



心晴行動慈善基金
Joyful (Mental Health) Foundation

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心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



位於香港維多利亞公園山丘涼亭的「心晴閣」，豎立了心晴行動「笑爺、笑奶」雕塑，為香港市民提供一個象徵開心忘憂的地方，歡迎大家光臨一起開懷大笑。

打開心靈 擁抱心晴

2005~2006 年報
Annual Report



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成立背景 Background

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

曾經飽受抑鬱焦慮症折騰的林建明小姐感同身受，故此與一班熱心義工成立「心晴行動慈善基金」，致力推廣情緒病的知識，減少誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。

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

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

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

Joyful (Mental Health) Foundation is a non-profit making charitable organization with Trustees, Consultants and Committee Members from different professions such as specialists in psychiatry, clinical psychologists, lawyers, artists, celebrities and people in the media 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 Objectives

1. 教育

為病患者、家屬、公眾及家庭醫生提供有關情緒病的病徵、診斷、治療及預防方法等知識，提高社會各階層對情緒病的認識，增加治療及預防的成效。

2. 幫助

為受情緒困擾人士提供多方面的資訊、求助或治療途徑、服務轉介及面談輔導等，以令有需要人士及早獲得適當的治療和幫助，盡快康復。

3. 推廣

透過不同媒介舉辦連串活動及宣傳，向各階層講解情緒病，提高社會對情緒病的認識，喚起大眾關注情緒健康，減少誤解、偏見和歧視。

1. Education

To provide to the patients, their families, the general public and family doctors the knowledge of the symptoms, diagnosis, treatment and preventive measures; to enhance the awareness of people of all walks of life on 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 the mood disorder sufferers so that those in need can get proper treatment and assistance at the earliest opportunity available so as to get a speedy recovery.

3. Promotion

A series of activities and publication are held through various media to provide people of all walks of life with the information on mood disorders, to enhance the community about the knowledge of mood disorders as well as to arouse the concerns of the general public on mental health so as to reduce the misconceptions, prejudice, and discrimination arising therefrom.

吉祥物－「笑爺笑奶」

有時候一個笑容、一點鼓勵已經能夠改變我們對一些事情的看法，因此心晴行動於2005年中特別設計了「笑爺笑奶」這對吉祥物，提醒我們在生活中遇到任何挫折，也必須帶著樂觀的心情、積極的態度去面對，正如這一對笑口常開的「笑爺笑奶」。

Lucky icon Mr and Mrs Cheerful

Sometimes a smile and a little encouragement can change our way of looking at things. Therefore, in 2005 the Foundation specifically designed a pair of icons - Mr and Mrs Cheerful, which reminds us that even when we encounter any setback in our life, we should face it optimistically and positively just as we are facing this pair of smiling Mr and Mrs Cheerful.



主席獻辭 Chairman's Statement

香港目前唯一專注情緒健康的非牟利慈善團體《心晴行動慈善基金》成立至今，不經不覺有兩年，很高興能夠在這短短的時間，運用有限的資源在社區推動及教育市民健康情緒的重要，我們亦慶幸能夠看到越來越多普羅大眾對於情緒病，這個萬一處理不當足以致命的疾病，有了更正確更全面的認識，這些都是全賴心晴行動各位信託人、顧問、執委會成員、義工及社會上各階層的有心人士合力推動而成的結果，但這畢竟仍是漫長道路上的一小步，我們期待更多熱心人士的參與及支持，令大家在面對情緒病的時候，不再無知，不再恐懼。

過去一年，心晴行動繼續秉承宗旨致力於教育、服務及推廣。很高興看到社會上不同層面的機構及團體均主動接觸心晴行動，希望與我們攜手推廣健康情緒的訊息。另外，亦非常感謝能得康文署認可於維多利亞公園的山丘涼亭推廣為「心晴閣」(Laughing Corner)，豎立一對心晴吉祥物「笑爺、笑奶」雕像，為香港市民提供一個象徵開心忘憂的地方，陪伴大家開懷大笑；「心晴閣」更代表著心晴行動的工作得到社會上普遍的認同。

2004年心晴行動與無線電視合辦全港首個推廣情緒健康的綜合性節目《心晴行動抗抑鬱》，2005年我們亦非常榮幸能夠與香港電台合辦「太陽計劃2005心晴靚晒大行動」，並得到電台及電視台等媒介的廣播，令心晴行動的接觸層面更廣泛，我們期望日後有更多機會與不同媒介合作，能夠向更多市民推廣健康情緒的訊息；另外，榮幸得到陳輝陽先生、林夕先生及杜麗莎小姐的仗義襄助，為心晴行動的第一首會歌「我有心情」義務作曲、

填詞及演繹，以歌聲宣揚情緒健康，正如其中的歌詞「心有事是病，是病便要救，放心一切不罕有.....漸漸了解沒壓抑打不破，要放得開，心結便衝破，如何掌握悲喜也全數在我」。

成立心晴行動以來，本人經常以過來人的身份親身接觸情緒病患家屬及病友，藉著這種朋輩支援，將自己的患病、治療及康復經驗，給予他們鼓勵和支持，希望他們能有信心對抗情緒病。之後心晴行動開展專業面談輔導服務，透過專業心理輔導員提供的面談輔導服務，協助服務使用者處理情緒問題，並採納積極的人生觀，以獲得完滿的生活。

未來，我們期望有你的參與，讓心晴行動更趨完備，繼續向大眾宣揚健康情緒的訊息，與社會上有需要人士一起攜手帶來生機與希望。





Joyful (Mental Health) Foundation is the only non-profit making organization in Hong Kong which focuses on providing services for persons who suffer from mood disorders and promotes the community's awareness of the illness. Within the two short years that we have been serving the community, we have been able to reach out to the public and educate people about the importance of mental health. We are glad to see that more and more people are becoming aware of, understanding and giving proper attention to such illnesses since they may have disastrous consequences and sometimes cost their own lives. Joyful (Mental Health) Foundation is a self-supporting charitable organization and our resources are limited. With the assistance of and support from a dedicated group of volunteers and enthusiasts, such as our trustees, consultants, committee members and various other organizations and associations, we are able to arrive at today's results. What we have achieved so far is only one small step along the long path. We wish to see more people joining us and supporting us. We hope that in the long run, there will be no more ignorance, misunderstanding or fear about mood disorders in our society.

In the past year, Joyful (Mental Health) Foundation has continued its mission to provide education and services and to promote public awareness. We are glad to have received many positive responses and messages, including those from organizations wishing to co-operate with us in promoting mental health. At this point, we would like to thank the Leisure and Cultural Department of the HKSAR in allowing us to set up the Laughing Corner at the Victoria Park for our joyful icons - Mr and Mrs Cheerful, a place which symbolizes happiness and worry-free, and allows the general public to enjoy a big laugh. The successful inauguration of the " Laughing Corner" reflects the recognition of the Foundation from the general public.

In 2004, Joyful (Mental Health) Foundation joined hands with Hong Kong TVB in airing its first variety show in Hong Kong: < Anti-Depression in Action>, aimed at arousing public attention of mental health. In 2005, we were honoured to launch a program together with RTHK: <Solar Project 2005 - Joyful Sunshine >. This was a significant step for us because through the medium of television and radio, we were able to get our message across to people of all walks of life. We welcome more opportunities and co-operation with different medium in promoting mental health to the public. Our first music album <Joyful Mind> was also successfully launched. Our heartfelt

thanks should go to Mr Chan Fai Yeung, Mr Lin Xi and Ms Teresa Carpio who all volunteered their time and efforts in creating, lyrics-writing and singing this song which conveyed messages in music such as "burdened heart is one kind of sickness, so get rid of the burdened heart. Take it easy as you are not alone.....gradually you will understand there is nothing that cannot be overcome. Let go your feelings and give more room to oneself and to others. The choice of happiness or sadness is all in your hands."

Ever since the founding of Joyful (Mental Health) Foundation, I have actively approached sufferers of mood disorders as well as their families and have shared my own experiences with them, such as the symptoms of my mood disorder, help-seeking, diagnosis, medication and treatment, and my gradual recovery. I hope that my case will shed some light and give them the confidence to fight against the illness. Joyful (Mental Health) Foundation provides relevant information, consultation and referral services. Our counselors are well trained in this field and will advise people on the right attitude to deal with their mood disorder problem. So if one keeps an open mind and thinks positively, one can rediscover joy and lead a fulfilling life.

Going forward, we need your participation in making Joyful (Mental Health) Foundation more successful in continuing to spread the message about the importance of mental health to the public. We sincerely wish you could join hands with us in shedding light and giving hope to those who are in need.



林建明

心晴行動慈善基金主席及創辦人

Victoria Lam K.M.
Chairperson and Founder
Joyful (Mental Health) Foundation



信託人獻辭 Message from the Trustees



李鵬飛

李鵬飛

華經顧問有限公司主席



康寶駒

康寶駒律師

劉陳高律師事務所資深合夥人
香港足球總會主席



何鐵文

何鐵文爵士

何鐵文會計師行
負責人

每當我們翻開報章雜誌，不難發現有關情緒病患者的不幸報導，令人既感無奈又惋惜，就是因為普羅大眾對於情緒病的無知、缺乏正確概念，或延誤求診及社會上對病患者的支援不足，而白白喪失了許多寶貴的生命，心晴行動慈善基金的成立就是建基於要為社會出一分力，向大眾灌輸正確的情緒病知識的基礎上，是一項極具意義且非常值得大家支持的工作。

心晴行動通過舉辦一系列不同主題的「遠離情緒病」講座，由經驗豐富的專家主講，令情緒病不再是神秘不可治之症，讓廣大市民能夠接觸正確的

In our daily lives, it is not uncommon to read or hear unfortunate news about the sufferers of mood disorders. In some disastrous cases, they would result in the loss of life. We feel very sorry about these happenings, yet we are vulnerable. This is caused by ignorance, lack of understanding and incorrect attitudes from sufferers, their families and the public about mental health or delay in seeking medical treatment or even insufficient support from the community. The main objective of Joyful (Mental Health) Foundation is to educate the public about mood disorders and the proper attitude to be taken towards such illnesses. This is a very meaningful task and worthy of our full support.

Joyful (Mental Health) Foundation has organized a series of seminars under the theme <Away from Mood Disorder >. The speakers at these seminars were professionals and experts. The focus was to educate the audience

知識，逐步遠離無知，這是非常重要的第一步。除此之外，為提高家庭醫生在診斷及治療情緒病的專業知識及技巧，心晴行動與香港健康情緒中心合作，於過去一年繼續為家庭醫生舉辦情緒病治療課程，務求令患者及早得到準確的診斷及治療。

心晴行動努力不懈，不斷地教育、幫助及推廣健康情緒的訊息，令情緒病在社會上得到更大的關注及迴響，我們感到非常鼓舞，期望日後大眾能夠繼續抱持開放的態度，多接觸多認識情緒病，讓生命活得更自在無憂。

and the public on the awareness of mood disorders, to disseminate information and to have the correct attitude about the illness. In addition, Joyful (Mental Health) Foundation had in the past year, in collaboration with the Hong Kong Mood Disorders Center, organized courses and seminars for family doctors in order to enhance their knowledge, ability to diagnosis and treatment of patients having mood disorders. The purpose is for patients to get early and proper treatment.

Joyful (Mental Health) Foundation continues its efforts and works hard on the education front to provide assistance and promote mental health to the community. Our aim is to arouse more public attention and concern about mental health issues. We feel grateful for what has been achieved and hope that more people in the community can come to understand and keep an open attitude about mood disorders. Let our lives be happy and worry-free.



信託人、顧問團及執行委員會成員

信託人

- 林建明小姐 心晴基金創辦人兼主席
- 李鵬飛先生 華經顧問有限公司主席
- 康寶駒律師 劉陳高律師事務所資深合夥人 / 香港足球總會主席
- 何鐵文爵士 何鐵文會計師行負責人

顧問團成員

- 勞永樂醫生 全民健康動力主席
- 李誠教授 香港健康情緒中心主管
- 趙雨龍博士 浸會大學社工系教授
- 郭偉健先生 TVBS前執行副總經理
- 李偉民先生 本基金名譽法律顧問
- 曾智華先生 著名廣播人
- 顏聯武先生 著名廣播人
- 王忠桐先生 王氏港建國際集團有限公司主席 / 前東華三院主席
- 梁李少霞女士 資深傳媒工作者
- 黃錫源先生 鄭鄭會計師事務所有限公司顧問 / 本基金義務核數師
- 陳啟鴻律師 陳啟鴻林錫光律師行合夥人 / 本基金義務法律顧問
- 周向榮醫生 DR醫學美容集團
- 伍懷璞教授 香港大學中文學會名譽會長
- 水禾田先生 藝術家 / 本基金義務美術指導
- 曾展章先生 傳媒工作者
- 謝宏中先生 公司主席
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- 麥洛新先生 註冊社工
- 曹志光先生 資深防止欺詐及風險管理專才 / 大律師
- 陳惠玲小姐 資深社工
- 郭碧珊小姐 香港健康情緒中心一級執業臨床心理學家
- 黃綺雯小姐 資深市場策劃人
- 麥嘉欣先生 翔樂傳訊有限公司董事
- 何念慈小姐 臨床心理學家

執委會成員

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



Trustees, Consultants & Executive Committee

Trustees

- Ms Victoria Lam K. M. Founder & Chairperson, Joyful (Mental Health) Foundation
- Mr Allen Lee Peng Fei (J.P.) Chairman, Pacific Dimensions Consultants Limited
- Mr Hong Po Kui, Martin Senior Partner, Lau, Chan & Ko, Solicitors & Notaries
Chairman, The Hong Kong Football Association Ltd.
- Chevalier Dr T. M. Ho (DUKE OF ALAYDOS) T. M. Ho & Company
Certified Public Accountants

Consultants

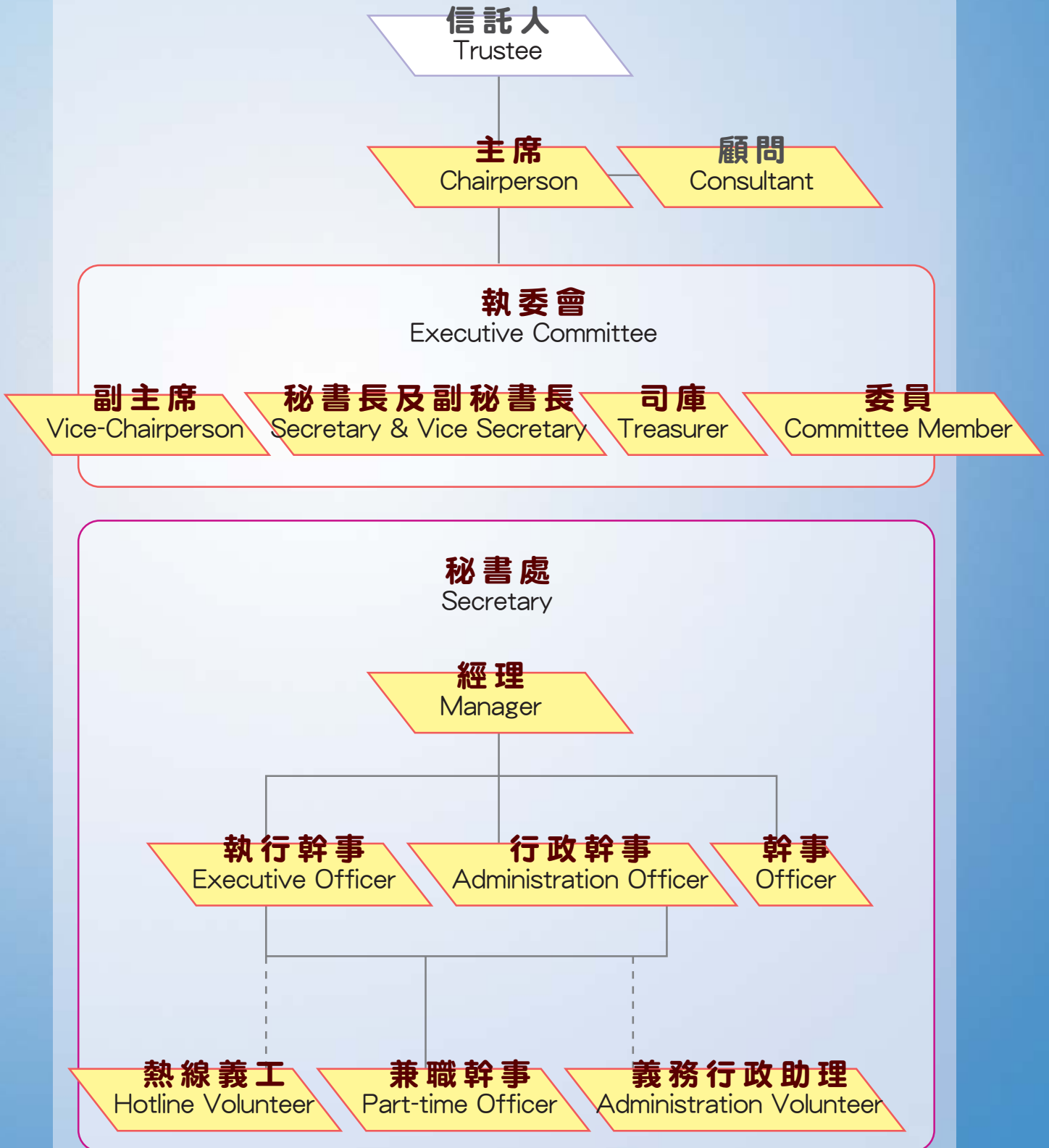
- Dr Lo Wing-Lok Chairman, People's Health Actions
- Professor Sing Lee Director, Hong Kong Mood Disorders Center
- Dr Marcus Y.L. Chiu Professor, Hong Kong Baptist University
- Mr Kwok Wai Kin Ex-Deputy General Manager, TVBS
- Mr Maurice Lee Honorary Legal Advisor, Joyful (Mental Health) Foundation
- Mr Luke Tsang Radio Broadcaster
- Mr Ngan Luen Mo Radio Broadcaster
- Mr Senta Wong Chairman & CEO, Wong's Kong King International (Holdings) Ltd. / Ex- Chairman, Tung Wah Group Of Hospitals
- Ms Leung Lee Shiu Ha Media Participant
- Mr Wong Sek Yuen Peter Cheng & Cheng Limited Consultant / Honorary Auditor, Joyful (Mental Health) Foundation
- Mr Alfred Chan Honorary Legal Advisor, Joyful (Mental Health) Foundation
- Dr Stephen Chow DR醫學美容集團
- Mr Wai Pok Ng Honorary President, The Chinese Society of HKU
- Mr Water Poon Honorary Art Director, Joyful (Mental Health) Foundation
- Mr Samuel Tsang Media Participant
- Mr Tse Wan Chung, Philip Chairman
- Mr Alain Yip Professional Photographer
- Mr Mak Lok Sun Registered Social Worker
- Mr Smiler CK Cho Certified Fraud Examiner / Barrister
- Ms Viola Chan Registered Social Worker
- Ms Kathleen Kwok Practising Clinical Psychologist 1, Hong Kong Mood Disorders Center
- Ms Alice Wong Marketing Consultant & Strategic Planner
- Mr Samuel Mak Managing Director
- Ms Annie Ho Clinical Psychologist

Board of Committee

- Ms Victoria Lam (Chairperson) Social Service
- Ms Sherring Ng (Vice-chairperson) Registered Social Worker
- Ms Pearl Wong (Vice-chairperson) Media and P.R.
- Mr Jackson Li (Secretary) Senior Public Relations & Production Consultant
- Mr Lai Pang (Vice-secretary) AIA Team Manager
- Ms Irene Cheng (Treasurer) Professional Accountant and Chartered Secretary
- Mr Monster Fok Media Participant
- Ms Alice Cheung Social Service
- Ms Joyce Mok Media Participant
- Mr Danny Wong Media Participant
- Ms Audrey Lee Rehabilitation Service
- Ms Cecilia Lau Fundraiser
- Mr Bennett Li General Manager
- Ms Samantha Wong Fundraiser



組織架構 Organization Chart



服務範圍 Range of Services

教育

1. 講座

到全港舉辦公眾教育講座，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

與香港中文大學醫學院香港健康情緒中心合辦，訓練家庭醫生及早為情緒病患者提供診斷、治療及轉介，幫助更多患者盡快康復。

服務

1. 熱線服務

提供有關情緒病的資訊、求助途徑及相關服務，讓有需要人士及早找到所需協助。

2. 專業面談輔導服務

由具經驗的心理輔導員提供個別面談輔導，為受情緒困擾的人士提供專業評估，並協助尋求解決情緒問題的方法。

3. 資助及聯繫相關服務機構

資助或聯繫其他已有工作成效而缺乏資金的相關機構以增加服務成效。

4. 朋輩支援

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

5. 專家、病者及家屬互動分享會

安排聚會讓病者及家屬在舒適輕鬆的環境氣氛下與專家互動分享個人的經驗或意見，為病者對抗情緒病打氣，讓家屬及專家們更加明白病者的需要和心聲。

推廣

1. 網頁、小冊子、單張及資料室

以不同的媒介向社會各階層推廣情緒病的知識，以喚起社會對情緒健康的關注。

2. 傳媒推廣

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

3. 地區巡迴展覽

巡迴不同社區以輕鬆手法向大眾灌輸關注健康情緒訊息，從而教育市民認識情緒病。



Education

a. **Seminars**

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

b. **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 potential members to become qualified mentors for helping others.

c. **Professional Courses to Family Doctors on mood disorders**

To join hands with the Hong Kong Mood Disorders Center of the Faculty of Medicine, The Chinese University of Hong Kong in organizing professional courses to family doctors to enhance the diagnosis and referral service of mood disorders so as to expedite treatment provided to the sufferers.

Specific Services

a. **Hotline Services**

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

b. **Professional Counseling Services**

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

c. **Sponsorship and Affiliation with Organizations**

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

d. **Peer Support Service**

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.

e. **Professionals, Patients and Families Interactive Sharing Meetings**

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

Promotion

a. **Website, Pamphlet, Leaflet and Information Corner**

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

b. **Mass Media**

To collaborate with the mass media through various programs and activities to provide information about mood disorders, its causes, symptoms and treatments in order to raise social concern and reduce social stigma towards mood disorder patients.

c. **Community Exhibitions**

To organize community exhibitions to educate people in lively and relaxing atmosphere and arouse their awareness of mood disorders.



工作回顧《教育》Review of Our Activities “Education”

引言

過去一年，心晴行動在教育、服務、推廣上均不遺餘力，舉辦多項社區活動及有關健康情緒的講座，並由醫生及專業人士主講，讓普羅大眾能有更多渠道認識及了解情緒病，而這些講座當中，不少是由合辦機構主動邀請心晴行動

為他們籌辦，可見社會上對於這方面的強烈需求。此外，心晴行動並撥款資助其他相關機構舉辦項目為情緒病患者提供協助及服務。以下是05/06年度心晴行動就教育、服務及推廣等多方面的工作回顧。

Forward

In the past year, Joyful (Mental Health) Foundation focused its effort on education, provision of services and promotion of public awareness about mood disorders. We had organized community exhibitions, mental health courses and seminars. Speakers at the seminars included doctors, specialists and professionals. Our purpose is to let the general public have greater opportunities to learn more about mood disorders. Some of these seminars were held

at the request of other organizations for their members. We believe there is a wide need from the community for services relating to mental health issues. Therefore, we have subsidized other associated organizations in running similar programs and providing assistance and service as well. The following is a review of our activities and work done during 2005/2006 in the areas of education, provision of services, promotion, etc..

2005年4月21日 心晴精神健康講座 Mental Health Seminar - 21 April 2005



心晴行動應科技大學精神健康學會的邀請合辦是次講座，於香港科技大學舉行，講座由吳偉民醫生主講。

At the invitation of the Hong Kong University of Science and Technology, a seminar on mental health was held at their campus. The speaker at the seminar was Dr. Ng Wai Man.

2005年4月27日至6月1日《心晴天使》電台節目 Radio Program: <Joyful Angel> - 27 April to 1 June 2005

一連十三輯的《心晴天使》，於香港電台第二台《晨光第一線》節目內播出，令健康情緒的訊息得以更廣泛地宣揚開去。這一系列節目由彭晴小姐主持，臨床心理學家何念慈小姐，以輕鬆手法探討情緒病，與聽眾分享有關情緒病的正確知識，專題內容包括：病者家屬分享、與病者溝通、歧視處理、創傷後壓力症、離婚壓力、保密、壓力排行榜、長期病患、藥物副作用、心理治療及家族遺傳。



<Joyful Angel> consisted of a series of thirteen parts about mental health which was broadcast on the RTHK Channel 2 <Morning Suite> Program. The program was hosted by Ms Jacqueline Pang and the guest speaker was Ms Ho Nim Chee, a clinical psychologist. The program was conducted in a lively and relaxing atmosphere with interactive sharing among professionals, sufferers of mood disorders and their families. The program discussed communication skills, discrimination, post-traumatic stress disorder, depression from divorce or chronic illness, privacy issues, the side-effects of medication, psychological therapy and family heredity traits.



2005年5月11日至7月20日 情緒病治療課程"第十屆基本課程" The 10th Practical Course on Mood Disorders in Primary Care (Elementary Course) - 11 May - 20 July 2005



為了提高家庭醫生在輔導情緒病患者及加強與病人溝通的技巧，從而提高診斷和治療過程的效果，香港健康情緒中心與心晴行動慈善基金協力，為家庭醫生舉辦情緒病治療課程，訓練家庭醫生診斷及治療情緒病，讓有需要的病人盡早接受適當的治療。課程內容包括由精神科醫生及臨床心理學家分別講解五種主要情緒病的病徵及診療方法，並即場示範診斷過程，亦請來不同的情緒病患者分享患病經歷及治療過程。



This seminar was held jointly with the Hong Kong Mood Disorders Center to provide training to family doctors on diagnostic and communication skills when treating patients with mood disorder problems. The speakers at the seminar included psychiatrists and clinical psychologists. Guests were invited to share their experiences of problems caused by mood disorders. Topics discussed included the five main symptoms of mood disorders and the importance of having proper treatment. The sooner the diagnosis, the speedier was the recovery. Participants took part in the role-playing as well.

2005年6月10日 壓力及情緒管理講座 Mental Health Seminar "Stress and Emotion Management" - 10 June 2005



應香港人壽保險經理協會的邀請出席年度研討會「理財新年代，變化創未來」。從事保險業可算是高壓力行業，協會特別為保險業經理級以上的從業員在研討會期間安排一節題為「壓力及情緒管理」的講座，由臨床心理學家郭碧珊小姐主講舒緩及管理壓力的方法，以提高大家對健康情緒的關注，主席林建明小姐任分享嘉賓。



At the invitation of the General Agents and Managers Association of Hong Kong (GAMA), a seminar on "Stress and Emotion Management" was held during their annual conference. As consultants in the insurance industry have been facing immense work pressure, GAMA required staff of managerial grade and above to attend this seminar to draw their attention to problems about mental health. The seminar was conducted by Ms Kathleen Kwok, a clinical psychologist, and Ms Victoria Lam Kin Ming, our Chairperson, also shared her experience with the group.

2005年6月12日 為「情」所困—走出情緒病深淵講座暨新書發佈會 Mental Health Seminar and New Book Press Conference - 12 June 2005

心晴行動主辦。由香港中文大學醫學院香港健康情緒中心主管李誠教授及臨床心理學家郭碧珊小姐分別講解情緒病的成因、特徵及最新治療方法、坊間的誤解、親友及患者的相處之道等，劉玉翠小姐亦於講座上分享個人經歷。郭碧珊小姐並於發佈會上介紹其新書《為「情」所困》，讓讀者對情緒病能有更清晰的理解。





工作回顧《教育》Review of Our Activities “Education”

2005年6月12日 為「情」所困—走出情緒病深淵講座暨新書發佈會 Mental Health Seminar and New Book Press Conference - 12 June 2005



Speakers at the seminar were Dr Lee Sing, Head of the Hong Kong Mood Disorders Center of the Chinese University of Hong Kong, and Ms Kathleen Kwok. Topics included the causes, symptoms and latest treatment methods for mood disorders; public misconceptions about mood disorders and the way to communicate with sufferers of mood disorders. A guest, Ms Lau Yuk Chui, shared her own experience. At the end of the seminar, Ms Kathleen Kwok introduced her new book on mood disorders.

2005年6月25日 「遠離情緒病」講座系列 – 從身體病徵認識情緒病 Mood Disorders Seminar Series < Seminar I > - 25 June 2005

心晴行動慈善基金主辦「遠離情緒病」講座系列，2005年6月於全港各區展開，為期半年。首站為沙田大會堂文娛廳，由馮宜亮醫生主講，解釋情緒病常見的身體及情緒徵狀、坊間常見的誤解及有效的治療方法，更以生活化的例子為會眾解答有關情緒病的疑問，例如失眠或疲倦可能是情緒病的徵狀，但大部份人卻未有注意。

This was the first of a total of seven seminars held during the period from June to December 2005 and was held in Shatin Town Hall. Dr Fung Yee Leung was the speaker at the seminar. He explained the general symptoms of mood disorders, their misconceptions and their treatment. For example, insomnia or tiredness could be symptoms of mood disorders which were usually neglected by people. He used real-life cases as examples and answered questions from the floor.



2005年7月23日 「遠離情緒病」講座系列—撲滅情緒病 Mood Disorders Seminar Series < Seminar II > - 23 July 2005



講座於上環文娛中心演講廳舉行，出席者當中包括關心情緒健康的社會人士、情緒病患者及家屬。據醫學界調查顯示，越來越多香港人受情緒病的困擾，情緒病已成為破壞力極強的都市病。是次講座由林永和醫生主講，講解情緒病的成因，及有關情緒病藥物治療的知識，亦請來情緒病患者與會眾分享個人經驗。



The seminar was held in Sheung Wan Civic Centre. Participants included the general public, sufferers of mood disorders and their families. According to medical statistics, more and more Hong Kong people are affected by mood disorder problems and have experienced the destruction it can cause. Our guest speaker, Dr Lam Wing Wo, explained the causes of mood disorders and their medical treatments. Other guests also shared their own experience in the seminar.



2005年8月14日「遠離情緒病」講座系列—夏日暢談情緒病 Mood Disorders Seminar Series < Seminar III > - 14 August 2005

講座於屯門大會堂演講室舉行。健康並不單指身體上沒有毛病，情緒健康同樣重要，是次講座中，陳達醫生為會眾講解如何評估自己的情緒健康狀況，並介紹情緒病患者常見的身體及情緒徵狀。

The seminar was held in Tuen Mun Town Hall. It was emphasized that health did not only apply to the state of the body, but also to the mind. In this seminar, Dr Chan Tat taught us how to evaluate our mental condition and to identify those symptoms which might cause mood disorders.



2005年9月4日「遠離情緒病」講座系列——情緒病面面觀 Mood Disorders Seminar Series < Seminar IV > - 4 September 2005



講座於荃灣大會堂展覽館舉行。情緒病不單影響患者的心理健康，生理健康亦可能受到牽連，但只要得到及時與適當的治療，情緒病是可治癒的。林敬熹醫生以不同角度為會眾講解情緒病的知識，分享豐富的臨床經驗。

The seminar was held in Tsuen Wan Town Hall. Mood disorders not only affect our psychological well being, but also our physical well being. With early and proper treatment, mood disorders can be cured. Dr Lam King Hei explained mood disorders from different perspectives and shared with the group his clinical experiences in the treatment of patients.



2005年10月30日「遠離情緒病」講座系列—醫生與您解開情緒病之謎 Mood Disorders Seminar Series < Seminar V > - 30 October 2005

講座於小童群益會總部演講廳舉行。延誤求診除了因為對情緒病不認識外，也可能因為怯於求助，不敢向他人透露，結果只會令患者陷入更痛苦的深淵。陳念德醫生以多年的臨床經驗，與會眾分享情緒病的知識，讓患者及家屬即使在面對情緒病時，亦懂得如何處理。

The seminar was held in the Convention Hall of The Boys' and Girls' Clubs Association of Hong Kong. Dr. Chan Nim Tak shared with the audience his many years of clinical experience in this field. Usually, patients with mood disorders delay in getting treatment due to their ignorance and fear to talk to people and seek help. That has led to great pain and suffering. He taught patients and their families how to handle such problems.



工作回顧《教育》Review of Our Activities “Education”

2005年12月4日「遠離情緒病」講座系列－常見情緒病 Mood Disorders Seminar Series < Seminar VI > – 4 December 2005



講座於旺角社區會堂舉行。周樂怡醫生分享其豐富的臨床經驗，以不同角度講解常見的情緒病，讓大眾能有更正確的認識，只要接受適當的治療，情緒病是可以治癒的。

The seminar was conducted in Mong Kok Community Hall. Dr Chow Lok Yee shared his abundant clinical experience and looked at Mood Disorders from different perspectives to try to convey a better understanding of it. With proper treatment, mood disorders can be cured.

2005年12月10日「遠離情緒病」講座系列－戰勝情緒病 Mood Disorders Seminar Series < Seminar VII > – 10 December 2005

講座於西灣河文娛中心文娛廳舉行。近年社會上開始有更多人談論「情緒病」一詞，但都說不上深入認識，面臨情緒病時，不懂處理，更不用說要戰勝情緒病。其實情緒病並不是甚麼高深莫測的疾病，而是非常普遍的都市病之一，但這種疾病不單對身體造成負面影響，連心理健康亦受到威脅。洪浩醫生在講座中與會眾分享戰勝情緒病的要訣，並講解情緒病的知識，加深大眾的了解。

This was the last of the series of seven seminars and was held in Sai Wan Ho Civic Centre. In recent years, people have begun to talk about mood disorders, but their understanding of it is very minimal. More often, people do not know what to do with mood disorders, let alone knowing how to overcome them. Actually, mood disorders are not that sophisticated. It is a very common illness in modern society. Yet, this illness has not only brought negative impacts to our body, but it has also affected our psychological well being. Dr Hung Ho shared with the audience his knowledge of mood disorders and the important knack in overcoming it.



2005年11月28日至2006年3月7日 情緒病治療課程 "第十一屆基本課程" The 11th Practical Course on Mood Disorders in Primary Care (Elementary Course) – 28 November 2005~7 March 2006

繼同年5月至7月期間舉行的第十屆基本課程後，香港健康情緒中心再度與心晴行動合作，開辦為家庭醫生而設的情緒病治療課程，課程開辦兩年以來，先後已有幾百位家庭醫生參與，為有需要的人士及早作出診療。





2005年11月28日至2006年3月7日 情緒病治療課程 "第十一屆基本課程"
The 11th Practical Course on Mood Disorders in Primary Care (Elementary Course) – 28 November 2005~7 March 2006



After running the 10th Elementary Course on Treatment of Mood Disorders between May and July 2005, the Hong Kong Mood Disorders Center joined hands with Joyful (Mental Health) Foundation again to hold the course on Treatment of Mood Disorders for family doctors. Several hundreds of doctors have attended these courses which could enhance the family doctors' diagnoses of the mood disorder of patients.

2005年12月13日 路德會壓力與情緒講座
Stress Management Seminar for Kindergarten, Primary and Secondary School Teachers ~13 December 2005

由香港路德會基督教教育委員會主辦。是次講座目的主要向路德會轄下學校的在職老師講解何謂情緒病，如何舒緩壓力，由臨床心理學家郭碧珊小姐主講，林建明小姐分享患病及治療經歷，讓在職老師面臨壓力及情緒問題的時候，懂得如何應付。



The Christian Education Committee of The Lutheran Church Hong Kong Synod organized the seminar for the teachers in their schools. Ms Kathleen Kwok, Clinical Psychologist, explained the mood disorder illnesses and the way to release work pressure. Ms Victoria Lam Kin Ming shared with the teachers her experience of mood disorders and its treatment so that teachers would know how to cope with stress and emotional problems once they faced it.



2006年3月25日 「情緒健康大使」教育講座
Seminar for Mental Health Ambassador – 25 March 2006

講座由心晴行動與香港家連家精神健康倡導協會合辦，對象為浸會大學國際學院傳理副學士二年級學生，目的為推廣情緒健康的重要性，並裝備參加者成為「情緒健康大使」。講座由劉麗珊醫生、浸會大學教授趙雨龍博士主講，並有情緒病患者及家屬分享，是次教育講座讓大學生增加不少對情緒病的認識。

The seminar was jointly held with HK Family Link Mental Health Advocacy Association to promote the importance of mental health to university students and to equip them to become the Mental Health Ambassadors. Speakers at the seminar were Dr Lau Lai San, a psychiatrist and Professor Marcus Chiu Yu Lung of the Hong Kong Baptist University.

2006年4月13日 浸會大學會計及法律系學生「精神健康」學術研究報告
Academic Study on Depression by the students of HKBU – 13 April 2006

透過社工講解、心晴主席個人分享及熱線義工分享接觸情緒病患者的經驗，協助浸會大學會計及法律系學生完成一項關於精神健康的學術研究報告，並從而令他們對情緒病有更深的認識。

A group of students from the Accountancy & Law Department of Hong Kong Baptist University visited Joyful (Mental Health) Foundation's office for their academic study on Depression. Ms Victoria Lam Kin Ming shared her personal experience, our social worker explained the symptoms and causes of depression, and our hotline helpers also shared their experiences in dealing with callers who suffered from mood disorders.



工作回顧《服務》Review of Our Activities “Service”

2005年10月至2006年3月 資助項目I—家連家精神健康教育計劃 Sponsorship Project (I) Family Link Mental Health Education Program— October 2005 ~ March 2006



心晴行動其中一項服務是資助及聯繫相關服務機構，以增強服務成效。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，增進公眾人士對情緒病的認識，讓大家在面對情緒病時不致感到徬徨無助。心晴行動慈善基金撥出款項資助家連家精神健康教育計劃，此項計劃包括舉辦舒壓活動、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。

In order to enhance our services to a wider group of people, Joyful (Mental Health) Foundation sponsored projects offered by affiliated organizations. HK Family Links Mental Health Advocacy Association (Family Links) is an organization for providing services and support to persons suffering from mental health problems and their families. The project consisted of conducting seminars for public, forming information corners and caring group, organizing training course etc.

2005年10月至2006年9月 資助項目II—「緣途伴你行」長者抑鬱症支援服務 Sponsorship Project (II)—Anti-depression Elderly Program— October 2005 ~ September 2006



另一受資助項目為樂天關懷行動溫情軒社會服務中心的「緣途伴你行」長者抑鬱症支援服務，是項資助有助該中心將計劃擴展，除原有的長者熱線服務外，更增設針對性的長者情緒輔導、快速精神科轉介速治服務，為有需要及高危的長者安排家居探訪，提供心理、情緒及治療支援；並定期舉辦社區教育活動，呼籲社會大眾減低長者被忽略的情緒問題。

Joyful (Mental Health) Foundation sponsored a project run by Everbright Concern Action Wonderful Multi-Services Centre for the provision of service to senior citizens as their emotional needs have often been neglected. In addition to the hotline services for senior citizens, our funding would enable them to expand their services, such as home visits, psychological support, referral services and medical treatment for senior citizens. Everbright Concern Action organized community activities and held educational seminars for promoting public awareness of mental health illnesses among senior citizens.





2005年11月5 至26日 熱線義工基礎訓練計劃 "第一期"

Training Program for Joyful Hotline Helpers (Phase I) – 5–26 November 2005

熱線義工基礎訓練計劃，目的為提升熱線義工的工作技巧，以確保熱線服務的質素。訓練內容包括有關情緒病的知識、聆聽及溝通技巧、情緒舒緩技巧等。訓練形式除了課堂的講解，還安排實習及與病患者交流分享。

In order to maintain the quality services, the training program was to enhance the communication skills of the telephone hotline helpers in handling calls from persons with mental health problems. Skills included listening and communication, as well as alleviating the bad mood and stress. Apart from the usual training lectures, practical sessions and sharing of ideas were also included.

2006年2月13 日至5月15 日 專業面談輔導服務 "第一期"

Professional Counseling Services (Phase I) – 13 February~15 May 2006

由兩位具有輔導學碩士學歷及專業註冊資格的心理輔導員提供，透過面談輔導服務，協助服務使用者尋找解決情緒問題的方法，並採納正面的人生觀，以獲得完滿的生活。服務受惠人士均表示輔導服務對他們有幫助，並對輔導員有正面的評價。

Clients who would like to seek professional advice could arrange for an appointment with either of our two counselors who would provide them with the necessary advice and assistance, and encourage them to adopt positive attitudes in life. Both of our counselors have obtained master degrees and are fully qualified and well trained in this field.

2006年3月4 至25日 熱線義工基礎訓練計劃 "第二期"

Training Program for Joyful Hotline Helper (Phase II) – 4~25 March 2006

經過第一期熱線義工基礎訓練計劃的成功，再接再勵舉辦第二期訓練計劃，以培訓更多具質素的熱線義工，為更多有需要的人士提供服務。

In view of the overwhelming success in our Phase I training program held in November 2005, it was decided to organize the program again to train more high calibre hotline helpers who could provide quality services to those in need.

2006年5月16 日 「心晴一聚」互動分享會

Interactive Sharing among Professionals, the Sufferers and their Families – 16 May 2006



分享會的目的是讓情緒病患者及家屬與專家在一個輕鬆舒適的環境下，互動分享自己及其他人的患病及治療經驗，互相支持及鼓勵。是次互動分享會得到精神科專科醫生余枝勝和專業心理輔導員謝嘉雯小姐一同參與並提供專業意見。

The purpose of the meeting was to provide a cosy and relaxing environment for sufferers of mood disorders and their families to share their experiences on the treatment of the illness. A psychiatrist, Dr Yu Chi Shing and a professional counselor, Ms Tse Ka Man were guests of the sharing, providing professional advice.

朋輩支援服務

Peer Support Service

朋輩支援由病患者、病患者家屬及對情緒病有一定認識的人士透過個人經驗分享，為受情緒困擾的人士給予支持及鼓勵，以令他們更有信心對抗情緒病。

People suffering from mood disorders, their families and experts got together to share their experiences. The mutual support and encouragement would enable persons with such illness to overcome mood disorders with confidence.



工作回顧《推廣》Review of Our Activities “Promotion”

2005年4月24日 香港成年人患抑鬱症新聞發佈會

Press Conference “Adult Depression in Contemporary Hong Kong” – 24 April 2005

應香港中文大學醫學院香港健康情緒中心的邀請，出席於沙田威爾斯親王醫院醫學深造中心舉行的發佈會。

At the invitation of the Kong Hong Mood Disorders Center of the Chinese University of Hong Kong, we attended their press conference held at the Prince of Wales Hospital in Shatin.



2005年5月23日 至7月17日 心晴靚晒2005

Joyful Sunshine 2005 - 23 May ~ 17 July 2005

繼2004年心晴行動與無線電視合辦全港首個推廣健康情緒的綜合性節目《心晴行動抗抑鬱》，2005年心晴行動的年度大型活動《心晴靚晒2005》透過電台直播及電視台轉播，接觸全港眾多市民，推廣健康情緒的訊息。是次活動分為五大項目，分別為「太陽笑男笑女」選舉、維園「心晴閣」動土儀式及揭幕禮、「笑聲馬拉松」、「心晴靚晒嘉年華」及「太陽計劃2005心晴靚晒大行動」。



Subsequent to our successful promotion campaign <Joyful Action Against Depression> held with HKTVB in 2004, we launched another mass event called <Joyful Sunshine 2005> in 2005. This event consisted of five programs: the “Sunny Boy and Girl” Election, the Ground-breaking Ceremony and the Inauguration of the <Laughing Corner> at the Victoria Park, <Joyful Sunshine 2005> and <RTHK Solar Project 2005 - Joyful Sunshine >. With the series of events, we were able to reach far more people in order to promote the message of mental health.

2005年5月23日 「太陽笑男笑女」選舉

The “Sunny Boy and Girl” Election – 23 May 2005

為呼籲大眾積極關注情緒健康，時刻保持心情開朗，心晴行動與香港電台「太陽計劃2005」攜手舉辦了「太陽笑男笑女」選舉，鼓勵新晉歌手展露燦爛笑容，讓大眾於網上投選心目中的「笑男笑女」，最後由許懷恩及周麗淇獲得「太陽笑男笑女」的榮譽。出席嘉賓有心晴行動慈善基金信託人李鵬飛先生、香港電台助理廣播處長邵盧善先生、「太陽微笑大使」徐若瑄、「心晴大使」Twins及一眾歌手。



As part of the campaign in enhancing the public concern on mood disorders, and to arouse people's attention to keep a happy mood, we joined hands with RTHK in organizing a contest to choose the sunshine boy and girl with the sweetest smiles among entertainment celebrities. People could make selections through the internet. The winners, Mr Hui Wai Yan and Ms Niki Chow Lai Kee were given the honour of being the Sunshine Boy and Sunshine Girl respectively. Many people attended the contest, including Mr Allen Lee Pang Fei, our Trustee, Mr Siu Lu Sin, Deputy Head of the Broadcasting Department of RTHK, Ms Vivian Hsu, our Smiling Ambassador, and the Twins, our Joyful Ambassadors, as well as other singers.

2005年6月6日 「心晴閣」動土儀式

The Groundbreaking Ceremony of the “Laughing Corner” at Victoria Park – 6 June 2005

在立法會議員及心晴靚晒2005籌委會主席梁劉柔芬太平紳士的大力支持下，心晴行動慈善基金很高興能夠得到康文署認可把香港維多利亞公園的山丘涼亭推廣為「心晴閣」(Laughing Corner)，為香港市民提供一個象徵開心忘憂的地方。「心晴閣」動土儀式於2005年6月6日舉行，出席者包括康樂及文化事務署港島東總康樂事務經理伍威強先生、全民健康動力主席勞永樂先生、吐露港扶輪社鄧炳榮社長(04/05年度社長)及心晴行動慈善基金主席林建明小姐。





2005年6月6日「心晴閣」動土儀式

The Groundbreaking Ceremony of the “Laughing Corner” at Victoria Park – 6 June 2005



With the support from Mrs Sophie Leung Lau Yau Fun, SBS, JP, who is a Legislative Councilor and Chairman of the < Joyful Sunshine 2005>, and with permission from the Leisure and Cultural Services Department, Joyful (Mental Health) Foundation was able to establish the <Laughing Corner> on the hill of the Victory Park. The Corner symbolized happiness and provided a resting place for people. Guests present at the ground-breaking ceremony included Mr Ng Wai Keung, Head of the Hong Kong East Leisure and Cultural Services Department, Dr Lo Wing Lok, Chairman of People’s Health Actions, Mr Tan Ping Wing, President of the Rotary Club of Tolo Harbour(04/05) and our chairperson, Ms Victoria Lam Kin Ming.

2005年7月15日 維園「心晴閣」揭幕禮

The Inauguration of the “Laughing Corner” – 15 July 2005

「心晴閣」(Laughing Corner)於2005年7月15日正式揭幕，心晴吉祥物「笑爺、笑奶」雕像自始陪伴全港市民開懷大笑。揭幕儀式別出心裁，由一群小學生以一浪接一浪的笑聲建造「笑聲聖火」，自球場草地排列直達山丘上的「心晴閣」。在揭幕禮一輪「笑聲聖火」之後，隨即於「心晴閣」舉行「笑聲馬拉松」熱鬥示範賽，為接下來的全港公開性「笑聲馬拉松」比賽作序幕。



The inauguration of the <Laughing Corner> was held with Joyful icons, Mr and Mrs Cheerful, being placed in the <Laughing Corner> to share happiness with us all. One special feature of this opening ceremony was a group of teenage students who lined up from the football pitch to the hilltop where the <Laughing Corner> was situated and roared with laughter, one by one, making waves of laughter. Besides, they also presented their laughter as a prelude to the Laughing Marathon Contest to be held the following day.

2005年7月15至16日「笑聲馬拉松」

Laughing Marathon Contest - 15-16 July 2005

一連兩日於「心晴閣」舉行的「笑聲馬拉松」，選出笑聲最長、笑容最靚的人，並邀請城中夠氣又笑得開心的名人參加。出席嘉賓包括心晴靚晒2005籌委會主席梁劉柔芬太平紳士、衛生福利及食物局常任秘書長尤曾家麗太平紳士、康樂及文化事務署康樂事務署助理署長鄭光宇先生、香港電台第二台節目總監陳耀華先生、國際扶輪3450地區總監尹錦滔先生、傑志足球隊、快樂家庭團契及一眾歌星及名人等。

The Laughing Marathon Contest was held for two consecutive days at the "Laughing Corner". The contest was to select the longest laughter and prettiest smiling face among the contestants. Honourable guests included Mrs Sophie Leung Lau Yau Fan, J. P., Chairman of the Organising Committee of the < Joyful Sunshine 2005> Mrs Carrie Yau, J.P., Permanent Secretary for Health, Welfare and Food Bureau, Mr Cheng Kwong Yu, Deputy Head of the Leisure and Cultural Services Department, Mr Chan Yiu Wah, Head of RTHK Radio 2, and Mr Peter Wan, District Governor of Rotary International District 3450.





工作回顧《推廣》Review of Our Activities “Promotion”

2005年7月16日 心晴靚晒嘉年華

Joyful Sunshine Carnival – 16 July 2005

是次大型教育慈善嘉年華於7月15至17日在維園舉行。嘉年華項目包括「休閒綠洲」，以熱帶渡假村風格搭建，為一個充滿浪漫、舒適、享受恬靜大自然的區域，提供按摩、花茶、面部塗鴉及紮辮仔服務；情緒健康義務評估區，由醫生及臨床心理學家為市民提供免費情緒病評估服務；遊戲攤位及一眾歌手於舞台表演獻唱。

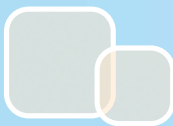


This large scale educational and charitable carnival was held at Victoria Park. There were a variety of booths providing activities full of fun and relaxation, such as the <Green Oasis> which was designed like a tropical resort village, filled with such a romantic, relaxing and tranquil atmosphere, soothing massage, floral tea tasting, face painting and pony tail binding. In addition, there were singers who performed on stage. And there were doctors and psychologists who provided free assessments on mood disorders.

2005年7月17日香港電台「太陽計劃2005心晴靚晒大行動」

RTHK Solar Project 2005 - Joyful Sunshine – 17 July 2005

香港電台與心晴行動合辦的「太陽計劃2005心晴靚晒大行動」於香港電台第二台作直播外，隨後亦於無線電視轉播。心晴大使TWINS的兩位成員鍾欣桐、蔡卓妍更親臨「心晴閣」探訪「笑爺、笑奶」，為是次大型活動增添色彩。



RTHK joined hands with Joyful (Mental Health) Foundation in organizing the opening ceremony of < Solar Project 2005 - Joyful Sunshine > which was broadcast on RTHK Radio 2 and on HKTVB as well. The highlight of the event was the presence of Miss Gillian Chung Yan Tong and Miss Charlene Choi Chek Yin of the Twins and both were our Joyful Ambassadors at our Laughing Corner to hug Mr and Mrs Cheerful.

2005年5月28日 港九藥房總商會新會址開幕禮暨「正版正貨」記者招待會

The Opening Ceremony of the new premises of The Hong Kong General Chamber of Pharmacy Limited and The Press Conference for "No Fakes' Pledge" – 28 May 2005



心晴行動應邀出席港九藥房總商會新會址開幕禮暨「正版正貨」記者招待會，提倡售賣正版藥物。

We were invited to attend the opening ceremony of the new premises for the Hong Kong General Chamber of Pharmacy Limited and their press conference for the promotion of selling genuine medicine.

2005年6月3至5日 第六屆美容及健康減肥博覽

The Sixth Beauty and Fitness Expo - 3–5 June 2005

博覽會由香港亞洲展覽集團主辦，於香港會議展覽中心新翼1號館舉行，提醒市民在減肥之餘也要注意健康，當然情緒的健康也非常重要，心晴行動於博覽會設置攤位推廣健康情緒。

The Expo was organized by Hongkong-Asia Exhibition (Holdings) Ltd. and took place at Hall 1 of the New Wing at the Hong Kong Convention and Exhibition Centre. Not only did it convey the message of keeping slim and healthy, but equally important, it brought home the need to maintain a healthy mood and emotion.





2005年9月19日 開心Bobby親親笑爺笑奶

Happy Bobby and Mr & Mrs Cheerful – 19 September 2005

藝人歐陽震華聯同他的俏像公仔「開心Bobby」及香港女童軍，趁著人月兩團圓的中秋佳節，到香港維園「心晴閣」探望心晴吉祥物「笑爺笑奶」，並與在場人士分享保持心情愉快的心得，透過遊戲讓大家認識情緒病。



During the Mid-autumn Festival, Mr Bobby Au-yeung Chun Wah, a TV celebrity, with his twin mock up 'Happy Bobby', as well as some girl guides, came to the Lauging Corner at Victoria Park and shared with the public their insights of maintaining a healthy mood. They also educated the public about mood disorders through series of games and activities.



2005年10月13日 亞洲基金會論壇

The Asian Foundation "Community Engagement Stakeholders Forum 2005" – 13 October 2005

心晴行動獲邀出席亞洲基金會「二零零五社會參與論壇：邁向更有效的合作關係」，參與研討商界與慈善團體如何攜手合作為社會出一分力。亞洲基金會是一個非營利的民間組織，以推進美國與亞太地區的共同利益為目標，其資金來源於美國及亞洲的企業、個人及政府組織的捐贈，以及美國國會的每年撥款。

Joyful (Mental Health) Foundation was invited to attend the "Community Engagement Stakeholders Forum 2005: Navigating the Road to More Effective Partnership in Hong Kong" to discuss how corporate donors and charitable bodies can co-operate to make contribution towards the community. The Asian Foundation is a non-profit non-governmental organization funded by individuals, corporations, governments and the US Congress. Their purpose is to promote the mutual interests of the U.S. and the Asia-pacific region.

2005年10月14 至16日 蘭桂坊心晴行動嘉年華

Lan Kwai Fong Carnival – 14~16 October 2005

嘉年華由蘭桂坊協會主辦，心晴行動協辦是次活動的開幕禮並為慈善捐款的受惠機構。出席嘉賓包括蘭桂坊協會主席盛智文博士太平紳士、心晴行動慈



善基金信託人康寶駒先生、國際巨星成龍先生、名人Maria Cordero及張學潤先生。嘉年華現場設置了七十多個飲食及遊戲攤位，

還有歌舞巡遊，並得到香港旅遊發展局的支持。



Lan Kwai Fong Association with support from the Hong Kong Tourism Board organized the Carnival. Joyful (Mental Health) Foundation assisted the opening of the Carnival and was the beneficiary of the event. There were over 70 booths for games, food and drinks. Other performances at the carnival included dancing and parade, etc.. Guests who were present included Mr Allan Zeman, Chairman of the Lan Kwai Fong Association; Mr Hong Po Kui, Trustee of the Joyful (Mental Health) Foundation; Mr Jacky Chan; Ms Maria Cordero and Mr Nelson Cheung.

2005年10月16日 「心情、心晴、社區情」

Mental Health Community Education Program – 16 October 2005

是次情緒健康教育推廣活動由社會福利署沙田區康復服務協調委員會「社區支援工作小組」、沙田區議會「醫療及衛生服務工作小組」及心晴行動慈善基金合辦，於區內推廣情緒健康的訊息，活動於沙田新城城市百步梯廣場舉行。出席嘉賓包括心晴顧問黃錫源先生、麥洛新先生及陳惠玲女士；還有寶佩如小姐、喬寶寶先生及潘振成先生等等。



The event was jointly organized by three parties: Shatin District Co-ordination Committee on Rehabilitation Services of the Social Welfare Department, the Medical and Health Services Committee of Shatin District Council and Joyful (Mental Health) Foundation and was held at the Shatin New Town Plaza. This event was for the promotion of mental health in the community. Guests included Mr Peter Wong Sek Yuen, Mr Mak Lok Sun & Ms Viola Chan, Consultants of Joyful (Mental Health) Foundation, Ms Baby Bo, Mr Kiu Bo Bo and Mr Pun Chun Sing.





工作回顧《推廣》Review of Our Activities “Promotion”

2005年12月7日 珠海書院新聞及傳播學系校刊「珠海新聞」－人物專訪 Guest Interview (Chu Hai News) – 7 December 2005

珠海書院新聞及傳播學系校刊邀請主席林建明小姐與大家暢談個人閱歷，分享患上抑鬱症的前因後果及治療過程，及後如何與熱心人士一同成立心晴行動慈善基金，幫助患上抑鬱症的病者，盡早尋求適當治療。這次訪問除了幫助學生們完成功課，亦藉以推廣情緒健康。

Our Chairperson, Ms Victoria Lam Kin Ming, was interviewed by the Department of Journalism and Communication of Chu Hai College about her own experience of depression, its cause and its treatment; as well as the establishment of Joyful (Mental Health) Foundation by a group of enthusiastic volunteers in order to help mood disorder patients to get proper treatment. This interview not only helped the students to complete their journal assignment but also helped to promote mental health.

2006年1月14日及2006年2月18日 義工簡介會 Introductory Briefing to Joyful Volunteers – 14 January and 18 February 2006

邀請願意成為心晴義工的熱心人士出席，目的為讓有心投入義工行列的人士明白義工的義意、守則及心晴行動的服務。

The volunteers were invited to attend the briefings about Joyful (Mental Health) Foundation, its mission and the services it provides to the community. The volunteers were required to observe the rules and regulations and to understand that it was a meaningful task to serve others.

2006年1月17日 伸手助人協會「夠薑採訪隊」分享會 Sharing Among Helping Hands – 17 January 2006

伸手助人協會小西灣賽馬會老人之家的幾位長者親臨心晴行動的會址，了解心晴行動的工作，並與主席林建明小姐分享人生經歷及體會，同時藉以建立慈善團體之間的聯繫。

Several elderly members from the Helping Hand of Siu Sai Wan Jockey Club Housing for the Elderly visited the office of Joyful (Mental Health) Foundation. Our Chairperson, Ms Victoria Lam Kin Ming was there to greet them and gave an introductory speech about the organization and shared with them her life experience. The visit enhanced the mutual understanding and co-operation between the two charitable organizations.



2006年2月5日 星光好心晴哈利新春行大運 Harley Joyful Parade – 5 February 2006

星光大道管理有限公司、哈利車主會香港縱隊與心晴行動合作，於尖沙咀星光大道舉行新春行大運，祝福香港來年行好運，超過50部哈利電單車齊集星光大道，場面壯觀。現場設置心晴義賣攤位及宣傳情緒健康的展板，並由哈利車主會借出名貴電單車供遊人拍照以作籌款之用。出席嘉賓包括馮宜亮醫生、安德尊先生、朱潔儀小姐、顏國樑先生、葉文輝先生、爆炸猛男PHD、喬寶寶先生及 TONY MUSIC。



The Harley Joyful Parade at the Avenue of Stars at Tsim Sha Tsui was arranged by Avenue of Stars Management Limited, the Harley Owners Group Hong Kong Chapter and Joyful (Mental Health) Foundation. The event was to bless Hong Kong with a prosperous year ahead. It was a marvelous occasion and the participants were both excited and happy since over 50 Harley Davidson motorbikes and their owners were there. There were charity sales booths and exhibition booths along the avenue for promoting mental health. All proceeds from the live music, songs and photo-taking sessions with Harley Davidson bikes were donated to charity. Guests included Dr Fung Yee Leung, Mr Ander Jun, Ms Donna Chu, Mr Johnny Ngan, Mr Barry Ip, PHD, Mr Kiu Bo Bo and Tony Music.



2006年3月11日《彩虹下的約定》精神健康教育嘉年華 Mental Health Promotion Carnival – 11 March 2006

心晴行動獲邀出席香港聖公會麥理浩夫人中心舉辦的精神健康教育嘉年華。香港聖公會麥理浩夫人中心一向致力於荃灣葵青區推廣健康教育，林建明小姐分享她如何克服情緒病的心路歷程。

Joyful (Mental Health) Foundation was invited by the HKSKH Lady MacLehose Center to participate in their carnival for the promotion of mental health. The Center has always been focusing on promoting mental health in Tsuen Wan, Kwai Chung and Tsing Yi districts. Ms Victoria Lam Kin Ming shared her experience in overcoming mood disorders.



2006年4月8日及5月5日 名曲滿星光心晴慈善點唱會 (I)及(II) Charity Singing at the Avenue of Stars – 8 April and 5 May, 2006



緒病的宣傳展板亦起了推廣作用。

星光大道管理有限公司與心晴行動合辦慈善點唱會，透過音樂讓廣大市民在享受輕鬆愉快的周末同時認識及了解情緒病，現場擺放有關情緒病的宣傳展板亦起了推廣作用。

Avenue of Stars Management Limited joined hands with us to organize the charity singing event at the Avenue of Stars. The purpose was to let people enjoy a lively afternoon and at the same time to learn more about mood disorders. Informational materials on mood disorders were displayed and distributed.

2006年5月21日 好心晴由細浸大—全港情緒健康關注日 Mental Health Promotion Day – 21 May 2006

是次教育及推廣活動由心晴行動與香港浸會大學國際學院傳理副學士二年級師生合辦，於尖沙咀新世界廣場舉行，目的為推廣健康的情緒要從小培養，除為正在努力應付考試的學生們打氣，亦向社會大眾推廣健康情緒的訊息。活動內容包括別具創意的互動攤位展品、名人明星展示當年成績及分享舒緩考試壓力的心得；心晴大使夏韶聲、Cream、吳浩康及葉佩雯現場獻唱並帶領一百五十位浸會大學學生宣誓成為情緒健康大使、臨床心理學家何念慈小姐講解正確舒緩考試壓力的方法及由浸會大學學生表演心晴舞。



This event was jointly organized with second year students from the Creative Communication, College of International Education of the Hong Kong Baptist University in order to educate and promote mental health at a young age. Ms Ho Nim Chee, Clinical Psychologist, spoke on proper methods to alleviate pressure from examination. In addition, positive messages and words of encouragement were given to students who would soon be facing examinations. Celebrities shared their experiences as well. Our Joyful Ambassadors, Mr Danny Summer, Cream, Mr Deep Ng Ho Hong and Ms Grace Yip Pui Man sang and led 150 students to take a vow to become Mental Health Ambassadors. After that, the students performed Joyful Dancing. There were also booths displaying creative items.

2006年1月27日、2月28日及3月30日 商業電台節目《有誰共鳴》 Participated in the Radio Program (Share My Song) – 27 January, 28 February and 30 March of 2006

商業電台節目《有誰共鳴》於其中三集節目內、介紹此電台節目的受惠機構心晴行動慈善基金及香港家連家精神健康倡導協會。

Information about Joyful (Mental Health) Foundation and HK Family Link Mental Health Advocacy Association were included in a HKCR Program <Share My Song>.



工作回顧《籌募》Review of Our Activities “Fundraising”

心晴行動過去一年舉辦約三次籌募活動，所籌得善款主要作為推廣健康情緒的經費。
Joyful (Mental Health) Foundation organized three separate fundraising events and the proceeds raised were used to promote mental health.

2005年7月10日 笑爺笑奶哈哈袋愛心義賣日

Mr & Mrs Cheerful Laughing Bags Charity Sale - 10 July 2005



慈善義賣心晴行動吉祥物「笑爺笑奶」哈哈袋，購買了「笑爺笑奶」哈哈袋的市民，均受到吉祥物的歡樂感染，心情大好，的確既可做善事，也讓自己心情愉悅，一舉兩得。

The bags with little icons, Mr and Mrs Cheerful, symbolized good luck and happiness were sold to people. People imbued with the happiness symbolized by the icons were, on one hand, far more happy to give their donations and were, on the other hand, feeling good inside.

2005年7月13日《我的馬拉松》慈善首映

"Marathon" Charity Premiere - 13 July 2005

是次慈善首映於香港會議展覽中心舉行，得到耀才證券贊助，電影故事講述一個患上先天性自閉症的男孩，如何成為傑出的長跑好手，男孩母親不離不棄，講述病者與照顧者如何於逆境中活出燦爛人生的故事，也正好反映病者身邊的照顧者所付出的愛心及毅力。

The Premiere was held at the Hong Kong Convention and Exhibition Center with the sponsorship from Bright Smart Securities International (H.K.) Limited. The film was about a boy who had autism from birth and received care and love from his mother. He eventually became famous marathon runner. The theme of the film had highlighted the unfading love and courage between patients and their families in overcoming obstacles and living our lives with colour.



2006年4月10日 有心有情心晴行動粵曲慈善晚會2006

Charity Chinese Opera Night - 10 April 2006



賞心樂社與心晴行動合辦，邀得林建名先生擔任晚會籌委會主席，司儀包括查小欣小姐及王賢誌先生。粵劇界名伶所承受的壓力絕不遜於娛樂圈的藝人，粵劇界除關注情緒健康，也經常參與社會慈善服務。是次慈善晚會為心晴行動籌募作為推廣健康情緒的經費外，亦廣泛地向不同界別的市民推廣健康情緒的重要性。

The Chinese Opera was jointly held with Joyful Music Land. Mr Lam Kin Ming was Chairman of the Organizing Committee. Ms Eileen Cha and Mr Vinci Wong were the masters of ceremony. The work pressure for actors and actresses in Chinese Opera was no less than those in the entertainment business. The proceeds from the opera were used for the promotion of mental health in the community.



工作回顧概覽 Overview

舉行日期	項目名稱
2005年4月至2006年5月	朋輩支援服務
2005年4月21日	心晴精神健康講座
2005年4月24日	香港成年人患抑鬱症新聞發佈會
2005年4月27日至6月1日	《心晴天使》電台節目
2005年5月11日至7月20日	情緒病治療課程(第十屆基本課程)
2005年5月23日至7月17日	心晴靚晒2005
2005年5月23日	心晴靚晒2005－「太陽笑男笑女」選舉
2005年6月6日	心晴靚晒2005－「心晴閣」動土儀式
2005年7月15日	心晴靚晒2005－維園「心晴閣」揭幕禮
2005年7月15至16日	心晴靚晒2005－「笑聲馬拉松」
2005年7月16日	心晴靚晒2005－心晴靚晒嘉年華
2005年7月17日	心晴靚晒2005－香港電台「太陽計劃2005心晴靚晒大行動」
2005年5月28日	港九藥房總商會新會址開幕禮暨「正版正貨」記者招待會
2005年6月3至5日	第六屆美容及健康減肥博覽
2005年6月10日	壓力及情緒管理講座
2005年6月12日	為「情」所困－走出情緒病深淵講座暨新書發佈會
2005年6月25日至2005年12月10日	「遠離情緒病」講座系列
2005年6月25日	首站－從身體病徵認識情緒病
2005年7月23日	第二站－撲滅情緒病
2005年8月14日	第三站－夏日暢談情緒病
2005年9月4日	第四站－情緒病面面觀
2005年10月30日	第五站－醫生與您解開情緒病之謎
2005年12月4日	第六站－常見情緒病
2005年12月10日	第七站－戰勝情緒病
2005年7月10日	心晴靚晒笑爺笑奶哈哈袋愛心義賣日
2005年7月13日	《我的馬拉松》慈善首映
2005年9月19日	開心Bobby親親笑爺笑奶
2005年10月至2006年3月	資助項目I－家連家精神健康教育計劃
2005年10月至2006年9月	資助項目II－「緣途伴你行」長者抑鬱症支援服務
2005年10月13日	出席亞洲基金會「2005社會參與論壇」
2005年10月14至16日	蘭桂坊心晴行動嘉年華2005
2005年10月16日	「心情、心晴、社區情」
2005年11月5至26日	熱線義工基礎訓練計劃(第一期)
2005年11月28日至2006年3月7日	情緒病治療課程(第十一屆基本課程)
2005年12月7日	珠海書院新聞及傳播學系報刊「珠海新聞」－人物專訪
2005年12月13日	路德會壓力與情緒講座
2006年1月14日及2月18日	義工簡介會
2006年1月17日	伸手助人協會「夠薑採訪隊」分享會
2006年1月27日、2月28日及3月30日	出席商業電台節目《有誰共鳴》
2006年2月5日	星光好心晴哈利新春行大運
2006年2月13至5月15日	專業面談輔導服務(第一期)
2006年3月11日	《彩虹下的約定》精神健康教育嘉年華
2006年3月4至25日	熱線義工基礎訓練計劃(第二期)
2006年3月25日	「情緒健康大使」教育講座
2006年4月8日及5月5日	名曲滿星光心晴慈善點唱會(I)及(II)
2006年4月10日	有心有情心晴行動粵曲慈善晚會2006
2006年4月13日	浸會大學會計及法律系學生「精神健康」學術研究報告
2006年5月16日	「心晴一聚」互動分享會
2006年5月21日	好心晴由細浸大－全港情緒健康關注日



工作回顧概覽 Overview

Date of Events	Title of Events
April 2005 – May 2006	Peer Support Service
21 April 2005	Mental Health Seminar
24 April 2005	Press Conference "Adult Depression in Contemporary Hong Kong"
27 April – 1 June 2005	Radio Program: <Joyful Angel>
11 May – 20 July 2005	The 10 th Practical Course on Mood Disorders in Primary Care (Elementary Course)
23 May – 17 July 2005	Joyful Sunshine 2005
23 May 2005	The "Sunny Boy and Girl" Election
6 June 2005	The Groundbreaking Ceremony of the "Laughing Corner" at Victoria Park
15 July 2005	The Inauguration of the "Laughing Corner"
15 – 16 July 2005	Laughing Marathon Contest
16 July 2005	Joyful Sunshine Carnival
17 July 2005	RTHK Solar Project 2005 - Joyful Sunshine
28 May 2005	The Opening Ceremony of the new premises of The Hong Kong General Chamber of Pharmacy Limited and The Press Conference for "No Fakes' Pledge"
3 ~ 5 June 2005	6 th Beauty and Fitness Expo
10 June 2005	Mental Health Seminar "Stress and Emotion Management"
12 June 2005	Mental Health Seminar and New Book Press Conference
25 June ~ 10 Dec 2005	Mood Disorders Seminar Series
25 June 2005	Seminar I
23 July 2005	Seminar II
14 August 2005	Seminar III
4 September 2005	Seminar IV
30 October 2005	Seminar V
4 December 2005	Seminar VI
10 December 2005	Seminar VII
10 July 2005	Mr & Mrs Cheerful Laughing Bags Charity Sale
13 July 2005	<Marathon> Charity Premiere
19 September 2005	Happy Bobby and Mr & Mrs Cheerful
October 2005 ~ March 2006	Sponsorship Project (I) Family Link Mental Health Education Program
October 2005 ~ September 2006	Sponsorship Program (II) Anti-depression Elderly Program
13 October 2005	The Asian Foundation "Community Engagement Stakeholders Forum 2005"
14 ~ 16 October 2005	Lan Kwai Fong Carnival 2005
16 October 2005	Mental Health Community Education Program
5 ~ 26 November 2005	Training Program for Joyful Hotline Helpers (Phase I)
28 November 2005 ~ 7 March 2006	The 11 th Practical Course on Mood Disorders in Primary Care (Elementary Course)
7 December 2005	Guest Interview <Chu Hai News>
13 December 2005	Stress Management Seminar for Kindergarten, Primary and Secondary School Teachers
14 January and 18 February 2006	Introductory Briefing to Joyful Volunteers
17 January 2006	Sharing Among Helping Hands
27 January, 28 February & 30 March of 2006	Participated in the Radio Program <Share My Song>
5 February 2006	Harley Joyful Parade
13 February ~ 15 May 2006	Professional Counseling Services (Phase I)
11 March 2006	Mental Health Promotion Carnival
4 ~ 25 March 2006	Training Program for Joyful Hotline Helper (Phase II)
25 March 2006	Seminar for Mental Health Ambassador
8 April and 5 May, 2006	Charity Singing at the Avenue of Stars(I) &(II)
10 April 2006	Charity Chinese Opera Night
13 April 2006	Academic Study on Depression by the students of HKBU
16 May 2006	Interactive Sharing among Professionals, the Sufferers and their Families
21 May 2006	Mental Health Promotion Day



統計 Statistics

項目統計 Statistics

項目性質 Category of Events	數目 No. of Events	參與/接觸人次 No. of Participants
教育講座 Mental Health Seminar	12	4,594
專業培訓 Training Course	4	74
社區推廣 Community Education & Promotion	21	4,965,919
學術探討 Academic Study	1	4
籌款活動 Fundraising	3	4,700
支援服務 Supportive Service	6	20,191
其他 Others	1	150
總結 Total	48	4,995,632

熱線服務統計 Joyful Hotline Statistics

熱線來電者 Hotline Callers	4/05	5/05	6/05	7/05	8/05	9/05	10/05	11/05	12/05	1/06	2/06	3/06	4/06	5/06	人次總結 No of participants
患者本人 Sufferers	112	79	105	151	83	87	56	67	54	61	38	92	60	44	1089
患者家人 Families of sufferers	35	28	47	63	40	29	26	27	12	16	16	33	25	24	421
患者朋友 Friends of sufferers	10	16	29	25	15	11	11	17	12	5	6	7	10	12	186
其他 Others	5	14	3	26	1	2	2	1	0	9	2	0	2	4	71
總數 Total	162	137	184	265	139	129	95	112	78	91	62	132	97	84	1767

電郵查詢 Email Enquiry Statistics

	4/05	5/05	6/05	7/05	8/05	9/05	10/05	11/05	12/05	1/06	2/06	3/06	4/06	5/06	人次總結 Total
電郵查詢個案 No of email cases	4	5	5	9	9	1	5	1	5	11	6	4	4	8	77

專業面談輔導 Professional Counseling Service Statistics

	2/06	3/06	4/06	5/06	人次總結 Total
約見人次 No. of interview sessions	18	27	23	14	82



鳴謝 Acknowledgement



3香港
A&W美國勁賣
Basic lam Song Produced
Best Translation Services Company
BG Beauty Plus
Blues By The way
CSL
Cyberport Tenants Club
ESRI
Jadesign Company Ltd
James Liang@JLA
Le Meridien Cyberport
Manulife維東分區
MobileTech Ltd.
NYC水上用品
PATCHI
PolyU Dance Society
Pure Yoga
Red Mission
Royal King International Ltd
Securicor
Team & Concepts
Teresa Carpio International
Tony Music House
Unilever h.k. Ltd.
Wyeth(惠氏藥廠)
大人與小孩有限公司
上海商業銀行
小童群益會
互聯網專業人員協會
心晴行動義工隊
牛奶有限公司
王仁曼芭蕾舞學校
生命力
交通安全隊
同德發行
吐露港扶輪社
帆風彫塑模型有限公司
有線電視
伸手助人協會
宏亮娛樂制作公司
快樂家庭團契
李暉武術文化中心
杜麗莎國際演藝學院有限公司
沙田社會福利署
沙田區議會

亞洲基金會
亞洲電視
協同中學
承宗堂有限公司
明報兒童週刊
明報週刊
東井圓佛會
東西鐵
東城石油化工有限公司
東華三院馮黃鳳亭中學
金至尊
非凡創意
保良局康復服務
哈利車主會香港縱隊
恆基兆業集團
星光大道管理有限公司
星島出版集團有限公司
活力健國際有限公司
紅十字會救傷隊
美的電器
苗苗堂
香港人壽保險經理協會
香港女童軍
香港扶幼會許仲繩紀念學校
香港扶輪青年團
香港亞洲展覽(集團)有限公司
香港科技大學
香港紅十字會
香港紅十字會成人義工隊AVG90
香港家連家精神健康倡導協會
香港浸會大學國際學院傳理學二年級師生
香港健障互匡會
香港聖公會麥理浩夫人中心
香港聖公會聖基道兒童院
香港聖約翰救傷隊
香港路德會
香港路德會基督教教育委員會
香港電視廣播有限公司
香港輔助警察隊義工隊
香港衛生署
香港聯華藥業有限公司
何鐵文會計師行
侯劉李楊律師行
哥哥之友義工團
時思國際香港有限公司
消防局義工隊

浸會大學CBI
珠海學院新聞及傳播學系
祖昌公司
能量站
商業電台
國際扶輪3450區
傑富飲品國際(亞洲)有限公司
捷榮行有限公司
梁介福(斧標)藥業有限公司
莎莎國際控股有限公司
莊臣有限公司
許仲繩中學獅隊
陳啟鴻林錫光律師行
傑志足球隊
富聲魚翅海鮮酒家
港九藥房總商會主席
港龍企業有限公司
華經顧問有限公司
順德聯誼會梁潔華小學家長教師聯誼會
新世界中心
新世界傳動網
新城電台
新科技亞洲有限公司
萬利嘉實業有限公司
萬寧
義務工作發展局
跳繩強心之友會
綠雅蒸餾水
蒲窩青少年中心
劉陳高律師事務所
數碼港艾美酒店Prompt
樂天關懷行動溫情軒社會服務中心
樂塗彩
衛生福利及食物局
衛施基金會
衛達保安(國際)有限公司
賞心樂社
盧氏影音製作
興明(亞洲)有限公司
優之良品
懲教職員義工隊 勵敬分隊
爆炸猛男
羅拔臣律師事務所
藝昇粵藝會
蘭桂坊協會

排名不分先後



Bliss	女生宿舍	沈梅芳女士	張見芳小姐	陳麗麗小姐	鄭文瑛小姐
Ms Carol Chan	尹錦滔先生	狄波拉女士	張明明先生	陳耀華先生	鄭光宇先生
Ms Chan Lai Fong	尤曾家麗太平紳士	周國賢先生	張彥峰先生	麥文潔女士	鄭明明女士
Mr Choy Siu Fai	文頌嫻小姐	周婉容小姐	張晉榮先生	麥翠雲小姐	鄭嘉麟先生
Mr Chung Kit Wah	文齊光先生	周樂怡醫生	張國強先生	喬寶寶先生	鄭禮楚銘先生
Ms Connie	王胡麗明女士	周麗淇小姐	張崇基先生	彭晴小姐	鄧佩雯小姐
Cream	王倩儀太平紳士	林夕先生	張崇德先生	曾瑞強博士	鄧炳榮先生
Mr Daniel Leung	王浩信先生	林文華小姐	張穎康先生	絕隊133	鄧景輝先生
Ms Daphne Cheung	王彩玉小姐	林永和醫生	張麗麗小姐	馮宜亮醫生	鄧鳳賢女士
Ms Diana Ip	王瑞瑛小姐	林玉香小姐	張靄雯小姐	馮威才醫生	鄧麗欣小姐
Ms Daisy Chow	王賢誌先生	林柏希先生	梁天先生	馮智清先生	魯芬小姐
Dr Billy Law	古巨基先生	林柏麟先生	梁少芯女士	馮煒璋先生	黎秀惠小姐
Dr Chan Nim Tak	甘偉賢先生	林家寶先生	梁兆明先生	黃以謙醫生	黎俊文先生
Dr Hung Ho	白綺綺小姐	林振濤先生	梁奕倫先生	黃依汶小姐	黎活仁博士
Dr Lam K H, Stanley	伍威強先生	林祖輝先生	梁洛施小姐	黃佩英小姐	黎惠嫻小姐
Dr Lam Wing Wo	安德尊先生	林國輝 大律師	梁海平先生	黃佩蓉女士	盧麗華小姐
Dr Ngan C.M.	成龍先生	林敬熹醫生	梁淑茗小姐	黃佩霞小姐	賴婉潔女士
Dr Winnie Tang	朱培慶先生	林繼賢先生	梁惠玲小姐	黃其昌先生	賴歡宇先生
Dr Yik Ping Yin	朱葛文小姐	邵盧善先生	梁惠敏小姐	黃明珠小姐	霍泰輝教授
F.I.R.	朱銘興先生	金廣城先生	梁愛倫小姐	黃秋霞小姐	薛凱琪小姐
Ms Fok Suk Kwan	朱潔儀小姐	冼瑞群小姐	梁靖琪小姐	黃英偉先生	謝安琪小姐
Ms Grace Chan	朱蔭邨先生	哈思蔚小姐	梁漢文先生	黃飛閱先生	謝美玉小姐
Ms Grace Au	何杜瑞卿女士	姚佑雄先生	梁銘峰小姐	黃容山先生	謝海宏先生
Ms Hilda Wong	何其穎小姐	姚嘉妮小姐	梁銘鋒先生	黃淑怡小姐	謝嘉雯小姐
Mr Joe Hung	何雨環小姐	施惠珍小姐	梁劉柔芬太平紳士	黃綺文小姐	謝靈鋒先生
Mr Jos Cheung	何重思先生	查小欣女士	梁德民先生	楊受成先生	謝燕雲女士
Ms Joyce Cheung	何劍雄先生	洪欣小姐	梁慧敏小姐	楊珊珊小姐	鍾慧敏小姐
Ms Karen Ng	何漪澄小姐	洪浩醫生	梁潤添先生	楊雪兒小姐	鍾麗嫻女士
Mr King	何潤儀小姐	洪慧玲小姐	盛智文先生	葉文輝先生	鍾麗蓉女士
Ms Kitty Lau	何耀泰先生	洪羅拔先生	莫江庭博士	葉宇澄先生	韓連山老師
Krusty	余枝勝醫生	紀利	莫俊希先生	葉佩雯小姐	顏國樑先生
Ms Lai Po Ling	吳日言小姐	胡定旭先生	莫俊邦先生	葉耀丞先生	魏家明先生
Ms Lesley	吳思思小姐	胡國雄先生	莫凱謙先生	葉麗芬小姐	魏國威先生
Mr Leung Yuen Ting	吳浩康先生	胡楓先生	郭少明先生	詹彩婷小姐	羅可君先生
Ms Linda	吳偉文醫生	范精文講師	郭家麒議員	賈思樂先生	羅志華博士
Ms Lisa	吳淑儀小姐	范潔欣小姐	郭羅桂珍女士	暨美燕小姐	羅曼穎小姐
Ms Lydia Lo	李少峰 律師	郁禮賢先生	陳子林先生	翟文意小姐	羅麗莎小姐
Mr Mak Chun Wan	李文菁小姐	韋家輝先生	陳文媛小姐	趙茂城先生	譚玫瑰小姐
Mr Mike Tsang	李立權先生	唐韋琪小姐	陳文輝先生	趙敏賢小姐	關子標先生
Ms Emily Cheung	李依琳小姐	夏淑貞小姐	陳念德醫生	趙逸熙小姐	關浩揚先生
Ms Vivian Siu	李卓玲小姐	夏韶聲先生	陳昭昭小姐	劉玉翠小姐	關智斌先生
Mr James Liang	李妮小姐	宮雪花小姐	陳柱中校長	劉惠鳴女士	嚴鳳好小姐
Mr Wiliam	李朋帶先生	容天佑先生	陳炳輝先生	劉愛國先生	寶佩如小姐
Ms Diane Huang	李冠群先生	容恩樺先生	陳祖澤太平紳士	歐陽震華先生	蘇梓維先生
Mr Paul Gill	李思齊小姐	容祖兒小姐	陳素嫻小姐	潘定鈞先生	蘇慧儀小姐
Pedestrian	李國祥先生	徐仲文先生	陳淑萍小姐	潘振成先生	鍾煥梵小姐
Mr Raymond Lam	李紫昕小姐	徐利容小姐	陳景滂先生	潘國榮先生	顧紀筠小姐
Mr Raymond Siu Hung Chan	李華先生	徐若瑄小姐	陳棋禧先生	潘惠真女士	
Ms Rosanna	李詠璇小姐	徐碧如小姐	陳敬創先生	蔣文端女士	
Mr Sam Lam	李暉小姐	袁瑞明先生	陳業文先生	蔡玉寧女士	
Ms Sandy Ho	李漢榮先生	袁潔儀小姐	陳解頤小姐	蔡柏基先生	
Mr Simon Shek	李慕潔小姐	馬少明女士	陳達醫生	蔡馬愛娟女士	
SKY	李樂詩小姐	馬展雲先生	陳綺明小姐	蔡堅醫生	
Soda	李潔薇小姐	馬興和先生	陳鳳來小姐	蔡詠雲小姐	
Soler	李龍先生	高葉少霞女士	陳賢先生	蔡蓮娣女士	
Mr Stephen Tsui	杜太	高燕芬小姐	陳輝陽先生	衛蘭小姐	
Twins	杜麗莎小姐	高麗萍護士長	陳穎照小姐	談志榮醫生	
Mr Yan Chung Wing		寇鴻萍小姐	陳麗芳小姐	鄭中基先生	
Mr Yu Ka Kit		張文新先生			

排名不分先後



AUDITORS' REPORT



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

**TO THE TRUSTEES OF
JOYFUL (MENTAL HEALTH) FOUNDATION**
心晴行動慈善基金
(Incorporated in Hong Kong)

We have audited the financial statements on pages 35 to 45 which have been prepared in accordance with accounting principles generally accepted in Hong Kong.

Respective responsibilities of executive committee and auditors

The executive committee is responsible to prepare financial statements which give a true and fair view. In preparing financial statements which give a true and fair view, it is fundamental that appropriate accounting policies are selected and applied consistently, that judgments and estimates are made which are prudent and reasonable and that the reasons for any significant departure from applicable accounting standards are stated.

It is our responsibility to form an independent opinion, based on our audit, on those financial statements and to report our opinion solely to you, as a body, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Basis of opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgments made by the executive committee in the preparation of the financial statements, and of whether the accounting policies are appropriate to the Foundation's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance as to whether the financial statements are free from material misstatement. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements. We believe that our audit provides a reasonable basis for our opinion.



AUDITORS' REPORT (Continued)

**TO THE TRUSTEES OF
JOYFUL (MENTAL HEALTH) FOUNDATION**
心晴行動慈善基金
(Incorporated in Hong Kong)

Opinion

In our opinion the financial statements give a true and fair view of the state of the Foundation's affairs as at 31 May 2006 (date of cessation of the Foundation) and of its deficit and cash flows for the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation) and have been properly prepared in accordance with accounting principles generally accepted in Hong Kong.

Cheng & Cheng Limited
Certified Public Accountants

Hong Kong, 14 November 2006



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

BALANCE SHEET

*As at 31 May 2006 (date of cessation of the Foundation)**

	NOTE	31/05/2006 HK\$	31/03/2005 HK\$
NON-CURRENT ASSETS			
Fixed assets	3		
- Plant and equipment		90,382	57,486
Financial assets	4	1,154,970	1,480,925
		<u>1,245,352</u>	<u>1,538,411</u>
CURRENT ASSETS			
Donations receivable		0	205,784
Sundry receivables		25,819	1,000
Cash and bank balances		3,548,267	4,044,356
		<u>3,574,086</u>	<u>4,251,140</u>
Deduct: CURRENT LIABILITIES			
Sundry payables		0	114,432
		<u>3,574,086</u>	<u>4,136,708</u>
NET CURRENT ASSETS			
		<u>4,819,438</u>	<u>5,675,119</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>4,819,438</u>	<u>5,675,119</u>
Represented by :			
FUNDS			
Reserves		29,270	0
Accumulated surplus		4,790,168	5,675,119
		<u>4,819,438</u>	<u>5,675,119</u>

Signed on behalf of the Executive Committee by:-

Member of Executive Committee

Member of Executive Committee

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

* Refer to P45 Note 8 'SUBSEQUENT EVENT'



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

INCOME AND EXPENDITURE ACCOUNT

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

	01/04/2005- 31/05/2006 HK\$	11/02/2004- 31/03/2005 HK\$
INCOME		
Donations received	322,661	4,259,673
Project income	1,702,961	3,223,913
Interest and other income	<u>207,738</u>	<u>59,822</u>
	<u>2,233,360</u>	<u>7,543,408</u>
EXPENDITURE		
Administrative and general expenses	(1,078,826)	(649,731)
Project expenses	(1,881,237)	(1,110,558)
Sponsorship	<u>(158,248)</u>	<u>(108,000)</u>
	<u>(3,118,311)</u>	<u>(1,868,289)</u>
SURPLUS/(DEFICIT) FOR THE PERIOD	<u>(884,951)</u>	<u>5,675,119</u>



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

STATEMENT OF CHANGES IN FUNDS

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

	Fair value reserve HK\$	Accumulated surplus HK\$	Total HK\$
Surplus for the period and balance at 31 March 2005	0	5,675,119	5,675,119
Fair value adjusted for AFS securities	29,270	0	29,270
Deficit for the period	0	(884,951)	(884,951)
At 31 May 2006	<u>29,270</u>	<u>4,790,168</u>	<u>4,819,438</u>



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

CASH FLOW STATEMENT

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

	NOTE	01/04/2005- 31/05/2006 HK\$	11/02/2004- 31/03/2005 HK\$
Net cash from/(used in) operating activities	6	(742,069)	5,612,739
Net cash from/(used in) investing activities	7	245,980	(1,568,383)
Net cash from financing activities		<u>0</u>	<u>0</u>
Increase/(decrease) in cash and cash equivalents		(496,089)	4,044,356
Cash and cash equivalents at beginning of the period		<u>4,044,356</u>	<u>0</u>
Cash and cash equivalents at end of the period		<u><u>3,548,267</u></u>	<u><u>4,044,356</u></u>
ANALYSIS OF THE BALANCES OF CASH AND CASH EQUIVALENTS			
<i>Cash and bank balances</i>		<u><u>3,548,267</u></u>	<u><u>4,044,356</u></u>

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



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

NOTES TO THE FINANCIAL STATEMENTS

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

1. GENERAL INFORMATION

The Foundation was established in Hong Kong on 11 February 2004 as a trust of a public character.

The objectives of the Trust are as follows:-

- (a) the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and
- (b) the promotion of research and education for better understanding of mental health and mental health patients and their families.

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES

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

(a) STATEMENT OF COMPLIANCE

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

The HKICPA has issued a number of new and revised HKFRSs that are effective or available for early adoption for accounting periods beginning on or after 1 January 2005. There are no significant impacts to the Foundation from initial application of these new and revised HKFRSs for the current and prior accounting periods.

(b) BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

The measurement basis used in the preparation of the financial statements is the historical cost basis except that the following assets and liabilities are stated at their fair value as explained in their detailed accounting policies:

- financial instruments classified as held-to-maturity securities
- financial instruments classified as available-for-sale securities

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



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

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

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

(c) FINANCIAL INSTRUMENTS

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

Investments in debt and equity securities

(1) Held-to-maturity securities

Dated debt securities that the Foundation have the positive ability and intention to hold to maturity are classified as held-to-maturity securities. Held-to maturity securities are initially recognised in the balance sheet at fair value plus transaction costs. Subsequently, they are stated in the balance sheet at amortised cost less impairment losses.

(2) Available-for-sale securities

Other investments in securities are classified as available-for-sale securities and are initially recognised at fair value plus transaction costs. At each balance sheet date the fair value is re-measured, with any resultant gain or loss being recognised directly in equity, except for impairment losses and, in the case of monetary items such as debt securities, foreign exchange gains and losses which are recognised directly in profit or loss. Where these investments are interest-bearing, interest calculated using the effective interest method is recognised in profit or loss. When these investments are derecognised, the cumulative gain or loss previously recognised directly in equity is recognised in profit or loss.

Investments are recognised or derecognised on the date the Foundation commits to purchase or sell the investments or they expire.

Receivables

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



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(c) FINANCIAL INSTRUMENTS (Continued)

Payables

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

(d) PLANT AND EQUIPMENT

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

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

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

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

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.

(e) LEASED ASSETS

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

Operating lease charges

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



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(f) CASH AND CASH EQUIVALENTS

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other financial institutions, and short-term, highly liquid investments that are readily convertible into known amounts of cash and which are subject to an insignificant risk of changes in value, having been within three months of maturity at acquisition. Bank overdrafts that are repayable on demand and form an integral part of the Foundation's cash management are also included as a component of cash and cash equivalents for the purpose of the cash flow statement.

(g) REVENUE RECOGNITION

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

(i) Dividend income

Dividend income from unlisted investments is recognised when the shareholder's right to receive payment is established.

(ii) Donations received

Donations received are recognised whenever it is received or receivable.

(iii) Interest income

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

(iv) Other income

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

(h) 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 ("HKD"), which is the functional and presentation currency.

(i) TRANSLATION OF FOREIGN CURRENCIES

Foreign currency transactions during the period are translated at the foreign exchange rates ruling at the transaction dates. Monetary assets and liabilities denominated in foreign currencies are translated at the foreign exchange rates ruling at the balance sheet date. Exchange gains and losses are recognised in profit or loss, except those arising from foreign currency borrowings used to hedge a net investment in a foreign operation which are recognised directly in equity.



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

3. FIXED ASSETS

	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	Total HK\$
COST				
Additions and at 31 March 2005	11,340	31,848	28,670	71,858
Additions	909	15,296	89,040	105,245
Written off	0	0	(28,670)	(28,670)
At 31 May 2006	12,249	47,144	89,040	148,433
Deduct: ACCUMULATED DEPRECIATION				
Charged for the period and at 31 March 2005	2,268	6,370	5,734	14,372
Charged for the period	2,722	10,027	36,664	49,413
Eliminated on written off	0	0	(5,734)	(5,734)
At 31 May 2006	4,990	16,397	36,664	58,051
NET BOOK VALUES				
At 31 May 2006	7,259	30,747	52,376	90,382
At 31 March 2005	9,072	25,478	22,936	57,486



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

4. FINANCIAL ASSETS

	31/05/2006 HK\$	31/03/2005 HK\$
Carrying amount of Held-to-maturity debt securities	774,700	1,129,925
Available-for-sale equity securities, at fair value	<u>380,270</u>	<u>351,000</u>
Total amount of financial assets	<u>1,154,970</u>	<u>1,480,925</u>

5. TAXATION

The Foundation is exempted from Hong Kong tax under Section 88 of the Hong Kong Inland Revenue Ordinance.

**6. RECONCILIATION OF SURPLUS/(DEFICIT)
 TO NET CASH FROM/(USED IN) OPERATING ACTIVITIES**

	01/04/2005- 31/05/2006 HK\$	11/02/2004- 31/03/2005 HK\$
Surplus/(deficit) for the period	(884,951)	5,675,119
Adjustments for:		
Dividends received	0	15,600
Depreciation of owned assets	49,413	14,372
Exchange difference	4,000	0
Interest income	(207,738)	(16,414)
Loss on written off of fixed assets	<u>22,936</u>	<u>0</u>
Surplus/(deficit) before working capital changes	(1,016,340)	5,688,677
(Increase)/decrease in other receivables	180,965	(206,784)
Increase/(decrease) in other payables	<u>(114,432)</u>	<u>114,432</u>
Cash generated from/(used in) operations	(949,807)	5,596,325
Interest received	<u>207,738</u>	<u>16,414</u>
Net cash from/(used in) operating activities	<u>(742,069)</u>	<u>5,612,739</u>



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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the period from 1 April 2005 to 31 May 2006 (date of cessation of the Foundation)

7. INVESTING ACTIVITIES

	01/04/2005- 31/05/2006 HK\$	11/02/2004- 31/03/2005 HK\$
Purchase of plant and equipment	(105,245)	(71,858)
Proceeds/(payments) for short term investments	351,225	(1,480,925)
Dividends received	<u>0</u>	<u>(15,600)</u>
Net cash from/(used in) investing activities	<u><u>245,980</u></u>	<u><u>(1,568,383)</u></u>

8. SUBSEQUENT EVENT

As resolved by the executive committee in 2005, the Foundation would change its status from a trust of a public character to a company limited by guarantee. As a result, the Foundation ceased on 31 May 2006 and its assets and liabilities were transferred to a new company named Joyful (Mental Health) Foundation Limited, a company incorporated in Hong Kong by guarantee, on 1 June 2006.

9. COMPARATIVE FIGURES

The comparative figures for the Income and Expenditure Account in respect of the first set of account in prior period, covering a period of fourteen months from 11 February 2004 to 31 March 2005 are not comparable.

Certain comparative figures have been re-classified to conform with the current period's presentation.

10. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Executive Committee on 14 November 2006.



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

捐款呼籲

我們的財政來源主要來自社會各界熱心人士或機構的捐款，本會未有經常性的財政資助，您的愛心捐款可以支持我們教育、幫助及推廣健康情緒的工作，我們誠邀您捐助心晴行動，與我們一起推動社會關注情緒健康。

(凡捐款滿港幣\$100元可獲發捐款收據作扣稅用途及可自動成為心晴之友。)

捐款途徑

1. 請將現金或支票，抬頭請寫「心晴行動慈善基金有限公司」，直接存入以下捐款戶口：

中國銀行 : 012-882-0-004522-8
上海商業銀行 : 354-82-03266-1

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

熱線 : 2301 2303
傳真 : 2144 6331
電郵 : joyful@jmhf.org
地址 : 九龍慈雲山慈正邨正暉樓地下2號室

呼籲會址捐贈

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

Appeal for Donation

As we do not have regular financial support, ongoing of the Foundation depends on the donations from organizations and 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 for a better future for society.

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

Donation Methods

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

Bank of China : 012-882-0-004522-8
Shanghai Commercial Bank Ltd : 354-82-03266-1

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

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

Appeal for Donation of Office Space

We would like to appeal for donations of office premise or the provision of free office space on a permanent basis.