們的家庭和社區具有深遠的影響。護瞳行動以系統性的方式推行工作，通過識別和解決婦女和女孩在眼健康方面的障礙，同時呼籲加強婦女在眼健康領域的聲音、領導力、代表性和應有的權利，推動性別平等。

通過減少歧視和邊緣化，實踐霍洛教授的理念，確保每個人都應享有優質而可負擔的眼疾服務的權利。

Women and girls face significant cultural barriers and gender discrimination almost everywhere in the world, which means they are less likely to receive services or treatment on an equitable basis with men.

Women and girls account for 55% of those living with avoidable blindness globally.

This inequity has far-reaching implications for women, their families and communities. The Fred Hollows Foundation takes a systemic approach to our work. We do this through identifying and addressing barriers to eye health for women and girls, and calling for greater voice, leadership, representation and rights-based policies to accelerate gender equity in eye health.

This approach continues the work of Professor Fred Hollows to ensure no-one is left behind.

在 2023

- 54% 接受眼科手術或治療的患者為婦女或女孩
OF THE EYE OPERATIONS AND TREATMENTS PERFORMED WERE ON WOMEN OR GIRLS
- 73% 接受沙眼治療手術的患者為婦女或女孩
OF SURGERIES TO TREAT TRACHOMA WERE ON WOMEN OR GIRLS
- 51% 接受沙眼抗生素治療的患者為婦女或女孩
OF PEOPLE TREATED WITH ANTIBIOTICS FOR TRACHOMA WERE WOMEN OR GIRLS
- 58% 接受培訓的教師為婦女
OF TEACHERS TRAINED WERE WOMEN
- 54% 接受眼鏡的受惠者為婦女或女孩
OF GLASSES DISTRIBUTED WERE TO WOMEN OR GIRLS

感謝
Thank You

您在東亞地區帶來的改變 for Making an Impact In East Asia

服務國家或地區包括：柬埔寨、中國、印尼、老撾、越南和菲律賓
We work in : Cambodia, China, Indonesia, Lao PDR, Vietnam and Philippines

您的支持成就了
You helped achieve:



Photo: Simon Toffanello

「當我失明時，沒有朋友和我一起玩。今天，我很高興可以靠自己做任何事情，尤其是可以和朋友去海邊玩。」

"When I was blind, I had no friends who would play with me. So today, I am very happy that I can do everything by myself, especially that I can play with my friends on the ground and in the sea."

— 阿索 Sok



Photo: Simon Toffanello

您的支持，可拯救失明兒童視力，改變他們一生
You are helping restore sight for children and changing their lives

來自柬埔寨沿海地區西哈努克市的 10 歲男孩阿索出生時雙眼就患有白內障，如果不及早治療，可能導致永久性失明。阿索因眼疾無法上學，長年都跟隨著母親琦拉。母親上班清潔街道時，他只能危險地坐在繁忙的路邊等候，收入亦難以維持生活。

正當母親絕望之際，她遇上由護瞳行動培訓的醫生。對偏遠地方的眼疾患者來說，尋找光明之路從來不易，兩母子走到 230 公里的外省醫院接受手術，阿索才能恢復視力，改寫未來。

10-year-old Sok from Preah Sihanouk on Cambodia's coastline was born with cataract in both eyes, which could lead to permanent blindness if not treated early. Unable to attend school, Sok would go to work with his mother Chea La. He would sit patiently on the side of a busy road, waiting for his mother to finish her job as a street cleaner.

Chea La had almost given up hope until she found an eye doctor trained by The Fred Hollows Foundation. Chea La and Sok made an anxious 230km journey to our partner hospital in Phnom Penh. Thanks to supporters like you, Sok had his sight restored, a transformation that forever altered his life.

感謝
Thank You

您在南亞及中東地區帶來的改變 for Making an Impact In South Asia & the Middle East

服務國家或地區包括：阿富汗、孟加拉、約旦、緬甸、尼泊爾、巴基斯坦和巴勒斯坦
We work in Afghanistan, Bangladesh, Jordan, Myanmar, Nepal, Pakistan and Palestine

您的支持成就了
You helped achieve:



Photo: KM Asad

「在得到我的第一副眼鏡後，我因看清楚而感到自信。」

“After getting my first pair of glasses, I feel confident because I see a lot better with them.”

— 塔曼娜 Tamanna



Photo: KM Asad

您的支持，讓更多人重見光明，活出「睛」彩人生
You are helping people see

來自孟加拉巴里薩爾的 10 歲女孩塔曼娜，平日喜歡學習、在家裡幫助母親和跟她兩隻山羊玩耍。但當她視力開始變得模糊時，連上落樓梯的簡單動作也變得很困難。

她的生活某日有了轉變，一位醫生來到她的學校檢查學生的眼睛，她被發現視力受損，醫生建議她去當地一家由護瞳行動資助的醫院進行免費的眼護理服務。

醫院裡的眼科醫生診斷出塔曼娜患有近視，並為她配了眼鏡。只需一副眼鏡，就能讓近視孩子能夠繼續閱讀、學習和享受「睛」彩童年。

Tamanna is a 10-year-old girl living in Barisal, Bangladesh. She enjoys playing with her two goats, studying and helping her mother around the house. When she started having trouble seeing, straightforward actions like climbing a set of stairs became harder.

One day, her life was transformed when a doctor came to her school to screen students' eyes. He found that Tamanna's vision was impaired and recommended she go to a local hospital, where The Fred Hollows Foundation and Noor Dubai Foundation were providing free eye care.

At the hospital, an ophthalmologist diagnosed Tamanna with myopia, also known as short sightedness (a form of uncorrected refractive error). A pair of glasses is a simple but effective solution to ensure students can continue reading, learning and enjoying their childhood.

感謝
Thank You

感謝您在非洲帶來的改變 for Making an Impact In Africa

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We work in: Burundi, Cameroon, Eritrea, Ethiopia, Kenya, Rwanda, Tanzania, Uganda

您的支持成就了
You helped achieve:

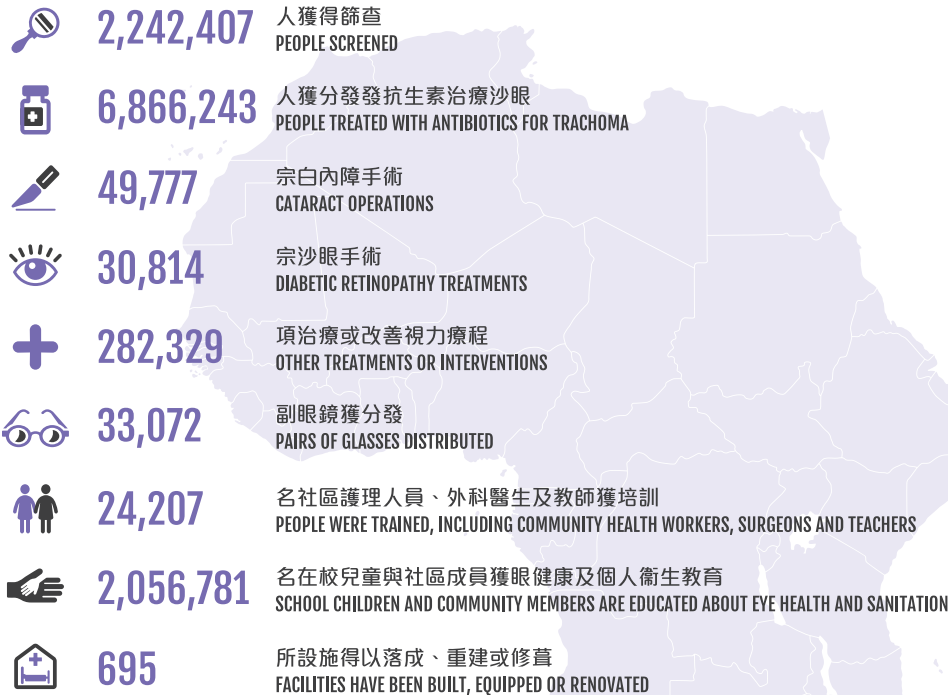


Photo: Michael Amendolia

「作為一名女性外科醫生，我面對很多挑戰，而我必須向社區證明我可以比男性外科醫生表現更出色。」

"As a female surgeon I have undergone a lot of challenges and had to prove to my community that I can perform and operate better than the male surgeons."

— 卡倫醫生 Dr Caren



Photo: Michael Amendolia

您的支持，可以培訓更多醫護人員
You are helping train local health workers

一次意外，促使卡倫醫生立志成為眼科醫生：有一天，她發現她母親眼睛上有一個明顯的白點。母親認為是被毒草刺傷，並嘗試用母乳滴入眼睛中和毒素。

幾個月後，她母親的眼睛完全變白並失去了視力。她大約一年後才有機會進行手術，但不幸的是，醫生們無法恢復她的視力。

這段經歷讓卡倫醫生啟發了對眼部護理和治療的興趣。2016年，她在護瞳行動的支持下，入讀肯亞醫學培訓學院。

畢業後，她被派到肯亞其中一家最繁忙的眼科診所，成為肯亞婦女的領袖和榜樣。

Kenyan ophthalmologist Dr Caren remembers the moment she decided to become an eye doctor. One day, she realised her mother's eye had a visible white spot in it. Her mother told her that she was pricked by poisonous grass, and put breast milk into the eye to "neutralise" the poison.

After a few months, her mother's eye turned white and she lost her sight. It would take a year before she was able to get to Kapenguria County Referral Hospital for surgery, but unfortunately doctors could not restore her vision.

This experience inspired Dr Caren to develop a deep interest in eye care and treatment. In 2016, she enrolled at the Kenya Medical Training College with support from The Fred Hollows Foundation.

She was posted to one of the busiest eye clinics, where she has become a leader and inspiration for women in Kenya.



瞳路@護眼行動 Local Eye Screening Project

香港貧富懸殊的問題，已是一個不爭的事實，低收入及無家者一直未有完善的眼科服務，情況令人擔心。有見及此，護瞳行動夥拍同路舍合辦社區眼睛篩查活動「瞳路@護眼行動」，為本港低收入及無家者、或難以負擔專科醫生治療及眼睛檢查的弱勢社群提供服務，包括眼睛健康講座、眼疾篩查及配眼鏡服務。

在這次的眼科篩查中，護瞳行動發現有 75% 的參加者出現屈光不正問題，包括近視或老花，需要配戴眼鏡。而近兩成的人有較嚴重眼疾，需轉介眼科專科進行進一步檢查，可見參加者的眼健康的情況令人擔憂，也反映老人家對眼部健康和護理問題缺乏認知並需加強關注。我們會汲取是次經驗，擴展和發掘與其他團體合作的可能性，為有需要的社群出一分力。



「這次是我第一次驗眼，我一直覺得年紀大了視力出現問題也很正常。透過這次驗眼，我現在知道自己有白內障，知道需要去眼科醫院作進一步檢查及治療，正視眼睛的問題。」

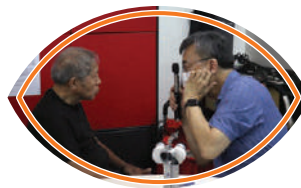
"This is my first eye examination. I always thought that vision deterioration with age is very normal, through this eye examination, I now know that my eye problem is cataracts and that I need to visit an eye hospital to undergo further examination and treatment."

— 參與者阿明 Ming, participant



Cases of extreme poverty in Hong Kong are escalating, and people on low incomes and the homeless face barriers in accessing crucial medical and eye care services. The Fred Hollows Foundation Hong Kong and local partner ImpactHK organised an eye screening session to address the eye health problems faced by the homeless and socially-disadvantaged in Hong Kong. At the session, people accessed free eye health information, eye screening and were given prescription glasses.

During the screening, The Foundation discovered that 75% of individuals had refractive error, including myopia or presbyopia, requiring prescription glasses. Additionally, nearly 20% showed more severe eye conditions, prompting referrals to specialists for further examination. These findings highlight concerns about eye health and identify the need for increased attention to older individuals' eye health. In the future, we will explore the possibilities of partnering with different organisations to make a further difference to communities in need.



「很多人從來沒有正式檢查過眼睛，特別是缺乏護眼知識的長者。我們嘗試填補這個缺口，簡單如提供一副適合度數的眼鏡，幫助他們控制屈光不正，就能減輕生活上的不便。」

"Many people have never had a formal eye examination, especially the elderly who lack eye care knowledge. We are trying to bridge this gap by providing something as simple as a pair of prescription glasses, which can lift the burden caused by refractive error."

— 林傑人醫生 Dr Godfrey Lam

慈善夥伴：
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護瞳行動感謝以下公司贊助與支持：
This event was supported and sponsored by:

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To know more





2023 同燃希望獎 Humanity award 2023

鼓勵行動為本 傳達愛與關懷

護瞳行動的創辦人霍洛教授深信，「互相幫忙是人類本有的美德」。《同燃希望獎》獎項傳承霍洛教授的信念，希望感染更多學童將行善的信念落實到社區。2023 年《同燃希望獎》共有 67 間學校、超過 380 名學生參加。

2023 年《同燃希望獎》嘉許 39 名熱心服務社會的高小學生。嘉許項目包括自發改造二手電腦捐贈給香港或發展中國家的學校和有需要的家庭、宣傳領養及負責任的寵物飼養、自發製作出自畫彩圖海報呼籲捐款給受俄烏戰爭影響的人、關注環保等項目，為社會帶來希望和影響力。

Founder of The Fred Hollows Foundation, Professor Fred Hollows, often said: "I believe the basic attribute of mankind is to look after each other." The Humanity Award celebrates primary students who follow Fred's footsteps by taking action to help people help themselves. In 2023, a record 67 schools and more than 380 students enrolled in the Awards.

The Fred Hollows Humanity Award 2023 honoured 39 students for making a positive difference in their communities. The recipients were recognised for their good deeds which included refurbishing second-hand computers to donate to schools and families in need in Hong Kong and in developing countries, promoting pet adoption and responsible pet ownership, creating posters to appeal for donations to those affected by the Russia-Ukraine conflict, and advocating for environmental protection.



「這個獎項鼓勵我做更多慈善工作，因為我感到一種成就感。」

"Receiving this award encourages me to engage in charitable work because it gives me a sense of accomplishment."

— 王啟安 Miguel Wang
同燃希望卓越大使 Ambassador of Integrity

護瞳行動感謝以下公司及機構贊助與支持：

The Fred Hollows Foundation would like to thank the following organisations for their support:

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特別鳴謝 (依英文字母排列)
Special Thanks To (in alphabetical order)



世界 視覺 日

同獻
瞳見

再次看見的喜悅

2023 World Sight Day
"Together, We SEE"

每年十月的第二個星期四是世界視覺日，這不只是一個與眼疾患者有關的日子，更在提醒所有人保護視力的重要。2023 年世界視覺日，盧覓雪再次擔任護瞳行動的「瞳」燃光明大使，協助呼籲公眾關注全球失明問題帶來的影響，並以「同獻·瞳見」為主題，將護瞳行動的工作、支持我們的大眾和企業連成一線，為世界上失明人士提供治療機會。護瞳行動 2023 年「世界視覺日捐款配對活動」全賴企業及各界的支持，才可以完滿結束，籌得善款亦為更多視障患者重見光明，「瞳」見希望。

Every year, World Sight Day is observed on the second Thursday of October. This annual event not only raises awareness for those with blindness and vision impairment, but also serve as a reminder about the importance of eye health. In 2023, The Fred Hollows Foundation was delighted to work with Michelle Loo, a renowned artist in Hong Kong, to help us raise support in the fight against avoidable blindness. Under the theme "Together, We See," The Fred Hollows Foundation joined hands with the public, the community and corporations in ending avoidable blindness around the world. 2023 marked the third anniversary of our "Double Your Impact" campaign and we were incredibly fortunate to have the generous support of our corporate sponsors and the public.



「如果你可以協助一些人重獲光明，或者幫助改善他們視力上的問題，讓他們的生活質素得到提升，我覺得這件事功德無量。」

"If you can help people regain their sight and enhance their quality of life, I believe this is immeasurable merit."

— 盧覓雪 Michelle Loo

護瞳行動感謝以下公司贊助與支持：

The Fred Hollows Foundation would like to thank the following organisations for their support:

瞳行首席贊助
Principal Sponsor

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瞳行贊助 (依英文字母排列)
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衷心感謝 Thank You

支持者 OUR SUPPORTERS

感謝您實踐護瞳行動的理念，讓人人不論貧富，無論住在世上什麼地方，都能接觸到優質而可負擔的眼健康服務。全因您慷慨解囊支持護瞳行動，我們才可在全球超過 25 個國家提供服務，感謝您與我們「瞳」行。

We'd like to thank our supporters who share Fred's vision that every person has access to inexpensive and high-quality eye care, regardless of who they are and where they live. Our work in more than 25 countries would not be possible without your generosity and support. Thank you for partnering with us to carry on Fred's dream of ending avoidable blindness.

每月捐款者 REGULAR GIVERS

您的每月捐款，讓我們能夠提前計劃服務和發展策略，穩定地向有需要的可避免失明患者提供服務，每月為眼疾患者恢復視力、帶來光明！多謝您，這份年度報告，正正記錄及反映了您在全球帶來的重要改變！

Your monthly donations allow us to plan ahead and develop strategic and targeted programs that tackle avoidable blindness and give the gift of sight to more people every month! Thank you. The results in this Annual Report demonstrate what we can achieve with your generous support.

2023年主要支持者 — 香港及東盟 OUR MAJOR SUPPORTERS 2023 – HK & ASEAN

The Australian Association of Hong Kong
The Australian Chamber of Commerce Hong Kong & Macau
香港及澳門澳洲商會
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The Revolution Group Co Ltd
St James's Place Charitable Foundation
Starlit Way Limited
Well Rise Trading Ltd.
288 Exhibition Planning Limited
百利好耀明慈善基金

(排名不分先後 In no particular order)

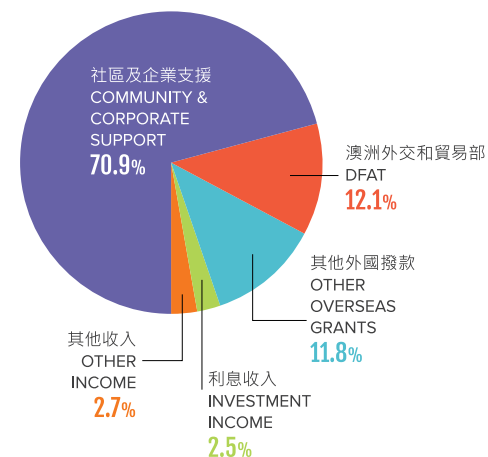
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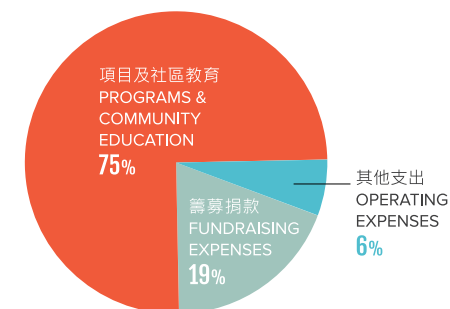
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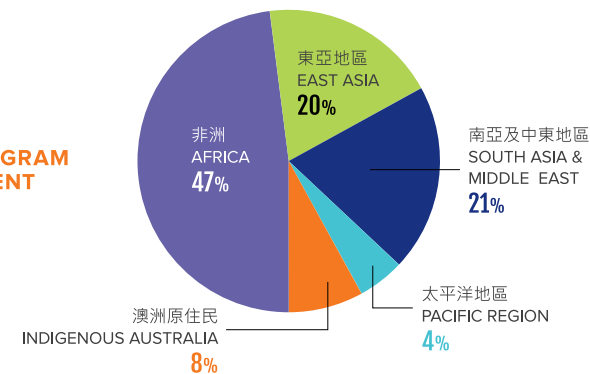
收入來源 SOURCE OF INCOME



資源運用 RATIO OF EXPENSE



地區項目支出 WHERE THE PROGRAM MONEY WAS SPENT





有您慷慨解囊和支持，可避免失明病人得以恢復視力，扭轉命運。護瞳行動的工作，有像您一樣堅實的捐款者在困難中支援著，我們實在感恩。我們衷心感謝您，因為有您，更多人才能「瞳」燃光明希望。

Thanks to your support, thousands of people facing avoidable blindness have had their sight restored. We couldn't have done it without loyal supporters like you. Thank you for giving the gift of sight!

希望為生日、結婚、慶祝各種喜慶日子更添意義？護瞳行動有一系列「回禮卡」，可將您的善款化為祝福，為遠方的可避免失明患者帶來希望。您的善款將會用於護瞳行動的工作：培訓醫護、提供醫療器材及安排眼科篩查營。歡迎向我們查詢。

Whether it's a birthday party, a wedding or any other celebration, consider donating your gift to help people with avoidable blindness. Your support will help The Fred Hollows Foundation to train eye care professionals in remote areas, provide essential equipment and organise eye screening camps. Please contact us to find out how you can make an impact.

