

## 聯絡我們Contact Us

地址Address：香港灣仔皇后大道東266號  
律敦治醫院 醫院大樓地庫一樓  
健康資源中心  
Health Resource Centre,  
LG1, Hospital Main Building, Ruttonjee  
Hospital, 266 Queen's Road East, Wan  
Chai, Hong Kong

電話號碼Tel. No. : 2291 2511

傳真號碼Fax. No. : 2291 1047

電郵Email : rtskh\_hrc@ha.org.hk

網址Website : <http://www.healthyhkec.org/prc/rhtsk/mutualhelp/>

開放時間Opening Hours

星期一至星期五： 上午9時至下午1時  
下午2時至5時

星期六、日及公眾假期：休息

Monday to Friday : 9:00am to 1:00pm  
2:00pm to 5:00pm

Saturday, Sunday  
and Public Holiday : Closed

## 地圖Map



港鐵MTR

灣仔站A3出口  
Exit A3 of Wan Chai Station



巴士Bus

港島線 Hong Kong Island routes:  
1, 1P, 6, 6A, 6X, 10, 15, 37B, 37X, 66, 75, 90, 90C, N90, 97, 789

隧道巴士線 Cross-harbour routes:  
101, 109, 111, 111P, 113, 115, N121, 182, 182X, 811



綠色專線小巴Green Minibus

24A, 24M, 28, 56, 56A

律敦治及鄧肇堅醫院  
Ruttonjee and Tang Shiu Kin Hospitals

健康資源中心  
Health Resource Centre

# 健糖會

Kin Tong Diabetes Club





## 簡介Introduction

健糖會於1997年成立，旨在：  
Kin Tong Diabetes Club was established in 1997 for the purpose of：

- 1) 與糖尿病一起活得更好  
Living well with Diabetes
- 2) 協助病友及照顧者建立支援網絡，  
加強互助精神  
Establish supporting network for patient and carer to enhance mutual support
- 3) 提昇病友及照顧者對糖尿病的認識  
和照顧技巧  
Enhance patient and carer's knowledge on Diabetes and caring skills
- 4) 提高公眾人士對糖尿病的關注  
Enhance public's awareness of Diabetes



## 對象Target

於律敦治醫院糖尿科覆診之病友及其  
照顧者

Patients attending Diabetes Out-patient  
Department of Ruttonjee Hospital and  
their carers



## 服務Service

- 1) 健康推廣活動  
Health promotion program
- 2) 小組分享  
Group sharing
- 3) 朋輩支援  
Peer support



## 入會方法Application

申請者請帶同以下文件到本院健康資  
源中心辦理入會手續：

Applicants please bring the following  
documents to our Health Resource Centre  
for application：

- 1) 填妥之「病友互助小組會員申請表」  
Completed "Patient Support Group  
Membership Application Form"
- 2) 身份證明文件  
Identity document
- 3) 本院之相關病科覆診紙  
Medical appointment of relevant disease  
specific in our hospital

備註：會籍為期三年，如申請人在會籍有效期內  
曾經參加本中心舉辦之活動，則會自動續期  
Remarks: The membership is valid for 3 years.

Membership will be automatically  
renewed if applicant had participated in  
the program organized by our Centre  
within the validity period

