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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騰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 it is quite common for people to have a certain degree of mental illness, 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 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 Council 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 these various persons joined hands with her.

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。

1. Education

To provide to 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 so as to get a speedy recovery.

3. Promotion

A series of activities and promotion has 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.

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，提醒我們在生活中遇到任何挫折，也必須帶著樂觀的心情、積極的態度去面對，正如這一對笑口常開的「笑爺、笑奶」。



Lucky Icons – Mr and Ms Giggles

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 Giggles, which reminds us that even when we encounter any setback in our life, we should face it optimistically and positively just as we are facing this pair of smiling Mr and Ms Giggles.

信託人獻辭

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



康寶駒律師

劉陳高律師事務所資深合夥人
香港足球總會榮譽副會長
Mr Martin Po-Kui HONG
Senior Partner, Lau, Chan & Ko,
Solicitors & Notaries /
The Hong Kong Football Association Ltd.
Honorary Vice-President



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

像關心自己一樣關心你身邊的朋友，這一句由衷話，讓我們一班信託人，與《心晴行動慈善基金》過了四個年頭；關心身邊的朋友，也包括了青少年；近年，不少研究發現青少年均出現情緒問題，也不太懂得處理情緒。青少年的情緒健康已經響起警號，可惜有關的預防及教育仍很缺乏。

因此，2007年心晴行動前瞻性地推行校園計劃，將情緒教育推廣到中學；校園計劃的展開，就如同將密室中的所有窗戶打開，讓新鮮空氣流進來。透過身教心教，令學生們明白到，情緒病可能是一棵酸提子，但我們會用方法把它變成甜的提子汁。

為更深入了解現時中學生的情緒狀況，以便在日後更有效策劃情緒教育，故此我們委託浸會大學社會工作學系副教授趙雨龍博士透過校園計劃推行一個有關青少年情緒健康之研究調查。是次調查訪問了超過4000個中三至中七學生，並於2008年7月6日舉行「中學生情緒狀況調查」發佈會。我們不單向傳媒及香港市民公佈有關青年情緒健康之研究調查結果，更重要是喚醒社會人士對中學生的情緒關注，各大報章均刊登是次調查。

當然，我們不會就此滿足。由2008年9月開始，我們已得到教育局優質教育基金的資助，這代表政府認同心晴行動的工作。在2008年至09年，50間中學與二萬多名學生將參加校園計劃。展望未來的一年，我們更積極與主動地迎接新的挑戰，冀望學生們均學會恰當地處理自己情緒。

我們知道推廣、教育情緒病，將病症達至普及與認知是一條艱辛漫長的道路，但在大家努力之下，相信必有成果。就讓我們一起攜手，回饋社會。多謝大家的支持！

“Care about your friends as if you care for yourself” — With such heartfelt mission we, being trustees of the Joyful (Mental Health) Foundation, have already led the Foundation for more than four years.

Cherish your friends, especially young people. In recent years, studies showed that young people suffer from mood disorders, but they do not know how to handle their problems. Alarm has been raised on the mental health of the young people and it is unfortunate that both preventive measures and education are not sufficient.

In view of the above, the Foundation had taken a more forward-looking step and launched the School Project in 2007 so as to spread the messages on emotional health to secondary school students. The launch of the School Project is like to open all the windows in the dungeon to let fresh air in. Learning through talks and examples, students would understand that mental disorders may be like a sour grape, but with proper treatment we may turn it into sweet grape juice.

To facilitate our plan for the mental health education in the future, Dr CHIU Yu-lung, Associate Professor of the Department of Social Work of the Baptist University had conducted a survey for us so that we can have a better understanding of the emotional health of secondary school students. Over 4,000 secondary school students from F.3-F.7 were interviewed in the survey. A press conference was held on 6 July 2008 to announce the results of the survey, which was extensively covered by the media. Through such event, we have not only successfully relayed our findings to the media and the public, but more importantly we have raised the awareness of the public on the emotional health of young people.

Of course, we are not complacent of our achievements. Since September 2008, we have been granted subsidies by the Quality Education Fund of the Education Bureau. This shows that the work done by the Foundation has been recognized by the government. From 2008 to 2009, about twenty thousand students from 50 secondary schools will benefit from the School Project. Looking ahead, we shall be taking up the challenges more proactively and aggressively to ensure that all students are able to manage their emotion properly.

We understand that it is a long and difficult road to make the public to have a general understanding and knowledge about what “Mood Disorder” is. However, we believe that with all our efforts and dedication, we can achieve good results. Let’s join hands together to serve our society. Grateful to all your supports!

秘書處獻辭

Message from Secretariat



李偉成先生
心晴行動慈善基金
秘書長
Mr Jackson Li
Secretary
JMHF



黎鵬先生
心晴行動慈善基金
副秘書長
Mr Lai Pang
Vice Secretary
JMHF

心晴行動成立後經歷了絕不簡單的四年。讓我們感到欣慰的，是見證着情緒病認知的提升，並引發公眾對病患者及家屬所受痛苦的理解和同情。我們謹代表慈善基金的創辦人、顧問、執委及職員向所有的支持者、捐助者、政府部門及公眾道謝，為所成就的進度，致萬二分的感謝。

當然，瞭解問題存在只是完成了小部份的工作，要滿意解決難題，尚有馬拉松式長跑的艱巨前路。我們對使命仍感樂觀，相信前景秀麗。由富經驗的專業輔導員在心晴行動辦事處進行，提供免費的輔導服務已拓展至每周五天。雖然，面對龐大整體需求，這方面的貢獻只算十分渺小，不過我們相信箇中意義重大。它讓我們貼近知悉大眾的需要，有助創造更有效推動情緒健康的方法。

若及早努力可以省卻不少弊病，宣揚情緒健康當不嫌過早。我們的教育目標把重點聚焦於讓青年人認識情緒病及作出預防。去年，試行到學校的講座受到熱烈支持。其後，更為教師及家長舉辦延伸服務的工作坊。

在二零零八年三月，我們首次透過賣旗日進行籌款。雖然，我們是次活動的牌照限定僅在九龍區賣旗，但當中牽涉的大量人手、規劃和物流工作，對我們這一新丁是無比的困難。它的成功是要再次多謝職員及支持者，一眾盡心竭力。我們達到籌款的目標，整個活動亦順利完成。

此外，尚其他的籌款活動邀請我們成為受惠機構。在受寵若驚之餘，我們亦感到鼓舞，這些自願的善舉及捐助是對我們使命的認同，使我們確信幫助和希望就在身邊。我們朋儕同道，在建立健康愉快的大道上邁步前進。

Four uneasy years have passed since the JMHF was established. We are pleased to witness a general rise in awareness of mood disorder illness and to bring about a better understanding and sympathy by the public for the sufferings of patients and their families. On behalf of our founders, advisors, committees and staff, we would like to thank all supporters, donors government departments and the public at large for helping us making such progress. Millions of thanks!

Of course, realizing the issue is only part of the job done, fixing it satisfactorily would be one of the Marathon's tracks. And, we are still optimistic about our mission and the wider road ahead. Implementation of free counselling service at our office by experienced counsellors has been extended to five days a week. In view of the huge demand, this service can only be considered as a very small contribution. However, we believe it means a lot. It helps us to keep abreast of the public's needs and hence be able to create more effective means to foster mental health.

Where 'a stitch in time saves nine', it is never too early to promote mental health. It is a major focus of our education objective to let the young be aware of mood disorder and its prevention. Last year, a trial programme for school talks was greeted with high enthusiasm. After that, extended support service for teachers and parents in workshops and seminars were also organized.

In March 2008, we did fundraising for the first time through a flag day. Although our licence was only for Kowloon district, the sheer number of people and the amount of work involved in the planning and logistics were tremendously difficult for a novice. Again, thanks for our team of dedicated staff and supporters, it has been a success. We met the target of fundraising and the event was completed smoothly.

Besides this, we have been approached for being the beneficiary of a few fundraising events. While being flattered, it has been most encouraging in the sense that these voluntary efforts and contributions signify the recognition of our mission. For sure, there is help and hope around us. We are not alone in moving towards a joyful life for all

信託人、顧問團及執行委員會成員

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黃寶珠小姐 (副主席) 傳媒工作者
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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

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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

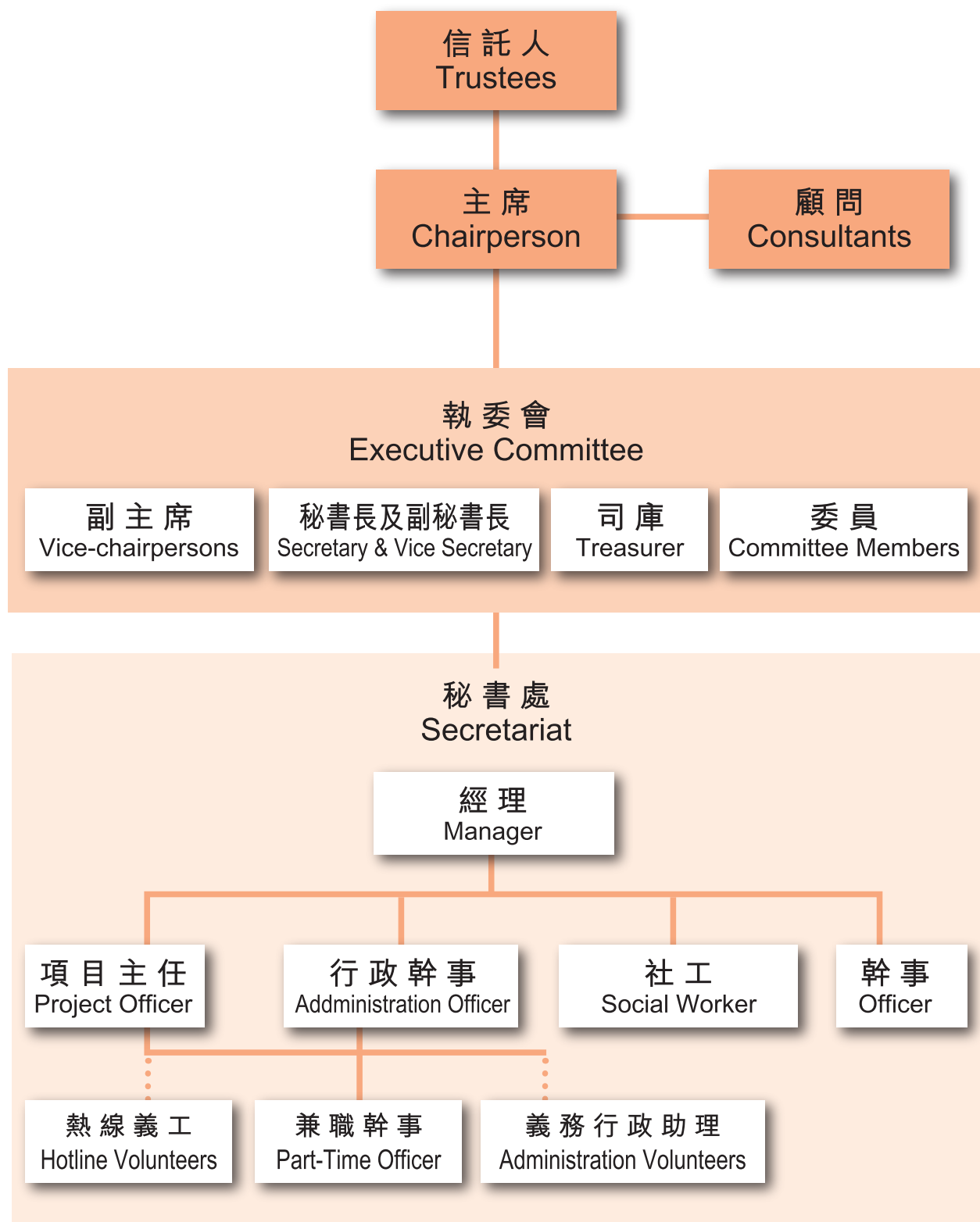
Ms Kathy Lee Clinical Psychologist



後排左起：黃國斌、Monster Fok、李國芬、劉艷玲、李卓翹、莫婉珊

中排左起：鄭秀英、吳亦歆、林建明、黃寶珠、張秀好

前排左起：李偉成、李靄德、黎鵬



服務範圍

Scope of Services

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服務，鼓勵學生們從小培養健康情緒，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. 資助及聯繫相關服務機構

資助或聯繫其他已有工作成效但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與誤解。

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。

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 tailored seminars or interactive workshops.

2. Mental Health Courses

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

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 relaxed 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 and misunderstanding towards mood disorder patients.

3. Community Exhibition

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

教育 Education

開心學堂

School Project

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。

Through the School Project, students learned the importance of emotional health, how to assess the state of their emotional health and share how to build up and maintain emotional health.

(1) 2007-04-25第四站紅磡聖匠中學

25 April 2007 The Holy Carpenter Secondary School was the 4th stop of the School Project

(2) 2007-05-29第五站沙田基督書院

29 May 2007 The Christ College was the 5th stop of the School Project

(3) 2007-07-04第六站東華三院黃鳳翎中學

4 July 2007 The TWGHs Wong Fung Ling College was the 6th stop of the School Project

(4) 2007-07-05第七站東華三院馬振玉紀念中學

5 July 2007 The TWGHs C Y Ma Memorial College was the 7th stop of the School Project



(左一) 張建良醫生
(左二) 曾展章先生

2007-05-05

「踢走辦公室壓力」講座 “How To Relieve Pressure At Work” seminar

由資深精神科張建良醫生主講，本會顧問曾展章先生任分享嘉賓，講解對辦公室壓力及情緒的紓緩方法。當日出席的人數超逾三百人。

From the medical perspective and case studies, Psychiatrist Dr Cheung Kin Leung, lectured on how to relieve pressure at work. Mr Tsang Chin Cheung, Consultant of JMHF, shared his experience with participants. There were over 300 participants in the seminar.

2007-05-09

認識壓力工作坊 Workshop on Understanding Pressure

應Ann Taylor Sourcing Far East Limited 邀請，為義工們安排一節認識工作壓力的工作坊，除學習一些減壓的方法外，亦透過情緒病康復者的個人分享，提高義工關注個人身心健康。工作坊分別由精神科專科護士陳靄華小姐主講，及義工陳鴻章先生分享。

At the invitation of Ann Taylor Sourcing Far East Limited, a sharing workshop on work pressure was organized by volunteers. Apart from learning how to relieve pressure, attendants were able to enhance their concern for physical and emotional health through

the sharing with mental illness rehabilitants. Psychiatric Nurse Miss Eva Chan and volunteer Mr. Chan Hung Cheung were respectively invited to share their experience in the workshop.



(左八) 陳靄華小姐

2007-06-23

親子情常在-情緒管理講座 Seminar on Emotional Management

應葛量洪校友會觀塘小學的邀請，為30位家長提供一節有關介紹情緒病及紓緩情緒方法的講座，澄清家長對情緒病的誤解。

At the invitation of G.C.E.P.S.A. Kwun Tong Primary School, the seminar was given to 30 parents on mood disorders, the techniques for self stress relief and also clarification of misconception on mood disorders. The seminar was co-organized by G.C.E.P.S.A. Kwun Tong Primary School, Block 1, Shun On Estate, Kwun Tong.



2007-06-25至2007-09-03

家連家精神健康家屬課程 Mental Health Educational Course

與「家連家」合辦家屬課程，為家屬提供支援，透過增加對情緒病及精神病的認識，讓照顧病患者家人更有信心及力量。

The training course was held jointly with Hong Kong Family Link Mental Health Advocacy Association. Through the workshop, participants were provided support to help their sick family members to recover.



2007-4-14、2007-9-29

「家連家」第14、15屆精神健康大使畢業典禮。 The 14th、15th Graduation Ceremony of Emotional Health Ambassador by Hong Kong Family Link Mental Health Advocacy Association



校園計劃「榮譽校長」及「守護天使」委任禮 2007-12-19 天水圍伯裘書院 Inauguration of School Project "Honorary Principal" and "Guardian Angel" 19 December 2007 Pak Kau College

心晴行動榮幸得到譚詠麟先生，擔任校園計劃「榮譽校長」，並聯同新晉樂隊Mr.擔任校園計劃「守護天使」，攜手向中學生推動情緒健康。他們並於當日委任禮即席獻唱，向學生演繹如何透過音樂抒發情緒，身體力行鼓勵學生關注情緒健康。

Mr. Alan Tam was named the School Project "Honorary Principal" in Joyful School Project, together with the new 5-person band Mr. named the "Guardian Angel". Together they participated in the tour around all secondary schools in Hong Kong to promote the Joyful School Project - Know Your Mood organized by JMHF for the purpose of publicizing emotional health among teenagers. The "Honorary Principal" and the "Guardian Angel" sang at the Inauguration Ceremony in order to demonstrate that music could relieve emotion and set an example to encourage students to be concerned for emotional health.



教育 Education



譚詠麟先生



(右一至五) Mr.樂隊



杜振源先生

校園計劃—「情緒睇真D」講座 Joyful School Project — Know Your Mood

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。
Through Joyful School Project – Know Your Mood, students learned the importance of emotional health, and how to assess the state of their emotional health and shared the ways to build up and maintain emotional health.

- (1) 2007-10-11 第一站聖文德書院
11 October 2007 St. Bonaventure College & High School was the 1st stop of the Joyful School Project - Know Your Mood
- (2) 2007-10-12 第二站東華三院馬振玉紀念中學暨校園計劃揭幕禮
12 October 2007 TWGHs C Y Ma Memorial College was the 2nd stop of the Joyful School Project - Know Your Mood and the Opening ceremony of Joyful School Project.
- (3) 2007-10-18、2007-11-28 第三及第七站中華基督教會公理高中書院
18 October 2007, 28 October 2007 CCC KUNG LEE COLLEGE was the 3rd and 7th stops of the Joyful School Project - Know Your Mood



- (4) 2007-11-9、2008-1-10 第四及第十四站何福堂書院
9 November 2007, 10 January 2008 Hoh Fuk Tong College was the 4th and 14th stops of the Joyful School Project - Know Your Mood
- (5) 2007-11-16 第五站元朗天主教中學
16 November 2007 Yuen Long Catholic Secondary School was the 5th stop of the Joyful School Project - Know Your Mood
- (6) 2007-11-20 第六站香港專業教育學院(黃克競分校)
20 November 2007 Hong Kong Institute of Vocational Education (Haking Wong) was the 6th stop of the Joyful School Project - Know Your Mood
- (7) 2007-11-30 第八站觀塘官立中學
30 November 2007 Kwun Tong Government Secondary School was the 8th stop of the Joyful School Project - Know Your Mood
- (8) 2007-12-10、2007-12-11、2007-12-13 第九至十一站是聖羅撒書院
10 December 2007, 11 December 2007, 13 December 2007 St. Rose of Lima's College was the 9th to 11th stops of the Joyful School Project - Know Your Mood

- (9) 2007-12-19第十二站伯裘書院暨校園計劃「榮譽校長」及「守護天使」委任禮
19 December 2007 Pak Kau College was the 12th stop of the Joyful School Project - Know Your Mood and Inauguration of School Project "Honor Principal" and "Guardian Angel"
- (10) 2008-1-14第十三站大埔三育中學
14 January 2008 Tai Po Sam Yuk Secondary School was the 13th stop of the Joyful School Project - Know Your Mood
- (11) 2008-1-24第十五站元朗商會中學
24 January 2008 Yuen Long Merchants Association Secondary School was the 15th stop of the Joyful School Project - Know Your Mood
- (12) 2008-1-31 第十六站聖保祿中學
31 January 2008 St. Paul's Secondary School was the 16th stop of the Joyful School Project - Know Your Mood
- (13) 2008-2-1第十七站聖保羅書院
1 February 2008 ST PAUL'S COLLEGE was the 17th stop of the Joyful School Project - Know Your Mood
- (14) 2008-2-22第十九站育才中學
22 February 2008 Sir Ellis Kadoorie Secondary School was the 19th stop of the Joyful School Project - Know Your Mood
- (15) 2008-2-25第二十站九龍三育中學
25 February 2008 Kowloon Sam Yuk Secondary School was the 20th stop of the Joyful School Project - Know Your Mood
- (16) 2008-3-10第二十一站天主教新民書院
10 March 2008 Newman Catholic College was the 21st stop of the Joyful School Project - Know Your Mood
- (17) 2008-3-18第二十二站香港布廠商會朱石麟中學
18 March 2008 HKWMA Chu Shek Lun Secondary School was the 22nd stop of the Joyful School Project - Know Your Mood
- (18) 2008-3-19第二十四站仁濟醫院董之英紀念中學
19 March 2008 Yan Chai Hospital Tung Chi Ying Memorial Secondary School was the 24th stop of the Joyful School Project - Know Your
- (19) 2008-3-31第二十五站中聖書院
31 March 2008 China Holines College was the 25th stop of the Joyful School Project - Know Your Mood

2007-12-8

校園計劃—支援項目「家長工作坊」

School Project Supportive Activities — Parents Workshop

為嘉諾撒聖心書院40位家長講解情緒健康的重要性，教授如何自我檢視情緒健康狀態，以及探討家長與子女相處時的情緒溝通技巧。

40 parents from Sacred Heart Canossian College took part in the event and learned the importance of emotional health, how to assess the state of their emotional health and the communication skills required among parents and children to understand the emotion of their children.



2008-3-4

校園計劃—延伸活動「校園心晴大使」

School Project — Extended Activities "School Joyful Ambassador"

明愛元朗社區進修中心 Caritas Yuen Long Community Education

此計劃負起推廣校園健康情緒的使命，將有關情緒健康的知識應用到日常生活中，以及把訊息推廣，感染朋輩，讓周邊的人明白情緒健康情緒的重要。

This project aims at promoting emotional health among schools, so that the knowledge of this can be applied to daily life. Through peer influence, this project can arouse the awareness of the importance of emotional health.



服務 Services

2007-05-23至2007-06-27、2007-07-12

熱線義工基礎訓練

Hotline Volunteer Training

一群有志成為熱線服務的人士參加為期6節的訓練，內容包括對情緒病基本的認識、家屬支援技巧和聆聽電話的技巧等，在實踐的過程累積熱線服務的經驗。

This was a 6-week training for volunteers who are interested to participate in the hotline service. Contents included knowledge of emotional illness, family support skills and listening skills, etc. On completion of the course, the volunteers would take part in the hotline service with the assistance of experienced volunteers.



2007-06-20

義工訓練

Volunteer Training

由精神科專科醫生林中鍵醫生向心晴行動義工提供有關藥物知識訓練，提高義工對情緒病的認識。

Psychiatrist Dr Lam Chung Kin lectured on the medical treatment for emotional illnesses.

「心晴一聚」互動分享會

Interactive Sharing among Professionals, Patients and their Families

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

This was a gathering for experts, patients and family members to interact and share with one other 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.

2007-06-21 分享會 (一) 家庭醫生羅鳳萍醫生及臨床心理學家兼心晴行動執委李卓翹小姐擔任是次聚會的嘉賓
Sharing (1) Family doctor Dr Law Fung Peng, Clinical Psychologist and Executive Committee member of JMHF, Ms Lee Cheuk Qiu were invited to the gathering as guests to share experience

2007-09-20 分享會 (二) 精神科專科林中鍵醫生及心理輔導員王藹慈小姐擔任是次聚會的嘉賓
Sharing (2) Psychiatric Doctor Dr Lum Choong-kein and Counselors Kathy Lee were invited to the gathering as guests to share experience

2007-12-13 分享會 (三) 大埔醫院精神科專科護士鍾姑娘擔任是次聚會的嘉賓
Sharing (3) Psychiatry Nurse, Ms Chung was invited to the gathering as guest to share experience.



(右六) 林中鍵醫生 (右三) 王藹慈小姐



2007-7-15

全康情緒治療綜合中心開幕

Opening Ceremony of A.D.E.C. Mood Disorder Integrated Centre

2007-8-25

「與抑鬱共舞小組」分享會

Sharing Forum of “Dance with Depression Support Group”



主席應「與抑鬱共舞小組」的邀請出席8月25日的分享會，與小組60多位組員分享其個人的抗病經歷。

Our Chairman was invited to attend the sharing session on 25 August to share her personal experience with 60 members.



2007-08-28

長者情緒健康分享會

Emotional health sharing forum for elderly

應基督教家庭服務中心順安長者地區中心的邀請，安排康復者義工與健康情緒小組的長者分享個人對抗情緒病的經驗，藉此鼓勵及支持患有情緒病的長者，同時亦派發有關情緒病的單張及小冊子以提供長者們有關情緒病的治療及預防的知識。

JMHF volunteers shared their experience on treatment and support for emotional illness of the elderly. They distributed leaflets to introduce treatment and information about emotional illness to the elderly.

2007-9-1

「動一動、齊減壓」計劃 啟動禮暨精神健康萬花筒講座

Spirit Health seminar

應社會福利署荃灣及葵青區康復服務協調委員會的邀請，主席參與「動一動、齊減壓」計劃啟動禮暨精神健康萬花筒講座，並擔任分享嘉賓，與150多位參加者分享個人的抗病經驗。

Invited by the Social Welfare Department (Tsuen Wan and Kwai Tsing District Coordinating Committee on Rehabilitation Services), the JMHF participated in Spirit Health lecture classes. The JMHF guest speaker shared his experience on emotional illness treatment with more than 150 participants.



2007-07-19至2007-09-27

「朋輩支援大使」訓練

Peers Support Training

由多位義工接受共6節的情緒支援大使訓練，不但對自己的情緒加深了解和掌握，同時學習一些技巧以裝備自己為情緒病患者及受情緒困擾人士及其家屬提供情緒支持及鼓勵。訓練課程由不同專家及心理輔導員擔任導師，包括臨床心理學家李卓翹小姐、心理輔導員查錫我先生及蔡小玉小姐。

This was a 6-session training course for volunteers to learn how to face their emotion and to equip themselves to provide assistance to patients and their families. The training course was hosted by various professionals and counselors, include Clinical Psychologist Ms Kathy Lee, Counselor Mr Stephen Char and Ms Choi.

服務 Services

2007-10-27

香港浸會大學精神健康週『深・情行動』— 戰勝抑鬱講座

HK Baptist University-Defeating depression Seminar

應浸會大學學生事務處輔導中心的邀請，主席出席擔任分享嘉賓，與學生們分享個人抗病經驗，藉此讓同學們對抑鬱症有更多了解；另外，大會亦邀請了精神科專科蔡定國醫生講解抑鬱症與情緒低落的分別，提高大家對抑鬱症的認識。

Invited by the Office of Student Affairs of HK BAPTIST UNIVERSITY, our Chairman shared her emotional illness treatment and introduced depression to students. Also, Specialist in Psychiatry Dr TSOI Ting Kwok was invited to explain the difference between depression and bad mood.



蔡定國醫生 (右二)



2007-11-8

心晴東華熱線交流會 JMHF and Tungwah Hotline Service Sharing Forum

應東華關懷熱線的邀請為其30多位義工們提供了一節有關抑鬱症的專題講座，社工講解

了抑鬱症及其他情緒病的相關知識，以及情緒病的求助途徑，另外心晴熱線的義工亦分享了接聽熱線的經驗。Invited by Tungwah care hotline, the JMHF volunteers shared with more than 30 volunteers of their experience on hotline service in a forum on depression organized by the Tungwah social worker. The forum included a lecture on knowledge of emotional illness and how to seek assistance.

朋輩支援服務

Peer Support Service

由情緒病康復者、病患者家屬及對情緒病有認識的人透過個人經驗分享，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。

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 mood disorders.

- (1) 2007-11-20 「朋輩支援服務」(1) Interactive Sharing(1)
- (2) 2008-1-15 「朋輩支援服務」(2) Interactive Sharing(2)
- (3) 2008-2-19 「朋輩支援服務」(3) Interactive Sharing(3)



2007-11-16

做個快樂有「晴」人—快活日營

Be a happy elderly

應基督教香港崇真社會服務有限公司邀請出席活動並擔任分享嘉賓，與80位長者分享情緒健康的重要，並鼓勵長者們培養多方面的興趣，建立支援網絡，有助建立健康的情緒。

JMHF was invited to share the importance of emotional health with 80 elderly. They were encouraged to cultivate their interest and build up social network in order to establish a healthy mentality.

2008-1-18

第十七屆優秀社工選舉

The 17th HK Social Workers Association

香港優秀社工選舉是一個全港具代表性的活動，由香港社會工作人員協會主辦，本會主席擔任評判之一。

Our chairman was invited as a judge of the 17th HK Social Workers Association.

2008-01-19

2007年度「擁抱心晴」義工嘉許禮

Joyful Volunteer Award 2007

凝聚一隊對有歸屬感的心晴義工隊，為心晴行動提供穩定的義務工作。透過有系統的義工嘉許制度，肯定義工的工作和貢獻。

We thanked the JMHF volunteers and appreciated their devotion to JMHF.



顏聯武先生



2008-2-22、2008-3-19

華人慈善貢獻獎頒獎禮·主辦機構香港大學中文學會

JMHF was invited to attend Chinese Charity Contribution Award organized by the University of Hong Kong.



黎活仁教授 黃寶珠小姐



(由左至至右) 伍懷璞教授 黎鵬先生 曹志光大律師 關景鴻先生 林建明小姐 單周堯教授
葉茂林先生 曾展章先生 李思齊小姐 麥洛新先生 黃錫源先生

推廣 Promotion

電台推廣商業電台有誰共鳴

COMMERCIAL Radio promotion — Share My Song

每次嘉賓都會預備10多首歌,與聽眾分享個人生活點滴,當中並介紹心晴行動的宗旨和服務工作。

More than 10 songs were selected and broadcasted by Danny Summer in the program. JMHF services and objectives were introduced between the songs. Listeners could donate \$5 to JMHF when they sent an SMS.



鄭裕玲小姐 何利利小姐



Connie Ng Tony Lui Sarah Chu



林敏怡小姐

- 2007-07-11 林敏怡小姐
Lam Man Yee
- 2007-07-16 鄭裕玲小姐
DoDo Cheng
- 2007-08-29 林祖輝先生及姚嘉妮小姐
Lam Cho Fai and Claire Yiu
- 2007-09-05 傅穎小姐
Theresa Fu
- 2007-11-27 譚詠麟先生
Alan Tam
- 2007-12-05 有誰共鳴台前幕後
Behind and on the Screen
- 2008-1-11 Tony Music House
Tony Music House
- 2008-2-10 永遠懷念肥姐
In memory of Lydia Shum

2007-04-14

草姬健康報

HERBS Magazine

邀請心晴行動秘書長李偉成接受訪問,推廣情緒健康的訊息及本會的工作及服務。

Mr Lee Wai Shing, Chief Secretary of JMHF, was interviewed by HERBS to promote JMHF services and importance of mental health.

2007-05-11、2007-12-08

沙田開心行動 Shatin Happy Project

社會福利署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
沙田區議會醫療及律生服務工作小組合辦
透過一系列活動，如精神健康講座、巡迴展覽、微笑大使招募、微笑日及嘉年華會等，喚起社區人士於對精神健康的關



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。

To arouse the public's awareness of mental health and promote a positive attitude of life through a series of activities, such as emotional health seminars, showcases, recruitment of "The Happy Ambassador", "The Smile Day", carnivals.

2007-05-18

「一切從心開始」無線電視收費台特輯 TVB Payvision

主要有關情緒病藝人及醫生訪問，受訪者包括：主席林建明，李誠，林夕及韓君婷等。目的主要推廣健康情緒的訊息。

A TVB programmer promoted mental health by interviewing doctors and artists who suffered from emotional illness, included Chairman Ms Lam Kin Ming, Mr Lee Shing, Mr Lin Xi and Ms Belinda Hammett.



2007-05-26

心晴明愛義工交流會 Joyful with Caritas Volunteers

明愛筲箕灣綜合家庭服務中心的一隊婦女義工隊到訪心晴行動，透過社工講解及情緒病康復者的分享，義工們對情緒病有了更多的認識，同時釐清了對情緒病及患者一直存有的誤解。

CARITAS INTEGRATED FAMILY SERVICE CENTRE, a group of female volunteers, visited the JMHF office and learned about emotional illness through sharing with social workers and recovered patients.

2007-07-18至2007-07-24

香港書展 Hong Kong Book Fair

於香港會議展覽中心舉行的一年一度本港大型書展，本會當日設立攤位推廣情緒健康，並義賣書本及精品，為本會籌募經費。

JMHF exhibited in the fair and promoted emotional health. JMHF also sold books and souvenirs to raise funds.



推廣 Promotion

2008-3-2

「積極人生擁抱朝陽獎」典禮暨 婦女精神健康開展禮

Prize Presentation of "Positive Life" and Opening Ceremony of "Women's Mental Health"

由沙田婦女會主辦此項活動，邀請主席林建明女士出席，透過是次活動推廣心晴行動服務及活動

The event was organized by Shatin Woman's Association. JMHF Chairman, Ms Lam Kin Ming, was invited to promote JMHF services and activities in the event.



2008-3-20

溫暖人間

Buddhist Magazine — The Warm World

透過訪問讓更多公眾人士認識本會

Introduce JMHF services to the public through magazine interview.



余枝勝先生 陳德森先生 張建良醫生 郭坤輝小姐 潘麗瓊小姐
葉子青小姐 盈盈小姐 Miss Alice

2008-5

新書《飛過抑鬱的森林》

New publication <Overcome Your Depression>

透過與抑鬱症患者、患者家屬，以及社工、心理學與精神科醫學界等專業人士的訪問，將有關此症的各项成因、症狀、治療等，作深入浅出的剖析與探討。希望讀者閱後能對此症有正確的認識，及早察覺病患，作出治療，使身心回復健康。

By interviewing depression patients, their families, social workers, professionals of psychology and psychiatry, the causes, symptoms, treatment of depression was discussed with readers. This would arouse readers' awareness on depression and help to adopt appropriate treatment in an early depression stage.



2008-3

社情

Scenario

為社會服務聯會的刊物，專訪主席林建明，透過訪問宣傳本會的服務及工作。

JMHF Chairman, Ms Lam Kin Ming, was interviewed by Scenario, a publication of Hong Kong Council of Social Service. Ms Lam promoted JMHF services in the interview.

籌募 Fundraising

2007-08-14至2007-08-16

心晴行動慈善特賣場 JMHF Crazy Sale

心晴行動慈善基金於2007年8月14至16日在本會辦事處舉辦特賣場，主要目的籌款及推廣本會的服務。

JMHF organized a crazy sale at the JMHF office. The sale is to raise funds and promote JMHF services.



2007-08-24至2007-08-26

傢俬及家居慈善拍賣會 7th Hong Kong Furniture & Home × 2007

2007年8月24至26日舉辦的傢俬展內心晴行動設置慈善義賣攤位，義賣由熱心人士所捐贈的物品。主辦機構更邀請心晴行動為受惠機構舉辦「藝人慈善拍賣」反應熱烈。而是次活動主要目的籌款及推廣本會的服務。

JMHF exhibited on 24 to 26 August 2007 in the exhibition. The organizer invited JMHF to sell some furniture by auction. This event aimed to raise funds and promote JMHF service.



任葆琳小姐



毛舜均小姐



朱慧珊小姐

2007-9-29

星光動力慈善點唱會 Charity concert in Star Avenue

在十一黃金週舉行福袋義賣和慈善點唱，由Tony Music House 負責演出。當日人數眾多，氣氛熱鬧。TONY MUSIC 成員更捐出針織品拍賣。合辦機構：Tony Music House 及星光大道。

Artists from Tony Music House performed on the concert. Many people joined the concert and the feedback was positive. JMHF and artists sold bags and knitwear respectively. The result was good. Joint presenter Tony Music House and Star Avenue



廖安麗小姐 羅君左先生

2007-9-21

棟篤撐 Charity Talk Show

由羅君左先生透過扮野棟篤笑演出，除了模仿身邊的熟悉人物外，更由心晴行動義工們分享患情緒病期間感受及治療過程。是次活動門票收入扣除製作費後善款捐予心晴行動。

Mr Law Kwan Geoh played roles of different celebrities and JMHF volunteers shared their experience on mental illness and treatment. All income was donated to JMHF after deducting the necessary expenses.

籌募 Fundraising

2007-09-26

金牌火鍋愛心顯心晴 Golden Hot Pot Donation

金牌火鍋舉行剪綵儀式及邀請各方好友如蒙賜贈花籃致賀，一律折為現金或支票，而所籌募的善款將全數捐予「心晴行動慈善基金」作為情緒健康教育推廣之用。

Golden Hot Pot asked their guests to send cash or cheques to JMHF for mental health education promotion.



賈曉晨小姐 何卓瑩小姐



范萱蔚小姐 張苡微小姐 黃德明先生 鄧穎芝小姐
(左二) (左三) (右五) (右三)

2007-10-12

二胡琴弦扣心晴慈善演唱會 Charity Erhu Concert

由多位著名歌手演繹懷舊金曲，並由王國潼先生及王愷先生舉行二胡獨奏表演，當中更有二胡金曲cross over合演及播放心晴行動服務照片，觀眾欣賞節目之外更認識到本會的服務。

Mr Wang Guo Tong and Mr Wong Wai Ray had erhu solo and several prominent singers performed in the concert. JMHF services were introduced by photo slideshow in the erhu performance.



王國潼先生 林東先生
(左二) (左三)

2007-11-10

小朋友演折子戲慈善Show Show Charity Chinese Opera Show by Children

透過是次慈善表演，不但培育藝菁菁小朋友有關粵劇方面的才華，而且教育他們關心社會，推動社會關注情緒健康工作。

This charity show not only provided a platform for the children to perform, but also aroused their community attention on mental health. Joint presenter Opera Artist Club



譚耀宗議員
(左五)



陳惠玲小姐
(左二)

2007-12至2008-1

心心呼吸記事簿義賣

“Take a deep breath” Organizer

商台為慶祝《心心呼吸》播出一周年，特別出版《心心呼吸日記簿》，當中精選了12篇「心心呼吸」故事，讓這些心靈小故事陪伴市民渡過來年的每一天，一起感應生活的脈搏，呼吸生命的氣息。此外，更邀得著名插畫師Carrie Chau為這本日記簿繪畫插畫，令這些《心心呼吸》故事增添色彩。而日記簿將以義賣形式為心晴行動慈善基金籌款，讓更多人的心靈健康得到幫助。

To celebrate the 1st birthday of “Take a deep breath” radio programmer, JMHF launched the “Take a deep breath” organizer. 12 stories were selected from the radio programmer to share with people every day. We were honored to invite prominent illustrator, Carrie Chau, to draw in the organizer. All proceeds from the sale of the organizer will be donated to JMHF.



官恩娜小姐



何莉莉小姐 (左二) Carrie Chau (左四) 陳靜嫻小姐 (左五) 森美先生 (右二)



林嘉欣小姐 黃永先生



2007-12-20

Beijing Central X'Mas Charity Nite

聖誕慈善夜籌款活動，會場變成充滿聖誕氣氛的舞台，聖誕女郎穿梭在其中義賣朱古力及城中名DJ打出動人音樂。合辦機構：Beijing Club

The annual fund raising event. X'mas ladies sold chocolate and prominent DJ played hot music in the venue. Joint presenter Beijing Club



黃熙仁先生



李志剛先生 (左一) 陳啟峰先生 (左三) 寶佩如小姐 (右三) 黃美芬小姐 (右二) 歐文詩小姐 (右一)



周麗淇小姐

籌募 Fundraising

2008-01-01

「心晴之友」計劃

“Joyful Friends” Project

此計劃籌募經費，籌得善款用作為教育、服務、推廣健康情緒項目；及定期宣傳及推廣會方資訊。
Raise funds for education, services, promote mental health, promote and release regular JMHF news.

2008-01-26至2008-03-03

海港城新春慈善賀鼠年

Fund Raising in Lunar New Year

由海港城舉辦一連串的新年慈善活動，包括：新年物品換購，利是袋，「鼠」年點心烹飪班等，同時，於情人節舉行情人節Cocktail x朱古力派對及愛情郵局，受惠機構為心晴行動慈善基金。主辦機構：海港城
The annual charity event organized by Harbour City. Activities included : redemption of Lunar New Year present, red packet, dim-sum cookery class. Harbour City also held a cocktail x chocolate party and The Love Post. All funds raised was donated to JMHF. Joint presenter Harbour City

2008-01-1至2008-12-31

窗藝同心為心晴

Windows Fashion Charity Program

顧客購買Nodai Light產品的部份善款撥捐心晴行動，作情緒健康推廣之用。
主辦機構：窗藝公司
Part of the proceeds was donated to JMHF for emotional health promotion when customers buy Nodai Light products. Joint presenter Windows Fashion Expertise Ltd



伍澤雨先生

2008-3-26

2007-2008賣旗日

2007-2008 Flag Day

心晴行動慈善基金首個賣旗日，參與義工人數超過1100人，當日情況熱烈並感謝各方友好及團體支持。
The first flag day of JMHF. Over 1100 volunteers participated in this event. Thank you for the support from all friends and organizations.



苑瓊丹小姐

概覽 Overall

| 舉行日期 Dates of Activities | | 項目名稱 Name 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 | | 心晴熱線 Hotline Service |
| 全年度 Whole Year | | 朋輩支援服務 Peer Support Service |
| 2007年4月14日 | 星期六 | 「家連家」第14屆精神健康大使畢業典禮 The 14th Graduation Ceremony of Emotional Health Ambassador by Hong Kong Family link Mental Health Advocacy Association |
| 2007年4月14日 | 星期六 | 草姬健康報 HERBS Magazine |
| 2007年4月25日 | 星期三 | 開心學堂 (4) School Project (4) |
| 2007年5月5日 | 星期六 | 「踢走辦公室壓力」講座 “How to relieve pressure at work” Seminar, “How to relieve pressure at work” seminar |
| 2007年5月9日 | 星期三 | 認識壓力工作坊 Workshop on understanding pressure |
| 2007年5月11日 | 星期五 | 沙田開心行動之學校啟動日 Kick-off Ceremony of The Shatin Happy Project |
| 2007年5月18日 | 星期五 | 「一切從心開始」無線電視收費台訪問 TVBPAYVISION |
| 2007年5月23日至6月27日 | 逢星期三 | 熱線義工基礎訓練 Training to hotline volunteer |
| 2007年5月26日 | 星期六 | 心晴明愛義工交流會 Training to hotline volunteer |
| 2007年5月29日 | 星期二 | 開心學堂 (5) School Project (5) |
| 2007年6月20日 | 星期三 | 義工訓練 Training to volunteer |
| 2007年6月21日 | 星期四 | 心晴一聚分享會 (一) Interactive Sharing among Professional, Patients and their Families (1) |
| 2007年6月23日 | 星期六 | 親子情常在—情緒管理講座 Seminar on emotional management |
| 2007年6月25日-9月3日 | 逢星期一 | 家連家精神健康家屬課程 Mental Health Training Course for Patient's Families |
| 2007年7月4日 | 星期三 | 開心學堂 (6) School Project (6) |
| 2007年7月5日 | 星期四 | 開心學堂 (7) School Project (7) |
| 2007年7月11日 | 星期三 | 電台推廣活動—商業電台有誰共鳴—林敏怡小姐 Commercial Radio promotion — Share My Song — LAM Man Yee |
| 2007年7月12日 | 星期四 | 熱線義工訓練—家屬支援技巧 Training to hotline volunteer — Skills on patients' family support |
| 2007年7月15日 | 星期日 | 全康情緒治療綜合中心開幕 Opening Ceremony of A.D.E.C. Mood Disorder Integrated Centre |
| 2007年7月16日 | 星期一 | 電台推廣活動—商業電台有誰共鳴—鄭裕玲小姐 Commercial Radio promotion — Share My Song — DoDo CHENG |
| 2007年7月18日至 2007年7月24日 | 一星期 | 香港書展 Hong Kong Book Fair |
| 2007年7月19日至 2007年9月27日 | | 「朋輩支援大使」訓練 “Friend supporter” trained |
| 2007年8月29日 | 星期三 | 電台推廣活動—商業電台有誰共鳴—林祖輝及姚嘉妮 Commercial Radio promotion — Share My Song — Thomas LAM Cho Fai and Claire YIU |
| 2007年9月5日 | 星期三 | 電台推廣活動—商業電台有誰共鳴—傅穎 Commercial Radio promotion — Share My Song — Theresa Fu |
| 2007年11月27日 | 星期二 | 電台推廣活動—商業電台有誰共鳴—譚詠麟 Commercial Radio promotion — Share My Song — Alan Tam |
| 2007年12月5日 | 星期三 | 電台推廣活動—商業電台有誰共鳴—台前幕後 Commercial Radio promotion — Share My Song — Behind and on the Screen |
| 2007年12月8日 | 星期六 | 沙田開心行動 Shatin Happy Project |
| 2008年1月1日 | 星期二 | 「心晴之友」計劃 “Joyful Friends” Project |
| 2008年1月11日 | 星期五 | 電台推廣活動—商業電台有誰共鳴—Tony Music House Commercial Radio promotion — Share My Song — Tony Music House |
| 2008年2月10日 | 星期日 | 電台推廣活動—商業電台有誰共鳴—永遠懷念肥姐 Commercial Radio promotion — Share My Song — In memory of Lydia Shum |
| 2008年3月2日 | 星期日 | 「積極人生擁抱朝陽獎」典禮暨婦女精神健康開展禮 Prize Presentation of “Positive Life” and Opening ceremony of “Women's Mental Health” |
| 2008年3月20日 | 星期四 | 溫暖人間 Buddhist Magazine — The Warm World |
| 2007年10月12日 | 星期五 | 二胡琴弦扣心晴•慈善演唱會 Charity Erhu Concert |
| 2007年10月12日 | 星期五 | 校園計劃開幕典禮暨情緒健康教育講座 Opening ceremony of campus project and emotional health training course |
| 2007年10月27日 | 星期六 | 香港浸會大學精神健康週『深•情行動』— 戰勝抑鬱講座 HK Baptist University-Seminar on Defeated depression |

概覽

Overall

| 舉行日期 Dates of Activities | | 項目名稱 Name of Activities |
|--------------------------|-------|---|
| 2007年10月份 | | 校園計劃—情緒睇真D講座 1, 2, 3 Campus project — What is emotion (Stop 1-3) |
| 2007年11月10日 | 星期六 | 小朋友演折子戲慈善 Show Charity Chinese Opera Show by Children |
| 2007年11月16日 | 星期五 | 做個快樂有「晴」人—快活日營 Be are happy elderly |
| 2007年11月20日 | 星期二 | 朋輩支援服務 - (1) Interactive Sharing Peer Support Service (1) |
| 2007年11月8日 | 星期四 | 心晴東華熱線交流會 JMHF and Tungwah hotline service Friendly Visit |
| 2007年11月份 | | 校園計劃—情緒睇真D講座 4, 5, 6, 7, 8 Campus project — What is emotion (Stop 4-8) |
| 2007年12月至2008年1月 | | 心心呼吸記事簿義賣 “Take a deep breath” Organizer |
| 2007年9月20日 | 星期四 | 心晴—聚分享會 (二) Interactive Sharing among Professionals Sharing (2) |
| 2007年12月20日 | 星期四 | Beijing Central X'Mas Charity Nite |
| 2007年12月8日 | 星期六 | 校園計劃—情緒睇真D家長講座 Campus project — Parents workshop |
| 2007年12月份 | | 校園計劃—情緒睇真D講座 9, 10, 11, 12 Campus project — What is emotion (Stop 9-12) |
| 2007年1月至2008年5月 | | 新書《飛過抑鬱的森林》 New publication <Overcome Your Depression> |
| 2007年7月18至24日 | 一星期 | 香港書展 Hong Kong Book Fair |
| 2007年8月14至16日 | 星期二至四 | 心晴行動慈善特賣場 JMHF Crazy Sale |
| 2007年8月24至26日 | 星期五至日 | 傢俬及家居慈善拍賣會 Charity Auction of Furniture |
| 2007年8月25日 | 星期六 | 「與抑鬱共舞小組」分享會 Sharing with Dance with Depression Support Group |
| 2007年8月28日 | 星期二 | 長者情緒健康分享會 Sharing — Emotional health for elderly |
| 2007年9月1日 | 星期六 | 「動一動、齊減壓」計劃啟動禮暨精神健康萬花筒講座 |
| 2007年9月8日 | 星期六 | 開心工作間—「與壓力共舞」講座 Workshop : How to deal with pressure |
| 2007年12月13日 | 星期四 | 心晴—聚分享會 (三) Interactive Sharing among Professionals (3) |
| 2007年9月21日 | 星期五 | 棟篤撐 Charity Talk Show |
| 2007年9月26日 | 星期三 | 金牌火鍋愛心顯心晴 Golden Hot Pot Donation |
| 2007年9月29日 | 星期六 | 「家連家」第15屆精神健康大使畢業典禮 HK Family link Mental Health Advocacy Association 15th Mental Health Ambassador Graduation Ceremony |
| 2007年9月29日 | 星期六 | 星光動力慈善點唱會 Charity concert in Star Avenue |
| 2008年1月12日 | 星期六 | 第十七屆優秀社工選舉 The 17th HK Social Workers Association |
| 2008年1月15日 | 星期二 | 朋輩支援服務 - (2) Interactive Sharing Peer Support Service (2) |
| 2008年1月19日 | 星期六 | 心晴行動—義工嘉許計劃 2007 Joyful Volunteer Award 2007 |
| 2008年1月1日至2008年12月31日 | 全年 | 窗藝同心為心晴 Windows Fashion Charity Program |
| 2008年1月26至27日及2月2至3日 | | 海港城新春慈善賀鼠年 Fund Raising in Lunar New Year |
| 2008年1月份 | | 校園計劃—情緒睇真D講座 13, 14, 15, 16 Campus project — What is emotion (Stop 13-16) |
| 2008年2月19日 | 星期二 | 朋輩支援服務 - (3) Interactive Sharing among Professionals Sharing (3) |
| 2008年2月1至17日 | | 愛情郵局@海港城 |
| 2008年2月22日 | 星期五 | 香港大學文學會—華人慈善貢獻獎頒獎禮 JMHF was interview to attend Chinese Charity Contribution Award organized by the University of Hong Kong |
| 2008年2月份 | | 校園計劃—情緒睇真D講座 17, 18, 19 Campus project — What is emotion (Stop 17-19) |
| 2008年3月 | | 社情 Scenario |
| 2008年3月19日 | 星期三 | 華人慈善貢獻獎頒獎禮 JMHF was interview to attend 華人慈善貢獻獎頒獎禮. |
| 2008年3月20日 | 星期四 | 心晴—聚分享會 (四) Interactive Sharing among Professionals Sharing (4) |
| 2008年3月26日 | 星期三 | 2007-2008 賣旗日 2007-2008 Flag Day |
| 2008年3月4日 | 星期二 | 校園計劃延伸活動 “校園大使” Campus project — Campus ambassador |
| 2008年3月份 | | 校園計劃—情緒睇真D講座 20, 21, 22, 23, 24 Campus project — What is emotion (Stop 20-24) |

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 | 3 | 390 |
| 校園計劃 School Project | 29 | 7,324 |
| 培訓/工作坊 Training Course/Workshop | 7 | 337 |
| 社區/媒體推廣 Community Education & Promotion | 37 | 15,221,372 |
| 團體交流會 Sharing | 9 | 978 |
| 籌款活動 Fundraising | 6 | 4,220 |
| 支援服務 Supportive Service | 8 | 220 |
| 總數 Total: | 99 | 15,234,841 |

熱線服務統計 Joyful Hotline Statistics

| | | | | | | | | | | | | |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|-----|
| 患者本人 Sufferers | 37 | 75 | 29 | 20 | 14 | 43 | 63 | 57 | 44 | 43 | 44 | 66 |
| 患者家人 Families of sufferers | 16 | 30 | 15 | 13 | 6 | 19 | 39 | 27 | 22 | 21 | 16 | 34 |
| 患者朋友 Friends of sufferers | 4 | 4 | 8 | 3 | 1 | 5 | 9 | 13 | 3 | 3 | 4 | 6 |
| 其它 Others | 1 | 2 | 0 | 0 | 3 | 3 | 8 | 4 | 2 | 7 | 5 | 5 |
| 其他查詢 | 81 | 106 | 77 | 121 | 110 | 122 | 39 | 30 | 1 | 0 | 0 | 0 |
| 總數 Total: | 139 | 217 | 129 | 157 | 134 | 192 | 158 | 131 | 72 | 74 | 69 | 111 |

電郵查詢 Email Enquiry Statistics

| | 4/07 | 5/07 | 6/07 | 7/07 | 8/07 | 9/07 | 10/07 | 11/07 | 12/07 | 1/08 | 2/08 | 3/08 |
|-----------------------------|------|------|------|------|------|------|-------|-------|-------|------|------|------|
| 電郵查詢個案 No of email cases | 5 | 7 | 4 | 0 | 1 | 5 | 4 | 1 | 1 | 2 | 2 | 4 |

輔導個案 Professional Counseling Service Statistics

| | 4/07 | 5/07 | 6/07 | 7/07 | 8/07 | 9/07 | 10/07 | 11/07 | 12/07 | 1/08 | 2/08 | 3/08 |
|-----------------------------------|------|------|------|------|------|------|-------|-------|-------|------|------|------|
| 個案 No of cases | 24 | 26 | 20 | 20 | 22 | 16 | 15 | 18 | 7 | 15 | 12 | 9 |
| 約見人次 No. of interview sessions | 54 | 58 | 51 | 60 | 58 | 56 | 60 | 66 | 23 | 41 | 37 | 33 |

鳴謝

Acknowledgment



特別鳴謝

劉鑾雄慈善基金
旭日國際有限公司
景鴻移民顧問有限公司
DR 醫學美容集團
Eikowada
英皇娛樂集團
香港中文大學醫學院香港健康情緒中心
鄭鄭會計師事務所有限公司
耀才證券有限公司
Club No. 9

賞心樂社
海港城置業有限公司
星光大道
商業電台
Tony Music House
金牌火鍋
康文署
香港亞洲展覽(集團)有限公司
窗藝公司
國際文具製造廠有限公司

One Touch
BMA
Wyeth (HK) Limited
勤+緣
環球唱片有限公司
REGENE
Mastercraft Interil Ltd
ICAP(HK)Ltd
Beijing Club

公司及機構名單

Ann Taylor Sourcing Far East Limited
AM730
Baby Blue
ComeMon International Corporation Ltd.
Dunworth Investment Ltd.
Hang Lee Air-Condition Co.
Hoe Hin Pak Fah Yeon Manufacturing Ltd.
好心網站
Hotel Grand Waldo Limited
Hutchison Telephone Company Ltd.
ISA Workshop
J Links Asia Ltd.
Ken Ki Engineering Co.
Manulife VE District
Midland HKP Services (Administration) Ltd.
Paulines Production Ltd.
Pure Fair Ltd.
Royal King International Ltd.
Suntime International Ltd.
The Group Holdings Ltd.
Twincity (Far East) Ltd.
九龍巴士公司
上海商業銀行
大公報
中國銀行
中華錫安傳道會青少年就業培訓及創藝發展中心
互動電視有限公司
天地圖書市場推廣部
文匯報
永怡(香港)有限公司
永信置業有限公司
生命力企業管理有限公司
全康醫務綜合中心
匡智藍田中心
好運車行有限公司
尖沙咀街坊福利會松柏活動中心
成報
有線電視企業
百運實業有限公司
杏林醫務中心有限公司
沙田婦女會有限公司
足藝舍專業足健中心
亞太顧問有限公司
亞洲電視
亞洲婦女協進會油麻地頤老中心
抱趣堂當代藝術館
明報

明報周刊
明愛筲箕灣綜合社會服務中心
東井圍佛會有限公司
東方日報
東城石油化工有限公司
東華關懷熱線
社會服務聯會
社會福利署
社會福利署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
社會福利署荃灣及葵青區康復服務協調委員會
采輝有限公司
金牌火鍋
青山醫院
恆基兆業地產有限公司
政府人員協會(少青組)
星島日報
星輝亞洲有限公司
柏奇親子
美心西餅
美麗華酒店
香港二胡藝術中心
香港天水圍婦女聯合會
香港心理衛生會
香港交通安全隊-步操樂隊
香港李老能形意拳研究會
香港家連家精神健康倡導協會
香港書展
香港復康力量
香港善導會秦石中途宿舍
香港電台
恒益物業管理
候劉李楊律師行
朗豪坊
草姬健康報
高撥展國際公司
偉邦物業管理有限公司
啤梨義工團
基督教香港崇真會社會服務有限公司
康翹建造工程公司
捷緯紡織有限公司
救世軍東九龍隊
莎莎國際控股有限公司
港鐵公司
無線電視收費台
順鴻工程有限公司
黃大仙及西貢區社會福利署
黃大仙民政事務署

匯豐銀行
慈雲山社區會堂
新城電台
新報
溫暖人間
碌柚葉
萬利洋行國際有限公司
經濟日報
義務工作發展局
路訊通控股有限公司
輝聯紡織有限公司
維晶有限公司
與抑鬱共舞小組
蒙妮坦美髮美容學院
劉千石議員辦事處
影印速遞
潮藝娛樂有限公司
蓬瀛仙館
衛思有限公司
衛施基金會有限公司
頭條日報
戲曲之旅
環球屋宇建築工程有限公司
聯營服裝配件公司
禮賢會彩雲綜合青少年服務中心
醫院管理局
藝菁營
蘋果日報
警察義工隊
鱷魚恤有限公司
九龍三育中學
九龍塘宣道小學
中華基督教會基道中學
五邑司徒浩中學
天主教新民書院
城市大學學生發展處
香港大學
香港浸會大學學生事務處輔導中心
浸信會呂明才中學
基督中學
基督教聖約教會堅樂小學
聖言中學
聖羅撒書院
葛量洪校友會觀塘學校
嘉諾撒聖家書院
戲曲之旅
蒙民偉書院
德貞女子中學

(排名不分先後)



德貞幼稚園

個人名單

Anthony
Alexander C. K. Lam
Alice Chiang
Alice Kong
Alva Au
Andrew Kwan
Ann
Betty
Candy Chong
Carol Chan
Chan Chi Ling
Chan Fai Hoi
Chan Ka Po, Tammy
Chan Kam Tim
Chan Kei Kei
Chan Oi Ling, Irene
Chan Shuk Ha, Stella
Chan Tak Kin
Chan Yiu Cho
Chau Kar Wang, Kevin
Cheng Mei Li, Maylie
Cheng Sau Ying
Cherry Mok Ka Wai
Cheuk Shing Kong Mike
Cheung Fung Yee
Cheung I Pak
Cheung Li Li
Cheung Wing Yi
Chiang Wing
Chik Yuk Yin
Chin Ho Fung Yee
Ching Pui Yuk
Chiris Chan
Chiu Kit Ling
Chow Heung Wing
Chow Yuk Yin
Chu Tak Kuen
Chung Shuk Chi Mishell
Co Thuc Anh
DICK Lam
Dinan China
Ela Da Silva Elaine
Esther Mak
Fendi Lee
Fiona Yuen
Fong Ling Mat Yee
Frances Leong
Freda Tai
Fung Pui Lan
Ha Suk Ching Joefe
Hau King Ha
Ho Cheuk Bui
Ho Chi Tat, Gary
Ho Yee Man, Yvonne
Ho Yee Ting
Hui Chung Ning
Hui Pik Shan
Hui Shuk Yi
Hyphen Wong
Irene
Jackson Fok
Jane
Janet Yim Wah L
Jess Luk
Jessica Chan
Joe, Suki Candy
Kan Ka Chi
Karma
Katherine Chow
Ken
KK
Kong Hung
Kwok Yuk Fong
Lam Fung Ho
Lam Ho Yin

Lam Ka Wah, Eva
Lam Kam Ying
Lau Chen Yue
Lau Ngar Lai
Lau Siu Wai, Felix
Law Fung Ding
Law Ngar Lai Ellie
Lee Har Tory
Lee Yuk Ching
Leo
Leung Man Wa
Leung Yeuk Man
Li Man Yee, Isabel
Li Siu Kam
Ling Wing Sze
Liu Chi Kwan, Alice
Lo Shin Ying
Lo Siu Chun Anita
Lo Suk Yu
Lo Wing Yan, William
Lonnie Chu
Loo Kwan Chor
Lousia Kwan
Lui Chun Fan
M286 同全
Maggie Au Yueng
Mak Sai Chak
May Chan
Michael Mak
Michael Tse
Michelle Chung
Monie Liu
Ms. To
Ng Hon Chung
Ngan Kwok Leung
Oei Hendy
Pang Hiu Wai Gary
Pang Siu Ying
Pang Yee Ngan
Peter Chan
Robert Sctwab
Rubynazir
Sammy Lo Chun Sing
Sao Cheng
Sham Luen Kwong
Shea Yuen Ling Anne
Shum Yuen Yi
Simon To
Stanley Ko
Stella
Tam Fung Kwan, Betty
Tam Yuet King
Tang Ching May
Tang Suk Han
Tang Wing Chi Amy
Tanna Mehul
Terry Chen
Tong Pak Chuen
Tsang Lai Wan
Tse Chi Hung, Michael
Tsui Wai Kwan
Tung Po Yin
Vivian Huang
Wan Chi Hung
Wong Hau Fung
Wong Ho Ming
Wong Luk Mui
Wong Man Ling
Wong Pak Ming, Raymond
Wong Pui Ching
Wong Siu Chun, Louise
Wong Wai Man, Peter
Wong Wai Yee, Vicky
Wong Wing Kwan Catherine
Wong Woon Kiu
Wong Yuk King
Yau Ka Leung
Yee Kay Cheuk
Yennis Chow

Yeung Kit Sum Annie
Yeung Ping Hung
Yeung Po Chu Yick Chi
Ming, Frankie
Yu Ka Ming
Yu Mo Ching
Yu Wai Yin
小雪
尹柏權
文婉珊
方富健
毛舜筠
王弋
王愛樺
王德
包先生
左丁山
甘詠賢
伍標
伍澤雨
任保琳
有誰共鳴台前幕後人員
朱慧珊
朱潔儀
朱耀祖教授
江虹
江裕
何世業
何卓瑩
何念慈
何淑筠
何潤儀
何麗華
余枝勝
余慕蓮
吳兆文教授
吳婉儀
呂子云
岑佩蓮
岑威廉
李世佳
李如珊
李志剛
李志遠
李思齊
李嘉露
李潤海
李靜雯
杜擴業
沈集成
汪曼玲
車淑梅
周向榮夫人
周良艷
周廣星
周麗淇
林中鍵
林東
林思慧
林胡秀霞
林祖輝
林敏怡
林淑明
林淑貞
林嘉欣
林禮婷
林蘭芳
林禮婷
邵朗
金慧英
姜浩文
姜素婷
姚映華
姚婉儀
姚嘉妮
施麗珍
查小欣
胡曬芬
范萱蔚

苗僑偉
苑瓊丹
唐柏泉
馬恩賜
高步雲
區子嘉
崔文嫻
張忻譚苓
張建良
張以激
張笑容
張淑儀
張超雄
張達明
張鈺珍
張慶文
梁巧美
梁美華
梁珠
梁國榮
梁榮開
梁鳳兒
梁錦添
梁鴻志
符遠威
許碧珊
郭子昌
郭坤輝
陳允彤
陳勁豪
陳福興
陳綺華
陳德森
陳鴻章
傅穎
喬寶寶
曾志豪
曾展章
湯珈鉞
黃永
黃仲良
黃志超
黃偉民
黃德明
黃曉靜
黃樹堅
黃樹榮
黃燕玲
黃麗玲
黃麗娟
楊俊文
楊恭如
楊麗霞
葉子菁
葉姑娘
葉麗儀
賈曉晨
廖安麗
趙志培
趙茗鳴
趙偉雄
劉天賜
劉君強
劉碧玲
歐文詩
潘麗瓊
蔡女士
蔡日升
蔡俊傑
蔡國炎
蔡潤華
鄭家成
鄭朗平
鄭裕玲
鄭翠虹

鄭錦成
鄧玉嬋
鄧碧秀
鄧穎芝
黎慧施
盧永添
盧兆輝
盧浩然
謝志雄
謝嘉雯
謝慧敏
鍾美貞
鍾慧冰
鍾慧雯
簡福齡夫人, Stella
顏龍
羅君左
羅美倫
羅鳳萍
羅麗莎
譚詠麟
關菊英
寶佩如
蘇珊
賴國偉

義工嘉許名單(個人)

Lam Sze Yim
卓偉江
文齊光
王瑞瑛
吳文瑛
吳麗寶
李煥兒
李慧美
杜振輝
林玉珍
林秀芳
林詠儀
林繼賢
柯美蘭
馬興和
高燕芬
張淑茗
梁淑者
梁惠玲
梁寶達
莫楚達
陳何婉芬
陳泳怡
陳敏基
陳潔環
陳鴻璋
麥健東
馮淑貞
馮嘉美
黃嘉敏
趙逸煦
蔡沈寶翠
黎寶玲
霍沛祺
聶傳聲
羅寶英

義工嘉許名單(團體)

Tony Music House
哥哥之友會義工隊

(排名不分先後)

財務報告

Financial Statements

REPORT OF THE EXECUTIVE COMMITTEE

The Executive Committee has pleasure in submitting the annual report together with the audited financial statements for the year ended 31 March 2008.

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 period.

FINANCIAL STATEMENTS

The results of the Foundation for the year ended 31 March 2008 and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

RESERVES

Surplus for the year amounted to HK\$1,118,200 (2007: Surplus of HK\$5,974,913) has been transferred to reserves. Other movements, if any, in reserves are referred to in 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 year are set out in note 3 to the financial statements.

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

MEMBERS OF THE EXECUTIVE COMMITTEE

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

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
LI Kwok Fun
WONG Shuk Man
LI Cheuk Kiu Kathy

(Appointed on 16 September 2007)

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

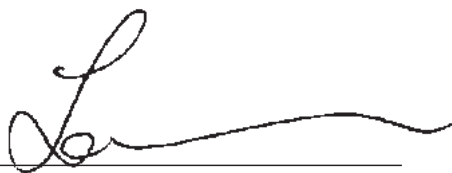
No contracts of significance to which the Foundation was a party and in which a member of the Executive Committee had a material interest subsisted at the end of the year or at any time during the year.

At no time during the year 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 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, 5 October 2008

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 38 to 51, which comprise the balance sheet as at 31 March 2008, and the income and expenditure account, statement of changes in fund and cash flow statement for the year then ended, 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)

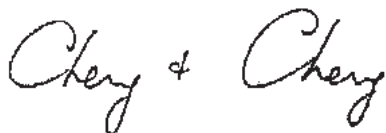
TO THE MEMBERS OF
JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

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 2008 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 (Practising)

Hong Kong, 5 October 2008

BALANCE SHEET

As at 31 March 2008

| | NOTE | 2008 HK\$ | 2007 HK\$ |
|--|------|------------------|------------------|
| NON-CURRENT ASSETS | | | |
| Fixed assets | | | |
| - Plant and equipment | 3 | 106,391 | 35,387 |
| Financial assets | 4 | 777,400 | 780,000 |
| | | <u>883,791</u> | <u>815,387</u> |
| CURRENT ASSETS | | | |
| Donation and other receivables | 5 | 353,072 | 98,538 |
| Cash at bank and on hand | 13 | 6,431,268 | 5,157,168 |
| | | <u>6,784,340</u> | <u>5,255,706</u> |
| Deduct: CURRENT LIABILITIES | | | |
| Accruals and temporary receipt | | <u>14,877</u> | <u>96,180</u> |
| NET CURRENT ASSETS | | <u>6,769,463</u> | <u>5,159,526</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>7,653,254</u> | <u>5,974,913</u> |
| Represented by: | | | |
| RESERVES | | | |
| Reserves | 6 | <u>7,653,254</u> | <u>5,974,913</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.

INCOME AND EXPENDITURE ACCOUNT

For the year ended 31 March 2008

| | NOTE | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|--|------|-----------------------------------|-----------------------------------|
| Income | 7 | | |
| Donations received | | 173,009 | 214,472 |
| Donations received from Flag Day | | 691,872 | - |
| Project income | | 1,619,963 | 2,139,843 |
| Interest and other income | | 320,271 | 267,952 |
| | | <u>2,805,115</u> | <u>2,622,267</u> |
| Expenditure | | | |
| Other expenses | | 421,790 | 429,417 |
| Project expenses | 8 | 1,265,125 | 917,669 |
| Sponsorship | | - | 119,705 |
| | | <u>1,686,915</u> | <u>1,466,791</u> |
| Surplus before taxation | 9 | 1,118,200 | 1,155,476 |
| General fund transferred from Joyful (Mental Health) Foundation | | - | 4,819,437 |
| | | 1,118,200 | 5,974,913 |
| Taxation | 10 | - | - |
| Net surplus for the year | | <u>1,118,200</u> | <u>5,974,913</u> |

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

STATEMENT OF CHANGES IN FUND

For the year ended 31 March 2008

| | Education and project reserve fund HK\$ | Service and hotline reserve fund HK\$ | Retained surplus HK\$ | Total HK\$ |
|---|--|--|-----------------------------|------------------|
| Net surplus for the period | - | - | 5,974,913 | 5,974,913 |
| Transferred to education and project reserve fund | 2,400,000 | - | (2,400,000) | - |
| Transferred to service and hotline reserve fund | - | 640,000 | (640,000) | - |
| At 31 March 2007 | 2,400,000 | 640,000 | 2,934,913 | 5,974,913 |
| Net surplus for the year | - | - | 1,118,200 | 1,118,200 |
| Special donation for the funds | 841,858 | 124,000 | - | 965,858 |
| Expenditure incurred for the year | (374,417) | (31,300) | - | (405,717) |
| At 31 March 2008 | <u>2,867,441</u> | <u>732,700</u> | <u>4,053,113</u> | <u>7,653,254</u> |

CASH FLOW STATEMENT

For the year ended 31 March 2008

| | NOTE | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|---|------|-----------------------------------|-----------------------------------|
| Operating activities | | | |
| Surplus before taxation | | 1,118,200 | 1,155,476 |
| Adjustments for: | | | |
| Transfer of expenses from Joyful (Mental Health) Foundation | | - | 565 |
| Depreciation of owned assets | | 20,222 | 62,795 |
| Exchange (loss)/gain | | 2,600 | (5,300) |
| Gain on disposal of financial assets | | - | (37,579) |
| Interest and investment income | | (265,816) | (163,840) |
| Operating surplus before working capital changes | | 875,206 | 1,012,117 |
| Increase in donation and other receivables | | (254,534) | (72,719) |
| (Decrease)/increase in accruals and temporary receipt | | (81,303) | 96,180 |
| Increase in education and project reserve fund | | 467,441 | - |
| Increase in service and hotline reserve fund | | 92,700 | - |
| Cash generated from operations | | 1,099,510 | 1,035,578 |
| Interest and investment income received | | 265,816 | 163,840 |
| Net cash from operating activities | | 1,365,326 | 1,199,418 |
| Net cash (used in)/from investing activities | 11 | (91,226) | 410,049 |
| Net cash from financing activities | | - | - |
| Increase in cash and cash equivalents | | 1,274,100 | 1,609,467 |
| Cash and cash equivalents transferred from Joyful (Mental Health) Foundation | | - | 3,547,701 |
| Cash and cash equivalents at beginning of the year | | 5,157,168 | - |
| Cash and cash equivalents at end of the year | 13 | 6,431,268 | 5,157,168 |

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

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2008

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 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 a number of new and revised HKFRSs and Interpretations that are first 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 period.

(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.

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.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(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 financial instruments 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 have 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

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 income and expenditure account on the date of retirement or disposal. Any related revaluation surplus is transferred from the revaluation reserve to accumulated fund.

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% |

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(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 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.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

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 ("HK\$"), 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 equity.

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.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

3. FIXED ASSETS

| | Plant and equipment | | | Total HK\$ |
|---|--------------------------------------|-------------------|----------------------------------|---------------|
| | Furniture and fixtures HK\$ | Equipment HK\$ | Leasehold improvement HK\$ | |
| COST | | | | |
| Transfer from Joyful (Mental Health) Foundation | 7,259 | 30,747 | 52,376 | 90,382 |
| Additions | - | 7,800 | - | 7,800 |
| At 31 March 2007 | 7,259 | 38,547 | 52,376 | 98,182 |
| Additions | 460 | 90,766 | - | 91,226 |
| At 31 March 2008 | 7,719 | 129,313 | 52,376 | 189,408 |
| DEDUCT : ACCUMULATED DEPRECIATION | | | | |
| Charged for the period | 2,042 | 8,377 | 52,376 | 62,795 |
| At 31 March 2007 | 2,042 | 8,377 | 52,376 | 62,795 |
| Charged for the year | 2,511 | 17,711 | - | 20,222 |
| At 31 March 2008 | 4,553 | 26,088 | 52,376 | 83,017 |
| NET BOOK VALUES | | | | |
| At 31 March 2008 | 3,166 | 103,225 | - | 106,391 |
| At 31 March 2007 | 5,217 | 30,170 | - | 35,387 |

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

4. FINANCIAL ASSETS

| | 2008 HK\$ | 2007 HK\$ |
|---|----------------|----------------|
| Net carrying amount of held-to-maturity debt securities | <u>777,400</u> | <u>780,000</u> |

5. DONATION AND OTHER RECEIVABLES

| | 2008 HK\$ | 2007 HK\$ |
|-------------------------------|----------------|---------------|
| Donation receivable | 322,944 | 81,092 |
| Other debtors and receivables | <u>30,128</u> | <u>17,446</u> |
| | <u>353,072</u> | <u>98,538</u> |

6. RESERVES

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.

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

Education and project reserve fund

The Fund is to promote mental health to secondary school students all over Hong Kong; to arouse teachers, students and parents' awareness of mood disorders; to organize professional courses for family doctors who have knowledge about the symptoms, diagnosis, treatment and preventive measures; and to enhance the diagnosis and referral service of mood disorders so as to improve treatment provided to sufferers.

Service and hotline reserve fund

The Fund is to provide professional counseling services, hotline services and peer group support to as well as networking among those who are suffering from mood disorders. Through utilizing the Fund to provide different kind of information, assistance, treatment methods, referrals and face-to-face counseling services, people suffering from mood disorders can get proper treatment and assistance so as to have a speedy recovery from the illness.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

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 year is as follows:

| | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|--------------------------------------|-----------------------------------|-----------------------------------|
| Turnover | | |
| Donations received | 173,009 | 214,472 |
| Donations received from Flag Day | 691,872 | - |
| Project income | <u>1,619,963</u> | <u>2,139,843</u> |
| | <u>2,484,844</u> | <u>2,354,315</u> |
| Other revenue | | |
| Exchange gain | 54,455 | 46,844 |
| Interest and investment income | 265,816 | 163,840 |
| Gain on disposal of financial assets | - | 37,579 |
| Sundry income | <u>-</u> | <u>19,689</u> |
| | <u>320,271</u> | <u>267,952</u> |
| Total income | <u><u>2,805,115</u></u> | <u><u>2,622,267</u></u> |

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

8. PROJECT EXPENSES

| | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|------------------------------------|-----------------------------------|-----------------------------------|
| Education | | |
| School Project | 330,536 | 155,147 |
| Others | <u>42,182</u> | <u>19,325</u> |
| | <u>372,718</u> | <u>174,472</u> |
| Fund Raising Activities | | |
| Beauty & Health Charity Campaign | - | 61,198 |
| Beijing Central X'mas Charity Nite | 67,992 | - |
| Cantonese Opera Charity Night | - | 16,303 |
| Charity Booth@Harbour City | 6,887 | - |
| Commercial Radio Charity Programme | 7,309 | - |
| Flag Day | 93,596 | - |
| Joyful Charity Dinner | - | 20,788 |
| Others | <u>70,321</u> | <u>189,648</u> |
| | <u>246,105</u> | <u>287,937</u> |
| Promotion | | |
| Lan Kwai Fong Carnival | - | 104,850 |
| Others | <u>203,871</u> | <u>52,442</u> |
| | <u>203,871</u> | <u>157,292</u> |
| Services | | |
| Professional Counseling Service | 235,288 | 196,578 |
| Others | <u>207,143</u> | <u>101,390</u> |
| | <u>442,431</u> | <u>297,968</u> |
| Total project expenses | <u><u>1,265,125</u></u> | <u><u>917,669</u></u> |

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

9. SURPLUS BEFORE TAXATION

| | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|---|-----------------------------------|-----------------------------------|
| Surplus before taxation is stated after charging: | | |
| Depreciation of owned assets | 20,222 | 62,795 |
| Members of the Executive Committee's remuneration | | |
| Fees | - | - |
| Other emoluments | - | - |
| Operating leases | | |
| Hire of land and buildings under operating lease | 112,230 | 95,445 |
| Staff costs | <u>768,616</u> | <u>477,565</u> |

10. 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.

11. INVESTING ACTIVITIES

| | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 HK\$ |
|---|-----------------------------------|-----------------------------------|
| Purchase of plant and equipment | (91,226) | (7,800) |
| Proceeds from disposal of investments | - | 417,849 |
| Net cash (used in)/from investing activities | <u>(91,226)</u> | <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:

| | 01/04/2007- 31/03/2008 HK\$ | 20/03/2006- 31/03/2007 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 | - | (4,819,437) |
| | <u>-</u> | <u>-</u> |

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2008

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 cash flow statement comprise the following balance sheet amounts:

| | 01/04/2007- 31/03/2008 | 20/03/2006- 31/03/2007 |
|--|---------------------------|---------------------------|
| | HK\$ | HK\$ |
| Cash at bank and on hand | 6,431,268 | 5,157,168 |
| Cash and cash equivalents in the cash flow statement | <u>6,431,268</u> | <u>5,157,168</u> |

14. COMMITMENTS UNDER OPERATING LEASES

AS LESSEES

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

| | 01/04/2007- 31/03/2008 | 20/03/2006- 31/03/2007 |
|-------------------------------------|---------------------------|---------------------------|
| | HK\$ | HK\$ |
| Land and buildings | | |
| - within 1 year | 109,080 | 109,080 |
| - in the 2nd to 5th years inclusive | <u>109,080</u> | <u>218,160</u> |
| | <u>218,160</u> | <u>327,240</u> |

15. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Executive Committee on 5 October 2008.

捐款途徑

Donation Methods

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
滙豐銀行：411-406-747-838
(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
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
The Hongkong and Shanghai Banking Corporation Limited: 411-406-747-838
(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.

(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)

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



周麗淇小姐

心晴行動健康情緒榮譽大使

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。

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.

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。

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.

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