



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

In recent years, consumer habits in Hong Kong have shifted. With more affordable prices, a wider range of choices, and more and more convenient transportation, many residents are opting to shop and dine in mainland China. This trend of Hongkongers "heading north" for shopping and dining has placed growing pressure on local retail and F&B sectors.

According to data, from the second half of 2024 to the present, numerous restaurants, century-old stores, chain outlets, and cinemas have closed down one after another. This not only highlights the challenges faced by various industries in Hong Kong, but also impacts employment and the broader community economy. At the same time, social welfare organizations are also struggling, with limited resources and manpower, making it difficult to support the most vulnerable groups in society.



In light of this, we believe that even small actions can make a meaningful difference. Whether it's donating daily necessities, volunteering your time, or contributing your professional skills, such as design, beauty, health & nutrition, or IT. Every effort helps!

Never underestimate your power to make an impact. Simply staying informed about the work and fundraising campaigns of local NGOs through social media, and encouraging others to do the same, is already a valuable form of support. Every small act can spark positive change in challenging times.



Activities from January to April 2025:

Christian New Being Fellowship – “Running Training Program”

Christian New Being Fellowship has long been committed to providing various forms of training for its members, including the International Barista Certificate Program. We also support their training center’s telecommunications infrastructure to enhance administrative work, communication, and learning. Through these efforts, we aim to offer comprehensive support so that the members of the Fellowship can continue to grow and to equip with practical vocational skills for the future.

Beyond technical skills, we recognize that developing personal resilience is an essential part of one’s growth journey. Building inner strength helps individuals overcome difficulties and emerge stronger from life’s challenges.

Starting in March, the Foundation began sponsoring the Running Training Program to support the young members of Christian New Being Fellowship. The program is delivered by LCRA, offering structured and regular running sessions designed to improve both physical fitness and mental endurance. Exercise naturally releases endorphins, which help reduce anxiety and symptoms of depression, while boosting overall mood. We hope the program will bring positive benefits to both the body and mind.



基督教得生團契
The Christian New Being Fellowship





Organic Farm Visit

In February, Caritas Jockey Club Integrated Service for Young People - Tak Tin and Sowers Action Shamshuipo both organized farm visits for families at their respective centers. For Sowers Action, it was their first time arranging such an outing, offering participating families a refreshing and meaningful weekend experience.

Although a farm is not a typical amusement park, it is certainly a wonderful place for children and families to enjoy quality time together through hands-on activities. In Hong Kong, opportunities to engage with nature are rare. Aside from occasional hikes or visits to country parks, most children spend much of their time in front of screens. Even schools often rely on tablets for learning, leaving little time for proper rest for the eyes.

During the visit, participants learned about the vegetable growing process and experienced the joy of harvesting for the first time. On the same day, Sowers Action also organized a hike to the Hoh Pui Reservoir, where families enjoyed the natural scenery and bamboo groves. Volunteers were on hand to teach children about common plant species in Hong Kong, making it a day filled with fun and learning.





Organic Vegetable Distribution

With the new year's harvest underway, a total of 108 baskets of organic vegetables, each weighing 20 cabbies, have been distributed from early 2025 to the present. This adds up to an impressive 2,160 cabbies. The distribution has covered a wide range of districts, including Kwun Tong, Shek Kip Mei, Sham Shui Po, To Kwa Wan, Tai Po, Jordan, Kowloon Bay, and more.

The variety of crops this year has also expanded. In addition to regular harvests like lettuce and romaine, there were also carrots, cucumbers, pumpkins, and eggplants. Organic vegetables are rich in nutrients and beneficial to health. Organic farming also helps reduce soil and environmental pollution, contributing to a healthier ecosystem.

Summer is typically a resting period for the soil, but farmers do not get to slow down. This time is essential for preparing the land for planting again in the autumn.



Support for Children with SEN

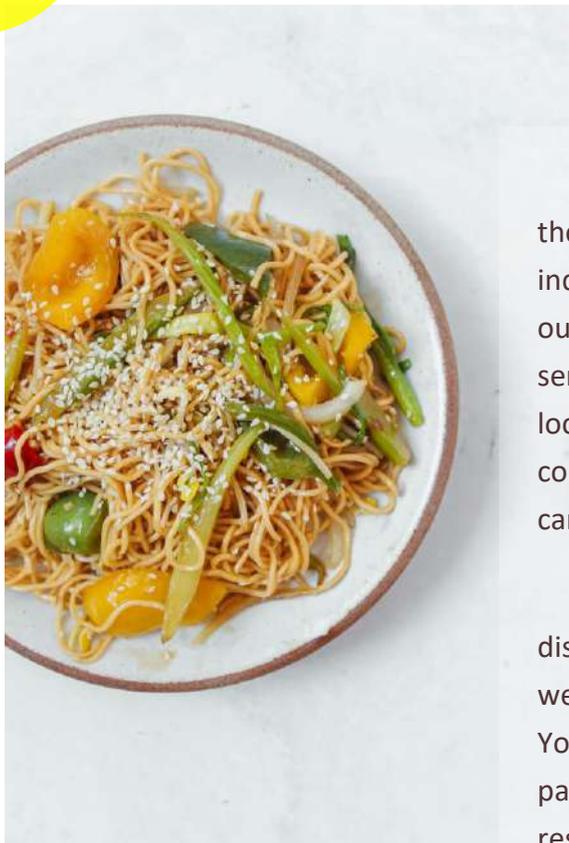
Since 2022, the Legan Foundation has been providing financial support for assessment and training services for children with Special Educational Needs (SEN) from low-income families. In addition to assisting families with limited financial resources, the foundation also reviews each child's background to determine the level of urgency and need before offering targeted support.

SEN refers to children who face developmental challenges in areas such as cognition, emotional regulation, behavior, social skills, and communication. With appropriate training during early childhood, these children can improve their learning abilities and build greater self-confidence.

Earlier this year, the principal and social workers of a kindergarten in Tseung Kwan O learned about our SEN program through the Foundation's website and proactively reached out to us. After a series of consultations and discussions, we approved the support request and arranged for a professional organization to provide training for both the children and their parents.



New Partner Joined the “Good appetite is a Blessing” Program



“Good appetite is a Blessing” is an ongoing initiative by the Legan Foundation that aims to encourage elderly individuals who live alone or are socially withdrawn to dine out more often. Beyond providing a meal, the program offers seniors a valuable opportunity to step outside, engage with local neighbors, interact with restaurant patrons, and even connect with community organizations. These connections can make it easier for them to seek help when needed.

We have always hoped to expand this program to more districts and partner organizations. We are pleased to welcome the recent addition of the Yan Chai Hospital Fong Yock Yee Neighborhood Elderly Centre in Tsuen Wan. Their participation allows us to offer more localized support for residents in the area.

We look forward to seeing more organizations and restaurants across Tsuen Wan and other districts take part in the program, so that more seniors can enjoy the warmth and connection that come with a shared meal.

Sponsoring Lunar New Year Reunion Dinners for the Elderly



At the beginning of the year, many social welfare organizations began preparing activities to celebrate the Lunar New Year, hoping to bring a sense of renewal and positivity to the community. In reality, however, for elderly people who live alone or those whose close family members have emigrated, the festive season can feel especially lonely. And we hope to bring back some of the joy and warmth the occasion should bring.

The Christian Family Service Centre holds reunion dinner gatherings every year. With support from different district centres, the event brings together a large number of participants, creating a cheerful and lively atmosphere. We supported the event by sponsoring lucky draw prizes through donations, hoping to bring a little extra joy to the elderly and brighten their spirits through meaningful interaction.

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

Tutorial Assistance

Free Vegetables from Legan
Foundation Organic Farmland

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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