

1st Issue 2023

Quarterly Newsletter

Our mission is to "give back to the community, care for the elders and children, promote mutual help, and create commonwealth".

We believe that everyone is a part of society. Some of them are still too young to be self-reliant, and some of them are already old, but all of them will contribute or have contributed to the community. We hope to unite all sectors of society to give back to the community in different ways, and to promote the spirit of mutual help through such care and concern, so that the community can work together to create a harmonious and inclusive society.

Address: 15/F Enterprise Square Two, 3 Sheung Yuet Road, Kowloon Bay, Kowloon, Hong Kong

Tel: 2993 5816 **Fax:** 2993 5916

Email: info@leganfoundation.com

Website: <http://www.leganfoundation.com>

Greetings From Legan Foundation



With most aspects of life back to normal, "travel" has again become a trending topic. People around have started planning trips and talking about it. Finally, we are able to visit different new places again to refresh ourselves.

The same goes for Legan Foundation. We hope to meet new people and get to know them at different events in the new year. Even though sometimes we only have short interactions, it's nice to enjoy the moment together and live in the moment with comforting conversations. Studies have also shown that communication with strangers can open up new opportunities, learn new perspectives from others, and relieve feelings of loneliness.

We look forward to meeting you on our journey in 2023, and will continue to explore different encounters and challenges.

Highlights of activities from October 2022 to March 2023

Free Vegetables from Legan Foundation Organic Farmland

Since November 2022, our organic farm has been harvesting different kinds of vegetables, including white radish in November and lettuce in December. We always feel excited and thankful when hearing about the harvest and hope we can bring more vegetables to the elders.

Every time we send out free vegetables, the elderly people are full of happiness. They often say, "It's really good to have these. The vegetables are really expensive these days!" The other elders around echoed. Since we grow vegetables in organic ways, the harvest is limited. We even had to plant a new batch of radish earlier this year because of the rainy weather. However, the positive feedback we receive from the elders always makes us keep on going.



Organic Farmland Visit



In addition to sending out organic vegetables, Legan Foundation Organic Farmland also invites organizations to bring their members to visit the farm during the winter months.

Hong Kong's weather in the winter is very suitable for outdoor activities. When the sun comes out, it feels warm amid the cool wind. Though one keeps sweating during the hard gardening work, the wind brings coolness and immediately makes you feel refreshed!

Caritas Jockey Club Integrated Service for Yung People (Tak Tin) took its member students and their families to visit the farm earlier, enjoying the good weather and joyful family time. It was a great opportunity for the children to get in touch with nature, stay away from electronics, learn about the vegetable growing process, and explore its wonders!

According to the feedback we received from the service centre, the children still talked about the farm experience often after the visit and said they wished to go again. On the other hand, for parents, this is not only a family activity, but also a chance to take a break and interact with other parents!



Volunteer Activities

1 Green Lifestyle

After years, Legan Foundation's volunteer activities have gradually resumed. Over the past few years of the epidemic, our volunteer activities encountered obstacles from time to time, and we were fortunate to cooperate many fellow social welfare organizations to overcome the difficulties together. For example, our volunteers were unable to meet face to face due to the epidemic, but with the help of from the social welfare organizations, key supplies were delivered to those in need to meet their urgent demands.

With the phasing out of epidemic control and prevention measures, a post-epidemic period has begun. In terms of work, everyone is busy preparing and collaborating, wishing to return to the state before the epidemic. However, we should not forget to care for our physical and mental development. While getting away from isolation, it is a must to meet with friends!

This time, Legan Foundation invited our colleagues to the organic farm, not only to help with gardening, but also to mingle with each other outside of work. Surrounded by green plants, we could really breathe in the fresh air and relax ourselves.

We hope that after the epidemic, we can continue to care for the less privileged people around us while taking care of our physical and mental health, in order to live a full and healthy life.



2 Micro: Bit Computer Programming Activity



Thanks to the support from The Boys' & Girls' Clubs Association, we organized a Micro: Bit Computer Programming Activity in December. By teaching students to make building blocks using Micro: Bit, we aimed to enhance their thinking and analysis skills.

Our colleagues also participated in the volunteer activity and learned together with the children. We noticed that actually the children were very smart and could clearly understand the operation and production process after the instructor's brief explanation. They were also able to learn efficiently. All the volunteers and the children had a happy afternoon together.

In the coming year, we hope to organize more volunteer activities to meet people from different fields.

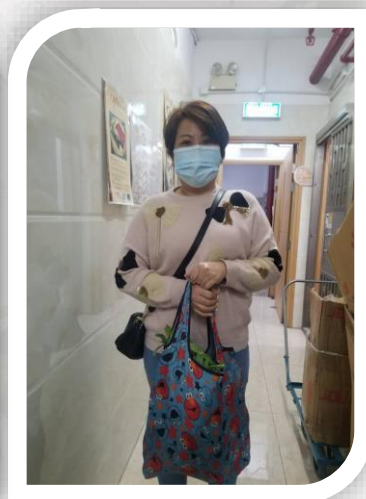


Environmental Protection

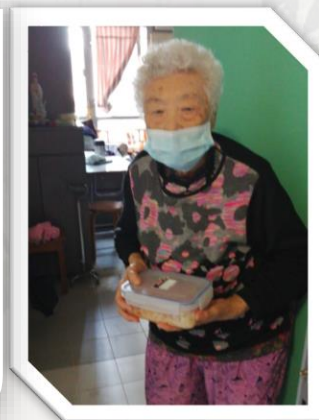
While helping the underprivileged community, Legan Foundation also focuses on environmental protection. We believe that environmental protection is not a difficult job, and we only need to do a little bit more in our daily lives. That's why we always do our best to contribute to the environment through our various funding and donation schemes.

Whenever we send out vegetables, the organizations will tell the elderly to bring their own shopping bags, and no additional plastic bags will be provided. It turned out that the residents all welcomed this arrangement and understood the significance of waste reduction from the source.

All the time, the elders are always willing to bring their own shopping bags, and we really appreciate the cooperation of them and the organizations.



In addition, the lunch boxes we distribute in Tuen Mun area every Saturday are all reusable ones. After finishing their meals, the elders will return the boxes to restaurants for cleaning and sterilization so that they can be reused next week, reducing the number of disposable lunch boxes and cutlery.



Other Campaign Highlights:

In addition to activities mentioned above, Legan Foundation is also working on other campaigns, including:

**Subsidy for International
Barista Certificate Course
by The Christian New Being
Fellowship**

**Sponsorship for
Students from
Low Income
Families**

**Gaa Fe Shu
Youth Mental
Health
Enhancement
Scheme**

**Good Appetite Is A
Blessing Scheme**

Twinkle Stars

If you are interested in learning more about the establishment and development of Legan Foundation or would like to know more about our schemes, please contact us or visit our website:



<http://www.leganfoundation.com>



2993-5816



info@leganfoundation.com