

心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



打開心靈 擁抱心晴

2006~2007 年報
Annual Report



目錄 Contents

成立背景及宗旨	1-2	Background and Objectives
信託人獻辭	3-4	Message from Trustees
副主席獻辭	5-6	Message from Vice-chairpersons
顧問團及執行委員會成員	7-9	Consultants and Executive Committee
組織架構	10	Organization Chart
服務範圍	11-12	Scope of Services
工作回顧：教育	13-18	Review: Education
服務	19-22	Services
推廣	23-29	Promotion
籌募	30-41	Fundraising
概覽	42-43	Overall
統計資料	44	Statistical Data
鳴謝	45-46	Acknowledgment
財政報告	47-62	Financial Report
捐款途徑	63	Donation Methods



成立背景

Background

根據2001年世界衛生組織的報告指出，全球約四分之一人患上不同程度的精神或情緒病，抑鬱症更是近年情緒病症中的頭號殺手。雖然患病情況普及，但大眾對情緒病的認識不深，很多患者甚至已患病也不自知，亦未能及早接受適當治療，白白喪失寶貴的生命。

曾經飽受抑鬱焦慮症折磨的林建明小姐感同身受，故此與一班熱心義工成立「心晴行動慈善基金」，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。

「心晴行動慈善基金」為一註冊非牟利慈善團體，基金信託人、顧問團及執行委員分別來自不同界別，除了精神科醫生及臨床心理學家外，亦有律師、藝術家、演藝界人士、傳媒工作者等等。大家都察覺到社會上抑鬱症及各種情緒病越來越普遍，當林建明小姐提出有關建議時，都義不容辭，立即答應加入基金，一起攜手對抗情緒病。

According to the 2001 report from the World Health Organization (WHO), about a quarter of the people in the world suffer from mental and mood disorders in varying degrees. Depression is ranked as the number one killer among mental health illnesses. Though mental illness has already been becoming common, most people do not know much about it. Worse still, some may not even know that they have the illness, thereby leading to delay in getting treatment which could end up costing them their lives.

Ms Victoria LAM Kin Ming, who once suffered from depression and anxiety disorders, established Joyful (Mental Health) Foundation (JMHF) in 2004 with the assistance of a dedicated group of volunteers. The Foundation's objectives are to promote the awareness of mental health in the community, to avoid misconceptions and discrimination regarding such illnesses, and to provide services and information to people who suffer from mood disorders as well as their families.

The Joyful (Mental Health) Foundation is a non-profit making charitable organization with Trustees, Consultants and Executive Committee Members from different professions such as specialists in psychiatry, clinical psychologists, lawyers, artists, celebrities and media practitioners who have learnt that depression and other mental health illnesses are becoming more prevalent in society. Therefore, when Ms LAM came up with the idea of setting up an organization to combat mood disorders, all of them joined hands with her.



宗旨 Objectives

1. 教育

為病患者、家屬、公眾及家庭醫生提供有關情緒病的病徵、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。

2. 幫助

為受情緒困擾人士提供多方面的信息、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獲得適當的治療和幫助，盡快康復。

3. 推廣

透過不同媒介舉辦連串活動及宣傳，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。

吉祥物—「笑爺笑奶」

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，因此心晴行動於2005年特別設計了「笑爺笑奶」這對吉祥物，提醒我們在生活當中遇到任何挫折，也必須帶着樂觀的心情、積極的態度去面對，正如這一對笑口常開的「笑爺笑奶」。

1. Education

To provide patients, their families, the general public and family doctors with knowledge about the symptoms, diagnosis, treatment and preventive measures; to enhance the awareness of people of all walks of life about mood disorders so as to increase the chance of getting effective treatment and prevent people from having it.

2. Assistance

To provide a wide range of information, assistance, and ways of treatment, referrals and face-to-face counseling services to persons suffering from mood disorders so that those in need can get proper treatment and assistance at the earliest available opportunity for a speedy recovery.

3. Promotion

A series of activities and promotions have been organized through various media to provide people of all walks of life with information on mood disorders, to enhance the knowledge of mood disorders in the community, to arouse the concern of the general public about mental health so as to reduce the misconceptions, prejudice, and discrimination arising therefrom.

Lucky Icons Mr and Ms Cheerful

Sometimes a smile and a little encouragement can change our way of looking at things. Therefore, in 2005 the Joyful (Mental Health) Foundation specifically designed the pair of icons Mr and Ms Cheerful, which reminds us that even when we encounter setbacks in our life, we should face it optimistically and positively just as this pair of smiling Mr and Ms Cheerful.





信託人獻辭



林建明小姐
心晴行動慈善基金
創辦人兼主席

Ms Victoria LAM
Founder & Chairperson,
JMHF



李鵬飛先生
華經顧問有限公司
主席

Mr Allen Peng-Fei LEE (J.P.)
Chairman, Pacific Dimensions
Consultants Limited



康實駒律師
劉陳高律師事務所
資深合夥人
香港交通安全隊總監

Mr Martin Po-Kui HONG
Senior Partner, Lau, Chan &
Ko, Solicitors & Notaries /
Commissioner, Hong Kong
Road Safety Patrol



何鐵文爵士
何鐵文會計師行
負責人

Chevalier Dr T. M. HO
(DUKE OF ALAYDOS)
Certified Public Accountant,
T. M. Ho & Company

香港自九七金融風暴後，經過十年的時間，社會經濟方面已漸見穩定，我們亦喜見欣欣向榮的景象。然而，報章上不時仍會出現一些自殺的個案，不少更涉及專業人士，例如教師和醫生等，真教人惋惜。當中涉及的個案，不難發現跟壓力與情緒健康有莫大關係。根據資料顯示，許多情緒病患者，在病發初期，容易忽略當中的情緒困擾，因而延誤了診治的時間，更嚴重的情况是引發起自殺的危機。

爲了增加社會人士對情緒病的認識，心晴行動慈善基金自2004年成立至今，努力不懈地向公眾推廣情緒健康的訊息，讓普羅大眾對情緒病有正確的概念，和正視情緒病的嚴重性，讓患者及家屬得到適切的關注與治療，減少不幸事件的發生。

心晴行動在成立短短的三年時間內，我們運用有限的資源，專注於情緒健康的服務，在教育、幫助和推廣等三個範疇內，成績有目共睹。在去年，我們更將服務的層面延伸至校園，透過「開心學堂」-校園計劃，將情緒健康的教育工作，逐漸推廣至全港中學生，令社會未來的棟樑意識到健康情緒的重要性，及早防範未然。

面對社會的急劇變化，我們會繼續負起宣揚健康情緒的使命，期待有你的參與及支持，使心晴行動慈善基金的服務更趨完善，共同創建一個和諧美好的社會。

打開心靈 擁抱心晴





Message from Trustees

Ten years have elapsed since the 97 financial crisis, and after so many twists and turns, the Hong Kong economy has gradually stabilized and is moving on the upturn. We are glad to see the signs of prosperity around. However, regrettably, suicide cases still appear in newspapers from time to time. It is really sad to find that involved in some of these cases are some professionals such as teachers and doctors, etc. Furthermore, it is not difficult to identify a close nexus between stress and mental health in the cases concerned. These information revealed that many patients suffering from early mood disorders are likely to neglect the emotional stress, the result of which is the delayed treatment, or in more serious cases, the risk of suicide.

To enhance public knowledge and awareness of mood disorders, ever since its establishment in 2004, JMHF has dedicated to publicizing information on mental health to members of the public. It gives them the right perspective towards mood disorders so that they can realize the seriousness of mental disorders, and to enable patients and their family members to receive suitable care and treatment, thus reducing the incidence of misfortune.

In the three years since its establishment, JMHF has, with its constrained resources, focused on providing specific services on mental health. Our achievements in the three specific areas of

services encompassing education, assistance and promotion, are widely recognized. Last year, we even extended our services to the campus level. Through our School Project, we have gradually extended mental health education to secondary students around the territories in an effort to nip the problem in the bud by making the future pillars of our society recognize how important mental health is.

In light of rapid social changes, we will endeavour to fulfil the mission of promoting the importance of mental health. We look forward to your participation and support, so that JMHF can provide better services and, in a joint effort, build up a wonderful and harmonious society.





副主席獻辭



吳亦歆小姐
註冊社工
Ms Sherring NG
Registered Social Worker



黃寶珠小姐
傳媒工作者
Ms Pearl WONG
Media Practitioner

牆上的鐘為夜靜敲響了九聲，看見埋首案桌的職員、義工還有未完成的工作，會見室還有心理輔導員在閉門接見患者，此情此景，驚覺世間上有着點不盡的曙光…心晴行動慈善基金這個辦事地方委實是很平凡，在慈雲山，可愛處卻是一個慈字，慈祥、慈悲、也帶着慈善，坦率一點，慈雲是慈善的人雲集一起吧！三年時間，雲集的人令中心這裏充斥着來自不同背景的氣味，有書卷味的情緒健康範疇專家，有茉莉花香味的心理輔導員，也有對情緒病百般滋味的過來人，還有天使一樣美麗的義工們的芳香，就是這種種味道混集一起，才拼貼出「為情緒健康盡點力」的力量來。大家都好像很閒，其實，個個都忙，但忙中也跑到本中心來，感激的同時，方驚悉這裡不可一日沒有了你們。我們彼此都有一個共識，將情緒病的傷害力公諸於世，免再有更多的患者受到傷害。患病的感覺是痛苦的，生病與否，也許已無選擇，但可選擇如何面對和應付。拒絕抑鬱症的肆意侵害，拒絕再吃苦頭，或許這就是人應有的一點權利。堅信，快樂總在痛苦之後。



Message from Vice-chairpersons

The nine chimes from the clock on the wall cut through the silent night and its tranquility. Staff members and volunteers are still hunching over the work on their desks, whereas counselors are still meeting with patients behind the doors of the interview room. This is a moment of realization of the everlasting flame of hope in the world.

The centre of Joyful (Mental Health) Foundation, located in Tsz Wan Shan, really boasts nothing remarkable in itself. Interestingly though, 'Tsz' is synonymous with benevolence, magnanimity and charity in Chinese. Suffice to say, charmed and drawn by this land of love and care, many have gathered here from the four corners, not to give people a 'wan' smile but to work enthusiastically for this charitable cause.

Over the past three years, people from all walks of life have infused the office with diverse individualities. We have had the scholarly flair of mental health experts, the heart of gold of counselors, the gripping first-hand experience of patients who had fought with mood disorders themselves and the angelic beauty of volunteers. It is exactly this blend of individualities that has made everyone stay behind, each acting as a piece in the puzzle, contributing to the concerted effort towards promoting the importance of mental health. You are all busier than you appear to be, but you all squeeze time from your tight schedule to come to help out at the centre. Other

than feeling grateful, we have also awakened to the realization that you are indispensable here, not even for one single day.

We all have reached a consensus, that is, to show the world the harm done by mood disorders and to stop such harm being done to others.

Sickness is painful. There may no longer be a free choice between sickness and health. However, there is a choice as to how to face and deal with it. Say no to the ravage done by depression and say no to further pain. This is a meager right that human beings should be entitled to.

Believe it. Joy always comes after pain.





心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION

信託人、顧問團及執行委員會成員 Trustees, Consultants & Executive of Committee

信託人 Trustees



林建明小姐
心晴行動慈善基金
創辦人兼主席
Ms Victoria LAM
Founder & Chairperson,
JMHF



李鵬飛先生
華經顧問有限公司
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本基金名譽法律
顧問
Mr Maurice LEE
Honorary Legal Advisor,
JMHF



曾智華先生
著名廣播人
Mr Luke TSANG
Radio Broadcaster



顏聯武先生
著名廣播人
Mr Luen-Mo NGAN
Radio Broadcaster



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周向榮醫生
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Dr Stephen CHOW
DR 醫學美容集團



伍懷璞教授
香港大學中文學會
名譽會長
Mr Wai-Pok NG
Honorary President,
The Chinese
Society of HKU



水禾田先生
藝術家/
本基金義務美術指導
Mr Water POON
Honorary Art Director,
JMHF



曾展章先生
傳媒工作者
Mr Samuel TSANG
Media Practitioner



謝宏中先生
公司主席
**Mr Philip Wan
-Chung TSE**
Chairman



葉青霖先生
專業攝影師
Mr Alain YIP
Professional Photographer



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註冊社工
Mr Lok-Sun MAK
Registered Social Worker



曹志光先生
資深防止欺詐及
風險管理專才/大律師
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翔樂傳訊有限公司
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Mr Samuel MAK
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何念慈小姐
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Ms Annie HO
Clinical Psychologist



陳靄華小姐
精神科專科護士
Ms Eva CHAN
Psychiatric Nurse



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



後排左起：劉艷玲 張秀好 李靄德 黎 鵬 黃寶珠 黃淑敏 霍澤基
前排左起：李國芬 鄭秀英 林建明 吳亦歆 李偉成 莫婉珊

執委會成員

- | | | |
|-------|--------|-----------------------|
| 林建明小姐 | (主席) | 社會服務 |
| 吳亦歆小姐 | (副主席) | 註冊社工 |
| 黃寶珠小姐 | (副主席) | 傳媒工作者 |
| 李偉成先生 | (秘書長) | 資深公關及製作顧問 |
| 黎鵬先生 | (副秘書長) | 美國友邦保險(百慕達)有限公司營業分組經理 |
| 鄭秀英小姐 | (司庫) | 專業會計師及公司秘書 |
| 霍澤基先生 | | 傳媒工作者 |
| 張秀好小姐 | | 社會服務 |
| 莫婉珊小姐 | | 傳媒工作者 |
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| 李靄德小姐 | | 復康服務 |
| 劉艷玲小姐 | | 慈善活動工作者 |
| 李國芬先生 | | 公司總經理 |
| 黃淑敏小姐 | | 慈善活動工作者 |

Executive Committee

- | | |
|-----------------------------------|---|
| Ms Victoria LAM (Chairperson) | Social Service |
| Ms Sherring NG (Vice-chairperson) | Registered Social Worker |
| Ms Pearl WONG (Vice-chairperson) | Media Practitioner |
| Mr Jackson LI (Secretary) | Senior Public Relations & Production Consultant |
| Mr Pang LAI (Vice-secretary) | AIA Team Manager |
| Ms Irene CHENG (Treasurer) | Professional Accountant and Chartered Secretary |
| Mr Monster FOK | Media Practitioner |
| Ms Alice CHEUNG | Social Service |
| Ms Joyce MOK | Media Practitioner |
| Mr Danny WONG | Media Practitioner |
| Ms Audrey LEE | Rehabilitation Service |
| Ms Cecilia LAU | Fundraiser |
| Mr Bennett LI | General Manager |
| Ms Samantha WONG | Fundraiser |

打開心靈 擁抱心晴





組織架構 Organization Chart





服務範圍

教育

1. 講座

到全港各區舉辦公眾教育講座，與學校、公私營機構及各大屋苑合作舉辦主題講座或互動座談。

2. 精神健康教育課程

與香港家連家精神健康倡導協會合作，教導家屬及康復者關於情緒病的知識，訓練有潛質學員成為導師，既可自助，也可助人。

3. 訓練家庭醫生增加對情緒病的專業知識

與不同專業團體合辦課程，訓練家庭醫生及早為情緒病患者提供診斷、治療及轉介，幫助更多患者盡快康復。

4. 校園計劃

將情緒健康的重要訊息推廣到全港中學，喚起老師、學生及家長們的關注。透過情緒教育互動講座，配合多元化形式的延伸活動及支援項目，鼓勵學生們從及早養健康情緒，從日常生活中實踐正確處理情緒的方法，預防情緒病。

服務

1. 熱線服務

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。

2. 專業面談輔導服務

由具經驗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評估，並協助尋求解決情緒問題的方法。

3. 資助及聯擊相關服務機構

資助或聯擊其它已有工作成效而缺乏資金的相關機構以增加服務成效。

4. 朋輩支援

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

5. 專家、病者及家屬互動分享會

安排聚會讓病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，為病者對抗情緒病打氣，讓家屬及專家們更加明白病者的需要和心聲。

推廣

1. 網頁、小冊子、單張及資料室

以不同的媒介向社會各階層推廣情緒病的知識，以喚起社會對情緒健康的關注。

2. 傳媒推廣

與大眾傳播媒體合辦多元化的推廣節目及活動，向全港市民灌輸情緒病的成因、病徵和治療方法等知識，推動社會關注及關心情緒病患者，希望達到知識的普及和減少歧視。

3. 地區巡迴展覽

巡迴不同社區以輕鬆手法向大眾灌輸關注健康情緒訊息，從而教育市民認識情緒病。



Scope of Services

Education

1. Seminars

To organize seminars in the community and at schools, and to collaborate with public or private institutions and, housing estates in holding thematic seminars or interactive workshops.

2. Mental Health Courses

To collaborate with the HK Familylink Mental Health Advocacy Association in organizing mental health courses for sufferers of mood disorders as well as their families; and to train potential members to become qualified mentors for helping others.

3. Professional Courses for Family Doctors on mood disorders

To join hands with various organizations in organizing professional courses for family doctors to enhance the diagnosis and referral service of mood disorders so as to expedite treatment provided to sufferers.

4. School Project

To promote the importance of mental health to secondary schools all over Hong Kong; to arouse the awareness of teachers, students and parents; and to prevent mood disorders by encouraging students to nurture mental health since childhood and implement proper ways of dealing with moods in everyday life through interactive seminars on mental health education and diversified ancillary activities and support services

Specific Services

1. Hotline Services

To provide hotline services which give information about mood disorders and access to clinical services for those in need.

2. Professional Counseling Services

To provide professional assessment and counseling services by experienced counselors and to help those in need to seek appropriate solutions.

3. Sponsorship and Affiliation with Organizations

To sponsor affiliated organizations which need the financial resources for the effective delivery of services.

4. Peer Group Support

To provide mutual support within peer groups through sharing of experiences from patients, who have recovered, and their families, and from those who are knowledgeable about mood disorders.

5. Professionals, Patients and Families Sharing Meetings

To arrange gatherings in a relaxing environment in order for patients, their families and professionals to share their experience, exchange knowledge and support one another to fight against mood disorders.

Promotion

1. Website, Pamphlet, Leaflet and Information Corner

To promote public awareness about mood disorders and mental health through various means.

2. Mass Media

To collaborate with mass media through various programmes and activities in providing information about mood disorders, the causes, symptoms and treatments in order to raise social concern and reduce as much as possible the social stigma towards mood disorder patients.

3. Community Exhibition

To organize community exhibitions in educating the public and arousing their awareness on mood disorders.



工作回顧:教育 Review: Education

免費公眾情緒健康講座

一連三個月於不同社區舉辦，以不同的主題深入淺出地講解有關情緒病的知識，提高市民大眾對情緒健康的關注。

講座I - 「認識情緒病」 2006年6月3日

是次講座於牛池灣文娛中心劇院舉行，由精神科專科丁錫全醫生講解情緒病的病徵及診治方法，另有金牌編劇阮繼志先生分享個人面對逆境的經驗。當日亦同時舉行了「心晴行動健康情緒榮譽大使」委任儀式，由周麗淇小姐擔任心晴首位榮譽大使。

Mental Health Seminar for Public

Held under various themes in different communities for three consecutive months, adopting an easy-to-understand approach to explain about knowledge on mood disorders so as to arouse the public concern for emotional health

Seminar on Understanding Mental Health 3 June 2006

The seminar was held in the theatre of Ngau Chi Wan Civic Centre. Psychiatrist Dr TING Sik-chuen talked about the symptoms, diagnosis and treatments of mood disorders. Top-grade playwright Mr YUEN Kai-chi also shared his experience of facing up to adversity. JMHF Mental Health Honorary Ambassador Appointment Ceremony was also held on the same day. Ms Niki CHOW was appointed as the first Joyful (Mental Health) Foundation Honorary Ambassador.



周麗淇小姐
心晴行動健康情緒榮譽大使



丁錫全醫生



打開心靈 擁抱心晴





**講座II -
「暴食症和抑鬱症的診斷與治療」
2006年7月15日**

講座於上環文娛中心演講廳舉行，目的是教育公眾認識暴食症和抑鬱症的診斷與治療，提高社會對情緒健康的關注，是次主講嘉賓為精神科專科丁錫全醫生，顏國樑先生擔任分享嘉賓。

**Mental Health Seminar Binge Eating Disorder and Depression
15 July 2006**

The seminar was held in the Lecture Theatre of Sheung Wan Civic Centre to teach the public about the symptoms, diagnosis and treatments of binge eating disorder and depression and arouse the social concern for emotional health. The main speaker was Psychiatrist Dr TING Sik-chuen, whereas Mr NGAN Kwok-leung, Johnny was a guest at the sharing session.



丁錫全醫生



顏國樑先生

**講座III - 「活在壓力下」
2006年8月19日**

講座於逸東酒店舉行，由精神科醫生吳蓬盛醫生及蘇紹莊醫生分別講解壓力及失眠與情緒病的關係，並邀得著名導演李力持擔任分享嘉賓。

**Mental Health Seminar on Stress Management
19 August 2006**

The seminar was held in Eaton Hotel. Psychiatrists Dr NG Fung-shing and Dr John SO respectively talked about the relationship between stress and insomnia as well as mood disorders. Prominent movie director Mr LEE Lik-chee was a guest at the sharing session.



李力持導演





**「清心、安心減壓法」
壓力管理工作坊
2006年7月12日至8月5日**

香港理工大學心理學講師李懷敏博士教授一套「清心、安心減壓法」(Mindfulness-Based Stress Management)，透過理論及實踐教導學員掌握技巧，並能於日常應用以自我紓解壓力。



李懷敏博士

**Mindfulness-Based Emotion
Management Workshop
12 July to 5 August 2006**

Dr LEE Wai-man, lecturer at the Department of Psychology of the Hong Kong Polytechnic University taught Mindfulness-Based Stress Management techniques. Participants learned to master the techniques through theory and practice, enabling themselves to make use of the techniques for self stress relief in everyday life.



**青年情緒健康講座
2006年8月3日**

應明愛培立中心邀請，為中心的14至16歲年青人講解有關常見情緒病的病徵、成因、治療及預防方法，講座由心理輔導員謝嘉雲小姐主講。



**Seminar On Mental Health for Youth
3 August 2006**

At the invitation of Caritas Pelletier Hall, the talk was given to teenagers aged from 14 to 16 on the symptoms, causes, treatments and preventive measures of common mood disorders. The seminar was hosted by Counselor Ms Carmen Tse.





家連家精神健康家屬課程 2006年8月7日至11月6日

此項與《家連家精神健康倡導協會》合辦的家屬訓練課程，為病患者家屬提供有關情緒病及精神病的知識外，更透過學員間的互助及支持，讓大家對照顧患病的家人更有信心及力量。

Mental Health Training Course for Patients' Families 7 August to 6 November 2006

The training course was held jointly with Hong Kong Familylink Mental Health Advocacy Association. Apart from learning about mood disorders and psychiatric illnesses, participants also built up their confidence and strength for taking care of their sick family members through interaction and mutual support.



陳麗麗女士

梁柏赫小姐



「長者情緒健康講座」 2006年8月31日

是次講座是為興田邨道真堂愛禮信長者中心的20多位「耆贊大使」講解常見情緒病的病徵、成因及求助途徑，從而借耆贊大使向身邊的長者朋輩繼續推廣情緒健康的重要訊息。

Mental Health Seminar for Elders 31 August 2006

The seminar was held for 20-odd old-age ambassadors of Hing Tin Wendell Memorial Church Alison Lam Elderly Centre, who learned the symptoms and causes of common mood disorders and how to seek assistance. The ambassadors would then be relied upon to spread the importance of emotional health to their peers.



趙茗鳴小姐



「家長壓力講座」

2006年11月17日

講座於沙田東華三院譚兆小學舉行，對象為三至六年級學生的家長，透過本會社工講解有關壓力與情緒病的相關知識，提高家長們對自己及子女情緒健康的關注。



Mental Health Seminar for Parents
17 November 2006

The seminar, held in TWGHs Tam Shiu Primary School in Shatin, targeted parents of students in primary 3 to 6. Explanation on, and dissemination of, knowledge relating to stress and mood disorders by our social worker enhanced parents' concern for the emotional health of their children.



「開心學堂」

2007年2月至3月

「開心學堂」是一項為中學生而設的情緒健康教育計劃，透過互動形式的學校講座，向學生們講解情緒健康的重要，教授如何自我檢視情緒健康狀態，以及分享建立與維持健康情緒的方法。

School Project
February to March 2007

The School Project was a mental health education project designed for secondary students. Through interactive school seminars, students learned the importance of emotional health, how to assess the state of their emotional health and share the ways to build up and maintain emotional health.

第1站 (2007年2月1日)

石硤尾的路德會協同中學是「開心學堂」計劃的首站，共有450位師生參加。

Stop 1 (1 February 2007)

The Concordia Lutheran School in Shek Kip Mei was the first stop of the School Project. A total of 450 teachers and students took part in the event.



謝嘉雲小姐

打開心靈 擁抱心晴





第2站 (2007年3月16日)

第二站是香港真光中學，共有200多位中二的學生及老師一同參與。



Stop 2 (16 March 2007)

The second stop was The True Light Middle School of Hong Kong. A total of 200-odd Form 2 students and their teachers took part in the event.



李蘭蕪小姐



第3站 (2007年3月30日)

沙田東華三院邱金元中學的40位中三學生參與是次講座。

Stop 3 (30 March 2007)

Forty Form 3 students of TWGHS Yow Kam Yuen College in Shatin took part in the seminar.





服務 Services

資助項目I - 「緣途伴你行」 長者抑鬱症支持服務 2005年10月至2006年9月

此項由本會資助的服務計劃由「樂天關懷行動」推行，整項計劃於06年9月圓滿結束。計劃內容包括專為長者及其家人而設的熱綫服務及速治轉介、社區教育活動及講座、展板介紹、及義工定期探訪獨居長者。



Sponsored Project (I) Anti-depression Elderly Program October 2005 to September 2006

This service project, subsidized by us, was promoted and implemented by Everbright Concern Action Wonderful Multi-services Centre. The whole project ended successfully in September 06. The project encompassed a hotline, urgent referrals for treatment, education, activities and seminars in community, presentation on display boards and regular visits to the lone elderly by volunteers. All were specifically designed for the aged and their family members.



資助項目II 「推廣精神健康教育，凝聚會員力量」 2006年4月至2007年3月

情緒病患者的家人同樣需要社會的支持及援助，心晴行動對家連家精神健康倡導協會以支持患者家屬的服務宗旨深表認同，故繼續資助家連家推行的精神健康教育計劃，為患者家屬提供指導及訓練，有助患者更快康復，同時為家人建立支持網絡，讓同路人不再感到孤軍作戰。



Sponsored Project (II) Familylink Mental Health Educational Program April 2006 to March 2007

Family members of patients suffering from mood disorders also need social support and assistance. JMHF fully agrees with the objective championed by the Hong Kong Familylink Mental Health Advocacy Association, of supporting patients' family members. Thus, we continued to subsidize their mental health education project to provide guidance and training to patients' family members so as to speed up the patients' recovery and build up a support network whereby family members could get companionship from people in the same boat.



打開心靈 擁抱心晴





「心晴一聚」互動分享會

是一個專家、病者及家屬互動交流抗病經驗的聚會，大家在輕鬆舒適的環境下分享個人經驗及見解，更借着互相支持及關懷，增加彼此對抗情緒病的信心。

分享會（一） 2006年8月22日

是次聚會邀得家庭醫生洪浩醫生及精神科專科護士陳靄華小姐擔任嘉賓，參加者主要是抑鬱症患者及其家屬，還有心晴顧問、執委及義工。



洪浩醫生

分享會（二） 2006年12月5日

聚會有家庭醫生黃國川醫生和心理輔導員謝嘉雯小姐擔任嘉賓，與驚恐症及抑鬱症患者及其家屬、心晴顧問、執委及義工們，交流經驗及見解。



黃國川醫生



謝嘉雯小姐



Interactive Sharing among Professionals, Patients and their Families

This was a gathering for experts, patients and family members to interact and share with one another their experience in fighting with mood disorders. Participants shared their individual experience and views in a relaxing environment, and through mutual support and care, strengthened their confidence in fighting with mood disorders.

Sharing (1) 22 August, 2006

Family doctor Dr HUNG Ho and psychiatric nurse Ms Eva CHAN were invited to the gathering as guests. Participants were mainly patients of depression and their family members, as well as consultants, committee members and volunteers of JMHF

Sharing (2) 5 December, 2006

Family doctor Dr Jonathan WONG and counselor Ms Carmen TSE were invited to the gathering as guests to share experience and to exchange views with patients of panic and depression and their family members, as well as consultants, committee members and volunteers of JMHF



分享會 (三)
2007年3月22日

家庭醫生張潔影醫生、心理輔導員范潔欣小姐及心理學教授李懷敏教授擔任是次聚會的嘉賓，分享內容以抑鬱症的治療方法為主，並互相分享個人經驗，大家暢所欲言，彼此支持及鼓勵，增加對抗情緒病的信心。



Sharing (3)
22 March 2007

Family doctor Dr CHEUNG Kit-ying, counselor Ms Catherine FAN and professor in psychology Professor LEE Wai-man were guests at the gathering. The sharing focused on treatments of depression. All participants shared their own experience freely and supported and encouraged one another, thus enhancing their confidence in combating mood disorders.

「知心導行」情緒輔導計劃
2006年6月至2007年3月

藉着有質素的專業心理輔導服務，幫助受情緒困擾的人士，特別是經濟能力有限的人士。本年度共為156位情緒受困擾人士提供服務。



Professional Counseling Service
June 2006 to March 2007

Quality professional counseling was provided to help the emotionally disturbed, particularly those of limited means. Last year, we provided services to a total of 156 such sufferers.



熱線服務
2006年6月至2007年3月

透過愛心義工為有需要人士提供有關情緒病的資訊及求助途徑。本年度共接獲超過1200個來電。



Hotline Service
June 2006 to March 2007

Our hotline helpers provided information to those in need about mood disorders and access to assistance. Last year, we received over 1200 calls in total.



朋輩支援服務

2006年6月至2007年3月

由情緒病康復者、病患者家屬及對情緒病有認識的人士透過個人經驗分享，為正受情緒困擾的朋友給予支持及鼓勵，令他們更有信心對抗情緒病。

Peer Support Service

June 2006 March 2007

Recovered sufferers of mood disorders, sufferers' families and people knowledgeable in the area shared their personal experience with those suffering from the same illness so as to give them support and encouragement and hence build up their confidence to fight with mood disorders.

「擁抱心晴」義工計劃

2007年1月至12月

心晴行動一直有賴一群熱心義工全心全力的協助及支持，得以推行各樣的服務及工作。於本年度開始，有系統地發展心晴行動義工隊，透過定期舉辦不同主題的工作坊及嘉許計劃，加強義工們的歸屬感及對情緒健康的認識，讓義工們除了付出愛心及寶貴的時間，個人也能同時得到成長。

Joyful Volunteer Project

January to December 2007

Thanks to the help and support of our devoted and zealous helpers, JMHF has been able to provide various services and launch our programs. From this year onward, we will develop our team of volunteers in a more systematic manner. We have organized regular workshops and award schemes to enhance our helpers' sense of belonging and their knowledge about emotional health so that they can, apart from giving away their loving care and precious time, attain their personal growth.





推廣 Promotion

星光大道推廣活動

得到星光大道管理有限公司及Tony Music House的鼎力支持，於尖沙咀星光大道多次舉行推廣活動，透過慈善點唱讓大家憑歌抒發心情，同時設有展板介紹及派發單張小冊子，讓公眾人士認識情緒健康的重要。

Mental Health Promotion at the Avenue of Stars

With the full support of Avenue of Stars Management Limited and Tony Music House, a number of promotion activities were held on the Avenue of Stars. Charity song dedications provided an outlet for everyone's feelings, while display boards were erected and leaflets were distributed to promote the importance of emotional health.

名曲滿星光心晴慈善點唱會 2006年6月17日

得到多位嘉賓出席支持，包括鬼塚先生、招石文先生、林偉先生、寶佩如小姐、唐詩穎小姐、沈穎婷小姐等。

Charity Concert at the Avenue of Stars (I) 17 June 2006

Many guests, such as Mr NG Kin-chung, Mr CHIU Shek-man, Mr LAM Wai, Miss Baby BO, Miss Natalie TONG and Miss Winnie SHUM, attended to show their support.



招石文先生 鬼塚先生 寶佩如小姐 唐詩穎小姐 沈穎婷小姐



林偉先生



聖誕星光心晴音樂伴你行 2006年12月23日

臨近聖誕節，活動更加設聖誕福袋慈善義賣、面繪及攤位遊戲等增加歡樂的節日氣氛。

Charity Concert at the Avenue of Stars (II) 23 December 2006

As Christmas drew near, new activities such as charity sale of Christmas lucky packs, face painting and game booths were held to add to the joy of the festive season.



Connie & Tony

打開心靈 擁抱心晴





星光人日好心晴勁歌賀豬年 2007年2月24日

每次活動都得到Tony Music House的全力支持，是次更捐出電子產品作慈善拍賣為心晴行動籌募善款。



Charity Concert at the Avenue of Stars (III) 24 February 2007

Tony Music House has given its full support to us in every event. On this occasion, the House donated a number of electronic products for our charity auction sales to raise funds for JMHF.



義務工作發展局義工隊交流會 2006年8月9日

義務工作發展局的其中一隊義工隊到訪心晴行動，透過本會的社工及輔導員的講解，從而認識心晴行動的宗旨及服務，以及一些有關情緒病的知識，義工們亦同時分享他們的義工經驗。

AVS Volunteer Team Friendly Visit 9 August 2006

One of the volunteer teams under the Agency for Volunteer Service visited JMHF. Our social worker and counselor explained to the team our objectives and services, as well as some knowledge about mood disorders. The volunteers also shared with us their experience in voluntary work.





「E-Teen使」交流會
2006年8月14日

香港傷健協會「E-Teen 使情緒健康推廣計劃」的青年義工藉參觀心晴行動，並與心晴熱線義工交流分享，增加對情緒病的認識，並在新學期回到校園時加倍關注身邊的同學，幫助有情緒困擾的同輩尋找求助途徑。



Sharing among Hong Kong PHAB Association
14 August 2006

Youth volunteers from "Project on Healthy Emotion for Youngsters" under Hong Kong PHAB Association visited JMHF. They had experience sharing with our hotline helpers. This increased their knowledge about mood disorders so that they would pay more attention to schoolmates around them in the new academic year and help peers who are emotionally disturbed to find help.

明愛青年生命工程
2006年8月30日

主席林建明小姐與明愛賽馬會黃大仙青少年綜合服務的年青人分享其克服情緒病的過程，以及個人的生活經驗，藉此鼓勵年青人珍惜生命及努力去尋索自己的人生方向。



Caritas Volunteers Friendly Visit
30 August 2006

Chairperson Ms Victoria LAM Kin Ming shared with youngsters from Caritas Jockey Club Integrated Service for Young People Wong Tai Sin her experience in life and how she got over her mood disorder to encourage the young to treasure life and look for their own directions in life.





蘭桂坊心晴行動嘉年華
2006年10月14至15日

心晴行動再度成為「蘭桂坊嘉年華」的唯一受惠慈善機構，心晴行動信託人康寶駒先生更擔任開幕禮活動籌委會主席。開幕禮於10月13日舉行，邀得寇鴻萍小姐與張學潤先生擔任司儀，出席嘉賓包括蘭桂坊協會主席盛智文博士太平紳士、莫文蔚小姐、Soler、日本魔術大師Mr. Hiro Sokai及黃伊汶小姐。一連兩天的嘉年華會還設有超過80多個戶外攤位，心晴行動更藉此推廣情緒健康。

Lan Kwai Fong Carnival 2006
14 to 15 October 2006

Again, JMHF was the sole charitable beneficiary of 'Lan Kwai Fong Carnival'. Trustee of JMHF, Mr Martin HONG Po-Kui was the chairman of the organizing committee of the activities at the opening ceremony. The opening ceremony was held on 13 October. Ms Isabella KAU and Mr Nelson CHEUNG were the masters of ceremony. Guests who attended the ceremony included Mr Allan ZEMAN, JP, Chairman of the Lan Kwai Fong Association, Miss Karen MOK, Soler, Japanese magician Mr Hiro Sokai and Miss Emme WONG. There were over 80 outdoor game booths at the 2-day carnival. JMHF made use of the occasion to promote emotional health.



寇鴻萍小姐 張學潤先生



Soler



盛智文太平紳士

康寶駒律師





多倫多心理治療專家心晴交流
2006年11月2日

兩位遠道來自加拿大多倫多的心理治療師：楊兆前醫生及張吳國儀女士，與演藝人林嘉華先生及香港心理衛生會教育中心總主任黃鎮漢先生，親臨心晴行動與本會主席及職員交流，分享兩地情緒健康問題的情況，以及他們多年的心理治療經驗。兩位心理治療師十分積極推動社會關注情緒健康，於多倫多中文電台與節目主持林嘉華先生透過媒體向大眾推廣健康情緒的訊息。是次來港除了為不同機構安排專業培訓，更特意到訪專注推動情緒健康的心晴行動交流經驗。

Sharing among Psychotherapists from Toronto
2 November 2006

Two psychotherapists from Toronto in Canada, Dr Danny YEUNG and Mrs Victoria CHEUNG, together with artiste Mr Dominic LAM and Mr Michael WONG Chun Hon, chief officer of education at the Mental Health Association of Hong Kong, exchanged their views with JMHF and our Chairperson and staff regarding the current problems of emotional health in both places, as well as sharing their many years of experience in psychotherapy. The two psychotherapists actively promoted public awareness of emotional health. They joined hands with radio programme host, Mr Dominic LAM, to convey the message about emotional health to the public through media on Toronto Chinese Radio. On this trip to Hong Kong, in addition to arranging professional training for various organizations, they paid a special visit to JMHF, and shared their experience with us.



張吳國儀女士



楊兆前 林嘉華
醫生 先生

沙田開心行動
2006年10月至2008年1月

是次活動由社會福利署組成的2006-08沙田區康復服務協調委員會「精神健康教育推廣」工作小組主辦，心晴行動慈善基金與沙田區議會醫療及衛生服務工作小組協辦。透過一系列的活動，包括精神健康講座、巡回展覽、微笑大使招募、微笑日及嘉年華會等，喚起社區人士對精神健康的關注，宣揚積極、健康及快樂人生的訊息，以締造一個和諧關愛的社區。

Smiling Action in Shatin
October 2006 to January 2008

This event was organized by the Working Group on the Education and Promotion of Emotional Health of the Shatin District Co-ordination Committee on Rehabilitation Services set up by the Social Welfare Department for 2006-08 and co-organized by the Medical and Health Services Committee of Shatin District Council and JMHF. Through a series of activities such as seminars on emotional health, roving exhibitions, recruitment of Smiling Ambassadors, Smiling Day and a carnival, the event was to arouse the public awareness of mental health and to encourage people to lead an active, healthy and happy life towards building a harmonious and caring community.



張達明先生



打開心靈 擁抱心晴





心晴開放日 2006年11月18日

心晴行動舉行開放日以響應11月的黃大仙區節，節目內容包括展板介紹、單張派發、慈善義賣、以及由主席林建明小姐與區內居民分享患病的經歷，執委李國芬先生及顧問陳慧玲小姐分享推展心晴行動工作的經驗，藉此呼籲大眾關注情緒健康。

Joyful Open Day 18 November 2006

In support of Wong Tai Sin District Festival in November, JMHF organized an open day. Activities included presentation on display boards, leaflet distribution, charity sale as well as Chairperson Victoria LAM's sharing with residents of the district on how she had suffered from the illness. Committee Member Mr. Bennett LI and Consultant Miss Viola CHAN also shared their experience in their work with JMHF. These activities helped to draw public's attention to emotional health.



「香港環球嘉年華」慈善攤位 2006年12月15至20日 及2007年3月9至15日

心晴行動於「香港環球嘉年華」舉行期間進行了兩次的慈善攤位推廣活動，透過展板介紹及單張小冊子派發，向到場人士推廣健康情緒的訊息。攤位還設有遊戲、面繪及慈善義賣等項目，更有多位愛心嘉賓到場支持，包括歌星李逸朗先生及蔣雅文小姐、鍾慧冰小姐、楊恭如小姐、文頌嫻小姐等。

Charity Booth at the Hong Kong World Carnival 15 to 20 December 2006 and 9 to 15 March 2007

JMHF launched two rounds of promotional activities by setting up a charity booth at the Hong Kong World Carnival. We promoted public awareness of emotional health by presentation on display boards and distributing leaflets to attendees. The booth featured games, face painting, charity sale and so on. Kind-hearted guests attended such as singers Mr Don LI and Ms Mandy CHIANG, Ms Maria CHUNG, Miss Kristy YEUNG and Miss Annie MAN.



蔣雅文小姐 李逸朗先生

鍾慧冰小姐 楊恭如小姐 文頌嫻小姐



媒體推廣活動

透過出席多個不同的傳媒節目及報章專訪以接觸不同階層的市民，推廣健康情緒的訊息。曾參與的項目包括：

長訊雙周刊 – 人物專訪

2006年9月8日

Guest Interview by < Senior Magazine >
8 September 2006

新城電台增值青雲路

2006年11月9日

Mental Health Media Promotion (II)
Metro Radio Program <The Way to
Success>
9 November 2006

香港電台第二台 – 晨光第一線

2006年11月20至24日及12月4至8日

Mental Health Media Promotion (IV)
RTHK2 < Morning Suite >
20 to 24 November and 4 to 8
December 2006

有線電視27台互動電視慈善坊

2006年12月7日

Mental Health Media Promotion (V)
Cable TV : The Interactive Channel
< iCharity >
7 December 2006



Mr Jack Lau

羅世安醫生

Mental Health Media Promotion

We had attended interviews held in respect of various media programmes and with the press so as to extend our contact to people from all walks of life to promote awareness of emotional health. These include:

香港電台第二台 – LTV Cafe

2006年10月14日

Mental Health Media Promotion
(I) RTHK2 < LTV Cafe >
14 October 2006

商業電台第二台 – 有誰共鳴

Mental Health Media Promotion (III)
CRHK2 < Share My Song >

2006年11月16日

嘉賓:心晴行動慈善基金顧問曾展章先生
16 November 2006

Guest: Mr Samuel Tsang, Consultant
of Joyful (Mental Health) Foundation



何莉莉小姐 曾展章先生

2007年2月13日

嘉賓:夏韶聲先生

13 February 2007

Guest: Mr Danny Summer



夏韶聲先生



籌募 Fundraising

〈辦公室對碰〉新書會友招待會 2006年9月23日

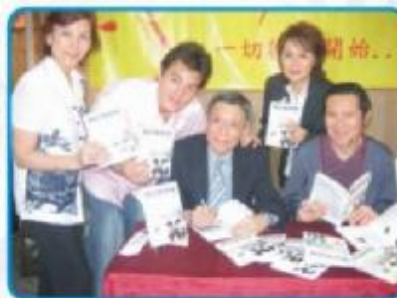
心晴顧問曾展章先生著書與眾分享他在辦公室的豐富歷練，並將著作的所有版稅悉數捐予心晴行動。招待會於銅鑼灣禮頓道新華書城展覽廳舉行，各方好友出席支持，包括甘國亮先生、楊恭如小姐、黎文卓先生及心晴行動主席林建明小姐等。

New Book Press Conference 23 September 2006

Mr. Samuel TSANG, Consultant of JMHF, wrote a book in which he shared with members of the public his profound experience of life in workplace. All the royalties were donated to JMHF. The press conference was held in Exhibition Hall of Xinhua Book City at Leighton Road, Causeway Bay. Friends such as Mr. KAM Kwok-leung, Miss Kristy YEUNG, Mr. LAI Man-cheuk and Ms. Victoria LAM Kin-ming, Chairperson of JMHF extended their support by attending the press conference.



曾展章先生 甘國亮先生 楊恭如小姐





海港城籌款活動

愛心機構「海港城」與心晴行動合辦多個籌款活動，不但為心晴行動籌募經費，同時藉活動向社會上不同階層的市民推廣健康情緒。

Fundraising @ Harbour City

Harbour City is a caring organization. It has co-sponsored a number of fundraising activities with JMHF. These activities not only raised funds for JMHF, but also helped promote emotional health to people from all walks of life.

海港城換傘樂助心晴行動 2006年7月15-16日

藉換購設計精美的紀念雨傘籌募善款。雨傘由英國資深時裝評論員Sarah Mower繪畫設計，圖案時尚精美，換購反應非常踴躍。

Shower-proof Chic @ Harbour City 15 to 16 July 2006

Nicely designed souvenir umbrellas were offered for sale to raise funds. The umbrellas were designed and painted by Sarah MOWER, an experienced fashion critic in the UK. The sale of these umbrellas with their fashionable patterns received an overwhelming response.

「飛天南瓜@海港城」 2006年10月1日至31日

海港城在萬聖節期間，推出全港第一首萬聖節主題曲《Flying Pumpkin@海港城》，由「心晴行動健康情緒榮譽大使」周麗淇小姐聯同一班可愛的小朋友開心演繹，並製成精美CD於海港城義賣，為心晴行動慈善基金籌款。精神科余枝勝醫生及心理輔導員謝嘉雯小姐更應邀出席活動與大眾分享健康情緒的訊息。

Flying Pumpkin @ Harbour City 1 to 31 October 2006

Harbour City popularized the first-ever Halloween song in Hong Kong 'Flying Pumpkin@ Harbour City' during the last Halloween. The song was joyfully sung by Miss Niki CHOW, our Joyful Ambassador for Emotional Health and a group of lovely children. It was nicely recorded on CDs which were sold in Harbour City to raise funds for JMHF. Psychiatrist Dr. Edwin YU Chi-shing and psychological counselor Miss Carmen TSE were invited to attend the event and conveyed the message of emotional health to the public.



余枝勝醫生 謝嘉雯小姐



周麗淇小姐



譚嘉雯小姐 林珊珊小姐

打開心靈 擁抱心晴





錫錫好心晴@海港城 2007年1月至3月

於新年前後舉辦多個不同類型的活動，包括捐款換購利是封及利是袋、大年初二之烟花匯演入場券、情人節甜蜜蜜廚房及錫錫好心晴@海港城的藝人照片及鼓勵語句展覽活動，心晴行動健康情緒榮譽大使周麗淇小姐更擔任開幕禮嘉賓。



Joyful Kisses @ Harbour City January to March 2007

Various activities were held around Chinese New Year, which included the distribution of red packets and lucky bags and admission tickets to fireworks display on 2nd day of Chinese New Year for donations made, Kitchen Fun on Valentine's Day, as well as exhibition of photos and encouraging words from artistes at Joyful Kisses @ Harbour City. Miss Niki CHOW, our Joyful Ambassador for Emotional Health, guested on the opening ceremony.



牛仔褲日及義賣日@海港城 2007年3月23至4月9日

海港城於3月30日舉行全港首個「牛仔褲日」呼籲海港城的商戶捐款並穿着牛仔褲上班。另外，於活動期間義賣不同的禮品籌募善款，款款禮品設計均具心思及創意，包括Cutie Chickee及由M-store設計的Meter-Children 3D立體面譜公仔。心晴行動健康情緒榮譽大使周麗淇小姐及秘書長李偉成先生代表出席活動向各界呼籲之餘，也不忘推廣健康情緒。

Denim Day @ Harbour City 23 March to 9 April 2007

The Harbour City launched the first-ever Denim Day in Hong Kong on 30 March and appealed to shops in Harbour City to make donations and its staff to wear jeans for work. In addition, different souvenirs were sold at a charity sale to raise funds while the activity was in progress. All the souvenirs were originally and creatively designed. They include Cutie Chickee and Metre-Children 3D face-mask figurines designed by M-store. Miss Niki CHOW, our Joyful Ambassador for Emotional Health, and Mr. Jackson LI, Secretary of JMHF, attended the activities to appeal to people for donations as well as promoting emotional health.



Meter 周麗淇小姐





食出好心晴慈善宴 2006年8月28日

活動由心晴行動及橋資源中心合辦，金鼎軒海鮮酒家全力支持，借着美食喚起社會各界關注飲食與心靈健康，鼓勵大家食得健康之餘，也要同時着重心靈與情緒的平衡。參與的嘉賓包括：關景鴻先生、趙茂城先生、黃淑儀小姐、寶佩如小姐、招石文先生、Mr Richard savage、Tony Music House、小丑魔術師林繼賢先生。

Joyful Charity Dinner 28 August 2006

This activity was co-organized by JMHF and Bridge Resources Centre with the full support of Golden Tripod Seafood Restaurant. It was to arouse the public concern for healthy diet and spiritual health. It encouraged people to have a healthy diet as well as a balance in spirits and emotion. Guests who attended this activity included Mr. Eddie KWAN, Mr. CHIU Mau-shing, Ms. Gigi WONG, Miss Baby BO, Mr. CHIU Shek-man, Mr Richard Savage, Tony Music House and crown magician John LAM.



黃淑儀小姐



郭培儀先生 黎俊文先生



關景鴻先生



寶佩如小姐

Tony



Mr Richard Savage

打開心靈 擁抱心晴





「義」人同步展關懷 2006年10月8日

超過800人齊集中環遮打道創下最多人一同參與二人三足的健力士世界紀錄，活動由獅子山青年商會主辦，社會福利署協辦，心晴行動為受惠機構之一。出席的嘉賓包括立法會主席范徐麗泰太平紳士、立法會議員及資深大律師梁家傑先生、獅子山青年商會永遠榮譽會長劉漢華太平紳士及多位活動大使：何韻詩小姐、鄧健泓先生、葉文輝先生、鄧穎芝小姐、裕美小姐、組合E02、樂隊Dear Jane、陳嘉容小姐及姚書軼小姐等。

Multi-legged Walk for Charity 8 October 2006

Over 800 people took part in the game of 'Multi-legged Walk' in Chater Road, Central and made the event into the Guinness World Records for the largest number of participants ever playing the game together. The event was sponsored by the Lion Rock Junior Chamber and co-sponsored by the Social Welfare Department. JMHF was one of the beneficiaries. Guests who attended the event included Mrs. Rita FAN Hsu Lai-tai, GBS, JP, President of LegCo, Mr. Alan LEONG Kah-kit, lawmaker and senior counsel, Mr. LAU Hon Wah, B.B.S., J.P., Honorary Permanent President of Lion Rock Junior Chamber, as well as a number of ambassadors for the event: Miss Denise HO, Mr. Patrick TANG, Mr. Barry YIP, Miss Vangie TANG, Miss HIROMI, the band EO2, the band Dear Jane, Miss Eunice CHAN, Miss Mikki YAO and so on.



黃錫源先生



身心美慈善大行動

活動為期半年，由現代美容中心全力贊助。透過連串不同類型的教育及推廣活動，喚起社會關注情緒健康，同時為心晴行動籌款。

身心美慈善大行動 - 全港大型慈善瑜珈操 2006年11月12日

於荃灣愉景新城購物商場第一層天幕大堂舉行，當日心晴行動主席林建明小姐、心晴慈善嘉賓陳慧珊小姐、現代美容中心主席曾裕小姐、蔡少芬小姐、李守義先生及袁少萍女士一同擔任主禮嘉賓，為「身心美慈善大行動」揭開序幕；並由精神科專科護士陳靄華小姐及林建明小姐分享有關健康情緒的知識。蔡少芬小姐帶領在場近400位瑜珈參加者一同做瑜珈操，不但舒展筋骨，更齊同享受身心靈的輕鬆暢悅。

Beauty & Health Charity Campaign

The campaign ran for six months and was solely sponsored by Modern Beauty Salon. A series of different types of educational and promotional activities were organized to arouse the public concern for emotional health and to raise funds for JMHF.

Beauty & Health Charity Campaign Grand Charity Yoga Show 12 November 2006

The activity was held in Skydome Atrium, First Floor, Discovery Park Shopping Centre, Tsuen Wan. The officiating guests of honour on that day included Ms. Victoria LAM, Chairperson of Joyful (Mental Health) Foundation, Miss Flora CHAN, Miss Joyce TSANG, Chairlady of Modern Beauty Centre, Miss Ada CHOI, Mr. LEE Soo-ghee and Ms. YUEN Siu-ping to kick off the Beauty & Health Charity Campaign. Psychiatric nurse Miss Eva CHAN and Ms. Victoria LAM shared with the public their knowledge about emotional health. Miss Ada CHOI led nearly 400 yoga participants present to do yoga together to stretch their arms and legs and to enjoy the joy and relaxation in body and soul.



蔡少芬小姐 曾裕小姐 陳慧珊小姐

打開心靈 擁抱心晴





**身心美慈善大行動
- 街頭精品義賣活動**
**2006年10月29及30日、2007年
2月10及11日、3月10及11日**

於港九不同的地區設置義賣攤位，義賣籌款之餘，亦向途人推廣，派發有關情緒病知識的單張及小冊子。

**Beauty & Health Charity
Campaign Charity Sale**
**29 & 30 October 2006, 10 & 11
February and 10 & 11 March 2007**

Charity sale booths were set up at various spots throughout the territory to raise funds. Leaflets and pamphlets on mood disorders were distributed to promote the idea to the public.





**身心美慈善大行動
- 勁歌熱舞好心晴
2007年1月13及14日**

活動一連兩日於奧海城舉行。苗僑偉先生及朱潔儀小姐應邀擔任心晴行動慈善嘉賓，向大眾分享情緒健康的訊息，朱潔儀小姐更捐出印有其書法的T-shirt作義賣籌款。還有表演嘉賓林苑小姐及彭敬慈先生戮力表演勁歌熱舞，令現場氣氛十分熱鬧。



彭敬慈先生



苗僑偉先生 朱潔儀小姐

**Beauty & Health Charity Campaign
Sing & Dance for Joyful
13 & 14 January 2007**

The event was held at Olympian City on 2 consecutive days. Mr. Michael MIU and Miss Donna CHU were the guests for this charity event of JMHF and conveyed the message about emotional health to the public. Miss Donna CHU also donated T-shirts printed with her calligraphy for the fund-raising charity sale. Other guests including Miss Gia Lin and Mr. Samuel PANG gave an all-out performance of singing and dancing, which got everyone excited.

**Beauty & Health Charity
Campaign Emotional Health
Seminar Series**

Modern Beauty Salon organized a 3-month emotional health seminar series on different topics to disseminate the knowledge about mood disorders, in simple terms, to the public. This served as the last activity of the Beauty & Health Charity Campaign.

**身心美慈善大行動
- 健康講座系列**

一連三個月於現代美容中心舉辦的公眾情緒健康講座，以不同的主題，深入淺出地講解有關情緒病的知識，同時亦為身心美慈善大行動的壓軸活動。

**講座I - 「深情透視情緒病」
2007年1月27日**

由家庭醫生羅世安醫生講解常見情緒病的成因，診斷及治療方法。

**Seminar I-Understanding
Mood Disorders
27 January 2007**

Family doctor Dr LAW Sai On explained the causes, diagnosis and treatments of common mood disorders.



袁少萍小姐 羅世安醫生

打開心靈 擁抱心晴





講座II - 「舒舒壓 找回好心情」 2007年2月24日

由家庭醫生洪浩醫生主講，焦點剖析壓力與情緒病的關係。

Seminar II - Stress Management 24 February 2007

Family doctor Dr HUNG Ho focused on the analysis of the relationship between stress and mood disorders.



洪浩醫生



講座III - 「鬱出情緒病之抑鬱症」 2007年3月24日

由葵涌醫院精神科及老齡精神科顧問醫生余枝勝醫生講解抑鬱症的成因及診治，還有金牌編劇阮繼志先生擔任分享嘉賓，分享個人克服逆境的心路歷程，鼓勵大家對抗抑鬱症。

Seminar III - Understanding Depression 24 March 2007

Consultant Dr. YUE Chi-shing of Department of Psychiatry and Department of Psychiatry for the Elderly of Kwai Chung Hospital explained the causes, diagnosis and treatments of depression. Another guest speaker, famous playwright Mr. YUEN Kai-chi, also shared how he got over the adversity and encouraged every one to face up to depression.



余枝勝醫生



阮繼志先生



動力原音會知音
2006年12月26日
及2007年1月20日

活動由Tony Music House Limited主辦，於科學館演講廳舉行，所有門券收入均捐予心晴行動。演唱會以結他伴隨悅耳歌聲全新演繹70至90年代經典金曲，演出極具水平，兩場均座無虛席。

Charity Concert by Tony Music House
26 December 2006 and 20 January 2007

The event was organized by Tony Music House Limited and was held in the Lecture Hall of the Science Museum. All the box office receipts were donated to JMHF. The concert featured wonderful new interpretations of classic oldies from the 70s to the 90s accompanied by guitar. The performance was of a high standard with a full house for both shows.



Tony



輝哥火鍋心晴行動慈善活動
2007年2月5日

愛心食肆「輝哥海鮮火鍋」於香港分店開幕時呼籲各界好友、公司及機構懇辭花籃賀禮，轉以善款捐贈心晴行動，心晴主席到場恭賀，並感謝游志輝先生(輝哥)對心晴行動的支持。

Fai Seafood Hot Pot Opening Charity Appeal
5 February 2007

At the grand opening of one of its branches in Hong Kong, Fai Seafood Hot Pot appealed to its friends, companies and organizations in various sectors to save their flowers and gifts for cash donations to JMHF. The Foundation's Chairperson attended the grand opening to thank Mr YAU Chi-fai (Fai Gor) for his support.



鍾鎮濤先生 楊恭如小姐



游志輝先生



打開心靈 擁抱心晴





心晴開年迎金豬 2007年3月4日

為慶祝心晴行動慈善基金成立三周年，在得到信託人康寶駒先生贊助下，特於元宵佳節設宴，答謝各界好友的支持，當晚出席的嘉賓好友眾多。主席林建明小姐藉此向大眾匯報心晴行動過往的工作成效。

The 3rd Anniversary Ceremony of Joyful (Mental Health) Foundation 4 March 2007

To celebrate the third anniversary of JMHF a banquet, sponsored by our trustee Mr HONG Po Kui, was held on the Lantern Festival to thank friends from all sectors for their support. Many guests and good friends attended the banquet. Chairperson Ms Victoria LAM Kin Ming used the occasion to report the past achievements of the JMHF to everyone.



勞永樂醫生



魏秋禔小姐 葉茂林先生 朱潔儀小姐



康寶駒先生

黃熙仁先生



陳啟峰先生



趙茂城先生



藍偉先生夫人





榮牽樂韻賞心聲粵曲演唱會 2007年3月28日

活動由賞心樂社主辦，樂社主席馬少明小姐愛心滿溢，連續三年傾力籌辦「粵曲慈善晚會」，為心晴行動籌募經費。是次晚會演出嘉賓包括馬少明小姐、潘國榮先生、譚倩紅小姐、李家榮先生、劉惠鳴小姐、黃偉坤先生、陳碧霞小姐、謝燕雲小姐、潘佩璇小姐、鄧有銀小姐，並由車淑梅小姐擔任司儀。心晴行動更於音樂廳外設置義賣攤位，在香港電台義工隊及哥哥之友協助下，籌款之餘，更同時推廣本會服務。

Chinese Opera Charity Night 28 March 2007

The concert was organized by Joyful-Music Land. Ms MA Shiu-ming, Chairlady of the group, was so kind-hearted to dedicate herself to organizing 'Chinese Opera Charity Night' for the third consecutive year to raise funds for JMHF. Performers at the concert included Ms Yvonne MA, Mr. POON Kwok-wing, Ms TAM Sin-hong, Mr. LI Ka-sun, Ms LAU Wai-ming, Mr. WONG Wai-kwan, Ms CHAN Pik-ha, Ms TSE Yin-wan, Ms POON Pui-shuen and Ms TANG Yau-ngan. Ms Candy CHEA was the master of ceremony. JMHF set up a booth for charity sale outside the concert hall. With the help of the volunteer team of RTHK and Charity of Friends, the event not only raised funds for us, it also promoted our services.



譚倩紅女士



馬少明女士



潘國榮先生

打開心靈 擁抱心晴





概覽 Overall

舉行日期 Dates of Activities	項目名稱 Names of Activities
全年度 Whole year	「知心導行」情緒輔導計劃 Professional Counseling Service
全年度 Whole year	熱線服務 Hotline Service
全年度 Whole year	朋輩支援服務 Peer Support Service
2005年10月至2006年9月 October 2005-September 2006	資助項目I-「緣途伴您行」長者抑鬱症支援服務 Sponsored Project (I) Anti-depression Elderly Program
2006年4月至2007年3月 April 2006-March 2007	資助項目II「推廣精神健康教育, 凝聚會員力量」 Sponsored Project (II) Familylink Mental Health Educational Program
2006年6月3日 3 June 2006	認識情緒病講座 Seminar on Understanding Mental Health
2006年6月17日 17 June 2006	名曲滿星光心晴慈善點唱會 Charity Concert at the Avenue of Stars (I)
2006年6月22日 22 June 2006	非一般的情緒治療分享會 Sharing Upon Mood Healthiness Gathering
2006年7月12日至8月5日 12 July-5 August 2006	清心、安心減壓法、壓力管理工作坊 Mindfulness-Based Emotion Management Workshop
2006年7月15-16日 15-16 July 2006	海港城換傘樂助心晴行動 Shower-proof Chic @ Harbour City
2006年7月15日 15 July 2006	「暴食症和抑鬱症的診斷與治療」講座 Mental Health Seminar Binge Eating Disorder and Depression
2006年8月3日 3 August 2006	青年情緒健康講座 Seminar On Mental Health for Youth
2006年8月3至5日 3-5 August 2006	心晴行動義賣日 Charity Sale Day
2006年8月7日至11月6日 7 August - 6 November 2006	家連家精神健康家屬課程 Mental Health Training Course for Patients' Families
2006年8月9日 9 August 2006	義務工作發展局義工隊交流會 AVS Volunteer Team Friendly Visit
2006年8月14日 14 August 2006	「E-Teen使」交流會 Sharing among Hong Kong PHAB Association
2006年8月19日 19 August 2006	「活在壓力下」講座 Mental Health Seminar on Stress Management
2006年8月22日 22 August 2006	「心晴一聚」分享會(一) Interactive Sharing among Professionals, Patients and their Families (I)
2006年8月27日 27 August 2006	戰勝情緒抑鬱病嘉年華 Fight Against Depression * Carnival
2006年8月28日 28 August 2006	食出好心晴慈善宴 Joyful Charity Dinner
2006年8月30日 30 August 2006	明愛青年生命工程 Caritas Volunteers Friendly Visit
2006年8月31日 31 August 2006	長者情緒健康講座 Mental Health Seminar for Elders
2006年9月8日 8 September 2006	媒體推廣活動(I) 長訊雙週刊(人物專訪) Mental Health Media Promotion(I) Guest Interview by <Senior Magazine>
2006年9月23日 23 September 2006	〈辦公室對碰〉新書會友招待會 New Book Press Conference
2006年9月30日 30 September 2006	香港家連家精神健康倡導協會 「第十三屆精神健康大使畢業禮」 HK FamilyLink Mental Health Advocacy Association 13th Mental Health Ambassador Graduation Ceremony



舉行日期 Dates of Activities	項目名稱 Names of Activities
2006年10月至 2008年1月 October 2006-January 2008	沙田開心行動 Smiling Action in Shatin
2006年10月8日 8 October 2006	義人同步展關懷 Multi-legged Walk for Charity
2006年10月1至31日 1-31 October 2006	飛天南瓜@海港城 Flying Pumpkin @ Harbour City
2006年10月14日 14 October 2006	媒體推廣活動(II)-香港電台第二台 LTV Café Mental Health Media Promotion (II) RTHK2 < LTV Café >
2006年10月14至15日 14-15 October 2006	蘭桂坊心晴行動嘉年華2006 Lan Kwai Fong Carnival 2006
2006年10月29日至 2007年3月31日 29 October 2006-31 March 2007	身心美慈善大行動 Beauty & Health Charity Campaign
2006年11月2日 2 November 2006	多倫多心理治療專家心晴交流 Sharing among Psychotherapists from Toronto
2006年11月9日 9 November 2006	媒體推廣活動(III)-新城電台增值青雲路 Mental Health Media Promotion (III) Metro Radio Program <The Way to Success>
2006年11月16日及2007年2月13日 16 November 2006 & 13 February 2007	媒體推廣活動(IV)-商業電台有誰共鳴 Mental Health Media Promotion (IV) CRHK2 < Share My Song >
2006年11月17日 17 November 2006	家長壓力講座 Mental Health Seminar for Parents
2006年11月18日 18 November 2006	心晴開放日 Joyful Open Day
2006年11月20至24日及12月4至8日 20-24 November & 4-8 December 2006	媒體推廣活動(V)-香港電台晨光第一線 Mental Health Media Promotion (V) RTHK2 < Morning Suite >
2006年12月5日 5 December 2006	心晴一聚分享會(二) Interactive Sharing among Professional, Patients and their Families (II)
2006年12月7日 7 December 2006	媒體推廣活動(VI)-互動電視慈善坊 Mental Health Media Promotion (VI) Cable TV : The Interactive Channel < iCharity >
2006年12月15至 20日 15-20 December 2006	香港環球嘉年華慈善攤位 (1) Charity Booth at Hong Kong World Carnival (1)
2006年12月23日 23 December 2006	聖誕星光心晴音樂伴你行 Charity Concert at the Avenue of Stars (II)
2006年12月26日及 2007年1月20日 26 December 2006 & 20 January 2007	原音熱唱會知音 Charity Concert by Tony Music House
2007年 1月 至 3月 January-March 2007	錫錫好心晴 @ 海港城 Joyful Kisses @ Harbour City
2007年1月至12月 January - December 2007	「擁抱心晴」義工計劃 Joyful Volunteer Project
2007年2月至3月 February - March 2007	開心學堂 School Project
2007年2月5日 5 February 2007	輝哥火鍋心晴行動慈善活動 Fai Seafood Hot Pot Opening Charity Appeal
2007年2月24日 24 February 2007	星光人日好心晴勁歌賀豬年 Charity Concert at the Avenue of Stars (III)
2007年3月4日 4 March 2007	心晴開年迎全豬 The 3rd Anniversary Ceremony of Joyful (Mental Health) Foundation
2007年3月9至15日 9-15 March 2007	香港環球嘉年華慈善攤位 (2) Charity Booth at Hong Kong World Carnival (2)
2007年3月22日 22 March 2007	心晴一聚分享會(三) Interactive Sharing among Professional, Patients and their Families (III)
2007年3月23至4月9日 23 March-9 April 2007	牛仔褲日及義賣日@海港城 Denim Day @ Harbour City
2007年3月28日 28 March 2007	榮華樂韻賞心聲粵曲演唱會 Chinese Opera Charity Night

打開心靈 擁抱心晴





統計 Statistics

項目統計 Statistics

項目性質 Category of Event	數目 No. of Event	參與/接觸人次 No. of Participants
教育講座 Mental Health Seminar	6	740
校園計劃 School Project	3	688
培訓 / 工作坊 Training Course / Workshop	2	120
社區 / 媒體推廣 Community Education & Promotion	18	674,342
團體交流會 Sharing	5	110
籌款活動 Fundraising	11	27,200
支援服務 Supportive Service	10	23,235
總結 Total	55	726,435

熱線服務統計 Joyful Hotline Statistics

熱線 來電者 Hotline Callers	6/06	7/06	8/06	9/06	10/06	11/06	12/06	1/07	2/07	3/07	總結 Total
患者本人 Sufferers	64	54	73	91	81	79	72	74	43	66	697
患者家人 Families of sufferers	25	26	32	30	31	50	32	29	23	32	310
患者朋友 Friends of sufferers	10	15	9	15	14	16	10	20	10	7	126
其它 Others	10	4	2	7	7	12	12	10	18	81	163
總數 Total	109	99	116	143	133	157	126	133	94	186	1296

電郵查詢 Email Enquiry Statistics

	6/06	7/06	8/06	9/06	10/06	11/06	12/06	1/07	2/07	3/07	總結 Total
電郵查詢 個案 No of email cases	2	7	5	4	3	7	5	5	4	5	47

專業面談輔導 Professional Counseling Service Statistics

	6/06	7/06	8/06	9/06	10/06	11/06	12/06	1/07	2/07	3/07	總結 Total
個案 No of cases	8	22	19	16	13	22	18	11	9	18	156
約見人次 No. of interview sessions	26	44	48	48	26	44	42	42	24	43	387



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION

鳴謝 Acknowledgment



公司及機構名單

Alifax media Ltd.
Alps Workshop Ltd
Art Beatus Limited
Artini International Company Ltd
Best Translation Services Company
Betake Marketing Ltd
Bossini
Cyberport Tenants Club
DR專業美容培訓學院
Dynamic Network Alliance
Epoch Printing (China) Co. Ltd
E's Concept Communication Ltd
Excel Dragon International
Development Ltd
Herbs Generation International Ltd
HKBUC Community Based Insruction (CBI)
Island glove knitting Factory Ltd
Lipton 奶茶
Mastercraft International Ltd
Mediamix Ltd
Mes Amis Productions Limited
M-store
Muse's Network Ltd
PRDBUS Ltd
Prestique Ltd
RC2 (Asia) Ltd.
Royal King International Ltd
Sony Computer Entertainment
Tony Music House Ltd
上海商業銀行
大公報
中國銀行香港
中華歸安佛道會
互動電視有限公司
互聯網專業人員協會
心晴行動義工隊
北京智建投資諮詢服務有限公司
永怡(香港)有限公司
生命力
生活區區(九龍東)
交通安全隊
帆風雕塑模型有限公司
江門市粵新印務實業有限公司
位元堂
何錦文會計師行
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快周刊
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沙田民政事務署
沙田社會福利署
沙田區議會
沙田婦女會
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卓龍國際發展有限公司
明報周刊
明愛培立中心
明愛賽馬會黃大仙青少年綜合服務
東井園佛會
東西語
東亞唱片
東周刊
東城石油化工有限公司
東通國際有限公司

金至尊
金牌娛樂事業有限公司
長訊登周刊
非凡創意
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星島日報
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香港失明人傳教會有限公司
香港紅十字會
香港家庭計劃指導會
香港家庭精神健康倡導協會
香港浸會大學
香港復康力量
香港保健協會賽馬會沙田青少年綜合服務中心
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香港輔導及調解服務
香港衛生署
香港體育學院
新新之女義工隊
消防局義工隊
能里站
梁介福(齊標)藥業有限公司
盛彩有限公司
邦智專業教育學會有限公司
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智利達國際高質有限公司
無線娛樂新聞台
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Ms Karen Wong
Mr Kelvin Kam
Mr Kenneth Chan
Mr Kenneth Lau
Ms Kinki Wong
Ms Kitty Poon

*排名不分先後

打開心靈 擁抱心晴





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 Mr Lam Hin Wing
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 Ms Yvonne
 Ms Zanonia

丁錫全醫生
 刁淑慧小姐
 小儀小姐
 尤官家麗 太平紳士
 文頌嫻小姐
 文夢珍小姐
 文育光先生
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 方力申先生
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 伍衛國先生
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 成龍先生
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 朱潔儀小姐
 朱麗珊小姐
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 江佩民先生
 西貢小姐
 何永堅先生
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 何思慧小姐
 何潔英小姐
 何薊薊小姐
 何德榮小姐
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 何穎琪小姐
 何韻詩小姐
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 沈穎婷小姐
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 卓麗茵小姐
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 林秀芳小姐
 林明星先生
 林金英小姐
 林厚豐先生
 林思慧小姐
 林柏希先生
 林麗珊小姐
 林亮小姐
 林海峰先生
 林浩輝先生
 林祖輝先生
 林偉生先生
 林偉先生
 林國輝 大律師
 林梓穎先生
 林景源先生
 林祐生先生
 林詠儀小姐
 林嘉欣小姐
 林嘉華先生
 林樹賢先生
 鄧灝謙先生
 侯惠珍小姐
 侯雪芬小姐
 姚 瑋小姐
 姚嘉敏小姐
 蔣麗珍小姐
 查小欣小姐
 查鐸我先生
 洪秀斌小姐
 洪浩強先生
 洪慧玲小姐
 胡素蘭小姐
 胡國榮先生
 胡慧小姐
 范徐麗泰 太平紳士
 范潔明小姐
 范潔欣小姐
 范儀偉先生
 凌謙庭小姐
 唐念慈小姐
 唐柏康先生
 康詩韻小姐
 夏國輝先生
 夏潔貞小姐
 夏韶聲先生
 孫潤儀小姐
 宮雪花小姐
 容祖兒小姐
 容礎誠先生
 徐詠雲小姐
 徐雅各校長
 袁少萍女士
 袁潔儀小姐
 馮少明小姐
 馮展雲先生
 馮詠汶小姐
 馮蕙芬小姐
 馮煒先生
 區漢宗先生
 宣鴻萍小姐
 張文光議員
 張文新先生
 張美蘭國會議員
 張志明先生
 張家輝小姐
 張瀟明小姐
 張偉雲小姐
 張崇基先生
 張樂儀先生
 張淑賢小姐
 張達明先生

張嘉喜小姐
 張慧儀小姐
 張潔影醫生
 張學潤先生
 張織雲小姐
 駱偉先生
 曹敏敬博士
 梁秀然小姐
 梁美儀小姐
 梁家傑大律師
 梁海平先生
 梁偉倫先生
 梁淑芝小姐
 梁惠珍小姐
 梁嘉禧小姐
 梁潔雲小姐
 梁遠章先生
 梁劉美芬 太平紳士
 梁寶珠小姐
 梁耀輝博士
 梁栢麟小姐
 區小玲小姐
 區智文 太平紳士
 組合E02
 英文新小姐
 莫楚達先生
 許若珊小姐
 許偉成先生
 許綺琪小姐
 馮詠詩小姐
 郭玉芳小姐
 郭同華小姐
 郭永誠議員
 郭偉強先生
 郭培儀先生
 陳允彤醫生
 陳文輝先生
 陳以誠醫生
 陳玉梅小姐
 陳玉曼小姐
 陳君琳小姐
 陳志玲小姐
 陳志雲小姐
 陳泳怡小姐
 陳泳珊小姐
 陳昭昭小姐
 陳柱中校長
 陳科男小姐
 陳家樂先生
 陳韻萍 太平紳士
 陳曼珊小姐
 陳婉儀小姐
 陳偉峰先生
 陳煥儀小姐
 陳煥基小姐
 陳鈞儀 太平紳士
 陳嘉容小姐
 陳嘉敏小姐
 陳榮泰先生
 陳智雲小姐
 陳詩文小姐
 陳慧怡小姐
 陳慧珊小姐
 陳慧敏小姐
 陳慧婷小姐
 陳慧賢小姐
 陳潔瑩小姐
 陳錫文先生
 陳錫陽先生
 陳錫文先生
 陳錫珍小姐
 陳錫璋先生
 陳錫璋先生
 陳寶科先生
 陳麗卿小姐
 陳麗麗小姐
 陳麗娟小姐
 鄧文卓先生
 鄧少儀小姐
 鄧寶賢先生

彭淑賢女士
 彭敬忠先生
 曾志偉先生
 曾裕小姐
 森美先生
 游志輝先生
 程沛玉小姐
 項明生先生
 馮子傑先生
 馮家輝先生
 黃文忠先生
 黃仲良先生
 黃佩蓉小姐
 黃珍妮 太平紳士
 黃美珍小姐
 黃馬望先生
 黃國坤先生
 黃國川醫生
 黃淑儀小姐
 黃惠玲小姐
 黃楚琴小姐
 黃嘉敏小姐
 黃樹仁先生
 黃樹榮先生
 黃穎芝小姐
 黃錦漢先生
 黃麗玲小姐
 黃寶兒小姐
 楊千嬅小姐
 楊愛成先生
 楊美琪小姐
 楊恭如小姐
 楊浩章先生
 楊慧雲小姐
 楊雲邦先生
 葉穎君先生
 葉文輝先生
 葉美蘭小姐
 葉茂林先生
 葉熾志先生
 葉民輝先生
 廖良芸小姐
 裕美小姐
 鍾木仁先生
 鍾清松先生
 廖紫殷小姐
 鍾汝蘭先生
 趙茂城先生
 趙家富先生
 趙彩汶小姐
 趙詠賢小姐
 趙逸然小姐
 劉玉翠小姐
 劉光偉先生
 劉自君小姐
 劉偉儀先生
 劉健傑先生
 劉惠鳴小姐
 劉漢華 太平紳士
 劉韻慧小姐
 樂隊Dear Jane
 樂蒂小姐
 潘佩璇小姐
 潘國榮先生
 蔡少芬小姐
 蔡沈青翠女士
 蔡慧玲小姐
 鄧文潔小姐
 鄧明明女士
 鄧靜虹小姐
 鄧樂賢先生
 鄧有麟小姐
 鄧家鳳小姐
 鄧健弘先生
 鄧淑儀小姐
 鄧穎芝小姐
 鄧麗欣小姐
 鄧麗娟小姐
 鄧文卓先生
 鄧立剛先生
 鄧明輝先生

黎俊文先生
 黎海珊小姐
 黎笑真小姐
 黎雪芳小姐
 黎結穎小姐
 黎寶玲小姐
 盧振聲先生
 盧嘉蓮小姐
 曹保全先生
 曹美儀小姐
 謝其英小姐
 謝淑文小姐
 謝嘉雯小姐
 謝耀康先生
 謝嘉雲女士
 謝高雲小姐
 謝寶珍小姐
 鍾理豪先生
 鍾慧冰小姐
 韓明先生
 韓達山老師
 蘇傳賢先生
 蘇國輝先生
 魏秋華小姐
 魏靄芳小姐
 鄧月心小姐
 羅世安醫生
 羅志華博士
 羅美倫小姐
 羅海欣小姐
 羅啓新先生
 羅均均小姐
 羅傑承先生
 羅鳳萍醫生
 羅寶英小姐
 譚潔琪小姐
 譚玫瑰女士
 譚建輝先生
 譚倩紅小姐
 譚嘉慧小姐
 譚鳳鳴小姐
 譚鳳鳴夫人
 譚智敏小姐
 嚴立文先生
 黃佩如小姐
 蘇俊豪先生
 蘇紹廷醫生
 蘇慧玲小姐
 蘇慧儀小姐
 顧紀筠小姐

*姓名不分先後



財政報告

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

REPORT OF THE EXECUTIVE COMMITTEE

The Executive Committee has pleasure in submitting the annual report together with the audited financial statements for the period from 20 March 2006 (date of incorporation) to 31 March 2007.

ACCOUNTING DATE

The Executive Committee resolved that the accounting date of the Foundation be 31 March of each year. The first set of financial statements of the Foundation ended on 31 March 2007.

PRINCIPAL ACTIVITIES

The Foundation was incorporated on 20 March 2006. It commenced activities on 20 March 2006 and its principal activities 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.

FINANCIAL STATEMENTS

The results of the Foundation for the financial period and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

RESERVES

Surplus for the period amounted to HK\$1,155,476 has been transferred to reserves. Other movements, if any, in reserves are referred to the "Statement of changes in fund".

SHARE CAPITAL

The Foundation was incorporated under the Companies Ordinance as a company limited by guarantee. The Foundation has four 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 is wound up.

FIXED ASSETS

Details of the movements in fixed assets during the period are set out in Note 3 to the financial statements.



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

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

MEMBERS OF THE EXECUTIVE COMMITTEE

The members of the Executive Committee during the financial period were:

CHENG Sau Ying Irene
CHEUNG Sau Ho
FOK Chak Kee
LAI Pang
LAM Kin Ming
LAU Yim Ling Cecilia
LEE Oi Tak Audrey
LI Wai Shing Jackson
MOK Yuen Shan Joyce
NG Yick Yam Sherring
WONG Kwok Pan
WONG Pearl

(First member of the Executive Committee,
appointed on 12 April 2006)

LI Kwok Fun
WONG Shuk Man

(Appointed on 20 August 2006)

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.

MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS

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

At no time during the period was the Foundation a party to any arrangement to enable the members of the Executive Committee of the Foundation to acquire benefits by means of the acquisition of shares in or debentures of the Foundation or any other body corporate.

AUDITOR

The financial statements for the period 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 August 2007



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 limited by guarantee)

We have audited the financial statements of JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED (心晴行動慈善基金有限公司) ("the Foundation") set out on pages 51 – 62, which comprise the balance sheet as at 31 March 2007, and the income and expenditure account, statement of changes in fund and cash flow statement for the period from 20 March 2006 (date of incorporation) to 31 March 2007, and a summary of significant accounting policies and other explanatory notes.

Executive Committee's responsibilities for the financial statements

The Executive Committee is responsible for the preparation and the true and fair presentation of these financial statements in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance. This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and the true and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

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 as to 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 Foundation's preparation and true and fair presentation of the financial statements 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 Foundation'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.



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 limited by guarantee)

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 2007 and of its surplus and cash flows for the period from 20 March 2006 (date of incorporation) to 31 March 2007 in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

Cheng & Cheng

Cheng & Cheng Limited
Certified Public Accountants (Practising)

Hong Kong, 3 August 2007



JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

BALANCE SHEET

As at 31 March 2007

	NOTE	HK\$
NON-CURRENT ASSETS		
Fixed assets	3	
- Plant and equipment		35,387
Financial assets	4	<u>780,000</u>
		<u>815,387</u>
CURRENT ASSETS		
Donation and other receivables	5	98,538
Cash and bank balances		<u>5,157,168</u>
		5,255,706
Deduct: CURRENT LIABILITIES		
Accruals and temporary receipt		<u>96,180</u>
NET CURRENT ASSETS		
		<u>5,159,526</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		
		<u><u>5,974,913</u></u>
Represented by :		
RESERVES		
Retained surplus		2,934,913
Education and project reserve fund		2,400,000
Service and hotline reserve fund		<u>640,000</u>
		<u><u>5,974,913</u></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

INCOME AND EXPENDITURE ACCOUNT

For the period from 20 March 2006 (date of incorporation) to 31 March 2007

	NOTE	HK\$
Income	7	
Donations received		214,472
Project income		2,139,843
Interest and other income		267,952
		<u>2,622,267</u>
Expenditure		
Other expenses		(822,079)
Project expenses		(525,007)
Sponsorship		(119,705)
		<u>(1,466,791)</u>
Operating surplus	8	1,155,476
General fund transferred from Joyful (Mental Health) Foundation		4,819,437
		<u>5,974,913</u>
Taxation	9	<u>0</u>
Net surplus for the period		<u>5,974,913</u>

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



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION

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

STATEMENT OF CHANGES IN FUND

For the period from 20 March 2006 (date of incorporation) to 31 March 2007

	Education and project reserve fund HK\$	Service and hotline reserve fund HK\$	Retained surplus HK\$	Total HK\$
Net surplus for the period	0	0	5,974,913	5,974,913
Transferred to education and project reserve fund	2,400,000	0	(2,400,000)	0
Transferred to service and hotline reserve fund	0	640,000	(640,000)	0
	<u>2,400,000</u>	<u>640,000</u>	<u>2,934,913</u>	<u>5,974,913</u>

打開心靈 擁抱心晴



53



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

CASH FLOW STATEMENT

For the period from 20 March 2006 (date of incorporation) to 31 March 2007

	NOTE	HK\$
Net cash from operating activities	10	1,199,418
Net cash from investing activities	11	410,049
Net cash from financing activities		<u>0</u>
Increase in cash and cash equivalents		1,609,467
Cash and cash equivalents transferred from Joyful (Mental Health) Foundation		<u>3,547,701</u>
Cash and cash equivalents at end of the period		<u><u>5,157,168</u></u>

**ANALYSIS OF THE BALANCES OF CASH AND
CASH EQUIVALENTS**

Cash and bank balances

5,157,168

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

For the period from 20 March 2006 (date of incorporation) to 31 March 2007

1. CORPORATE INFORMATION

The Foundation was incorporated under the Companies Ordinance as a company limited by guarantee. The Foundation has four 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 is wound up.

The registered office and principal place of operation of the Foundation is situated at Unit 2, Ground Floor, Ching Fai House, Tsz Ching Estate, Tsz Wan Shan, Kowloon.

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.

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES

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

(a) STATEMENT OF COMPLIANCE

The 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 a number of new and revised HKFRSs that are effective or available for early adoption for the current accounting period of the Foundation. There are no significant impacts to the Foundation from initial application of these new and revised HKFRSs for the current and prior accounting periods.

(B) BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

The measurement basis used in the preparation of the financial statements is the historical cost basis except where stated otherwise in the accounting policies set out below.

The preparation of financial statements in conformity with HKFRSs requires the Executive Committee 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 period from 20 March 2006 (date of incorporation) to 31 March 2007

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(b) BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS (Continued)

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(c) FINANCIAL INSTRUMENTS

Financial assets and financial liabilities are recognised on the Foundation's balance sheet when the Foundation becomes a party to the contractual provisions of the instrument. The following investments are classified according to the Executive Committee's intention on acquisition:-

Investments in debt and equity securities

Held-to-maturity securities ("HTM" 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 initially recognised in the balance sheet at fair value plus transaction costs. Subsequently, they are stated in the balance sheet at amortised cost less impairment losses.

Receivables

Receivables are initially recognised at fair value and thereafter stated at amortised cost less impairment losses for bad and doubtful debts, 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 for bad and doubtful debts.

Payables

Payables are initially recognised at fair value and thereafter stated at amortised cost unless the effect of discounting would be immaterial, in which case they are stated at cost.

(d) PLANT AND EQUIPMENT

The plant and equipment are stated in the balance sheet at cost less accumulated depreciation and impairment losses.

Gains or losses arising from the retirement or disposal of an item of plant and equipment are determined as the difference between the net disposal proceeds and the carrying amount of the item and are recognised in profit or loss on the date of retirement or disposal. Any related revaluation surplus is transferred from the revaluation reserve to accumulated fund.



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 period from 20 March 2006 (date of incorporation) to 31 March 2007

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(d) PLANT AND EQUIPMENT (Continued)

Depreciation is calculated to write off the cost or valuation of items of plant and equipment, less their estimated residual value, if any, using the straight line method over their estimated useful lives. The annual rates of depreciation adopted, if applicable, are as follows:-

- Furniture and fixtures	20% - 30%
- Equipment	20% - 30%
- Leasehold improvement	20% - 30%

(e) LEASE ASSETS

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 income and expenditure account 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 recognised in income and expenditure account as an integral part of the aggregate net lease payments made. Contingent rentals are charged to income and expenditure account in the accounting period in which they are incurred.

(f) 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. Bank overdrafts that are repayable on demand and form an integral part of the Foundation's cash management are also included as a component of cash and cash equivalents for the purpose of the cash flow statement.

(g) EMPLOYEE BENEFITS

Short term employee benefits and contributions to defined contribution retirement plans

Salaries, annual bonuses, paid annual leave, contributions to defined contribution 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.



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 period from 20 March 2006 (date of incorporation) to 31 March 2007

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(h) REVENUE RECOGNITION

Revenue is recognised when it is probable that the economic benefits will flow to the Foundation and when the revenue can be measured reliably, on the following bases:

(i) Donations received

Donations received are recognised whenever it is received or receivable.

(ii) Interest and investment income

Interest and investment income are recognised on a time proportion basis, taking into account the principal amounts outstanding and the interest rates applicable.

(iii) Project income

Project income is recognised whenever it is received or receivable.

(iv) Other income

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

Sundry income is recognised whenever it is received or receivable.

(i) FUNCTIONAL AND PRESENTATION CURRENCY

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

(j) 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 balance sheet date. Exchange gains and losses are recognised in income and expenditure account, except those arising from foreign currency borrowings used to hedge a net investment in a foreign operation which are recognised directly in accumulated fund.

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 period from 20 March 2006 (date of incorporation) to 31 March 2007

3. FIXED ASSETS

Plant and equipment

	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	Total HK\$
COST				
Transfer from Joyful (Mental Health) Foundation	7,259	30,747	52,376	90,382
Additions	<u>0</u>	<u>7,800</u>	<u>0</u>	<u>7,800</u>
At 31 March 2007	<u>7,259</u>	<u>38,547</u>	<u>52,376</u>	<u>98,182</u>
Deduct: ACCUMULATED DEPRECIATION				
Charged for the period	<u>(2,042)</u>	<u>(8,377)</u>	<u>(52,376)</u>	<u>(62,795)</u>
At 31 March 2007	<u>(2,042)</u>	<u>(8,377)</u>	<u>(52,376)</u>	<u>(62,795)</u>
NET BOOK VALUES				
At 31 March 2007	<u>5,217</u>	<u>30,170</u>	<u>0</u>	<u>35,387</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 period from 20 March 2006 (date of incorporation) to 31 March 2007

4. FINANCIAL ASSETS	HK\$
	<u>780,000</u>
Net carrying amount of held-to-maturity debt securities	
5. DONATION AND OTHER RECEIVABLES	HK\$
	81,092
Donation receivables	<u>17,446</u>
Other debtors and receivables	
	<u>98,538</u>

6. SHARE CAPITAL

The Foundation was incorporated under the Companies Ordinance as a company limited by guarantee. The Foundation has four 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 is wound up.

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 recognised during the period is as follows:

	HK\$
Income	
Project income	2,139,843
Donation received	<u>214,472</u>
	<u>2,354,315</u>
Other revenues	
Exchange gain	46,844
Interest and investment income	163,840
Gain on disposal of financial assets	37,579
Sundry income	<u>19,689</u>
	<u>267,952</u>
Total income	<u>2,622,267</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 period from 20 March 2006 (date of incorporation) to 31 March 2007

8. OPERATING SURPLUS

HK\$

Operating surplus is stated after charging:

Depreciation of owned assets	62,795
Members of the Executive Committee's remuneration	
Fees	0
Other emoluments	0
Operating leases	
Hire of land and buildings under operating leases	95,445
Staff costs	477,565

9. TAXATION

The Foundation is exempt from Hong Kong Profits Tax under Section 88 of Inland Revenue Ordinance.

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

**10. RECONCILIATION OF NET SURPLUS
TO NET CASH FROM OPERATING ACTIVITIES**

HK\$

Net surplus	1,155,476
Adjustments for:	
Transfer of expenses from Joyful (Mental Health) Foundation	565
Depreciation of owned assets	62,795
Exchange difference	(5,300)
Gain on disposal of financial assets	(37,579)
Interest and investment income	(163,840)
Operating surplus/(deficit) before working capital changes	1,012,117
Increase in donation and other receivables	(72,719)
Increase in accruals and temporary receipt	96,180
Cash generated from operations	1,035,578
Interest and investment income received	163,840
Net cash from operating activities	1,199,418



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 period from 20 March 2006 (date of incorporation) to 31 March 2007

11. INVESTING ACTIVITIES

	HK\$
Purchase of plant and equipment	(7,800)
Proceeds from disposal of investments	417,849
Net cash from investing activities	<u>410,049</u>

12. NON-CASH TRANSACTIONS DISCLOSURE

The operating and investing transactions that did not require the use of cash or cash equivalents were excluded from the cash flow statement, and the details are as follows:

	HK\$
Transfer of plant and equipment from Joyful (Mental Health) Foundation	90,382
Transfer of financial assets from Joyful (Mental Health) Foundation	1,154,970
Transfer of sundry debtors from Joyful (Mental Health) Foundation	25,819
Transfer of expenses from Joyful (Mental Health) Foundation	565
Transfer of cash and bank balances from Joyful (Mental Health) Foundation	3,547,701
Transfer of general fund from Joyful (Mental Health) Foundation	<u>(4,819,437)</u>
	<u>0</u>

13. COMMITMENTS UNDER OPERATING LEASES

AS LESSEES

At the balance sheet date, the Company as a lessee had the total of future minimum lease payments under non-cancelable operating leases as set out below:

	HK\$
Land and buildings	
- within 1 year	109,080
- in the 2nd to 5th years inclusive	<u>218,160</u>
	<u>327,240</u>

14. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Executive Committee on 3 August 2007.



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION

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

捐款呼籲

我們的財政來源主要來自社會各界熱心人士或機構的捐款，本會未有經常性的財政資助，您的愛心捐款可以支持我們教育、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。



周麗淇小姐
心晴行動健康情緒榮譽大使

捐款途徑

1. 請將現金或支票，抬頭請寫「心晴行動慈善基金有限公司」，直接存入以下捐款戶口：
中國銀行：012-882-0-004522-8
上海商業銀行：354-82-03266-1
(支票亦可直接寄回本會)
2. 請登入網址：<http://www.jmhf.org> 下載捐款表格，或與我們聯絡：
熱線：2301 2303
傳真：2144 6331
電郵：joyful@jmhf.org
地址：九龍慈雲山慈正邨正暉樓地下2號室

呼籲會址捐贈

希望各界滿載愛心人士及機構捐贈會址或提供可長期免費借用的地方予心晴行動慈善基金。

(凡捐款滿港幣\$100元可獲發捐款收據作扣稅用途及可自動成為心晴之友。)

打開心靈 擁抱心晴



63



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

Appeal for Donation

As we do not have regular financial support, ongoing of the Foundation depends on the donations from organizations and zealous individual donors. Your generous donations support the operation of Joyful (Mental Health) Foundation towards educating and promoting mental health in the community and also helping those in need. Please join us to raise public awareness of emotional health in society.

Donation Methods

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

Bank of China : 012-882-0-004522-8
Shanghai Commercial Bank Ltd : 354-82-03266-1
(You may send your cheque directly to our office.)

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

Hotline : 2301 2303
Fax : 2144 6331
Email : joyful@jmhf.org
Address : Unit 2, G/F, Ching Fai House, Tsz Ching Estate, Tsz Wan Shan, Kowloon, HK.

Appeal for Donation of Office Space

We would like to appeal to all the kind-hearted individuals and organizations for donations of office premises or the provision of free office space on a permanent basis.

(Those who donate HK\$100 or above will be issued with tax deductible receipts and are entitled to automatically become our 'Joyful Friends'.)



[地址 Address]

九龍慈雲山慈正邨正暉樓地下2號室

Unit 2, G/F, Ching Fai House, Tsz Ching Estate,
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