



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION

2012-2013

年報 ANNUAL REPORT



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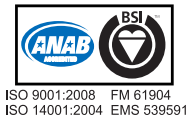
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## 成立背景 Background

「心晴行動慈善基金」為一註冊非牟利慈善團體，於 2004 年由曾患抑鬱焦慮症的林建明小姐聯同一班熱心義工成立。根據 2001 年世界衛生組織一份報告，全球約四分一人患上不同程度的情緒病；而 2012 年另一份世界衛生組織報告補充說，全球超過 3 億 5 千萬人受抑鬱症影響。抑鬱症已成為較普遍的情緒病，預料到 2030 年，抑鬱症將成為許多國家最大的疾病負擔。

普羅大眾對情緒病仍有誤解，令很多患者未能及早接受適當治療，甚至白白喪失寶貴的生命。因此，本會致力推廣情緒病的知識，減少誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。

Joyful (Mental Health) Foundation is a registered non-profit-making charitable organization established by Ms. Victoria Lam, who once suffered from depression and emotional disorders in 2004, together with a group of enthusiastic volunteers. According to a 2001 report by the World Health Organization (WHO), about one-quarter of the world's population suffers from mood disorders to various degrees; furthermore, a 2012 WHO report adds that more than 350 million people worldwide suffer from depression. Depression has become a common mood disorder, and it is estimated that by the year 2030, depression may become the greatest medical burden faced by many countries.

The public still has many misunderstandings about mood disorders. As a result, many patients suffering from mood disorders fail to receive proper treatment in time; some even lose their precious lives to it. Therefore, the Foundation engages in promoting greater knowledge of mood disorders; reducing misunderstanding and discrimination; and providing counseling resources and assistance to patients and their families.



## 吉祥人物 — 「笑爺仔、笑奶妹」

Lucky Icons Mr. and Ms. Cheerful

有時候一個笑容，一點鼓勵已經能夠改變我們對一些事情的看法，因此本會於 2005 年特別創造了「笑爺仔、笑奶妹」這對吉祥人物，提醒我們在生活中遇到任何挫折，也必須抱著樂觀的心情，積極的態度去面對，正如這一對笑口常開的「笑爺仔、笑奶妹」。

A pair of icons, Mr. and Ms. Cheerful, were placed in Hong Kong Victoria Park since 2005 to remind us that even when we encounter setbacks in life, we should face it optimistically and positively.



## 宗旨 Objectives

### 教育

教育病患者、家屬及公眾有關情緒病的病徵、診斷、治療及預防方法等知識，提高社會各階層對情緒病的認識，增加治療及預防的成效。

### Education

To provide patients, their families, the general public and family doctors with knowledge about the symptoms, methods of diagnosis, treatment and preventive measures of mental illness; to enhance the awareness of people from all walks of life about mood disorders, methods for their prevention and ways to increase the chance of receiving effective treatment.

### 服務

情緒病的成因複雜，包括心理、生理及社交等不同方面，為受情緒困擾人士提供多方面的資訊、求助或治療途徑、服務轉介及面談輔導等，以令有需要人士及早尋求適當的治療和幫助，盡快康復。

### Services

To provide a wide range of information, assistance, and methods of treatment, as well as face-to-face counselling services or referrals to persons suffering from mood disorders so that those in need can receive proper treatment and assistance at the earliest available opportunity and enjoy a speedy recovery.

### 推廣

舉辦推廣及宣傳活動，並透過不同傳播媒介，向各階層講解情緒病，提高社會對情緒病的認識，喚起大眾關注情緒健康，減少誤解、偏見和歧視。

### Promotion

A series of activities and promotions have been organised through various media to provide people with information on mood disorders; to enhance knowledge of mood disorders in the community; and to arouse concern among the public about mental health, so as to reduce misconceptions, prejudices, and discrimination.

# 信託人獻辭 *Message from the Trustees*



林建明女士  
Victoria Kin Ming LAM

心晴行動慈善基金  
主席及創辦人  
Founder & Chairperson,  
Joyful (Mental Health) Foundation



李鵬飛先生  
Allen Peng Fei LEE, J.P.

華經顧問有限公司  
主席  
Chairman,  
Pacific Dimensions Consultants Limited

自 2004 年創會以來，「心晴行動」一直肩負起推動情緒健康的社會責任，致力推廣情緒病的知識，減少誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。2012 年 12 月 12 日，隨著「心晴賽馬會飛越校園計劃」正式啟動，為期三年進入校園的情緒教育服務正式展開；我們慶幸，「心晴行動」經過九年的努力，對社會服務的承諾又更上層樓了。

「心晴賽馬會飛越校園計劃」的設計其實是源於 2007 年一個兼具前瞻性及成效的「校園計劃」所誘發的。為了讓更多學生、家長、教師及社會人士關注情緒病及其帶來的負面效應，「心晴行動」向「香港賽馬會慈善信託基金」申請撥款，籌辦這個更具規模及持續性的教育計劃。這個計劃在中小學不同校園舉行，透過講座、工作坊及話劇表演，讓參與者認識情緒健康，期望學生可以透過朋輩、家庭及學校等不同層面，建立有效的情緒支援網絡，「化標籤為關懷、化歧視為接納」。

根據醫管局最新的資料顯示，兒童及青少年的精神科求診個案正持續上升。不過，我們相信，若這些青少年從校園裡就開始認識如何保持健康情緒，對日後處理逆境情況有正面的幫助。他們多數能保持較樂觀的態度，對於別人遇到的處境，亦較易以同理心去理解；另外，他們也提高了其他人異常狀況的接納程度……從而解除對病人的歧視及標籤。

最可幸的是，「心晴行動」擁有一個非常可靠的團隊：工作人員、義工、執委和顧問，彼此合作無間，大家不斷求進，緊貼社會脈搏的工作及服務態度，相信是「心晴行動」受大眾接受的主要因素之一。

下一年度是「心晴行動」的第一個十年，我們的團隊會為大家帶來怎麼樣的驚喜？我們翹企以待！



康寶駒律師  
Marin Po Kui HONG

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Since its establishment in 2004, Joyful (Mental Health) Foundation has conducted the social responsibilities of promoting emotional health; promoting knowledge of mood disorders; reducing misunderstanding and discrimination of those affected; and assisting patients and their families in receiving counseling, accessing resources and locating other types of help. On 12 December, 2012, the Joyful Jockey Club Mental Health School Project was officially launched, beginning a three-year project to provide on-campus emotional education services. We are pleased to see that thanks to our efforts over the past nine years, Joyful (Mental Health) Foundation has better fulfilled its commitment to society.

The design of the Joyful Jockey Club Mental Health School Project actually originates from a both prospective and effective "School Project" in 2007. In order to allow more students, parents, teachers and members of the general community to pay attention to mood disorders and the side effects they bring, Joyful (Mental Health) Foundation applied for funding from the Hong Kong Jockey Club Charities Trust, and has organized this larger and more sustainable educational program. The project will be carried out on the campuses of various primary and secondary schools. Through lectures, workshops and dramas, participants can develop a better understanding of mood disorders. It is hoped that students can establish a sufficient emotional support network, following the message of the project, "Change Labeling to Caring, Discrimination to Acceptance".

According to the latest data from the Hospital Authority, the number of cases of child and adolescent psychiatric consultation grows steadily. However, we believe that if these adolescents were to learn at school how to maintain their emotional health, it would be helpful for them when dealing with difficult times in the future. Most adolescents can maintain a positive attitude and understand others with compassion. In addition, from this project they can also increase their degree of acceptance of the others' exceptions or differences, therefore eliminating discrimination and labelling of patients.

Joyful (Mental Health) Foundation is most fortunate to have a very reliable team: the staff, volunteers, executive committee and consultants. We work closely, fighting for progress and providing services that society needs most. I believe that such a positive work attitude is the main reason for the acceptance of Joyful (Mental Health) Foundation by the general public.

Next year will be the tenth anniversary of Joyful (Mental Health) Foundation. Let's look forward to seeing what surprises our team brings to all!

## 執行委員獻辭

### Messages from Executive Committee Members



黃綺雯博士  
Ms. Alice WONG

心晴行動慈善基金副主席  
Vice Chairperson  
Joyful (Mental Health) Foundation

In the past year I have accomplished two life events: I finished my doctoral dissertation and received my Ph.D degree; and I returned to Joyful (Mental Health) Foundation to continue my work for the benefit of society. When Joyful (Mental Health) Foundation was founded, I was a member of the Executive Committee. In 2006, because I began my pursuit of a Ph.D, I temporarily left Joyful (Mental Health) Foundation and the working team. Last year, after fulfilling my wish to learn, I returned to Joyful (Mental Health) Foundation. I want to express my gratitude to Ms. Victoria Lam for my quick return, giving me the opportunity to fulfill my unfinished responsibility.

After my return, I can clearly see how Joyful (Mental Health) Foundation has grown. We have purchased office space, have the ability to employ staff, and conduct a range of colourful activities. Everything has progressed significantly since several years ago. In the meeting of the Executive Committee, I was deeply moved seeing all the familiar faces and their warm hearts. Core activities of Joyful (Mental Health) Foundation are carried out throughout the year to educate and promote knowledge of mood disorders, as well as to help patients and their families suffering from disease. These are our two key objectives, yet there is still a long way to go. I feel very enjoyable and happy to join hands with all my fellow executive committee members in contributing to society.

在過去一年，我做了兩件人生大事，終於完成了我的博士論文並獲取了博士學位，然後回歸心晴行動繼續為社會效力。早在心晴行動創立時，我已是執行委員，在 2006 年，因為攻讀博士學位，我暫時離開了心晴的工作團隊，至去年，遂了學習心願，感謝林建明主席速令我回歸，讓我有機會履行當年未完之責。

回來後，清楚看見心晴規模壯大了，有了自購的會址，有能力聘用職員，會務亦多采多姿，一切都比幾年前進步了。在執行委員會會議上，一張張熟識的臉孔，依然擁有一顆顆熱誠的心，令我十分感動。教育與推廣情緒病知識，幫助病患者和家屬脫離受情緒病煎熬，是心晴行動一直以來的核心會務，亦是漫漫的長路，能夠與各執委攜手作伴，合力回饋社會，我覺得很有意思，很幸福。





李偉成先生

Mr. Jackson Li

心晴行動慈善基金副主席

Vice Chairperson

Joyful (Mental Health) Foundation

「若 你看見我獨個在黑暗裡兜圈，請跟我相信總會有樂園 …」

細聽陳奕迅舊作『遺失的國度』時，我有著與原作內容不一樣的感受。我聽到的是一個迷失的人渴求找到安寧的呼喚。情緒病患者迷失了「心靈地圖」是件相當苦惱的事情，不過只要我們懷著信心，總有克服困境的時候。

可能是加入心晴行動已有八、九個年頭的關係，對於情緒病的徵狀也比較敏感，就算是歌詞或言談間流露出的負面情緒也容易察覺到。在過去幾年，曾親身接觸了一些親友病發的個案，他們也被我的「權威」知識勸服，願意向專業的治療求助。這些情況得以順利疏解，是因社會大眾對情緒病的認識已加深，治理也變得順理成章。但是，最難得是治療期間的心理支援，尤其是親友要有相應的溝通技巧，絕非易事。冀望在我們共同的努力下，心晴行動能如歌曲中後段奏出繁花滿天的意象，為病患者創造更理想的治療機會和環境。

"If you ever see me circling alone in darkness, please still believe there is a paradise somewhere else."

When listening to Eason Chan's song "Atlantis: The Lost Empire", I had a different feeling to the original lyrics. I heard the call of a lost person craving to find peace. It is quite distressing to see patients of mood disorder lose their "soul map", but as long as we are confident, there will always be a moment to overcome obstacles.

Maybe because I have been involved with Joyful (Mental Health) Foundation for eight or nine years, I am quite sensitive to the symptoms of mood disorders, even being able to notice negative emotions in lyrics or conversation. Over the past couple years, I have gotten to know some cases from my friends and family. They are willing to go for professional treatment after hearing my "professional" knowledge. Their conditions can be improved thanks to a deeper understanding of mood disorders among the general public and the treatment that naturally comes next. However, the most difficult part is the mental support during the time of treatment. It is particularly difficult for friends and families, as appropriate communicative skills are required. I do hope through our joint efforts, Joyful (Mental Health) Foundation can create a world full of flowers as described in the later part of the song, a world of better treatment opportunities and environment for patients.

# 信託人、顧問團及執行委員會成員

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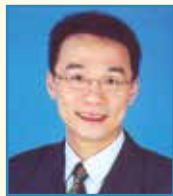
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霍澤基 (副主席)  
傳媒工作者  
Mr. Monster FOK (Vice Chairperson)  
Media Practitioner



黎鵬 (秘書長)  
保險公司營業分組經理  
Mr. Pang LAI (Secretary)  
Finance & Insurance Practitioner



李國芬 (副秘書長)  
公司總經理  
Mr. Bennett LI (Vice Secretary)  
General Manager



鄭秀英 (司庫)  
專業會計師及公司秘書  
Ms. Irene CHENG (Treasurer)  
Professional Accountant & Chartered Secretary



黃寶珠 (執委)  
傳媒工作者  
Ms. Pearl WONG  
Media Practitioner



莫婉珊 (執委)  
傳媒工作者  
Ms. Joyce MOK  
Media Practitioner



劉艷玲 (執委)  
慈善活動工作者  
Ms. Cecilia LAU  
Fundraiser



黃淑敏 (執委)  
慈善活動工作者  
Ms. Samantha WONG  
Fundraiser



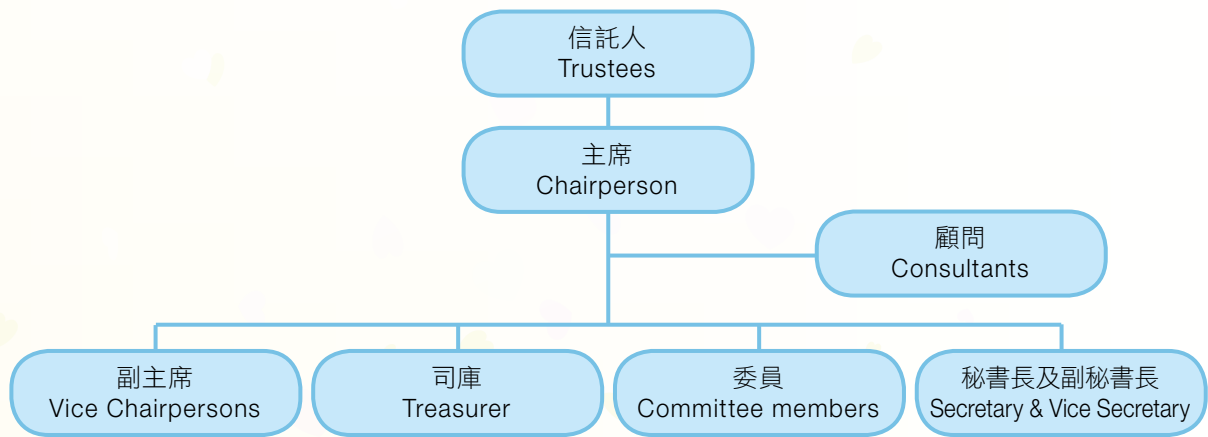
柳發文 (執委)  
教育工作者  
Mr. Peter LAU  
Education Services



余慧文 (執委)  
教育工作者  
Ms. Amy YU  
Education Services



## 組織架構 Organizational Structure



### 秘書處組織架構圖 Secretariat



# 服務範圍

## Scope of Services

### 教育

#### 1. 校園計劃

校園計劃巡迴全港學校，舉辦情緒健康教育講座，再配合各種延伸活動及支援項目，讓學生明白健康情緒的重要性，並學習正確處理情緒的方法，預防情緒病。

#### 2. 講座 / 工作坊

到各區舉辦公眾教育講座，及為學校、公私營機構及各大屋苑舉辦主題講座、互動座談會及工作坊等。

#### 3. 教育課程

透過舉辦與情緒健康相關的課程，讓有需要人士在繁忙的生活中，於餘暇時，學習情緒健康知識，以便得以舒緩平日的壓力，從而維持健康情緒。

### 服務

#### 1. 熱線

提供有關情緒病的資訊、求助途徑及相關轉介服務，讓有需要人士及早找到所需協助。

#### 2. 專業面談輔導

由經驗豐富的心理輔導員提供個別面談輔導，為受情緒困擾的人士提供專業輔導服務，並建議尋求解決情緒問題的方法。

#### 3. 專家、病患者及家屬 互動分享會

安排聚會讓病患者及家屬在舒適輕鬆的環境氣氛下與專家互動，分享個人的經驗或意見。聚會為病患者打氣之餘，亦讓家屬及專家們更加明白病患者的需要和心聲。

#### 4. 朋輩支援

由情緒病康復者、病者家屬或對情緒病認識的人士透過個人經驗分享，給予情緒受困擾的人士支持及鼓勵。

#### 5. 資助及聯繫相關服務機構

資助及聯繫與推廣情緒健康相關的機構，以增加其服務成效。

### 推廣

#### 1. 宣傳

透過社會媒體及刊物等媒介〔如網頁、小冊子、單張等〕向全港市民推廣情緒病的知識，喚起社會對健康情緒的關注。

#### 2. 媒體推廣

舉辦多元化的推廣節目及活動，通過大眾傳播媒體的協助，向社會各階層灌輸情緒病的起因、病徵和治療方法等知識，推動社會關注及關心情緒病患者，提供適切協助。

#### 3. 地區巡迴宣傳活動

巡迴各個社區，向大眾灌輸情緒健康訊息，喚起社區鄰舍關注情緒健康，減少誤解、偏見和歧視，建設共融和諧互助社區。

## Education

### 1. School Project

School Project covers schools in all areas of Hong Kong. School Project holds lectures on emotional health education, coordinated with a variety of extended activities and supportive projects to help students understand the importance of emotional health, learn the correct ways to handle emotions and prevent them getting mood disorders.

### 2. Lectures / Workshops

Joyful (Mental Health) Foundation holds public educational lectures in all districts, and theme lectures, interactive forums, workshops and other activities for schools, groups from the public and private sectors, and major housing estates.

### 3. Education Programmes

Joyful (Mental Health) Foundation holds education programmes related to emotional health. Those in need can acquire knowledge of emotional health in the spare time of their busy lives, relieve the stress of weekdays and maintain their emotional health.

## Services

### 1. Hotlines

Hotlines provide information on mood disorders, assistance methods and referral services to help those in need find the necessary assistance quickly and easily.

### 2. Professional face-to-face counseling

Individual face-to-face counseling by experienced counselors can provide persons affected by emotional distress with professional counseling and suggestions for ways to seek to solve emotional problems.

### 3. Professionals, Patients and Families Sharing Groups

Joyful (Mental Health) Foundation holds groups which provide an opportunity for those affected by mood disorders and their families to interact with professionals in mental health in a comfortable and relaxed environment. The aim is for individuals to share their personal experiences and talk about mood related issues with each other. Such groups provide an avenue of social support and allow their families and professionals to better understand their needs.

### 4. Peer Support

Through the sharing of personal experiences by recovered patients of mood disorders, their families or people who understand mood disorders well, Joyful (Mental Health) Foundation provides support and encouragement to people who suffer from emotional distress.

### 5. Funding support and contact to related service institutions

Joyful (Mental Health) Foundation provides funding support, contacts and promotes institutions related to emotional health to increase their service effectiveness.

## Promotion

### 1. Publicity

Promoting knowledge of mood disorders to Hong Kong residents through social media and publications (including websites, booklets, and leaflets) to arouse the public's attention to emotional health in society.

### 2. Media promotion

Through the channel of mass media, Joyful (Mental Health) Foundation organizes a variety of events and activities that provide information on mental health, mood disorders, and its symptoms and treatment to the general public. It aims to raise social awareness and reduce the stigma towards individuals with mood disorders.

### 3. Campaign for regional tour

The campaign tours various regions, providing information on emotional health to the public. It also helps to arouse attention to emotional health in the community; reduce misunderstanding, prejudice and discrimination; and build a community with harmonious and mutual support.

## 教育 Education

本會透過舉辦各類型式的教育活動，將正確的情緒健康知識，教育社會各階層人士，包括公眾、學生、病患者及其家屬等，藉以提高大眾對情緒病的關注，從而增加治療及預防的成效。本會於本年度舉辦了 37 場校園計劃講座、9 個教育課程，2 場免費公開講座及 5 場機構 / 院校講座或工作坊，參與人數超過一萬人〔詳細數字可參閱統計數字 p.50〕。此外，本會亦與不同團體合作，參與各種教育工作，令大眾關注情緒健康。

By holding a variety of educational activities, the Foundation imparts correct knowledge of emotional health to people at all levels of society, including the general public; students; patients and their families. Such events are held to raise public awareness of mood disorders and therefore increase the effectiveness of treatment and prevention. In the previous year, the Foundation held 37 lectures on campus; 9 educational courses; 2 free public lectures; and 5 lectures or workshops in an institution or school. The total number of participants were over 10,000 (for the exact number, please refer to page 50). Besides these activities, the Foundation also liaises with different organizations and participates in all kinds of educational work to arouse public concern for emotional health.



### ♥ 校園計劃 Joyful School Project

教育學生對於情緒變化的覺察能力及情緒病的醒覺性，詳細列表可參閱校園計劃活動列表 p.47-49。

Joyful School Project is designed to educate students to be better aware of mood changes and mood disorders. For more details, please refer to the list of school project events on page 47-49.

校園計劃項目包括 –  
Joyful School Project includes:

#### 校園計劃 Joyful School Project

巡迴到全港中學舉辦情緒健康講座。透過不同的形式及活動，讓學生明白情緒健康的重要，學習正確處理情緒的方法，從小培養健康情緒，預防情緒病。

School Project tours secondary schools in Hong Kong, holding lectures on emotional health. Through various forums and activities, students start to understand the importance of maintaining their emotional health; learn the correct ways to handle emotions; develop healthy emotions at an early age; and understand how to prevent mood disorders.



▲ (左) 聖母無玷聖心書院, (右) 胡漢輝中學





▲ 香港中國婦女會中學

### 校園心晴大使 School Joyful Ambassador

讓學生認識情緒病特質，及認識如何檢視自己的情緒健康狀況。並負起推廣校園健康情緒的使命，將有關的知識應用到日常生活中及把訊息推廣，感染朋輩從小建立健康情緒，並讓他們明白情緒健康的重要性。

School Joyful Ambassador helps students know the characteristics of mood disorders and how to view their own emotional health. School Joyful Ambassador is also responsible for promoting healthy emotions on campus; applying related knowledge in daily life; and promoting information on mood disorders. Thanks to this influence, students can build up their emotional health at a young age, and know the importance of maintaining positive emotional health.



▲ 中華聖潔會靈風中學

### 家長工作坊 Workshop for Parents

與家長共同探討及分享跟子女相處時所面對的情緒問題。認識情緒健康對個人及子女整全發展的重要性，協助子女們於不同的成長階段建立健康的情緒，培養家庭成為一個有效的情緒支援網絡。

Workshop for Parents discusses and shares emotional problems parents face when dealing with their children. It helps parents to understand the importance of emotional health to him/her and the overall development of their children, to assist their children in establishing healthy emotions at different stages of growth, and to make the family an effective emotional support network.

### 老師加油站 Service Station for Teachers

認識情緒健康對個人及學生整全發展的重要性，協助學生面對校園生活多方面的情緒影響，例如考試壓力、人際社交、個人身心發展等。透過聚焦小組，與老師一同探討教學環境裡所面對的情緒問題，以及討論有效的情緒處理方法。



▲ 東華三院盧幹庭紀念中學

Joyful Service Station for Teachers can help teachers understand the importance of emotional health in the overall development of himself/herself and his/her students. It can also help students better deal with the emotional impact from different aspects of school life, such as pressure from examinations, interpersonal relationships, personal physical and mental development. Through focus group meetings, students can discuss emotional problems in the teaching environment and effective ways to deal with such problems with their teachers.



## ♥ 情緒健康公開講座 Open Lectures on Emotional Health

**免費情緒健康講座**  
**2012年8月16日及23日**  
**Free Lecture on Emotional Health**  
**16<sup>th</sup> & 23<sup>rd</sup> August 2012**

由丹麥靈北大藥廠主辦，心晴行動協辦的兩場免費情緒健康講座假香港中央圖書館演講廳舉行。

第一場講座雖然受颱風所影響，但仍吸引達二百多人參加。當日講者鄧兆華教授詳細為觀眾講解情緒病的治療發展、確診和誤診，如何與病患者共同生活和給予支持。而第二場講座由精神科專科關家力醫生及臨床心理學家王藹慈博士主講，分別從醫學及臨床心理學角度講解情緒病的治療須知，當日更全場爆滿，令更多人士了解情緒病知識，關注情緒健康。



▲ 關家力醫生(左)及王藹慈博士為市民解答情緒問題

Sponsored by H. Lundbeck A/S, two free lectures on emotional health, organized by Joyful (Mental Health) Foundation, were held in the lecture theatre of the Hong Kong Central Library.

Although affected by a typhoon, the first lecture successfully attracted over 200 participants. The speaker of the day, Professor Tang Siu Wa, explained in detail to the audience the therapeutic development of mood disorders; their diagnosis; and how to live with and provide support to patients. The second lecture was delivered by psychiatrist Dr. Kwan Ka Lik and clinical psychologist Dr. Gloria Wong Oi Chi. They discussed the information needed in treatment from the perspective of medical and clinical psychology respectively, to a full house on the day. Such lectures allow more people to acquire knowledge of mood disorders and to learn how to pay attention to their emotional health.



▲ 本會職員向在場人士講解情緒健康的重要

**感受仁愛由關愛自己開始**  
**2012年11月17日**  
**Feel the love from loving yourself**  
**17<sup>th</sup> November 2012**

本會為仁愛之家(南昌邨)婦女會員舉辦有關情緒健康的講座，提高她們關注情緒健康的意識和檢視自己的情緒健康狀況，並透過講座向參加者介紹心晴行動慈善基金的熱線和輔導服務。

The Foundation held lectures on emotional health for women members of the Home of Love (Nam Cheong Estate) to increase their awareness of emotional health in general and personally. The lectures also introduced the hotlines and counseling service offered by the Foundation.



### 「心晴·富足」講座

2012年11月23日

"Joyful, Rich" Lecture

23<sup>rd</sup> November 2012

本會接受香港專業教育學院（葵涌）邀請，於領袖訓練日到該校舉辦「心晴·富足」講座。本會輔導員透過遊戲、理論及分享，將義務工作與心靈富足串聯，鼓勵同學投入義務工作。

At the invitation of the Hong Kong Institute of Vocational Education (IVE) (Kwai Chung), the Foundation held their "Joyful, Rich" Lecture on Leadership Training Day on campus. Counselors of the Foundation associated volunteering to feelings of personal satisfaction and encouraged students to engage in volunteering.

### 香港專業教育學院（柴灣）情緒健康講座

2013年1月25日

Lecture on Emotional Health at IVE (Chai Wan)

25<sup>th</sup> January 2013



臨床心理學家陳嘉詠

本會接受香港專業教育學院（柴灣）邀請，舉辦情緒健康講座。臨床心理學家陳嘉詠透過理論及個案分享，向教職員闡釋如何加強抗逆力，當中包括講解壓力的徵狀，如心悸及出汗等，亦利用個案互動分享及鬆弛練習，向教職員傳遞加強抗逆力的要素，例如正向信念、操控感及情緒管理，讓教職員面對工作壓力時，可以得到適當的自我幫助。

At the invitation of IVE (Chai Wan), the Foundation held a lecture on emotional health. Through theoretical analysis and case sharing, clinical psychologist Chan Ka Wing explained to the faculty how to strengthen resilience to adversity, including symptoms of stress like palpitations and sweating. She also interacted with the audience with case sharing and relaxation exercises, emphasizing the key factors of strengthening resilience such as positive beliefs, a sense of control, and emotional management, so that faculty members can engage in proper self-help when working under pressure.

## ♥ 情緒健康工作坊 Emotional Health Workshops

### 快樂心晴式 - 與城大學生合作計劃

2012年4月

The Happiness Formula:  
Cooperative Project with  
Students of City University of  
Hong Kong

April 2012

城市大學學生舉辦一連串有關情緒健康的活動，本會獲邀為顧問提供意見及借出展板。活動在大學校園舉行，吸引不少大學生參與。

In a series of activities related to emotional health, organized by students of City University, the Foundation was invited to provide counseling and display panels. The activities were held on campus, attracting many students to participate.



▲ 負責計劃同學鍾潔玲向參與活動的人士講解如何減壓及保持健康的情緒

**活得豐盛 - 壓力與情緒管理工作坊**  
**2012年8月18日**

**Live Rich: Stress and Emotional Management Workshop**  
**18<sup>th</sup> August 2012**

本會成功獲 American Women's Association of Hong Kong (AWA) 撥款，為婦女舉辦壓力與情緒管理工作坊。是次工作坊由心理輔導員李瑞琴擔任導師，講解壓力及情緒對人的影響、思想模式與情緒的關係、思想的謬誤與壓力的關聯、健康的行為模式和解決問題的技巧等。



▲ 導師李瑞琴講解女性情緒管理技巧

The Foundation successfully received funding from the American Women's Association of Hong Kong (AWA) to organize a stress and emotional management workshop for women. The workshop instructor, counselor Lee Shui Kam explained the impacts of stress and emotions on people; the relationship between thinking models and emotions; the relationship between erroneous ideas and stress; healthy behaviour patterns; and problem solving techniques.

**「畫出開心」情緒健康工作坊**  
**2013年1月25日**

**"Draw Happiness" Emotional Health Workshop**  
**25<sup>th</sup> January 2013**



▲ 參與學生在攤位前留影

本會獲香港專業教育學院（觀塘）邀請，義務為該校公關及媒體事業系學生舉辦情緒健康工作坊，向學生講解情緒的類別、如何檢視情緒、情緒病的成因及病徵；另外亦介紹一些促進兒童情緒知覺的教育活動和工具，以助學生於地區作教育推廣。

At the invitation of IVE (Kwun Tong), the Foundation volunteered in organizing an emotional health workshop for students of the Department of Public Relations and Media Business. The Foundation explained to the students the categories of emotions; methods of viewing emotions; and causes and symptoms of mood disorders. In addition, the Foundation also introduced some teaching activities and tools in promoting children's emotional perception, which students can use in educational promotion of the subject.

**情緒健康 - 認知及推廣教育工作坊**  
**2013年2月5日及19日**

**Emotional Health: Workshop for arousing awareness, promotion and education**  
**5<sup>th</sup> and 19<sup>th</sup> February 2013**

本會為19位香港專業教育學院（葵涌）學生舉辦了兩場工作坊，講解情緒健康知識以及情緒病的成因、病徵，並從實際籌辦教育推廣項目例子中，令他們學懂策劃活動的技巧。

The Foundation held two workshops for 19 students of IVE (Kwai Chung) and explained knowledge of emotional health as well as the causes and symptoms of mood disorders. The Foundation also used educational and promotional projects as examples in the workshops to help students understand techniques used in activity planning.

## ♥ 「港人開心指數」問卷調查發佈會 2012 Press Conference for Questionnaire "Hong Kong Happiness Index" 2012

2012 年 11 月 19 日  
19<sup>th</sup> Nov 2012

本會獲藍灣廣場邀請，參與是次問卷調查，調查由藍灣廣場委託調查公司進行，訪問了 810 位市民，了解他們的開心指數，並邀請了本會顧問，精神科專科張力智醫生為問卷調查作專業分析和建議，最後透過發佈會匯報調查結果。

At the invitation of Island Resort Mall, the Foundation participated in the survey. It was conducted by a research firm commissioned by Island Resort Mall, interviewing 810 citizens to measure their happiness index. They later invited consultant of the Foundation, psychiatric specialist Dr. Chang Lik Chee, to conduct a professional analysis of the survey results and make suggestions; and announced the investigation results at the press conference.



▲ 張力智醫生 (左) 在台上講解問卷調查結果

## ♥ 心晴課程 Joyful Courses

本會定期在心晴行動會址舉辦各類課程，例如情緒管理、心理學及興趣班等，讓各位參加者可以透過參加課程去放鬆心情，令身心有所得益。

The Foundation held a variety of courses at its offices, including courses in emotional management and psychology and interest classes. Such courses allow participants to relax themselves and benefit both physically and mentally.

### 花與晴 · 花藝工作坊 2012 年 7 月 Flower and Joyfulness: Floral Workshop July 2012

透過認識及製作不同花藝作品，讓參加者在日常生活中得以舒緩生活及工作的煩惱。

Through knowing and producing different floral works, this activity allowed participants to relieve their worries of work and daily life.



▲ 道後老師 (站立者) 教導學生插花技巧

### 習武在心晴「詠春拳學」 2012 年 8 月 Joyful Martial Arts "Wing Chun" August 2012

透過「詠春」令學員強身健體之餘，也能淨化心靈和達致身心和諧。

Through the practice of "Wing Chun", participants not only become fit and healthy, but also purify their soul and reach physical and mental harmony.

## 服務 Services

本會致力推行全面性針對情緒健康的服務，主要包括情緒資訊熱線、專業面談輔導服務。本年度熱線共接聽約 2000 個來電及提供近 1600 次輔導服務（詳細數字可參閱統計數字 p.51）。本會亦邀請到專業人士如精神科專科醫生、臨床心理學家、專業輔導員及社工等，參與本會之「專家、病患者及家屬分享會」及「朋輩支援聚會」，與患者互相扶持。此外，本會亦積極與不同團體合作，推動義工服務，為受情緒困擾人士獻出關懷。

The Foundation is dedicated to the introduction of comprehensive services for emotional health, primarily emotional information hotlines and professional face-to-face counseling. This year our hotlines received over 2000 calls and conducted more than 1600 counseling services sessions in total (for detailed numbers, please refer to the statistics on page 51).

The Foundation also invited experts such as psychiatric specialists, clinical psychologists, professional counselors and social workers to participate in "Professionals, Patients and Families Sharing Groups" and "Peer Support Groups" so as to give support to patients.

Besides these activities, the Foundation also works actively with various groups and organizations to promote volunteer services and to give care to people affected by emotional distress.

### 專業面談輔導服務 Professional Face-to-Face Counseling

為受情緒困擾的人士提供專業協助，並建議尋求解決情緒問題的方法，詳細數字可參閱統計數字 p.51。

Providing professional help to people affected by emotional distress and solutions to emotional problems. For detailed numbers, please refer to the statistics on page 51.



▲ 輔導室

### 熱線服務 Hotline

提供有關情緒病的資訊、求助途徑及相關服務，讓有需要人士及早找到所需協助。

**熱線電話：2301 2303**

Providing related information on mood disorders, methods for seeking help and related services, allowing people in need to find needed help in time.

**Hotline No.: 2301 2303**





▲ 學員與精神科專科張力智醫生 (左五) 合照

**熱線服務交流 –  
到訪撒瑪利亞防止自殺會  
2012 年 12 月 5 日  
Hotline Service Communication:  
Visit to the Samaritan  
Befrienders Hong Kong  
5<sup>th</sup> December 2012**

本會探訪香港撒瑪利亞防止自殺會旗下的熱線中心，得到中心主任講解及參觀其日常運作，同時中心的義工亦和本會熱線義工作出交流，分享熱線服務中的過程及經驗，例如如何處理高危來電者及對談時間過長等問題。

The Foundation visited the hotline centre operated by the Samaritan Befrienders Hong Kong, listened to a presentation from the centre director, and saw their daily operations. The volunteers of the centre also communicated with the hotline volunteers of the Foundation, sharing procedures of hotline service and their experiences, such as how to deal with high-risk and long-time calls.



▲ 本會熱線義工與機構熱線中心主管黃小齊 (第二排左三) 合照

**熱線義工基礎訓練課程  
2012 年 5 月至 6 月 及 2013 年 1 月至 3 月  
Basic Training course for hotline volunteers  
May-June 2012 and January-March 2013**

本會招募熱線義工及提供訓練，為情緒受困擾者提供支援及轉介。

**是次訓練內容包括 5 部份：**

1. 情緒理論基礎及認識情緒病
2. 基本輔導技巧及危機處理
3. 熱線義工守則
4. 熱線服務流程及須知
5. 模擬練習及考試

是次熱線義工課程，除了由本會服務組職員教授外，我們更得到本會顧問張力智精神科醫生講解情緒病知識，而本會熱線義工亦為學員分享經驗。



▲ 學員在課堂實踐相關技巧

The Foundation recruits hotline volunteers and provides training for them, serving to provide support and referrals to patients with mood disorders.

**The training includes five parts:**

1. Theoretical foundation and knowledge of mood disorders
2. Basic counseling skills and crisis management
3. Code of Hotline Volunteer
4. Procedures of hotline and notification
5. Model practice and examination

The hotline volunteer course was carried out not only by professors and other teachers in the service group, but also invited consultant of the Foundation, psychiatrist Dr. Chang Lik Chee, to provide basic knowledge of mood disorders. The volunteers of the Foundation also shared their experiences with the students.

## 💙 資助項目 Funding Projects

本會資助及聯繫相關服務機構，以增強服務成效，共同推廣情緒健康教育。

We regularly offer financial sponsorship and support to related organisations in order to establish a strong network within the community to further provide quality mental health service.

## 💙 專家、病者及家屬互動分享會 Interactive Sharing Sessions with Experts, Patients and Families

邀請專家擔任聚會的嘉賓，與情緒病患者及其家屬、義工互動交流有關情緒病的治療方法。聚會中，大家暢所欲言，互相分享個人經驗，彼此支持及鼓勵，增加對抗情緒病的信心。

Guest experts are invited to join gatherings to share with patients, families and volunteers ways to treat depression. Personal experiences are shared in a free and supportive setting. Such mutual support and encouragement serves to boost confidence for all in battling mood disorders.

舉行日期 Date of Activities	分享嘉賓 Guests
2012 年 4 月 26 日	精神科專科童粵生醫生 Dr. Jimmy Dong Yuet Sun, Specialist in Psychiatry
2012 年 7 月 25 日	精神科專科李常友醫生 Dr. Derek Li Seung Yau, Specialist in Psychiatry
2012 年 10 月 31 日	精神科專科張力智醫生 Dr. Chang Lik Chee, Specialist in Psychiatry
2013 年 1 月 29 日	精神科專科張建良醫生 Dr. Ben Chang Kin Leung, Specialist in Psychiatry



▲ 精神科專科李常友醫生 (左)



▲ 精神科專科張建良醫生 (右二)



▲ 精神科專科張力智醫生 (右)



## 朋輩支援

### Peer Support

由情緒病康復者、家屬及對情緒病有認識的人士組成朋輩支援小組，透過分享個人的抗病經驗，為正受情緒困擾的人士給予鼓勵及支持，令他們更有信心對抗情緒病。

Rehabilitated patients of mood disorders, their families and knowledgeable individuals form peer support groups to share their personal experiences with those suffering from similar problems. They also lend support and encouragement to those battling mood disorders.



▲ 朋輩支援聚會

舉行日期 Date of Activity	內容擇要 Brief Contents
2012年5月31日	朋輩支援 Peer support session
2012年8月28日	朋輩支援 Peer support session
2012年10月20日	遠足活動(大潭水塘) Excursion (Tai Tam Reservoir)
2012年11月27日	朋輩支援 Peer support session
2013年2月26日	朋輩支援 Peer support session
2013年3月15日	參觀花卉展 Visit to Flower Show



▲ 大潭水塘遠足活動



▲ 市民欣賞橫頭磡分區聯合教育日之表演

## 心心 家家友凝家社融和計劃

### 全年活動

## Home and Community Harmony Programme Year-round Activities

本會與黃大仙區不同團體合作，參與家家友凝家社融和計劃活動，回應區內關於情緒健康的需要，同時亦和其他團體互相認識，尋求日後其他合作的機會。於2012年6月30日，本會派出義工參與橫頭磡分區聯合培訓日，協助活動之運作，製作掛繩禮物作上門探訪之用，而義工更從培訓中學習到一些探訪技巧。

2012年7月15日，本會派出義工協助啟動禮暨聯合探訪日的運作，同年11月18日，亦和其他團體合作舉辦橫頭磡分區聯合教育日，於橫頭磡邨4號廣場擺設攤位，提供不同類型的表演項目，讓當區居民渡過愉快一天之餘，同時宣揚情緒健康及家社融和的訊息。

The Foundation works with different groups in Wong Tai Sin district and participates in the Home and Community Harmony Programme to meet the needs of emotional health in the district and get acquainted with other groups for cooperation in the future. On 30th June 2012, the Foundation sent volunteers to participate in a Joint Training Day in Wong Tau Hom, to assist in the operation of activities and to produce lanyard gifts for home visits. Volunteers also learned home visit skills in the training.

On 15th July 2012, the Foundation sent volunteers to assist in conducting the launch ceremony and joint visit day. On 18th November of the same year, the Foundation also held Wong Tau Hom Joint Education Day with other groups, setting up booths in No. 4 Plaza of Wong Tau Hom Estate and providing various shows. The activity not only provided a happy day to the residents of the area, but also provided information on emotional health and home and community harmony.

## 心心 家連家第二十三屆 精神健康大使畢業典禮 The 23rd Familylink Mental Health Ambassador Graduation Ceremony

2012年4月21日

21<sup>st</sup> April 2012

香港家連家精神健康倡導協會邀請本會執行委員會委員柳發文先生代表心晴行動，出席第二十三屆精神健康大使畢業典禮，柳先生對畢業學員作出鼓勵的同時，亦讓大眾進一步認識精神健康教育的重要性。

Hong Kong Familylink Mental Health Advocacy Association invited executive committee of the Foundation member Mr. Peter Lau to attend the 23rd Mental Health Ambassador Graduation Ceremony on behalf of Joyful (Mental Health) Foundation. Besides providing encouragement to the graduates, Mr. Lau helped the general public further understand the importance of emotional health education.



▲ 嘉賓及畢業學員大合照



▲ 新加坡國立大學趙雨龍博士（右）頒發感謝狀予本會執委柳發文

## ♥ 「愛德循環運動」義工分享日暨嘉許禮

### "Chain of Charity Movement"

### Volunteer Sharing Day cum Award Presentation Ceremony

2012年5月27日

27<sup>th</sup> May 2012

本會主席林建明獲專責提供義工服務的「愛德循環運動」邀請，出任「義工分享日暨嘉許禮」的頒獎嘉賓，為獲得金獎及榮譽大獎殊榮的義工頒發紀念獎座及致詞，以示鼓勵。

At the invitation of "Chain of Charity Movement", an association specializing in providing volunteering services; the chairperson of the Foundation, Ms. Victoria Lam, attended their "Volunteer Sharing Day cum Award Presentation Ceremony" as a presenter. She presented trophies to gold-medal-winning and honorary-award-winning volunteers and made a speech to show encouragement to them.



▲ 本會主席林建明（前排右四）獲邀出任「義工分享日暨嘉許禮」的頒獎嘉賓



▲ 再思社區健康組織代表到本會接受月餅捐贈

## ♥ 月餅轉贈計劃

### Mooncake Donation Program

2012年9月24日

24<sup>th</sup> September 2012

本會收到由時富投資集團有限公司捐贈的美心月餅，並將所得的月餅全數轉贈「再思社區健康組織」，令一班弱勢社群於佳節前得到應節食品，歡度佳節。

With the generous offering of Maxim's mooncakes by Celestial Asia Securities Holdings Limited, the Foundation donated it to the Community Health Organization for Intervention, Care and Empowerment Limited (C.H.O.I.C.E) for disadvantaged groups to celebrate the festival.

## 推廣 Promotion

本會透過舉辦不同形式的宣傳及推廣活動，向大眾推廣本會的服務及灌輸健康情緒的訊息，推動社會關注情緒病患者，期望減少大眾對情緒病的誤解及歧視。本年度協助舉辦了3場地區嘉年華會，與該區團體建立網絡，共同向社區群體推廣情緒健康訊息；參與商界展關懷伙伴聯繫日，與各工商業機構商討協作計劃，向社會大眾灌輸健康情緒知識；以及舉辦不同類型的宣傳及推廣活動，並透過各大眾傳播媒體將情緒健康推廣予大眾認知。

Through the holding of promotional activities of various forms, the Foundation publicizes its services and information related to emotional health and promotes social attention for patients of mood disorders, hoping to reduce the misunderstanding and discrimination towards mood disorders from the public.

This year the Foundation assisted in holding three community carnivals, establishing networks with local groups and promoting information on emotional health to local community groups with them. The Foundation also participated in Caring Company NGO Partnership Day this year, discussed cooperative plans with various industrial and commercial organizations, and conveyed knowledge of emotional health to the public. The Foundation also held promotional activities of various forms and promoted emotional health to the public through the mass media this year.

♥ 心晴行動 x Mikiki 心花綻放  
迎復活 春日櫻園 活動

Joyful (Mental Health)  
Foundation x Mikiki Blossom for  
Reborn Spring Cherry Blossom  
Appreciation

2012年4月1-10日  
1<sup>st</sup> to 10<sup>th</sup> April 2012

由心晴行動慈善基金主辦，新鴻基 Mikiki Mall 合辦的《心晴行動 x Mikiki 心花綻放迎復活 春日櫻園》活動，於新蒲崗 Mikiki Mall 舉行。

是次活動邀請到日本國家花藝裝飾一級技能士 Rose 道後老師，以其超過十年的花藝經驗，為心晴行動及 Mikiki Mall 設計於日本非常珍貴及罕有的大型枝垂櫻擺設。同場還展出名為「春·夏·秋·冬」及「喜·怒·哀·樂」的八件花藝作品，目的是利用作品傳遞情緒健康的訊息。

在4月1日啟動禮活動當中，心晴行動邀請到精神科專科醫生張力智醫生、名人曾華倩及洪朝豐出席及參與「名人花·語·晴分享會」，為活動增添不少色彩。此外，場內進行情緒測試站，以輕鬆及簡單形式為市民大眾即場測試情緒健康指數，市民大眾更可即場捐贈善款，參與「好心晴花藝工作坊」，為推廣情緒健康籌募經費之餘，更可以鮮花點綴健康情緒。由張國榮歌迷組成的「榮之聯盟」義工隊更在道後老師的指導下，於啟動禮呈獻名為「永遠記得」的花藝作品，藉此悼念哥哥之餘，更希望喚起大眾對情緒病的關注。

4月8日下午本會舉辦一節「好心晴花藝工作坊」，由 Rose 道後老師向參加者親自教授製作花藝作品，籍花藝製作教導公眾如何放鬆心情和舒緩壓力。



張國榮義工隊「榮之聯盟」製作的花藝作品名為「永遠記得」

Organized by Joyful (Mental Health) Foundation and jointly organized by Sun Hung Kai Mikiki Mall, "Joyful (Mental Health) Foundation x Mikiki Blossom for Reborn Spring Cherry Blossom Appreciation" was held in San Po Kong Mikiki Mall.

The activity invited Japan's First Level Skill Flower Arranger, Ms. Rose Dougo, to design weeping cherry furnishings, which are precious and rare in Japan, with her floral experience of more than ten years. Eight floral works, "Spring, Summer, Autumn, Winter" and "Happiness, Anger, Sorrow, Delight" were also shown at the exhibition, in order to spread the message of emotional health.

At the launch ceremony on April 1st, Joyful (Mental Health) Foundation invited psychiatric specialist Dr. Chang Lik Chee, and celebrities Margie Tseng and Hung Chiu Fung, to attend and participate in "Celebrity, Flower, Words and Joy Sharing", adding a lot of colour to the activities. Related to this, mental health assessment booths were setup in the venue, which used simple and easy methods to test the emotional health indexes of members of the public. Visitors could also donate money on the spot and participate in "Joyful Floral Workshop". Overall, the event not only raised funds for promoting emotional health, but also helped attendees stay in a healthy mood through the decoration of flowers. "United Leslie", a volunteer team formed by a group of Leslie Cheung's fans, presented a floral work titled "Always Remember" under the instruction of Ms. Dougo, mourning for Leslie as well as arousing the attention of the public towards mood disorders.

On the afternoon of April 8th, the Foundation organized "Joyful Floral Workshop". In the workshop, Ms. Rose Dougo was personally involved in the teaching of making floral works, teaching the public how to relax and relieve stress through floral making.



▲ 曾華倩 (中) 及洪朝豐 (右) 出席活動啟動禮



▲ 洪朝豐參與「名人花·語·晴分享會」



▲ 曾華倩接受精神科專科張力智醫生作情緒測試



▲ Rose 道後老師向參加者親自教授製作花藝作品

## ♥ 社區推廣 Community Promotion

**珀麗灣社會日 2012**  
**2012年5月6日**  
**Park Island Society Day 2012**  
**6<sup>th</sup> May 2012**

本會參與珀麗灣社會日，為近 200 名珀麗灣的居民及遊客進行情緒測試，推廣情緒健康；同時亦安排表演扭氣球，送贈予在場人士，為活動帶出歡樂氣氛。

The Foundation took part in Park Island Society Day, carrying out mental health assessment for about 200 Park Island residents and tourists and promoting emotional health. In addition, the Foundation arranged performers to perform balloon twisting for the audience, creating a happy atmosphere.



▲ 心連心義工團義工與本會職員合照



▲ 心晴行動 - 情緒測試攤位

**香港撒瑪利亞防止自殺會**  
**「世界防止自殺日」嘉年華**  
**2012年9月16日**

**The Samaritan Befrienders Hong Kong**  
**"World Suicide Prevention Day" Carnival**  
**16<sup>th</sup> September 2012**

本會獲香港撒瑪利亞防止自殺會的邀請，以協辦形式參與「世界防止自殺日」嘉年華。當日設置了攤位遊戲，及派發單張，教育市民認識健康情緒，成功吸引約 300 名市民到場參與，場面熱鬧。

At the invitation of the Samaritan Befrienders Hong Kong, the Foundation assisted in organizing the "World Suicide Prevention Day" Carnival. The Foundation set up a games booth and handed out leaflets which provided citizens with knowledge to help them better understand emotional health. The event successfully attracted about 300 citizens with a lively atmosphere.

**樂貫心靈身心健康社區日**  
**2013年1月20日**  
**Happiness to Physical and Mental Health Community Day**  
**20<sup>th</sup> January 2013**

本會獲邀參與由明愛香港仔社區中心及南區健康安全協會主辦的樂貫心靈身心健康社區日，主題為傳達正向思維訊息，讓社區人士認識身心健康的方法。

本會大使鍾慧冰更在活動中擔任嘉賓講者，和在場人士分享克服情緒病的經驗，為社區關注情緒病及倡導正能量而努力。

In response to invitations, the Foundation participated in Happiness to Physical and Mental Health Community Day, organized by Caritas Community Centre – Aberdeen. The theme of the activity was to promote positive thinking and to allow citizens of the district to learn ways to maintain their physical and mental health.

An Ambassador of the Foundation served as a guest speaker at the activity, sharing experiences in overcoming mood disorders with the audience and striving to arouse attention from the public and promote positive thinking.



▲ 鍾慧冰（右）向大眾分享面對情緒病的經歷



▲ 本會設置攤位遊戲，教育市民認識健康情緒

**「向日葵種子」關注兒童及青少年  
精神健康社區推廣日  
2013年3月3日  
"Sunflower Seeds" Community  
Promotion Day Concerning  
Children's and Adolescents'  
Emotional Health  
3<sup>rd</sup> March 2013**

本會獲小童群益會的邀請，以協辦形式參與「向日葵種子」關注兒童及青少年精神健康社區推廣日。

當日本會於馬鞍山公園內設置了攤位遊戲，除讓參與人士特別是兒童從遊戲中了解情緒方面的知識外，同時亦設立情緒測試站，讓約300名市民認識健康情緒，提升公眾對情緒的關注。

Under the invitation of the Boys'and Girls'Club Association of Hong Kong, the Foundation assisted in organizing "Sunflower Seeds" Children's and Adolescents' Emotional Health Community Promotion Day.

The Foundation set up games booths in Ma On Shan Park, which allowed participants, especially children, to gain knowledge about their emotions through activities; and also operated mental health assessment booth, which helped about 300 citizens to learn about emotional health and aroused attention from the public.



▲ 本會感謝熱心義工的幫忙

**節目訪問**

**Interviews on programmes**

**香港新力量節目 - 「義」國度專訪**

**2012年6月30日**

**Interview with Hong Kong New Power  
30<sup>th</sup> June 2012**

網上媒體「香港新力量」邀請本會主席林建明，接受節目「義」國度節目主持人黃萬成訪問。在節目中，林建明暢談自己治療情緒病的經歷，以及講述本會成立的目的和理念，並順道推廣本會的心晴市集、賣旗活動及慈善跑等項目。

Online media "Hong Kong New Power" invited the chairperson, Ms. Victoria Lam, to be interviewed by the host, Wong Man Shing. On the programme, Ms. Lam shared her experience of fighting mood disorder and explained the objectives and beliefs of the Foundation. She also promoted the activities of the Foundation including Joyful Market, Flag Selling and the Charity Run.

**香港電台節目 - 香江暖流訪問**

**2012年8月1日**

**Interview with Radio Television Hong Kong:  
Interview on RTHK Radio 5  
1<sup>st</sup> August 2012**

本會主席林建明聯同總幹事林仲岷，接受香港電台節目「香江暖流」訪問，在該節目「星星會客室」環節主持人盧世昌及袁翠霞傾談近況，同時藉此介紹本會服務及推廣該年度的賣旗籌款活動。

The chairperson, Ms. Victoria Lam, along with Chief Executive Mr. Nathaniel Lam, were interviewed by RTHK Radio 5. They talked about the recent development of the Foundation with hosts Michael Lo Sai Cheong and Yuen Chui Ha, and promoted the services of the Foundation and flag selling of the year.



▲ (圖右至左) 節目主持袁翠霞、主席林建明、總幹事林仲岷及主持盧世昌

## 「商界展關懷」 "Caring Companies"

「商界展關懷」伙伴聯繫日 2011-12  
2012年5月3日  
"Caring Companies" NGO  
Partnership Day 2011-2012  
3<sup>rd</sup> May 2012



▲ 心晴行動提名的獲獎機構朗豪坊及鷹君物業管理公司，在本會攤位前合照紀念

於「商界展關懷」伙伴聯繫日 2011-12 當天擺設攤位展覽，成功吸引商業機構查詢有關心晴行動的資料、所舉辦的活動詳情及有關舉辦情緒講座的可行性。

The Foundation set up booths on "Caring Companies" NGO Partnership Day 2011-2012 and successfully attracted attention from commercial organizations to the information of Joyful (Mental Health) Foundation, organized activities and delivered lectures on emotions.



▲ 本會職員與提名獲獎機構 - 國際文具代表合照



▲ 支持本會多年的鷹君物業管理有限公司董事及總經理梁達楷 (左二)、董事及助理總經理馮國雄 (左一) 和朗豪坊助理總經理趙志堅 (右一) 與本會職員合照

「商界展關懷」社區伙伴合作展 2013  
2013年1月21日  
"Caring Companies" NGO Partnership Day 2013  
21<sup>st</sup> January 2013

本會參與「商界展關懷」社區伙伴合作展 2013 的展覽，於展覽日擺設攤位，在展板上利用鮮豔奪目顏色的文字和圖片，簡介本會宗旨、活動範疇和服務資訊等。並向入場人士派發心晴行動小冊子和介紹本會背景，成功吸引各商業機構查詢本會的服務性質、即將舉行的活動及舉辦情緒講座的可行性。

The Foundation set up booths on "Caring Companies" NGO Partnership Day 2013 and gave a brief introduction of the Foundation's objectives, scope of activities and service information through words and pictures on colourful panels. The Foundation also distributed booklets and introduced its background to the audience, successfully attracting attention from commercial organizations to the information of the Foundation, coming activities and possible lectures on emotions.

名銜的機構 Caring Companies and Organizations	獲提名年份 Year of Nomination
耀才證券(香港)有限公司 Bright Smart Securities International (H.K.) Limited	2011-2013
新世界第一巴士 New World First Bus	2011-2013
鷹君物業管理有限公司 - 朗豪坊 Great Eagle Properties Management Co., Ltd. - Langham Place	2011-2013
九龍灣國際展貿中心 Kowloonbay International Trade & Exhibition Centre (KITEC)	2011-2013
米蘭站(控股)有限公司 Milan Station (Holdings) Limited	2011-2013
龐蓓有限公司 POMPEI Co., Ltd	2011-2013
御景國際控股有限公司 (EIKOWADA) Royal King International Holdings Limited (EIKOWADA)	2011-2013
國際文具集團有限公司 World Wide Stationery Holdings Co. Ltd.	2011-2013
愛國文化保育協會有限公司 Association of Chinese Cultural Preservation Limited	2012-2013
香港珠寶製造業廠商會 HKJMA	2012-2013



## ♥ 與友好團體交流

### Communication with Friendship Groups



▲ 本會主席林建明(中)及職員與董氏基金會成員合照

#### 財團法人董氏基金會 - 心理衛生組探訪心晴行動

2012年4月19日

#### John Tung Foundation visited Joyful (Mental Health) Foundation

19<sup>th</sup> April 2012

財團法人董氏基金會是台灣一個非牟利的民間機構，因該會籌備成立一個新網站「華文心理健康網」，而網站主要介紹世界各地推動華人心理健康的團體，因此特意來港探訪香港一些關於精神健康的社會服務組織，希望能互相交流及促進未來的合作。

John Tung Foundation (JTF) is a non-profit private organization of Taiwan. JTF was preparing to set up a new website, "Chinese Mental Health Network", which mainly introduces groups that promote the mental health of Chinese around the world. Therefore, JTF made a special visit to Hong Kong in search of social service organizations related to mental health, hoping to promote communication with each other and future cooperation.

#### 2013年團年聚會

2013年2月5日

#### 2013 Lunar New Year Party

5<sup>th</sup> February 2013

為迎接蛇年來臨，本會舉辦團年聚會，藉此加強本會與地區團體的溝通及合作，當日共有13間黃大仙地區團體共22名代表出席。透過簡介本會的服務、各部門的工作及來年活動，讓眾嘉賓了解日後可合作的機會，並互相分享服務心得。

To greet the Year of the Snake, the Foundation organized a Lunar New Year Party to reinforce communication and cooperation between the Foundation and non-profit making and charity organizations in the vicinity. Totally, there were 22 representatives from 13 groups in Wong Tai Sin District attended the party. The Foundation briefly introduced its services, and outlined the work of various departments and activities in the coming year, allowing guests to learn of possible cooperative opportunities in the future and share their experiences of service.



▲ 黃大仙地區團體的代表出席2013年蛇年團年聚餐合照

## 籌款 Fundraising

本會每年都舉辦籌款活動，以支持本會各項教育、服務及推廣的工作。本年度舉辦了2次的大型籌款活動，包括賣旗籌款及慈善跑步比賽。而恆常性的籌款項目亦包括在各大機構的慈善活動及出版書籍上擔任受惠機構、義賣演唱會門及於各大機構及商店擺放捐款箱等。

The Foundation organizes fundraising activities every year to support various work in education, services and promotion. This year, two major fundraising projects were held, including flag selling and a charity run. Daily fundraising activities also include serving as a beneficiary in charity activities of various institutions and appearing in publications, selling charity concert tickets and placing donation boxes in major institutions and stores.

### 心晴行動飛躍海洋公園 慈善跑 (第二屆)

#### "Joyful Charity Run in Ocean Park II"

為了吸引大眾參與慈善跑，本會進行一系列的宣傳及推廣活動活動，詳情如下：

To encourage the public take part in the charity run, a series of promotional activities were conducted. For more details, please refer to the following chart:



▲ 本會主席林建明(右二)及海洋公園市務總監李玲鳳(左一)頒發委任狀予慈善跑愛心大使吳綺莉(中)及陳志雲(右一)

## 宣傳活動 Promotional Activities

日期 Date	報導媒體 / 活動 Reporting media / activities
2012年8月25日	Sportsoho(全版彩色廣告) Sportsoho(full page color ad)
2012年8月29日	遵理書院 Beacon College
2012年8月30日	Action Waterfall
2012年8月31日	海港城(播放宣傳短片) Harbour City (promotional video showing)
2012年9月	健康衛視(播放宣傳短片) Health TV (promotional video showing)
2012年9月	Xlife
2012年9月4日	記者招待會 Press Conference
2012年9月4日	日本城(播放宣傳短片) Japan Home (promotional video showing)
2012年9月5日	蘋果日報 Apple Daily
2012年9月6日	頭條日報 Headline Daily
2012年9月6日	生命力健康平台 Vitality
2012年9月10-16日	商台「一圈圈」節目訪問 Interview with Commercial Radio Hong Kong (CRHK)
2012年9月14日	公益電視台 CSRTV
2012年9月28日	巴士燈箱廣告 Advertisement on Bus Lightbox
2012年9月至10月	有線電視廣告 Advertisement on Cable TV
2012年10月12日	東方日報 Oriental Daily

## 發佈會

2012年9月4日  
Press Conference  
4<sup>th</sup> September 2012

「心晴行動飛躍海洋公園慈善跑(第二屆)」之發佈會已於9月4日(星期二),於合辦機構海洋公園順利舉行。是次活動「愛心大使」吳綺莉小姐、陳志雲先生、香港海洋公園市務總監李玲鳳女士及本會主席林建明女士等人於發佈會中亮相,共同為活動造勢。今屆慈善跑設有7個組別,其中之2公里親子組,更可讓孩子與家人共同參與活動,培養孩子運動的興趣時,亦可建立美好的親子關係。

The press conference for the "Joyful Charity Run in Ocean Park II" was held on September 4th at co-organizer Ocean Park. Joyful Ambassadors of the activity, Ms. Elaine Ng and Mr. Stephen Chan, marketing director, Ms. Vivian Lee, and chairperson of the Foundation, Ms. Victoria Lam, were present at the press conference to promote the activity. The charity run was divided into seven different groups, among which the two-kilometre family group allowed children and their families to join the activity together, building children's interest in sports as well as beautiful parent-child relationship.



▲ 心晴行動主席林建明女士於發佈會內接受無線電視娛樂新聞台訪問



▲ 參賽健兒準備起跑

## 心晴行動飛躍海洋公園慈善跑 (第二屆)

2012年12月2日

"Joyful Charity Run in Ocean Park II"

2<sup>nd</sup> December 2012

「心晴行動飛躍海洋公園慈善跑(第二屆)」經已順利舉行,當日超過一千健兒於早上7時齊集於海洋公園支持心晴行動,陣容鼎盛。縱然間中下著濛濛細雨,都沒有因而影響參加者的比賽意欲和積極心情,人人都抱著「為慈善、為心晴」的態度,令人鼓舞。當中10公里的參賽跑手更以極佳時間衝線,而年初曾勇奪渣打馬拉松10公里的冠軍男子組選手陳嘉豪、女子組選手李雪蓮以及許錦汶亦有份參賽,並分別勇奪男子青年組、女子先進組及女子青年組冠軍。

另外,2公里親子組亦令一家大小享受到比賽樂趣及欣賞到沿途景色。每當有跑手衝線時,都引起全場的掌聲及歡呼聲。心晴行動再次感謝各方友好的參與,希望來年可以繼續支持,推廣情緒健康!

"Joyful Charity Run in Ocean Park II" was successfully concluded. More than 1,000 runners appeared at Ocean Park at 7 in the morning to support Joyful (Mental Health) Foundation that day. Even the damp weather did not affect the runner's desire to compete and their positive mood. Everyone in the activity had the attitude of "For charity, for Joyful Foundation", which was very encouraging. Runners in the ten-kilometre race performed well. Chan Ka Hou, winner of the men's ten-kilometre race in the Standard Chartered Marathon, women's professional runners Shirley Lee Suet Lin and Mary Hui Kam Man all joined the run, winning first place in the Men's Junior, Women's Master and Women's Junior events respectively.

Besides these, the two-kilometre family run allowed the whole family to enjoy the fun of the race and scenery along the way. Every time a runner crossed the finish line, applause and cheers could be heard from all in the audience. Joyful (Mental Health) Foundation wants to thank its friends from different places for their participation and hopes these institutions can keep supporting us and promoting emotional health in the coming years.

### 賽後花絮



## 開幕禮



▲ (左起)新世界發展有限公司財務及會計部高級經理任遠東、耀才證券執行董事兼市務總監郭思治、慈善跑愛心大使吳綺莉、海洋公園行政總裁苗樂文、心晴行動主席林建明、慈善跑愛心大使王喜、萬綺雯、國際文具集團有限公司執行總裁余慕文、創動力媒體創辦人歐陽劍偉以及松峰慈善基金梁沛錦博士一起進行慈善跑啟動禮

## 起步禮



▲ 參賽健兒準備起跑

▲ 比賽開始一刻

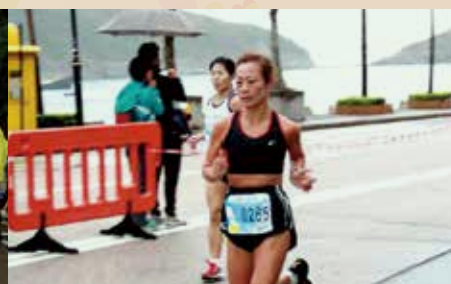


▲ 健兒們抱著「為慈善-為心晴」的態度，各盡其力，完成賽事

▲ 參賽跑手途經海洋公園遊樂設施，相當有新鮮感

▲ 跑手全力向前衝

## 衝線一刻





▲ 一眾參與的演藝人大合照

## ♥ 心晴行動抗抑鬱賣旗日 Joyful Anti-depression Flag Selling Day

2012年8月8日  
8<sup>th</sup> August 2012

本會於香港區舉行「心晴行動抗抑鬱」賣旗日，為本會之輔導服務及推廣健康情緒的工作籌募經費。今次賣旗日得到社會各界人士支持及參與，義工報名人數近 600 人。當天陽光普照，各義工也香汗淋漓於街上籌款，他們的熱情溶化了港島區上的市民，大家也樂意捐款買旗。

是次賣旗日更是本會首次使用八達通賣旗，市民對此也感到好奇，有些小朋友更特意使用他們自己的八達通嘗試買旗做善事。而本會主席林建明亦親自由中環走到銅鑼灣，沿途呼籲市民做善事，及為義工們打氣。此外，藝人如余慕蓮、寶珮如、有線電視史澤雅、可兒、Now 觀星台主播羅沛淇及一眾「感動香港亞視藝人義工隊」成員等，亦響應心晴行動的呼籲，為善最樂，親身參加是次賣旗日，令當天賣旗的氣氛十分熾熱。

而賣旗日更訓練了十二位 VTC 學生擔任旗站站長，令他們於服務社會之時，亦學懂賣旗日的整個流程及背後意義，十二位旗站站長於整個活動中協助統籌了親子工作坊及當天的流程，令整個活動順利完成。



▲ 義工們不辭勞苦落力籌款

The Foundation organized "Joyful Anti-depression" Flag Selling Day, raising funds for counseling services of the Foundation and emotional health promotion. The flag selling day received much support and participation from all sectors of society, with about 600 volunteers signing up. It was a sunny day that day, while the volunteers raised funds on the street. With their passion, citizens across Hong Kong Island were moved and willing to donate money.

The day made use of Octopus as the payment instrument for the first time, attracting curious attention from citizens. Some were curious about Octopus and some children tried using their Octopus to buy flags. Chairperson of the Foundation, Ms. Victoria Lam, walked from Central to Causeway Bay, calling citizens to do good and encouraging volunteers. In addition, actors and actresses including Mo Lin Yu, Baby Po, Sonia Sze from Cable Television, Ho Yee, host of Now TV, Law Pui Ki and members of "Moving Hong Kong artist volunteers" responded to calls by Joyful (Mental Health) Foundation, felt happy to do good, and were personally involved in the Flag Selling Day, creating a lively atmosphere for the day.

On Flag Selling Day, twelve VTC students were trained to be chiefs of flag stations, allowing them to understand the whole process of Flag Selling Day and its meaning. These twelve chiefs assisted in the organization of family workshops and the flow of the day, contributing to the successful conclusion of the event.

## ♥ Labour of Love 晴。情畫展

### Labour of Love Sunny: Joyful Emotion Art Exhibition

2012年6月9日  
9<sup>th</sup> June 2012

本會顧問劉月明舉辦畫廊開幕暨畫展活動，劉顧問慷慨捐出畫作拍賣籌款，所得金額全數捐給本會。此外場內亦有以劉顧問其中之數幅畫作印刷成的文件夾作義賣籌款，全數收入扣除成本後，亦捐給本會。

Consultant Ms. Lau Yuet Ming of the Foundation organized a Gallery Opening Ceremony cum Art Exhibition. Ms. Lau generously donated her paintings for auction; all of the proceeds from the auction were donated to the Foundation. In addition, folders printed with some of Ms. Lau's paintings in the venue were sold for fundraising, the proceeds donated to the Foundation after deducting costs.



▲ (左起)總幹事林仲岷、主席林建明、顧問劉月明、顧問劉月明女兒Jade及鍾慧冰

## ♥ 香港珠寶製造業廠商會慈善步行日

### HKJMA Charity Walk Day

2012年10月14日  
14<sup>th</sup> October 2012

香港珠寶製造業廠商會為鼓勵業內人士關注身心健康，又希望造福社會，故舉辦慈善步行日，把籌得善款捐贈本會。是次活動於大埔滘松仔園舉行，共有 60 人參與。本會主席林建明、大使鍾慧冰與主辦單位主席林志強及等主持起步禮，出席者都興致勃勃地完成 2 小時的行程。為加深參加者對本會的了解，本會更推廣近期活動，並呼籲在場人士參與和支持。



▲ 本會主席林建明接過(中)健行之友主席莫炫標的支票善款



▲ 本會主席林建明接過香港珠寶製造業廠商會主席林志強(右)的支票善款

To encourage business insiders to pay more attention to physical and mental health, and to hope to be beneficial to society, the Hong Kong Jewelry Manufacturers' Association organized a charity walk and donated all the proceeds to the Foundation. The activity was held in Tsung Tsai Yuen, Tai Po Kau and 60 persons participated in the walk. Chairperson Ms. Victoria Lam and Ambassador Maria Chung of the Foundation hosted the launch ceremony with chairman of the organizer, Mr. Lam Chi Keung. All participants finished the two-hour trip excitedly. To deepen the understanding of participants of the Foundation, the Foundation promoted recent events to them and called for participation and support from the audience.



▲ 副秘書長李國芬與其他出席嘉賓合照

## 公益電視台慈善日

### CSRTV Charity Day

2012 年 11 月 24 日

24<sup>th</sup> November 2012

本會一直為情緒健康提供支援和輔導服務，今年得到公益電視台表揚，獲頒授公善慈善獎和捐款，以示對本會的支持。頒獎典禮假香港理工大學蔣震劇院舉行，大會於同日進行國際美洲大學畢業典禮，並頒發多個卓越企業及企業家獎項，約 150 人出席典禮，場面熱鬧。副秘書長李國芬代表本會上台接受獎狀，並感謝公益電視台的嘉許。

The Foundation has always provided support and counseling services for emotional health. This year, CSRTV praised the Foundation, awarding it a Public Charity Award and provided a donation to show their support to the Foundation. The Award Ceremony was held in Chiang Chen Studio Theatre of the Polytechnic University of Hong Kong. The ceremony was held the same day as the commencement ceremony of the International American University (IAU) and awarded various awards to excellent enterprises and entrepreneurs. About 150 people attended the ceremony. On behalf of the Foundation, Deputy Secretary Ms. Bennett Li received the award on stage, and thanked CSRTV for its encouragement.

## Nu Life Super Star Night

2012 年 12 月 11 日

11<sup>th</sup> December 2012

心晴行動慈善基金的宗旨獲得網絡營銷公司 Nu Life International 的認同，該公司並將過去一年於公司內籌得的善款，全數捐贈本會，以示支持。本會則由主席林建明代表出席其周年會員晚會，接受捐款支票和向 Nu Life 致送感謝狀，以答謝該公司的支持。

The objectives of Joyful (Mental Health) Foundation were recognized by online marketing company Nu Life International. The company donated all the money it raised over the past year to the Foundation to show its support. Chairperson Ms. Victoria Lam was present at the anniversary member party on behalf the Foundation. She received the donation cheque, presented a certificate of appreciation to Nu Life and gave thanks for the support from the company.



▲ 主席林建明 (右) 出席 Nu Life Super Star Night，與 Nu Life 創辦人之一簡立信 (左) 和 品牌總監簡張玉霞 (中) 合照



## ♥ ICAP 慈善日 ICAP Charity Day

2012 年 12 月 5 日  
5<sup>th</sup> December 2012

本會獲得 ICAP 支持，有幸成為第二十屆 ICAP 慈善日的受惠機構之一。該公司把當日的全日收入及佣金，全數撥捐特定的慈善機構，努力推動慈善活動。慈善日當天，主席林建明和前港姐朱潔儀都到場支持，又一嚐金融經紀工作，並成功撮合買賣雙方完成交易，與該公司全體員工共同籌款，為慈善出力。

Supported by ICAP, the Foundation is fortunate to have been one of the benefiting organizations of the 20th ICAP Charity Day. The company donated all income and commissions of the day to specific charity institutions to promote charitable activities. On the Charity Day, Foundation chairperson Ms. Victoria Lam and former Miss Hong Kong Donna Chu were present to show their support, and tried their hands at financial brokerage. In the end, they successfully completed transactions with buyers and sellers, and raised money with all the staff from the company in support of charity.



▲ 主席林建明（後排左三）與朱潔儀（後排右二）與扮鬼扮馬的員工合照



▲ 朱潔儀（左三）及本會主席林建明（右四）與 ICAP 代表合照



▲ 本會副主席李偉成(中)頒獎予勝出者

## ♥ 港島童軍毅行 2013 Island Scout Trail Walk 2013

2013 年 3 月 24 日  
24<sup>th</sup> March 2013

本會再度成為是次活動的受惠機構。當日 6 公里的起步禮得到 2012 年度香港小姐冠軍張名雅及亞軍黃心穎到場支持，而頒獎禮更得到消防署長陳楚鑫及著名藝人蘇志威主禮，為毅行活動增添不少色彩。當日活動超過 2000 人參與，當中路線包括 3.5 公里、6 公里、25 公里及 50 公里，本會在此感謝各位善長人翁的支持。

The Foundation became a beneficiary of this event again. The greeting party of the six-kilometre walk was supported by winner of Miss Hong Kong 2012, Ms. Carat Cheung, and runner-up Jacqueline Wong. The award ceremony was hosted by Fire Commissioner Mr. Chan Chor Kam and famous artist Edmond So, adding a lot of colour to the event. Over 2000 people participated in the walk, including walks of 3.5 kilometers, 6 kilometers, 25 kilometers and 50 kilometers. The Foundation would like to thank all the kind-hearted persons here for your support.

# 心晴賽馬會飛越校園計劃

## Joyful Jockey Club Mental Health School Project



▲ 情緒健康校園講座

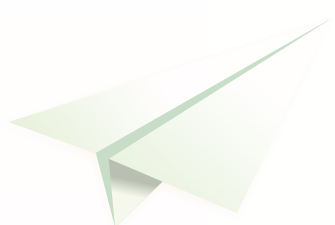
心晴行動獲得香港賽馬會慈善信託基金捐助，自 2012 年 12 月起開展為期三年的「心晴賽馬會飛越校園計劃」，對象主要包括中小學生、家長及老師。此計劃是心晴行動 2008 年起所展開校園計劃的延伸，更是首間慈善機構將「破除對情緒病患者的標籤效應」帶入學校，期望透過朋輩、家庭及學校等不同層面，建立有效的情緒支援網絡，化標籤為關懷；化歧視為接納，與學生、家長及老師一同面對學生成長路上遇到的困境及所引起的情緒困擾。心晴行動期望透過此計劃所舉辦的 200 多場講座及工作坊，令超過 12 萬人直接受惠，進而令全港市民接收到有關訊息。計劃的各項活動，包括到校舉辦校園講座、老師及家長工作坊；心晴學生大使培訓、大使工作坊、戲劇培訓及匯演、探訪服務；全港校際海報設計比賽、主題網站用等等。

計劃中的「心晴學生大使培訓」透過「學生大使戲劇匯演」，以嶄新的角度和手法，將情緒健康及「破除標籤效應」的信息由校園內推廣至社區，促使各階層的社會人士瞭解

「破除標籤效應」的重要，攜手消除歧視，讓情緒病患者在復康路上得到大家的同行及支持，更容易重新投入生活。

「心晴賽馬會飛越校園計劃」項目督導委員資深臨床心理學家沈啟明博士指出以學生為目標對象是重要的：「根據醫管局的資料顯示，兒童及青少年的精神科求診個案持續上升。若學生從小在校園就開始認識健康情緒，對日後處理逆境情況有正面的幫助。學生看事物因而會較正面，對於別人遇到的處境，較易用同理心去理解，提升對他人異常狀況的接納程度，從而解除對病人的歧視及標籤」。

本計劃網站：<http://jcschool.jmhf.org>



Commencing December 2012, Joyful (Mental Health) Foundation was sponsored by the Hong Kong Jockey Club Charities Trust (HKJCCT) to engage in a three-year mental health education service in schools, namely the Joyful Jockey Club Mental Health School Project (JJCMH School Project), which is an extension of a school project launched in 2008. This is the first time a social welfare organisation launches a major scale and continuous territory wide programme in secondary and primary schools. The Project focuses on discrimination of mood disorder, stressing the significance of de-stigmatisation to achieve zero discrimination and labelling, according it will organize more than 200 seminars and workshops, benefit more than 120,000 people and spreading over the message to everyone in Hong Kong.

Experienced clinical psychologist Dr. Edward Shen, member of the Steering Committees of the JJCMH School Project speaks of the programme in targeting students, "According to The Hospital Authority, the number of child and adolescent cases with mental disorder is increasing continuously. Learning about mental health ever since school days is a positive help for students to face adversity in future. They will be more positive in life and show empathy upon the happenings of others. This enables them to accept the differences and avoid discrimination and labelling of mental disorder victims."



▲ 家長工作坊



▲ 老師工作坊

# 心晴行動社會企業 心晴市集

## Joyful (Mental Health) Foundation Social Enterprise: Joyful Market

心晴行動獲得民政事務總署「伙伴倡自強」社區協作計劃資助，成立社會企業－「心晴市集」。

市集本著循環再用的環保理念，同時亦藉著愉快購物，支持情緒健康教育。並以出位優惠價錢，義賣名人明星二手衫及飾物為主。

Joyful (Mental Health) Foundation received funding support from community cooperation project "Enhancing Self-Reliance" scheme of the Home Affairs Department, and established a social enterprise, Joyful Market.

Joyful Market upholds environmentally-friendly ideas and supports emotional health education through happy shopping. The market also sells second-hand clothing and accessories of celebrities with special prices for charity.

### 心晴市集開業禮

#### Opening Ceremony of Joyful Market

2012年6月23日

23<sup>rd</sup> June 2012

當日有不少嘉賓及心晴友好蒞臨支持，恭賀心晴市集開幕及祝願市集營運成功。本會主席林建明連同一眾執委，以及心晴市集負責人鄭秉權，親自為蒞臨嘉賓介紹心晴市集的運作之餘，亦為嘉賓推介琳瑯滿目的衣飾貨品，令大家以出位優惠價錢購買心儀貨色。

Many guests and friendship groups attended the ceremony, congregating at the opening of the market and wished the market success. Chairperson Ms. Victoria Lam and Executive Committee members, as well as the person in charge of Joyful Market introduced the operation of the market to the guests in person, and promoted clothes and other products to the guests, allowing everyone to acquire desired goods at special prices.



▲ 主席林建明於市集內向來客推介衣飾貨品

### 參與工展會及年宵活動

### Participation in Hong Kong Brands and Products Expo (HKBPE) and Lunar New Year Fair

2012 年 12 月及 2013 年 2 月

December 2012 and February 2013

心晴市集早前參與兩個大型展銷活動，包括 2012 年 12 月的工展會，及 2013 年 2 月的年宵。

通過這兩次的外出展銷，讓心晴市集員工累積銷售及成本控制經驗，同時成功宣傳本會服務，可謂一舉兩得。

Joyful Market participated in two major fairs, HKBPE in December 2012 and Lunar New Year Fair in February 2013.

Through these two fairs, Joyful Market staff accumulated experience in sales and cost control, and successfully promoted the services of the Foundation.



▲ 開業當日場面非常熱鬧，顧客大解慳囊



▲ 新春年宵

## 活動列表 *List of Activity*

舉行日期	活動名稱	Name of the Activity
全年	心晴熱線	Hotline
全年	「知心導航」情緒輔導計劃	Professional Counselling
全年	校園計劃 - 情緒睇真 D	Joyful School Project - "Know Your Mood"
全年	家家友凝家社融和計劃	Home and Community Harmony Programme
2012 年 4 月	快樂心晴式 - 與城大學生合作計劃	The Happiness Formula: Cooperative Project with Students of City University of Hong Kong
2012 年 4 月 1-10 日	心晴行動 x Mikiki 心花綻放迎復活春日櫻園 活動	Joyful (Mental Health) Foundation x Mikiki Blossom for Reborn Spring Cherry Blossom Appreciation
2012 年 4 月 19 日	財團法人董氏基金會 - 心理衛生組探訪心晴行動	John Tung Foundation visited Joyful (Mental Health) Foundation
2012 年 4 月 21 日	家連家第二十三屆精神健康大使畢業典禮	The 23rd Familylink Mental Health Ambassador Graduation Ceremony
2012 年 4 月 26 日	專家、病者及家屬互動分享會 (1)	Interactive Sharing Sessions with Experts, Patients and Families(1)
2012 年 5 月 3 日	「商界展關懷」伙伴聯繫日 2011-12	"Caring Companies" NGO Partnership Day 2011-2012
2012 年 5 月 6 日	珀麗灣社會日 2012	Park Island Society Day 2012
2012 年 5 月 27 日	義工分享日暨嘉許禮	"Chain of Charity Movement" Volunteer Sharing Day cum Award Presentation Ceremony
2012 年 5 月 31 日	朋輩支援 (1)	Peer Support(1)
2012 年 6 月 9 日	Labour of Love 晴。情畫展	Labour of Love Sunny: Joyful Emotion Art Exhibition
2012 年 6 月 30 日	香港新力量節目 - 「義」國度專訪	Interview with Hong Kong New Power
2012 年 7 月	花藝工作坊	Flower and Joyfulness: Floral Workshop

舉行日期	活動名稱	Name of the Activity
2012年7月25日	專家、病者及家屬互動分享會 (2)	Interactive Sharing Sessions with Experts, Patients and Families(2)
2012年8月	習武在心晴「詠春拳學」	Joyful Martial Arts "Wing Chun"
2012年8月1日	香港電台節見 - 香江暖流訪問	Interview with Radio Television Hong Kong: Interview on RTHK Radio 5
2012年8月8日	心晴行動抗抑鬱賣旗日	Joyful Anti-depression Flag Selling Day
2012年8月16日及23日	免費情緒健康公開講座	Free Lecture on Emotional Health
2012年8月18日	活得豐盛 - 壓力與情緒管理工作坊	Live Rich: Stress and Emotional Management Workshop
2012年8月28日	朋輩支援 (2)	Peer Support(2)
2012年9月4日	「心晴行動飛躍海洋公園慈善跑 (第二屆)」記者招待會	Press Conference of "Joyful Charity Run In Ocean Park II"
2012年9月16日	香港撒瑪利亞防止自殺會「世界防止自殺日」嘉年華	The Samaritan Befrienders Hong Kong "World Suicide Prevention Day" Carnival
2012年9月24日	月餅轉贈計劃	Mooncake Donation Program
2012年10月14日	HKJMA 慈善步行日	HKJMA Charity Walk Day
2012年10月20日	朋輩支援 (3)	Peer Support(3)
2012年10月31日	專家、病者及家屬互動分享會 (3)	Interactive Sharing Sessions with Experts, Patients and Families(3)
2012年11月17日	感受仁愛由關愛自己開始 - 情緒健康講座	Feel the love from loving yourself
2012年11月19日	「港人開心指數」問卷調查發佈會 2012	Press Conference for Questionnaire "Hong Kong Happiness Index" 2012
2012年11月23日	「心晴·富足」講座	"Joyful, Rich" Lecture
2012年11月24日	公益電視台慈善日	CSRTV Charity Day
2012年11月27日	朋輩支援 (4)	Peer Support(4)

舉行日期	活動名稱	Name of the Activity
2012年12月	心晴市集 - 工展會展銷活動	Participation in HKBPE
2012年12月2日	心晴行動飛躍海洋公園慈善跑(第二屆)	"Joyful Charity Run in Ocean Park II"
2012年12月5日	熱線服務探訪	Hotline Service Communication: Visit to the Samaritan Befrienders Hong Kong
2012年12月5日	ICAP 慈善日	ICAP Charity Day
2012年12月11日	Nu Life Super Star Night	Nu Life Super Star Night
2013年1月至3月	熱線義工基礎訓練課程	Basic Training course for hotline volunteers
2013年01月20日	樂貫心靈身心健康社區日	Happiness to Physical and Mental Health Community Day
2013年01月21日	「商界展關懷」社區伙伴合作展 2013	"Caring Companies" NGO Partnership Day 2013
2013年01月25日	「畫出開心」情緒健康工作坊	"Draw Happiness" Emotional Health Workshop
2013年01月25日	香港專業教育學院(柴灣)情緒健康講座	Lecture on Emotional Health at IVE (Chai Wan)
2013年01月29日	專家、病者及家屬互動分享會(4)	Interactive Sharing Sessions with Experts, Patients and Families(4)
2013年2月	心晴市集 - 年宵展銷活動	Participation in Lunar New Year Events
2013年02月5日	2013年團年聚會	2013 Lunar New Year Party
2013年02月5日及19日	情緒健康 - 認知及推廣教育工作坊	Emotional Health: Workshop for arousing awareness, promotion and education
2013年02月26日	朋輩支援(5)	Peer Support(5)
2013年3月3日	「向日葵種子」關注兒童及青少年精神健康社區推廣日	"Sunflower Seeds" Community Promotion Day Concerning Children's and Adolescents' Emotional Health
2013年03月15日	朋輩支援(6)	Peer Support(6)
2013年03月24日	港島童軍毅行 2013	Island Scout Trail Walk 2013



# 校園計劃活動列表

## List of Joyful School Project Activity

### 校園計劃 - 情緒健康講座

活動日期	學校	Schools' Name
2012年09月07日	伯裘書院	Pak Kau College
2012年09月14日	天主教崇德英文書院	Shung Tak Catholic English College
2012年09月18日	元朗商會中學	Yuen Long Merchants Association Secondary School
2012年09月25日	胡漢輝中學	TIACC Woo Hon Fai Secondary School
2012年10月12日	天水圍循道衛理中學	Tin Shui Wai Methodist College
2012年10月22日	香港中國婦女會中學	Hong Kong Chinese Women's Club College
2012年11月06日	聖公會白約翰會督中學	SKH Bishop Baker Secondary School
2012年11月15日	五育中學	Ng Yuk Secondary School
2012年11月29日	中華傳道會李賢堯紀念中學	CNEC Lee I Yao Memorial Secondary School
2012年11月30日	德蘭中學	St. Teresa Secondary School
2012年12月10日	聖保羅男女中學	St Paul's Co-educational College
2013年01月03日	陳南昌紀念中學	HKSYC&IA Chan Nam Chong Memorial College
2013年01月30日	仁濟醫院第二中學	Yan Chai Hospital No.2 Secondary School

## 校園計劃 - 情緒健康講座

活動日期	學校	Schools' Name
2013年02月01日	香港真光書院	Hong Kong True Light College
2013年02月05日	聖母無玷聖心書院	Immaculate Heart of Mary College
2013年03月06日	聖公會鄧肇堅中學	Sheng Kung Hui Tang Shiu Kin Secondary School
2013年03月06日	伊利沙伯中學舊生會中學	Queen Elizabeth School Old Students' Association Secondary School
2013年03月12日	華英中學	Wa Ying College
2013年04月10日	聖士提反女子中學	St. Stephen's Girls College
2013年04月15日	仁愛堂田家炳中學	Yan Oi Tong Tin Ka Ping Secondary School
2013年05月07日	粉嶺救恩書院	Fanling Kau Yan College
2013年05月15日	鳳溪廖萬石堂中學	Fung Kai Liu Man Shek Tong Secondary School
2013年05月24日	華英中學	Wa Ying College
2013年06月04日	聖文德書院	St. Bonaventure College and High School

## 校園計劃 - 家長工作坊

活動日期	學校	Schools' Name
2012年11月3日	香港中國婦女會中學	Hong Kong Chinese Women's Club College

## 校園計劃 - 校園心晴大使

活動日期	學校	Schools' Name
2012年4月23日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年4月30日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年5月14日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年5月21日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年11月1日	香港專業教育學院(柴灣)	IVE (Chai Wan)
2012年11月8日	香港專業教育學院(柴灣)	IVE (Chai Wan)
2012年11月19日	黃棣珊紀念中學	Wong Tai Shan Memorial College
2012年11月26日	黃棣珊紀念中學	Wong Tai Shan Memorial College
2013年1月19日	粉嶺救恩書院	Fanling Kau Yan College
2013年1月26日	粉嶺救恩書院	Fanling Kau Yan College

## 校園計劃 - 老師加油站

活動日期	學校	Schools' Name
2012年4月3日	東華三院盧幹庭紀念中學	T.W.G.Hs Lo Kon Ting Memorial College
2012年4月21日	釋慧文中學	Shi Hui Wen Secondary School

# 統計數據 Statistics

	項目統計		
	項目	舉辦次數	參與 / 接觸人次
教育講座	仁愛之家情緒健康講座講座	10 個	1,240
	與丹麥靈北大藥廠合辦情緒健康講座 (2 場)		
	香港專業教育學院 (柴灣) 情緒健康講座 (4 場)		
	香港專業教育學院 (葵涌) 心晴 - 富足教育講座		
	樂貫心靈身心健康社區日情緒健康講座		
校園計劃	校園講座 - 24 場 9728 人	42 場	10,267
校園計劃延伸項目	- 校園心晴大使—10 場 155 人		
	- 家長工作坊—1 場 100 人		
	- 教師加油站—2 場 84 人		
心晴賽馬會飛越校園計劃	- 教師工作坊—2 場 80 人		
	- 家長工作坊—3 場 120 人		
培訓 / 工作坊 心晴課程	花藝工作坊 (5/2013) —14 (人)	9 個	103
	九型人格—7 (人)		
	花藝工作坊 (7/2013)—7 (人)		
	詠春拳學 — 15 (人)		
	生死之道— 8(人)		
	你的「第二個身體」情緒管理工作坊— 9(人)		
	活得豐盛 - 婦女壓力及情緒管理工作坊 - 19(人)		
	熱線義工基礎訓練課程 - 2 個		
專家、病患者及家屬分享會	4 個	40	
朋輩支援聚會	6 個	40	
籌款活動	17 個	10,323	
社區 / 媒體推廣活動	14 個	39,334,704	
總數	97 個	39,356,517	

熱線服務統計													
月/年 服務對象	4/12	5/12	6/12	7/12	8/12	9/12	10/12	11/12	12/12	1/13	2/13	3/13	全年數字
病患者本人	25	48	32	36	39	35	30	12	10	33	22	27	349
病患者家人	6	17	15	22	24	16	14	7	8	21	8	14	172
病患者朋友	0	7	1	2	4	2	6	1	2	2	1	8	36
受困擾人士	54	21	21	31	27	27	23	21	0	0	0	0	225
其他機構	0	0	0	0	0	0	0	2	0	0	0	0	2
其他	93	94	107	96	135	118	104	128	91	116	105	129	1316
總數	178	187	176	184	224	196	176	167	111	172	134	166	2098

電郵查詢													
月/年	4/12	5/12	6/12	7/12	8/12	9/12	10/12	11/12	12/12	1/13	2/13	3/13	全年數字
電郵查詢個案	7	2	2	10	7	3	6	5	0	3	3	4	52

輔導個案													
月/年	4/12	5/12	6/12	7/12	8/12	9/12	10/12	11/12	12/12	1/13	2/13	3/13	全年數字
個案	15	20	27	23	14	16	15	16	5	12	8	22	193
約見人次	110	175	140	160	169	161	152	138	102	113	97	111	1633

# 鳴謝名單 Acknowledgements

## 特別鳴謝



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張力智醫生  
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關菊英

## 鳴謝名單 (機構)

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Action Waterfall  
AIA  
American Women's Association of Hong Kong  
Bonaqua  
Boxing Promotions Limited  
Bremer International Limited  
Brown International Limited  
Charma International  
DOS International Limited  
Hong Kong Marketing Limited  
I dance  
ICAP (Hong Kong) LIMITED  
Information Technology Resource Centre Limited  
M&M Production Company Limited  
Mothercare Hong Kong  
NOW TV  
Nu Life International (Asia) Limited  
The Hong Kong Girl Guides Association  
X-Life

一家人  
中國商業經理協會  
中國銀行 (香港)  
丹麥靈北大藥廠  
互勉會  
互勵會曹舒菊英老人中心  
仁愛之家  
公益電視台  
水動樂  
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石籬天主教中學  
西區警民關係科  
李均頤灣仔區議員辦事處  
亞洲電視  
岡本  
拍板餐廳酒廊  
明愛香港仔社區中心  
東九龍居民委員會  
東涌天主教學校  
社會福利署  
金門建築有限公司  
長鴻旅遊有限公司  
阿一鮑魚  
南區健康安全協會

城巴有限公司  
珀麗灣服務處  
珀麗灣業主委員會  
珀麗灣義工團  
珀麗灣綠色會所  
香港社會服務聯會  
香港海港扶輪社  
香港珠寶製造業廠商會  
香港真光女書院  
香港航空  
香港商報  
香港專業教育學院  
香港童軍總會 (港島地域)  
香港新力量  
香港聖約翰救傷隊少青團  
時富投資集團有限公司  
朗豪坊  
泰昇地基  
海通國際證券集團有限公司  
財團法人董氏基金會  
高華集團國際有限公司  
健行之友  
健康衛視  
唯一電子

國際美洲大學  
彩虹邨天主教聖家堂  
創動力媒體  
博愛醫院 德家庭多元智能中心  
棟篤食  
童心工作室  
詠春拳學會  
黃大仙區家長教師聯會  
匯豐銀行  
新世界發展有限公司  
新蒲崗長者鄰舍中心  
聖公會主恩小學  
聖公會奉基小學  
嘉妍教室  
精工錶  
撒隆巴斯  
撒瑪利亞防止自殺會  
學前弱能兒童家長會  
遵理學校  
禮賢會彩雲綜合青少年服務中心  
鷹君物業管理有限公司

## 鳴謝名單 (個人)

Chan Ambrose  
Chan Bik Yee Daisy  
Chan Lorette  
Chan Maria  
Chan Thersa  
Chiu Maria  
Chiu Mou Sing  
Chung Cherrrie  
Dr. Alexander C.K. Lam  
Dr. Yu Yuk Ling Clinic  
Fan Ming  
Ho Lai Ching Sarina  
Ku Cecilia  
Lai Yung Kwoon  
Lau Jenny  
Lee Gloria  
Lee Katherine  
Leung Alissa  
Leung Lai Sheung  
Ng Winnie  
Rose 道後  
Tai Owie  
Wong Peter  
Yuen Jennifer  
Yuen So Lan  
尹俊健  
方友榮  
王小芳  
王家敏

王喜  
王煒東  
王藹慈 博士  
丘芷蓉  
丘祉洛  
古卓文  
史澤雅  
布海童  
石禮謙  
任延彪  
任遠東  
朱潔儀  
江為民  
何澤勝  
余慕文  
余慕蓮  
吳俊昭  
吳家麗  
吳庭輝  
吳榮卓  
吳綺莉  
李志豪  
李常友 醫生  
李啟源  
李傑媽  
李傑之  
李瑞琴  
李嘉麗  
周玲玲

林志超  
林思言  
林紫君  
林詠渝  
林嘉妍  
林睿  
林鳳蓮  
林慧瑾  
林靜  
林鑫賦  
邵瀚樺  
邱璧榆  
施綺琳  
柯錫璋  
柳清清  
洪魁駿  
苗樂文  
袁翠霞  
張名雅  
張建良 醫生  
張悅琛  
張啟樂  
張智新  
梁沛錦 博士  
梁詠彤  
梁曉倫  
陳如楓  
陳佳  
陳卓琳

陳俞希  
陳家儀  
陳彩怡  
陳聖婷  
陳嘉詠  
陳肇禧  
陳燕湘  
麥漢基  
傅炫斌  
彭小梅  
彭適良  
童粵生 醫生  
馮月茵  
馮啟恩  
馮雪冰  
黃心穎  
黃奕朗  
黃祉喬  
黃美芬  
黃萬成  
黃熙彤  
黃穎君  
楊心沂  
楊明琇  
萬綺雯  
廖欣臨  
甄敏婷  
劉冠彤  
劉頤琦

歐陽劍偉  
蔡國威  
蔡鑽琳  
鄭志強  
鄧世文  
鄧兆華 教授  
黎靖宜  
盧世昌  
賴文俊  
錢佩佩  
霍寶椿  
龍嘉紹  
謝穎蓮  
鍾健威  
顏子菲  
魏雪宜  
鄺偉傑  
羅沛琪  
譚潤華  
關伊彤  
關家力 醫生  
關祺  
嚴詩淇  
蘇志威  
蘇梓傑

## 義工 (個人)

Au Simon	Lee Sau Yan	王逸朗	李嘉恒	徐晞彤	梁鈺玲	彭冠權	劉韻琦
Billy Chung	Leung Ming Wai	王瑞英	李慧嫻	徐詠詩	梁嘉麗	彭張王	潘信廷
Chan Adeline	Leung Wai Ling	王嘉豪	李穎詩	徐嘉琪	梁潔姿	彭焯偉	潘綺雯
Chan Anson	Li Lok Man	王遠強	李穎翹	徐穎彤	梁曉煒	曾苑	蔡沈寶翠
Chan Chi Sing	Lin Hei Ting Shermaine	王藹慈	李駿稀	翁健瑜	梁燕卿	曾稀嵐	蔡家鍵
Chan Ching Hoi	Ling Wai Chung	司徒蓮英	李懿殷	翁僑偉	梁穎雅	曾詩慧	蔡浩恩
Chan Fanny	Lo Janis	布碧儀	杜文漢	袁啟銘	梁寶康	曾福儀	蔡業瑛
Chan Fred	Lui Choi Yu Joyce	白美寶	杜峻麒	袁惠芳	梅詠詩	曾顯智	蔡慧茹
Chan Ki Fung	Ma Ho Yeung	任延彪	杜港	馬志豪	莫一新	馮海晴	鄭洛
Chan Mike	Ma Jenny	任淑儀	杜潤芝	馬欣瑜	莫昕霖	馮淑妹	鄭洛敏
Chan Rex Joshua	Ma Alice	朱立莉	沈芷萱	馬瑞賢	莫細妹	馮愛玉	鄭娜
Chan Sai Mui	Michael B. Rivera	朱政藝	沈苑詩	馬嘉澤	莫禮駿	黃玉英	鄭殷慈
Chan Teddy	Mok Ho Tung	朱惠娟	沈紹港	馬興和	莊小香	黃安琪	鄭晴
Chan Wai Yan	Mok Wai Ling Amy	朱善彤	阮卓俐	區家瀛	莊淑欣	黃明昌	鄭環禧
Che Hung Wa	Ng Bessie	朱曉華	余展屏	區婉敏	莊晴芝	黃奕龍	鄭駿耀
Cheng Tsui Ping	Ng Ching Chee	何匡汶	周柏亨	區景茵	許文傑	黃洛騫	鄧迎
Cheung Gloria	Ng Mei Fung	何思穎	周柏希	區騰芳	許安琪	黃美芬	黎錫林
Cheung Yik Him	Ng Monica	何若瑟	周君	張小峰	許富	黃悅彤	黎鵬
Chik Winnie	Ng Sau Hing Bessie	何家華	周淑兒	張玉亭	郭子傑	黃婉筠	盧小英
Chiu Yat Hui	So Christy	何家鳳	周瑞琪	張君培	郭巧琳	黃淑儀	盧舒欣
Choi Kanus	Sum Mei Ling	何翊勤	周諾然	張秀蓮	郭俊明	黃晴	盧蘇女
Choi Kiny	Sun Kwai Mui	何瑞珍	林小燕	張貝芝	郭曉晴	黃皓敏	蕭佩卿
Choi Ying Ying	Thong Janice	何嘉俊	林文豐	張明瀚	陳子軒	黃詠彤	蕭燕玲
Chong Timothy	Tong Alice	何嘉瑩	林玉英	張東博	陳玉珍	黃禮儀	霍炳釗
Chow Chi Kin	Tsang Tak Wah	余子龍	林用愛	張思穎	陳玉珠	黃麗敏	霍瑞芬
Chow Daniel	Tsui Ho Suet	余卓恩	林立業	張政恒	陳妙霞	黃寶兒	薛嘉欣
Chow Ling Ling	Tsui Ka Tsun	余保如	林肖松	張津熙	陳良坤	楊民高	謝安娜
Chow Stephanie	Tsun Roson	余美芝	林宛蕙	張美詩	陳佩琳	楊玉珍	謝成灝
Chung Jessie	Tung Pik Wai	余頌謙	林珪希	張家華	陳佩熹	楊玉蓮	謝嘉雯
Daphne Wong	Wat Gordon	余維俊	林珪鑫	張悅琛	陳怡津	楊明詩	鍾卓然
Fu Chung Wa	Wong Janet	吳佩珊	林曼琪	張曼華	陳明皓	楊晨	鍾卓然
Fu Pui Yi	Wong Kei Fung	吳芷恩	林舒琳	張敏珊	陳柏華	楊梓謙	鍾和美
Fung Sovi	Wong Pak Chin	吳美嫻	林楊賢	張華仔	陳軍龍	楊逸濠	鍾惠利
Helen So	Woo Hoi Lam	吳倬君	林靖熹	張詠詩	陳家咏	楊楚君	鍾嘉穎
Hui Queen	Yeung Kin Li Kelly	吳婉儀	林頌眉	張雅綸	陳敏明	溫子柔	鍾曉漩
Ip Mandy	Yeung Wing Yi	吳敏瑤	林頌華	張瑞琦	陳淑貞	葉子悠	鍾韻盈
Kam Ho Yan	Yip Ching Nam	吳瑞茵	林靜莉	張嘉欣	陳凱祺	葉生	簡華興
Kao Yin Fan	Yip Mei Chum	吳瑞茵	祁穎柔	張緯恩	陳惠玲	葉秀芳	簡嘉琪
Karen Suen	Yip Sui Lin	吳碧華	邵梓琪	張駿熹	陳斯俊	葉芷琪	魏力
Kwan C.H Issac	Yip Tsz Ho	吳劍輝	邱君琳	張雙燕	陳智彥	葉健聰	魏嘉寶
Kwok Ka Yee	Yiu Ka Wai, Fanny	吳龍生	邱麗貞	戚治江	陳智彥	詹曉暉	鄭梓軒
Lai Ho Ting	Yu Wai Man Amy	呂少雲	冼星宇	戚曉茵	陳詠茹	詹雙兒	鄭嘉穎
Lai Po Ling	尹有嫦	呂詠新	冼鳳仙	戚曉茵	陳瑋楠	鄧永忠	龐志榮
Lai Siu Tai	尹鳳霞	呂麗盈	姚俊延	梁子荔	陳嘉嘉	廖志賢	羅小姐
Lai Yuen Ling	尹曉敏	呂琮笑	姚思韻	梁佩賢	陳榮俊	廖智銘	羅美輪
Lam Fauna	孔小姐	李永順	姚家蕙	梁卓霖	陳肇禧	廖頌欣	羅綺霞
Lam Hiu Yin	孔美芝	李昕	柯雋健	梁春梅	陳鳳娟	甄敏婷	譚兆傑
Lam Hui Shan	文詩雅	李俊文	洪倩婷	梁美容	陳慧茵	蒙小姐	譚凱琪
Lam Pik Wan	文鳳英	李宣偉	洪靜蘭	梁英泉	陳曉楓	趙宏傑	關詠彤
Lam Tze Pui	文鳳儀	李祉	胡向榮	梁倩茹	陳麗麗	趙耀生	蘇晨豪
Lam Yat Hing	文曉琳	李美儀	胡穎琦	梁家衛	陳耀祖	劉月福	佩君
Lau Anita	文麗冰	李剛	凌宇桂	梁浩泉	陸志鵬	劉宜珍	海琼
Lau Ho Ming	方慧蓉	李珺	夏淑玲	梁偉軒	陸美好	劉偉強	
Law Anson	方潔卿	李國雄	孫舜誼	梁淑芬	麥曉茵	劉逸強	
Law Chritina	方潔卿	李琦琦	孫舜誼	梁淑茗	傅家樂	劉福強	
Lee Ada	王志祥	李煥芝	徐佩玲	梁凱晴	傅啟生	劉德君	
Lee Monica	王永敏	李瑞琴	徐佩雯	梁凱琳	彭少卿	劉蕙心	

## 義工 (機構或團體)

邱子文高中學校

香港家連家精神健康倡導協會

榮之聯盟

心連心義工團

愛德循環運動



# 財務報告 *Financial Statements*

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### REPORT OF THE EXECUTIVE COMMITTEE

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The Executive Committee submits herewith its report together with the audited financial statements of Joyful (Mental Health) Foundation Limited (the "Foundation") for the year ended 31 March 2013.

#### PRINCIPAL ACTIVITIES

The principal activities of the Foundation are the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families. There are no significant changes compared with the activities conducted in previous year.

#### FINANCIAL STATEMENTS

The surplus of the Foundation for the year ended 31 March 2013 and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

#### FUNDS

Details of movements in funds during the year are set out in the statement of changes in equity on page 7.

#### SHARE CAPITAL

The Foundation was incorporated under the Companies Ordinance as a Foundation limited by guarantee.

#### FIXED ASSETS

Details of movements in fixed assets during the year are set out in note 4 to the financial statements.

#### MEMBERS OF THE EXECUTIVE COMMITTEE

The members of the Executive Committee during the financial year were:-

LAM Kin Ming	
WONG Yee Man	
CHIU Mei Zin Cecilia	
FOK Chak Kee	
LI Wai Shing Jackson	
CHENG Sau Ying Irene	
LAI Pang	
LI Kwok Fun	
LAM Chun Wai	(Appointed on 3 March 2013)
LAU Fat Man	
LAU Yim Ling Cecilia	(Resigned on 31 March 2013)
MOK Yuen Shan Joyce	
WONG Pearl	(Resigned on 31 March 2013)
WONG Shuk Man	(Resigned on 31 March 2013)
YU Wai Man	

In accordance with article 34 of the Foundation's Articles of Association, except the Permanent Founding Member, Ms. LAM Kin Ming, all members of the Executive Committee shall retire and, being eligible, offer themselves for re-election.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**  
心晴行動慈善基金有限公司

**REPORT OF THE EXECUTIVE COMMITTEE (Continued)**

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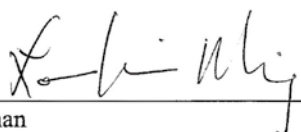
**MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS**

No contract of significance to which the Foundation was a party and in which a member had a material interest subsisted at the end of the year or at any time during the year.

**AUDITOR**

The financial statements for the year were audited by Messrs. Cheng & Cheng Limited who retire and, being eligible, offer themselves for re-appointment.

On behalf of the Executive Committee

  
Chairman

Hong Kong, 3 September 2013



# CHENG & CHENG LIMITED

CERTIFIED PUBLIC ACCOUNTANTS 鄭鄭會計師事務所有限公司

Andrew H. K. Cheng – FCCA, FTIHK, CTA (HK), FCPA (Practising) 鄭康祺 – 香港執業資深會計師 Steven W. S. Li – FCCA, FTIHK, CTA (HK), FCPA (Practising) 李永森 – 香港執業資深會計師  
Francis H. C. Cheng – BBA, FCCA, FTIHK, CTA (HK), CPA (Practising) 鄭康祥 – 香港執業會計師 Ivan K. F. Yu – MBA, SQ (Insolvency), FTIHK, CTA (HK), CPA (Practising) 余廣發 – 香港執業會計師  
Alice Y. Y. Li – B. Bus., ATIHK, CTA (HK), CPA (Aust.), CPA (Practising) 李遠瑜 – 香港執業會計師 Gabriel S. C. Chan – BA, MA, FCCA, ATIHK, CTA (HK), CPA (Practising) 陳碩智 – 香港執業會計師  
Tong Yat Hung – FCCA, CPA (Practising) 湯日烘 – 香港執業會計師 David C. Y. Yeung – BBA, ATIHK, CTA (HK), CPA (Practising) 楊振宇 – 香港執業會計師

## INDEPENDENT AUDITOR'S REPORT

### TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

(Incorporated in Hong Kong with limited by guarantee and not having a share capital)

We have audited the financial statements of Joyful (Mental Health) Foundation Limited (the "Foundation") set out on pages 5 to 21, which comprise the statement of financial position as at 31 March 2013, and the statements of income and expenditure, changes in funds and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

#### Members of the Executive Committee's responsibilities for the financial statements

The Executive Committee of the Foundation is responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance, and for such internal control as the Executive Committee of the Foundation determines necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

#### Auditor's responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Executive Committee, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.



**CHENG & CHENG LIMITED**  
CERTIFIED PUBLIC ACCOUNTANTS 鄭鄭會計師事務所有限公司

**INDEPENDENT AUDITOR'S REPORT (Continued)**

**TO THE MEMBERS OF  
JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

(Incorporated in Hong Kong with limited by guarantee and not having a share capital)

**Opinion**

In our opinion, the financial statements give a true and fair view of the state of the Foundation's affairs as at 31 March 2013 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

Cheng & Cheng Limited  
Certified Public Accountants

Hong Kong, 3 September 2013

Y.Y. Li, Alice  
Practising Certificate number P03373

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

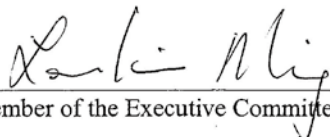
心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

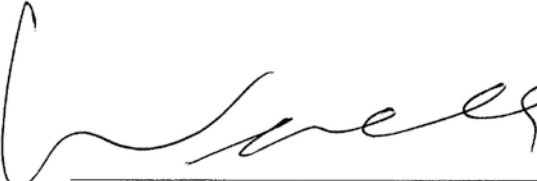
For the year ended 31 March 2013

	Note	2013 HK\$	2012 HK\$
<b>Non-current assets</b>			
Fixed assets			
- Property, plant and equipment	4	7,925,285	8,096,773
Financial assets	5	24,613	24,532
		<u>7,949,898</u>	<u>8,121,305</u>
<b>Current assets</b>			
Sundry debtors and receivables		17,577	25,473
Cash at bank and on hand		8,894,408	7,269,107
		<u>8,911,985</u>	<u>7,294,580</u>
<b>Deduct: Current liabilities</b>			
Sundry creditors and payables		6,371	-
Project fund received in advance		-	80,000
		<u>6,371</u>	<u>80,000</u>
<b>Net current assets</b>		<u>8,905,614</u>	<u>7,214,580</u>
<b>Total assets less current liabilities</b>		<u>16,855,512</u>	<u>15,335,885</u>
<b>Funds</b>			
Education development fund	6	2,600,000	2,600,000
Fundraising and promotion funds	6	2,075,000	2,075,000
Services fund	6	2,638,100	2,638,100
Operation fund	6	9,542,412	8,022,785
		<u>16,855,512</u>	<u>15,335,885</u>

Signed on behalf of the Executive Committee by:-



Member of the Executive Committee



Member of the Executive Committee

The attached notes form an integral part of these financial statements.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

	Note	2013 HK\$	2012 HK\$
<b>Income</b>	7	5,031,787	5,330,134
<b>Project expenses</b>	9	<u>(2,528,987)</u>	<u>(2,202,928)</u>
		2,502,800	3,127,206
Other income	8	238,216	82,526
Administrative expenses		<u>(1,221,389)</u>	<u>(969,354)</u>
<b>Surplus before taxation</b>	10	1,519,627	2,240,378
Income tax	11	<u>-</u>	<u>-</u>
<b>Net surplus for the year</b>		<u><u>1,519,627</u></u>	<u><u>2,240,378</u></u>

The attached notes form an integral part of these financial statements.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

	Education development fund HK\$	Fundraising and promotion funds HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
<b>Balance at 1 April 2011</b>	2,600,000	2,075,000	2,764,100	5,782,407	13,221,507
<b>Changes in funds during the year:</b>					
Total surplus for the year	-	-	-	2,240,378	2,240,378
Expenditure incurred for the year	-	-	(126,000)	-	(126,000)
<b>Balance at 31 March 2012</b>	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,638,100</u>	<u>8,022,785</u>	<u>15,335,885</u>
<b>Balance at 1 April 2012</b>	2,600,000	2,075,000	2,638,100	8,022,785	15,335,885
<b>Changes in funds during the year:</b>					
Total surplus for the year	-	-	-	1,519,627	1,519,627
<b>Balance at 31 March 2013</b>	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,638,100</u>	<u>9,542,412</u>	<u>16,855,512</u>

The attached notes form an integral part of these financial statements.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

	Note	2013 HK\$	2012 HK\$
<b>Operating activities</b>			
Surplus before taxation		1,519,627	2,240,378
Adjustments for:			
Depreciation of owned assets		437,261	360,411
Interest and investment income		(103,044)	(32,632)
Project income transfer from services fund		-	(126,000)
Exchange gains on finance asset		(81)	-
Operating surplus before working capital changes		1,853,763	2,442,157
Decrease in sundry debtors and receivables		7,896	2,197
Increase in sundry creditors and payables		6,371	-
(Decrease)/increase in project fund received in advance		(80,000)	80,000
Cash generated from operations		1,788,030	2,524,354
Interest and investment income		103,044	32,632
<b>Net cash from operating activities</b>		1,891,074	2,556,986
<b>Net cash used in investing activities</b>	12	(265,773)	(54,700)
<b>Net cash from financing activities</b>		-	-
<b>Increase in cash and cash equivalents</b>		1,625,301	2,502,286
<b>Cash and cash equivalents at beginning of the year</b>		7,269,107	4,766,821
<b>Cash and cash equivalents at end of the year</b>	13	8,894,408	7,269,107

The attached notes form an integral part of these financial statements.



## **JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

### **NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

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#### **1. CORPORATE INFORMATION**

Joyful (Mental Health) Foundation Limited is a Foundation limited by guarantee and incorporated and domiciled in Hong Kong. The address of its registered office and principal place of operation is Flat C - D, 9/F., Van Fat Factory Building, 20 - 22A Ng Fong Street, San Po Kong, Kowloon, Hong Kong.

#### **2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES**

The principal accounting policies adopted in the preparation of these financial statements are set out as follows:-

##### **(a) STATEMENT OF COMPLIANCE**

These financial statements have been prepared in accordance with all applicable Hong Kong Financial Reporting Standards ("HKFRSs"), which collective term includes all applicable individual Hong Kong Financial Reporting Standards, Hong Kong Accounting Standards ("HKASs") and Interpretations issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA"), accounting principles generally accepted in Hong Kong and the requirements of the Hong Kong Companies Ordinance. A summary of the significant accounting policies adopted by the Foundation is set out below.

The HKICPA has issued certain new and revised HKFRSs that are first effective or available for early adoption for the current accounting period of the Foundation. Information on adoption of new accounting standards to the extent that they are relevant to the Foundation for the current and prior accounting periods are reflected in note 3.

##### **(b) BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS**

The measurement basis used in the preparation of the financial statements is the historical cost basis. The financial statements are presented in Hong Kong Dollars and all values are rounded to the nearest dollar except when otherwise indicated.

The preparation of financial statements in conformity with HKFRSs requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income and expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgements about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

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#### 2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

##### (c) FINANCIAL INSTRUMENTS

Financial assets and financial liabilities are recognized on the Foundation's statement of financial position when the Foundation becomes a party to the contractual provisions of the instrument.

##### Investments in debt securities

Investments in debt securities are initially stated at fair value, which is their transaction price unless fair value can be more reliably estimated using valuation techniques whose variables include only data from observable markets. Cost includes attributable transaction costs, except where indicated otherwise below. These investments are subsequently accounted for as follows, depending on their classification:-

##### Held-to-maturity securities

Dated debt securities that the Foundation has the positive ability and intention to hold to maturity are classified as held-to-maturity securities. Held-to-maturity securities are stated in the statement of financial position at amortized cost less impairment losses (see note 2(f)).

##### Receivables

Receivables are initially recognized at fair value and thereafter stated at amortized cost using the effective interest rate method, less impairment losses, except where the receivables are interest-free loans made to related parties without any fixed repayment terms or the effect of discounting would be immaterial. In such cases, the receivables are stated at cost less impairment losses.

##### Payables

Payables are initially recognized at fair value. Payables are subsequently stated at amortized cost unless the effect of discounting would be immaterial, in which case they are stated at cost.

##### (d) PROPERTY, PLANT AND EQUIPMENT

Property, plant and equipment are stated in the statement of financial position at cost less accumulated depreciation and impairment losses (see note 2(f)).

Gains or losses arising from the retirement or disposal of an item of property, plant and equipment are determined as the difference between the net disposal proceeds and the carrying amount of the item and are recognized in the statement of income and expenditure on the date of retirement or disposal.

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

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#### 2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

##### (d) PROPERTY, PLANT AND EQUIPMENT (Continued)

Depreciation is calculated to write off the cost or valuation of each item of property, plant and equipment, less its estimated residual value, if any, using the straight line method over its estimated useful life, except when otherwise indicated. The annual rates of depreciation adopted, if any, are as follows:-

- Buildings situated on leasehold land are depreciated over the shorter of the unexpired term of lease and their estimated useful lives	
- Furniture and fixture	20 - 30%
- Equipment	20 - 30%
- Leasehold improvement	20 - 30%

Where parts of an item of property, plant and equipment have different useful lives, the cost or valuation of the item is allocated on a reasonable basis between the parts and each part is depreciated separately. Both the useful life of an asset and its residual value, if any, are reviewed annually.

##### (e) LEASED ASSETS

An arrangement, comprising a transaction or a series of transactions, is or contains a lease if the Foundation determines that the arrangement conveys a right to use a specific asset or assets for an agreed period of time in return for a payment or a series of payments. Such a determination is made based on an evaluation of the substance of the arrangement and is regardless of whether the arrangement takes the legal form of a lease.

##### Classification of assets leased to the Foundation

Assets that are held by the Foundation under leases which transfer to the Foundation substantially all the risks and rewards of ownership are classified as being held under finance leases. Leases which do not transfer substantially all the risks and rewards of ownership to the Foundation are classified as operating leases.

##### Operating lease charges

Where the Foundation has the use of assets held under operating leases, payments made under the leases are charged to the statement of income and expenditure in equal instalments over the accounting periods covered by the lease term, except where an alternative basis is more representative of the pattern of benefits to be derived from the leased asset. Lease incentives received are recognized in the statement of income and expenditure as an integral part of the aggregate net lease payments made. Contingent rentals are charged to the statement of income and expenditure in the accounting period in which they are incurred.

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

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#### 2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

##### (f) IMPAIRMENT OF ASSETS

An assessment is carried out at the end of each reporting period to determine whether there are any internal or external indications that assets are impaired. If any such indications exist, the recoverable amount of the assets, being the greater of its net selling price or value in use, is estimated. The carrying amount of the asset is reduced to its recoverable amount where appropriate. Such impairment loss is recognized in the statement of income and expenditure.

##### (g) CASH AND CASH EQUIVALENTS

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other financial institutions, and short-term, highly liquid investments that are readily convertible into known amounts of cash and which are subject to an insignificant risk of changes in value, having been within three months of maturity at acquisition.

##### (h) EMPLOYEE BENEFITS

###### Short term employee benefits and contributions to defined contribution retirement plans

Salaries, annual bonuses, paid annual leave, contributions to defined contribution retirement plans and the cost of non-monetary benefits are accrued in the year in which the associated services are rendered by employees. Where payment or settlement is deferred and the effect would be material, these amounts are stated at their present values.

##### (i) INCOME TAX

The Foundation is a charitable institution and is exempted from all taxes under Section 88 of the Inland Revenue Ordinance (Cap. 112).

##### (j) INCOME RECOGNITION

Income is measured at the fair value of the consideration received or receivable. Provided it is probable that the economic benefits will flow to the Foundation and the statement of income and expenditure, if applicable, can be measured reliably, income is recognized in the statement of income and expenditure as follows:-

###### (i) Donation received

Donation received is recognised whenever it is received or receivable.

###### (ii) Interest and investment income

Interest and investment income is recognized as it accrues using the effective interest rate method.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

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**2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)**

**(j) INCOME RECOGNITION (Continued)**

**(iii) Project income**

Project income is recognised whenever it is received or receivable.

**(iv) Government grants**

Government grants are recognized in the statement of financial position initially as deferred income when there is reasonable assurance that they will be received and that the related project ("the Project") will comply with the conditions attaching to them. Grants that compensate the Project for expenses incurred are recognized as income in the statement of income and expenditure on a systematic basis in the same period in which the expenses are incurred. Grants that compensate the Project for the cost of an asset are recognized in the statement of income and expenditure as income on a systematic basis over the useful life of the asset.

**(v) Other income**

Exchange gain is recognised on the date of translation for foreign currencies transactions.

Sundry income is recognized whenever it is received or receivable.

**(k) FUNCTIONAL AND PRESENTATION CURRENCY**

Items included in the accounts of the Foundation are measured by using the currency of the primary economic environment in which the Foundation operates (the functional currency). The financial statements are presented in Hong Kong Dollars ("HK\$"), which is the functional and presentation currency.

**(l) TRANSLATION OF FOREIGN CURRENCIES**

Foreign currency transactions during the year are translated at the foreign exchange rates ruling at the transaction dates. Monetary assets and liabilities denominated in foreign currencies are translated at the foreign exchange rates ruling at the end of the reporting period. Exchange gains and losses are recognized in the statement of income and expenditure.

Non-monetary assets and liabilities that are measured in terms of historical cost in a foreign currency are translated using the foreign exchange rates ruling at the transaction dates. Non-monetary assets and liabilities denominated in foreign currencies that are stated at fair value are translated using the foreign exchange rates ruling at the dates the fair value was determined.

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

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#### 2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

##### (m) RELATED PARTIES

A related party is a person or entity that is related to the Foundation in these financial statements, as follows:-

- (a) A person, or a close member of that person's family, is related to the Foundation if that person:
  - (i) has control or joint control over the Foundation;
  - (ii) has significant influence over the Foundation; or
  - (iii) is a member of the key management personnel of the Foundation or the Foundation's parent.
  
- (b) An entity is related to the Foundation if any of the following conditions applies:
  - (i) The entity and the Foundation are members of the same group (which means that each parent, subsidiary and fellow subsidiary is related to the others).
  - (ii) One entity is an associate or joint venture of the other entity (or an associate or joint venture of a member of a group of which the other entity is a member).
  - (iii) Both entities are joint ventures of the same third party.
  - (iv) One entity is a joint venture of a third entity and the other entity is an associate of the third entity.
  - (v) The entity is a post-employment benefit plan for the benefit of employees of either the Foundation or an entity related to the Foundation.
  - (vi) The entity is controlled or jointly controlled by a person identified in note 2(m)(a).
  - (vii) A person identified in note 2(m)(a)(i) has significant influence over the entity or is a member of the key management personnel of the entity (or of a parent of the entity).

Close members of the family of a person are those family members who may be expected to influence, or be influenced by, that person in their dealings with the entity.

#### 3. ADOPTION OF NEW ACCOUNTING STANDARDS

The HKICPA has issued certain new amendments to HKFRSs and Interpretations that are first effective for the current accounting period of the Foundation. Amongst them, the following developments are relevant to the Foundation's financial statements:-

- \* Amendments to HKFRS 7, Financial instruments: Disclosures - Transfer of financial assets

The Foundation has not applied any new standard or interpretation that is not yet effective for the current accounting period.

There is no material impact on the Foundation's financial statements as the amendments and interpretations were consistent with policies already adopted by the Foundation.

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

**4. FIXED ASSETS  
- PROPERTY, PLANT AND EQUIPMENT**

	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	Land and buildings in Hong Kong carried at cost HK\$	Total HK\$
<b>Cost</b>					
At 1 April 2011	26,289	128,432	1,000,000	7,718,850	8,873,571
Additions	9,136	21,032	-	-	30,168
At 31 March 2012	35,425	149,464	1,000,000	7,718,850	8,903,739
At 1 April 2012	35,425	149,464	1,000,000	7,718,850	8,903,739
Additions	13,860	64,665	187,248	-	265,773
At 31 March 2013	49,285	214,129	1,187,248	7,718,850	9,169,512
<b>Deduct: Accumulated depreciation</b>					
At 1 April 2011	18,677	73,501	200,000	154,377	446,555
Charged for the year	1,828	4,206	200,000	154,377	360,411
At 31 March 2012	20,505	77,707	400,000	308,754	806,966
At 1 April 2012	20,505	77,707	400,000	308,754	806,966
Charged for the year	8,405	37,029	237,450	154,377	437,261
At 31 March 2013	28,910	114,736	637,450	463,131	1,244,227
<b>Net book values</b>					
At 31 March 2013	20,375	99,393	549,798	7,255,719	7,925,285
At 31 March 2012	14,920	71,757	600,000	7,410,096	8,096,773

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

#### 5. FINANCIAL ASSETS

	2013	2012
	HK\$	HK\$
Held-to-maturity debt securities, at cost		
- unlisted	24,613	24,532

#### 6. FUNDS

The Foundation was incorporated under the Hong Kong Companies Ordinance as a Foundation limited by guarantee. The Foundation has three members at present. The liability of each member is limited to contributing to the assets of the Foundation to the extent of HK\$100 each in the event that the Foundation

Details of the movements in funds during the year are referred to in the "Statement of changes in funds". The nature and purpose of each fund are as follows:-

##### Education Development Fund

- (i) The Fund helps to develop mental health education as part of the curriculum of Liberal Studies launched by the Education and Manpower Bureau for Senior Secondary Education in Hong Kong. Such curriculum will foster adolescents to establish positive values and attitudes towards life during their growing stage.
- (ii) The Fund aims to promote the importance of emotional health to secondary school students in Hong Kong and to draw the awareness of teachers, students and parents for the disease of mood disorders so as to help them handle and prevent the emotional problem in their daily life.

##### Fundraising and Promotion Funds

The Funds are to raise the donations from various fundraising events and are used to cover all the promotion and public relation activities.

##### Services Fund

- (i) The Fund supports charitable organizations which serve patients with mood disorder and their families in Hong Kong.
- (ii) The Fund provides face to face counseling services by experienced counselors and appropriate solutions to the people who suffer from mood disorder.
- (iii) The Fund supports the hotline services which provide information about mood disorders to needy people.

##### Operation Fund

The Fund supports the administrative and operation expenditure of the Foundation.



**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

**7. INCOME**

The Foundation is principally engaged in the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families. Income comprises the following category of income recognised during the year:-

	2013	2012
	HK\$	HK\$
<b>Project income</b>		
Education	219,635	12,710
Fund raising activities		
Flag Selling Day -		
Anti - Depression 2012	234,576	900,000
Charitable 10KM Run 2011	-	2,500
Registration fee of		
'Voice of Tomorrow'	-	50,000
Charity Sale of Second Hand		
Brand-name Clothes of Celebrities	-	540,809
Joyful Charity Run to Ocean Park	915,710	630,708
Joyful Charity Raffle Ticket	-	237,340
Concert ticket for fund-raising	-	48,380
Showroom openday	4,156	31,447
Stephen Cheung's "30-Pair Birthday Party"	-	200,000
BECCA "Joyful is Beautiful"	-	18,777
Shrimp Crazy Family	-	252,405
POMPEI "L'AMORE"		
Charity Auction Party	-	39,210
Island Scout Trail Walk 2012		
- Charity Walk	43,910	60,840
HKJMA Charity Walk	98,500	-
Nu Life Project	151,220	-
Art	160,310	-
Others	95,016	77,462
	<u>1,703,398</u>	<u>3,089,878</u>
Promotion	3,987	43,432
Joyful Market	211,715	
Services	1,414,408	324,556
Others	111,200	163,270
	<u>3,664,343</u>	<u>3,633,846</u>
<b>Donation received</b>	<u>1,367,444</u>	<u>1,696,288</u>
	<u><u>5,031,787</u></u>	<u><u>5,330,134</u></u>

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

**8. OTHER INCOME**

	2013 HK\$	2012 HK\$
Exchange gains	55,091	38,994
Exchange gains on financial assets	81	-
Government grants (*)	80,000	-
Interest and investment income	103,044	32,632
Sundry income	-	10,900
	<u>238,216</u>	<u>82,526</u>

(\*) On 19 March 2012, the Home Affairs Department of HKSAR granted funding through the ESR Programme ("the Fund") for the establishment of the Project "Joyful Market". The purpose of the Fund is to provide the employment opportunities to the social vulnerable groups and to encourage them to integrate into society.

**9. PROJECT EXPENSES**

	2013 HK\$	2012 HK\$
Education	471,229	214,834
Fund raising activities		
Flag Selling Day –		
Anti-Depression 2012	15,604	3,051
Joyful Charity Run to Ocean Park	359,472	370,230
Charity Sale of Second Hand		
Brand-name Clothes of Celebrities	-	174,990
Shrimp Crazy Family	-	26,453
Others	8,996	59,153
	<u>384,072</u>	<u>633,877</u>
Promotion	349,256	374,361
Services		
Professional Counseling Service	826,610	952,265
Joyful Market	170,429	-
Jocky Club	324,255	-
Others	3,136	27,591
	<u>2,528,987</u>	<u>2,202,928</u>

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

**10. SURPLUS BEFORE TAXATION**

	2013 HK\$	2012 HK\$
Surplus before taxation is stated after charging:		
Auditor's remuneration	-	-
Depreciation of owned assets	437,261	360,411
Members of the Executive Committee's remuneration		
Fees	-	-
Other emoluments	-	-
Employee benefits expenses	276,110	451,371

**11. INCOME TAX**

The Foundation is exempted from Hong Kong Profits Tax under Section 88 of the Inland Revenue Ordinance (Cap. 112).

No provision for deferred taxation has been made as there should be no future tax consequences.

**12. INVESTING ACTIVITIES**

	2013 HK\$	2012 HK\$
Purchase of property, plant and equipment (Note 4)	(265,773)	(30,168)
Purchase of long-term investments	-	(24,532)
<b>Net cash used in investing activities</b>	<b>(265,773)</b>	<b>(54,700)</b>

**13. CASH AND CASH EQUIVALENTS**

Cash and cash equivalents consist of cash on hand and balances with banks. Cash and cash equivalents included in the statement of cash flows comprise the following items in the statement of financial position:-

	2013 HK\$	2012 HK\$
Cash at bank and on hand	8,894,408	7,269,107
Cash and cash equivalents in the statement of cash flows	8,894,408	7,269,107

**JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED**

心晴行動慈善基金有限公司

**NOTES TO THE FINANCIAL STATEMENTS (Continued)**

For the year ended 31 March 2013

**14. FUND-RAISING EVENTS REQUIRING PUBLIC SUBSCRIPTION PERMIT FROM SOCIAL WELFARE DEPARTMENT OR LOTTERY LICENCE FROM TELEVISION AND ENTERTAINMENT LICENSING AUTHORITY**

As stipulated by the Laws of Hong Kong, the Foundation applied for Public Subscription Permits ("PSP") from the Social Welfare Department or Lottery Licence from the Television and Entertainment Licensing Authority for the following campaign events. The donation results of the following campaigns/events have been included in the statement of income and expenditure.

<b>Fund raising events</b>	2013 HK\$	2012 HK\$
Shrimp Crazy Family ("蝦仔嗲咁復出音樂劇")	PSP No.	2011/316/1
Donations received	-	252,405
Total campaign expenses for this event	-	26,453
Joyful Charity Raffle Ticket	Lottery Licence	No. 4201
Donations received	-	237,340
Total campaign expenses for this event	-	6,283
Flag Selling Day ("賣旗日")*	PSP No.	FD/R088/2012 FD/R088/2012
Donations received	234,576	900,000
Total campaign expenses for this event	15,604	3,051

\* Flag Selling Day ("賣旗日")

Total donation income received from the Flag Selling Day on 8 August 2012 was HK\$1,134,576 and the related expenses were HK\$18,655. Both of these had been recorded in the financial statements for the fiscal year 2011/2012 and 2012/2013.

All donation raised from the Flag Selling Day would be used for educating, helping and promoting the mental health services. The distributions of the use of donation are as follows:

	HK\$	Percentage
Education	390,573	35%
Counseling	223,184	20%
Promotion	167,388	15%
Hotline	111,592	10%
Administrative	111,592	10%
Reserve	111,592	10%
	<u>1,115,921</u>	100%

## JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

### NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2013

#### 15. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE YEAR ENDED 31 MARCH 2013

Up to the date of issue of these financial statements, the HKICPA has issued the following amendments, new standards and interpretations which are relevant to the Foundation but are not yet effective for the year ended 31 March 2013 and which have not been adopted in these financial statements.

	Effective for accounting periods beginning on or after
Amendments to HKAS 1, Presentation of financial statements – Presentation of items of other comprehensive income	1 July 2012
HKFRS 9, Financial instruments	1 January 2015

The Foundation is in the process of making an assessment of the impact of these amendments, new standards and new interpretations in the period of initial application. So far it has concluded that the adoption of them is unlikely to have a significant impact on the Foundation's results of operations and financial position.

#### 16. COMMITMENTS

At the end of the reporting period, the Foundation had a consultancy and professional advisory fee payable under non-cancellable agreement set out below:-

	2013 HK\$	2012 HK\$
Contracted but not provided for	516,240	-

#### 17. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorized for issue by the Executive Committee on 3 September 2013.

# 捐款途徑 Donation Method



我們的財政來源主要來自社會各界熱心人士或機構的捐獻，您的愛心捐款可以支持我們在教育、幫助及推廣健康情緒的工作，我們誠邀您捐助心晴行動，與我們一起推動社會關注情緒健康。捐款港幣 100 元或以上可獲發免稅收據並自動成為心晴之友。

As we do not have regular financial support, the foundation depends on donations from organisations and motivated individual donors. Your generous donations go towards supporting the operations of Joyful (Mental Health) Foundation in educating and promoting mental health, and to help those in need in the community. Please join us to raise awareness of emotional health in society. Tax-deductible receipts will be issued to those who donate HK\$100 or above and they will automatically become our 'Joyful Friends'.

1) 可將現金或支票(抬頭寫「心晴行動慈善基金有限公司」)，直接存入以下捐款戶口：

匯豐銀行：  
411-406-747-838

中國銀行：  
012-882-0-004522-8

上海商業銀行：  
354-82-03266-1

1) Please deposit your cash or cheque made payable to "Joyful (Mental Health) Foundation Ltd." to one of our following bank accounts:

Hongkong and Shanghai Banking Corporation Limited:  
411-406-747-838

Bank of China:  
012-882-0-004522-8

Shanghai Commercial Bank Ltd:  
354-82-03266-1

2) 請登入網址：<http://www.jmhf.org> 下載捐款表格，或與我們聯絡：

熱線：(852) 23012303

傳真：(852) 21446331

電郵：[joyful@jmhf.org](mailto:joyful@jmhf.org)

地址：九龍新蒲崗五芳街 20-22A  
宏發工業大廈 9C-D 室

2) Please visit our website at <http://www.jmhf.org> and download the donation form, or contact us as follows:

Hotline : (852) 2301 2303

Fax : (852) 2144 6331

Email : [joyful@jmhf.org](mailto:joyful@jmhf.org)

Address : Flat C-D, 9/F, Van Fat Factory Bldg, Ng Fong Street,  
San Po Kong, Kowloon, Hong Kong

3) 網上捐款：請登入網址：  
<http://www.jmhf.org/donate.jsp>，  
進行信用卡捐款

3) Online Donation: Please login to  
<http://www.jmhf.org/donate.jsp>  
to make donation via credit card.

# 義工招募 Recruitment of Volunteer

我們誠邀你的加入，成為“心晴行動慈善基金”的義工。加入我們的義工行列，你可以協助基金宣傳、推廣及籌款，藉此幫助更多有需要的人。We sincerely invite you to join us and become a volunteer of Joyful (Mental Health) Foundation. Join our volunteers to help promote the Foundation and raise money, so as to help more people in need.

填妥之登記表請以以下方式交回心晴行動秘書處：  
地址：新蒲崗五芳街 20-22A 宏發工業大廈 9C-D  
傳真：2144 6331 電郵：joyfu@jmh.org

## 心晴行動慈善基金 個人義工登記表

相  
片

### 個人資料

姓名： \_\_\_\_\_ (中文) \_\_\_\_\_ (英文) 性別： 男 女  
身分證號碼/護照號碼： \_\_\_\_\_ 出生日期： \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日  
地址： \_\_\_\_\_  
住宅電話： \_\_\_\_\_ 手提電話： \_\_\_\_\_ 傳真號碼： \_\_\_\_\_  
電郵： \_\_\_\_\_ 學校/現職公司： \_\_\_\_\_  
教育程度： 小學或以下 中一至中三 中四至中七 大專 大學或以上  
身份類別： 學生 家庭主婦 在職人士 待業人士 退休人士 其他(請列明) \_\_\_\_\_  
工作性質： 行政管理 專業 藍領 演藝 技術 文職 服務 其他(請列明) \_\_\_\_\_

### 義工經驗及訓練 (如版面不夠，請另加紙張填寫)

義工訓練： 無 有(請註明籌辦機構及課程名稱： \_\_\_\_\_ )  
義工經驗： 無 有(服務年期： \_\_\_\_\_ 及服務內容： \_\_\_\_\_ )

### 參加義工的期望 (可選多項)

認識義務工作 增加對自己的認識 增加對情緒病的認識 學習人際溝通 發揮所長 善用時間  
幫助有需要人士 其他(請註明)： \_\_\_\_\_

### 期望參與之義工活動 (可選多項)

籌款 宣傳 教育 服務 行政 心晴賽馬會飛越校園計劃 心晴市集

**籌款**：舉辦活動籌募善款，以維持本會的運作，以增加經費，擴闊本會的服務及受惠人士。

**宣傳**：利用不同媒介及方式，各大眾灌輸情緒病的知識，同時推動社會關注及關心情緒病患者，減少誤解及歧視。

**服務**：為情緒受困擾人士、情緒病患者及其家屬提供直接支援服務。

**教育**：透過研究、地區推廣、講座及訓練，教育社會各界有關情緒健康知識。

**行政**：維持辦公室的日常運作，令本會之工作更有效率及質素，以令更多人士受惠。

**心晴市集**：經營良心企業，為顧客提供有價值的貨品，為僱員提供安定和愉快工作環境，為社會作正面貢獻。

**心晴賽馬會飛越校園計劃**：透過入校講座和工作坊，除了讓參與者認識情緒健康、情緒病及其管理外，同時建立有效的情緒支援網絡，化標籤為關懷；化歧視為接納，與學生一同面對成長路上遇到的困境及所引起的情緒困擾。

請轉下頁

### 可協助的義務工作 (可選多項)

- 電腦技術：電腦維修    網頁管理    網頁設計    軟件應用(請註明：\_\_\_\_\_)
- 專門技術：駕駛    零售經驗    櫥窗擺設    倉存整理    翻譯校對    司儀接待
- 戲劇場務    搬運    美術設計(請註明：\_\_\_\_\_)
- 文書處理：資料輸入    中英文打字    資料整理    聯絡
- 文化藝術：撰稿    繪畫    手工藝    製片    攝影    攝錄
- 其他(請列明：\_\_\_\_\_)

### 可提供義務工作的時段：(請填上“✓”號)

時間/星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
早上							
下午							
晚上							

備註：\_\_\_\_\_

### 犯罪紀錄

你是否曾在香港境內或境外，被判犯任何刑事罪行？ 是    否

申請人簽署：\_\_\_\_\_ 日期：\_\_\_\_\_ (未滿十八歲，須有家長或監護人的簽署同意)

家長/監護人姓名及簽署：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

本機構將會按此表資料，用作評定申請者是否適合作為個人登記義工。申請者向本機構提供個人資料，純屬自願。如申請者未能提供足夠的個人資料，本機構可能無法處理申請者的申請。如申請獲得接納，在推行義工服務時，申請者的個人資料會給予活動負責人作聯絡和參考之用。如果你想查閱或更改你的個人資料，請與本基金秘書處聯絡。

### \*注意事項

心晴行動慈善基金盡力遵守《個人資料(私隱)條例》中所列載的規定，確保儲存的個人資料準確無誤，及有妥善的儲存方法。為保障閣下的利益，本會只收集有關資料作日後與閣下通訊、籌款、活動、課程邀請、義工招募或收集意見的推廣用途。

倘本會未得到閣下的同意之前，本會不可以使用閣下資料作推廣之用途。日後查閱、取消或更新個人資料，請隨時致電 2947 8669

倘閣下同意本會的上述安排，請於下方簽署。

如閣下不同意上述安排，請在簽署前於下欄加上“✓”號。

本人不同意心晴行動慈善基金使用我所提供的個人資料作上述推廣用途。

簽署：\_\_\_\_\_ 姓名：\_\_\_\_\_ 日期：\_\_\_\_\_



# 心晴行動吉祥物「笑爺仔 笑奶妹」 紀念珍藏版認捐

為了籌募巡迴全港中學的教育項目「校園計劃」之經費，繼續為教育學生認識情緒健康的重要性，本會特別推出了紀念版的「笑爺仔」「笑奶妹」，有春、夏、秋、冬4個不同造型，邀請各善長認捐，而認捐的雕塑會印上善長或贊助公司的名字，並會放在心晴的會址，令辦公室更朝氣勃勃，希望各界人士能慷慨解囊。

未來棟樑的心靈，  
全賴您們的支持！



▲ 春 Spring



▲ 夏 Summer



▲ 秋 Autumn



▲ 冬 Winter

捐款金額 (每個 \$2,388 起)	捐款方式		支票 (抬頭請填寫「心晴行動慈善基金有限公司」)/ 銀行入數 (上海商業銀行: 354-82-03266-1)	
捐款者 / 公司名稱			聯絡電話	
聯絡人姓名			免稅收據抬頭	
聯絡地址				
聯絡傳真			聯絡電郵	
選擇之吉祥物	笑爺仔	<input type="checkbox"/> 春 <input type="checkbox"/> 夏 <input type="checkbox"/> 秋 <input type="checkbox"/> 冬	笑奶妹	<input type="checkbox"/> 春 <input type="checkbox"/> 夏 <input type="checkbox"/> 秋 <input type="checkbox"/> 冬
	數目		數目	
吉祥物印上善長 或 公司的名字	(由於版面有限, 只能接受中文或英文名字任選其一, logo 恕不接受)			
<ul style="list-style-type: none"> <li>* 在每個吉祥物必須為 \$2,388 的原則下, 善長可以自由選擇認捐之吉祥物數目及款式</li> <li>* 吉祥物的數目及款式有限, 先到先得</li> <li>* 請將此表格連同支票 / 入數收條副本郵寄九龍新蒲崗五芳街 20-22A 宏發工業大廈九樓 C-D 室、傳真 2144 6331 或電郵 joyful@jmhf.org 予本會</li> <li>* 如有查詢, 歡迎致電 2947 8669 與本會職員聯絡。</li> </ul>				

謝謝您對本會的愛心支持

地址: 九龍新蒲崗五芳街 20-22A 宏發工業大廈 9C-D 電話: 2947 8669 傳真: 2144 6331  
網址: <http://www.jmhf.org> 電郵: joyful@jmhf.org

## 心晴行動場地租用服務

「心晴行動」會址位於九龍新蒲崗五芳街宏發工業大9樓C-D室，由鑽石山港鐵站B出口只需步行五分鐘便可到達，亦有各類交通工具巴士、小巴等可供選擇。歡迎各團體租用本中心的會議室及活動室作教學、會議、活動之用。歡迎致電2947 8669 或 joyful@jmhf.org 查詢。

租用時間：

週一至週五：上午九時至下午九時

週六：上午九時至下午一時正

(公眾假期及星期日休息)



▲ 會議室  
可容納 20 - 30 人



▲ 活動室  
可容納 60 - 80 人

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## 傑出企業公民協會 The Association of Distinguished Corporation

「傑出企業公民協會」是一個社會服務機構綜合平台——透過不同的活動、信息、網頁、facebook，影響更多香港之企業意識到“企業公民責任”之重要性，從而制定出更多對環境、對社會、對經濟有承擔之商業實行決策。

網址: [www.adcsr.org](http://www.adcsr.org) facebook: [www.facebook.com/adcsr.org](http://www.facebook.com/adcsr.org) 查詢: 2185 7055





**心晴行動慈善基金**  
JOYFUL (MENTAL HEALTH) FOUNDATION

九龍新蒲崗五芳街20-22A宏發工業大廈9樓C-D室  
Flat C-D, 9/F, Van Fat Factory Building,  
20-22A, Ng Fong Street, San Po Kong, Kowloon

熱線 Hotline : 2301 2303

傳真 Fax : 2144 6331

網址 Website : [www.jmhf.org](http://www.jmhf.org)

電郵 Email : [joyful@jmhf.org](mailto:joyful@jmhf.org)

