

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.

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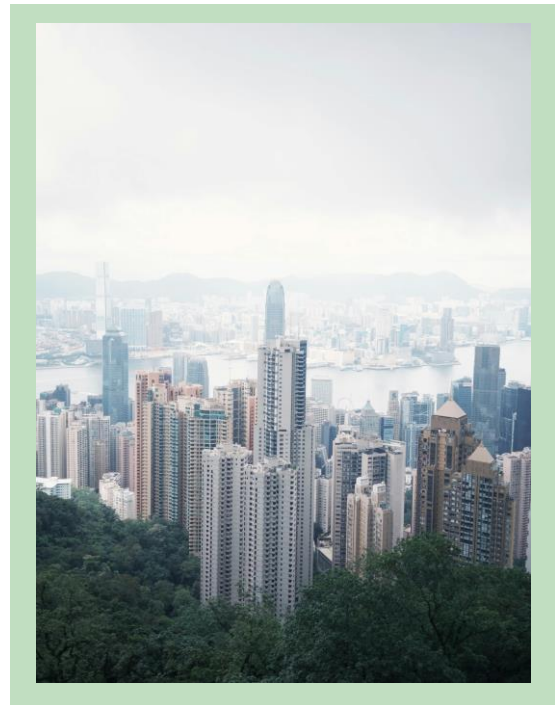
Website: <http://www.leganfoundation.com>

Greetings from Legan Foundation



Our daily lives are filled with busyness, and before we know it, our schedules are packed to the brim. During those rare moments of free time, many of us instinctively reach for our phones, scrolling through social media to take a break and unwind.

However, spending too much time on social media doesn't always help us unwind. In fact, it can sometimes leave us feeling more anxious or irritable. Studies have shown that excessive social media use can increase feelings of depression and anxiety, reduce our attention span, and lead to more frequent misunderstandings in communication, which can strain relationships and create unnecessary tension.



But if we use social media more mindfully, limiting our time on it, it can become a platform for meaningful connection. We can share our thoughts and experiences, connect with friends who share our interests, or even participate in workshops with like-minded people—whether it's volunteering, exercising, or engaging in creative activities. These can help us relax and add more colors to our lives. Adjusting phone notifications can also help reduce unnecessary distractions, allowing us to focus better and work more efficiently.

Now is the perfect time to establish a work routine that suits you. Just as importantly, outside of work, make sure to carve out time to enjoy moments with family and friends. It's a great opportunity to put down your devices and truly embrace the present!

Highlights of Activities in April - September 2024:

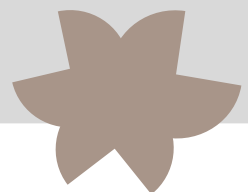


Subsidies for Assessment and Training Fees for Children with Special Educational Needs (SEN)



Two years ago, Legan Foundation began offering subsidies to cover assessment fees for children with special educational needs (SEN) from low-income families. These children were referred by social welfare organizations, which assessed their background and the urgency of their needs. This helped fast-track the assessment process, enabling families to access to government-scheduled services sooner and most importantly, ensuring that children receive the necessary treatments and training as early as possible during the critical intervention period.

In addition to our existing partnerships with social welfare organizations, the People Service Centre in Sham Shui Po has also been focusing on supporting SEN children. During the launch of the "Journey Together" support program for underprivileged children and families, the centre encountered families with SEN children who, due to financial constraints, had to rely on the government's long waitlist, resulting in significant delays in responding to the support needed. To address this, Legan Foundation is expanding its subsidy program in hopes of providing timely assistance to more children in need.



Organic Vegetable Donations and Farm Visits

Before the summer heat arrived, the Hong Kong Christian Service Bliss District Elderly Community organized a farm visit in May for 14 of its members. During the visit, we introduced them to the process of fertilization, shared insights on the harvest cycles of various crops, and had them assist with some of the day-to-day farming tasks.

The visitors were primarily elderly men living alone. The center had observed that these seniors were generally less motivated to go out, so they hoped that this outing would spark their curiosity, broaden their horizons, and add a bit more enjoyment to their lives.

Between April and July, despite the less-than-ideal weather for planting, the farm still managed to harvest five baskets of carrots. These were shared with two organizations: the Hong Kong Christian Service Bliss District Elderly Community and the Caritas Jockey Club Integrated Service for Young People – Tak Tin, allowing them to share in the farm's harvest.

We look forward to welcoming more organizations this year to experience the joys of local farming firsthand.



Subsidies for the International Barista Certificate Course



Since March 2022, the Foundation has subsidized the International Barista Certificate Course for a total of 20 eligible students across four classes in partnership with The Christian New Being Fellowship. We are delighted that all participants successfully passed the certification exam and earned their barista qualifications!

Legan Foundation provides partial subsidies for this program, aiming not only to offer financial support but also to encourage students to invest in their own aspirations, thereby fostering a sense of responsibility. After two years, we have decided to continue our support for The Christian New Being Fellowship by allocating additional funding to continue offering the course. This allows more students to gain valuable skills and better prepare themselves for entering the workforce.

Additionally, for those interested, Legan Foundation is available to assist graduates in finding barista internships to further their career development.

Partnership Fund for the Disadvantaged – “Igniting Vision 2024” Project

We are pleased to announce that our matching subsidy for the "Igniting Vision 2024" project, organized by Yan Kei Community Service, has been approved by the Social Welfare Department under the Partnership Fund for the Disadvantaged. This two-year program, which began in July, aims to provide homework tutoring to students from low-income families in Sham Shui Po. Recognizing the needs of the local ethnic minority community, Legan Foundation has also integrated Chinese language tutoring classes into the program for these students.

In addition to regular tutoring, Yan Kei will organize family gatherings during festive occasions like Christmas, Mid-Autumn Festival, and the summer break, encouraging families to spend more quality time together. Legan Foundation will continue to work closely with Yan Kei Community Service to introduce more initiatives that foster community engagement and strengthen connections.

Partnership Fund for the Disadvantaged

'Journey Together' Support Program for Underprivileged Children and Families

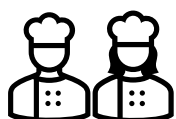


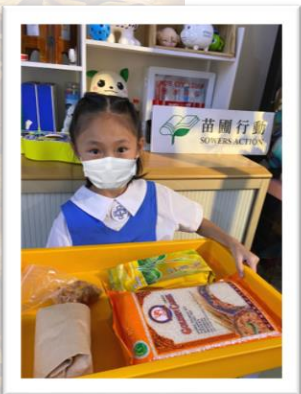
The one-year 'Journey Together' Support Program for Underprivileged Children and Families, which ran from July 2023 to June 2024, has successfully come to a close. Organized by the People Service Centre, the program offered a variety of workshops and training groups tailored to children with special educational needs (SEN), helping to enhance their learning abilities and boost their self-confidence.



In addition to supporting the children, the program also prioritized on the well-being of their caregivers and parents. Services included respite childcare, psychological counseling, and activities designed to nurture personal interests, giving caregivers a much-needed break from the pressures of the daily routine. These initiatives provided them with opportunities to relieve stress, gain fulfillment, and acquire new skills. To further support the initiative, Legan Foundation collaborated with the People Service Centre to organize activities aimed at raising awareness about the challenges faced by SEN families, co-hosting two events during the summer.

The stretching and cooking classes, held in July and August, provided opportunities to interact with the SEN children and engage directly with the caregivers. These sessions offered valuable insight into the challenges they face, while volunteers shared their own experiences of caring for children, which enriched the discussions. We are deeply grateful to the SEN parents and volunteers who participated. Your courage in taking the first step toward mutual understanding has fostered greater empathy, compassion, and respect for people from all walks of life in the future.





Mid-Autumn Festival Gift Bags

The Mid-Autumn Festival is traditionally a time for family gathering, but we recognize that many elderly individuals, low-income families, and vulnerable groups in our community may lack the resources to fully enjoy the holiday. This year, Legan Foundation continued its tradition of distributing gift bags through various organizations, spreading warmth and festive cheer to those who need it most.

We delivered almost 2,000 gift bags to 15 organizations across different districts in Hong Kong, including Sham Shui Po, Hung Hom, Kwun Tong, and Yuen Long. In line with our mission, the gift bags were filled with practical and healthy items, such as rice, noodles, tea leaves, and dried longan. By early September, all the bags had been successfully distributed, and we are grateful to the local groups for helping us reach those in need.

Along with the support of the organizations, Legan Foundation volunteers teamed up with Sowers Action to distribute gift bags directly to the local community. It was heartwarming to see the joy on people's faces as we shared simple greetings: "Happy Mid-Autumn Festival! Wishing you good health!" The smiles and gratitude we received made the day even more fulfilling.



Legan Foundation Website Update



Legan Foundation has been dedicated to supporting various groups in the community, with a focus on helping vulnerable and underrepresented populations that are often overlooked. Our primary efforts are directed toward serving the elderly, children, and youth.

Our mission goes beyond providing assistance—we aim to bring people together through meaningful activities that foster mutual understanding, respect, and open dialogue. By sharing their stories and experiences, participants can inspire one another, generate positive energy, and spark fresh ideas.

You can now explore our newly updated website to learn more about our programs and initiatives. Let's continue to care for those in need, strengthen our community, and promote a spirit of mutual support!

Other Campaign Highlights:

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

Good Appetite Is a Blessing

**Twinklestars
Scholarship**

Tutorial Assistance

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

**Sponsorship for Students from
Low Income Families**

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:



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