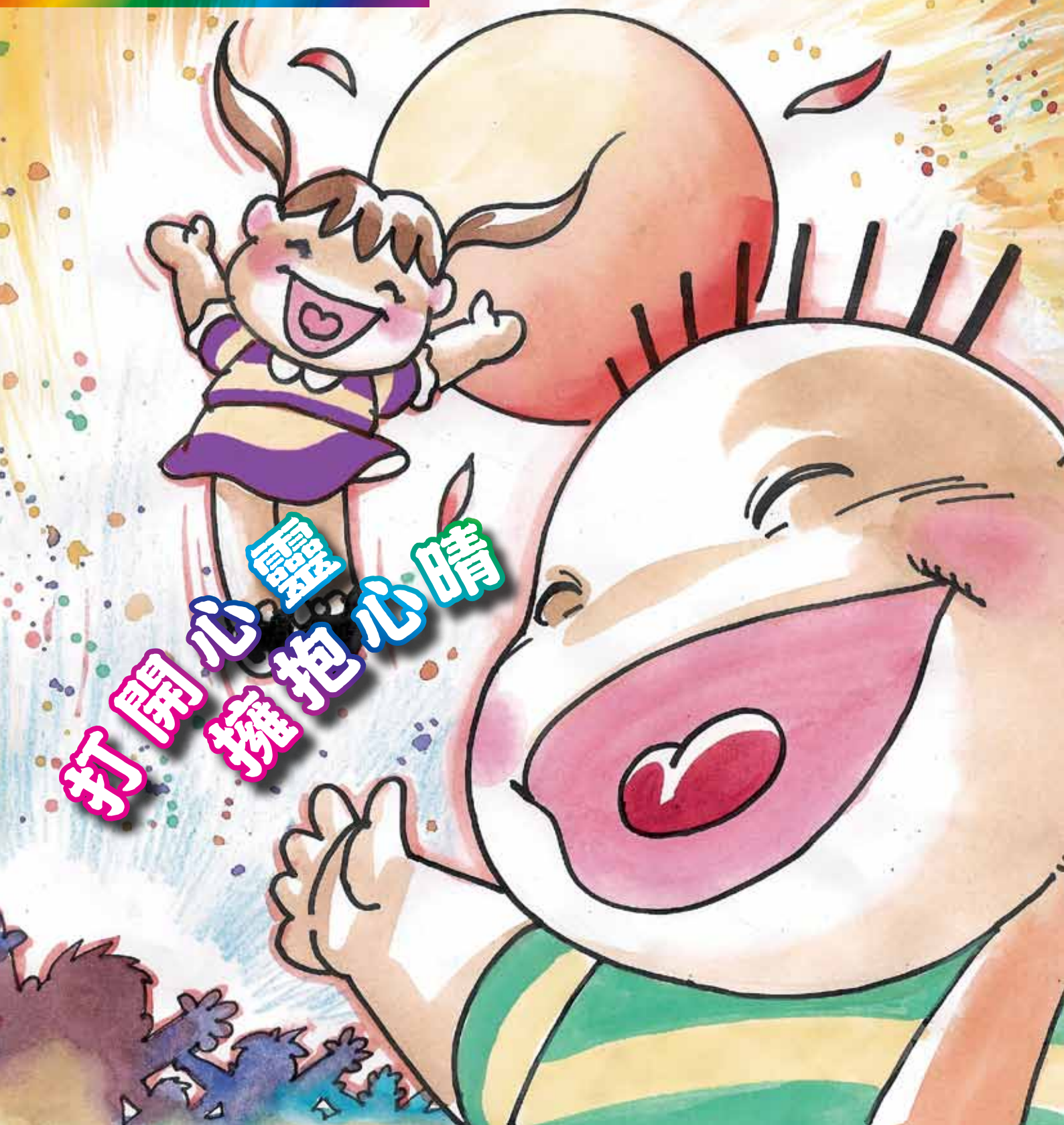


心晴行動慈善基金

JOYFUL (MENTAL HEALTH)
FOUNDATION LIMITED

2008-2009年度年報
ANNUAL REPORT

打開心
擁抱心晴



心晴行動全體成員加油!

我們支持你!

國際文具製造廠有限公司 致意

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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，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、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。



BACKGROUND

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

Ms Victoria LAM Kin Ming, who once suffered from depression and anxiety disorders, established Joyful (Mental Health) Foundation in 2004 with the assistance of a dedicated group of volunteers. The Foundation's objectives are to promote the awareness of mental health in the community, to 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, celebrities and media practitioners who have learnt that depression and other mental health illnesses are becoming more prevalent in society. Therefore, when Ms LAM came up with the idea of setting up an organization to combat mood disorders, all these various persons joined hands with her.



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 Victorica Lam
Founder & Chairperson,
JMHF



李鵬飛先生
華經顧問有限公司
主席
Mr Allen Peng-Fei LEE (J.P.)
Chairman, Pacific Dimensions
Consultants Limited

天總有晴

站在今天看明天，悠然淡觀風雲變。

二〇〇八年的四川大地震，為災民帶來極大心靈上的創傷。為表達對他們無限的慰勉和祝福，我們義賣九百本由心晴行動慈善基金協製的「飛過抑鬱的森林」書刊，並將所得的十萬元透過中聯辦（中央人民政府駐香港特別行政區聯絡辦公室）捐給四川災民，直接資助輔導災民，提供災後心理及心靈重建。

同年，我們主辦了「有心有情粵曲慈善晚會」，憑曲寄意，除了帶來欣賞的歡愉，也為了宣揚以音樂治療情緒。是次粵曲晚會由協辦的賞心樂社負責製作，確是賞心悅目。承蒙長年風雅、一生清貴的陳寶珠小姐和陳好逖小姐擔任特別演出嘉賓，那一場表演任誰都覺得彌足珍重。

我們期望日後能夠有更多機會與不同機構合作，舉辦不同類型的慈善活動，令更多人從我們提供的服務、推廣及教育活動中受益。

源自美國的一場金融海嘯同年也緊隨而來，衝擊著不少人，情緒波動此起彼落，是難捱的一年，也是人生的極大考驗。我們恪守信諾，繼續肩負起宣揚情緒健康的使命，讓情緒健康這寶貝飛到你們手中，延伸至世界的許多角落。

人生總有諸多的驛站，像一個舞台，在同時間的不同空間上演著諸多的悲歡離合，戲一幕幕落下，誰都參與其中，沒有人能獨自旁觀。

相互攜手，站在今天看明天，繼續前航。

『兩過天晴雲彩處，這般顏色做將來』。



MESSAGE FROM TRUSTEES



康寶駒律師

劉陳高律師事務所資深合夥人
香港足球總會榮譽副會長

Mr Martin Po-Kui HONG

Senior Partner, Lau, Chan & Ko,
Solicitors & Notaries/
The Hong Kong Football Association Ltd.
Honorary Vice-President



何鐵文爵士

何鐵文會計師行
負責人

Chevalier Dr. T.M. HO

(DUKE OF ALAYDOS)
Certified Public Accountant
T.M. Ho & Company

The Sun Scatters the Clouds Someday

Looking forward to the future, what will be, will be.

In April 2008, the Sichuan Earthquake broke out, which buried tens of thousands of precious lives and brought huge emotional trauma to the victims. In order to express our encouragement and wishes for the victims in Sichuan, we donated 900 copies of "Overcome Your Depression", which was compiled with assistance from the Joyful (Mental Health) Foundation, for charity sale and contributed HKD100,000 to the victims in Sichuan through LOC (the Liaison Office of the Central People's Government in Hong Kong Special Administrative Region), for their post-disaster psychological and mental reconstruction.

In addition, Joyful also sponsored a large-scale fund-raising event, "Affection and Love, Cantonese Opera Charity Event", in the same year to promote musical therapy of emotional diseases. The Cantonese opera was presented by the co-host Sheung Sum Opera Club and we were honoured of having Ms Chan Po Chu and Ms Chan Ho Kau as the special guests. Their performance gave the audience an impressive and memorable evening.

We hope that in the future we could cooperate with various organizations to hold different charity activities so that more people would benefit.

The financial tsunami broke out from America in the same year. It has brought great challenges to the global economy. We faced the drastic changes in the society and experienced a monumental test of our life. This was a difficult and challenging year. We stay committed to promote emotional health and help the treasure of emotional health to fly into your hands and to every corner of the world.

Full of ups and downs, life is just like a stage, on which the vicissitudes of life are put in different spaces at the same time. As the curtain falls, nobody can sit on the sidelines.

We and the society should go hand in hand to build a better tomorrow. ☺

*We believe that when the sky clears after the rain,
we will create a more beautiful future.*

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司庫獻辭

大約四年前，我出席「英國特許管理會計師公會」的一次理事會會議，身為理事會成員之一，被問到會否樂意擔任『心晴行動慈善基金』名譽司庫一職，那刻我毫不猶豫地答允。我知道『心晴行動慈善基金』是一間專為情緒健康作推廣及教育的慈善機構，我自己也曾遇過心緒不寧、心情鬱悶的時候，我相信利用自己的專業知識為這間慈善機構服務，一方面可以提供意見，協助機構解決一些財務上的技術性問題，另一方面也可令自己了解更多關於情緒健康的知識。

心晴行動成立以來，曾舉辦過很多大型籌款活動，例如：「有心有情」粵曲慈善晚會、心晴幸運慈善獎券，賣旗籌款、甜蜜情濃海港城慈善籌款活動以及最近的五週年晚會等等，而最令我印象深刻的是今年四月舉辦的二手衫慈善義賣活動。在金融海嘯及豬流感的陰霾下，心晴行動慈善基金無懼風雨，首次舉行了為期三日的『抗海嘯·名人名牌二手服飾慈善義賣』活動。活動原定舉辦三天，但首日已反應非常熱烈，在開售前，不論是白領階層或是一家大小都排隊支持義賣，有些熱心人士甚至在凌晨三時已開始排隊等候，人龍把門口擠得水洩不通，結果所有貨品在活動首兩天內已售罄，這些熱心人士的慷慨善心令我為之動容，為心晴行動的服務工作獲社會的認同而深感喜悅，亦為我四年前加入心晴行動的正確決定而倍感自豪。

支持慈善活動除了有心之外，還要身體力行，在剛剛過去的九月，我與主席、及各執委、義工朋友及職員，到大嶼山「奧運徑」為將於二〇一〇年一月三十一日舉行的「心晴行動慈善跑十公里賽」拍攝宣傳短片。當日天氣炎熱，大家都熱得大汗淋漓，但為了慈善，加上沿途的優美風景，我們的辛苦也是值得。

過去的活動能得以順利完滿結束實在有賴各位善心人士及機構的支持，盼望大家對我們日後舉辦之活動繼續響應，與我們同行。心晴行動籌募所得的善款作多方之用途，包括專業的面談輔導服務、熱線電話諮詢服務，義工訓練及朋輩支援及分享等。此外亦有大型項目，如推廣情緒健康訊息給予莘莘學子的「校園計劃」、老師及家長的支援工作坊及不同形式的社區講座。

在這心晴行動成立五週年的日子，是時候讓我們回顧過去及展望未來，心晴行動過去是由零開始，由無變有，而當中推動我們最大的動力是我們之服務使助人轉變，重新踏上美麗的人生路。我們期望心晴行動未來成就更多美麗的人生故事，推動我們繼續前行，令大家的「心晴」及世界更溫暖精彩。☺

司庫
鄭秀英



MESSAGE FROM TREASURER

About four years ago, I, being a Council Member of The Chartered Institute of Management Accountants ("CIMA"), was asked as to whether I had interest to take up the position of the honorary treasurer of Joyful (Mental Health) Foundation (the "Foundation") when I attended the council meeting of CIMA. I consented without any hesitation, as I knew the Foundation is a charitable organization which is dedicated to the promotion and education of emotional health. I myself have also experienced vexation and depression before and I believe, by taking up the role, I can help the Foundation to solve some technical financial issues with my professional knowledge on the one hand, and can learn more about emotional health on the other hand.

Since its establishment, the Foundation has organized many large-scale fund raising events, including the Affection and Love Cantonese Opera Charity Event, Joyful Charity Lucky Draw, Charity Flag Day, Sweet Love Harbour City Charity Fund-raising Event and the Foundation's recent 5th Anniversary Party, etc. What impressed me most was the second-hand clothes charity sales held in April this year. Even under the swine flu attack and the miserable global financial tsunami environment, the Foundation unhesitatingly held a three-day charity sales event called "Anti-Financial Tsunami, Celebrity & Famous Brand Second-hand Clothes Charity Sales" for the first time. Overwhelming responses from the public were received. Before the sales began on the first day, hundreds of people were queuing up at the entrance of the venue to support the event. Some enthusiastic persons even started to line up in the morning at around 3:00 a.m. The event was originally scheduled for three days, but all the goods were sold out within the first two days. At that time, I was really touched by the generosity of these kind-hearted people. My heart was filled with joy of the recognition by society on the work done by the Foundation. I was proud of myself to make the right decision of joining the Foundation four years ago.

To support charity, we have to do it whole-heartedly as well as physically. In the past September, I, together with the Chairman, all other executive committee members, volunteers and staff, went to the Olympic Trail in Lantau for a promotional video shooting of the Joyful Charity 10km Running Race which is to be held on January 31, 2010. It was a very hot day and we were all dripping with sweat. However, for the sake of charity and with the beautiful scenery along the Trail, it was worth all our hardship.

Thanks to the supports from those kind-hearted people and caring organizations, all our previous fund-raising activities had been accomplished with satisfactory results. We hope that all parties will continue to work closely with us in our future events. The funds raised by the Foundation are used for various purposes, including professional interview and counseling services, hotline consultation services, volunteer training and peer group's support and sharing, etc., In addition, some large-scale projects have also been launched such as "School Campus Campaign" which aims to promote emotional health messages to students, workshops for teachers and parents as well as different kinds of community seminars.

At this 5th anniversary of the Foundation, it is time for us to review the past and to look into the future. We have built up the Foundation from scratch. Our momentum and strength come from the changes that we see from those people who have benefited from our help - transformation from a miserable to a beautiful life ahead. We are expecting that more wonderful stories of life will be compiled with the help of the Foundation, which will drive us further forward to make this world a more joyful and wonderful place. ✍️

Irene Cheng
Treasurer

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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
Consultants Limited



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



何鐵文爵士
何鐵文會計師行
負責人
Chevalier Dr. T.M. HO
(DUKE OF ALAYDOS)
Certified Public Account
T.M. Ho & Company

顧問團成員 CONSULTANTS



王忠桐先生
王氏港建國際集團有限公司主席
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Mr. Senta WONG
Chairman & CEO,
Wong's Kong King International (Holdings) Ltd
Chairman (2000), Tung Wah Group - Group of Hospitals



李誠教授
香港健康情緒中心主管
Professor Sing Lee
Director, Hong Kong
Mood Disorder Center



趙雨龍博士
浸會大學社工系教授
Dr marcus Y.L. CHIU
Professor, Hong Kong
Baptist University



郭偉健醫生
嘉華集團營運總裁
Mr Ken Wai-Kin KWOK
Chief Operating Officer,
K. Wah Group



李偉民律師
本基金名譽法律顧問
Mr Maurice LEE
Honorary Legal Advisor
JMHF



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



勞永樂醫生
全民健康動力主席
Dr Wing-Lok LO
Chairman
People's Health Actions



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



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電視及演藝製作人
Ms Shiu-Ha Lee Leung
Media Practitioner



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鄭鄭會計師事務所有限公司顧問/
本基金義務核數師
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Consultant, Cheng & Cheng Limited/
Honorary Auditor, JMHF

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顧問團成員 CONSULTANTS



陳啟鴻律師
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本基金義務法律顧問
Mr Alfred CHAN
S.K. Lam, Alfred Chan & Co.
Honorary Legal Advisor,
JMHF



周向榮醫生
DR醫學界美容集團
Dr Stephen CHOW
DR medical Esthetic Group



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



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



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



謝宏中先生
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Mr Philip Wan-Chung TSE
Company Chairman



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



麥洛新先生
註冊社工
Mr Lok-Sun MAK
Registered Social Worker



曹志光先生
資深防止欺詐及
風險管理專才 / 大律師
Mr Smiler CK CHO
Certified Fraud Examiner/
Barrister



陳慧羚小姐
資深社工
Ms Viola CHAN
Registered Social Worker



郭碧珊小姐
香港健康情緒中心
一級執業臨床心理學家
Ms Kathleen KWOK
Practising Clinical Psychologist 1,
Hong Kong Mood Disorders Center



黃綺雯小姐
資深市場策劃人
Ms Alice WONG
Marketing Consultant &
Strategic Planner



麥嘉欣先生
翔樂傳訊有限公司董事
Mr Samuel MAK
Managing Director,
Madison Communications



何念慈小姐
臨床心理學家
Ms Annie HO
Clinical Psychologist



陳靄華小姐
精神科社康護理專科護士
Ms Eva CHAN
Nurse Specialist
(Community Psychiatric Nursing)



張建良醫生
資深精神科醫生
Dr Ben Kin-Leung CHEUNG
Senior Consultant in Psychiatry

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執委會成員

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Mr Monster FOK (Vice-chairperson) Media Practitioner

Mr Jackson LI (Secretary)

Senior Public Relations & Production Consultant

Mr Pang LAI (Vice-secretary) AIA Team Manager

Ms Irene CHENG (Treasurer)

Professional Accountant and Chartered Secretary

Ms Alice CHEUNG Social Service

Ms Joycw MOK Media Practitioner

Ms Audrey LEE Rehabilitation Service

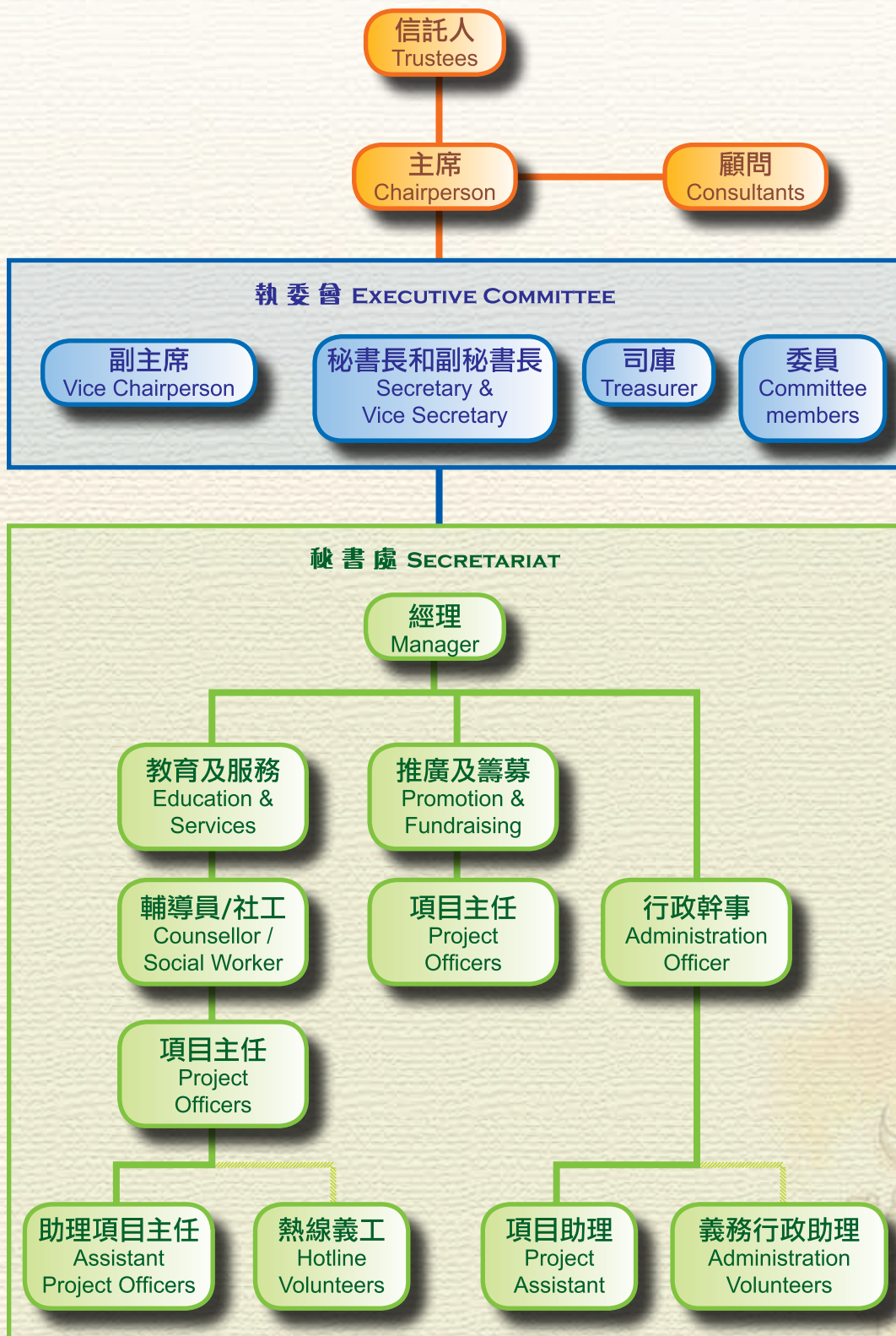
Ms Cecilia LAU Fundraiser

Mr Benett LI General Manager

Ms Samantha WONG Fundraiser



組織架構 ORGANIZATION STRUCTURE





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 Services

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

2. Professional Counseling services

To provide professional assessment and counseling services by 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性，教授如何自我檢視情緒健康狀態，以及分享建立與維持健康情緒的方法。

CAMPUS PLAN - "KEEP A CLOSER EYE ON EMOTION" SEMINAR

An emotional health education program designed for secondary school students. Explain the importance of emotional health to the students through interactive seminars, teach them how to self-inspect their emotional health and share with them the methods to establish and maintain healthy emotions.

講座次序及日期 SEMINARS ORDER AND DATE

- | | | | |
|---|------------|--|--|
| 1 | 2008-04-02 | 棉紡會中學
Cotton Spinners Association Secondary School | |
| 2 | 2008-04-11 | 元朗趙聿修紀念中學
Chiu Lut Sau Memorial Secondary |  |
| 3 | 2008-04-15 | 九龍塘學校(中學部)
Kowloon Tong School (Secondary Section) | |
| 4 | 2008-05-08 | 天主教新民書院
Newman Catholic College | |
| 5 | 2008-05-14 | 仁濟醫院靚次伯紀念中學
Yan Chai Hospital Lan Chi Pat Memorial Secondary School | |
| 6 | 2008-05-21 | 新法書院
New Method College | |
| 7 | 2008-05-22 | 東涌天主教學校
Tung Chung Catholic School |  |
| 8 | 2008-05-23 | 神召會康樂中學
Assembly of God Hebron Secondary School |  |

9	2008-06-11	香港三育中學 Hong Kong Sam Yuk Secondary School
10	2008-06-27	循道衛理聯合教會李惠利中學 The Methodist Lee Wai Lee College
11	2008-06-30	天水圍循道衛理中學 Tin Shui Wai Methodist College
12	2008-07-02	明愛沙田馬登基金中學 Caritas Shatin Marden Foundation Secondary School
13	2008-07-04	中華基督教會基智中學 CCC Kei Chi Secondary School
14	2008-07-09	博愛醫院歷屆總理聯誼會梁省德中學 Leung Sing Tak College
15	2008-09-30	中華基督教會基協中學 The Church of Christ in China Kei Heep Secondary School
16	2008-10-02	第十六站 新界喇沙中學 Da La Salle Secondary School, N.T.
17	2008-10-09	聖母院書院 Notre Dame College
18	2008-10-09	香港仔浸信會呂明才書院 Aberdeen Baptist Lui Ming Choi College
19	2008-10-16	東華三院伍若瑜夫人紀念中學 T.W.G. Hs. Mrs. Wu York Yu Memorial College
20	2008-10-17	鳳溪廖萬石堂中學 Fung Kai Liu Man Shek Tong Secondary School
21	2008-10-21	佛教大雄中學 Buddhist Tai Hung College
22	2008-10-29	長沙灣天主教英文中學 Cheung Sha Wan Catholic Secondary School
23	2008-10-31	培道中學 2008 Pooi To Middle School
24	2008-11-03	聖傑靈女子中學 St. Catharine's School for Girl (Kwun Tong)



25 2008-11-31 嶺南鍾榮光博士紀念中學
Lingnan Dr. Chung Wing
Kwong Memorial Secondary
School



26 2008-11-04 培僑中學
Pui Kiu Middle School

27 2008-11-05 聖公會聖三一堂中學
SKH Holy Trinity Church Secondary School

28 2008-11-11 聖母院書院
Notre Dame College

29 2008-11-12 下葵涌官立中學
Ha Kwai Chung Government Secondary School

30 2008-11-13 新生命教育協會平安福音中學
NLSI Peace Evangelical Secondary School

31 2008-11-13 佛教沈香林紀念中學
Buddhist Sum Heung
Lam Memorial College



32 2008-11-14 博愛醫院歷屆總理聯誼會梁省德中學
AD&FD Pohl Leung Sing Tak College

33 2008-11-18 荃灣官立中學
Tsuen Wan Government Secondary School

34 2008-11-19 佛教慈航智林紀念中學
Buddhist Chi Hong Chi Lam Memorial College

35 2008-11-24 潔心林炳炎中學
24 November 2008 Kit Sam Lam Bing Yim Secondary School

36 2008-11-25 鳳溪第一中學
Fung Kai No.1 Secondary School

37 2008-12-03 荔景天主教中學
Lai King Catholic Secondary School

38 2008-12-04 香港四邑商工總會陳南昌紀念中學
HKSyc& IA Chan Lam Cheong Memorial College

39 2008-12-05 東華三院李嘉誠中學
T.W.H. Hs. Li Ka Shing College

40 2008-12-08 順德聯誼總會譚伯羽中學
Shun Tak Fraternal Association
Tam Pak Yu College



41	2008-12-10	深培中學 Semple Memorial Secondary School
42	2008-12-16	陳樹渠紀念中學 Chan Shu Kui Memorial School
43	2008-12-18	德愛中學 Tak Oi Secondary School
44	2009-01-02	寶覺中學 Po Kok Secondary School
45	2009-01-05	陳樹渠紀念中學 Chan Shu Kui Memorial School
46	2009-01-06	明愛胡振中中學 Caritas Wu-Cheng Chung Secondary School
47	2009-01-08	宣道會鄭榮之中學 Christine Alliance Cheng Wing Gee College
48	2009-01-16	聖保羅書院 St's Paul College
49	2009-01-20	嘉諾撒書院 Canossa College
		
50	2009-02-05	順德聯誼總會梁球鋸中學 Shun Tak Fraternal Association Leung Kau Kui College
51	2009-02-12	順利天主教中學 Shun Lee Catholic Secondary School
52	2009-02-17	沐恩中學 Immanuel Lutheran College
53	2009-02-19	香港四邑商工總會黃棣珊紀念中學 HKSYPIC Wong Tai Shan Memorial College
54	2009-02-24	IVE 青衣工商資訊學院 IVE (Tsing Yi)
55	2009-02-25	何文田官立中學 Homantin Government Secondary School
56	2009-03-04	明愛陳震夏中學 Caritas Chan Chun Ha Secondary School
57	2009-03-05	香港正覺蓮社佛教正覺中學 HHCKLA Buddhist Ching Kok Secondary School
58	2009-03-05	蒙民偉書院 C.C.C. Mong Man Wai College
59	2009-03-23	香港道教聯合會圓玄第二中學 Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School
60	2009-03-27	保良局羅氏基金中學 Po Leung Kuk Laws Foundation College

校園計劃－「家長工作坊」支援項目

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



CAMPUS PLAN - "PARENTS WORKSHOP" SUPPORT PROGRAM

Explain the importance of emotional health to the parents, teach them to inspect their emotional health and discuss on skills of emotional communications between parents and their children.

- 1 2008-04-12
仁濟醫院羅陳楚思中學
Yan Chai Hospital Law Chan Chor Si College
- 2 2008-04-19
伯裘書院
Pak Kau College
- 3 2008-04-26
沙田蘇浙公學
Kiangsu-Chekiang College (Shatin)
- 4 2008-05-02
保良局王賜豪(田心谷)小學
PLK Dr. Jimmy Wong Chi-Ho (Tin Sum Valley) Primary School

校園計劃－「校園心情大使」延伸活動

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

CAMPUS PLAN - "CAMPUS JOYFUL AMBASSADOR" EXTENSION ACTIVITY

The program is designed to promote healthy emotions in the campus, introduce knowledge on emotional health into the daily life and making all people around understand the importance of healthy emotions.



- 1 2008-05-20 明愛元朗社區中心
Caritas Community Centre - Yuen Long
- 2 2009-03-09 文理書院
及2009-03-16 Cognitio College

校園計劃「老師加油站」

加強老師們對情緒病的認識，提高對自己及學生的壓力與情緒問題的察覺力、及認識處理方法



CAMPUS PLAN "TEACHER ENHANCEMENT"

Reinforce the awareness of the teachers on emotional diseases, enhance their cognition on pressure and emotional problems of their own and their students and improve their skills to handle such problems.

- 1 2008-10-04 聖公會陳融中學
SKH Chan Young Secondary School

2008-07-06

中學生情緒狀況調查新聞發布會

心晴行動慈善基金委託浸會大學社工系副教授趙雨龍博士，進行一項關於中學生情緒狀況調查。是次調查在2007年9月至2008年4月期間訪問了約4,000名中三至中七學生。調查的結果在新聞發報會上公開，除喚醒社會人士對中學生的情緒關注外，亦提出建議，期盼有關當局考慮將「情緒教育」課題納入通識課程中的自我認識單元中，讓每名學生均學習恰當地處理自己情緒。



王藹慈小姐

趙雨龍博士

PRESS CONFERENCE ON SECONDARY SCHOOL STUDENTS' EMOTIONAL STATUS SURVEY

The Joyful (Mental Health) Foundation appointed Dr. Chiu Yu-lung, Vice-professor of Social Work Department of Baptist University to perform a survey on emotional status of secondary school students. The survey lasted from September 2007 to April 2008 and 4,000 Form 3 to Form 7 students were interviewed. The result of the survey was released through the press conference so as to evoke social concern for emotion of secondary school students and recommended to appeal to the relevant authorities to bring the topic of Emotional Education into the Personal Development Study of the Liberal Studies so that every student can learn to handle their own emotions properly.

2008-09-30

IVE- 社區教育講座

講座上的講解、提問，促使學生認識情緒與壓力、情緒病的成因、病徵及治療方法，從而讓學生明白情緒健康的重要。

IVE- COMMUNITY EDUCATION SEMINAR

Through explanations and questions, the seminar strived to educate the students on knowledge of emotion and pressure, the causes, symptoms and therapies of emotional diseases so that the students can be aware of the importance of emotional health.



2009-02-20

校園計劃 — 情緒睇真D家長講座

◆五育中學 講解情緒健康及於管教子女時常見的情緒反應，介紹香港常見的情緒病及其治療方法，教授簡單放鬆方法。

CAMPUS PLAN – KEEP A CLOSER EYE ON EMOTIONAL PROBLEMS, A SEMINAR FOR PARENTS

◆Ng Yuk Secondary School Explanations on emotional health and common emotional responses from managing the behavior of the children, introduction of common emotional diseases in Hong Kong and their treatment and instruction on simple ways of relaxation.



服務 SERVICES

2008-04-01 至 2009-03-31

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。

PROFESSIONAL INTERVIEW AND COUNSELING SERVICE

Experienced psychological instructors provide individual counseling service, professional assessment of persons suffering from emotional problems and assist them to find the way to solve the problems.



2008-04-01 至 2009-03-31



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。

HOTLINE SERVICE

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

朋輩支援服務

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

PEER GROUP SUPPORT SERVICE

Ex-emotional disease sufferers, family members of the patients and people with knowledge on emotional diseases support and encourage their friends suffering from emotional disturbances by sharing their personal experiences in fighting the diseases and make the patients more confident in resisting emotional diseases.

舉行日期 MEETING DATES:

2008-04-22	2008-07-25
2008-08-29	2008-10-24
2008-12-13	2009-03-20



2008-08-06至2008-09-10 及
2008-10-28至2008-12-02

熱線義工基礎訓練課程2008

六堂的課程以不同主題提升參加者對於情緒病的認識，加強訓練成為熱線義工。

BASIC TRAINING COURSE FOR HOTLINE VOLUNTEERS 2008

The six-lesson course is designed to enhance, from different aspects, the trainees' understanding on emotional diseases and their skills to become hotline volunteers.



陳靄華小姐

2008-09-26，2008-11-26 及
2009-02-25

「心晴一聚」互動分享會

病患者、專家、家屬及義工互动交流有關情緒病的治療方法，藉著個人經驗分享及彼此支持鼓勵，增加對抗情緒病的信心。

THE JOYFUL INTERACTIVE AND SHARING PARTY

Through interactions and communications among the patients, experts, family members and volunteers, increase

the confidence in fighting emotional diseases by sharing personal experiences and encouraging each other.



2009-01至2009-04

新心晴新移民人士輔導計劃

資助機構：黃大仙民政事務處

務求令新來港人士盡快適應及融入香港的新生活，情緒健康是不可忽視的一環，故此本會於2月至3月提供一系列以新移民人士為主的熱線及輔導服務，讓他們在沒有壓力下，紓發負面的情緒，從而達至身心健康。

JOYFUL NEW IMMIGRANTS COUNSELING PROGRAM

Sponsor: Wong Tai Sin District Office

To help new immigrants promptly adapt to living in Hong Kong, emotional health and support should not be neglected. Therefore, our foundation provided a series of hotline and counseling services to new immigrants from February to March this year, allowing them to relieve their pressures, release the negative emotions and achieve mental health.





2009-02-13

戒毒會講座

講解情緒健康的重要，教授如何自我檢視情緒健康狀態，以及分享建立與維持健康情緒的方法。

DRUG-FIGHTING SEMINAR

Explaining the importance of emotional health, instructing on how to make self inspection on emotional health and sharing methods to establish and maintain healthy emotions.

2009-03-24

瑜伽課程

由資深正念瑜珈及禪定導師黃耀光先生，帶領同學在練習中，舒緩內心的壓力，令緊張情緒放鬆，除有助鍛鍊身體之外，更能集中心靈的專注力，釋放正能量，保持愉悅的心情。



黃耀光先生



YOGA PROGRAM

Mr. Kenneth Wong, a senior mindful yoga and dhyana instructor, guided the students to practice and relieve their inner pressures as well as relax them. Besides building their bodies, the programme also helped the students to get concentrated, release their positive energy and keep a light heart.

2009-01-19、2009-02-02、2009-02-09、2009-02-16

精神健康急救課程

合辦機構：香港心理衛生會

課程主要分為四部份，包括何謂精神健康急救、抑鬱症及焦慮症的評估、重性精神病的成因、急救原則及社區支援服務，使參加者對於精神健康有初步的認識。

MENTAL HEALTH FIRST-AID PROGRAM

Co-hosted by: Mental Health Association of Hong Kong

The programme consisted of four parts including What is Mental Health First-aid, Assessment of Depression and Anxiety Disorder, Causes of Serious Mental Diseases and Principles of First-aid and Community Support Services. Through the programme, the trainees might have a preliminary understanding on mental health.



2008-05-10

保良局方黃錦全小學 - 家長教師會就職典禮

本會主席應邀出席該校家長教師會就職典禮任主禮嘉賓。

PLK FONG WONG KAM TSUEN PRIMARY SCHOOL - INAUGURATION CEREMONY OF THE PARENTS AND TEACHERS ASSOCIATION

Our chairman was invited to act as the officiating guest on the inauguration ceremony of their parents and teachers association.

2008-08-01

張超雄博士「關懷之旅」活動

由8月1日至3日展開一個名為「關懷之旅」活動。張博士在葵涌，荃灣，屯門，元朗及天水圍等地區探訪一些被社會遺忘的弱勢社群。主席林建明代表本會出席起步儀式的嘉賓。

“THE TRAVEL OF CARING”

CONDUCTED BY DR. FERNANDO CHEUNG

The event named “The Travel of Caring” was held from August 1 to August 3 and Dr. Fernando Cheung visited some under privileged groups in Kwai Chung, Tsuen Wan, Tuen Mun, Yuen Long and Tin Shui Wai who were neglected by the society. Chairman Lam Kin-Ming acted as a special guest on the kick-off ceremony, on behalf of the Foundation.



查錫我先生 (左二) 張超雄先生 (左六)

2008-08-23至2008-08-25

家居潮流及設計博覽 2008

主辦：香港亞洲展覽（集團）有限公司

本會於場內設置慈善攤位義賣，獲得「瓷磚王」愛心贊助瓷磚畫，由設計師「魚王」設計，並製成杯墊，令瓷磚畫變得既實用且具有紀念價值。

HOUSEHOLD EXPO 2008

Sponsor: Hongkong-Asia Exhibition (Holdings) Ltd

A charity sales booth was set up in the exhibition. Ceramic tile paintings were donated by the King of Ceramic Tiles, which were designed by the famous designer Fish King. The ceramic tile paintings were also made into coaster, making them highly useful and commemorative.



「魚王」陳法興先生 (左一) 賈思樂先生 (左三) 盈盈小姐 (左四)

2008-10-29

香港電台訪問

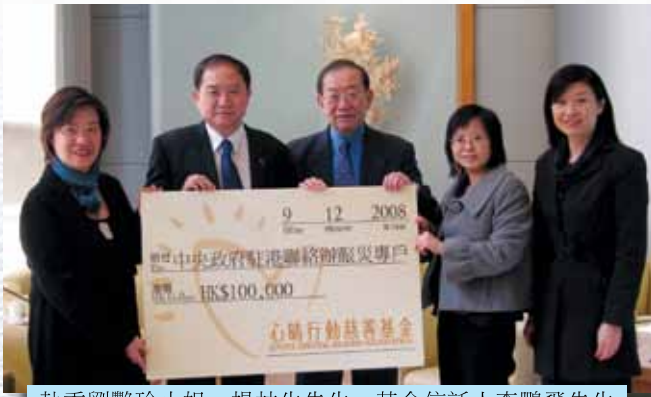
港台第五台節目「活在有晴天」主持張偉基訪問本會，推廣情緒病知識。

INTERVIEW OF RTHK

Mr. Cheung Wai Kai, the host of “Live in a Sunny Day” of RTHK 5, visited our office and helped to promote knowledge on emotional diseases.

陳鴻璋先生

張偉基先生



執委劉艷玲小姐 楊林生先生 基金信託人李鵬飛先生

2008-12-09

善款幫助四川受災同胞

由「心晴行動慈善基金」協製《飛過抑鬱的森林》一書於今年五月份出版，本會捐出900本義賣。

心晴行動慈善基金信託人李鵬飛先生、執委劉艷玲小姐及經理龍愷思小姐將善款交予中聯辦，由社會工作部副部長楊林生先生代表接

收。是次善款將透過中央政府駐港聯絡辦賑災專戶直接救助四川大地震的災民，資助輔導災民，提供災後心理及心靈重建。

MAKING DONATIONS TO HELP EARTHQUAKE VICTIMS IN SICHUAN

The book, "Overcome Your Depression", which was compiled with assistance from the Joyful (Mental Health) Foundation, was published in May and the foundation donated 900 copies for charity sales.

Mr. Lee Pang Fei, trustee of the Joyful (Mental Health) Foundation, Miss Cecilia Lau, executive committee member, and Miss Lung Oi Sze, our manager, forwarded the charity funds to Mr. Yang Lin, deputy director of the Social Work Department of LOC (the Liaison Office of the Central People's Government in Hong Kong Special Administrative Region). The funds would be denoted through the disaster relief account of LOC to help the victims in Sichuan Earthquake, providing them with post-disaster psychological mental and emotional reconstruction.

2008-12-23及2008-12-27

商業電台訪問

主席林建明接受商台881的「在晴朗的一天出發」，由黃永主持。內容鼓勵市民逆境自強等。

INTERVIEW OF COMMERCIAL RADIO

"Start from a Sunny Day" of Commercial Radio 881, which is hosted by Mr. Wong Wing, interviewed our chairman, Ms Lam Kin Ming, encouraging people to push themselves forward in the adversity.



黃永先生

2008-12-24

Happy Hour 歌曲電台宣傳活動

在香港電台「晨光第一線」節目中首播「校園計劃」



Ronny Tom Alan MJ Dash

主題曲—Happy Hour Song

監製—陶贊新 曲—MR.

詞—陶贊新 & MR. 主唱—MR.

HAPPY HOUR RADIO PROMOTION

The theme song of the Campus Plan, Happy Hour, was launched for the first time from the "First Line in the Morning" of RTHK.

Executive Producer: To Cheng Sun,

Composer: MR.,

Lyrics: To Cheng Sun & MR.,

Singer: MR.



籌募 FUND-RAISING

心晴行動慈善基金



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

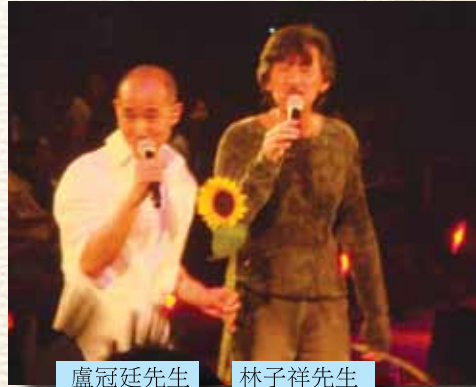
2008-05-16 至 2008-05-17

盧冠廷2050演唱會

由主辦單位「Recital Entertainment Company Ltd」及贊助機構「快譯通」送出部份門票予「心晴行動慈善基金」作慈善籌款

LOWELL LO CONCERT

Portion of the tickets were offered by the sponsors Recital Entertainment Company Ltd and Instant-Dict to raise charity funds for the Joyful (Mental Health) Foundation.



盧冠廷先生 林子祥先生

2008-06-27 至 2008-07-13

「老夫子」4+5展覽會@海港城

為慶祝老夫子45週年，潮流概念店LCX及海港城攜手與「老夫子」合作，於2008年6月27日至7月13日在尖沙咀海港城LCX舉行「老夫子」4+5《極地探險記》展覽會。展覽會中義賣「老夫子」4+5系列極地探險 Box Set Figurine，部份收益撥捐予「心晴行動」。



王澤先生(後排左六)

OLD MASTER Q 4+5 EXPO @ HARBOUR CITY

In order to celebrate its 45th anniversary, Old Master Q worked together with LCX, a fashionable concept shop, and Harbour City to launch the Old Master Q 4+5 Polar Adventure Expo in LCX, Harbour City in Tsim Sha Tsui from June 27, 2008 to July 13, 2008. In the expo, the Box Set Figurine of Polar Advance, one of the Old Master Q 4+5 series works, was put for charity sales and a part of the proceeds were donated to our foundation.

2008-07-03至2008-08-24 (逢星期六及日)

領匯500萬至尊狂賞運動會

活動由領匯管理有限公司主辦，期間顧客於旗下商場消費滿100元或以上，憑當日發票，並捐款2元予心晴行動便可參與攤位遊戲一次及抽獎一次。同時，亦舉行領匯赤柱藝墟慈善日，善款不扣除任何開支，全數撥捐予本會。



THE LINK SUMMER LUCKY DRAW

The event was sponsored by the Link Management Limited, in which, any customer spending HKD100 or more in its shopping mall and donating HKD2 to our foundation could, by presenting invoice of the day, participate in the booth game and lucky draw for one time. At the same time, the Link Stanley Artsmart Charity Day was also held. The funds raised were all donated to this foundation without of expenses deduction.

2008-10-9

有心有情粵曲慈善晚會

「心晴行動慈善基金」於新光戲院舉行「有心有情粵曲慈善晚會」，並由「賞心樂社」協辦。本會榮幸邀請到陳寶珠女士擔任特別演出嘉賓，與榮獲二〇〇八年度特區政府頒授榮譽勳章的陳好逖女士破天荒首度合唱一曲，為慈善傾力演出。



陳好逖女士 陳寶珠女士

楊天經先生擔任司儀，與一眾粵劇名伶及閩秀唱家演出，全場滿座。演出者包括：馬少明女士、李秋元先生、林錦堂先生、陳詠儀女士、劉惠鳴女士、謝燕雲女士、曾林燕嫻女士、張高寶容女士、蔡敏怡女士、林家寶先生、潘國榮先生、黃德正先生、何潤儀女士。晚會不但弘揚粵曲藝術，同時盡顯各界之愛心，為本會籌募經費，推動社會關注情緒健康，造福社群。

AFFECTION AND LOVE CANTONESE OPERA CHARITY EVENT

Sponsored by the Joyful (Mental Health) Foundation and co-hosted by Sheung Sum Opera Club, the Affection and Love Cantonese Opera Charity Event was held in Sunbeam Theatre. We had the honour of having Ms Chan Po Chu and Ms Chan Ho Kau who was awarded the medal of Honour by the HKSAR in 2008, as the special guests. This was the first time they sang together for charity.



Mr. Dexter Young acted as the master of ceremony. Many famous Cantonese opera actors and amateur enthusiastic singers, including Ms. Ma Siu Ming, Mr. Lee Chau Yuen, Mr Lam Kam Tong, Ms. Chan Wing Yee, Ms Lau Wai Ming, Ms Tse Yen Wan, Ms Tsang Lam Yen Han, Ms Cheung Ko Bo Yung, Ms Choi Man Yee, Mr Lam Ka Sing, Mr Poon Kwok Wing, Mr Wong Tak Ching and Ms Ho Yun Yee participated in the performance. All seats were occupied. Besides promoting the art of Cantonese opera, the event also reflected the love from all classes of the society. In this event, funds were raised for our foundation to promote social concern on emotional health and bring benefits to the public.

2008-10-31

AON 萬聖節朱古力義賣

AON Hong Kong Limited於萬聖節期間，由員工親手製造朱古力，於公司內舉行義賣並邀請本會為活動受惠機構。



AON HALLOWEEN CHOCOLATE CHARITY SALES

On Halloween, the staff of AON Hong Kong Limited made chocolate for charity sales within the company. Our foundation was invited as the beneficiary of the event.

2008-11-01至2009-03-31

心晴幸運慈善獎券

本會首次舉辦「心晴幸運慈善獎券」反應熱烈，所有獎券均全部售罄。



郭思治先生 執委李偉成先生



執委黃淑敏小姐 寶佩如小姐 陳啟峰先生 葉茂林先生
(左二) (左三) (右二) (中間)

JOYFUL CHARITY LUCKY DRAW

Our foundation organized the Joyful Charity Lucky Draw for the first time and received heated public responses. All lottery tickets were sold out.

2008-12-13至2009-01-04

DR 醫學美容集團義賣愛心美容券

DR醫學美容集團在工展會期間義賣DR美容券，不扣除成本，全數撥捐予本會作健康情緒教育推廣之用。

DR MEDICAL COSMETOLOGY GROUP BEAUTY COUPONS FOR CHARITY SALES

DR Medical Cosmetology Group offered DR beauty coupons for charity sales in Hong Kong Brands and Products Expo and donated all the fund raised, without deducting any expenses, to our foundation for promotion of emotional health education.



Barbar Chu 小姐 (後排右四)

2009-02-01

爛GAG 齒祖盧大偉新書發佈會

發佈會當日盧大偉先生即場畫「自畫像」，並公開拍賣籌款捐助本會。

“GAG JOKES OF DAVID LO” BOOK LAUNCH

On the same day of the book launch, Mr. David Lo painted a self-portrait on the site and auctioned it to raise fund for our foundation.



執委劉艷玲小姐 鍾慧冰小姐

盧大偉先生



2009-02-01至2009-03-31

甜蜜情濃@海港城慈善籌款活動

海港城將浪漫延續，舉辦一連串以情人節為主題的活動，讓戀人們能夠甜蜜情濃足足28日。為使活動更添意義，各項活動更設有捐款箱讓市民捐款支持心晴行動。

SWEET LOVE @ HARBOUR CITY CHARITY FUND-RAISING EVENT

Romantics were prolonged in Harbour City and a series of Valentine activities were held so that the lovers could enjoy the entire February with sweet love. To make the event more meaningful, donation boxes were prepared in each activity and the people could make donations to support our foundation.



Brian (後排左一) Rex (後排左二) 趙碩之小姐 (後排右三) Gary (後排右二) James (後排右一)
羅凱珊小姐 (前排左二) 戴夢夢小姐 (後排右二) 執委鄭秀英小姐 (後排右一)

2009-02-01至2009-03-31

籌款工作：抗海嘯·名人名牌二手服飾慈善義賣

是次活動除得到熱心機構支持外，不少名人亦大力支持，紛紛捐出自己的珍藏作義賣，當中包括：任達華、琦琦、劉嘉玲、鄭秀文、吳君如、周麗淇、關芝琳、王賢誌、王忠桐夫人、查小欣、楊千樺、郭富城、蔡加敏、李嘉欣、邱楊寶春、陳淑蘭、洪子晴、鮑起靜、陳柏宇、鄭嘉穎、洪卓立、趙式浩、梁芷珊、陳霽平、鍾慧冰、寶珮如、朱慧珊、于莉、伏明霞、翁嘉穗、朱潔儀、鄭明明、羅麗莎、梁李少霞等五十多人，未能詳錄。

PREPARATION: ANTI-FINANCIAL TSUNAMI, CELEBRITY & FAMOUS BRAND SECOND-HAND CLOTHES CHARITY SALES

Besides supports from those enthusiastic organizations, we also received great supports from many celebrities, who donated their treasured clothes for the charity sales, including Simon Yam, Sophia Kao, Carina Lau, Sammi Cheng, Sandra Ng Kwan Yu, Niki Chow, Rosamund Kwan, Vinci Wong, Mrs Senta Wong, Ms Chai Xiao Xin, Ms Miriam Yeung, Mr Aaron Kwok, Ms Carmen Choi, Ms Michele Monique Reis, Mrs Yau Yeung Po Chuen, Ms Sheila Chan, Ms Catleigh Hung, Ms Paw Hee Ching, Mr Jason Chan, Mr Kevin Cheng, Mr Ken Hung, Mr Chiu Sik Ho, Ms Canny Leung, Ms Maria Chan, Ms Maria Chung, Ms Baby Bo, Ms Chu Wai Shan, Jaclyn, Ms Yu Li, Ms Fu Ming Xia, Ms Donna Chu, Ms Cheng Ming Ming, Ms Losa Law and Vicky Leung, etc. Many more are not listed.



活動列表

OVERALL ACTIVITIES LIST

舉行日期 Dates of Activities 全年度 Whole Year	項目名稱 Name of Activities 心晴熱線服務 Hotline Services
2008年4月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep an Close Eye on Emotion" Seminar
2008年4月至2008年7月	校園計劃「情緒睇真D」學校宣傳活動 Promotion of Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年4月至2008年7月	校園計劃「情緒睇真D」學校講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年4月至2008年6月	專業面談輔導服務(第一期) Professional Interview and Counseling Service (1)
2008年4月至2008年6月	熱線服務(第二期) Hotline Service (2)
2008年4月12日	第18屆家連家畢業禮 The 18th Graduation Ceremony of HK FamilyLink Mental Health Advocacy Association
2008年4月12日	校園計劃「家長工作坊」 Campus Plan - "Parent Workshop" Support Program
2008年4月19日	校園計劃「家長工作坊」 Campus Plan - "Parent Workshop" Support Program
2008年4月22日	朋輩支援服務(1) Peer Group Support Service (1)
2008年4月26日	校園計劃「家長工作坊」 Campus Plan - "Parent Workshop" Support Program
2008年5月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep an Close Eye on Emotion" Seminar
2008年5月2日	校園計劃「家長工作坊」 Campus Plan - "Parent Workshop" Support Program
2008年5月10日	保良局方黃錦全小學-家長教師會就職典禮 PLK Fong Wong Tsuen Primary School - Inauguration Ceremony of the Parents and Teacher Association
2008年5月16日至2008年5月17日	盧冠廷2050演唱會 Lowell Lo Concert
2008年5月20日	校園計劃「校園心晴大使」 Campus Plan - Extension Activity "Campus Joyful Ambassador"
2008年5月24日	《飛過抑鬱的森林》新書發佈會暨講座 New publication <Overcome your Depression>
2008年5月25日	香港電台訪問 Interview of RTHK
2008年6月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年6月11日	顏色工作坊 Colourful Workshop
2008年6月21日	電影放映 <深海尋人> Film Showing "Missing The Movie"
2008年6月27日至	「老夫子」4+5展覽會 @ 海港城
2008年7月13日	Old Master Q 4+5 Expo @ Harbour City
2008年7月份	校園計劃—情緒睇真D講座 Campus project— What is emotion
2008年7月至2008年9月	專業面談輔導服務(第二期) Professional Interview and Counseling Service (2)
2008年7月至2008年9月	熱線服務(第二期) Hotline Service (2)
2008年7月3日至2008年8月24日	領匯500萬至尊狂賞運動會 The Link Summer Lucky Draw
2008年7月6日	中學生情緒狀況調查新聞發佈會 Press Conference on Secondary School Students' Emotional Status Survey
2008年7月18日	蘋果日報訪問 Interview of Apple Daily
2008年7月21日	保險公司推介會 Recommendation of Insurance Companies
2008年7月25日	朋輩支援服務(4) Peer Group Support Service (4)
2008年8月1日	張超雄博士「關懷之旅」活動 "The Travel of Caring" conducted by Dr. Fernando Cheung
2008年8月6日至2008年9月10日	熱線義工基礎訓練(1) Basic Training Course for hotline Volunteers 2008
2008年8月19日	許願工作坊 Workshop of Clarence Hui
2008年8月23日至2008年8月25日	家居潮流及設計博覽2008 Household Expo 2008
2008年8月29日	朋輩支援服務(5) Peer Group Support Service (5)
2008年8月31日	領匯活動 - 李克勤 Event in Links with Hacken Lee
2008年9月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年9月10日	「有心有情粵曲慈善晚會」記者招待會 Press Conference of Cantonese Opera Charity Show
2008年9月16日至2009年3月	藝術磚「投」慈善認購 Arts of Tiles- Charity Auction
2008年9月19日	「有心有情粵曲慈善晚會」陳寶珠商台訪問 Affection and Love Cantonese Opera Charity Event- CR Interview of Connie Chan Po-chu
2008年9月26日	專家、病者及家屬互動分享會(1) The Joyful Interactive and Sharing Party (1)
2008年9月30日	IVE- 社區教育講座 IVE- Community Education Seminar
2008年10月份	校園計劃—情緒睇真D講座 Campus Plan- "Keep a Closer Eye on Emotion" Seminar
2008年10月至2008年12月	專業面談輔導服務(第三期) Professional Interview and Counseling Service (3)

心晴行動慈善基金

2008年10月至2008年12月	熱線服務 (第三期) Hotline Service (3)
2008年10月4日	校園計劃「老師加油站」 Campus Plan - "Teacher Enhancement"
2008年10月9日	有心有情粵曲慈善晚會 Affection and Love Cantonese Opera Charity Event
2008年10月23日	榕光社慈善晚宴 Banyan Elderly Services Association Charity Dinner
2008年10月24日	朋輩支援服務 (6) Peer Group Support Service (6)
2008年10月24日至	熱線義工基礎訓練 (2)
2008年12月2日	Basic Training Course for hotline Volunteers 2008
2008年10月28日至2008年12月2日	熱線義工基礎訓練課程(2) Basic Training Course for Hotline Volunteers 2008 (2)
2008年10月29日	香港電台「活在有晴天」訪問 Interview of RTHK
2008年10月31日	AON 萬聖節朱古力義賣 AON Halloween Chocolate Charity Sales
2008年11月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年11月份	《香港企業》產品雜誌 The magazine "Hong Kong Enterprises"
2008年11月至2009年3月	心晴幸運慈善獎券 Joyful Charity Lucky Draw
2008年11月8日	星光熠熠耀成報 Sing Pao Charity Event
2008年11月9日	朋輩餐聚 - 港大同學會
2008年11月20日	心晴義工簡介會 Orientation for JMHF Volunteers
2008年11月26日	專家、病者及家屬互動分享會 (2) The Joyful Interactive and Sharing Party (2)
2008年12月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2008年12月份	推廣熱線及輔導服務 Promotion for the Hotline and Counseling Services
2008年12月9日	善款幫助四川受災同胞 Making Donations to Help Earthquake Victims in Sichuan
2008年12月13日	朋輩支援服務 (7) Peer Group Support Service (7)
2008年12月13日至	DR醫學美容集團義賣愛心美容券
2009年1月4日	DR Medical Cosmetology Group Beauty Coupons for charity sales
2008年12月20日至	領匯義賣獎券
2008年12月21日	Links Charity Coupon Sale
2008年12月23日及	商業電台訪問 - 商台881「在晴朗的一天出發」
2008年12月27日	Interview to our Chairman, Ms Lam Kin Ming
2008年12月24日	校園計劃Mr. Happy Hour 電宣傳活動 Happy Hour radio Promotion
2009年1月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep an Closer Eye on Emotion" Seminar
2009年1月至2009年3月	專業面談輔導服務(第四期) Professional Interview and Counseling Service (4)
2009年1月至2009年3月	熱線服務 (第四期) Hotline Service (4)
2009年1月至2009年4月	新心晴新移民人士輔導計劃 Joyful new Immigrants Counseling program
2009年1月23日	DR 慈善美容券-支票接收儀式 Cheque Presentation of DR Medical Cosmetology Group Beauty Coupons For Charity Sales
2009年1月19日及	精神健康急救課程
2009年2月2日至	Mental Health First-aid Program
2009年2月16日	
2009年2月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2009年2月1日	爛GAG 齒祖盧大偉新書發佈會 "GAG" Jokes of David Lo" Book Launch Party
2009年2月2日	心晴幸運慈善獎券-耀才證券抽獎 Joyful Charity Coupon's Lucky Draw
2009年2月9日	南華早報訪問主席林建明 Interview of South China Morning Post
2009年2月至	甜蜜情濃@海港城慈善籌款活動
2009年3月	Sweet Love @ Harbour City Charity Fund-raising Event
2009年2月13日	女戒毒康復者會講座 Drug-fighting Seminar
2009年2月14日	「新心晴」新移民人士輔導計劃-巴士巡遊黃大仙 Counseling Service for New Immigrants -Bus Tour at Wong Tai Sin
2009年2月20日	校園計劃 - 情緒睇真D家長講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2009年2月21日	瑪嘉烈醫院 社會福利署講座 Seminar by the Social Welfare Dept.
2009年2月25日	專家、病者及家屬互動分享會 (3) The Joyful Interactive and Sharing Party (3)
2009年3月份	校園計劃—情緒睇真D講座 Campus Plan - "Keep a Closer Eye on Emotion" Seminar
2009年3月4日	美國婦女基金會到訪本會 Visit from the American Women's Trust Fund
2009年3月9日及	校園計劃 - 情緒睇真D校園大使
2009年3月16日	Campus Plan - Extension Activity "Campus Joyful Ambassador"
2009年3月20日	朋輩支援服務 (7) Peer Group Support Service (7)
2009年3月23日	香港人壽保險從業員協會講座 Seminar by LUA Foundation LifeCare Movement
2009年3月24日	瑜珈課程 Yoga Program
2009年4月6日	二手衫活動宣傳：TVB都市閒情錄影 Promotion of Used Clothing's Charity Sale on TVB
2009年4月9日	二手衫活動宣傳：查小欣電台訪問及車淑梅電台訪問 Promotion of Used Clothing's Charity Sale on Radio Stations: RTHK and CR
2009年4月10至11日	抗海嘯·名人名牌二手服飾慈善義賣 Anti-Financial Tsunami, Celebrity & Famous Brand Second-hand Clothes Charity Sales



統計 STATISTICS

項目統計	Statistic		
項目性質	Category of Event	數目 No. of Event	參與/接觸人次 No. of Participants
教育講座	Mental Health	4	307
校園計劃	School Project	40	26329
培訓 / 工作坊	Training Course / Workshop	4	99
社區 / 媒體推廣	Community Education & Promotion	16	3329715
團體交流會	Sharing	4	108
籌款活動	Fundraising	11	5570
支援服務	Supportive Service	6	80
總數	Total:	85	3362208

熱線服務統計 Joyful Hotline Statistics

	4/08	5/08	6/08	7/08	8/08	9/08	10/08	11/08	12/08	1/09	2/09	3/09
病患者本人 Sufferers	58	49	52	63	31	23	31	34	15	16	31	21
病患者家人 Families of sufferers	34	27	19	18	20	28	20	15	8	6	19	18
病患者朋友 Friends of sufferers	12	6	3	4	2	7	3	4	4	2	1	2
其他 others	1	0	4	6	0	2	2	0	4	7	1	3
其他查詢	1	0	0	0	0	0	0	0	0	0	0	0
總數 Total:	106	82	78	91	53	60	56	53	31	31	52	44

電郵查詢 Email Enquiry Statistics

電郵查詢個案	No. of email case	8	2	1	14	2	4	3	1	3	1	4	3

輔導個案 Professional Counseling Service Service Statistics

個案	No. of cases	29	20	16	20	24	14	20	13	9	4	14	15
約見人次	No. of interview sessions	54	82	65	79	70	73	57	52	48	42	62	71



鳴謝

特別鳴謝

心晴行動慈善基金



- | | |
|-------------------------------|----------------|
| BMA | 香港亞洲展覽(集團)有限公司 |
| DR 醫學美容集團 | 海港城置業有限公司 |
| Eikowada | 商業電台 |
| ICAP (HK) Ltd | 國際文具製造廠有限公司 |
| Lion Share International Ltd | 康樂及文化事務署 |
| Mastercraft International Ltd | 組合Mr. |
| One Touch | 景鴻移民顧問有限公司 |
| REGENE | 窗藝公司 |
| Tony Music House | 黃大仙民政事務署 |
| Wyeth | 勤+緣 |
| 劉鑾雄慈善基金 | 碌柚葉沐浴露 |
| 日高設計有限公司 | 蔡珍妮 (盈盈) |
| 旭日國際有限公司 | 賞心樂社 |
| 君悅會 | 鄭鄭會計師事務所有限公司 |
| 周麗淇 | 優質教育基金 |
| 星光大道 | 環球唱片有限公司 |
| 英皇娛樂集團 | 譚詠麟 |
| 香港中文大學醫學院 | 香港健康情緒中心 |
| 耀才證券有限公司 | |

(排名不分先後)



ACKNOWLEDGMENT

鳴謝名單 / 公司

Active Idea Production (H.K.) Ltd.
Aon Hong Kong Limited
Asia Television Limited
Bremer
Charmode Watches Limited
Crossroad
DR醫學美容集團
Fornita Creation Limited
KW Concept Management (H.K.) Ltd.
LCX Limited
Max Power Int'l Ltd
Plastrons Ltd
Recital Entertainment Company Ltd.

SQUINA
Television Broadcasts Limited
TWINCITY FAR EAST LTD
九龍表行
正宗澳門豬骨煲
成報報刊製作有限公司
米蘭世家
快譯通
香港人壽保險從業員協會有限公司
香港心理衛生會
捷旅假期(中國)有限公司

捷樂行有限公司
許願製作有限公司
壹週刊
歌詩達郵輪
漢成置業有限公司
磁磚王(香港)股份有限公司
維特健靈
領匯管理有限公司
潤海國際有限公司
盧大偉公共關係有限公司
麗景酒店
鷹君物業管理有限公司

鳴謝名單 / 個人

Alice Leung
Barbar Chu
Jessica Chan
Karina Mui
Lee Wa Tak
Lily Chan
May Chan
Simon To
Tanna Mehul
Wong Wai Yee, Vicky
Yeung Bo Chun
丁錫全
于莉
小柯
毛來元
王玉環
王忠桐夫人
王家禧
王愛樺
王瑞瑛
王箏
王賢誌
王澤
伍衛國
伏明霞
任達華
成龍
朱慶祥
朱慧珊
朱潔儀
江美儀
何佑晶
何淑英
何潤儀
余少寶
余伴玲

吳君如
吳麗珠
李文頤
李玉明
李克勤
李思蓓
李秋元
李彩華
李琳琳
李嘉欣
杜國鍵
杜麗莎
林夕
林子祥
林中鍵
林金英
林思慧
林家寶
林錦堂
邱楊寶春
姜大衛
施惠珍
查小欣
洪子晴
洪卓立
胡敏珊
唐柏泉
奚仲文
孫穎
宮雪花
翁嘉德
馬少明
崔成安
張高寶容
張偉基
張淑儀

張超雄博士
梁李少霞
梁芷珊
梁海平
梁遠豪
組合Hotcha
組合Square
莊思敏
許愿
郭匡時
郭秀雲
郭良弼
郭富城
陳文輝
陳仲維
陳好逖
陳柏宇
陳淑蘭
陳華國
陳詠儀
陳愛玲
陳祺樽
陳道然 (蘭子)
陳嘉寶
陳輝陽
陳錦添
陳寶珠
陳耀祖
陳壽新
陶贊新
魚王 (陳法興)
曾林燕嫻
琦琦
黃可榮
黃永

黃炳培
黃美芬
黃偉民
黃偉豪
黃德正
黃樹榮
黃錦成
黃寶珠
黃耀光
楊千樺
楊天經
楊振遠
溫碧霞
葉燕筠
董寶然
賈思樂
趙少寧
趙式浩
趙頌之
劉白君
劉偉文
劉掬色
劉惠鳴
劉嘉玲
潘國榮
潘智偉
蔡加敏
蔡敏怡
鄭文瑛
鄭希怡
鄭秀文
鄭明明
鄭嘉穎
鄧英美
鄧國鵬
鄧淑婷
鄧碧秀
黎姿
盧大偉
盧冠廷
盧苑茵
賴炳成
鮑起靜
戴夢夢
繆美詩
謝宏中夫人
謝志雄
謝淑婷
謝燕雲
鍾慧冰
鄭美雲
鄭基維
羅美倫
羅國輝
羅婉萍
羅凱珊 (Kama)
羅麗莎
譚鳳筠
譚麗妍
關芝琳
關景鴻夫人
寶珮如
蘇永康
周錦濤
周錦濤夫人
趙茂成

義工名單 (個人)

Bernie Chow
Chan Lai Fan Adpy
Chan Man Key
Chan Shuk Ha Estella
Chan Sin Yi Vita
Cheung Ka Ying Ken
Chung Lai Shan Annis
Kan Wing Han Wendy
Kau Wai Ting
Kwok Sau Yuet Vicky
Lee Wai Mei Hellas
Leung Po Chu Paula
Mak Hoi Ling
Shing Siu Ling Sandy
Wong Lai Fong Lillian
Wong Siu Ling Kenny
Wong Sze Man Fion

Yvonne Ho
Chan Hung Cheung Felix
Chan Ming Ywai Kitty
Chan Shuk Ling Christine
Chan Yuk Oi Vigigina
Choi Wai Chung
Ho Tak Ying Ada
Kao Yin Fan Isabella
Kwan Lai Fan Doris
Law Bo Ying Pauline
Lee Woon Yee Manita
Lok Ngai Fung Barbara
Nip Chuen Sing
Shiu Kit Ping Gloria
Wong Siu Fong
Wong Sui Ying Jenus
Wong Wai Ho

丁曉萍
何敬豐
卓偉江
周玲玲
胡向榮
孫行
張寶蓮
梁恩惠
梁惠玲
陳文輝
陳華國
陳鴻章
黃婉芬
趙逸照
談婉芬
黎鏡波
Wu Fung Mei, Kitty

王正明
吳靜芝
周明珠
林震濤
唐寶蓮
馬惠霞
張懿筠
梁海平
莫楚達
陳海茵
陳翠珊
麥慶潮
趙國光
蔡沈寶翠
鄭嘉儀

義工名單 (團體)

哥哥之友會義工隊

國際寶珠之友會

(排名不分先後)



財務報告

FINANCIAL STATEMENTS

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

REPORT OF THE EXECUTIVE COMMITTEE

The Executive Committee has pleasure in submitting the annual report together with the audited financial statements for the year ended 31 March 2009.

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 results of the Foundation for the year ended 31 March 2009 and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

RESERVES

Surplus for the year amounted to HK\$790,437 (2008: Surplus of HK\$1,118,200) has been transferred to reserves. Other movements, if any, in reserves are referred to in the "Statement of changes in funds".

SHARE CAPITAL

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

FIXED ASSETS

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

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

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

MEMBERS OF THE EXECUTIVE COMMITTEE

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

CHENG Sau Ying Irene	
CHEUNG Sau Ho	(Resigned on 31 March 2009)
FOK Chak Kee	
LAI Pang	
LAM Kin Ming	
LAU Fat Man	(Appointed on 1 April 2009)
LAU Yim Ling Cecilia	
LEE Cheuk Kiu Kathy	(Resigned on 31 March 2009)
LEE Oi Tak Audrey	
LI Kwok Fun	
LJ Wai Shing Jackson	
MOK Yuen Shan Joyce	
NG Yick Yam Sherring	(Resigned on 31 March 2009)
WONG Kwok Pan	(Resigned on 31 March 2009)
WONG Pearl	
WONG Shuk Man	
YU Wai Man	(Appointed on 1 April 2009)

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

MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS

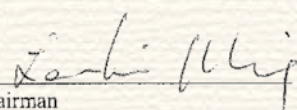
No contracts of significance to which the Foundation was a party and in which a member of the Executive Committee had a material interest subsisted at the end of the year or at any time during the year.

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

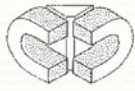
AUDITOR

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

On behalf of the Executive Committee


 Chairman

Hong Kong, 30 November 2009



CHENG & CHENG LIMITED

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

Cheng Hong Kei – FCCA, FTIHK, FCPA (Practising)

鄭康祺 – 香港執業資深會計師

Consultants:

顧問:

Cheng Hong Cheung – BBA, FCCA, FTIHK, CPA (Practising)

鄭康祥 – 香港執業會計師

Simon Cai – China CPA

蔡陽 – 中國註冊會計師

Li Yuen Yu Alice – B. Bus., ATIHK, CPA (Aust.), CPA (Practising)

李遠瑜 – 香港執業會計師

Gao Hui Guang – Senior Accountant

高惠廣 – 中國高級會計師

Tong Yat Hung – FCCA, CPA (Practising)

湯日烘 – 香港執業會計師

Li Wing Sum Steven – FCCA, FCPA, FTIHK, CPA (Practising)

李永森 – 香港執業會計師

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

(Incorporated in Hong Kong limited by guarantee)

We have audited the financial statements of Joyful (Mental Health) Foundation Limited [心晴行動慈善基金有限公司] set out on pages 5 to 19, which comprise the balance sheet as at 31 March 2009, and the income and expenditure account, statement of changes in funds and cash flow statement for the year then ended, and a summary of significant accounting policies and other explanatory notes.

Executive Committee's responsibilities for the financial statements

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

Auditor's responsibility

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

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

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



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

INDEPENDENT AUDITOR'S REPORT (Continued)

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

心晴行動慈善基金有限公司

(Incorporated in Hong Kong limited by guarantee)

Opinion

In our opinion, the financial statements give a true and fair view of the state of the Foundation's affairs as at 31 March 2009 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 2009

Cheng Hong Kei
Practising Certificate number P01806

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

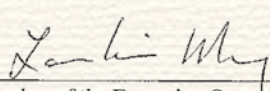
心晴行動慈善基金有限公司

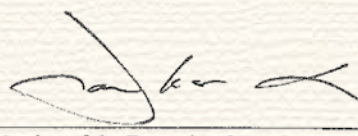
BALANCE SHEET

As at 31 March 2009

	NOTE	2009 HK\$	2008 HK\$
NON-CURRENT ASSETS			
Fixed assets			
- Plant and equipment	3	104,669	106,391
Financial assets	4	671,377	777,400
		<u>776,046</u>	<u>883,791</u>
CURRENT ASSETS			
Donation and other receivables	5	86,040	353,072
Cash at bank and on hand		7,482,358	6,431,268
		7,568,398	6,784,340
Deduct: CURRENT LIABILITIES			
Sundry creditors and payables	6	42,194	14,877
NET CURRENT ASSETS		<u>7,526,204</u>	<u>6,769,463</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>8,302,250</u>	<u>7,653,254</u>
Represented by:			
RESERVES			
Education development fund	7	2,600,000	2,867,441
Fundraising and promotion funds	7	2,075,000	-
Services fund	7	2,905,000	732,700
Operating fund	7	722,250	4,053,113
		<u>8,302,250</u>	<u>7,653,254</u>

Signed on behalf of the Executive Committee by:-


Member of the Executive Committee


Member of the Executive Committee

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

INCOME AND EXPENDITURE ACCOUNT*For the year ended 31 March 2009*

	NOTE	2009 HK\$	2008 HK\$
Income			
Donations received		196,383	173,009
Donations received from Flag Day		-	691,872
Project income		3,619,835	1,619,963
Interest and other income		173,528	322,871
	8	<u>3,989,746</u>	<u>2,807,715</u>
Expenditure			
Other expenses		747,510	421,790
Project expenses	9	<u>2,344,774</u>	<u>1,265,125</u>
		3,092,284	1,686,915
Loss on disposal of fixed assets		1,002	-
Amortised cost of financial assets		<u>106,023</u>	<u>2,600</u>
		<u>3,199,309</u>	<u>1,689,515</u>
Surplus before taxation	10	790,437	1,118,200
Taxation	11	-	-
Net surplus for the year		<u>790,437</u>	<u>1,118,200</u>

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

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

STATEMENT OF CHANGES IN FUNDS
For the year ended 31 March 2009

	Education development fund HK\$	Fundraising and promotion funds HK\$	Services fund HK\$	Operating fund HK\$	Total HK\$
At 1 April 2007	2,400,000	-	640,000	2,934,913	5,974,913
Net surplus for the year	-	-	-	1,118,200	1,118,200
Special donation for funds	841,858	-	124,000	-	965,858
Expenditure incurred for the year	(374,417)	-	(31,300)	-	(405,717)
At 31 March 2008	2,867,441	-	732,700	4,053,113	7,653,254
Net surplus for the year	-	-	-	790,437	790,437
Special donation for funds	-	-	250,000	-	250,000
Expenditure incurred for the year	(267,441)	-	(124,000)	-	(391,441)
Reallocation of fund	-	2,075,000	2,046,300	(4,121,300)	-
At 31 March 2009	2,600,000	2,075,000	2,905,000	722,250	8,302,250

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

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

CASH FLOW STATEMENT

For the year ended 31 March 2009

	NOTE	2009 HK\$	2008 HK\$
Operating activities			
Surplus before taxation		790,437	1,118,200
Adjustments for:			
Amortised cost of financial assets		106,023	2,600
Depreciation of owned assets		39,775	20,222
Interest and investment income		(173,478)	(265,816)
Loss on disposal of fixed assets		1,002	-
Operating surplus before working capital changes		763,759	875,206
Decrease/(increase) in donation and other receivables		267,032	(254,534)
Increase/(decrease) in sundry creditors and payables		27,317	(81,303)
Net (decrease)/increase in school project fund		(267,441)	467,441
Net increase in hotline service fund		-	92,700
Net increase in counseling service fund		126,000	-
Cash generated from operations		916,667	1,099,510
Interest and investment income received		173,478	265,816
Net cash from operating activities		1,090,145	1,365,326
Net cash used in investing activities	12	(39,055)	(91,226)
Net cash from financing activities		-	-
Increase in cash and cash equivalents		1,051,090	1,274,100
Cash and cash equivalents at beginning of the year		6,431,268	5,157,168
Cash and cash equivalents at end of the year	13	7,482,358	6,431,268

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2009

1. CORPORATE INFORMATION

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

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

The principal activities of the Foundation are the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families.

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES

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

(a) STATEMENT OF COMPLIANCE

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

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

The Company has not adopted any new standard or interpretation that is not yet effective for the current accounting period (see note 14).

(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 for certain financial instruments, which are measured at revalued amounts or fair values, as explained in their detailed accounting policies set out below.

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

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)*For the year ended 31 March 2009***2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)****(c) FINANCIAL INSTRUMENTS**

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

Investments in debt and equity securities**Held-to-maturity securities**

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

Receivables

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

Payables

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

(d) PLANT AND EQUIPMENT

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

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

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

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

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.

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

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 income and expenditure account in equal instalments over the accounting periods covered by the lease term, except where an alternative basis is more representative of the pattern of benefits to be derived from the leased asset. Lease incentives received are recognised in the income and expenditure account as an integral part of the aggregate net lease payments made. Contingent rentals are charged to the income and expenditure account in the accounting period in which they are incurred.

(f) CASH AND CASH EQUIVALENTS

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

(g) EMPLOYEE BENEFITS

Short term employee benefits and contributions to defined contribution retirement plans

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

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(h) REVENUE RECOGNITION

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

(i) Donations received

Donations received are recognised whenever it is received or receivable.

(ii) Interest and investment income

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

(i) FUNCTIONAL AND PRESENTATION CURRENCY

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

(j) TRANSLATION OF FOREIGN CURRENCIES

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

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

3. FIXED ASSETS

	Plant and equipment			Total HK\$
	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	
COST				
At 1 April 2007	7,259	38,547	52,376	98,182
Additions	460	90,766	-	91,226
At 31 March 2008	7,719	129,313	52,376	189,408
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
DEDUCT: ACCUMULATED DEPRECIATION				
At 1 April 2007	2,042	8,377	52,376	62,795
Charged for the year	2,511	17,711	-	20,222
At 31 March 2008	4,553	26,088	52,376	83,017
Charged for the year	6,348	33,427	-	39,775
Eliminated on disposals	(153)	(1,756)	-	(1,909)
At 31 March 2009	10,748	57,759	52,376	120,883
NET BOOK VALUES				
At 31 March 2009	15,541	89,128	-	104,669
At 31 March 2008	3,166	103,225	-	106,391

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

4. FINANCIAL ASSETS

	2009 HK\$	2008 HK\$
Net carrying amount of held-to-maturity debt securities	<u>671,377</u>	<u>777,400</u>

5. DONATION AND OTHER RECEIVABLES

	2009 HK\$	2008 HK\$
Donation receivable	69,734	322,944
Other debtors and receivables	<u>16,306</u>	<u>30,128</u>
	<u>86,040</u>	<u>353,072</u>

6. SUNDRY CREDITORS AND PAYABLES

	2009 HK\$	2008 HK\$
Sundry creditors and payables	<u>42,194</u>	<u>14,877</u>

7. RESERVES

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

Details of the movements in 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
心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

7. RESERVES (Continued)

Services Fund

- (i) The Fund supports charitable organizations which serve the mood disorder's patients 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 Foundaton.

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

8. INCOME

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

	2009	2008
	HK\$	HK\$
Project income		
Education	1,161,247	296,356
Fund raising activities		
Beijing Central X'mas Charity Nite	-	441,157
Charity Booth@Harbour City	-	111,271
Commercial Radio Charity Programme	-	119,038
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	-
Others	1,026,046	394,012
	2,206,429	1,065,478
Promotion	20,547	151,952
Services	231,612	106,177
	3,619,835	1,619,963
Donations received	196,383	173,009
Donations received from Flag Day	-	691,872
	3,816,218	2,484,844
Interest and other income		
Exchange gain	-	57,055
Interest and investment income	173,478	265,816
Sundry income	50	-
	173,528	322,871
Total income	3,989,746	2,807,715

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

9. PROJECT EXPENSES

	2009 HK\$	2008 HK\$
Education		
School Project	1,089,953	330,536
Others	-	42,182
	<u>1,089,953</u>	<u>372,718</u>
Fund Raising Activities		
Beijing Central X'mas Charity Nite	-	67,992
Commercial Radio Charity Programme	-	7,309
Charity Booth@Harbour City	-	6,887
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	-
Others	288,181	163,917
	<u>487,191</u>	<u>246,105</u>
Promotion		
Others	121,815	203,871
Services		
Professional Counseling Service	598,402	235,288
「新心晴」新移民人士輔導計劃	47,413	-
Others	-	207,143
	<u>645,815</u>	<u>442,431</u>
Total project expenses	<u>2,344,774</u>	<u>1,265,125</u>

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

10. SURPLUS BEFORE TAXATION

	2009	2008
	HK\$	HK\$
Surplus before taxation is stated after charging:		
Depreciation of owned assets	39,775	20,222
Members of the Executive Committee's remuneration		
Fees	-	-
Other emoluments	-	-
Operating leases		
Hire of land and buildings	109,080	112,230
Staff costs	<u>1,067,101</u>	<u>768,616</u>

11. TAXATION

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

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

12. INVESTING ACTIVITIES

	2009	2008
	HK\$	HK\$
Purchase of fixed assets	(40,455)	(91,226)
Proceeds from disposal of fixed assets	<u>1,400</u>	<u>-</u>
Net cash used in investing activities	<u>(39,055)</u>	<u>(91,226)</u>

13. CASH AND CASH EQUIVALENTS

Cash and cash equivalents consist of cash on hand and balances with banks. Cash and cash equivalents included in the cash flow statement comprise the following balance sheet amounts:-

	2009	2008
	HK\$	HK\$
Cash at bank and on hand	<u>7,482,358</u>	<u>6,431,268</u>
Cash and cash equivalents in the cash flow statement	<u>7,482,358</u>	<u>6,431,268</u>

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2009

14. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE ANNUAL ACCOUNTING YEAR ENDED 31 MARCH 2009

Up to the date of issue of these financial statements, the HKICPA has issued a number of amendments, new standards and interpretations which are not yet effective for the year ended 31 March 2009 and which have not been adopted in these financial statements.

The Foundation is in the process of making an assessment of what the 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 while the adoption of them is unlikely to have a significant impact on the Foundation's results of operations and financial position.

15. COMMITMENTS UNDER OPERATING LEASES

AS LESSEES

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

	2009 HK\$	2008 HK\$
Land and buildings		
- within 1 year	109,080	109,080
- in the 2nd to 5th years inclusive	<u>-</u>	<u>109,080</u>
	<u>109,080</u>	<u>218,160</u>

16. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Executive Committee on 30 November 2009.

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：
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) 23012303
傳真：(852) 21446331
電郵：joyful@jmhf.org
地址：香港九龍慈雲山慈正村正暉樓地下2號室

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: 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: Unit 2, G/F, Ching Fai House, Tsz Ching Estate, Tsz Wan Shan, Kowloon, HK.
(凡捐款滿港幣100元可獲發收據作扣稅用途及可自動成為心晴之友
(Those who donate HK\$100 or above will be issued with tax deductible receipts and will automatically become our 'Joyful Friends')



周麗淇小姐

心晴行動健康情緒榮譽大使

捐款呼籲

我們的財政來源主要來自社會各界熱心人士或機構的捐款，本會未有獲任何政府資助，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.

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



轉嚟耀才 — 「捉」即發

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速度之快 天下無敵

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六星級酒店服務



耀才證券市場總監
郭思治

逢星期五舉辦免費投資講座

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香港中環德輔道中71號永安集團大廈10樓全層
網址：www.bsgroup.com.hk
查詢詳情請電：(852)25 371 371

心晴義賣站



九龍慈雲山慈正正暉樓地下 2 號室
Unit 2, G/F., Ching Fai House, Tsz Ching Estate,
Tsz Wan Shan, Kowloon, HK.
熱線Hotline : (852) 23012303
傳真Fax : (852) 21446331
網址Website : <http://www.jmhf.org>
電郵Email : joyful@jmhf.org