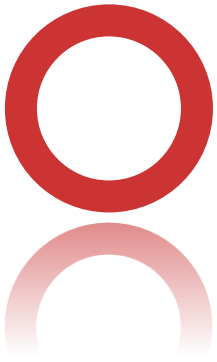


Our mission is to "give back to the community, care for the elders and children, promote mutual help, and create commonwealth".

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.

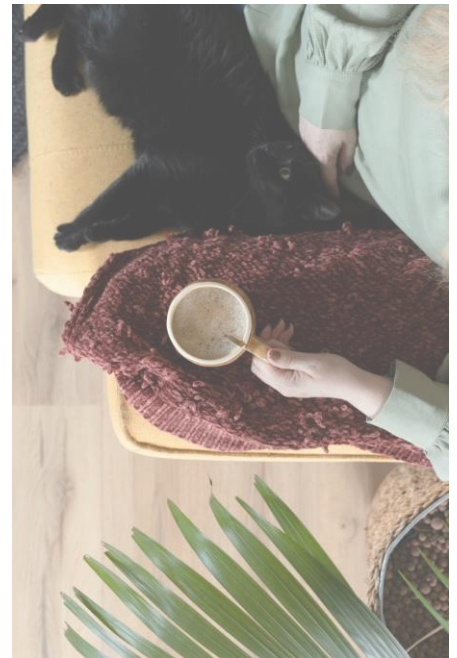




Greetings from Legan Foundation

As we step into 2024, we embark upon a new life, new goals, and a new chapter. Each of us desires a positive beginning to the year, hoping that the ensuing work, life, and various affairs will unfold effortlessly.

We may immerse ourselves diligently in the goals we have set, advancing tirelessly... Yet, amidst our busy lives, are you confronting some invisible pressures? It is true that we all aspire to progress, but occasionally, we might experience unease. Please remember to attend to your mental well-being.



In the rapid pace of urban life, we frequently encounter uncontrollable changes that impact us to varying degrees. In response to these changes, we adapt and use our understanding to manage situations flexibly. Indeed, in the midst of continual adjustments, we also face the stress of reassessing the unknown and addressing the emotional effects of these changes.

While we might not have complete control over external circumstances, taking good care of ourselves is certainly a choice within our grasp! Even in the busiest times, consider setting aside moments to be with yourself or your family, to listen to your innermost feelings, and to reflect on your thoughts about certain matters. This is a dialogue with oneself, requiring no explanations to others. Such practices not only clarify the mind but also help in maintaining openness in the face of varied changes, leveraging the resources at hand to manage these shifts effectively.

Highlights of Activities in January-March 2024:

Nepal School Sponsorship

A few months ago, as recommended by the Legan Foundation, OneAsia Holdings Limited sponsored the Ngagyur Memorial School in Nepal. The sponsorship includes the construction of a new library, the provision of internal furniture and facilities, as well as food aid and personal hygiene products for female students.

The construction of the new library was completed in March 2024. We extend our gratitude to all the collaborating organizations, especially the Sowers Action, whose support enabled the swift and smooth completion of the project! We hope that the orphans in remote Nepal, though previously affected by natural disasters, will find in this school led initiative an opportunity to augment their knowledge and inspire their intellect.



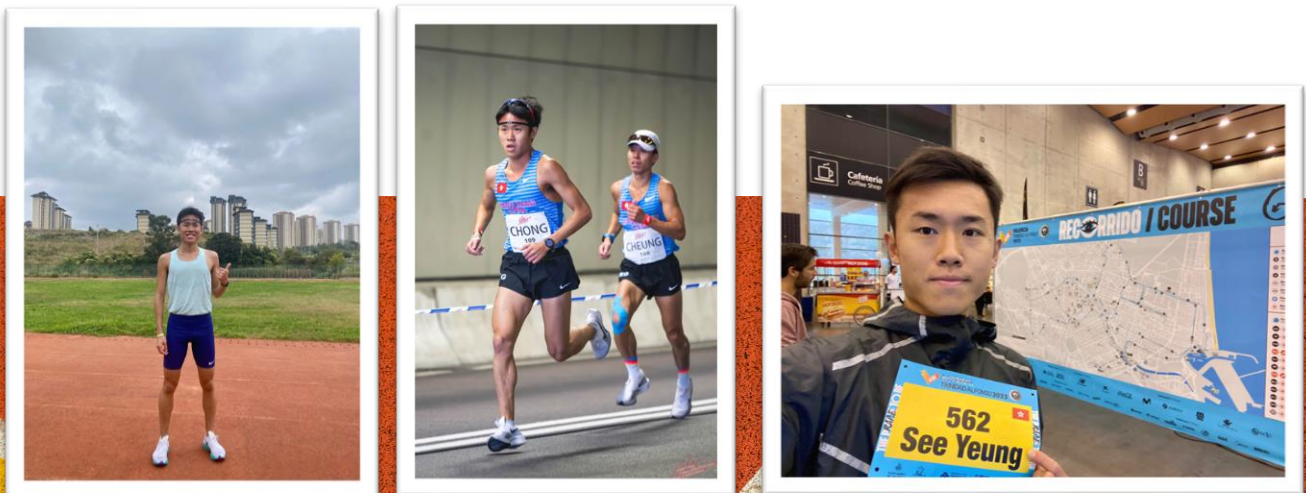
LCRA - Love & Care Running Association Training Sponsorship

The Legan Foundation has always believed in the Love & Care Running Association (LCRA), providing monthly stipends to young athletes with potential but lacking resources.

At the end of 2023, following a recommendation from the LCRA, we sponsored club member Chong Si Yeung for a training camp in Yunnan. Chong Si Yeung, who aspires to develop a career in long-distance running and become a full-time athlete, also hopes to qualify for elite athlete status at the sports institute through his marathon achievements.

Thanks to the sponsorship, Chong Si Yeung spent 46 days training in Yunnan. Upon returning to Hong Kong, he competed in his first event representing Hong Kong at the Hong Kong-Zhuhai-Macao Bridge Half Marathon and the East-Asia Half Marathon Championships, where he achieved an impressive fourth place! Subsequently, he participated in the Valencia Marathon in early December, breaking his personal best with a finish time of 2:22, which is truly amazing!

We look forward to seeing all of our sponsored athletes continue to strive and achieve further excellent results.



Good Appetite Is A Blessing



Since its inception in 2014, the ' Good Appetite Is A Blessing ' program has been dedicated to encouraging elderly individuals who live alone, are economically challenged, and reside in aging communities, to venture out and integrate into society. As we concluded 2023, the program celebrated its tenth year, continually expanding to various districts including Kwun Tong, Lam Tin, Tsuen Wan, Hung Hom, To Kwa Wan, Ho Man Tin, Tai Po, and Sham Shui Po. Looking ahead, we hope to extend our reach to even more areas, allowing a greater number of people to benefit from this initiative. We also aspire for more restaurants and small eateries to join in, bringing vitality to our communities.

The Legan Foundation strives to contribute more towards environmental conservation in each of our initiatives. At the end of the year, we began encouraging restaurants to adopt bank transfers for payments instead of using cheques. This shift not only reduces paper usage and waste at the source but also lowers administrative costs for all involved parties.

Free Vegetables from Organic Farmland: New Initiative

In 2023, the Legan Foundation's farm yielded a fruitful harvest with a total of 84 baskets of vegetables representing a total of 1,680 catty, including leaf mustard, lettuce, radishes, cucumbers, and red amaranth. As always, we distributed these fresh vegetables to various organizations across Hong Kong.

This year, we connected with several new organizations. Through our vegetable distribution activities, we introduced them to our farm with guided tours. The main goal of visiting the farm is to appreciate not only the enjoyment of consuming organic vegetables but also to understand the meticulous efforts behind organic farming. Under the guidance and education of our farmers, visitors can reflect on the processes that crops undergo before harvest – from the farm to the table, each step is a result of careful cultivation! We look forward to everyone joining us in promoting a green lifestyle!



Lunar New Year Sponsorship Event

New Year Lucky Bag Volunteer Activity

This year, the Sowers Action held a Lucky Bag distribution event during the Lunar New Year, bringing warmth to low-income families in the Sham Shui Po district. The Legan Foundation hopes that this event will encourage employees to participate in community volunteer activities and interact with people from diverse backgrounds.

In addition to inviting colleagues to distribute Lucky Bags, we also encouraged them to donate, fostering greater mutual understanding and connection within the community.



Sponsorship of Lunar New Year Banquets

The festive spirit of the Lunar New Year was in full swing across various districts. In early February, the Hong Kong Christian Family Service Centre organized a heartwarming reunion dinner for the elderly in Choi Hung, while at the end of the month, the Hong Kong Caring Power held a traditional Poon Choi banquet in Lam Tin.

The Legan Foundation proudly sponsored raffle gifts for the reunion dinner and funded the Poon Choi banquet for the elderly. Our aim is to prolong the celebratory spirit of the New Year for our beloved seniors, providing them opportunities to engage more actively with the outside world, exchange stories with community center social workers, and enjoy the warmth of community during these festive gatherings.



‘Journey Together’ Support Program for Underprivileged Children and Families

The People Service Centre has initiated the ‘Journey Together’ program in collaboration with the Partnership Fund for the Disadvantaged. This program specifically targets SEN (Special Educational Needs) children and their family caregivers, beginning in July 2023 and set to run for one year. The Partnership Fund for the Disadvantaged, orchestrated by the Social Welfare Department, aims to encourage commercial entities to participate in efforts to support the vulnerable. We are thrilled to announce that, upon our recommendation, Newtech Facilities Management Ltd has generously agreed to sponsor this vital initiative. This support allows participants to not only benefit from conventional therapy but also to move beyond their stresses under the patient guidance of social workers and activity instructors at the centre.

Halfway through its implementation, our evaluation report joyfully reveals that several workshops have been effectively tailored and delivered for diverse groups. These include training sessions for young children with special learning needs, workshops aimed at enhancing children’s self-confidence, and psychological training groups for caregivers. The intensive support provided over the past six months has brought significant positive transformations to both children and their caregivers.

Looking forward to the next six months, we will continue our support to the People Service Centre. While we recognize that emotional challenges do not change overnight, the sustained support and companionship offered through this program promise to cultivate a network of mutual aid, progressively instilling a positive outlook and reinforcing the spirit of community among our participants.





Sponsorship of Internet Costs for The Christian New Being Fellowship

Located in Sai Kung, the Christian New Being Fellowship has been dedicated to helping troubled youth get back on the right path. Due to its geographical location and limited school funding, the fellowship had previously struggled to secure a reliable internet connection.

Since January 2022, the Legan Foundation has generously sponsored two years of internet costs for the school. After benefiting from this support for two years, feedback from the school staff and data have highlighted the importance and substantial impact of this sponsorship. In light of this, the Legan Foundation has decided to continue supporting the Christian Life Fellowship by funding their internet costs for another two years. This continued support aims to enhance both classroom learning and administrative operations, ensuring that the fellowship can keep offering its vital services to the community.



基督教得生團契
The Christian New Being Fellowship



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**

Twinklestars

**Sponsorship for Students from
Low Income Families**

Tutorial Assistance

**Student Sponsorship Scheme
with LCRA – Love and Care
Running Association**

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>



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