

心晴行動慈善基金

Joyful (Mental Health) Foundation Limited

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ANNUAL REPORT

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心晴行動五週年慈善晚宴

5th Anniversary Charity Dinner of Joyful (Mental Health) Foundation



打開心靈
擁抱心晴

「心晴行動慈善基金」主席林建明小姐 榮獲「愛心動力大獎」



2009年11月17日《明報周刊》頒發「愛心動力大獎」給「心晴行動慈善基金」主席林建明小姐，以表揚她對推動社會關注情緒病的貢獻。

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成立背景

二〇〇一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，甚至會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，糾正誤解及歧視，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」為一所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、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。

Background

According to the 2001 report from the World Health Organization (WHO), about a quarter of the people in the world suffer from 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 rectify 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 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.

宗旨

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。

Objectives

1. Education

To provide patients, their families, the general public and family doctors with the 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 there from.

吉祥人物 —— 「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年特別創造了「笑爺、笑奶」這對吉祥人物，提醒我們在生活當中遇到任何挫折，也必須抱著樂觀的心情，積極的態度去面對，正如這一對笑口常開的「笑爺、笑奶」。



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 the pair.

信託人獻辭



林建明小姐
心晴行動慈善基金
主席及創辦人

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
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回想起五年前，我們支持「心晴行動慈善基金」成立的決定確是沒錯的。由成立至今，「心晴行動」一直憑著赤子之心，本著成立宗旨，專注有關對健康情緒的公眾教育及推廣，並且對受情緒病困擾的人士及其家人提供恰當與殷切的資訊與協助。經這五年的努力，香港社會各界人士相信已在不同的途徑，包括電視、電台、Roadshow、各大報章傳媒，以及全港不同落區活動之中對這方面有不同程度的認識了。能有如此成績，確實不易，這當然有賴各方機構及有心人給予的機會與支持。

對我們來說，這一年確是個重要的轉捩點。適逢香港主辦第九屆東亞運動會的機會，「心晴行動」把握著社會大眾普遍對做運動的關注及興趣，在大嶼山首次舉行「十公里慈善長跑」。這次活動雖以籌款為名，實際是為了宣傳「運動有益身心，培養健康情緒」的訊息，藉此更鼓勵大眾實踐行動，通過投入健康運動，培養健康情緒。活動成功吸引了各界的支持，除了專業跑手外，還有學界師生、文化界、紀律部隊的消防及懲教處，甚至退休人士等參與比賽。

類似的活動，包括「笑能量抗逆大步行」、「十大好心晴短片創作比賽」及「減壓新煮意」等，都是有意思的活動，以祈提高社會各階層對正能量、好心晴及輕鬆減壓法的關注。

為了將教育、推廣及服務有效地滲透至更多、更廣的社會層面，「心晴行動」期望以具創意及應變能力的員工團隊與執委會成員，在未來推出更具開拓性與可持續性的多元化活動，以配合現代社會迅速發展及轉變的特性。

Message from Trustees



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劉陳高律師事務所資深合夥人
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Certified Public Account
T.M. Ho & Company

Thinking back, our decision to support The Joyful (Mental Health) Foundation Limited five years ago is a correct one. Since its beginnings, JMHF has remained true to its founding mission: we have focused our efforts on educating and promoting to the public about healthy moods, and on providing much needed information and assistance to individuals and families affected by mood disorders. Our work over these past 5 years has helped the Hong Kong community learn about mood disorders through a diversity of channels: television and radio stations, the press media, and the Roadshow on buses. These achievements are certainly impressive, and owe much to the support and opportunities given by organisations and charitable individuals.

For us, this year is a year of change. Riding on the occasion of Hong Kong's hosting of the 9th East Asian Games, and a general heightened public interest in sports, Joyful Foundation organised the "Joyful Charitable 10km Run" at Lantau Island. The occasion aims to spread the message that sports can promote physical and mental health as well as foster positive moods. It aims to encourage the public to spring into action, to foster healthy moods through healthy exercise. The activity successfully drawn supports from different walks of society, including professional runners, teachers students, cultural workers, disciplinary squads from Fire Services and Correctional Services even retired individuals.

Similar events including the "Walk against adversity", "The top-10 healthy mood video creation contest", and "Stress-relief culinary ideas" all have the same aim in mind: to arouse social concern for positive energies, good moods, and stress-relief strategies.

To offer a broader social coverage for our education, promotion and counseling services, the Joyful Foundation hopes to explore expandable and sustainable comprehensive activities to cope with the rapid developments and transformations of the modern day society.

Lastly, I would like to share the following with all of you.

執行委員獻辭



李國芬先生
心晴行動慈善基金副秘書長
Mr. Bennett Li
Vice Secretary JMHF

人人好心“晴”

我以前對於什麼是情緒病和抑鬱症之類的病症沒有認識。我是一個比較開朗的人，如果有什麼不順意的事情，總覺得隨著時間的過去，大部份問題都會自然地解決，而一些不可為的事我們就不必強求。我以為別人也跟我相同的想法，哪怎麼會有情緒病呢？

在一個偶然的機會下，我加入了心晴行動，轉眼已三年多，我接觸到有關情緒病的各種知識，明白到生活在現今的社會，各種壓力都無可避免。自己回想一下，小時候曾有學業的壓力，青年時有戀愛的煩惱，工作時有辦公室政治、老闆給的壓力。我都經歷過情緒低落的時候，只是比較幸運，性格開朗，過了一段很短的時間便可以恢復過來。不過，並不是每個人都這樣幸運，當面對高壓生活時，有些人可能會感到心情特別沉重、情緒受到困擾及患上情緒病。情緒病患者有什麼徵狀呢？我們必先了解及認識情緒病，才能幫助自己或身邊的朋友、家人，對症下藥尋求治療。

心晴行動在推廣情緒病的知識不遺餘力，而過去所舉辦的活動都得到社會各界熱烈的支持，這證明心晴行動的工作得到各方的認同，大家也認識到情緒病的重要性。每當認識一些新朋友，我都會問一下“您知道心晴行動這個會嗎？”、“知道什麼是情緒病嗎？”。不是每一個人都知道情緒病，我們覺得還需努力，加強推廣，讓更多社會大眾認識我們的工作、認識情緒病，知道如何尋找幫助，如何幫助患者，儘早恢復健康心情。

祝大家
心情開朗，
笑口常開！

Spreading the joy

I used to have little knowledge of such things as mood disorders and depressions. Something of an optimist, I believed all problems could be solved with the passage of time. What cannot be achieved should be let go. I thought everyone my mindset. If so, why would mood disorders come by?

By chance, I joined the Joyful (Mental Health) Foundation. Three years have passed, and I have learnt a lot about mood disorders. I came to understand that stress is unavoidable in today's society. Thinking back, when I was a child I was pressured to do well in school; in youth I had sentimental issues; at work I was troubled by office politics and pressures from my superiors. I have had my share of "down" times, but I was lucky in that I am optimistic enough to recover shortly. But not everyone is blessed with such luck. When facing high pressure, some may feel burdened, disturbed, or even fall victim to mood disorders. What are the symptoms of patients of mood disorder? We have to first understand and learn about mood disorders to help ourselves or our friends and family. Effective treatment is only possible when the issue is identified and positively dealt with necessary support.

JMHF has been dedicated to spreading the knowledge about mood disorders all the past events of the JMHF have received widespread support from the society, This is a recognition of JMHF's efforts and a mark of public realisation of the importance of learning about mood disorders. Whenever I meet friends, I ask them, "Have you heard of - 'Joyful (Mental Health) Foundation'?" "Do you know what 'mood disorders' is?" Not everyone has the knowledge of mood disorders. We need to double our efforts in promoting to the public our work, knowledge about mood disorders, and ways to seek help and to help patients restore healthy moods.

I wish everyone
Bright moods and
Brighter smiles!

Message from Executive Committee



莫婉珊小姐
心晴行動慈善基金執行委員
Ms. Joyce Mok
Executive Committee JMHF

心靈的召喚

2009年，是心晴行動慈善基金成立5周年。5年的時間飛快過去，但我們每一步都走得很踏實，竭力推廣及教育大眾情緒病知識，讓更多有需要人士得到援助。

初次聽到情緒病這詞彙，還是因為主席林建明小姐。報載她患了情緒病，病癒後矢志成立慈善團體心晴行動教育大眾，推廣情緒病知識，並幫助有需要人士。但情緒病是什麼？當然我沒有深入研究，只有一個概括的印象。情緒病就是泛指所有以情緒為主要特質的疾患，持續的症狀會對患者的日常生活造成負面影響。假如發現自己持續地出現煩躁、緊張、憂慮及情緒低落等情緒，而且還有失眠、頭痛、疲倦和原因不明的疼痛等身體病徵，你已極大可能患上情緒病。憑著這些基本知識作起步，在朋友的引薦下，我加入了基金當義工，邊學邊做。

記得創會時第一次在銅鑼灣皇室堡舉行籌款活動，我遇上了一位樣子顯得憂心忡忡的女士。她接過我遞給她的心晴行動單張後，忍不住向我傾訴自己也受到情緒困擾之苦。最大的苦惱是，找不到真正認識情緒病的人開解她，她覺得沒有人明白自己的處境，所以將所有的話都藏在心底裡。我當時將自己有限的情緒病知識跟她分享，在短短幾分鐘的交流中，她感到心靈上的一點安慰，並跟我要了手機號碼，希望日後保持聯繫。這女士的情況深深地打動了我，試想想無原無故你會跟一個第一次見面的陌生人說這麼多嗎？如果她不是真的感到無助、無援，她絕對不會對我那麼信任。我當時已意識到我做了一個正確的選擇，社會需要知多一點關於情緒健康的訊息，而心晴行動正為大家提供了一個有效渠道及平台，我也深感慶幸林建明小姐給予我寶貴學習機會。籌款活動後沒多久，那位女士於情緒受困擾時再致電給我，希望我即時為她提供情緒舒緩。由於沒受過正統訓練，我怕弄巧成拙，所以即時將她的個案轉介給心晴行動，讓她得到最有效的幫助。後來，心晴行動設立了熱線及專業面談服務，為更多有需要的人士協助尋求解決情緒問題的方案。

我希望大眾對情緒健康的關注可以不斷傳播下去，讓更多人受惠。

A call from the heart

In 2009, the Joyful (Mental Health) Foundation celebrated its 5th Anniversary. Five years is but a short period, and through each step we take moves toward educating the public about mood disorders and lending help to those who needed it.

I first learn about the term “mood disorders” from our chairperson Ms. Victoria Lam. The news reported that she suffered from mood disorders, and upon recovery she founded the charity organisation Joyful Foundation to popularize knowledge about mood disorders and to help the needy. What, then, are mood disorders? I did not look deeply into the topic, and had only a vague impression. Mood disorders refer to all illnesses that had their origins in emotions, and the symptoms of which persistently and negatively impact the patient’s daily life. If you find yourself to be constantly beset by such emotions as irritability, tension, worry and depression, and experience physical symptoms including insomnia, headaches, tiredness and pains of unknown sources, it is highly likely that you are suffering from mood disorders. Armed with this basic knowledge, and with a friend’s referral, I joined the Foundation as a volunteer and learnt as I worked. I remember meeting a troubled lady at our first fund-raising event at Windsor House in Causeway Bay. Having taken the leaflet I handed her, she told me of her sufferings from mood disorders. Her greatest plight was that no one around her truly understood mood disorders; which was why she could not speak her heart. I shared my limited knowledge about mood disorders with her, and our few minutes of conversation was already some consolation for her. We exchanged phone numbers. This lady’s situation deeply moved me. Had she not been so helpless, she would not have poured her heart out to a stranger with whom she had no reason to trust. I realized then that I had made a correct choice. The society needs better access to information about healthy moods, and Joyful Foundation serves as an effective channel and platform. I am also deeply grateful to Ms Victoria Lam for giving me valuable learning opportunities. After the fund raising event, the lady, troubled by her moods, called me again and hoped I could provide immediate emotional relief. Without proper training, I immediately forwarded her case to of the Foundation who would give her effective help. Later, JMHF established hotline and professional counseling services to help those with mood problems.

I hope the seed of concern for mental health can blossom in the society, and spread the benefits wide and far.

信託人、顧問團及執行委員會成員

信託人 Trustees



林建明小姐
心晴基金創辦人兼主席
Ms Victoria K.M. LAM
Founder & Chairperson,
Joyful (Mental Health) Foundation



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著名廣播人
Mr Luke TSANG
Radio Broadcaster



勞永樂醫生
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Hong Kong Mood Disorders Center



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執委會成員

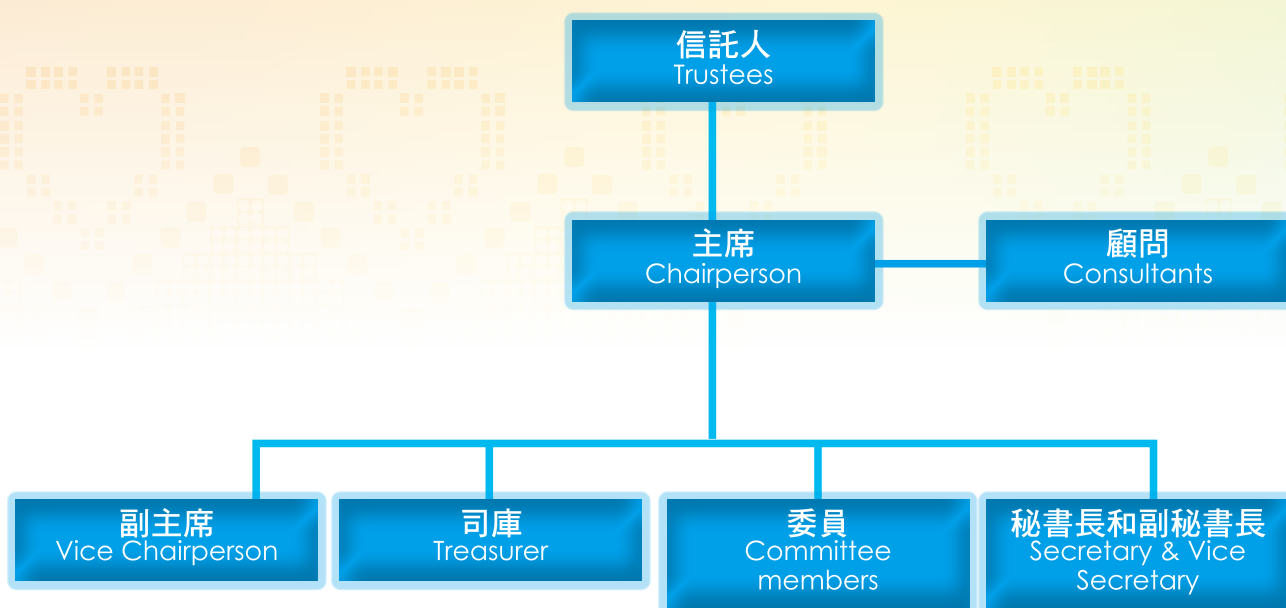
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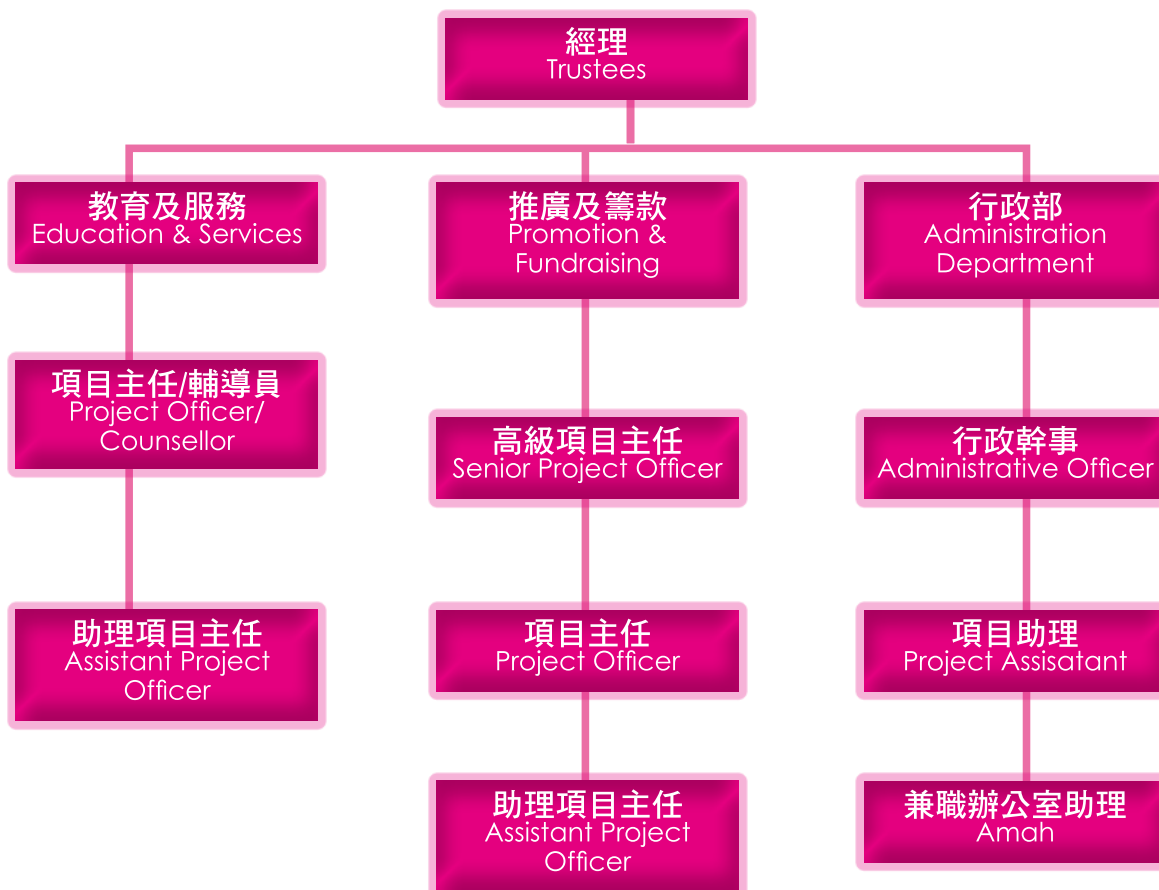
組織架構

Organization Structure



秘書處

Secretariat



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，幫助更多病患者盡快康復。

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

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

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而缺乏資金的相關機構以增加服務。

4. 朋輩支援

由情緒病康復者、病患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、病患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，為病患者打氣，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信息，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 tailor-made seminars or interactive workshop.

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 young 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

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

2. Professional Counseling

To provide professional assessment and counseling services by experiences counsellors 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 exhibition in educating the public and arousing their awareness on mood disorder.

教育

Education:

校園計劃—「情緒睇真D」講座

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，及維持健康情緒的方法。

Joyful School Project-Know Your Mood

Joyful School Project – Know Your Mood is a mental health education program designed for secondary students. Through interactive school seminars, students learn about the importance of mental health, and ways to self-assess one's mental health and to maintain healthy moods.

講座次序及日期

Seminars order and date

1.	2009-09-03、04	何東中學	Hotung Secondary School
2.	2009-09-29	東華三院伍若瑜夫人紀念中學	T.W.G..Hs. Mrs. Wu York Yu Memorial College
3.	2009-10-02	瑪利曼中學	Marymount Secondary School
4.	2009-10-15	南屯門官立中學	South Tuen Mun Government Secondary School
5.	2009-10-19	德貞女子中學	Tack Ching Girls' Secondary School
6.	2009-10-21	香海正覺蓮社佛教正覺中學	HHCKLA Buddhist Ching Kok Secondary School
7.	2009-10-27	仁濟醫院羅陳楚思中學	Yan Chai Hospital Law Chan Chor Si College
8.	2009-11-02	元朗信義中學	Yuen Long Lutheran Secondary School
9.	2009-11-03	紡織學會美國商會胡漢輝中學	TIACC Woo Hon Fai Secondary School
10.	2009-11-09	賽馬會毅智書院	The Jockey Club Eduyoung College
11.	2009-11-13	保良局八三年總理中學	Po Leung Kuk 1983 Board of Directors' College
12.	2009-11-20	保良局姚連生中學	Po Leung Kuk Yao Ling Sun College
13.	2009-11-25	聖公會聖本德中學	S.K.H. St. Benedict School
14.	2009-11-27	九龍文理書院	Cognitio College Kowloon
15.	2009-11-30	順德聯誼總會譚伯羽中學	STFA Tam Pak Yu College
16.	2009-12-02、08	聖公會諸聖中學	All Saints' Middle School
17.	2009-12-09	九龍真光中學	Kowloon True Light Middle School
18.	2009-12-16	SBI工商資訊學院	The School of Business and Information Systems (SBI)
19.	2010-01-05	荔景天主教中學	Lai King Catholic Secondary School
20.	2010-01-15	香港真光書院	Hong Kong True Light College
21.	2010-01-18	沙田官立中學	Shatin Government Secondary School
22.	2010-01-25	荃灣聖芳濟中學	St. Francis Xavier's School, Tsuen Wan
23.	2010-02-03	香港三育書院	Hong Kong Adventist College
24.	2010-02-04、05	沙田崇真中學	Shatin Tsung Tsin Secondary School
25.	2010-02-08	中華基督教會馮梁結紀念中學	CCC Fung Leung Kit Memorial School
26.	2010-02-10	明愛粉嶺陳震夏中學	Caritas Fanling Chan Chun Ha Secondary School
27.	2010-02-24	博愛醫院陳楷紀念中學	POH Chan Kai Memorial College
28.	2010-03-05	聖公會聖匠中學	Holy Carpenter Secondary School
29.	2010-04-12	仁濟醫院羅陳楚思中學	Yan Chai Hospital Law Chan Chor Si College
30.	2010-05-05	港九潮州公會中學	Hong Kong & Kowloon Chiu Chow Public Association

- 31. 2010-05-20
- 32. 2010-05-28

香港布廠商會朱石麟中學
邱子文高中學校

Secondary School
HKWMA Chu Shek Lun Secondary School
Yeo Chei Man Senior Secondary School



第十三站 保良局八三年總理中學



第一及第二站 何東中學



第三站 東華三院伍若瑜夫人紀念中學



第十六站 保良局姚連生中學

校園計劃—「家長工作坊」支援項目

School Project Supportive Activities - “Workshop for Parents”

為家長講解情緒健康的重要，教授如何自我檢視情緒健康狀態，以及探討家長與子女相處時的溝通技巧。

Parents learned about the importance of mental health and are instructed on how they could assess the state of their mental health. The workshop also explored communication skills parents required to get along with their children.

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|------------------|---------------|---|
| 1. 2009-09-19、26 | 中華基督教會銘基書院 | CCC Ming Kei College |
| 2. 2009-12-20 | 東華三院伍若瑜夫人紀念中學 | T.W.G..Hs. Mrs. Wu York Yu Memorial College |
| 3. 2010-01-27 | 沙田官立中學 | Shatin Government Secondary School |
| 4. 2010-01-30 | 聖公會諸聖中學 | All Saints' Middle School |
| 5. 2010-05-08、14 | 炮台山循道衛理中學 | Fortress Hill Methodist Secondary School |



校園計劃－「校園心晴大使」支援項目

School Project Supportive Activities - School Joyful Ambassador

此計劃的大使負起在校園推廣情緒健康的使命，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，讓周邊的人明白健康情緒的重要性。

The Ambassadors are given the mission to promote mental health among schools and to apply messages and knowledge of mental health to daily life. Through peer influence, students will come to recognize the importance of mental health.

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| 1. | 2009-09-04、11 | 保良局八三年總理中學 | Po Leung Kuk 1983 Board of Directors' College |
| 2. | 2009-10-14、28
2010-03-11、12 | 邱子文高中學校 | Yeo Chei Man Senior Secondary School |
| 3. | 2009-10-16、22 | 東華三院伍若瑜夫人紀念中學 | T.W.G..Hs. Mrs. Wu York Yu Memorial College |
| 4. | 2009-10-23
2009-11-11 | 賽馬會毅智書院 | The Jockey Club Eduyoung College |
| 5. | 2009-10-30
2009-11-06 | 九龍文理書院 | Cognitio College Kowloon |
| 6. | 2009-11-25 | 佛教覺光法師中學 | Buddhist Kok Kwong Secondary School |
| 7. | 2010-01-23、29 | 沙田官立中學 | Shatin Government Secondary School |
| 8. | 2010-01-28
2010-02-02 | 中聖書院 | China Holiness College |
| 9. | 2010-03-03、17 | SBI 工商資訊學院 | The School of Business and Information Systems (SBI) |
| 10. | 2010-03-11、12 | 邱子文高中學校 | Yeo Chei Man Senior Secondary School |



校園計劃－「教師加油站」

School Project – “Teacher Enhancement”

加強老師們對情緒病的認識，提高自己及學生對壓力與情緒問題的察覺力，以至認識及處理方法。

Enhancement of teachers' understanding of emotional illnesses, raise awareness of pressure and emotional problems of them and their students, and bolster their skills in handling such problems.

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| 1. | 2009-11-23 | 東華三院伍若瑜夫人紀念中學 | T.W.G..Hs. Mrs. Wu York Yu Memorial College |
| 2. | 2009-12-11 | 九龍文理書院 | Cognitio College Kowloon |
| 3. | 2009-12-21 | 鄭植之中學 | Cheng Chek Chee Secondary School |



「逆境中如何保持星級心理質素」講座

“Star-quality Mental health in Adversity” Seminar



劉英傑醫生(左六)梁永忠博士(右五)何念慈小姐(右四)鍾慧冰小姐(右三)甄曉芸小姐(右二)余慧明小姐(右一)

當日邀請本會顧問臨床心理學家何念慈小姐引用正向心理學，教導大眾在逆境中建立正向思維及妥善管理情緒，從而幫助大家積極地生活。其後尚有嘉賓梁永忠博士分享“金融海嘯後你我必做的事”、鍾慧冰小姐分享她對金融海嘯的領悟，以及劉英傑醫生分享治療情緒病的方法。透過四位星級嘉賓講者的分享，提高大眾注意壓力對個人情緒的影響，成為每個人在逆境中自強不息的借鏡。

Our consultant Ms. Annie Ho, who is a clinical psychologist, cited positive psychology to share with the public ways to lead a positive life – through establishing a positive mindset and handling emotion properly during adversities. Later guest speaker Dr. Joe Leung revealed a “Must-do list for all after the financial tsunami”; Ms. Maria Chung shared her insights on the financial tsunami; and Dr. David Lau gave advice on treatments of mood disorders. The sharing of the star speakers raises public awareness about how one’s mood can be affected by pressure, and encourages people to persevere during adversities.



金融海嘯與青少年情緒狀況調查研究新聞發佈會

Press conference on the survey for the impact of financial tsunami on the emotional status of secondary school students

心晴行動委託香港浸會大學社工系副教授趙雨龍博士，進行一項「金融海嘯對青少年情緒影響」調查。研究結果指出金融海嘯對在學青少年情緒有一定影響，例如：放棄學業或進修、提早全職工作等。為提升青少年對情緒健康的了解及重視，以及加強朋輩之間的情緒支援，《心晴行動》提供「校園心晴大使」訓練課程供中學生參與，讓他們在日常生活中建立健康情緒。



李瑞琴小姐(左一)王藹慈小姐(左二)趙雨龍教授(左三)龍愷思小姐(左四)

Joyful (Mental Health) Foundation Limited appointed Dr. Chiu Yu-lung, Vice-professor of Social Work Department of Hong Kong Baptist University, to carry out a survey about “How the financial tsunami impacts the emotions of teenagers”. Results showed that financial tsunami had a certain effect on the emotional state of school-age teenagers. Such as giving up school or further studies and finding a full-time job. To give teenagers a better understanding and recognition of mental health, and to strengthen emotional support among peers, JMHF also offered the “Campus Joyful Ambassador” training programme for secondary students, which will help them develop healthy emotion in their daily lives.

2009-09-26

沙田社署開心Family計劃-「與快樂同行建立積極人生講座」**Shatin Social Welfare Department Happy Family Campaign “Walk with Happiness - Build a Positive Life Seminar”**

為喚起社區人士對精神健康的關注，社會福利署沙田區康復服務協調委員會聯同沙田區議會衛生及環境委員會及心晴行動慈善基金，舉辦沙田區「綠絲帶」關懷社區行動之「開心Family」計劃。計劃的其中一項活動是舉辦「與快樂同行 – 建立積極人生講座」，旨在提升參加者處理壓力的技巧，認識正面的情緒健康。講座內容豐富，包括由社會福利署臨床心理學家羅澤全先生主講的專題講座，亦有精神健康操及開心Family大使分享。

To raise community's awareness towards mental health, Social Welfare Department's Shatin District Co-ordinating Committee for Rehabilitation Services, Shatin District Council Hygiene and Environment Committee and Joyful (Mental Health) Foundation Limited jointly held the “Happy Family” Campaign of Shatin District's “Green ribbon” Community Care Action. As part of the activity, the “Walk with happiness – Build a positive life seminar” aimed to improve participants' skills in handling pressure and knowledge about positive mental health.



劉韻慧小姐(左一)王嘉穎小姐(左二)
羅澤全先生(右三)屈康欣小姐(右二)
譚翠琼小姐(右一)

2009-10-09

校園計劃之「十大好心晴短片創作比賽」頒獎禮**School Project – Award Presentation Ceremony for “10 Best Joyful Creative Video Clip Competition”**

是一項以全港中學生為參加對象的短片創作比賽，透過主題「欣賞自己」，讓年青人發揮無限創意。活動頒獎禮於2009年10月9日在本會舉行，共頒發了四份優異獎予聖公會聖馬利亞堂莫慶堯中學的同學。



十大好心晴短片創作比賽

A creative video clip competition involving secondary students in Hong Kong. Under the theme “Appreciate yourself”, teenagers are encouraged to use their imaginative power. The award presentation ceremony was held in our office on 9th October, 2009. Four Awards for Distinction were presented to the students of S.K.H. St. Mary's Church Mok Hing Yiu College.

2009-10-21

“活得輕鬆”情緒健康講座**“Live a Light Life” Mental Health Seminar**

本會與嶺南大學合辦講座，為大專學生講解有關壓力與情緒的基本知識，讓他們認識壓力的來源，從而明白壓力在生活中是少不免，更重要的是學懂如何維持健康情緒的方法，以免因長期壓力，對身心帶來負面影響。這次工作坊有助大學生明白壓力管理。

The Foundation jointly held a seminar with Lingnan University to explain to the university students basic knowledge about emotion and pressure and their origins. Long-term pressure impacts negatively on mental and physical health. The seminar stressed that pressure is ever-present in life and that staying mentally healthy is paramount. The workshop helped the students learn more about pressure management.

心晴行動 - 沙田愛心巡禮

SHATIN LOVE Project

透過一連串的活動，以輕鬆手法向沙田區市民推廣及教育，讓公眾對情緒病得到正面的了解。內容包括專家及藝人分享、以情緒病為主題的話劇、魔術表演及免費情緒測試等。活動於沙田馬鞍山廣場揭開序幕，其後分別在沙田第一城廣場及馬鞍山恆安商場舉行第二及三站活動。

A series of activities were held in Shatin to spread the knowledge of mood disorder in a positive and lighthearted manner. Activities include sharing from experts and artists, a drama about emotional illnesses, a magic show and free mood assessments. The curtain rose at **Ma On Shan Plaza**, with **Shatin City One Plaza** and **Hang On Shopping Centre** being the second and third stops.

舉行日期:	分享嘉賓
Dates of Activities	Guests
2009-11-21	謝本強醫生、影視紅星黎耀祥先生、心晴行動主席林建明小姐 Dr. Tse Boon Keung, Celebrity Mr. Wayne Lai, Chairperson of JMHF Ms. Victoria Lam
2009-11-28	王子球醫生、影視紅星鄧萃雯小姐 Dr. Wong Tsz Kau, Celebrity Ms. Sheren Tang
2010-03-27	麥永健醫生、影視紅星薛家燕小姐 Dr. Mak Wing Kin, Celebrity Ms. Nancy Sit



黎耀祥先生(左二)



黃綺雯小姐(左一) 薛家燕小姐(左二)
王子球醫生(左三)趙美仙小姐(左四)



鄧萃雯小姐(左一) 麥永健醫生(左二)
余慧文小姐(左三)

「U City Smile」計劃 “U City Smile” Project

本會與香港城市大學專上學院「公共關係及傳意」副文學士二年級學生攜手舉辦一連串不同的活動，將情緒健康教育推廣至不同年齡的階層。內容包括：

Joining hands with Second Year associate degree students from Communication and Public Relations of Community College of City University of Hong Kong, JMHF popularized mental health knowledge among people of different age groups through a series of activities:

2009年12月12日 減壓新煮意—DIY果撻烘焙班 Stress-relief culinary ideas – DIY fruit tart baking class

2010年3月20日 「打開心扉」四格漫畫創作比賽 “Open up your mind” creative comic strip competition



2010-01-22

情緒伴我行 家長、老師及學生講座

“Walk with Emotion” Seminar for Parents, Teachers and Students



本會與聖公會林裘謀中學合辦講座，目的是幫助家長、老師及學生認識及學習處理自己的情緒，從而改善他們彼此間溝通及處理壓力的技巧。

JMHK co-held a seminar with S.K.H. Lam Kau Mow Secondary School to help parents, teachers and students understand and handle their emotions. This will enable them to improve skills of communication and handling pressure.

精神健康在荔景-「逆境自強，快樂秘笈講座」

Mental Health in Lai King – “The Secrets to Happiness Seminar”

應葵涌醫院的邀請，本會與瑪嘉烈醫院及南葵涌服務中心一同合辦社區情緒健康講座，內容包括情緒病專題講座、問卷調查及展板介紹等，向荔景區的居民推廣情緒健康的重要。

At the invitation of Kwai Chung Hospital, JMHF co-hosted a community mental health seminar with Princess Margaret Hospital and South Kwai Chung Service Centre Limited. Lai King residents were made aware of the importance of mental health through a special talk on emotional illnesses, a questionnaire survey and a exhibition panels display.

2010年1月23日 講座大會邀請了梁永忠博士分享「如何踢走煩惱」的祕訣。

Dr. Joe Leung was invited to share the secrets on “kicking out worries” .

2010年3月6日 邀請了知名藝人許愿先生，分享作為公眾人士如何處理情緒困擾。

Well-known celebrity Mr. Clarence Hui was invited to share on how public figures handled emotional troubles .



許愿先生(左一)

服務

SERVICES:

2009-04-01至2010-03-01

專業面談輔導

Professional face-to-face counselling

由有豐富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。

Experienced counsellors provided professional assessment and offered solutions to individuals suffering from emotional problems in individual counselling sessions.



2009-04-01 至 2010-03-31

熱線

Hotline

提供有關情緒病的資訊、求助途徑及相關服務，讓有需要人士及早找到所需協助。

Our Hotline provides information about mental health, channels for seeking help and related services, offering timely help to those who need them.



2009-04-01至2010-03-31

資助項目-家連家精神健康教育計劃

Funding Project – Mental Health Educational Program

心晴行動其中一項服務是資助及聯繫相關服務機構。香港家連家精神健康倡導協會主要為精神病患者及其家屬提供服務及支援。心晴行動撥款資助家連家精神健康教育計劃，此項計劃包括舉辦紓壓活動、開設精神健康資源閣、關懷小組訓練及舉行精神健康講座等。

One of the many JMHF services includes sponsoring and liaising with organisations that provide front-line services. The Hong Kong Familylink Mental Health Advocacy Association mainly provides services and support for mental patients and their families. JMHF has funded The Familylink Mental Health Education Programme which included relaxing activities, the setting up of a mental health information corner, training of care groups and seminars on mental health.



2009-04-01至2010-03-31

中年人士輔導計劃由拾轎慈善基金贊助

Counselling Program for the Middle-aged Sponsored by Sedan Chair Charities Fund

由拾轎基金贊助本會推行有關以中年人士為主的熱線及輔導服務，提供免費的熱線服務及由專業心理輔導員為有需要人士提供面談輔導。

JMHF has secured a sponsorship from the Sedan Chair Charities Fund to provide free individual professional counselling and hotline services targeting the middle-aged.



專家、病者及家屬互動分享會

Interactive sharing session with experts, patients and families

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

Guest experts were invited to attend the gatherings to share with patients, families and volunteers ways to treat depression.

Personal experiences were shared in a free and supportive setting. The mutual support and encouragement shall boost confidence for all in battling mood disorders.

舉行日期: 分享嘉賓

Dates of Activities

2009-05-20

2009-10-21

2010-01-22

2010-03-25

Guests

方日旭精神科專科醫生

羅鳳萍家庭醫生

朱立新精神科專科醫生

趙少寧精神科專科醫生

Dr. Fong Yat Yuk, Psychiatrist

Dr. Law Fung Ping, General Practitioner

Dr. Chu Lap Sun, Psychiatrist

Dr. Chiu Siu Ning, Psychiatrist



朋輩支援服務

Peer Support Services

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

Rehabilitated patients of mood disorders, their families and knowledgeable individuals shared their personal experiences with those suffering from the disorder to lend support and encouragement to those battling mood disorders.

舉行日期:

Activity dates

2009-04-22

2009-09-25

2009-12-19

2009-06-20

2009-11-18

2010-02-25



非牟利機構情緒健康講座

Mental Health Seminar for Non-government Organisations

本會定期為非牟利機構舉辦情緒健康講座，教育大眾認識情緒病及了解情緒健康的重要。

JMHF organises mental health seminars for non-profit organisations on a regular basis. These are aimed to educate the public about mood disorders and the importance of mental health.

2009-06-08	香港仔街坊福利會方王換娣長者鄰舍中心	Aberdeen Kai-Fong Welfare Association Fong Wong Woon Tei Neighbourhood Elderly Centre
2009-07-02	東華三院王李名珍荃灣長者鄰舍中心	TWGHs Mrs. Wang Li Ming Tzun Tsuen Wan Neighbourhood Elderly Centre
2009-09-25	香港失明人互聯會	Hong Kong Federation of the Blind
2009-12-08	香港戒毒會	Society for the Aid and Rehabilitation of Drug Abusers
2009-12-14	循道衛理聯合教會	The Methodist Church
2009-12-31	聖公會樂民郭鳳軒綜合服務中心	S.K.H. Lok Man Alice Kwok Integrated Service Centre



2009-07-07至2009-08-25

朋輩支援進階訓練課程

Advanced Training Course for Peer Support Volunteers

課程由查錫我大律師主講，教授義工一些情緒病知識及基本技巧，從而令義工們有效地幫助情緒病患者，提升義工的自我認識及服務質素。

Mr. Stephen Char, a practicing barrister, shared knowledge of mood disorders and some basic techniques with volunteers. Armed with better self-awareness and quality of services, volunteers are more able to more effectively help the patients of mood disorders.



查錫我大律師(左五)

2009-09-01至2009-11-09

熱線義工進階訓練課程

Advanced Training Course for Hotline Volunteers

課程除提升義工接聽熱線電話的技巧，亦加入心理及輔導理論，讓義工在輔助的角色上，可以更全面發揮。課程邀請本會三位專業輔導員(王藹慈小姐、吳冠美小姐、李瑞琴小姐)及講員黃張淑英小姐主講課程。

This course focused on developing the listening skills of volunteers, and provides basic psychological and counselling theories. This will allow volunteers to better understand patient's needs and offer tailored help. The speakers of the training course included three professional counsellors from JMHF (Ms. Wong Oi Chi, Ms. Ng Kun Mei and Ms. Lee Shui Kam) and lecturer Ms. Wong Cheung Suk Ying.

2009-11-05

「愛護自己反」專題講座暨工作坊

“Love your friend” Topical Seminar-cum-Workshop

港島區「2009年精神健康月」籌備委員會邀請本會主席林建明小姐擔任分享嘉賓，以「愛護自己、關心家人」為題。同場亦設有「精神健康全攻略」的專題講座及提升學校、工作間及社區精神健康的工作坊，供大眾市民參與。

Ms. Victoria Lam, Chairperson of JMHF, attended the workshop as guest speaker at the invitation of the organising committee of the “Mental Health Month 2009” of Hong Kong Island. Which titled “Love yourself, Care for your families”. The public was invited to attend a topical seminar on “All you need to know about Mental Health” and a workshop aimed at promoting mental wellbeing at schools, the workplace and in communities.



李永堅醫生(右一)



推廣

Promotion

「抗海嘯·名人名牌二手服飾義賣為心晴」宣傳活動

Promotional activities for “Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes”

2009-04-06	記者招待會	Press Conference
2009-04-09	有線電視娛樂新聞台	i-Cable Entertainment News Channel
2009-04-09	TVB都市閒情	TVB programme: “Leisure and Pleasure”
2009-04-09	商業電台·雷霆881- 巴巴閉·邊個夠我查篤撐	An entertainment news programme of Commercial Radio 881
2009-04-09	香港電台第一台-全民格	A programme on price comparisons at RTHK1

霸王一大學

King - University

由森美、小儀主持商台節目「早霸王」，訪問葵涌醫院老齡精神科顧問-余枝勝醫生和心晴行動主席-林建明小姐。以輕鬆和幽默的方法講解在金融海嘯的影響下，香港人心理壓力過大，而產生焦慮、失眠和恐懼等。

Commercial Radio programme “Good Morning King” hosted by Sammy Leung and Kitty Yuen interviewed Dr. Yu Chi Shing, Psychogeriatric Counsellor of Kwai Chung Hospital and Ms. Victoria Lam, Chairperson of JMHF. The interview was conducted in a lighthearted and humorous manner to explain how the people of Hong were affected by the financial tsunami: stress, anxiety, insomnia and fear.



森美(前左一) 余枝勝醫生(前左二)
小儀(後左一)

2009-06-10

商業電台《有誰共鳴》節目

“Share My Song” of Commercial Radio

2009-03-30	李偉民律師	Solicitor Maurice Lee
2009-07-14	樂隊組合Swing	Band duo Swing

2009-03-30, 2009-07-14

「心晴行動五週年慈善晚宴」宣傳活動

“5th Anniversary of JMHF Charity Dinner” Promotional Activities

2009-09-04	商業電台·雷霆881- 巴巴閉·邊個夠我查篤撐	Commercial Radio 881 entertainment news programme
2009-09-09	有線電視娛樂新聞台	i-Cable Entertainment News Channel
2009-09-09	TVB東張西望	TVB programme “Scoop”
2009-09-09	TVB娛樂頭條	TVB programme “Extra”
2009-09-10	有線電視娛樂新聞台	i-Cable Entertainment News Channel

2009-09-12

香港樹仁大學校友會專題講座

The Hong Kong Shue Yan University Alumni Association Topical Seminar



樹仁大學校監胡鴻烈博士(左六) 梁永忠博士(左五)

以「克服逆境，走出陰霾」為校友日講座主題，冀盼為校友和在校同學注入正能量，以積極的態度迎接挑戰。當日分享嘉賓包括有：樹仁大學校監胡鴻烈博士、樹仁大學校友會主席潘琪偉先生、梁永忠博士及心晴行動主席林建明小姐。

Themed “Rise above Adversities, Emerge from the Haze”, the Alumni Day seminar hoped to inject positive energy in students and the alumni so that they could embrace the future with a positive attitude. The guests,

including Dr. Henry H.L.Hu, the president of Hong Kong Shue Yan university, Mr. Pui Wai Ki, Chairman of Hong Kong Shue Yan College Alumni Association, Dr. W.C. Leung and Ms. Victoria Lam Kin Ming, the chairman of JMHF, were shared their experience in the activities.

《玻璃·時裝·藝術展》@海港城宣傳活動

“Glass. Fashion. Air Fair” Promotional Activity @ Harbour City

2009-10-15 有線電視娛樂新聞台 i-Cable Entertainment News Channel

「心晴行動慈善跑十公里賽」宣傳活動

“JMHF 10km Charity Run” Promotional Activities

2009-11-15至2009-12-31	有線電視廣告 i-Cable TV commercial
2009-11-23	記者招待會 Press Conference
2009-12-07至2009-12-12	有線電視娛樂速遞 i-Cable Entertainment Express
2009-12-18	香港電台第一台-開心日報 RTHK 1 programme “Happy Daily”
2009-12-12、13 及16至20日	路訊通廣告 RoadShow TV commercial
2010-02-01	有線電視娛樂新聞台 i-Cable Entertainment News Channel



(後)	海富時裝批發有限公司 Mr. Danny Lui	Sportsoho Media Limited 蔡梓流先生	海富時裝批發有限公司 劉建興先生	心晴行動顧問 陳慧玲小姐	心晴行動顧問 伍懷璞教授	遵理學校 黃碧玲小姐	中華文化產業集團 鄧名殷小姐
(前)	旅行家有限公司 李以強先生	心晴行動主席 林建明女士	心晴行動慈善跑十公里賽籌委會主席 康寶駒律師	心晴行動慈善跑十公里賽運動大使 蘇樺偉先生	心晴行動顧問 李思齊教授		

「Super似巨星演唱會」宣傳活動

“Super Stars Concert” Promotional Activities

- | | |
|------------------|--|
| 2010-01-18 | 記者招待會 Press Conference |
| 2010-01-19、27、30 | 有線電視娛樂新聞台 i-Cable Entertainment News Channel |
| 2010-01-26 | 旺角街頭宣傳 Street Promotional Activities in Mong Kok |
| 2010-02-18 | TVB今日VIP “The Green Room” of TVB |
| 2010-02-20 | 有線電視娛樂新聞台 i-Cable Entertainment News Channel |



周秀娜小姐(右二)
劉錫賢先生(右一)



「心晴行動 名人名牌二手服飾慈善義賣」宣傳活動

Promotional activities for “Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes”

- | | | |
|------------|-----------|---|
| 2010-02-24 | TVB都市閒情 | TVB programme “Leisure and Pleasure” of |
| 2010-02-25 | 壹週刊專訪 | Exclusive interview to Next Magazine |
| 2010-03-01 | 記者招待會 | Press Conference |
| 2010-03-02 | 有線電視娛樂新聞台 | i-Cable Entertainment News Channel |
| 2010-03-04 | ATV男人做晒 | A male audience-oriented programme on ATV |



姚君達先生(左一) 江欣燕小姐(左二)



姚君偉先生(左二) 實佩如小姐(左三)



(前) Twincity (Far East) Ltd代表(左一、二)、梁李少霞女士(左四)、
施熙如小姐(右一)
(後) 李秀珍小姐(左一)、王賢誌先生(左三)、姚君達先生(右二)、
董惠華先生(右一)

「心情行動 抗抑鬱賣旗日」宣傳活動

“JMHF Anti-Depression Flag Selling Day” Promotional Activities

- | | | |
|------------|---------------|--|
| 2010-03-11 | 香港電台第一台-開心日報 | RTHK 1 programme “Happy Daily” |
| 2010-03-29 | 香港電台第五台-活在有情天 | RTHK 5 programme “Live in a Sunny Day” |

2010-03-25

商界展關懷伙伴聯繫日2009-2010

Caring Company NGO Partnership Day

本會去年首次參與由香港社會服務聯會舉辦的「商界展關懷」計劃，共有四間企業在本會提名下，獲得「2009-2010商界展關懷」的標誌，象徵它們積極參與社會公益活動，包括鷹君物業管理有限公司、鷹君集團有限公司、耀才證券國際(香港)有限公司及卓雅國際有限公司。

Last year JMHF participated in the Caring Company Programme initiated by The Hong Kong Council of Social Service for the first time. Four companies that we nominated were awarded the “Caring Company 2009-2010” logo, symbolizing their active involvement in social charitable activities. The awardees were The Great Eagle Properties Management Company Limited, Great Eagle Holdings Limited, Bright Smart Securities International (H.K.) Limited, and Royal King International Limited.



鷹君集團有限公司代表(左六)



鷹君物業管理有限公司(左一、左二、右一)



卓雅國際有限公司代表-鄭永勝先生(左三)



耀才證券國際(香港)有限公司代表-潘康海(右三) 張偉明先生(右二)

心晴行動五週年慈善晚宴

The “5th Anniversary of JMHF Charity Dinner”

冠名贊助:景鴻移民顧問有限公司

Sponsored by EK Immigration Consul Ting Limited presents
“5th Anniversary of JMHF Charity Dinner”

是夜名人賢達聚首一堂。陳志雲先生主持現場特備節目「志雲心晴飯局」，在舞台上與專家、病者及家屬互動交流對情緒病的經驗。另外，譚詠麟先生，MR.樂隊及由專業人士所組成的Signpost8.0 樂隊更即場獻唱金曲。鄭裕玲小姐和顧紀筠小姐擔任客席拍賣官。「至八會」所捐贈的首張八位合力繪畫的作品「八美圖」，由善長楊家誠先生以港幣一百零八萬成功投得，為整個盛會畫上完美句號。

The city's celebrities and luminaries gathered at the event to celebrate the anniversary of a good cause. The event-packed dinner began with a special live programme called “Be my Joyful Guest”, hosted by Mr. Stephen Chan. He exchanged experiences of mood disorders on stage with experts, patients and their families. Mr. Alan Tam, rock bands “Mr” and “Signpost8.0” – the latter formed by professionals – also gave live performances. A charity auction presided over by guest auctioneers Ms. DoDo Cheng and Ms. Priscilla Ku. Guests competed with one another in good cause for the highest bids that culminated in the “8 Femmes” donated by the “Super Eight” and painted by its 8 members. The work was sold to our honour guest Mr. Carson Yeung at HK\$1.08 million.



關景鴻伉儷

心晴行動五週年慈善晚宴



心晴行動五週年慈善晚宴

The Joyful (Mental Health) Foundation



心晴行動慈善基金



心晴行動五週年慈善晚宴

The Joyful (Mental Health) Foundation





心晴行動慈善基金

心晴行動五週年慈善晚宴

The Joyful (Mental Health) Foundation



心晴行動慈善基金



心晴行動五週年慈善晚宴

The Joyful (Mental Health) Foundation



心晴行動慈善基金



籌募

Fund-raising



盈盈小姐
心晴行動籌募大使
Ms. Jenny Choa
Fund-raising Ambassador

2009-09-30 – 2009-10-26

《玻璃·時裝·藝術展》@海港城

“Glass. Fashion. Art Fair”@ Harbour City

海港城與玻璃藝術家楊燕玲小姐合作舉辦《玻璃·時裝·藝術展》，展出以十二個國際品牌的手袋為藍本而創作的「玻璃」手袋，「心晴行動健康情緒榮譽大使」周麗淇小姐更即席繪畫了她心目中的手袋款式。這些藝術品的慈善拍賣，收益撥捐本會。

Harbour City and glass artist Ms. Janice Yeung co-hosted the “Glass. Fashion. Art Fair”, showing glass-molded handbags based on designs from 12 international brands. “Joyful Healthy Emotion Honorary Ambassador” Ms. Niki Chow did a sketch of her ideal handbag design at the event. There is an online charitable auction of these art works during the exhibition period, the proceeds of which would go to JMHF.



2009-12-08至2010-1-19

Marianne Lau 慈善畫展

Marianne Lau Charity Art Exhibition



Marianne Lau(左一)

畫家Marianne Lau捐贈畫作義賣，分別是『春』、『夏』、『秋』、『冬』及『晴』。其中，作品『晴』正好反映『心晴行動』不論遇到什麼問題仍然一直努力不懈為社會貢獻。是次展覽的收益，扣除開支後善款捐贈本會作慈善用途。

Artist Marianne Lau donated five of her works at Philia Lounge in Central, namely “Spring”, “Summer”, “Autumn”, “Winter” and “Sunshine”. Of all the works, “Sunshine” is the best embodiment of JMHF’s enduring efforts to contribute to the society against all odds. Net profits from the exhibition will go to JMHF for charitable purposes.

2010-01-10

Heal The Soul Mini Concert 心靈演唱會

Heal The Soul Mini Concert

家庭科醫生謝愷琪小姐用悅耳的歌聲為都市人煩擾的心靈帶來一股清泉。演唱會上，謝醫生演唱了多首經典歌曲，當日還有巧克力慈善義賣。活動主辦單位扣取基本開支後，門票收益撥捐本會。

The beautiful voice of General Practitioner Dr. Tse Hoi-kay breathed new life into souls burdened by the urban bustle. Dr. Tse performed numerous classic numbers in the concert; a charitable chocolate sales was also held on the same day. The organiser of the event donated the net profits from ticket sales to JMHF.



謝愷琪醫生(右一)

心晴行動慈善跑十公里賽

Joyful Charitable 10km Run

本會首屆舉辦的「心晴行動慈善跑十公里賽」於東涌東薈城出發，為東涌及梅窩帶來一股活力充沛的朝氣！賽事目的，是呼籲市民多做運動，經常保持身心健康，為自己的情緒打打氣。

本會同時亦於活動當日在東涌東薈城露天廣場舉行嘉年華會。會上共有四個遊戲攤位，另設兩個「靚靚心晴測試站」及一個「小丑扭氣球」攤位，吸引了一家大細來玩樂，氣氛熱鬧。



籌委會主席
康寶駒律師

心晴活力之星
鍾舒漫小姐

運動大使
蘇樺偉先生

The first “Joyful Charitable 10km Run” was held at the Citygate Outlets in Tung Chung, bringing youthful vigor to the Tung Chung and Mui Wo neighbourhood. The event aimed to encourage the public to exercise more and to keep physically and mentally fit.

A carnival was also held in the piazza of Citygate Outlets in Tung Chung on the same day. Four game stalls, two “Joyful Mood Testing Stations” and a “Clown Balloon Twisting” booth brought together families of old and young for some great fun.

心晴行動慈善跑十公里賽



心晴行動慈善跑十公里賽

The Joyful (Mental Health) Foundation



心晴行動慈善基金



心晴行動慈善跑十公里賽

The Joyful (Mental Health) Foundation



心晴行動慈善基金





嘉年華



2010-02-19-2010-02-20

Super似巨星演唱會

Super Star Alike Concert

一群超強扮嘢高手，在農曆新年期間為觀眾帶來歡樂，向社會注入開心能量，唱好虎年。同時，亦向大眾推廣情緒健康訊息。

是次活動感謝周秀娜小姐的愛心支持，擔任推廣大使。

The audience was immensely entertained by the performance of the talented imitators and enjoyed great laugh. Taking advantage of this opportunity, JMHF hoped to bring happiness to the society in the Year of Tiger and to raise society awareness about the message of mental health .

JMHF felt thankful that we had Ms. Chrissie Chau acting as the event' s promotion ambassador.



譚偉權先生(左二)馬蹄露(左五)蔡國威(右五)
祝文君(右四)蒲進(右三)劉錫賢(右二)



盧海鵬



羅敏莊(左一)



吳麗珠



羅君佐



寶佩如小姐

2010-03-06至2010-03-07

心情行動 名人名牌二手服飾慈善義賣

Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes

活動得到富豪國際酒店集團贊助免費提供場地及一眾名人和影視紅星支持，當中包括(排名不分先後)：劉德華、容祖兒、羅寶文、蔡卓妍、陳志雲、黎姿、林青霞、吳君如、周秀娜、王賢誌、鮑起靜、查小欣、方力申等等……不能盡錄。慈善義賣吸引超過六百名市民入場選購，消費之餘亦能幫助別人

Regal Hotel International sponsored the venue for the event, and we received overwhelming support from celebrities, including (not in particular order): Andy Lau, Joey Yung, Lo Po Man, Charlene Choi, Stephen Chan, Gigi Lai, Brigitte Lin, Sandra Ng, Chrissie Chau, Vinci Wong, Nina Paw, Eileen Cha and Alex Fong, and many more. The Charity Sales attracted more than 600 visitors who shopped for a good cause. The event ended on a high note.



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活動列表

Overall Activities List

舉行日期 Dates of Activities	活動名稱 Name of Activities
全年度 Whole Year	專業面談輔導 Professional face-to-face counselling
全年度 Whole Year	熱線 Hotline
2009年4月1日至 2010年3月31日	中年人士輔導服務 由明德抬轎比賽基金贊助 Counselling Program for the Middle-aged Sponsored by Sedan Chair Charities Fund
2009年4月6日	「抗海嘯·名人名牌二手服飾大傾銷」記者招待會 Press Conference for "Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes"
2009年4月9日	有線娛樂新聞台宣傳「抗海嘯·名人名牌二手服飾大傾銷」活動 "Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes" promotion- i-Cable Entertainment News Channel
2009年4月9日	TVB都市閒情宣傳「抗海嘯·名人名牌二手服飾大傾銷」活動 "Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes" promotion- TVB programme: "Leisure and Pleasure"
2009年4月9日	商業電台·雷霆881-巴巴閉·邊個夠我查篤撐宣傳「抗海嘯·名人名牌二手服飾大傾銷」活動 "Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes" promotion-Commercial Radio-881
2009年4月9日	香港電台第一台-全民格價 宣傳「抗海嘯·名人名牌二手服飾大傾銷」活動 "Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes" promotion-Commercial Radio-RTHK1
2009年4月10日至 2009年4月12日	「抗海嘯·名人名牌二手服飾大傾銷義賣」 Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes
2009年4月22日	朋輩支援(一) Peer Support (1)
2009年4月24日至 2009年5月10日	沙田新城市廣場『看高一點 開心一點』心晴行動打氣語句創作比賽 “ New Town Plaza Fly Like A Paper... High Like A Plane” Cheer-up Golden Phrase Composite Competition
2009年4月28日	第三屆香港傑出義工獎 暨『十五個快樂人的故事』發佈會 The 3rd Volunteer Award
2009年5月17日	笑能量抗逆大步行 Cheer up
2009年5月20日	專家、病者及家屬互動分享會(一) Interactive sharing session with experts, patients and families (1)
2009年5月22日	Y世代人力資源研討會 Generation Y - Let the New Age Talents be Your Valuable Assets
2009年5月30日	逆境中如何保持星級質素 "Star-quality Mental health in Adversity" Seminar
2009年6月8日	非牟利機構情緒健康講座_方王煥娣長者鄰舍中心 Mental Health Seminar for Non-profit Organisations- Aberdeen Kai-Fong Welfare Association Fong Wong Woon Tei Neighbourhood Elderly Centre
2009年6月10日	商業電台·叱吒903-霸王一大學 Commercial Radio Interview for "King - University "
2009年6月20日	朋輩支援(二) Peer Support(2)
2009年7月2日	非牟利機構情緒健康講座_東華三院王李名珍長者鄰舍中心 Mental Health Seminar for Non-profit Organisations- WGHs Mrs. Wang Li Ming Tzun Tsuen Wan Neighbourhood Elderly Centre
2009年7月7日至 2009年8月25日	朋輩支援進階訓練課程 Advanced Training Course for Peer Support Volunteers
2009年8月31日至 2009年9月1日	路訊通Roadshow校園計劃宣傳 Roadshow promotion for "Joyful School Project "
2009年9月1日至 2009年11月9日	熱線義工進階訓練課程 Advanced Training Course for Hotline Volunteers
2009年9月2日	金融海嘯與青少年情緒狀況調查研究發佈會 Press conference on the survey for the impact of financial tsunami on the emotional status of secondary school students
2009年9月3日	校園計劃「情緒睇真D」第一及第二站(何東中學) Joyful School Project-Know Your Mood (Stop 1-2)
2009年9月4日	商業電台·雷霆881-巴巴閉·邊個夠我查篤撐 宣傳「心晴行動5週年慈善晚宴」 "5 th Anniversary of JMHF Charity Dinner" promotion-Commercial Radio 881
2009年9月4、11日	校園計劃支援項目「校園心晴大使」第一及第二站(保良局八三年總理中學) School Project Supportive Activities - School Joyful Ambassador (Stop 1-2)
2009年9月8日	心晴行動五週年慈善晚宴 5 th Anniversary of JMHF Charity Dinner
2009年9月9日	有線娛樂新聞台宣傳「心晴行動5週年慈善晚宴」 "5 th Anniversary of JMHF Charity Dinner" promotion- "i-Cable TV"
2009年9月9日	TVB東張西望宣傳「心晴行動5週年慈善晚宴」 "5 th Anniversary of JMHF Charity Dinner" promotion TVB programme "Scoop"

心晴行動慈善基金

2009年9月9日	TVB娛樂頭條宣傳「心晴行動5週年慈善晚宴」 “5 th Anniversary of JMHF Charity Dinner” promotion-TVB programme “Extra”
2009年9月10日	有線娛樂新聞台宣傳「心晴行動5週年慈善晚宴」 “5 th Anniversary of JMHF Charity Dinner” promotion- i-Cable Entertainment News Channel
2009年9月12日	香港樹仁大學校友會專題講座The Hong Kong Shue Yan University Alumni Association Topical Seminar
2009年9月19、26日	校園計劃支援項目「家長工作坊」第一及第二站(中華基督教會銘基書院) School Project Supportive Activities - “Workshop for Parents” (stop 1-2)
2009年9月25日	朋輩支援(三) Peer Support (3)
2009年9月25日	非牟利機構情緒健康講座_香港失明人互聯會 Mental Health Seminar for Non-profit Organisations- Hong Kong Federation of the Blind
2009年9月26日	沙田社署開心Family計劃_與快樂同行建立積極人生講座 Shatin Social Welfare Department Happy Family Campaign “Walk with Happiness - Build a Positive Life Seminar”
2009年9月29日	校園計劃「情緒睇真D」第三站(東華三院伍若瑜夫人紀念中學) Joyful School Project-Know Your Mood (Stop 3)
2009年9月30日至 2009年10月26日	海港城「玻璃、時裝、藝術展」發布會 “Glass. Fashion. Air Fair” Promotional Activity @ Harbour City
2009年9月30日	LN領袖之夜 LN leader Night
2009年10月	義賣笑爺仔笑奶妹哈哈袋 Bazaar “Mr and Ms Cheerful”
2009年10月2日	校園計劃「情緒睇真D」第四站(瑪利曼中學) Joyful School Project-Know Your Mood (Stop 3)
2009年10月9日	校園計劃「十大好心晴短片創作比賽」頒獎禮 School Project – Award Presentation Ceremony for “10 Best Joyful Creative Video Clip Competition”
2009年10月14、28日	校園計劃支援項目「校園心晴大使」第三及第四站(邱子文高中學校) School Project Supportive Activities - School Joyful Ambassador (Stop 3)
2009年10月15日	有線娛樂新聞台宣傳《玻璃·時裝·藝術展》@海港城 “i-Cable TV” promotion for “Glass. Fashion. Art Fair” @ Harbour City
2009年10月15日	校園計劃「情緒睇真D」第五站(南屯門官立中學) Joyful School Project-Know Your Mood (Stop 5)
2009年10月16、22日	校園計劃支援項目「校園心晴大使」第五及第六站(東華三院伍若瑜夫人紀念中學) School Project Supportive Activities - School Joyful Ambassador (Stop 5-6)
2009年10月17日	2009國際義工嘉許禮 Volunteer Recognition Ceremony 2009
2009年10月19日	校園計劃「情緒睇真D」第六站(德貞女子中學) Joyful School Project-Know Your Mood (Stop 6)
2009年10月20日	成報雜誌《SP LUXOS》派對《SP LUXOS》party
2009年10月21日	專家、病者及家屬互動分享會(二) Interactive sharing session with experts, patients and families (2)
2009年10月21日	“活得輕鬆”情緒健康講座 “Live a Light Life” mental health seminar
2009年10月21日	校園計劃「情緒睇真D」第七站(香海正覺蓮社佛教正覺中學) Joyful School Project-Know Your Mood (Stop 7)
2009年10月23日	校園計劃支援項目「校園心晴大使」第七站(賽馬會毅智中學) School Project Supportive Activities - School Joyful Ambassador (Stop 7)
2009年10月27日	校園計劃「情緒睇真D」第八站(仁濟醫院羅陳楚思中學) Joyful School Project-Know Your Mood (Stop 8)
2009年10月30日	校園計劃支援項目「校園心晴大使」第八站(九龍文理書院) School Project Supportive Activities - School Joyful Ambassador (Stop 8)
2009年11月2日	校園計劃「情緒睇真D」第九及第十站(元朗信義中學) Joyful School Project-Know Your Mood (Stop 9-10)
2009年11月3日	校園計劃「情緒睇真D」第十一站(紡織學會美國商會胡漢輝中學) Joyful School Project-Know Your Mood (Stop 11)
2009年11月5日	愛護自己友專題講座及工作坊 “Love your friend” Topical Seminar-cum-Workshop
2009年11月6日	校園計劃支援項目「校園心晴大使」第九站(九龍文理書院) School Project Supportive Activities - School Joyful Ambassador (Stop 9)
2009年11月9日	校園計劃「情緒睇真D」第十二站(賽馬會毅智中學) Joyful School Project-Know Your Mood (Stop 12)
2009年11月11日	校園計劃支援項目「校園心晴大使」第十站(賽馬會毅智中學) School Project Supportive Activities - School Joyful Ambassador (Stop 10)
2009年11月13日	非牟利機構情緒健康講座_聖公會樂民郭鳳軒綜合服務中心 Mental Health Seminar for Non-profit Organisations- S.K.H. Lok Man Alice Kwok Integrated Service Centre
2009年11月13日	校園計劃「情緒睇真D」第十三站(保良局八三年總理中學) Joyful School Project-Know Your Mood (Stop 13)
2009年11月15日至 2009年12月31日	有線電視廣告宣傳「心晴行動慈善跑十公里賽」 “JMHF 10km Charity Run” promotion- “i-Cable TV” commercial
2009年11月17日	<明報周刊>41周年酒會暨 第十屆「演藝動力大獎」頒獎典禮 Ming Pao weekly Annual Reception
2009年11月18日	朋輩支援(四) Peer Support (4)
2009年11月20日	校園計劃「情緒睇真D」第十四站(保良局姚連生中學) Joyful School Project-Know Your Mood (Stop 14)
2009年11月21日	沙田愛心巡禮開幕禮-馬鞍山廣場 Shatin Tour of Love- Ma On Shan Plaza
2009年11月23日	校園計劃「教師加油站」第一站(東華三院伍若瑜夫人紀念中學) School Project – “Teacher Enhancement” (Stop 1)

2009年11月23日	「心晴行動慈善跑十公里賽」記者招待會 Press Conference for “JMHF 10km Charity Run” Promotional Activities
2009年11月25日	校園計劃「情緒睇真D」第十五站(聖公會聖本德中學) Joyful School Project-Know Your Mood (Stop 15)
2009年11月25日	校園計劃支援項目「校園心晴大使」第十一站(佛教覺光法師中學) School Project Supportive Activities - School Joyful Ambassador (Stop 11)
2009年11月27日	校園計劃「情緒睇真D」第十六站(九龍文理書院) Joyful School Project-Know Your Mood (Stop 16)
2009年11月28日	沙田愛心巡禮第二站-沙田第一城 Shatin Tour of Love- Shatin City One Plaza
2009年11月30日	校園計劃「情緒睇真D」第十七站(順德聯誼總會譚伯羽中學) Joyful School Project-Know Your Mood (Stop 17)
2009年12月2、8日	校園計劃「情緒睇真D」第十八及十九站(聖公會諸聖中學) Joyful School Project-Know Your Mood (Stop 18-19)
2009年12月7日至 2009年12月12日	有線娛樂速遞宣傳「心晴行動慈善跑十公里賽」 “i-Cable TV” promotion for “JMHF 10km Charity Run”
2009年12月8日	非牟利機構情緒健康講座_香港戒毒會 Mental Health Seminar for Non-profit Organisations- Society for the Aid and Rehabilitation of Drug Abusers
2009年12月8日至 2010年10月19日	Marianne Lau慈善畫展 Marianne Lau Charity Art Exhibition
2009年12月9日	校園計劃「情緒睇真D」第二十站(九龍真光中學) Joyful School Project-Know Your Mood (Stop 20)
2009年12月11日	校園計劃「教師加油站」第二站(九龍文理書院) School Project – “Teacher Enhancement” (Stop 2)
2009年12月12日	「U City Smile」計劃_減壓新「煮」意DIY果撻烘焙班 “U City Smile” Project- Stress-relief culinary ideas – DIY fruit tart baking class
2009年12月14日	非牟利機構情緒健康講座_循道衛理聯合教會 Mental Health Seminar for Non-profit Organisations- The Methodist Church
2009年12月16日	校園計劃「情緒睇真D」第二十一站(工商資訊學院) Joyful School Project-Know Your Mood (Stop 21)
2009年12月18日	香港電台第一台-開心日報宣傳心晴行動慈善跑十公里賽 “JMHF 10km Charity Run” Promotion -RTHK 1 programme “Happy Daily” -
2009年12月12日至 2009年12月13日	路訊通廣告宣傳「心晴行動慈善跑十公里賽」 “JMHF 10km Charity Run” promotion-RoadShow TV commercial
2009年12月16日至 2009年12月20日	路訊通廣告宣傳「心晴行動慈善跑十公里賽」 “JMHF 10km Charity Run” promotion- RoadShow TV commercial
2009年12月19日	朋輩支援(五) Peer Support (5)
2009年12月20日	校園計劃支援項目「家長工作坊」第三站(東華三院伍若瑜夫人紀念中學) School Project Supportive Activities - “Workshop for Parents” (stop 3)
2009年12月21日	校園計劃「教師加油站」第三站(新界西貢坑口區鄭植之中學) School Project – “Teacher Enhancement” (Stop 3)
2009年12月31日	非牟利機構情緒健康講座-聖公會樂民郭鳳軒綜合服務中心 Mental Health Seminar for Non-profit Organisations- S.K.H. Lok Man Alice Kwok Integrated Service Centre
2010年1月5日	校園計劃「情緒睇真D」第二十二站(荔景天主教中學) Joyful School Project-Know Your Mood (Stop 22)
2010年1月10日	Heal the Soul Concert
2010年1月15日	校園計劃「情緒睇真D」第二十三站(香港真光書院) Joyful School Project-Know Your Mood (Stop 23)
2010年1月18日	疑似巨星演唱會(奧海城記者招待會) “Super Stars Concert” promotion- Press Conference
2010年1月18日	校園計劃「情緒睇真D」第二十四站(沙田官立中學) Joyful School Project-Know Your Mood (Stop 24)
2010年1月19日	有線娛樂新聞台宣傳「Super疑似巨星演唱會」 “Super Stars Concert” Promotion – i-Cable Entertainment News Channel
2010年1月22日	情緒伴我行家長、老師及學生講座 “Walk with Emotion” Seminar for Parents, Teachers and Students
2010年1月22日	專家、病者及家屬互動分享會(三) Interactive sharing session with experts, patients and families (3)
2010年1月23日	逆境自強·快樂秘笈講座一
2010年1月23、29日	校園計劃支援項目「校園心晴大使」第十二及十三站(沙田官立中學) School Project Supportive Activities - School Joyful Ambassador (Stop 12-13)
2010年1月25日	校園計劃「情緒睇真D」第二十五站(荃灣聖芳濟中學) Joyful School Project-Know Your Mood (Stop 25)
2010年1月26日	疑似巨星演唱會(旺角街頭宣傳) “Super Stars Concert” Street Promotional Activities in Mong Kok
2010年1月27日	校園計劃支援項目「家長工作坊」第四站(沙田官立中學) School Project Supportive Activities - “Workshop for Parents” (stop 4)
2010年1月27日	有線娛樂新聞台宣傳「Super疑似巨星演唱會」 “Super Stars Concert” promotion- “i-Cable” Entertainment News Channel
2010年1月28日	校園計劃支援項目「校園心晴大使」第十四站(中聖書院) School Project Supportive Activities - School Joyful Ambassador (Stop 14)
2010年1月29日	有線娛樂新聞台宣傳「Super疑似巨星演唱會」 “Super Stars Concert” promotion- “i-Cable” Entertainment News Channel
2010年1月30日	校園計劃支援項目「家長工作坊」第五站(聖公會諸聖中學) School Project Supportive Activities - “Workshop for Parents” (stop 5)

2010年1月31日	心晴行動慈善跑十公里賽 Joyful Charitable 10km Run
2010年2月1日	有線娛樂新聞台宣傳「心晴行動慈善跑十公里賽」 “JMHF 10km Charity Run” promotion “i-Cable” Entertainment News Channel
2010年2月2日	校園計劃支援項目「校園心晴大使」第十五站(中聖書院) School Project Supportive Activities - School Joyful Ambassador (Stop 15)
2010年2月3日	校園計劃「情緒睇真D」第二十六站(香港三育書院) Joyful School Project-Know Your Mood (Stop 26)
2010年2月4、5日	校園計劃「情緒睇真D」第二十七至三十站(沙田崇真中學) Joyful School Project-Know Your Mood (Stop 27-30)
2010年2月8日	校園計劃「情緒睇真D」第三十一站(中華基督教會馮梁結紀念中學) Joyful School Project-Know Your Mood (Stop 31)
2010年2月10日	校園計劃「情緒睇真D」第三十二站(明愛粉嶺陳震夏中學) Joyful School Project-Know Your Mood (Stop 32)
2010年2月18日	TVB今日VIP宣傳「Super疑似巨星演唱會」 “Super Stars Concert” promotion- TVB programme “The Green Room”
2010年2月19、20日	疑似巨星演唱會 Super Stars Concert
2010年2月20日	有線娛樂新聞台宣傳「Super疑似巨星演唱會」 “Super Stars Concert” promotion- “i-Cable” Entertainment News Channel
2010年2月24日	校園計劃「情緒睇真D」講座第三十三站(博愛醫院陳楷紀念中學) School Project-Know Your Mood (Stop 33)
2010年2月24日	TVB都市閒情宣傳「名人名牌二手服飾慈善義賣」 “Battling the Financial Tsunami – Charity Sales for Celebrity & Branded Second-Hand Clothes” promotion- TVB programme “Leisure and Pleasure”
2010年2月25日	「名人名牌二手服飾慈善義賣」壹週刊訪問 “Battling the Financial Tsunami – Charity Sales for Celebrity & Branded Second-Hand Clothes” promotion- Exclusive interview to Next Magazine
2010年2月25日	朋輩支援(六) Peer Support (6)
2010年3月1日	2010名人名牌二手服飾慈善義賣記者會 Press Conference for “Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second- Hand Clothes”
2010年3月1日	明德抬轎基金支票頒獎儀式 Check Presentation of Sedan Chair Charities Fund
2010年3月2日	有線娛樂新聞台宣傳「名人名牌二手服飾慈善義賣」 “Battling the Financial Tsunami – Charity Sales for Celebrity & Branded Second-Hand Clothes” promotion “i-Cable” Entertainment News Channel
2010年3月3、17日	校園計劃支援項目「校園心晴大使」第十六及十七站(工商資訊學院) School Project Supportive Activities - School Joyful Ambassador (Stop 16-17)
2010年3月4日	ATV男人做晒宣傳「名人名牌二手服飾慈善義賣」 “Battling the Financial Tsunami – Charity Sales for Celebrity & Branded Second-Hand Clothes” promotion- “A male audience-oriented” programme on ATV
2010年3月5日	校園計劃「情緒睇真D」第三十四站(聖匠中學) School Project-Know Your Mood (Stop 34)
2010年3月5、6日	2010名人名牌二手服飾慈善義賣 Battling the Financial Tsunami – Joyful Charity Sales for Celebrity & Branded Second-Hand Clothes
2010年3月6日	逆境自強，快樂秘笈講座二 The Secrets to Happiness Seminar (Stop 2)
2010年3月10日	香港善導會-健康軍團嘉許禮 The Society of Rehabilitation and Crime Prevention HK-Health legion appreciation ceremony
2010年3月11日	香港電台第一台-開心日報宣傳「心晴行動抗抑鬱」賣旗日 “JMHF Anti-Depression Flag Selling Day” promotion- RTHK 1 programme “Happy Daily”
2010年3月11、12日	校園計劃支援項目「校園心晴大使」第十八及十九站(邱子文高中學校) School Project Supportive Activities - School Joyful Ambassador (Stop 18-19)
2010年3月20日	「打開心扉」四格漫畫創作比賽頒獎典禮 “U City Smile” Project- “Open up your mind” creative comic strip competition
2010年3月25日	商界展關懷伙伴聯繫日009-2010 Caring Company NGO Partnership Day
2010年3月25日	專家、病者及家屬互動分享會(四) Interactive sharing session with experts, patients and families (4)
2010年3月27日	沙田愛心巡禮第三站馬鞍山恆安商場 Shatin Tour of Love- Hang On Shopping Centre
2010年3月29日	香港電台第五台-活在有情天宣傳「心晴行動抗抑鬱」賣旗日 “JMHF Anti-Depression Flag Selling Day” promotion- RTHK 5 programme “Live in a Sunny Day”
2010年4月12日	校園計劃「情緒睇真D」第三十五站(仁濟醫院羅陳楚思中學) School Project-Know Your Mood (Stop 35)
2010年5月5日	校園計劃「情緒睇真D」第三十六站(港九潮州公會中學) School Project-Know Your Mood (Stop 36)
2010年5月8、14日	校園計劃支援項目「家長工作坊」第六及七站(炮台山循道衛理中學) School Project – “Teacher Enhancement” (Stop 6-7)
2010年5月20日	校園計劃「情緒睇真D」第三十七(香港布廠商會朱石麟中學) School Project-Know Your Mood (Stop 37)
2010年5月28日	校園計劃「情緒睇真D」第三十八(邱子文高中學校) School Project-Know Your Mood (Stop 38)

心晴行動慈善基金

統計 Statistics

項目統計 Statistic		
項目性質 Category of Event	數目 No. of Event	參與/接觸人之次 No. of Participants
教育講座 Mental Health "活得輕鬆"情緒健康講座 130人 情緒伴我行家長、老師及學生講座70人 逆境中如何保持星級心理質素 310人 長者情緒健康講座(東華三院王李名珍長者鄰舍中心情緒健康講座) 40人 長者情緒健康講座(方王換娣長者鄰舍中心) 110人 婦女情緒健康講座(香港失明人互聯會婦女) 30人 情緒透視篇(聖公會樂民郭鳳軒綜合服務中心) 70人 戒毒女士情緒健康講座(香港戒毒會) 30人 從抑鬱走到平安情緒健康講座(循道衛理聯合教會) 50人 精神健康在荔景 110人 沙田愛心巡禮-第一、二和三站750人	13	1700
校園計劃 School Project	35	12,130
培訓/工作坊 Training Course / Workshop	18	649
社區/媒體推廣 Sharing	35	74337650
團體交流會 Sharing	4	83
籌款活動 Fundraising	11	9300
支援服務 Supportive Service	5	98
總數 Total	121	74361610

熱線服務統計 Joyful Hotline Statistic													
	4/09	5/09	6/09	7/09	8/09	9/09	10/09	11/09	12/09	1/10	2/10	3/10	
病患者本人 Sufferers	32	21	58	62	37	57	43	47	50	38	30	58	
病患者家人 Families of sufferers	26	13	16	20	11	23	13	23	13	10	8	24	
病患者朋友 Friends of sufferers	1	3	2	1	3	6	1	1	2	4	5	3	
其他 Others	2	3	4	1	6	1	5	3	17	6	1	1	
其他查詢	0	0	0	0	0	0	0	0	0	0	0	0	
總數 TOTAL	61	40	80	84	57	87	62	74	82	58	44	86	

電郵查詢 Email Enquiry Statistics													
電郵查詢個案 No. of email case	4/09	5/09	6/09	7/09	8/09	9/09	10/09	11/09	12/09	1/10	2/10	3/10	
		0	1	4	1	0	1	3	0	2	3	0	3

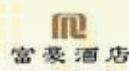
輔導個案 Professional Counseling Service Service Statistics													
	4/09	5/09	6/09	7/09	8/09	9/09	10/09	11/09	12/09	1/10	2/10	3/10	
個案 No. of cases	17	18	18	17	14	7	11	11	12	15	10	13	
約見人次 No. of interview sessions	71	56	85	88	98	67	77	59	83	78	81	100	

鳴謝

express gratitude

特別鳴謝 Acknowledgment

(排名不分先後)



Charm Union Development Ltd
Emperor Entertainment (HK) Ltd
Lau Yuet Ming Marianne
Mastercraft International Limited
Michelle Lam
Mr. & Mrs Owen Chan
王氏港建國際集團有限公司
王賢誌先生
成報
旭日國際集團有限公司
余枝勝醫生
余慕文小姐
吳麗珠小姐
李思齊教授

杜振源先生
杜麗莎小姐
阮玉榮先生
周錦濤伉儷
周麗淇小姐
忽然一週
明報週刊
東方日報
東城石油化工有限公司
林夕先生
施麗珍小姐
香港浸會大學心理學學會
香港健康情緒中心
組合MR.

莊友堅先生
通程國際有限公司
陳志雲先生
陳輝陽先生
陶贊新先生
壹週刊
奧美國際娛樂集團有限公司
楊家誠先生
趙茂城先生
劉鑾雄慈善基金
歐陽啟初先生
蔡李惠莉博士
蔡卓妍小姐
蔡珍妮小姐(盈盈)

賞心樂社
鍾欣桐小姐
鍾舒漫小姐
鍾慧冰小姐
羅鈞輝先生
羅寶文小姐
譚詠麟先生
董惠華先生
寶佩如小姐
蘇華偉先生

鳴謝名單(機構)

818 Health Professionals
A & J Technology Limited
Amway Hong Kong Ltd.
AQUALABEL
AstraZeneca Hong Kong Limited
Bcment
Blue Monkey Productions
Bossini
C K CHO Limited
Centro
Charity Merchandizing Promotion Co.
CHOLETTE
CJM & Okamoto
CJM Company Limited
CNI Bullion Ltd
Coach Hong Kong Ltd
Cores
CosMax Ltd.
Crabtree & Evelyn (HK) Ltd.
Data-Sphere (HK) Ltd
Del Monte Fresh Produce Ltd.
Dental Service Centre Ltd
Dermalogica
Dettol
DNA Production
DOS
Dunhill London
DY Concept Ltd
FANCL
Folli Follie
Glenmorangie
Global Mania Empire Management Limited
Goodworks Limited
GUCCI

IBO Jewelry (HK) Limited
ISAWORKSHOP(Hong Kong)Ltd
Jetour (China) Limited
JFT Holdings Limited
Kiehl's since 1851
Kuok Pui Fong
Lau, Chan & Ko, Solicitors
Laura Mercier
Links of London
Louis Vuitton Asia Pacific
Media International (Hong Kong) Limited
Media Power Network Ltd.
Meko美果
MGM Grand Macau
Neutrogena
New Fair (HK) Ltd
NuLife International (Asia) Limited
Occasions PR & Marketing Ltd.
Okamoto Industries (H.K.) Ltd.
Olympic Watch & Jewellery co., Ltd
Pala Italian Restaurant & Bar
Peak Zen Restaurant
PIP文化產業
Pompei Ltd
Probus Ltd
Reckitt Benckiser (Dettol)
Red Wine Village
Richemont Luxury Aisa Pacific Limited
ROC
Sanrio Wave HK Company Limited
Signpost 8.0
SK II
Sportsoho
SPY Henry Lau

Swarovski Hong Kong Limited
THE GRAND REGALIA
Winton
Swire Properties Management Limited
The Group Holdings Ltd
The Paul Frank Store Hong Kong
Twincity (Far East) Ltd
UNITED FOCUS LIMITED
UNOVUS優納福國際公司
Versace Asia Pacific Ltd
W & W Limited
World Cruises Centre Ltd
World Sky production
九龍銀行
永德實業公司
生命傳愛行動
安佳發展有限公司
有線娛樂新聞台
至八會
君悅會
宏思策略有限公司
快譯通
沙田居民協會
沙田婦女會
沙田新城市廣場
亞貝資本有限公司
亞洲電視有限公司
東行(香港)有限公司(百痛精)
東涌東薈城
采輝有限公司
金源米業國際有限公司
信興集團
建億傢俬裝修工程
洪正晴慈善基金會

活力單車隊
活得更精彩市場策略及推廣
皇廷鑽飾珠寶行
衍生行有限公司
香港城市大學專上學院「公共關係及傳
意」副文學士
香港浸會大學心理學會
香港樹仁大學校友會
旅行家有限公司
唯一電子有限公司
梅窩鄉事委員會
盛澳國際旅遊有限公司
富臨飯店
富麗廣告製作公司
景福珠寶集團有限公司
痛去如風活血透骨鎮痛貼
登毅發展顧問
奧海城
新山製作
新鴻基地產
粵東企業有限公司
聖約翰救傷隊
道地綠茶
廣視娛樂有限公司
撒隆巴斯
潤海集團有限公司
遵理學校
環球狂熱管理有限公司
聯合華利
蘋果日報
變靚D纖體美容有限公司
綠養坊

心晴行動 慈善基金

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Annie Ma
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Cheung Shu Wai
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Hui Pui
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John Ngou
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Lee Wai Lin Teresa
Lee Yin Wai, Vivian
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Melanie Tam
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Mureen Cheung
Nancy Wong
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Winnie Ng
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Lai Hoi Yu
LILY CHOW
LILY LI
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Ng Yee Kwan
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洪朝豐先生
盈盈小姐
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宮雪花小姐

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陳志強先生
陳美儀小姐
陳海茵小姐
陳偉邦先生
陳惠敏小姐
陳耀強先生
陸樹雄先生
麥偉豪先生
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黃永先生
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黃維棟先生

黃錦成先生
黃麗梅小姐
楊炳洪先生
楊燕玲小姐
葉炳強先生
鄒美華小姐
趙少寧醫生
趙汝強先生
趙雪英小姐
劉英傑醫生
劉德華先生
劉錫賢先生
潘耀琪小姐
蔡文偉先生
蔡國威先生
蔡傑生先生
鄭裕玲小姐
鄭潔恩小姐
鄭錦成先生
鄧立志先生
黎姿小姐
黎淑賢小姐
盧海鵬先生
鮑起靜小姐
謝少娟小姐
謝愷琪醫生
謝燕雲小姐
簡子為先生
施熙如小姐
鄺君賢小姐
羅君佐先生
羅敏莊小姐
羅鳳萍醫生
譚偉權先生
顧紀筠小姐

義工嘉許名單(個人)

Adpy Chan
Alice Cheung Hoi Yan
Camay Fung
Chan Chi Yan
Chan Chiu Hoi
Chan Hiu Tung
Chan Lung
Chan Man Ling
Chan Nga Lai
Chan Pak Yung
Chan Po Yi
Chan Siu Chung
Chan Sze Wan
Chan Wing Fan
Chau Wai Hung
Cheng Weng Na
Cheuk Ka Wai
Cheung Ka Po
Cheung Ka Ying
Cheung Kam Kai
Cheung Yuk Ting
Choi Lai Hung
Chong Yu Mei, Rannis
Chow Ling Ling
Christina Hsuang
Chung Wing Ngai
Dick Lam
Ding Hiu Ping Alive
Edward Ma
Elvis Cheung

Emily Poon
Fong Ka Lo Maria Carmella
Fong Yuen Wa
Ho Ming Kit
Ho So Yue
Hui Bryan Guevarra
Hui Yee Mei
Hung Hiu Man
Ip Kam Wa
Ip Oi Yee
Ip Wing Chi
Ivy Poon
Janice Fan
Jerry Kan
John Lam
K K Cheung
Kong Wai Kit
Koon Chun Hang
Kwok Sau Yuet
Kwong Hang Ting
Kwong Ka Lap
Kyle Wan
Lai Kit Ying
Lai Tai Yin
Lam Chi To
Lam Hiu Wing
Lam Yuk Ming
Lau Ka Yan
Lau Lok Sum
Lau Po Yi

Law Bo Ying
Law Sin Man Mathew
Lee Chun Kit
Lee Ho Yin
Lee Pui Wai
Lee Wai Mei Hellas
Leung Chi Shing
Leung Lai Yin
Leung Po Chu Paula
Leung Po Chu Polly
Leung Shing Chun
Li Hiu Tung
Li Man Yee Isabel
Li Mei Ching
Li San Ming
Li Yuet Yi
Lo Man Yi
Lok Kwan Yee
Lui Chun Yu
Lui Ka Tung
Ma Man Choi
Ma Wai Ha
Mak Wing Hei
May Chan Yin Mei
Mike Ma
Mok Chor Tat
Monita Lee
Nam Chun Ho
Nelson Chow
Ng Ching Chee

Ng Ka Wai
Ng Wing Yee
Pauline Law
Polly Leung
Poon Crystal
Poon Ka Ying
Ricardo Yu
Sam Yu
Shing Siu Ling
Shum Pik Kei Becky
Sit Chun Kit
Sze Sui Hing
Tam Sheung Heung
Tam Wai Ho
Tang Cheuk Wa
To Chung Nam
To Siu Hang
Tsang Lap Yin
Tsang Man Kit
Tse Chi Shing
Tse Tsz Hong
Vincent Sung
Wan Ka Ho
Wan Yuk Lam
Wong Ka Hei
Wong Kai Ching
Wong Ngai Chun
Wong Sze Man Fion
Wong Wai Shing
Wong Yik Wai

Yau Tsz Lok
Yeung Cheryl Chuek Yee
Yeung Sin Yee
Yeung Wan Ha
Yip Ka Leung
Yip Ka Ming Grant
Yiu Ka Wai
Yu Kiu Yan
Yu Ricardo KaHin
Yu Sin Ling
Yu Wai Man
Yung Mei Lai
王瑞瑛
林繼賢
姚佑雄
高燕芬
梁淑芬
梁淑茗
黃祖宜
黃惠強
黎太
黎家駒
黎鏡波
蘇冠維
蘇愛萍
蘇煦燕
蔡沈寶翠

義工嘉許名單(團體)

邱子文高中學校

榮之聯盟

鷹君物業管理有限公司

鷹君集團有限公司

本年報英文翻譯由香港浸會大學翻譯學研究中心提供

(排名不分先後)

財務報告

Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

REPORT OF THE EXECUTIVE COMMITTEE

The Executive Committee has pleasure in submitting the report together with the audited financial statements of Joyful (Mental Health) Foundation Limited (the "Foundation") for the year ended 31 March 2010.

PRINCIPAL ACTIVITIES

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

FINANCIAL STATEMENTS

The surplus of the Foundation for the year ended 31 March 2010 and the financial position of the Foundation as at that date are exhibited in the annexed audited financial statements.

FUNDS

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

SHARE CAPITAL

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

FIXED ASSETS

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

MEMBERS OF THE EXECUTIVE COMMITTEE

The members of Executive Committee during the financial year and up to the date of this report:-

CHENG Sau Ying Irene
CHIU Mei Zin Cecilia (Appointed on 1 April 2010)
FOK Chak Kee
LAI Pang
LAM Kin Ming
LAU Fat Man
LAU Yim Ling Cecilia
LEE Oi Tak Audrey
LI Kwok Fun
LI Wai Shing Jackson
MOK Yuen Shan Joyce
WONG Pearl
WONG Shuk Man
YU Wai Man

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

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

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

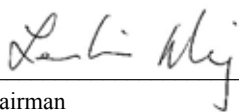
MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS

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.

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, 30 November 2010

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

(Incorporated in Hong Kong and limited by guarantee)

We have audited the financial statements of Joyful (Mental Health) Foundation Limited [心情行動慈善基金有限公司] set out on pages 5 to 23, which comprise the statement of financial position as at 31 March 2010, and the statements of comprehensive income, changes in funds and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory notes.

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

The Executive Committee of the Foundation 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 judgement, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation 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 entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Executive Committee, as well as evaluating the overall presentation of the financial statements.

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

INDEPENDENT AUDITOR'S REPORT (Continued)

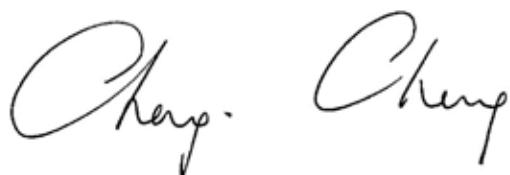
TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

(Incorporated in Hong Kong and limited by guarantee)

Opinion

In our opinion, the financial statements give a true and fair view of the financial position of the Foundation as at 31 March 2010 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, 30 November 2010

Cheng Hong Kei
Practising Certificate number P01806

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

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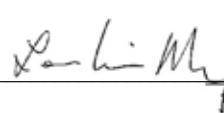
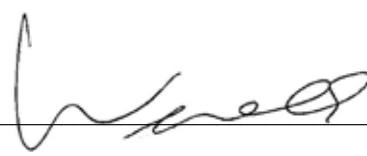
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STATEMENT OF FINANCIAL POSITION

As at 31 March 2010

	Note	2010 HK\$	2009 HK\$
Non-current assets			
Fixed assets			
- Plant and equipment	4	80,861	104,669
Financial assets	5	-	671,377
		<u>80,861</u>	<u>776,046</u>
Current assets			
Donation and other receivables	6	14,301	86,040
Cash at bank and on hand		<u>11,502,836</u>	<u>7,482,358</u>
		11,517,137	7,568,398
Non-current assets held for sale	7	<u>777,500</u>	-
		12,294,637	7,568,398
Deduct: Current liabilities			
Sundry creditors and payables		-	42,194
		<u>12,294,637</u>	<u>7,526,204</u>
Net current assets		<u>12,294,637</u>	<u>7,526,204</u>
Total assets less current liabilities		<u><u>12,375,498</u></u>	<u><u>8,302,250</u></u>
Funds			
Education development fund	8	2,600,000	2,600,000
Fundraising and promotion funds	8	2,075,000	2,075,000
Services fund	8	2,764,100	2,905,000
Operating fund	8	<u>4,936,398</u>	<u>722,250</u>
		<u><u>12,375,498</u></u>	<u><u>8,302,250</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.

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

	Note	2010 HK\$	2009 HK\$
Income			
Donation received		581,611	196,383
Project income		<u>7,167,454</u>	<u>3,619,835</u>
	9	7,749,065	3,816,218
Expenditure			
Project expenses	11	<u>3,388,596</u>	<u>2,344,774</u>
		4,360,469	1,471,444
Other revenue	10	333,165	173,528
Administrative expenses		(585,609)	(747,510)
Other operating expenses		<u>-</u>	<u>(107,025)</u>
Surplus before taxation	12	4,108,025	790,437
Taxation	13	<u>-</u>	<u>-</u>
Net surplus for the year		4,108,025	790,437
Other comprehensive surplus for the year:			
Net fair value gain on non current assets held for sale	14	<u>106,123</u>	<u>-</u>
Total comprehensive surplus for the year		<u><u>4,214,148</u></u>	<u><u>790,437</u></u>

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

STATEMENT OF CHANGES IN FUNDS

For the year ended 31 March 2010

	Education development fund HK\$	Fundraising and promotion funds HK\$	Services fund HK\$	Operating fund HK\$	Total HK\$
Balance at 1 April 2008	2,867,441	-	732,700	4,053,113	7,653,254
Changes in funds:					
Special donation for funds	-	-	250,000	-	250,000
Expenditure incurred for the year	(267,441)	-	(124,000)	-	(391,441)
Reallocation of funds	-	2,075,000	2,046,300	(4,121,300)	-
Total comprehensive surplus for the year	-	-	-	790,437	790,437
Balance at 31 March 2009	2,600,000	2,075,000	2,905,000	7,222,250	8,302,250
Changes in funds:					
Expenditure incurred for the year	-	-	(140,900)	-	(140,900)
Total comprehensive surplus for the year	-	-	-	4,214,148	4,214,148
Balance at 31 March 2010	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,764,100</u>	<u>4,936,398</u>	<u>12,375,498</u>

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

STATEMENT OF CASH FLOWS

For the year ended 31 March 2010

	HK\$	HK\$
Operating activities		
Surplus before taxation	4,108,025	790,437
Adjustments for:		
Amortised cost of financial assets	-	106,023
Depreciation of owned assets	32,977	39,775
Interest and investment income	(80,487)	(173,478)
Loss on disposal of fixed assets	-	1,002
Operating profit before working capital changes	4,060,515	763,759
Decrease in donation and other receivables	71,739	267,032
(Decrease)/increase in sundry creditors and payables	(42,194)	27,317
Net decrease in education development fund	-	(267,441)
Net (decrease)/increase in services fund	(140,900)	126,000
Cash generated from operations	3,949,160	916,667
Interest and investment income	80,487	173,478
Net cash generated from operating activities	4,029,647	1,090,145
Net cash used in investing activities	15 (9,169)	(39,055)
Net cash generated from financing activities	-	-
Increase in cash and cash equivalents	4,020,478	1,051,090
Cash and cash equivalents at beginning of the year	7,482,358	6,431,268
Cash and cash equivalents at end of the year	16 <u>11,502,836</u>	<u>7,482,358</u>

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

STATEMENT OF CHANGES IN FUNDS

For the year ended 31 March 2010

1. CORPORATE INFORMATION

Joyful (Mental Health) Foundation Limited is a Foundation limited by guarantee and incorporated and domiciled in Hong Kong. The address of its registered office and principal place of operation is Unit 2, Ground Floor, Ching Fai House, Tsz Ching Estate, Tsz Wan Shan, Kowloon.

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of these financial statements of the Foundation 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 that are first effective or available for early adoption for the current accounting period of the Foundation. Information on adoption of new accounting standards to the extent that they are relevant to the Foundation for the current and prior accounting periods are reflected in note 3.

The Foundation has not adopted any new standard or interpretation that is not yet effective for the current accounting period (see note 18).

(b) BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

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

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

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 2010

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(c) FINANCIAL INSTRUMENTS

Financial assets and financial liabilities are recognised on the Foundation's statement of financial position when the Foundation becomes a party to the contractual provisions of the instrument. The following financial instruments are classified according to the management's intention on acquisition:-

Investments in debt securities

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

Held-to-maturity securities

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

Receivables

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

Payables

Payables are initially recognised at fair value. Payables are subsequently 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 statement of financial position at cost less accumulated depreciation and impairment losses (see note 2(f)).

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

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

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

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

(f) IMPAIRMENT OF ASSETS

Impairment of investments in debt securities and other receivables

Investments in debt securities and other current and non-current receivables that are stated at cost or amortised cost or are classified as available-for-sale securities are reviewed at each end of the reporting period to determine whether there is objective evidence of impairment. Objective evidence of impairment includes observable data that comes to the attention of the Foundation about one or more of the following loss events:-

- significant financial difficulty of the debtor;
- a breach of contract;
- a significant or prolonged decline in the fair value of an investment in an equity instrument below its cost;
- it becoming probable that the debtor will enter bankruptcy or other financial re-organization; and
- significant changes in the technological, market, economic or legal environment that have an adverse effect on the debtor.

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(f) IMPAIRMENT OF ASSETS (Continued)

Impairment of investments in debt securities and other receivables (Continued)

If any such evidence exists, any impairment loss is determined and recognised as follows:-

- For trade and other current receivables and other financial assets carried at amortised cost, the impairment loss is measured as the difference between the carrying amount of the assets and the present value of their estimated future cash flows, discounted at the original effective interest rate of the assets (i.e. the effective interest rate computed at initial recognition of these assets), where the effect of discounting is material. This assessment is made collectively where financial assets carried at amortised cost share similar risk characteristics, such as similar past due status, and have not been individually assessed as impaired. For financial assets which are assessed for impairment collectively are based on historical loss experience for assets with credit risk characteristics similar to the collective group.

If in a subsequent period the amount of an impairment loss decreases and the decrease can be linked objectively to an event occurring after the impairment loss was recognised, the impairment loss is reversed through the statement of comprehensive income. A reversal of an impairment loss shall not result in the carrying amount of the assets exceeding that amount which would have been determined previously had no impairment loss been recognised in prior years.

Impairment of non-financial assets

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

(g) CASH AND CASH EQUIVALENTS

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

(h) EMPLOYEE BENEFITS

Short term employee benefits and contributions to defined contribution retirement plans

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(i) INCOME TAX

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

(j) REVENUE RECOGNITION

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

(i) Donation received

Donation received is recognised whenever it is received or receivable.

(ii) Interest and investment income

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

(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.

(k) 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 dollars ("HK\$"), which is the functional and presentation currency.

(l) TRANSLATION OF FOREIGN CURRENCIES

Foreign currency transactions during the year are translated at the foreign exchange rates ruling at the transaction dates. Monetary assets and liabilities denominated in foreign currencies are translated at the foreign exchange rates ruling at the end of the reporting period. Exchange gains and losses are recognised in the statement of comprehensive income, except those arising from foreign currency borrowings used to hedge a net investment in a foreign operation which are recognised in other comprehensive income.

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 2010

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(m) RELATED PARTIES

For the purposes of these financial statements, parties are considered to be related to the Foundation if the Foundation has the ability, directly or indirectly, to control the party or exercise significant influence over the party in making financial and operating decisions, or vice versa, or where the Foundation and the party are subject to common control or common significant influence. Related parties may be individuals (being members of key management personnel, significant members and/or their close family members) or other entities and include entities which are under the significant influence of related parties of the Foundation where those parties are individuals, and post employment benefit plans which are for the benefit of employees of the Foundation or of any entity that is a related party of the Foundation.

3. ADOPTION OF NEW ACCOUNTING STANDARDS

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

* HKAS 1 (Revised 2007), Presentation of financial statements

* Amendments to HKFRS 7, Financial instruments: Disclosures - improving disclosures about financial instruments

* Improvements to HKFRSs (2008)

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

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

4. FIXED ASSETS

	Plant and equipment			Total HK\$
	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	
Cost				
At 1 April 2008	7,719	129,313	52,376	189,408
Additions	19,030	21,425	-	40,455
Disposals	(460)	(3,851)	-	(4,311)
At 31 March 2009	26,289	146,887	52,376	225,552
Additions	-	9,169	-	9,169
At 31 March 2010	26,289	156,056	52,376	234,721
DEDUCT: ACCUMULATED DEPRECIATION				
At 1 April 2008	4553	26,088	52,376	83,017
Charged for the year	6348	33,427	-	39,775
Eliminated on disposals	(153)	(1,756)	-	(1,909)
At 31 March 2009	10,748	57,759	52,376	120,883
Charged for the year	3,988	28,989	-	32,977
NET BOOK VALUES				
At 31 March 2010	11,553	69,308	-	80,861
At 31 March 2009	15,541	89,128	-	104,669

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

5. FINANCIAL ASSETS

	2010 HK\$	2009 HK\$
Net carrying amount of held-to-maturity debt securities	-	671,377

6. DONATION AND OTHER RECEIVABLES

	2010 HK\$	2009 HK\$
Donation receivable	-	69,734
Other debtors and receivables	14,301	16,306
	<u>14,301</u>	<u>86,040</u>

7. NON-CURRENT ASSETS HELD FOR SALE

On 15 June 2010, the held-to-maturity debt securities were early redeemed by the issuer at the consideration of HK\$777,500 (US\$100,000).

8. FUNDS

The Foundation was incorporated under the Companies Ordinance as a Foundation 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 funds during the year are referred to in the "Statement of changes in funds". The nature and purpose of each fund are as follows:-

Education Development Fund

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

Fundraising and Promotion Funds

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

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

8. FUNDS (Continued)

Services Fund

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

Operating Fund

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

9. INCOME

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

	2010 HK\$	2009 HK\$
Project income		
Education	577,325	1,161,247
Fund raising activities		
有心有晴粵曲慈善晚會	799,183	
心晴幸運慈善獎券	200,000	
盧冠廷2050演唱會	181,200	
二手衫義賣活動	691,606	-
五週年慈善晚宴	3,638,570	-
十公里慈善跑	609,260	-
2010賣旗活動	203,923	-
Others	797,605	-
	5,940,964	1,026,046
Promotion	431,459	20,547
Services	217,706	231,612
	7,167,454	3,619,835

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心情行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

10. OTHER REVENUE

	2010	2009
	HK\$	HK\$
Exchange gains	165,068	-
Interest and investment income	80,487	173,478
Sundry income	<u>87,610</u>	<u>50</u>
	<u><u>333,165</u></u>	<u><u>173,528</u></u>

11. PROJECT EXPENSES

	2010	2009
	HK\$	HK\$
Education	<u>429,270</u>	<u>1,089,953</u>
Fund raising activities		
有心有晴粵曲慈善晚會	-	179,538
心晴幸運慈善獎券	-	5,610
盧冠廷2050演唱會	-	13,862
二手衫義賣活動	138,127	-
五週年慈善晚宴	781,752	-
十公里慈善跑	631,780	-
2010賣旗活動	15,360	-
Others	<u>80,003</u>	<u>288,181</u>
	<u>1,647,022</u>	<u>487,191</u>
Promotion	<u>676,706</u>	<u>121,815</u>
Services		
Professional Counseling Service	635,598	598,402
「新心晴」新移民人士輔導計劃	<u>-</u>	<u>47,413</u>
	<u>635,598</u>	<u>645,815</u>
Total project expenses	<u><u>3,388,596</u></u>	<u><u>2,344,774</u></u>

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

12. SURPLUS BEFORE TAXATION

	2010 HK\$	2009 HK\$
Surplus before taxation is stated after charging:		
Depreciation of owned assets	32,977	39,775
Members of the Executive Committee's remuneration		
Fees	-	-
Other emoluments	-	-
Operating leases charges		
Hire of land and buildings	115,030	109,080
Staff costs	<u>312,923</u>	<u>297,127</u>

13. TAXATION

The Foundation is exempted from Hong Kong Profits Tax under Section 88 of the Inland Revenue Ordinance

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

The tax expense for the year can be reconciled to the results per the statement of comprehensive income as fol

	2010 HK\$	2009 HK\$
Surplus before taxation	<u>4,108,025</u>	<u>790,437</u>
Notional tax at the domestic income tax rate of 16.5%	677,824	130,422
Tax effect of non-deductible expenses	655,744	527,886
Tax effect of non-taxable revenue	<u>(1,333,568)</u>	<u>(658,308)</u>
Income tax expense for the year	<u>-</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

14. OTHER COMPREHENSIVE SURPLUS

Tax effects relating to each component of other comprehensive surplus

	2010			2009		
	Before-tax amount HK\$	Tax (expense)/ benefit HK\$	Net-of-tax amount HK\$	Before-tax amount HK\$	Tax (expense)/ benefit HK\$	Net-of-tax amount HK\$
Net fair value gain on non-held for sale	106,123	-	106,123	-	-	-

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2010

15. INVESTING ACTIVITIES

	2010 HK\$	2009 HK\$
Purchase of fixed assets	(9,169)	(40,455)
Proceeds from disposal of fixed assets	<u>-</u>	<u>1,400</u>
Net cash used in investing activities	<u>(9,169)</u>	<u>(39,055)</u>

16. CASH AND CASH EQUIVALENTS

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

	2010 HK\$	2009 HK\$
Cash at bank and on hand	<u>11,502,836</u>	<u>7,482,358</u>

17. FUNDS MANAGEMENT

The Foundation's operation is primarily sourced from the project income, and other finances sourced from the following which except otherwise indicated are interest free and have no fixed repayment terms:-

	2010 HK\$	2009 HK\$
Current liabilities		
Sundry creditors and payables	<u>-</u>	<u>42,194</u>

The Foundation is not subject to externally imposed funds requirements.

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

18 POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE ACCOUNTING YEAR ENDED 31 MARCH 2010

Up to the date of issue of these financial statements, the HKICPA has issued the following amendments, new standards and interpretations which are not yet effective for the year ended 31 March 2010 and which have not been adopted in these financial statements.

	Effective for accounting periods beginning on or after
HKFRS 1 (Revised), First-time Adoption of Hong Kong Financial Reporting Standards	1 July 2009
HKFRS 3 (Revised), Business combinations	1 July 2009
HKAS 27 (Revised), Consolidated and separate financial statements	1 July 2009
Amendments to HKAS 39, Financial instruments:	
Recognition and measurement - Eligible hedged items	1 July 2009
HK(IFRIC) 17, Distributions of non-cash assets to owners	1 July 2009
HK(IFRIC) 18, Transfers of Assets from Customers	1 July 2009
Improvements to HKFRSs 2009	1 July 2009 or 1 January 2010
HKFRS 1 (Amendment), Additional Exemptions for First-time Adopters	1 January 2010
HKFRS 2 (Amendment), Group Cash-settled Share-based Payment Transactions	1 January 2010
HKAS 32 (Amendment) Classification of Rights Issues	1 February 2010
HK(IFRIC) 19, Extinguishing Financial Liabilities with Equity Instruments	1 July 2010
HKFRS 1 (Amendment), Limited Exemptions from comparative HKFRS7 disclosures for First-time Adopters	1 July 2010
HKAS 24 (Revised), Related Party Disclosures	1 January 2011
HK(IFRIC) 14 (Amendment), Prepayments of a Minimum Funding Requirement	1 January 2011
Improvements to HKFRSs 2010	1 January 2011
HKFRS 9, Financial Instruments	1 January 2013

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

19. COMMITMENTS UNDER OPERATING LEASES

AS LESSEES

At the end of the reporting period, the Foundation as a lessee had total future minimum lease payments payable under non-cancellable operating leases as set out below:-

	2010 HK\$	2009 HK\$
Land and buildings		
- within 1 year	-	109,080

20. SUBSEQUENT EVENT

On 29 July 2010, the Foundation entered into an agreement to purchase two properties at the consideration of HK\$7,500,000. The assignments of these properties were completed after the end of the reporting period.

21. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Executive Committee on 30 November 2010.

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：
匯豐銀行：411-406-747-838
中國銀行：012-882-0-004522-8
上海商業銀行：354-82-03266-1
(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：(852) 2301 2303
傳真：(852) 2144 6331
電郵：joyful@jmhf.org
地址：香港九龍新蒲崗五芳街20-22A宏發工業大廈9樓C-D室

1. Please deposit your cash or cheque made payable to “Joyful (Mental Health) Foundation Ltd.” To our following bank accounts:
Bank of China: 411-406-747-838
Shanghai Commercial Bank Ltd: 012-882-0-004522-8
The Hongkong and Shanghai Banking Corporation Limited: 354-82-03266-1
(You may send your cheque directly to our office)
2. Please visit our website: and download the donation form, or contact us as follows:
Hotline: (852) 23012303
Fax : (852) 21446331
Email : joyful@jmhf.org
Address: Flat C-D, Floor 9, Van Fat Factory Building, 20-22A Ng Fong Street, San Po Kong, Kowloon, HK.

(凡捐款滿港幣\$100元可獲發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’)

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，本會未有獲任何政府資助，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 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 kind-hearted individuals and organizations for donations of office premises or the provision of free office space on a permanent basis.



周麗淇小姐
心晴行動健康情緒榮譽大使



最受信任人物排行榜

林建明小姐名列第二十七位

二〇〇九年底，《讀者文摘》在香港進行了一項意見調查，題目就是：「你最信任誰？」

他們提供了來自不同界別的本地名人名單，要求受訪者逐一評分，表達對這些人的信任度；同時亦請受訪者選出一位最信任的人，並寫下原因。

縱橫娛樂圈半個世紀的資深演員林建明，近五年把時間和心力都放在她創辦的「心晴行動慈善基金」上，為推廣及教育大眾認識情緒健康的重要性，及減少對情緒病的誤解和歧視，做出莫大貢獻。她無私的付出，贏取了普遍香港人的信任。

2010年香港最受信任人物



(設計圖片)



「心晴行動慈善基金」主席林建明小姐 榮獲「傑出慈善藝人獎」



2009年10月20日成報頒發

「傑出慈善藝人獎」予本會主席兼創辦人林建明小姐，以表揚她一直對社會公益、幫助弱勢社群所作出的貢獻。



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

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