

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



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Greeting From Legan Foundation



After several years, we can finally embark on adventures and explore the world.

Having journeyed through different corners, we have broadened our horizons and embraced new realms. Along this path, we have encountered diverse experiences, allowing us to understand ourselves better and making it easier to discern what truly matters to us.

As we return to our workstations and reflect on our experiences, we gain a deeper understanding of our role in society and the value we bring through our work. Assisting others provides us with an opportunity to further understand ourselves while making a positive impact on different individuals.

Setting clear goals is not a simple task. It requires dedicating time to reflect on our interests and skills in order to establish meaningful objectives. It also involves designing practical plans on an operational level, with room for adjustments and modifications when necessary.

While helping others, we also experience personal growth, which is truly a remarkable journey. The Legan Foundation is committed to continuing this endeavour, firmly believing in the power of making a positive impact. With the resources at our disposal, we will continue to excel in our mission and strive to achieve the goals we have set.

Highlight of activities from April – December 2023

Donation to Support a School in Nepal

Ngagyur Memorial School, located in Nepal, was established in 2015. The school's construction was initiated after a devastating earthquake in 2015, which made life even more challenging for the local people. At that time, the founder of the school, Khenpo Tashi Tsering Rinpoche, brought hundreds of surviving children to Kathmandu to build Ngagyur Memorial School, providing education and hope for the next generation.

Currently, the school has over 600 students and offers equitable education to underprivileged children in the Himalayan region. However, due to the pandemic, Khenpo Tashi Tsering Rinpoche contracted the virus and passed away, leaving the school without its main pillar of support. This has resulted in a lack of operational funds, affecting the students' learning and livelihoods. Legan Foundation learned about this situation through the Sowers Action and hopes to extend a helping hand to assist them during this difficult time. The Foundation aims to support the construction of a library within the school premises and provide furniture for the facility. Additionally, we will offer food assistance and provide personal hygiene products for female students.

Legan Foundation proposed and recommended this charitable project to OneAsia Holdings Limited, and was immediately agreed to contribute! We are incredibly grateful to OneAsia for its generous donation of HKD 300,000, which will enable the remote school to create a better learning environment and provide a healthier life for its students.



Legan Foundation Mid-Autumn Gift Bag Donation



The Mid-Autumn Festival comes around once a year, and Legan Foundation has always held it in high regard. It is a joyful time for family reunions and a wonderful opportunity for us to extend care and warmth to others!

This year, Legan Foundation has designed gift bags with the needs of the elderly and various individuals in mind. Along with conveying blessings, we aim to provide practical items such as rice, noodles, pastries, fruits, and tea, addressing their specific needs.

In addition to meeting practical needs, delivering gift bags during the Mid-Autumn Festival also serves as an opportunity for organizations to connect with the elderly. This is especially meaningful for those living alone or are more secluded. It allows us to inquire about their well-being and provide them with a chance to engage with the outside world through receiving the gift bags.

For those with limited mobility, home visits were be conducted to assess their living conditions and follow up on any necessary arrangements. Some organizations also held activities during the Mid-Autumn Festival to encourage social interactions among the elderly, giving them a chance to share their stories and alleviate the emotional stress they may have experienced in recent years.



Legan Foundation Volunteer Day



In August, Legan Foundation collaborated with The Boys' & Girls' Clubs Association of Hong Kong (BGCA) for a volunteer day. We visited the Cupnoodles Museum in Tsim Sha Tsui, sponsoring children from low-income families and those living in subdivided housing for a fun-filled weekend outing.

Although the museum was not large, the day was more than just a simple visit. The BGCA staff prepared engaging questionnaires, and under the guidance of Legan Foundation volunteers, the children embarked on a journey through different exhibition panels, racing against the clock to answer the questions. It was truly an exhilarating experience! During a short period, the children and volunteers had the chance to get to know one another.

Lastly, under the guidance of the museum staff, we each created our own customized cup noodles. The children could add their favorite ingredients and flavors, and even design the appearance of their cup noodles, resulting in unique creations!



Legan Foundation Organic Farmland

Summer is a challenging season for crop harvest, but we are delighted to share that in early June, Legan Foundation's organic farm had a bountiful yield of four baskets of red amaranth! We happily delivered these fresh crops to Caritas Jockey Club Integrated Service for Young People – Tak Tin.

In fact, melon crops thrive best during the summer season as they require ample sunlight and warm weather to grow and ripen. The combination of high temperatures and ample sunlight aids in the growth and development of melon crops, and the increased rainfall often experienced in summer is beneficial for their cultivation.

Some melon varieties benefit from being grown using hanging techniques. This method not only saves space but also improves ventilation and sunlight exposure while reducing the risk of pests and diseases. To safeguard the harvest, Legan Foundation embarked on an experiment this summer, utilizing bamboo trellises to support the climbing growth of melon crops. We hope this initiative will enhance the yield and provide an enjoyable experience for the beneficiaries.



Creating Fly Traps Together



For farmers, fruit flies are indeed one of the enemies that affect their harvest. With the higher temperatures and humidity during summer, fruit flies tend to multiply in greater numbers. If they lay their eggs in melons or other fruits, all the hard work put into cultivating those crops can go to waste, causing significant damage.

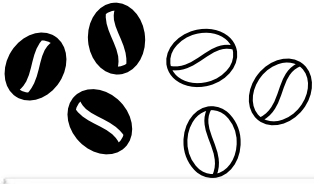
To combat fruit flies, we employed two methods: yellow paper and fly traps.



Fruit flies are particularly sensitive to the color yellow. Sticky yellow paper serves as a lure to attract them and trap them upon contact, reducing their harm to the crops.

Using fly traps is another approach we took. By enticing fruit flies with sweet bait, we managed to capture and trap them. Interestingly, we discovered that used plastic bottles could be transformed into effective fly traps. We extend our heartfelt thanks to all the employees who participated. Together, we cleaned the used plastic bottles and followed a simple DIY process. Before we knew it, the fly traps were ready! And the results were impressive!





Donation of Bottled Coffee

Legan Foundation is grateful to have received donations and is delighted to be able to distribute bottled coffee to various institutions in need. Coincidentally, this happened just before Father's Day, allowing us to incorporate the bottled coffee into the holiday activities. Some volunteers from the centers even took the opportunity of delivering the coffee to visit elderly individuals in their homes.

In recent years, the number of elderly individuals living alone has been increasing. Among their various needs, their mental well-being requires particular attention. Surveys conducted by different organizations have shown that over 60% of elderly individuals living alone feel a sense of loneliness. Sometimes, simple gestures of giving can serve as a means to connect with them, allowing them to engage in social activities and maintain their relationships with the outside world. Bringing care and support to the elderly, we hope to see them actively involved in the community.





Coffee Tree Youth Mental Health Enhancement Scheme

Legan Foundation has graciously funded the "Coffee Tree Youth Mental Health Enhancement Scheme," which primarily focuses to provide emotional counseling, job assistance, and support for young individuals facing concerns about their future prospects.

The program has recently concluded, and the demand for assistance exceeded our expectations. These cases reflect the uncertainties experienced by young people, influenced by various social and familial factors, including social networks, family environments, academic pressures, and clarity of future paths. Moreover, the needs of the target group surpassed our initial projections.

Coffee Tree is dedicated to supporting our next generation, the future pillars of the society. By establishing direct connections between social workers and youth, this approach allows us to gain a precise understanding of their genuine needs and provide tailored support. We hope to empower them to embrace their emotional states, respond effectively to their situation, and most importantly, enhance their resilience and sense of positivity.

In addition to the youth aspect, we have also recognized the need to provide support to the psychological well-being of their family members. By working collaboratively to provide comprehensive support, we ensure that both the individuals and their families receive the assistance they require.

Journey Together: Support Program for Underprivileged Children and Families during Challenging Times

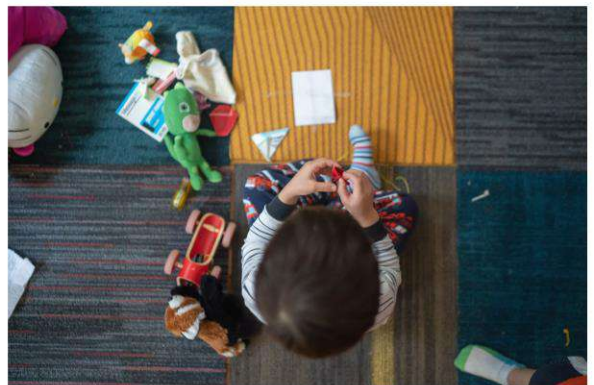
People Service Centre (PSC) has always been dedicated to the development of underprivileged children and families. They observe that many children have been identified with special educational needs (SEN), and their parents express concerns about their children's growth and increased financial burdens, leading to elevated stress levels.

Legan Foundation has continuously supported the services of PSC. Therefore, the Foundation recommended Newtech Group as a corporate partner to assist PSC apply for the Social Welfare Department's Partnership Fund for the Disadvantaged.

This collaboration aims to garner more attention from organizations and individuals for children with SEN. It also promotes a tripartite partnership between the business sector, the government, and the social service sector, establishing partnerships through funding matching, to collectively support the disadvantaged in our society. We are grateful for the support from Newtech Group, which has enabled PSC to secure the remaining project funding from the Partnership Fund for the Disadvantaged.

The program will run for one year, focusing on low-income families in the Sham Shui Po district. It focuses on children at different age groups, namely preschoolers and primary school students, addressing their specific needs. Through training sessions, the program aims to enhance children's expressive abilities, executive functions, and social skills.

In addition to focusing on the children's growth, the program also acknowledges the needs of caregivers who often face invisible pressures while taking care of their children. The program aims to provide them with space for respite and offer positive parenting training to boost their self-confidence. Finally, parent groups will be established to facilitate mutual communication and support among parents.



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

LCRA Sponsorship

Good Appetite is A Blessing Scheme

Sponsorship for Students from Low Income Families

Twinklestars

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



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