

心晴行動慈善基金

Joyful (Mental Health) Foundation Limited

心晴行動 (Joyful (Mental Health) Foundation)

心晴行動慈善基金名譽會長
杜振源先生

打開心靈 擁抱心晴

2010 - 2011年度年報 Annual Report

2007-2008年度校園計劃：



名譽會長杜振源先生致力支持本會推廣預防情緒病工作，2007年起更捐款支持本會校園計劃工作

2009年心晴行動五週年慈善晚宴



2009年杜振源先生出席本會五週年慈善晚宴

2010年心晴行動歡賀共聚晚宴



2010年杜先生出席心晴行動歡賀共聚晚宴，並於當晚正式被委任為本會名譽會長，與義工們歡聚一番。

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成立背景：

根據2001年世界衛生組織的報告結果指出，全球約四分之一人患上不同程度的精神或情緒病。常見的情緒病包括：經常焦慮症、驚恐症、社交焦慮症、強迫症、創傷後情緒病、抑鬱症和產後抑鬱症等；精神病則包括思覺失調症、精神分裂症、躁狂抑鬱症和老人痴呆症等。

有調查顯示，抑鬱症更是近年情緒病症中的頭號殺手，號稱：「新一代都市殺手」。雖然患病情況普及，但大眾對情緒病的認識不深，多存有歧視或偏見，而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，希望大眾能對包括抑鬱症在內的情緒病有更深入的認識，決定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。大家都觀察到社會上抑鬱症及各種情緒病越來越普遍，部分成員更有親友是情緒病受害者，因此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 a 2001 report published by the World Health Organization (WHO), about a quarter of the world's population suffers from mood disorders to varying degrees. Common mood disorders include Generalized Anxiety Disorder, Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Depression, and Post-natal Depression; while psychoses include Early Psychosis, Schizophrenia, Bipolar Disorder and Dementia.

In current years, depression is ranked as the number one killer among mood disorders, commonly known as "New Generation City Killer". Though it is quite common for people to have mood disorders to a certain degree, most people do not know much about it. Worse still, some may not even know that they have a problem; therefore, a delay in seeking suitable and timely treatment could end up costing them their lives.

Ms. Victoria Lam Kin Ming, who once suffered from depression and anxiety disorders, teamed up with a group of volunteers to establish the Joyful (Mental Health) Foundation. The Foundation's objectives are to promote awareness of mental health in the community; clarify 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 charitable organisation, with Trustees, Consultants and Executive Committee Members drawn from various professions, including specialists in psychiatry, clinical psychologists, lawyers, artists, media practitioners and educationists, all of whom have learnt that depression and other mental health illnesses are becoming more prevalent in society. Some of them or their family members are victims of illness. Therefore, when Ms. Lam proposed the establishment of an organisation to combat mood disorders, many joined hands with her.

宗旨：

教育

教育病患者、家屬、公眾及家庭醫生有關情緒病的病徵、診斷、治療及預防方法等知識，提高社會各階層對情緒病的關注，增加治療及預防的成效。

幫助

情緒病的成因複雜，包括心理、生理及社交等不同方面，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，協助有需要人士及早獲得適當的治療和幫助，使病者盡快康復。

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：

Education

To provide patients, their families, the general public and family doctors with knowledge about the symptoms, methods of diagnosis, treatment and preventive measures of mental illness; to enhance the awareness of people from all walks of life about mood disorders, methods for their prevention and ways to increase the chance of receiving effective treatment.

Assistance

To provide a wide range of information, assistance, and methods of treatment, as well as face-to-face counselling services or referrals to persons suffering from mood disorders so that those in need can receive proper treatment and assistance at the earliest available opportunity and enjoy a speedy recovery.

Promotion

A series of activities and promotions have been organised through various media to provide people with information on mood disorders; to enhance knowledge of mood disorders in the community; and to arouse concern among the public about mental health, so as to reduce misconceptions, prejudices, and discrimination.

吉祥人物—「笑爺仔、笑奶妹」

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，因此本會於2005年特別創造了「笑爺仔、笑奶妹」這對吉祥人物，提醒我們在生活當中遇到任何挫折，也必須抱著樂觀的心情，積極的態度去面對，正如這一對笑口常開的「笑爺仔、笑奶妹」。

Lucky Icons Mr and Ms Cheerful

A pair of icons, Mr. and Ms. Cheerful, have been placed in Hong Kong Victoria Park since 2005 to remind us that even when we encounter setbacks in life, we should face it optimistically and positively.




位於維多利亞公園山丘涼亭

會長獻辭 Message from the Honourary President



杜振源先生
心晴行動慈善基金名譽會長
國際文具集團有限公司
集團行政總裁、集團主席

Mr. Simon C Y TO
Honourary President of Joyful (Mental Health) Foundation
Chairman & CEO of World Wide Stationery Holdings Co., Ltd.



本人深感榮幸受到本會主席林建明女士的邀請，出任本會的名譽會長。

回想多年前，自己曾飽受情緒病折騰，加上公務繁忙，感到心力交瘁。幸而，我的家人給予極大的精神支持，讓我心靈得到安慰，將負面情緒轉化為正能量。其實除了專業的醫藥治療和心理輔導外，病人的親友、同事、鄰居及社會人士的接納和支持，對病者的康復都極為重要。

故此，本人希望以過來人身分支持心晴行動推動公眾教育認識情緒病，減少誤解及歧視，讓病者及其家屬得到更多諮詢渠道、資源和幫助，走出困境。本會在公眾教育方面不遺餘力，除了向社會各階層推廣情緒病的知識外，過去所舉辦的活動皆得到各界熱烈的支持，這證明本會的理念得到各方認同，成功喚起大眾對情緒病的關注。

本人作為企業的領導層，認為關懷社區之餘，關懷員工的身心健康亦同樣重要；故此支持及鼓勵員工參加本會活動如「好心晴慈善跑2011」，既可多做運動保持身心健康，提升員工對情緒病的認識和關注，亦可為有需要的情緒病人籌款。

建設共融社區，需要我們每一個人獻出愛心和關懷，就讓我們攜手努力對抗情緒病，培養好心「晴」。

謹祝各位身心健康，生活愉快。

It was my great honour when Ms. Victoria Lam, Founder & Chairperson of the Joyful (Mental Health) Foundation, invited me to hold the position of Honourary President Office of the Foundation.

Looking back at those gloomy years, my body and soul were almost torn apart by the heavy workload of daily business commitments and, most bitterly of all, the suffering from mood disorder problems. Special thanks must be given to my family; without their comfort and support, I could not have had the willpower to fight the negative energy. From my experience, to help a person with mood disorder problems, seeking professional mental health diagnosis & treatment and psycho-therapy is a must, but not sufficient. In order to help that person hatch from their mental cocoon and resume a normal and healthy life, the understanding, acceptance and support from the patient's family, relatives, co-workers, neighbours and society at large is an important integral part of the rehabilitation process.

As a former mood disorder sufferer, I support our Foundation in promoting public education on Mental or Mood Disorders so as to minimize misunderstanding and discrimination in general, by enhancing and facilitating the enquiry channels, informational resources & financial assistance available to victims and their families. In view of the past activities of our Foundation, these have been widely and warmly accepted by society. This proves that the missions of our Foundation have been recognized by all parties and have successfully aroused public concern for Mood Disorders.

As top management of an enterprise, I believe that caring for the physical and mental health of our staff is as important as the community. I had no hesitation in supporting and encouraging our staff to join the Foundation's sports activity "POMPEL, Joyful Charitable Run 2011". It brought a double benefit – raising funds for needy mood disorder patients, while simultaneously keeping our staff abreast of the knowledge of mood disorders and enjoying better health through regular exercise.

Building a different yet harmonious society needs the love and care of everyone around us. Let us now fight against the problems and damages of mood disorders, and join hands in striving for a healthy good mood!

Wishing you health, a good mood and happiness!

信託人獻辭 Message from the Trustees



林建明女士
心晴行動慈善基金
主席及創辦人
Victoria Kin Ming LAM
Founder & Chairperson,
Joyful (Mental Health) Foundation



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



康寶駒律師
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榮譽副會長
Marin Po Kui HONG
Senior Partner,
Lau, Chan, & Ko, Solicitors & Notaries
Honourary Vice-President,
The Hong Kong Football Association Ltd.



何鐵文爵士
何鐵文會計師行
負責人
Dr. Chevalier Tien Man HO
(Duke of Alaydos)
Certified Public Accountants
T.M. Ho & Company

一步一腳印，路是這樣走上前——心晴從沙田威院宿舍一房間走去慈雲山，再走到新蒲崗，繼續走她社會服務的路；人走茶不涼，之後是可以走出更精彩——心晴就由慈雲山走到新蒲崗去，繼續走它的社會服務。

—林建明女士

老房子換了新主人，活化後，變成一塊桃園；遠眺一遍新景象，近望，室內生氣盎然，同事們落戶在新會址，相對有更多的空間給大家去行動，結識的一批又一批新朋友，共享新茶；也許，現在的茶比以前更釀更香，要是能在行動中取得一定的成績，更無愧於「心晴行動名譽會長」杜振源先生的心意。新會址的確立，也就是為了擴展更多的服務範疇，這正是彼此在心晴的共同目標。

—李鵬飛先生

社會服務不是一個一加一等於二的遊戲，它還需要大家的支持與認受，我們把茶帶到新環境，在杯子續水，茶又再暖起來，更溢滿。

—康寶駒律師

這杯熱茶，是一個法寶袋，除正常運作的工作，各種有關情緒健康的都裝在裡面，有精神，有實質，實質變精神，精神變實質，期望在健康情緒的領域上有更多突圍，也像靈猴攀山一樣地行動。

茶仍是暖，將會為全港每個地方角落添加，為有需要的人仕補充一下，喝一口，細細地品嚐，又是一個新時代的開始。

—何鐵文爵士

Step by step, Joyful (Mental Health) Foundation started our dedicated mission in social services from a dormitory room at Prince of Wales Hospital, Shatin, then slowly moved to a small place in Tsz Wan Shan, then to its current location in a spacious office in San Po Kong. Like good old tea that take time to mature, each of our footprints in the development is reflected in the accumulated knowledge, experience and acquaintances we have come across during this long journey. Today we are here in San Po Kong but we have not left behind Shatin nor Tsz Wan Shan. We are actually extending our continual social services to a wider community.

Ms. Victoria Lam Kim Ming

The old house, being revitalized by its new host, blossoms into a wonderland. Looking out from this spacious new site, there is new scenery, while dwelling on within, life and energy is free-flowing vibrantly amongst our colleagues, new acquaintances and visitors, all sharing and enjoying the freshly brewed tea prepared for them. I have a feeling that our tea today is more tasteful than that at the old house; even the scent of the tea is richer!

With the official site establishment of the Joyful (Mental Health) Foundation, we are all heading towards a common goal – to widen our social services to the community. If some achievements result from our services and supportive activities, then these will be the best rewards for Mr. Simon C Y To, the Honourable President of our Foundation!

Mr. Allen Peng-Fei Lee

Social services are not simply a mathematical equation of $1 + 1$ makes 2; they need the recognition, acceptance and support of the public.

Similar to tea, especially good tea, a requirement is for the taster to appreciate and recommend it to the public for their recognition, acceptance and collection. Today, our Foundation has moved to a new environment with our well-brewed tea, so that whenever the tea is served hot again, the fragrance of our good old tea will emit to its fullest!

Mr. Martin Po-Kui Kong

This cup of hot tea is no ordinary tea. It is a magic potion. Apart from its most common function of quenching our thirst, it is extremely versatile in ironing out both our physical and mental health problems; for example, if you are drunk, a cup of hot tea will make you sober again. If you feel anxious, a cup of hot tea will help you calm down. If you go hiking, a bottle of tea may prevent you from suffering heatstroke!

We will keep our tea warm all the time, though we are moving to a new place, for we will strive to do our best to fill up the cups of all those who are needy in the community, so that they may sip and enjoy this magic potion, which hopefully will help them find new opportunities.

Dr. Chevalier Tien Man HO (Duke of Alaydos)

執行委員獻辭 Message from Executive Committee Members



趙美仙女士
心晴行動慈善基金副主席
Ms. Cecilia Chiu
Vice Chairperson
Joyful (Mental Health) Foundation

以前工作繁忙，基本上只捐款給慈善機構而騰不出時間身體力行做義工。後來有機會認識本會主席林建明女士，自此加深對「心晴行動慈善基金」的了解，也深深被本會主席林建明女士無私和盡心盡力的精神所感動。加入這個大家庭後，才知道打理慈善機構殊不簡單。

既成為執委，我閱讀有關書籍及參與課程，以增加對情緒病及抑鬱症的認識。此舉直接令我對自己的情緒加深了解，間接令我幫助到身邊有需要的親友。

但當我愈認識、愈了解，便愈發覺本會的存在價值：有需要加深大眾對情緒病及抑鬱症的認識，減少歧視及偏見—情緒病不是「發神經」。有些患者甚至不知自己患病而且未能及早接受治療，所以要加強教育及推廣以灌輸情緒病的起因、病徵和治療方法等知識，有云「預防勝於治療」。

我很高興可成為本會的一分子，希望透過教育及推廣令社會多關注及關心情緒病患者，人人「愁緒總能解，心中永是晴。」

If I had not had the chance to know the Chairperson of the Joyful (Mental Health) Foundation, Ms. Victoria Lam, a busy career woman like me would still be a monetary donor only. It was through Ms. Lam that I came to know how difficult it is to keep a charitable organisation running. Compelled by Ms. Lam's selfless devotion to the Foundation, I joined her extended family.

As a member of the Executive Committee, at first I felt I was obliged to deepen my knowledge in General Anxiety disorders and Depression by going to classes and reading relevant books in order to help people who come to our Foundation as well as my loved ones. However, as time goes by, I realise that I actually benefit from this knowledge and what to do to maintain sound mental health!

The more I understand the importance of mental health, the more I discover the significant reason for the existence of our Foundation – to correct the erroneous assumption that Mood Disorders like GAD or Depression are equivalent to “Psychosis” or “Mental Dysfunction”, and to alleviate the degree of prejudice and discrimination within society. What makes up such a big misapprehension? Not only does the majority of our community lack a proper understanding of Mood Disorders as common by-products of our nowadays stressful city life, sufferers of these symptoms are also not aware of their real mental status! The old Chinese teaching says: “Prevention is better than Cure”; our Foundation strives to design and promote general courses for interested parties to acquire knowledge in Mental Disorders, their causes and effects, symptoms, therapeutic treatments, and of course, links and access to useful websites and government aids which are indispensable.

I am happy to be part of this Foundation in promoting love, care, and education to people with mental disorders. We all hope that one day we can chant in one voice together:

“Off you go, Sadness, Fill our hearts today, Sunshine!!!”



柳發文先生
心晴行動慈善基金執行委員
Mr. Lau Fat Man
Executive Committee Member
Joyful (Mental Health) Foundation

自2009年獲本會秘書長黎鵬先生推薦擔任執委會成員後，我除了感到榮幸之外，更重要的是，與此同時也察覺到自己「快樂指數」日漸增長。

無論家人及身邊的朋友、同事都異口同聲發現，我近年的確比以前開朗、健談多了。因為我在生活及工作的小節上多了關注他們的情緒，也在適當時候給予關懷……漸漸地成了習慣。而且自己更在日常言談中注意表現笑容、輕鬆的語氣及配合自然的身體語言，不知不覺間，我與同事、朋友甚至學生的相處亦倍覺自然、親切且愉快。

原來，在執委會定期的會議和工作中，我亦漸漸吸收了各種保持情緒健康的訣竅，而且潛意識地應用到生活及工作上……這個經驗啟發了我，要保持身心健康實非難事，只要一點一滴累積「快樂指數」，每天以輕鬆豁達的心情面對人和事，便足夠了。

我尤其欣賞「心晴錦囊」內介紹的「開心存摺簿」(Accumulation)及「心深欣賞」(Appreciation)的訣竅，非常有用。

In 2009, I was recommended by the Foundation's Secretary, Mr. Lai Pang, to become one of the Executive Committee members of the Foundation. By accepting this honour, I was actually at the same time starting to mount my own "Happiness Index".

I am not the only one who notices the change. My family, friends, colleagues and even my students unanimously found me more cheerful and much talkative than a few years ago. What is the magic? The magic comes from my genuine concern about their emotional balance over their workload, their studies and schoolwork, and even small details in their daily lives. To become this Magician is no magic at all. I have gone through a series of self-practices – speaking in light and happy tones with a smiling face, and remembering to match contents of my speech and my facial expressions with my body language!

Through various Executive Committee meetings and volunteer work, I understand more about the secret of how to achieve happiness and well-being. Such experience has inspired me and subconsciously I apply it to my daily life – accumulate every bit of "happiness index" to live happily every day.

I admire and endorse the tips in the two pamphlets to students: "Accumulation" and "Appreciation".

信託人、顧問團及執行委員會成員

Trustees, Consultants & Executive Committee

信託人 Trustees



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



李鵬飛先生
華經顧問有限公司主席
Mr Allen Peng-Fei LEE, J.P.
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Honourary Vice-President
The Hong Kong Football Association Ltd.



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何鐵文會計師行負責人
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Certified Public Accountant

顧問團成員 Consultants



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曾智華先生
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Mr. Luke TSANG
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黃錫源先生
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資深防止欺詐及風險管理專才
Mr. C.K. CHO Barrister
Expert in Fraud Risk Management



李少峰律師
侯劉李楊律師行合伙人
本基金名譽法律顧問
Mr. Andrew S.F. LI
HAU, LAU, LI & YEUNG & Co
Honourary Legal Advisor, JMHF



伍懷璞教授
香港大學中文學會名譽會長
Prof. Wai-pok NG
Honourary President,
The Chinese Society of HKU



陳啟鴻律師
陳啟鴻林錫光律師行合伙人
本基金義務法律顧問
Mr. Alfred CHAN
S.K. LAM, Alfred CHAN & CO.
Honourary Legal Advisor, JMHF



何念慈女士
臨床心理學家
Ms. Annie HO
Clinical Psychologist



郭偉健先生
資深管理顧問
港駿會計師行有限公司
Mr. Ken KWOK
Senior Management Consultant
FTW & Partners CPA Limited



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



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



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



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



麥洛新先生
資深註冊社工
Mr. Lok Sun MAK
Registered Social Worker



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



陳慧羚女士
資深註冊社工
Ms. Viola CHAN
Registered Social Worker



李偉民律師 太平紳士
李偉民律師事務所合夥人
本基金名譽法律顧問
Mr. Maurice LEE, JP
Partner, Maurice WM LEE Solicitors
Honourary Legal Advisor, JMHF



黃綺雯女士
資深市場策劃推廣人
Ms. Alice WONG
Marketing Consultant &
Strategic Planner



梁李少霞女士
電影製作人
Ms. Shiu Ha LEE LEUNG
Film Producer



陳靄華女士
資深精神科社康護理專科護士
Ms. Eva O.W.CHAN
Nurse Specialist
(Community Psychiatric Nursing)



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



周鳳美女士
麻醉科醫生
Ms. Bernie CHOW
Anesthesiologist



劉月明女士
畫家
Ms. Marianne LAU
Artist

執行委員會成員 Executive Committee

林建明 (主席)

Ms. Victoria LAM (Founder & Chairperson)

黃寶珠 (副主席)

Ms. Pearl WONG (Vice Chairperson)

李偉成 (副主席)

Mr. Jackson LI (Vice Chairperson)

趙美仙 (副主席)

Ms. Cecilia CHIU (Vice Chairperson)

霍澤基 (副主席)

Mr. Monster FOK (Vice Chairperson)

黎鵬 (秘書長)

Mr. Pang LAI (Secretary)

李國芬 (副秘書長)

Mr. Bennett LI (Deputy Secretary)

鄭秀英 (司庫)

Ms. Irene CHENG (Treasurer)

本會創辦人

Social Service

傳媒工作者

Media Practitioner

資深公關顧問

Senior Public Relations & Production Consultant

行政總裁

Professional Procurement Consultant

傳媒工作者

Media Participant

保險公司營業分組經理

Finance & Insurance Practitioner

公司總經理

General Manager

專業會計師及公司秘書

Professional Accountant & Chartered Secretary

李靄德 (執委)

莫婉珊 (執委)

劉艷玲 (執委)

黃淑敏 (執委)

柳發文 (執委)

余慧文 (執委)

復康服務

傳媒工作者

慈善活動工作者

慈善活動工作者

教育工作者

教育工作者

Ms. Audrey LEE

Ms. Joyce MOK

Ms. Cecilia LAU

Ms. Samantha WONG

Mr. Peter LAU

Ms. Amy YU

Rehabilitation Service

Media Practitioner

Fundraiser

Fundraiser

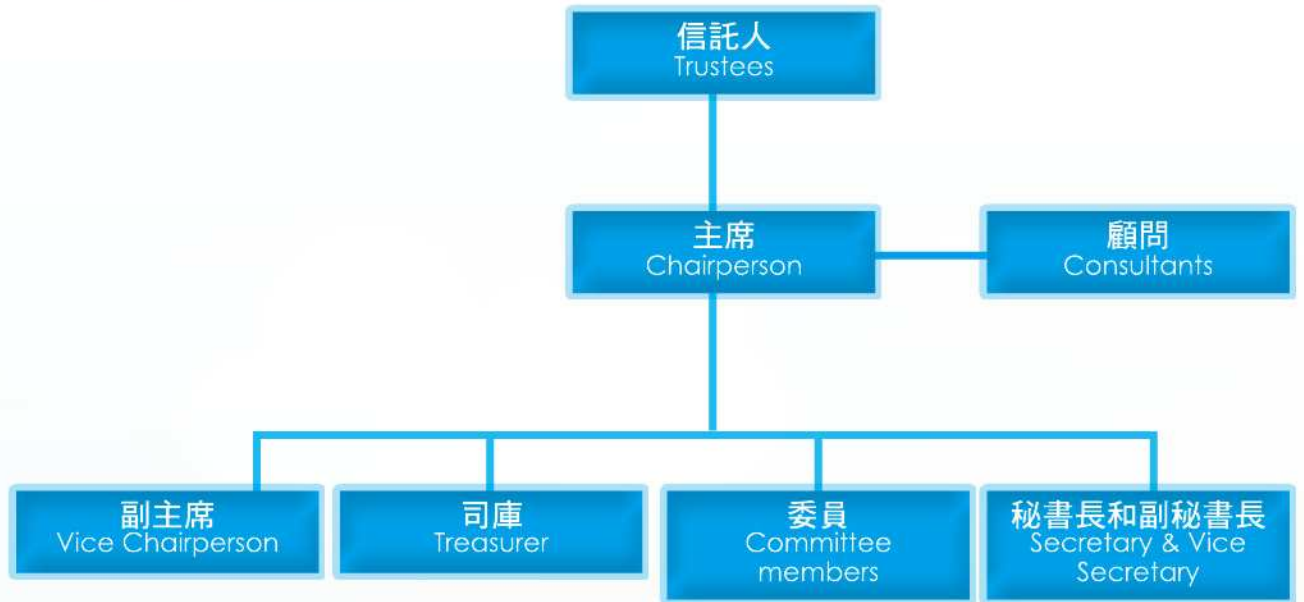
Education Service

Education Service



心晴行動慈善基金-組織架構

Organisational Structure of JMHF



秘書處

Secretariat



服務範圍 Scope of Services

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起因、病徵和治療方法等知識，推動社會關注及關心情緒病患者，希望達到普及和減少歧視與誤解。
3. **地區巡迴展覽**
巡迴不同社區以輕鬆手法向大眾灌輸關注健康情緒訊息，從而教育市民認識情緒病，喚起大眾關注情緒健康，減少誤解、偏見和歧視，建設共融、互助社區。

教育

1. **校園計劃「情緒睇真D」**
本計劃巡迴全港中學推行，以「情緒睇真D」健康教育講座為首，再配合不同的延伸活動及支援項目，讓學生明白情緒健康的重要性，學習正確處理情緒的方法，預防情緒病。
2. **講座**
到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。
3. **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。
4. **訓練家庭醫生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、求助途徑及相關轉介服務，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. **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。聚會為病患者打氣之餘，亦讓家屬及專家們更加明白病者的需要和心聲。
4. **資助及聯繫相關服務機構**
資助或聯繫其他已有工作成效，但缺乏營運經費的相關機構，以增加服務成效。
5. **朋輩支援**
由情緒病康復者、病者家屬或對情緒病認識的人士提供，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。
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。

Promotion

- 1. Website, Pamphlets, Leaflets 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, including the causes, symptoms and treatments, in order to raise social concern and awareness, and to reduce as much as possible the social stigma and misunderstanding towards mood disorder patients.
- 3. Community Exhibitions**
To organise community exhibitions to educate the public and arouse their awareness of mood disorders, and to alleviate misunderstanding. This can help build a more harmonious and supportive community.

Education

- 1. Joyful School Project - Know Your Mood**
To visit secondary schools in Hong Kong and to provide talks on “Know Your Mood” . Supplemented by extended and supportive activities, we hope students understand the importance of mental health, know the correct ways of handling mood problems and methods for the prevention of mood disorders.
- 2. Seminars**
To organise 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 workshops.
- 3. Mental Health Courses**
To collaborate with the Hong Kong Family Link Mental Health Advocacy Association in organising mental health courses for rehabilitated persons as well as their families; and to train prospective members to become qualified mentors to helping others in need.
- 4. Training of family doctors on Mood Disorders**
To jointly organise professional training courses with the Hong Kong Mood Disorders Center, CUHK for family doctors to enhance the diagnosis, treatment and referral service of Mood Disorders to expedite treatment provided to sufferers.

Services

- 1. Hotline**
To provide hotline services regarding information about mood disorders and access to clinical services for those in need.
- 2. Professional Counselling**
To provide professional assessment and counselling services by experienced counsellors and to help those in need to seek appropriate solutions.
- 3. 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.
- 4. Sponsorships And Affiliations with Organisations**
To sponsor affiliated organisations which need financial resources for the effective delivery of services.
- 5. Peer Group Support**
To provide mutual support within peer groups through the sharing of experience from patients who have recovered, their families, and from those who are knowledgeable about mood disorders.

心晴行動會址喬遷之喜

Relocation of General Office

2011年3月本會喬遷至新蒲崗的新會址。本會並在4月11日舉行了開幕儀式，在眾嘉賓及傳媒朋友的見證下，新會址正式紮根於新蒲崗。

我們期望新設置的輔導室、展廳及寬敞的活動室將為本會增添多元化而且更優質的服務。「心晴喬遷大行動」自2010年7月起，有關項目的策劃、執行，以至最後圓滿完成，歷時約九個月的時間。期間本會的服務一直如常運作，未曾間斷，除了有賴盡責的員工團隊胼手胝足、堅守崗位外，更重要的是得到名譽會長杜振源先生慷慨解囊贊助裝修工程費用、副主席趙美仙女士及是次項目的工程顧問黃成基先生的帶領與專業意見。各界人士的熱心幫忙，才使整個工程順利完成。

Attended by numerous guests and representatives from the mass media, we had an opening ceremony on 11 April 2011 to celebrate the relocation of the general office to San Po Kong.

We anticipate that the new establishment and facilities can render more quality services to the public. The relocation project took 9 months, starting from July 2010. Thanks to our devoted staff's loyalty and co-operation, there was no breakdown in our services.

Moreover, we are grateful to Mr. Simon To, our Honourary President, for his generosity in sponsoring the refurbishing and decoration work fees, and Ms. Cecilia Chiu (Vice Chairperson) and Project Consultant Mr. S. K. Wong for their professional advice and continuous guidance in the whole project.



心晴行動

The Joyful (Mental Health) Foundation



主席、執委辦公室



會址門外



會議室



輔導室



會址大門口



辦公室

資料室



活動及課程的活動室



多用途展廳



接待處

教育 Education

校園計劃－「情緒睇真D」講座

Joyful School Project - Know Your Mood

是一項為中學生而設的情緒健康教育計劃，透過互動形式的學校講座，向學生們講解情緒健康的重要性，教授如何自我檢視情緒健康狀態，以及保持情緒健康的方法。

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

講座次序及日期 Seminar order and dates

1	2010年8月27日	路德會呂明才中學	Lui Ming Choi Lutheran College
2	2010年9月10日	香海正覺蓮社佛教馬錦燦紀念英文中學	HHCKLA Buddhist Ma Kam Chan Memorial English Secondary School
3	2010年9月15日	中華基督教會扶輪中學	CCC Rotary Secondary School
4	2010年9月17日	將軍澳香島中學	Heung To Secondary School (Tseung Kwan O)
5	2010年9月27日	九龍文理書院	Cognitio College (Kowloon)
6	2010年10月5日	蘇浙公學	Kiangsu-Chekiang College
7	2010年10月8日	德貞女子中學	Tack Ching Girls' Secondary School
8	2010年10月12日	衛理中學	The MCHK Wesley College
9	2010年10月13日	香港聖瑪加利女書院	St Margaret's Girls College
10	2010年10月15日	瑪利曼中學	Marymount Secondary School
11	2010年10月19日	聖文德書院	St Bonaventure College & High School
12	2010年10月20日	東華三院呂潤財紀念中學	T.W.G.Hs Lui Yun Choy Memorial College
13	2010年10月21日	神召會康樂中學	Assembly of God Heborn Secondary School
14	2010年10月22日	元朗公立中學校友會鄧兆棠中學	YLPMSSA Tang Siu Tong Secondary School
15	2010年10月25日	聖若瑟英文書院	St. Joseph's College
16	2010年10月27日	香港聖瑪加利女書院	St Margaret's Girls College
17	2010年11月2日	崇真書院	Tsung Tsin College
18	2010年11月3日	荃灣公立何傳耀紀念中學	Tsuen Wan Public Ho Chuen Yiu Memorial College
19	2010年11月4日	中華基督教會何福堂書院	The Church of Christ in China Hoh Fuk Tong College
20	2010年11月5日	聖公會李福慶中學	S.K.H. Li Fook Hing Secondary School
21	2010年11月10日	(齋色園主辦) 可立中學	Ho Lap College
22	2010年11月11日	基督書院	Christ College
23	2010年11月19日	曾璧山中學	Tsang Pik Shan Secondary School
24	2010年11月24日	伊利沙伯中學舊生會中學	Queen Elizabeth School Old Students' Association Branch Secondary School
25	2010年11月26日	香海正覺蓮社佛教正覺中學	HHCKLA Buddhist Ching Kok Secondary School
26	2010年11月30日	賽馬會體藝中學	Jockey Club Ti-I College
27	2010年12月1日	東華三院李潤田紀念中學	Tung Wah Group of Hospitals Lee Ching Dea Memorial College
28	2010年12月3日	景嶺書院	King Ling College
29	2010年12月6日	地利亞修女紀念學校 (利瑪竇)	Delia Memorial School (Matteo Ricci)
30	2010年12月7日	廠商會中學	CMA Secondary School
31	2010年12月8日	德雅中學	Tak Nga Secondary School
32	2010年12月13日	循道中學 (油麻地)	Methodist College
33	2010年12月14日	明愛胡振申中學	Caritas Wu Cheng-chung Secondary School
34	2010年12月17日	香港道教聯合會青松中學	The Hong Kong Taoist Association Ching Chung Secondary School
35	2010年12月20日	中華基金中學	The Chinese Foundation Secondary School

講座次序及日期 Seminar order and dates

36	2011年1月18日	聖母無玷聖心書院	Immaculate Heart of Mary College
37	2011年1月19日	樂善堂顧超文中學	Lok Sin Tong Ku Chiu Man Secondary School
38	2011年2月10日	香港道教聯合會圓玄學院第一中學	HKTA The Yuen Yuen Institute No. 1 Secondary School
39	2011年2月15日	東華三院郭一葦中學	Tung Wah Group of Hospitals Kwok Yat Wai College
40	2011年2月16日	廠商會蔡章閣中學	CMA Choi Cheung Kok Secondary School
41	2011年2月17日	聖保羅書院	St. Paul's College
42	2011年2月18日	保良局馬錦明夫人章馥仙中學	Po Leung Kuk Mrs Ma Kam Ming-Cheung Fook Sien College
43	2011年2月21日	五旬節聖潔會永光書院	P.H.C. Wing Kwong College
44	2011年2月23日	佛教葉紀南紀念中學	Buddhist Yip Kei Nam Memorial College
45	2011年2月24日	香港專業教育學院(沙田)	VTC - IVE (Sha Tin)
46	2011年3月2日	寶血女子中學	Precious Blood Secondary School
47	2011年3月4日	仁愛堂田家炳中學	Yan Oi Tong Tin Ka Ping Secondary School
48	2011年3月8日	東華三院甲寅年總理中學	T.W.G.Hs. Kap Yan Directors' College
49	2011年3月9日	北角協同中學	Concordia Lutheran School - North Point
50	2011年3月10日	聖保祿學校	St. Paul's Convent School (Secondary Section)
51	2011年3月11日	張沛松紀念中學	Chang Pui Chung Memorial School
52	2011年3月17日	孔教學院何郭佩珍中學	Confucian Ho Kwok Pui Chun College
53	2011年3月18日	香港道教聯合會圓玄學院第二中學	Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School
54	2011年3月25日	釋慧文中學	Shi Hui Wen Secondary School
55	2011年4月1日	邱子文高中學校	Yeo Chei Man Senior Secondary School
56	2011年4月4日	保良局姚連生中學	Po Leung Kuk Yao Ling Sun College
57	2011年4月7日	寧波公學	Ning Po College
58	2011年4月8日	香港培正中學	Pui Ching Middle School
59	2011年4月11日	妙法寺劉金龍中學	Madam Lau Kam Lung Secondary School of MFBM
60	2011年4月15日	香港真光書院	Hong Kong True Light College
61	2011年4月21日	佛教黃允畝中學	Buddhist Wong Wan Tin College
62	2011年5月5日	將軍澳官立中學	Tseung Kwan O Government Secondary School
63	2011年5月11日	港九潮州公會中學	Hong Kong & Kowloon Chiu Chow Public Association Secondary School
64	2011年5月18日	荔景天主教中學	Lai King Catholic Secondary School
65	2011年5月12日	天主教南華中學	Nam Wah Catholic Secondary School
66	2011年5月25日	佛教慧因法師紀念中學	Buddhist Wai Yan Memorial College
67	2011年5月26日	香港布廠廠商會朱石麟中學	HKWMA Chu Shek Lun Secondary School
68	2011年6月3日	香港道教聯合會圓玄學院第二中學	Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School
69	2011年6月28日	鳳溪廖萬石堂中學	Fung Kai Liu Man Shek Tong Secondary School



蘇浙公學



元朗公立中學校友會鄧兆棠中學



聖公會李福慶中學

校園計劃—支援項目「家長工作坊」 School Project Supportive Activities - “Workshop for Parents”



工作坊次序及日期 Seminar order and dates

1	2010年8月17日及8月19日	中華基督教會銘基書院	CCC Ming Kei College
2	2010年9月25日	中華基督教會扶輪中學	Church of Christ in China Rotary Secondary School
3	2010年10月23日	九龍塘學校(中學部)	Kowloon Tong School (Secondary School)
4	2010年11月21日	曾璧山中學	Tsang Pik Shan Secondary School
5	2010年12月5日	元朗公立中學校友會鄧兆棠中學	YLPMSSA Tang Siu Tong Secondary School
6	2010年1月21日	靈糧堂劉梅軒中學	Ling Liang Church M H Lau Secondary School
7	2011年2月19日	聖公會曾肇添中學	S.K.H. Tsang Shiu Tim Secondary School

校園計劃—支援項目「校園心情大使」 School Project Supportive Activities - School Joyful Ambassador

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，以及保持情緒健康的方法。

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

元朗公立中學校友會鄧兆棠中學



邱子文高中學校

次序及日期 Seminar order and dates

1	2010年9月22日及10月6日	中華基督教會基智中學	Church of Christ in China Kei Chi Secondary School
2	2010年9月18日及10月9日	將軍澳香島中學	Heung To Secondary School (Tseung Kwan O)
3	2010年10月4日及10月7日	崇真書院	Tsung Tsin College
4	2011年10月27日及10月28日	邱子文高中學校	Yeo Chei Man Senior Secondary School
5	2010年11月3日及11月18日	香港專業教育學院(柴灣)	VTC - IVE (Chai Wan)
6	2010年11月8日及11月15日	基督教香港信義會信義中學	ELCHK Lutheran Secondary School
7	2010年11月9日及11月16日	九龍文理書院	Cognitio College (Kwloon)
8	2010年11月25日及12月15日	樂善堂顧超文中學	Lok Sin Tong Ku Chiu Man Secondary School
9	2010年12月9日	中華基督教會基道中學	The Church of Christ In China Kei To Secondary School
10	2010年12月23日及2011年1月8日	聖傑靈女子中學	St. Catharine's School For Girls, Kwun Tong
11	2011年2月19日及2011年3月5日	粉嶺救恩書院	Fanling Kau Yan College

天氣與中學生情緒研究問卷調查新聞發佈會

2011年2月24日

Press Conference Survey on the relationship between weather conditions and emotions of secondary school students

24 February 2011

氣候環境已經是全球性的問題，除了涉及環保議題外，氣候對個人情緒亦息息相關。普遍來說，人們早已相信天氣對人的情緒有一定影響。西方亦已有研究指出，天氣會影響我們的情緒和工作效率，如潮濕的天氣會令我們精神不集中。另一方面，天氣還會影響自殺和精神病發的風險。有見及此，本會委託香港浸會大學社工系趙雨龍博士進行一項「天氣與中學生情緒研究」問卷調查，訪問3,580名香港中學生，了解天氣對他們在情緒、行為及學習動機等方面的影響。

Climate poses challenges to the whole world. There is evidence of a strong correlation, supported by western studies, between weather and human emotions. For instance, humid weather conditions reduce people's concentration skills and make them ineffective. Changes of weather may induce mental diseases, and even trigger suicide. This being the case, our Foundation appointed Dr. Marcus Y. L. Chiu, Department of Social Work, Hong Kong Baptist University, to conduct a survey. 3,580 students were interviewed, to explore the impact of weather on their emotions, behaviour and learning motivation.



(左三起) 本會經理龍愷思女士、臨床心理學家王譚慈女士及本會顧問趙雨龍博士



服務 Service

專業面談輔導服務

Professional face-to-face counselling

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

Experienced counsellors provide professional assessment and offer solutions to individuals suffering from emotional problems through individual counselling sessions.



熱線服務

Hotline

提供有關情緒病的資訊、求助途徑及相關服務，讓有需要人士及早找到所需協助。

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

資助項目-家連家精神健康教育計劃

Funding Project - Family-link Mental Health Educational Program

本會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。本會本年度繼續撥出款項資助家連家精神健康教育計劃，此項計劃包括舉辦紓壓活動、開設精神健康資源閣、關懷小組訓練及舉行精神健康講座等。

Sponsoring and linking up with other related organisations is one of our aims. The Hong Kong Family-link Mental Health Advocacy Association mainly provides services and support for mental patients and their families. In the year under review, our Foundation funded the Family-link Mental Health Education Program, which included pressure-relaxing activities, the setting up of a mental health information corner, training of care groups and seminars on mental health.

專家、病者及家屬互動分享會

Interactive sharing session with experts, patients and families

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

Guest experts were invited to attend the gatherings to share with patients, families and volunteers ways to treat depression. Personal experience was shared in a free and supportive setting. Such mutual support and encouragement serves to boost confidence for all in battling mood disorders.

舉行日期 Dates of Activities	分享嘉賓 Guests
2010年5月20日	精神科專科林達聰醫生 Dr. Paul Lam Tat-chung, Specialist in Psychiatry
2010年8月25日	香港家連家精神健康倡導協會主席彭淑賢女士 Ms. Pandora Pang Suk-yin, Chairperson of the HK FamilyLink Mental Health Advocacy Association
2010年10月26日	精神科專科林中鍵醫生 Dr. Francis Lum Choong Kein, Specialist in Psychiatry
2011年1月19日	輔導員黎潤芬女士 Ms. Lai Yun Fan, Counselor of JMHP
2011年3月31日	精神科專科童粵生醫生 Dr. Jimmy Dong Yuet-sun, Specialist in Psychiatry



嘉賓精神科專科林達聰醫生



嘉賓精神科專科童粵生醫生

朋輩支援服務

Peer Support Services

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

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

舉行日期
Dates of Activities

2010年4月28日
2010年7月31日
2010年9月29日
2010年11月24日
2010年12月16日
2011年2月24日



朋輩支援聚會



朋輩支援郊遊樂

非牟利機構情緒健康講座

Mental Health Seminar for Non-Profit Organisations

本會定期為非牟利機構舉辦情緒健康講座，教育大眾認識情緒病，了解情緒健康的重要，從而提升管理情緒的能力及技巧。

Our Foundation periodically organises mental health seminars for non-profit making organisations. These seminars aim at educating the public about mood disorders and tell them the tips for managing and improving their mental health.

日期 Date	地點 Location
2010年7月7日	沙田區議會 Sha Tin District Council
2010年7月29日	東葵涌社會福利署綜合家庭服務中心 Kwai Chung (East) Integrated Family Service Centre
2010年8月8日	民建聯黃大仙支部 Wong Tai Sin Sub-branch, Democratic Alliance for the Betterment of Hong Kong
2010年10月26日	人壽保險從業員協會 Life Underwriters Association of Hong Kong Ltd.
2011年1月11日	香港戒毒會 Society for the Aid and Rehabilitation of Drug Abusers



東葵涌社會福利署綜合家庭服務中心



民建聯黃大仙支部

服務計劃

Services Plan

為加強區內居民對本會服務及情緒病的認識，本會已於2010年7月、10月及2011年1月，分別巡迴慈雲山中心、龍翔中心及鳳德商場，進行地區服務宣傳。活動內容包括：攤位遊戲、情緒健康測試站、派發機構及輔導服務宣傳單張等。居民反應熱烈，積極參與情緒健康測試服務，對於檢視自我情緒有進一步的認識。

To strengthen our service to districts, we launched our publicity schemes in Tsz Wan Shan Center, Lung Cheung Plaza and Fung Tak Shopping Centre in July 2010, October 2010 and January 2011 respectively. The promotional activities, through stall games, mood assessments and pamphlets, were aimed at strengthening citizen's understanding and awareness of mood disorders and our scope of services.



情緒健康測試站



攤位遊戲

「正向心理學與抑鬱症」2010年5月24日

Positive Psychology & Depression 24 May 2010

本會榮邀聖約翰輔導服務行政主任Dr. Mark L. Gandolfi擔任講員，從正向心理學的角度，講解抑鬱症的原因及治療的元素。是次講座對象以本會職員、執委顧問、輔導員、熱線及友晴人義工為主。目的是提高大家對抑鬱症的認識及關注，有助他們了解及幫助情緒病患者的需要，在提供服務時，可為患者提供更適切的幫助。Dr. Mark L. Gandolfi, Administration Officer of St. John's Counselling Service, explained to the related persons of the Foundation the perspective of Positive Psychology on the reasons and methods of therapy for Depression. This helped them acquire more knowledge in rendering quality service to their clients.

Dr. Mark L. Gandolfi向本會職員、執委顧問、輔導員、熱線及友晴人義工詳細講解抑鬱症



本會副主席趙美仙女士(中)代表心晴送贈感謝狀給Dr. Mark L. Gandolfi(右)及聖約翰座堂輔導員朱佩儀女士(左)

沙田愛心巡禮開幕典禮 2010年5月29日

Closing Ceremony of Shatin LOVE PROJECT 29 May 2010

透過一連串活動，以輕鬆手法向沙田區市民推廣及教育有關情緒病知識，讓公眾對情緒病有正面的了解。活動內容包括專家及藝人分享、以情緒病為主題的話劇表演、魔術表演及免費情緒測試等。於沙田大會堂廣場舉行開幕禮。

分享嘉賓包括影后惠英紅女士、第七屆香港小姐季軍鍾慧冰女士、第十屆香港小姐最上鏡小姐夏淑玲女士、社會福利署沙田區策劃及統籌主任譚翠琼女士、美國輝瑞科研製藥有限公司總經理梁國先生、精神科專科醫生林中鍵醫生、沙田居民協會朱子唐總幹事及邱子文高中學校代表蕭瑞源同學。

The aim of the Project was, through a series of activities and softening approaches, to promote, educate and let the public have a positive understanding about "Mood Disorders". The activities included experience-sharing by experts and artists. The closing ceremony at Shatin City Hall ended right after a drama and magic show using "Mood Disorder" as their theme, and free mood disorders testing.

Our honourable guests who shared their experiences included Ms. Kara Hui Ying-Hung, Ms. Maria Chung, Ms. Wendy Ha, Ms. Winnie Tam (Social Welfare Officer of the Social Welfare Department), Mr. Stephen Leung (Country Manager, Pfizer Corp. Hong Kong Limited), Dr. Lum Choong Kein (Psychiatrist), Mr. Kimba Chu Ysz Tong (Executive Director of Shatin Inhabitants Association) and Mr. Shiu Shui Yuen (Representative of Yeo Chei Man Senior Secondary School).

左起：本會執委柳發文先生、第七屆香港小姐季軍鍾慧冰女士、第十屆香港小姐最上鏡小姐夏淑玲女士、分享嘉賓包括影后惠英紅女士、精神科專科醫生林中鍵醫生、美國輝瑞科研製藥有限公司總經理梁國先生、社會福利署沙田區策劃及統籌主任譚翠琼女士、沙田居民協會朱子唐總幹事及邱子文高中學校代表蕭瑞源同學



熱線義工基礎訓練 2010年7月29日 Volunteer Hotline Fundamental Training Course 29 July 2010



課程共分兩個階段進行。第一階段是基礎理論，第二階段是實習。課程目的是訓練一班有志服務社會人士，成為有質素的熱線義工。是次訓練課程重點是幫助參加者：1)認識各種常見的情緒病、2)了解熱線的服務性質、3)學習溝通技巧。參加者一致認為此課程非常實用，特別是在課堂中所學習的溝通技巧，有助他們為來電求助人士抒解情緒困擾。他們更領會到照顧自己情緒健康的重要性，從而達至助人自助的目的。

The Course consisted of two parts, theory and application. The purpose of the training course was to train those who expressed a desire to serve the social community by becoming qualified hotline volunteers. The training course focused on helping participants (1) to identify various mood disorders; (2) to understand the special characteristics of the hotline; (3) to learn communication skills. The participants who undertook this course found it very useful, especially in the communication skills they learnt in the class. These skills enabled them to ease the stress of those with mood disorders, and to realize the importance in containing their own mood while helping people as well as themselves.

「精神病患治癒與社區支援」研討會 2010年6月6日 Seminar on Rehabilitation of Mental Illness and Community Support 6 June 2010

本會獲主辦機構「香港家連家精神健康倡導協會」邀請，參加「精神病患治癒與社區支援」研討會。是次研討會喚醒大眾關注現時提供給精神病康復者的治療及社區支援不足的地方。多位講者提出改善方案，有助精神病康復者獲得適切的醫療跟進，減低其病症復發的機會。

The Foundation was invited to participate in this seminar. The seminar aimed at creating public awareness that follow-up treatment and community support for rehabilitated mental health patients were inadequate. The speakers made sound proposals on how to improve the situation.

「精神病患治癒與社區支援」研討會



(左起) 家連家精神健康倡導協會主席彭淑賢女士、立法會議員黃成智先生、香港浸會大學社會工作系副教授、本會顧問趙雨龍博士、澳洲悉尼Brain Mind Research Institute精神分裂及研究小組主任Professor Tim Lambert、香港中文大學藥劑學院副院長李炯前教授、香港心理衛生會總主任程志剛先生

家家友凝一家社融和計劃2010

2010年12月11日及2010年12月19日

Family Inclusion Plan 2010 11 & 19 December 2010

本會協辦由黃大仙區關懷社區公眾教育運動籌備委員會主辦、黃大仙區議會贊助的「家家友凝一家社融和計劃2010」。是次計劃旨在將關愛推己及人至社區，宣揚「家庭和諧、關愛社區」的精神。計劃分為兩部分，第一部分「我的友凝社區嘉年華」內容包括：攤位遊戲、情緒健康測試、宣傳機構及輔導服務等；而第二部分是「家家友凝大使嘉許禮」，當日頒發獎項予600多個「友凝大使」，他們均來自不同團體之會員、義工，並經過工作坊及參與不同的活動；同時亦有十多個家庭獲「和諧家庭獎」。頒獎禮結束後更設有攤檔及派發禮物。整個計劃共吸引超過900多名區內居民積極參與，各人都盡興而歸。

The plan intended to promote love from the personal level to the whole community, publicize the spirit of family harmony and care for community

Part 1 of the plan included game stalls, emotional health assessments, publicity of organisations offering related services and more. Part 2 was an Ambassador Commendation Ceremony, where 600 volunteers received awards. The awardees were volunteers and members from various bodies who had participated in workshops and various social activities. Simultaneously, more than 10 families received "Harmony Family" awards. More than 900 people enjoyed the activity and received souvenirs.

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活動氣氛熱烈，參與人數眾多，大家均盡興而回

超過600多名友凝大使參與是次計劃



港燈情緒健康講座一「奇幻逆緣、豐盛人生路」2011年3月29日

Emotional Health Seminar for Hong Kong Electric Co.

Ltd. - "Living a fruitful life against all odds"

29 March 2011

是次講座由本會顧問、香港電台節目主持人曾智華先生主講，為香港電燈公司管理層及員工教授平衡工作與生活的訣竅，以提倡僱員身心健康的重要。

Mr. Luke Tsang Chi-wah, a renowned broadcaster with RTHK, talked to the staff members of The Hong Kong Electric Company Limited. He gave tips to the audience on how to balance the pressure between a busy work schedule and daily life.



香港電燈公司管理層員工投入聆聽本會舉辦之講座

推廣 Promotion

新城知訊台 - 知識迎人 2010年5月10日

Metroinfo - Life with a conscience 10 May 2010

本會主席林建明女士及精神科專科曾淑鈞醫生參與錄音訪問。今次訪問的主題為抑鬱症，曾醫生講解了抑鬱症的成因，徵狀及治療等知識，而本會主席亦分享了個人的經歷及感受，並道出身邊朋友支持的重要性，更藉此推廣心情行動情緒輔導和籌款活動。

Our Chairperson, Ms. Victoria Lam, and Psychiatrist Dr. Jenny Tsang Suk Kwan were interviewed on the radio program Metroinfo. The main topic was depression. Dr. Tsang explained the causes, symptoms and methods of therapy, while Ms. Lam shared her experience and feelings, and emphasized the importance of support from friends in fighting illness. Ms. Lam promoted the services and fundraising activities of the Foundation.



(後排左起) 鄺梓良先生、李慧珊女士、陳美思女士及蔡展輝先生
(前排左起) 主席林建名女士、嘉賓曾淑鈞醫生

珀麗灣社會日2010 2010年5月16日

Park Island Social Day 16 May 2010

過去數年，珀麗灣已開始舉辦「社會日」，本會獲邀參與。於當日，本會的「神槍手」遊戲攤位吸引不少一家大小來玩樂，同時亦向珀麗灣的居民推廣有關心情行動的服務。

The Foundation was invited to participate in the Social Day, a function organised by Park Island. Our stall game, "The Best Shooter", attracted many players, while promoting the services of the Foundation.

沙田社署關愛行動計劃

2010年6月4日至2011年7月9日

Shatin District Care and Love Plan under the Social Welfare Department

4 June 2010 to 9 July 2011

本會與沙田區康復服務協調委員會合辦沙田區「綠絲帶」關愛鄰里行動，由多個沙田區社福團體共同合作舉辦一連串社區共融活動，包括街展、工作坊及2011年7月9日舉行之「推廣全人健康·社區共融」大匯演，本會特別感謝顧問陳慧羚女士出席大匯演，並擔任主禮嘉賓。而活動當日由多個不同機構一起合作表演，氣氛熱鬧，並宣揚健康共融之訊息。

The Foundation co-organised the "Green Ribbon: Care and Share" plan with Shatin District Coordinating Committee on Rehabilitation Services. With the support of several local social welfare-related bodies, a series of activities including community inclusion, street shows, workshops and the "Promoting full health & Community Harmony" grand performance were organised. We thank Ms. Viola Chan, who acted as a performer and guest of honour. Many local bodies joined hands in the performance. The atmosphere was full of happiness.

(左四)本會顧問陳慧羚女士、(左五)沙田區福利專員劉婉明女士、(左六)陳國添議員,M.H.與一眾參與者舉行開幕儀式



電台推廣—商業電台「有誰共鳴」

“Share My Song” in Commercial Radio 881 & 903

本會得到余宜發先生、惠英紅女士、蔡達明先生及江欣燕女士於雷霆881商業一台、叱吒903商業二台《有誰共鳴》— Share My Song的節目中，分享他們的成長體驗及人生感悟，在節目及其後的宣傳時間內，更播放本會的宣傳聲帶，推廣本會的宗旨和服務工作，呼籲大眾利用手機短訊 (SMS)捐款支持。

Our Association was delighted to receive generous support from Mr. Andes Yu, Miss Kana Hui, Mr. Choi Tat Ming and Miss Elvina Kong, who agreed to share valuable past experience in their lives with us in a talk show broadcast by Commercial Radio 881 & 903. In the program, we introduced our promotional theme, our mission and our scope of service, and urged the public to support our work by making donations through sending an SMS with their mobile phone.

2009年12月11日	余宜發先生 Mr. Andes Yu
2010年2月8日	惠英紅女士 Ms. Kana Hui
2010年9月29日	江欣燕小姐 Ms. Elvina Kong
2010年12月27日	蔡達明先生 Mr. Choi Tat Ming

有線健康生活台「今日」2010年8月19日

Health and Lifestyle Channel -Today 19 August 2010

本會經理及輔導員王靄慈應有線健康生活台節目「今日」之邀請，作節目的分享嘉賓，講解有關情緒病知識及治療的方法，如何從生活中減壓及宣揚笑容等話題。節目是以現場直播並以普通話播放，節目期間亦有觀眾以短訊或電話的方式與主持人及嘉賓作互動分享。

Our manager and counsellor, Ms. Wong Oi Chi, accepted Hong Kong Cable Television's invitation as guest speaker to share, diagnose and help people understand mood disorders and methods for easing them. In the talk show, she explained to the audience how to deal with stress by smiling in their daily lives. The show was broadcast live in Mandarin. During the show, the audience could interact either by sending an SMS or phoning-in to the guest speaker to exchange ideas.

香港電台第一台「我得你都得」2010年9月11日及2010年9月18日

RTHK 1 - Yes We Can 11 & 18 September 2010

主席在節目中分享人生的起伏得失，讓聽眾明白：開心其實可以很簡單的道理。並宣傳本會的服務、熱線電話及籌款活動等。

Our Chairperson shared “Gain and Loss” experiences about her life struggles on the talk show Yes We Can. She hoped to help people understand one thing: “It is simple to be happy”. In the show, she also promoted the Foundation's services and hotline, as well as the charity's fundraising activities.



主席與節目主持錢佩卿女士(中間)及李燦榮先生(右)合照

港鐵宣傳廣告 2010年9月25日至2011年9月23日

Publicity at MTR Stations 25 September 2010 to 23 September 2011

本會於2010年9月25日至2011年9月23日期間分別在牛頭角、九龍灣、鑽石山港鐵站擺放宣傳廣告。
Large publicity boards were displayed at the stations of Ngau Tau Kok, Kowloon Bay and Diamond Hill during the period from 25 September 2010 to 23 September 2011.



本會於鑽石山港鐵站的宣傳廣告

香港人網「家豪會客室」2010年10月4日

Hong Kong People Reporter - Ka Ho's Meeting Room 4 October 2010

主持李家豪先生，邀請本會主席林建明女士出席訪談節目，內容談及主席的個人經歷、本會的服務範圍、情緒病與精神病的分別及如何保持情緒健康。

Mr. Lee Ka Ho, the host of Hong Kong People Reporter, interviewed Ms. Victoria Lam, who shared her experience, introduced the scope of service of the Foundation, and discussed hot issues on mental health.

香港人網創辦人蕭若元先生



香港人網「家豪會客室」的主持人李家豪先生



「生命傳愛日」暨「第5屆生命傳愛嘉許典禮」

2010年10月9日

Love Sharing Day & 5th Love Sharing Commendation Ceremony 9 October 2010

「生命傳愛行動」於2009年9月1日至2010年8月31日期間舉行「保單傳愛計劃」，藉著投保人捐贈部分保額予指定機構，把關愛延伸至有需要的人士。在10月9日舉行的嘉許典禮，本會參與攤位推廣行列。

The policy donation program under the “Love Sharing Action Plan” was conducted during the period from 1 September 2009 to 31 August 2010. Policyholders donated a portion of their fund to designated organisations, in order to spread love and concern to the needy. In the ceremony, the Foundation participated in promotional work through our stalls.



本會擺放的攤位

深水埗賀穗亞運成功巡遊暨社區和諧攜手創嘉年華

2010年11月28日

Sham Shui Po District - “Parade of floats congratulating the success of the Asian Games” and Harmonious Community carnival

28 November 2010

當日有富中華文化傳統特色的飄色巡遊，本會亦於嘉年華上設置攤位遊戲，為即將舉行的慈善跑宣傳。

There was a parade of floats in rich Chinese tradition. The Foundation had stall games at the venue to promote the forthcoming charity run.



嘉年華的攤位遊戲

耀中社區書院訪問

2010年11月11日

Visit from Yew Chung Community College

11 November 2010

李家豪先生帶領兩位於耀中社區書院 修讀傳理系的學生到本會訪問主席林建明女士，作學術交流。

Mr. Lee Ka Ho led a small group of his students at Yew Chung Community College who were studying communications to see Ms. Victoria Lam, to exchange views academically.

(左三) 劉芷彤同學、(中間) 本會主席林建明女士、(右三) 耀中社區書院老師李家豪先生、(右二) 賴展宏同學



匯豐愛心傳城義工大行動

2010年12月5日

HSBC Share - to-care Volunteer Campaign

5 December 2010

由義務工作發展局主辦，配合12月5日「國際義工日」，在銅鑼灣皇仁書院舉行「匯豐愛心傳城義工大行動」，本會獲邀於是次活動當日擺放攤位遊戲。

The Foundation was invited by the Agency for Volunteer Services to arrange stall games at Queen's College in the "HSBC Share-to-care Volunteer Campaign" on 5 December 2010 (International Volunteer Day).

本會的攤位遊戲



味道雜誌訪問

2011年3月5日

Lisa Magazine: Interview

5 March 2011

本會主席林建明女士接受味道雜誌的專訪。
Ms. Victoria Lam was interviewed by Lisa Magazine.



籌款 Fundraising

心晴行動抗抑鬱賣旗日 2010年4月7日

Flag-Selling Day - Anti-Depression 7 April 2010

本會獲社會福利署批准，於2010年4月7日在九龍區舉行賣旗日，為本會的輔導服務及推廣健康情緒工作籌款。是次賣旗日得到社會各界人士支持及參與，義工人數達到一千多人，雖然當日一直下著細雨，但義工們仍然不怕辛苦，落力賣旗，令街上的市民都樂意捐款買旗。而本會主席與執委顧問們亦身體力行，先後到了觀塘、旺角、太子及尖沙咀等地區為義工們打氣。此外，一眾演藝人包括：萬綺雯女士、呂晶晶女士、「星光家族」的成員、杜挺豪先生、鄧英敏先生、譚玉瑛女士、黃瓊瑤女士、蔡國威先生、梁浩楷先生、余慕蓮女士、鍾惠冰女士與女兒林靜莉等，亦親身參與是次賣旗日，為善最樂，不遺餘力。

Approved by the Social Welfare Department, we held a flag-selling day on 7 April 2010 in Kowloon areas to raise funds for our counselling services and emotional health projects.

Over 1000 people participated in the flag-selling day, which was well patronized and received by the public. The drizzling rain did not reduce the passion of the volunteers and the public.

Our Chairperson and Executive Committee members paid visits to many locations, including Kwun Tong, Mongkok, Prince Edward and Tsim Shan Tsui to support the volunteers. A group of artists, including Ms. Joey Meng Yee Man, Ms. Coffee Lu Jing Jing, the Millionstar family, Mr. Derek To, Mr. Tang Ying Ma, Mr. Tam Yuk Ying, Ms. Wong Oi Yiu, Mr. Choi Kowk Wai, Mr. Leung Ho Gaai, Ms. Yu Mo Lin, Ms. Maria Chung and her daughter sold flags to demonstrate their enthusiasm in this activity.

譚玉瑛女士和鄧英敏先生也支持本會賣旗活動



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



本會主席林建明女士與學生義工合照



Fissler慈善購物袋 2010年5月17日起

Fissler Charity Handbags Sale Started from 17 May 2010

新晉畫家曾華倩女士、朱慧珊女士、鍾慧冰姐、施麗珍女士及本會主席林建明女士的五幅作品，以仿皮製作成精美時尚袋，每個以港幣\$298限量發售，Fissler扣除成本後，將部份善款撥捐本會，作支援情緒病復康的慈善用途，延展創意，滿載善心。

A limited number of fashionable and delicate handbags, made of imitation leather and with glorious paintings by young painters including Ms. Margie Tsang, Ms. Chu Wai Shan, Ms. Maria Chung, Ms. Sze Lai Chun and our Chairperson, Ms. Victoria Lam were sold at a minimum of price HK\$298 each. The sponsor, Fissler donated the net profits to the Foundation for charitable events.



左起曾華倩女士、朱慧珊女士、鍾慧冰女士、施麗珍女士、本會主席林建明女士

**「匯俊達人培訓學會量子飛躍計劃突破25」
笨豬跳籌款活動 及 心晴行動慈善基金同樂日
2010年5月22日 及 23日
Bungy Jump Fundraising & JMHF's Fun Day
22 & 23 May 2010**



活動當日設有情緒健康測試站

「笨豬跳籌款活動」於澳門旅遊塔舉行，原先安排的笨豬跳活動，因天雨關係改為高飛跳，但仍無損參加者的興緻。藉著具挑戰的籌款活動，讓參與者帶出穿越障礙、接受挑戰是人生必經考驗的信息，以勉勵及支持情緒病患者對抗病情。而「心晴行動慈善基金同樂日」邀請歌手關楚耀先生擔任表演嘉賓，當天透過嘉賓表演、分享及情緒健康測試站，讓大眾認識到情緒健康的重要性。由澳門高飛跳活動穿越到將軍澳的同樂日，整個活動令公眾對情緒健康認識更多。一連兩天的活動收益撥捐本會作慈善用途。

The originally-planned "Bungy Jump Fundraising" at Macau Tower was replaced by a Sky Jump due to inclement weather conditions. However, this did not affect the high spirits of the contestants, and through the games, they learned a valuable lesson, that facing challenges and fighting against obstacles is a "MUST" in our lives. During the JMHF's Fun day, Mr. Kelvin Kwan, who acted as our guest singer, delivered important messages to citizens about emotional health through his performance and our pre-arranged emotion assessment stations. To conclude, the "Jump Competition" and the JMHF's Fun Day at Tseung Kwan O enhanced people's awareness of mental health and the revenue went to the Foundation's account for charity.

突破25和心晴行動副主席趙美仙女士(左六)一起參與「空中漫步X版」



主席為準備「高飛跳」的健兒們打氣



心晴行動與突破25的合照



歌手關楚耀先生擔任表演嘉賓



本會副主席李偉成先生致詞



突破25、歌手關楚耀先生(後排正中間)、本會副主席李偉成先生(後排左一)及心晴義工大合照

心晴行動歡賀共聚晚宴 2010年6月3日

Happy Gathering & Dinner 3 June 2010

本會成立五年以來，實有賴各方友好、義工一直的支持，本會主席林建明女士特別設宴招待，感謝他們對本會的貢獻之餘，亦希望讓各位心晴友好可以聚首一堂，互相交流。

此外，是次晚宴亦同時慶祝國際文具製造廠有限公司主席兼行政總裁杜振源先生成為本會首位名譽會長。杜振源先生熱心公益、關愛社群，對本會十分支持及鼓勵。在晚宴上，主席林建明女士代表本會全人致送感謝狀及香檳，以恭賀杜振源先生。

For the purpose of expressing thanks and gratitude towards those supportive friends and volunteers who contributed to the success of the Foundation wholeheartedly since its establishment 5 years ago, our Chairperson, Ms. Victoria Lam, specially hosted and invited friends and volunteers for a dinner to share their joy and exchange views.

The dinner also celebrated Mr. Simon C.Y. To, Chairperson and CEO of Worldwide Stationery Holdings Company Limited, becoming Honourary President of the Foundation. Mr. To is enthusiastic in charity work and caring for the community. He is always supportive and zealous towards our activities. During the dinner, Ms. Lam presented a certificate of appreciation and a bottle of champagne to Mr. To, congratulating him on his new appointment with the Foundation.

左起副主席趙美仙女士、主席林建明女士、名譽會長杜振源先生及副主席黃寶珠女士



(後排左一) 萬綺雯女士、(左二) 心晴籌募大使盈盈女士、(中排左一) 心晴小天使林靜莉、(左二) 鍾慧冰女士、(左三) 影后惠英紅女士、(前排左一) 心晴顧問曾展章先生及一眾媒體義工們長期為本會打氣出力，當然要相聚一番



(後排左起) 本會顧問郭偉健先生、副主席趙美仙女士、影后惠英紅女士、導演陳德森先生、通程國際有限公司總監杜溢洵伉儷、曾展章先生
(前排左起) 本會主席林建明女士、名譽會長杜振源伉儷及本會顧問周鳳美女士



濟濟一堂大合照



義工隊伍「榮之聯盟」，一直以來都支持心晴行動



君蘭呈獻:心晴月餅慈善義賣

2010年8月22日至9月4日

Mooncake Charity Sale
Sponsored by Triple Way
Asia Limited/
Orchid Padaria Bakery

22 August 2010 to 4 September 2010

協助慈善義賣的義工們與三禾亞洲有限公司
總裁鄭應南博士合照



由三禾亞洲有限公司贊助的月餅義賣活動於8月22日在銅鑼灣百德新街舉行。每套慈善月餅售價港幣二十元正。同時，在8月22日至9月4日期間，三禾亞洲有限公司旗下的十四間君蘭餅店亦有售賣慈善月餅，所有收益在扣除成本後，撥捐本會作慈善用途。

The activity was held on 22 August 2010 at Paterson Street. Each pack of mooncakes was sold for a minimum price of HK\$28. People could also purchase the mooncakes at the 14 outlets of Orchid Padaria Bakery during the period of 22 August to 4 September 2010. All revenue, after deducting costs, was donated to the Foundation.



義工忙於佈置攤位

「HAHA DAY」共創健力士世界紀錄·世界最多相片展覽

2010年7月25日至8月1日

“HAHA DAY” Guinness World Record - the Biggest
Photo Exhibition

25 July 2010 to 1 August 2010

一班由12人組成的志願團體LP184發起「HAHA DAY」慈善活動，由2010年7月8日開始用20日時間在香港、澳門及深圳等地徵集了共141,822張笑容相片。活動於7月25日在荃灣如心廣場進行展覽，並在7月28日奪得「健力士世界最大型相片展」的名銜。LP184透過是次活動向全港市民宣揚笑容的力量，鼓勵「用笑容面對生活」的理念。期間所得的贊助善款捐予本會作慈善用途。

Formed by a group of 12 volunteers, LP184, initiated “HAHA DAY”, a charitable activity held 8-20 July 2010, which took place in Hong Kong, Macau and Shenzhen. They collected 141,822 photos of smiling faces for exhibition. The exhibition started on 25 July 2010 at Nina Tower, Tsuen Wan, and holds the Guinness World Record for Biggest Photo Exhibition. Through this exhibition, LP184 wished to propagate to the public the influence of smiling, encouraging them to use smiling as a means to resolve tensions in life. All funds raised in the activity were donated to the Foundation for charitable purposes.



十四萬張相片在同一個時間於同一個地方展出

「龐蓓·好心晴慈善跑2011」宣傳活動

2010年10月20日至2011年12月28日

“POMPEI, Joyful Charity Run 2011” Promotion

20 October 2011 To 28 December 2011

舉行日期 Date of Activity	活動名稱 Activity Name
2010年10月20日	龐蓓·好心晴慈善跑2011記者招待會 “POMPEI, Joyful Charity Run 2011” Promotion
2010年10月26日	龐蓓·好心晴慈善跑2011宣傳-亞視節目「生活加油站」 “POMPEI, Joyful Charity Run 2011” Promotion – ATV “Enrich Your Lifestyle”
2010年11月22日	「龐蓓·好心晴慈善跑2011」最後召集行動 Last Call For “POMPEI, Joyful Charity Run 2011”
2010年12月6日	「龐蓓·好心晴慈善跑2011」-有線新聞速遞宣傳 “POMPEI, Joyful Charity Run 2011” Cable-TV News Express Promotion
2011年12月15日	「龐蓓·好心晴慈善跑2011」宣傳-香港電台第二台-知識會社 POMPEI, Joyful Charity Run 2011” Promotion – KnowledgeCo
2011年12月28日	「龐蓓·好心晴慈善跑2011」宣傳-商業電台有誰共鳴 POMPEI, Joyful Charity Run 2011” Promotion - Share My Song” on Commercial Radio 881 & 903

「健康情緒榮譽大使」周麗淇女士，「活力大使」方力申先生，親身支持是項活動的宣傳
Ms. Niki Chow and Mr. Alex Fong also supported the promotion



(左二起) 方力申先生、周麗淇女士、是次宣傳活動大會司儀義工麥景婷女士



Octobeez (中排)及Pro 5(前排及後排左一及右一)展現運動細胞，施展一字馬

2010年度「明日之聲」流行曲歌唱比賽

2010年10月31日及 2010年11月14日及 2011年1月6日

Voice of Tomorrow 2010 Pop Song Contest

31 October 2010, 14 November 2010 & 6 January 2011

2010年度「明日之聲」流行曲歌唱比賽共有101名參賽者。大會邀請到王凱恩女士、何浩倫先生及陳達仁先生擔任比賽評判，以專業的角度作出甄選。是次活動之報名費捐贈本會支持情緒健康推廣及服務。

The contest attracted 101 contestants. Ms. Jony Wong, Mr. Anthony Ho and Mr. Chan Tat Yan acted as judges, giving professional advice to the contestants. The enrollment fee was donated to the Foundation to further its charitable services.

決賽當日進行支票移交儀式 (左二：心晴行動代表執委余慧文女士，右一：比賽主辦人王善禮先生)



中聖書院「可喜可樂周慈善義賣」2011年2月28日至3月4日

China Holiness College - "Charity Sales under Joyful Atmosphere"

28 February to 4 March 2011

本會參與中聖書院為期一周的校內活動，協助校方宣揚「喜樂的心乃是良藥」理念，強調擁有喜樂的心態能夠對我們的情緒和身體健康獲得正面影響，與人之間溝通相處可以達致和諧。是次活動中本會亦擺放了有關情緒知識的展板，讓老師及同學們關注情緒健康的重要性。活動籌得的善款撥捐予本會作慈善用途。

The Foundation assisted the College in its week-long school activities. The concept that "a joyful heart is good medicine" was advocated, which would bring positive effects to our mental and physical health, and enable us to maintain harmonious relationships with others. Display boards were placed at the exhibition venue and revenues from the events were donated to the Foundation.

學生設計的攤位遊戲



活動上擺設本會的展板，讓中聖書院同學們能認識本會及有關情緒健康的知識



龐蓓·好心情慈善跑2011 2011年1月16日 POMPEI, Joyful Charitable Run 16 January 2011

「龐蓓·好心情慈善跑2011」已於2011年1月16日舉行。當日，活動為東涌帶來活力充沛的氣氛！冠名贊助龐蓓有限公司主席黃永成先生、主禮嘉賓影后惠英紅女士、「心晴行動運動大使」蔡達明先生及一眾贊助商，一起率領超過1,000位來自不同界別的健兒在早上八時於東涌文東路公園起跑。多位長跑賽事冠軍跑手：如Mr Thomas Kiprotich、林浩綸先生及香港田徑隊馬拉松集訓隊成員陳潔儀女士亦蒞臨參賽。而演藝人好友組成的「名人明星隊」包括：寶珮如女士、鍾慧冰女士、姚嘉妮女士、林祖輝先生、漢洋先生、司徒瑞祈先生、鄭世豪先生、喬寶寶先生、賀文傑先生、李麗霞女士、金希桐女士、文曉妮女士、劉婷婷女士、黃綺欣女士、陳蕊蕊女士、譚嘉荃女士也參與此項慈善活動，身體力行，為本會籌款。此外，今次得到四十多間機構及團體全力贊助及支持，以及二百多名義工朋友盡心盡力的幫忙下，讓賽事順利完成！



冠名贊助：
龐蓓有限公司
主席黃永成先生
Mr. Steven Wong
Chairperson of the
title sponsor
POMPEI

POMPEI, Joyful Charitable Run 2011 was held successfully on 16 January 2011. It brought a lively atmosphere to Tung Chung. More than 1000 runners from various sectors set off at 8 A.M. near Man Tung Road Garden, under the observation of Mr. Steven Wong, Chairperson of the title sponsor POMPEI, Ms. Kana Hui Ying-Hung the movie queen, and the officiating guest, Mr. Choi Tat Ming, the Foundation's Sports Ambassador, and a group of sponsors.

Many renowned long distance champion runners such as Mr. Thomas Kiprotich, Mr. Lam Ho Lun and Ms. Chan Kit Yee of the Hong Kong Athletic Team Marathon Training Squad joined the race. The team of Artists and Celebrities, which included Ms. Baby Po, Ms. Maria Chung, Ms. Claire Yiu, Mr. Thomas Lam Jo Fai, Mr. Hong Yeung, Mr. Charles Szeto, Mr. Cheng Sai Ho, Mr. Gill Mohindepaul Singh, Ms. Annabelle, Ms. Sherry NaNa Man, Ms. Bonnie Lau, Ms. Yuri Chan, and Ms. Amy Tam showed big support in participating in the run. We received heartfelt support from more than 40 sponsors and institutions, and we extend our gratitude to the 200 volunteers in the event.

賽前進行剪綵儀式

前排左起：OR行政主任冼嘉麗女士、耀才證券國際（香港）有限公司首席營運總監周志傑先生、龐蓓有限公司主席黃永成先生、主禮嘉賓惠英紅女士、國際文具製造廠有限公司集團執行總裁余慕文女士、華人運動員協會會長羅桂華先生、「心晴行動運動大使」蔡達明先生、本會副主席趙美仙女士、本會顧問曹志光先生



賽前大合照

後排左起：林祖輝先生、姚嘉妮女士、DR行政主任冼嘉麗女士、耀才證券國際（香港）有限公司
首席營運總監周志傑先生、龐蓓主席黃永成先生、主禮嘉賓惠英紅女士、國際文具製造廠有限公司集團
執行總裁余慕文女士、華人運動員協會會長羅桂華先生、華人運動員協會主席廖志強先生
前排左起：譚嘉荃女士、黃綺欣女士、文曉妮女士、喬寶賢先生、李麗霞女士、陳蕊蕊女士、本會主席
林建明女士、鄭世豪先生、寶佩如女士、鍾慧冰女士、司徒瑞祺先生、漢洋先生



選手起步一刻



健兒們全力向前跑

跑步可助健康情緒

心晴行動

The Joyful (Mental Health) Foundation



衝線一刻

一家大小也來參與慈善跑

活動花絮 Memorable moments

衍生行義工隊得獎後合照



壯年組三甲由龐蓓主席
黃永成先生頒獎

來個完成賽事後大合照



活動列表 Overall Activities List

舉行日期	活動名稱	Name of the Activity
全年	心晴熱線	Hotline
全年	「知心導航」情緒輔導計劃	Professional face-to-face counselling
2010年4月7日	心晴行動抗抑鬱賣旗日	Flag Selling Day – Anti-Depression
2010年4月28日	朋輩支援〔一〕	Peer Support (1)
2010年5月10日	新城知訊台—知識迎人	Metroinfo-Life with a conscience
2010年5月16日	珀麗灣社會日2010	Park Island Social Day
2010年5月17日	Fissler慈善購物袋	Fissler Charity Handbags Sales
2010年5月20日	「心晴一聚」分享會〔一〕	Interactive sharing session with experts, patients and families (1)
2010年5月22日至23日	「匯俊達人培訓學會量子飛躍計劃突破25」 一笨豬跳籌款活動及心晴行動慈善基金同樂日	Bungy Jump Fund Raising & JMHF's Fun Day
2010年5月24日	「正向心理學與抑鬱症」	Positive Psychology & Depression
2010年5月26日	新城知訊台「知識迎人」訪問宣傳 「龐蓓·好心晴慈善跑2011」	Metroinfo-Life with a conscience: Promoting “POMPEI, Joyful Charitable Run”
2010年5月29日	沙田愛心巡禮閉幕典禮	Closing Ceremony of Shatin LOVE PROJECT
2010年6月3日	心晴行動歡賀共聚晚宴	Happy Gathering & Dinner
2010年6月4日至7月9日	沙田社署關愛行動計劃	Shatin District Care and Love Plan under the Social Welfare Department
2010年6月6日	「精神病患治癒與社區支援」研討會	Seminar on Rehabilitation of Mental Illness and Community Support
2010年7月7日	非牟利機構情緒健康講座—沙田區議會	Mental Health Seminar for Non-Governmental Organisations - Sha Tin District Council
2010年7月13日	商業電台「有誰共鳴」—余宜發先生	“Share My Song” on Commercial Radio 881 & 903 - Andes Yue
2010年7月25日至8月1日	「HAHA DAY」共創健力士世界紀錄— 世界最多相片展覽	“HAHA DAY” Guinness World Record - the Biggest Photo Exhibition
2010年7月28日至2011年4月11日	心晴喬遷大行動暨開幕禮	Relocation of our General Office
2010年7月29日	熱線義工基礎訓練	Volunteer Hotline Fundamental Training course
2010年7月29日	非牟利機構情緒健康講座— 東葵涌社會福利署綜合家庭服務中心	Mental Health Seminar for Non- Governmental Organisations – Kwai Chung (East) Integrated Family Service Centre
2010年7月31日	朋輩支援〔二〕	Peer Support (2)
2010年8月8日	非牟利機構情緒健康講座— 民建聯黃大仙支部	Mental Health Seminar for Non-Governmental Organisations – DAB Wong Tai Sin Sub Department
2010年8月17日及19日	校園計劃支援項目「家長工作坊」第一及 第二站〔中華基督教會銘基書院〕	School Project Supportive Activities – “Workshop for Parents” (CCC Ming Kei College)
2010年8月19日	有線健康生活台「今日」	Health and Lifestyle Channel-Today
2010年8月22日至9月4日	君蘭呈獻：心晴月餅慈善義賣	Mooncake Charity Sale (Sponsored by Triple Way Asia Limited/Orchid Padaria Bakery)
2010年8月25日	「心晴一聚」分享會〔二〕	Interactive sharing session with experts, patients and families (2)
2010年8月27日	校園計劃「情緒睇真D」第一站 〔路德會呂明才中學〕	Joyful School Project – Know Your Mood (Lui Ming Choi Lutheran College)
2010年9月10日	校園計劃「情緒睇真D」第二站 〔香港正覺蓮社佛教馬錦燦紀念英文中學〕	Joyful School Project – Know Your Mood (HHCKLA Buddhist Ma Kam Chan Memorial English Secondary School)

2010年9月11日及18日	香港電台第一台「我得你都得」	RTHK 1- Yes We Can
2010年9月15日	校園計劃「情緒睇真D」第三站〔中華基督教會扶輪中學〕	Joyful School Project – Know Your Mood (CCC Rotary Secondary School)
2010年9月17日	校園計劃「情緒睇真D」第四站〔將軍澳香島中學〕	Joyful School Project – Know Your Mood (Heung To Secondary School (Tseung Kwan O))
2010年9月21日	商業電台「有誰共鳴」—惠英紅女士	“Share My Song” on Commercial Radio 881 & 903 – Miss Kana Hui
2010年9月18日及10月9日	校園計劃支援項目「校園心晴大使」第一站〔將軍澳香島中學〕	School Project Support Activities – School Joyful Ambassador (Heung To Secondary School (Tseung Kwan O))
2010年9月22日及10月6日	校園計劃支援項目「校園心晴大使」第二站〔中華基督教會基智中學〕	School Project Support Activities – School Joyful Ambassador (Church of Christ in China Kei Chi Secondary School)
2010年9月25日	校園計劃支援項目「家長工作坊」第三站〔中華基督教會扶輪中學〕	School Project Support Activities – School Joyful Ambassador (Church of Christ in China Rotary Secondary School)
2010年9月25日至2011年9月23日	港鐵宣傳廣告	Publicity at MTR Stations
2010年9月27日	校園計劃「情緒睇真D」第五站〔九龍文理書院〕	Joyful School Project – Know Your Mood (Cognitio College (Kowloon))
2010年9月29日	朋輩支援〔三〕	Peer Support (3)
2010年9月29日	商業電台「有誰共鳴」—江欣燕女士	“Share My Song” on Commercial Radio 881 & 903 – Miss Elvina Kong
2010年10月4日及7日	校園計劃支援項目「校園心晴大使」第三站〔崇真書院〕	School Project Support Activities – School Joyful Ambassador (Tsunng Tsin College)
2010年10月4日	香港人網「家豪會客室」	Hong Kong People Reporter – Ka Ho's Meeting Room
2010年10月5日	校園計劃「情緒睇真D」第六站〔蘇浙公學〕	Joyful School Project – Know Your Mood (Kiangsu-Chekiang College)
2010年10月8日	校園計劃「情緒睇真D」第七站〔德貞女子中學〕	Joyful School Project – Know Your Mood (Tack Ching Girls' Secondary School)
2010年10月9日	「生命傳愛日」暨「第5屆生命傳愛嘉許典禮」	Love Sharing Day & 5th Love Sharing Commendation Ceremony
2010年10月12日	校園計劃「情緒睇真D」第八站〔衛理中學〕	Joyful School Project – Know Your Mood (The MCHK Wesley College)
2010年10月13日	校園計劃「情緒睇真D」第九站〔香港聖瑪加利女書院〕	Joyful School Project – Know Your Mood (St Margaret's Girls College)
2010年10月15日	校園計劃「情緒睇真D」第十站〔瑪利曼中學〕	Joyful School Project – Know Your Mood (Marymount Secondary School)
2010年10月19日	校園計劃「情緒睇真D」第十一站〔聖文德書院〕	Joyful School Project – Know Your Mood (St Bonaventure College & High School)
2010年10月20日	「龐蓓·好心晴慈善跑2011」記者招待會	“POMPEI, Joyful Charity Run 2011” Promotion
2010年10月20日	校園計劃「情緒睇真D」第十二站〔東華三院呂潤財紀念中學〕	Joyful School Project – Know Your Mood (T.W.G.Hs Lui Yun Choy Memorial College)
2010年10月21日	校園計劃「情緒睇真D」第十三站〔神召會康樂中學〕	Joyful School Project – Know Your Mood (Assembly of God Heborn Secondary School)
2010年10月22日	校園計劃「情緒睇真D」第十四站〔元朗公立中學校友會鄧兆棠中學〕	Joyful School Project – Know Your Mood (T.W.G.Hs Lui Yun Choy Memorial College)
2010年10月23日	校園計劃支援項目「家長工作坊」第四站〔九龍塘學校(中學部)〕	School Project Supportive Activities – “Workshop for Parents” (Kowloon Tong School (Secondary School))

2010年10月25日	校園計劃「情緒睇真D」第十五站 (聖若瑟英文書院)	Joyful School Project – Know Your Mood (St. Joseph's College)
2010年10月26日	「龐蓓·好心晴慈善跑2011」宣傳— 亞視節目「生活加油站」	“POMPEI, Joyful Charity Run 2011” Promtion – ATV “Enrich Your Lifestyle”
2010年10月26日	非牟利機構情緒健康講座— 人壽保險從業員協會	Mental Health Seminar for Non-Governmental Organisations–Life Underwriters Association of Hong Kong Ltd.
2010年10月26日	「心晴一聚」分享會 (三)	Interactive sharing session with experts, patients and families (3)
2011年10月27日至28日	校園計劃支援項目「校園心晴大使」第四站 (邱子文高中學校)	School Project Supportive Activities – School Joyful Ambassador (Yeo Chei Man Senior Secondary School)
2010年10月27日	校園計劃「情緒睇真D」第十六站 (香港聖 瑪加利女書院)	Joyful School Project – Know Your Mood (St Margaret's Girls College)
2010年10月31日、2010年11月14 日及2011年1月6日	2010年度「明日之聲」流行曲歌唱比賽	Voice of Tomorrow 2010 Pop Song Contest
2010年11月2日	校園計劃「情緒睇真D」第十七站 (崇真書院)	Joyful School Project – Know Your Mood (Tsunng Tsin College)
2010年11月3日及18日	校園計劃支援項目「校園心晴大使」第五站 (香港專業教育學院(柴灣))	School Project Supportive Activities – School Joyful Ambassador (VTC - IVE (Chai Wan))
2010年11月3日	校園計劃「情緒睇真D」第十八站 (荃灣公立何傳耀紀念中學)	Joyful School Project – Know Your Mood (Tsuen Wan Public Ho Chuen Yiu Memorial College)
2010年11月4日	校園計劃「情緒睇真D」第十九站 (中華基督教會何福堂書院)	Joyful School Project – Know Your Mood (The Church of Christ in China Hoh Fuk Tong College)
2010年11月5日	校園計劃「情緒睇真D」第二十站 (聖公會李福慶中學)	Joyful School Project – Know Your Mood (S.K.H. Li Fook Hing Secondary School)
2010年11月8日及15日	校園計劃支援項目「校園心晴大使」第六站 (基督教香港信義會信義中學)	School Project Supportive Activities – School Joyful Ambassador (ELCHK Lutheran Secondary School)
2010年11月9日及16日	校園計劃支援項目「校園心晴大使」第七站 (九龍文理書院)	School Project Supportive Activities – School Joyful Ambassador (Cognitio College (Kwloon))
2010年11月10日	校園計劃「情緒睇真D」第二十一站 ((齋色園主辦) 可立中學)	Joyful School Project – Know Your Mood (Ho Lap College)
2010年11月11日	耀中社區書院訪問	Visit from Yew Chung Community College
2010年11月11日	校園計劃「情緒睇真D」第二十二站 (基督書院)	Joyful School Project – Know Your Mood (Christ College)
2010年11月19日	校園計劃「情緒睇真D」第二十三站 (曾璧山中學)	Joyful School Project – Know Your Mood (Tsang Pik Shan Secondary School)
2010年11月21日	校園計劃支援項目「家長工作坊」第五站 (曾璧山中學)	School Project Supportive Activities – “Workshop for Parents” (Tsang Pik Shan Secondary School)
2010年11月22日	「龐蓓·好心晴慈善跑2011」最後召集行動	Last Call For “POMPEI, Joyful Charity Run 2011”
2010年11月24日	朋輩支援 (四)	Peer Support (4)
2010年11月24日	校園計劃「情緒睇真D」第二十四站 (伊利沙伯中學舊生會中學)	Joyful School Project – Know Your Mood (Queen Elizabeth School Old Students' Association Branch Secondary School)
2010年11月25日及12月15日	校園計劃支援項目「校園心晴大使」第八站 (樂善堂顧超文中學)	School Project Supportive Activities – School Joyful Ambassador (Lok Sin Tong Ku Chiu Man Secondary School)
2010年11月26日	校園計劃「情緒睇真D」第二十五站 (香港正覺蓮社佛教正覺中學)	Joyful School Project – Know Your Mood (HHCKLA Buddhist Ma Kam Chan Memorial English Secondary School)
2010年11月28日	深水埗賀穗亞運成功巡遊暨社區和諧攜手創 嘉年華	Sham Shui Po District - “Parade of floats congratulating the success of the Asian Games” and Harmonious Community carnival.
2010年11月30日	校園計劃「情緒睇真D」第二十六站 (賽馬會體藝中學)	Joyful School Project – Know Your Mood (Jockey Club Ti-I College)

2010年12月1日	校園計劃「情緒睇真D」第二十七站 〔東華三院李潤田紀念中學〕	Joyful School Project – Know Your Mood (Tung Wah Group of Hospitals Lee Ching Dea Memorial College)
2010年12月3日	校園計劃「情緒睇真D」第二十八站〔景嶺書院〕	Joyful School Project – Know Your Mood (King Ling College)
2010年12月5日	匯豐愛心傳城義工大行動	HSBC Share-to-care Volunteer Campaign
2010年12月5日	校園計劃支援項目「家長工作坊」第六站 〔元朗公立中學校友會鄧兆棠中學〕	School Project Supportive Activities – “Workshop for Parents” (YLPMSAA Tang Siu Tong Secondary School)
2010年12月6日	校園計劃「情緒睇真D」第二十九站 〔地利亞修女紀念學校(利瑪竇)〕	Joyful School Project – Know Your Mood (Delia Memorial School (Matteo Ricci))
2010年12月6日	「龐蓓·好心晴慈善跑2011」 有線新聞速遞宣傳	“POMPEI, Joyful Charity Run 2011” Cable-TV News Express Promotion
2010年12月7日	校園計劃「情緒睇真D」第三十站 〔廠商會中學〕	Joyful School Project – Know Your Mood (CMA Choi Cheung Kok Secondary School)
2010年12月8日	校園計劃「情緒睇真D」第三十一站 〔德雅中學〕	Joyful School Project – Know Your Mood (Tak Nga Secondary School)
2010年12月9日	校園計劃支援項目「校園心晴大使」第九站 〔中華基督教會基道中學〕	School Project Supportive Activities – School Joyful Ambassador (The Church of Christ In China Kei To Secondary School)
2010年12月11日及19日	家家友凝一家社融和計劃2010	Family Inclusion Plan 2010
2010年12月13日	校園計劃「情緒睇真D」第三十二站 〔循道中學(油麻地)〕	Joyful School Project – Know Your Mood (Methodist College)
2010年12月14日	校園計劃「情緒睇真D」第三十三站 〔明愛胡振中中學〕	Joyful School Project – Know Your Mood (Caritas Wu Cheng-chung Secondary School)
2010年12月15日	「龐蓓·好心晴慈善跑2011」 宣傳香港電台第二台—知識會社	POMPEI, Joyful Charity Run 2011” Promtion – KnowledgeCo
2010年12月16日	朋輩支援〔五〕	Peer Support (5)
2010年12月17日	校園計劃「情緒睇真D」第三十四站 〔香港道教聯合會青松中學〕	Joyful School Project – Know Your Mood (The Hong Kong Taoist Association Ching Chung Secondary School)
2010年12月20日	校園計劃「情緒睇真D」第三十五站 〔中華基金中學〕	Joyful School Project – Know Your Mood (The Chinese Foundation Secondary School)
2010年12月23日及 2011年1月8日	校園計劃支援項目「校園心晴大使」第十站 〔聖傑靈女子中學〕	School Project Supportive Activities – School Joyful Ambassador (St. Catharine's School For Girls, Kwun Tong)
2010年12月27日	商業電台「有誰共鳴」— 蔡達明先生	“Share My Song” on Commercial Radio 881 & 903 – Mr. Choi Tat Ming
2010年12月28日	「龐蓓·好心晴慈善跑2011」宣傳— 商業電台有誰共鳴	POMPEI, Joyful Charity Run 2011” Promtion – Share My Song” on Commercial Radio 881 & 903
2010年1月11日	非牟利機構情緒健康講座—香港戒毒會	Mental Health Seminar for Non-Governmental Organisations – Society for the Aid and Rehabilitation of Drug Abusers
2011年1月16日	龐蓓·好心晴慈善跑2011	POMPEI, Joyful Charity Run 2011”
2011年1月18日	校園計劃「情緒睇真D」第三十六站 〔聖母無玷聖心書院〕	Joyful School Project – Know Your Mood (Immaculate Heart of Mary College)
2011年1月19日	「心晴一聚」分享會〔四〕	Interactive sharing session with experts, patients and families (4)
2011年1月19日	校園計劃「情緒睇真D」第三十七站 〔樂善堂顧超文中學〕	Joyful School Project – Know Your Mood (Lok Sin Tong Ku Chiu Man Secondary School)
2010年1月21日	校園計劃支援項目「家長工作坊」第七站 〔靈糧堂劉梅軒中學〕	School Project Supportive Activities – “Workshop for Parents” (Ling Liang Church M H Lau Secondary School)

2011年2月10日	校園計劃「情緒睇真D」第三十八站 〔香港道教聯合會圓玄學院第一中學〕	Joyful School Project – Know Your Mood (HKTA The Yuen Yuen Institute No. 1 Secondary School)
2011年2月15日	校園計劃「情緒睇真D」第三十九站 〔東華三院郭一葦中學〕	Joyful School Project – Know Your Mood (Tung Wah Group of Hospitals Kwok Yat Wai College)
2011年2月16日	校園計劃「情緒睇真D」第四十站 〔廠商會蔡章閣中學〕	Joyful School Project – Know Your Mood (CMA Choi Cheung Kok Secondary School)
2011年2月17日	校園計劃「情緒睇真D」第四十一站 〔聖保羅書院〕	Joyful School Project – Know Your Mood (St. Paul's College)
2011年2月18日	校園計劃「情緒睇真D」第四十二站 〔保良局馬錦明夫人章馥仙中學〕	Joyful School Project – Know Your Mood (Po Leung Kuk Mrs Ma Kam Ming- Cheung Fook Sien College)
2011年2月19日	校園計劃支援項目「家長工作坊」第八站 〔聖公會曾肇添中學〕	School Project Supportive Activities – “Workshop for Parents” (S.K.H. Tsang Shiu Tim Secondary School)
2011年2月19日及3月5日	校園計劃支援項目「校園心晴大使」 第十一站〔粉嶺教恩書院〕	School Project Supportive Activities – School Joyful Ambassador (Fanling Kau Yan College)
2011年2月21日	校園計劃「情緒睇真D」第四十三站 〔五旬節聖潔會永光書院〕	Joyful School Project – Know Your Mood (P.H.C. Wing Kwong College)
2011年2月23日	校園計劃「情緒睇真D」第四十四站 〔佛教葉紀南紀念中學〕	Joyful School Project – Know Your Mood (Buddhist Yip Kei Nam Memorial College)
2011年2月24日	天氣與中學生情緒研究問卷調查新聞發佈會	Survey on the relationship between weather conditions and emotions of secondary school students
2011年2月24日	朋輩支援〔六〕	Peer Support (6)
2011年2月24日	校園計劃「情緒睇真D」第四十五站 〔香港專業教育學院(沙田)〕	Joyful School Project – Know Your Mood (VTC - IVE (Sha Tin))
2011年2月28日至3月4日	中聖書院「可喜可樂週慈善義賣」	China Holiness College - “Charity Sales under Joyful Atmosphere”
2011年3月2日	校園計劃「情緒睇真D」第四十六站 〔寶血女子中學〕	Joyful School Project – Know Your Mood (Precious Blood Secondary School)
2011年3月4日	校園計劃「情緒睇真D」第四十七站 〔仁愛堂田家炳中學〕	Joyful School Project – Know Your Mood (Yan Oi Tong Tin Ka Ping Secondary School)
2011年3月5日	味道雜誌訪問	Lisa Magazine: Interview
2011年3月8日	校園計劃「情緒睇真D」第四十八站 〔東華三院甲寅年總理中學〕	Joyful School Project – Know Your Mood (T.W.G.Hs. Kap Yan Directors' College)
2011年3月9日	校園計劃「情緒睇真D」第四十九站 〔北角協同中學〕	Joyful School Project – Know Your Mood (Concordia Lutheran School – North Point)
2011年3月10日	校園計劃「情緒睇真D」第五十站 〔聖保祿學校〕	Joyful School Project – Know Your Mood (St. Paul's Convent School (Secondary Section))
2011年3月11日	校園計劃「情緒睇真D」第五十一站 〔張沛松紀念中學〕	Joyful School Project – Know Your Mood (Chang Pui Chung Memorial School)
2011年3月17日	校園計劃「情緒睇真D」第五十二站 〔孔教學院何郭佩珍中學〕	Joyful School Project – Know Your Mood (Confucian Ho Kwok Pui Chun College)
2011年3月18日	校園計劃「情緒睇真D」第五十三站 〔香港道教聯合會圓玄學院第二中學〕	Joyful School Project – Know Your Mood (Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School)
2011年3月25日	校園計劃「情緒睇真D」第五十四站 〔釋慧文中學〕	Joyful School Project – Know Your Mood (Shi Hui Wen Secondary School)
2011年3月29日	港燈情緒健康講座一 「奇幻逆緣、豐盛人生路」	Emotional Health Seminar for Hong Kong Electric Co. Ltd. – “Living A fruitful life against all odds”
2011年3月31日	「心晴一聚」分享會〔五〕	Interactive sharing session with experts, patients and families (5)

心晴行動

2011年4月1日	校園計劃「情緒睇真D」第五十五站 〔邱子文高中學校〕	Joyful School Project – Know Your Mood (Yeo Chei Man Senior Secondary School)
2011年4月4日	校園計劃「情緒睇真D」第五十六站 〔保良局姚連生中學〕	Joyful School Project – Know Your Mood (Po Leung Kuk Yao Ling Sun College)
2011年4月7日	校園計劃「情緒睇真D」第五十七站 〔寧波公學〕	Joyful School Project – Know Your Mood (Ning Po College)
2011年4月8日	校園計劃「情緒睇真D」第五十八站 〔香港培正中學〕	Joyful School Project – Know Your Mood (Pui Ching Middle School)
2011年4月11日	校園計劃「情緒睇真D」第五十九站 〔妙法寺劉金龍中學〕	Joyful School Project – Know Your Mood (Madam Lau Kam Lung Secondary School of MFBM)
2011年4月15日	校園計劃「情緒睇真D」第六十站 〔香港真光書院〕	Joyful School Project – Know Your Mood (Hong Kong True Light College)
2011年4月21日	校園計劃「情緒睇真D」第六十一站 〔佛教黃允畋中學〕	Joyful School Project – Know Your Mood (Buddhist Wai Yan Memorial College)
2011年5月5日	校園計劃「情緒睇真D」第六十二站 〔將軍澳官立中學〕	Joyful School Project – Know Your Mood (Tseung Kwan O Government Secondary School)
2011年5月11日	校園計劃「情緒睇真D」第六十三站 〔港九潮州公會中學〕	Joyful School Project – Know Your Mood (Hong Kong & Kowloon Chiu Chow Public Association Secondary School)
2011年5月18日	校園計劃「情緒睇真D」第六十四站 〔荔景天主教中學〕	Joyful School Project – Know Your Mood (Lai King Catholic Secondary School)
2011年5月12日	校園計劃「情緒睇真D」第六十五站 〔天主教南華中學〕	Joyful School Project – Know Your Mood (Nam Wah Catholic Secondary School)
2011年5月25日	校園計劃「情緒睇真D」第六十六站 〔佛教慧因法師紀念中學〕	Joyful School Project – Know Your Mood (Buddhist Wai Yan Memorial College)
2011年5月26日	校園計劃「情緒睇真D」第六十七站 〔香港布廠商會朱石麟中學〕	Joyful School Project – Know Your Mood (HKWMA Chu Shek Lun Secondary School)
2011年6月3日	校園計劃「情緒睇真D」第六十八站 〔香港道教聯合會圓玄學院第二中學〕	Joyful School Project – Know Your Mood (Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School)
2011年6月28日	校園計劃「情緒睇真D」第六十九站 〔鳳溪廖萬石堂中學〕	Joyful School Project – Know Your Mood (Fung Kai Liu Man Shek Tong Secondary School)

統計 Statistics

項目統計 Statistic

項目性質 Category of Event	數目 No. of Event	參與/接觸人之次 No. of Participant
「認識情緒病」講座 Mental Health 東葵涌社會福利署綜合家庭服務中心 沙田區議會婦女參與社區事務工作小組 民建聯黃大仙支部 人壽保險從業員協會 香港戒毒會 香港電燈有限公司 沙田愛心巡禮(閉幕禮)	7	800
校園計劃 School Project	54	19076
培訓/工作坊 Training Course/Workshop	25	799
分享會 Sharing	5	87
朋輩支援聚會 Sharing	6	85
籌款活動 Fund-raising	9	3430
社區/媒體推廣 Promotion	15	42,858,990
總數 Total	121	42,883,267

熱線服務統計 Joyful Hotline Statistic

	4/10	5/10	6/10	7/10	8/10	9/10	10/10	11/10	12/10	1/11	2/11	3/11
病患者本人 Sufferer	53	30	56	34	42	40	30	38	40	32	32	45
病患者家人 Families of sufferer	31	18	21	17	22	26	13	11	15	14	12	22
病患者朋友 Friends of sufferer	2	2	6	3	1	4	0	5	2	1	3	5
其他 Others	0	4	53	4	8	1	5	51	36	50	31	39
總數 TOTAL	86	54	136	58	73	71	48	105	93	97	78	111

電郵查詢 Email Enquiry Statistics

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

輔導個案 Professional Counseling Service Service Statistics

個案 No. of case	4/09	5/09	6/09	7/09	8/09	9/09	10/09	11/09	12/09	1/10	2/10	3/10
	17	18	18	17	14	7	11	11	12	15	10	13
約見人次 No. of interview session	71	56	85	88	98	67	77	59	83	78	81	100

鳴謝名單 Acknowledgments

特別鳴謝 Acknowledgment

(排名不分先後)



Charm Union Development Ltd
Mastercraft International Limited
王賢誌先生
古兜溫泉
成報
旭日國際集團有限公司
至8會
余枝勝醫生
余慕文女士
吳麗珠女士
君悅會
李思齊教授

杜麗莎女士
周錦濤 伉儷
周麗淇女士
忽然一週
明報企業
東方日報慈善基金
東方報業集團
東城石油化工有限公司
林夕先生
林震濤先生
金源米業國際有限公司
施麗珍女士

香港浸會大學心理學學會
香港健康情緒中心
組合MR.
通程國際有限公司
連炎輝先生
陳輝陽先生
陶贊新先生
壹週刊
奧美國際娛樂集團有限公司
楊家誠先生
董惠華先生
趙茂城先生

劉鬱雄慈善基金
蔡卓妍女士
蔡珍妮女士(盈盈)
賞心樂社
鍾欣桐女士
鍾慧冰女士
羅鈞輝先生
譚詠麟先生
寶佩如女士

鳴謝名單(機構)

AquaLabel
ACME Sanitary Ware Co. Ltd
AM730
Baby Kingdom.com
Beacon College
Bigpack
CJM, Co., Limited
CORES
DEL MONTE FRESH PRODUCE (HK) LTD
DKSH Hong Kong Limited
Fissler HK Ltd.
Gaia Group Management Limited
Gammon Construction Co Ltd
Gudou Hot Spring Resort Limited
HK Runners
Hsin Chong Construction Co Ltd
Infiniti Pacific Properties Limited
Jebson Building Products Limited
Manchester United Restaurant
NEWFAIR (HK) LTD
Next Step Gourmet Group
Okamoto Industrial (HK) Ltd
Pure Direct (HK) Limited
Senior Consultant Limited
Shun Hing Education and Charity Fund
Sportsoho

St. John's Cathedral Counselling Service
Tang's Performing Arts Music Centre
The Jardine Engineering Corp. Ltd
The Real Show Dance Troupe
Thong Sia Watch Co. Ltd
Twincity (Far East) Limited
VABENE
Wellness Plus
Whistler International Company Ltd
WINSOR (HONG KONG) LIMITED
ZeLo
人壽保險從業員協會
三禾亞洲有限公司
大公報
山河設計營造有限公司
中西區兒童合唱團
中西區樂民社
中聖書院
六福珠寶
太陽報
王家沙
永德實業公司
宏輝(香港)有限公司
快周刊
沙田居民協會
沙田婦女會

亞洲運動及體適能專業學院
東行(香港)有限公司
東健網
東華三院甲寅年總理中學
金牌大風娛樂有限公司
保良局姚連生中學
星島新聞集團
珀麗灣服務處
珀麗灣業主委員會
珀麗灣綠色會所
衍生行有限公司
香港人網
香港大學職員協會
香港文匯報有限公司
香港流行聲樂研究學會
香港真光書院
香港商報
香港匯馬加利女書院
香港電燈有限公司
香港賽馬會
朗豪坊
神召會康樂中學
神託會培基書院
荃灣官立中學
唯一電子有限公司
都市日報

陳捷貴議員辦事處
曾壁山中辦
黃大仙區議會
匯俊達人培訓學會
匯豐銀行
新報
歌腳亭
萬華媒體
粵東企業有限公司
聖母無玷聖心書院
聖馬可中學
寶生堂香港有限公司
嘉諾撒書院
夢工場形象工作坊
瑪利曼中學
瑪利諾修院學校
福園餐飲娛樂管理顧問公司
精工表
領匯管理有限公司
撒隆巴斯
頭條日報
羅定邦中學
寶血女子中學
蘋果日報有限公司
鷹君集團

鳴謝名單(個人)

CHAN MAN WAH
CAROL TSANG
CHAN PUI PUI
CHAN SAU MEI
CHAN SHUK WAN
CHENG CHOI LUNG
CHEUNG SHU WAI
WALTER
CHEUNG SIU WAN
CHEUNG YEE FAN
CHIU DONALD CHUN
CHU KIN CHEUNG
CHUI YUEN YEE ROSEY
DAVID LEE
DR. MARK L. GANDOLFI
FELIX CHAN
FUNG CHAU LAM
HA CHUK YAN
HUNG SIU CHING
KWAN KIT LING

KWAN KIT YEE
LAM KAM SHING
LAM YUK YING
LAO FONG I
LAU VIVIAN SIO KWAN
LAU WAI KEUNG
LAU WAI YIN
LAU YIU KWONG
LEE MAN TUNG
LEUNG HIN FONG
LEUNG HON LIN
LEUNG KIN WAH
LEUNG WAI YEE
LIN YIM FAI
MAK CHI YUEN
NG SAU LIN
NG TAT KWONG
NG YUN TONG
NGO CHUI SHUN YING
PANG CHI KEUNG

PETER K.K. WONG
RAYMOND CHAN
ROSE CHUNG YING YEE
SHIN CHI MO
SIN YAN LAM
SIU KA YING
TANG CHIU HANG
TING MAN YEE
TIU TUET YING
TSANG PO WAN
TSE LAU SUET
TSUI SIU MAN
TSUI YUEN SHA
WAN CHUN KEUNG
ANTON
WAN KIM HUNG
WAN LAI CHUN
WATT CHI KAI
WONG KA PO
WONG SAI MAN

WONG SHU WING
WONG SHUK YING
WONG STELLA
WONG TAK LUN
YAN KA HO
YIU PO YIN
YUEN CHUNG YEE
心漸放晴一小民
方力申先生
王蕊慈女士
司徒昭武先生
朱佩儀女士
余宜發先生
吳佩清女士
林中鍵醫生
林達聰醫生
邱忠航先生
夏淑玲女士
院玉榮先生
梁志強先生

梁冠鴻萍女士
莊友堅先生
陳玉珠女士
陳兆鴻先生
陳志雲先生
陳愛蓮女士
傅華先生
程偉傑先生
重粵生醫生
黃成基先生
楊秋然先生
楊超成先生
賈思樂先生
歐陽啟初先生
蔡李惠莉博士
蔡達明先生
鍾舒漫女士
羅寶文女士
譚翠瑛女士
蘇華偉先生

義工嘉許名單(個人)

ALICE CHAN
AMY LIN
ANNIS CHUNG
APPLE CHENG
ARNOLD LEE
AU YEUNG KA KIT
BAILEY WONG
BEBO AU
CANDY WONG
CAROL CHAU
CAROL SIN
CATHERINE SHUM
CHAN HOI YAN
CHAN HUNG CHEUNG FELIX
CHAN LAI FAN ADPY
CHAN SAU KING SHIRLEY
CHAN SHIU KWAN
CHAN SHUK HA ESTELLA
CHAN SHUK LING CHRISTINE
CHAN SIN YI VITA
CHERLY CHOW
CHEUK KWOK KAY
CHEUNG KAM KAI
CHEUNG TSZ WAI MAY
CHIU YAT HUI
CHOW LING LING
CHOW PUI KWAN
CHRISTINA LEUNG
CHU PAK JING
DAVID YUE
EDDIE YUNG
EMAN CHOW
FELIX
FLORANCE SIN
FUNG HUI LAM
HELEN IP
HELEN OEI
HOI YAN
IP OI YEE ALICE
IRIS
JENNIFER
JESSICA TANG
JOANNE LEUNG
JOE CHAN
JOJO LAW
KAO YIN FAN
KAO YIN FAN ISABELLA
KATHERINE LO
KENNY LAI

KWAN YEE MAN
LAI WAI YAN
LAM YI POR STANLEY
LARRY
LAU MAN YIN
LAU TAK WING
LEE WAI MEI HELLAS
LEO CHEUNG
LEON YU HENG CHAN
LEUNG KIU LONG
LEUNG PO CHU POLLY
LEUNG WA KEUNG
LEUNG WAI LING
LI WOON YEE MONITA
LILY CHAN
LIU HOI YIN
LIU Nga CHEUNG DEBBIE
LO PING SHU KEVIN
LO SAU LAN MANDY
Lok Ngar Fung Barbara
MA KING CHUN
MAGGIE CHAN
MAK KUI HOI
MARCH TO
MARIA
MILK CHU
MYRA YEUNG
NG BING MAN
NG CHING CHEE
PINKY WONG
RIDA
SAM YU
SAMANTHA CHOI
SHEK KOK CHUEN
SO KWUN WAI
SO YIN TING
SUZANNE FUNG
SUZANNE LIU
TANG HO WAH
TANG MAN WAI
TANG PUI SIN
FRANCESCA
TERESA LI
TO PAK KIN JERRY
TOE BIU
TSANG WO SANG
TSUI WING HAN
CATHERINE
WILLIAM WONG

WING
WONG CHING WA
WONG CHO YI
WONG CO YI
WONG PUI SZE
WONG PUI YIN
WONG SUI YING JENUS
WONG YING SAN
YEUNG SAU YING
YING WAI YAN CLARA
YIP WING CHUI
YVONNE TSANG
ZUKI YIP
孔麗群女士
文齊光先生
王正明先生
王潔太平紳士
王瑞瑛女士
古嘉倩女士
朱壁瑩女士
江珈霖女士
余子祺女士
余曼俊先生
吳天正先生
吳家駒先生
吳梓峰先生
吳嘉琪女士
吳靜芝女士
巫敏兒女士
李玉龍先生
李家就先生
李國摩太平紳士
李華杰先生
杜柏健先生
程嘉敏女士
杜嘉愛女士
周玲玲女士
林立業先生
林俊穎先生
林浩澄先生
冼寶玉女士
姚羽超先生
姚俊龍先生
姚家蕙女士
姚偉雄先生
柯美蘭女士
洪曉雯女士
胡向榮先生
徐湘雯女士

馬家榮先生
高燕芬女士
張文軒先生
張玉亭女士
張偉聰先生
梁子嘉先生
梁子程先生
梁仲民先生
梁羽茵女士
梁明仔先生
梁俊賢先生
梁培基先生
梁惠玲女士
梁綺茵女士
梁寶珠女士
莫詠欣女士
王正賢先生
莊凌灝先生
許嘉慧女士
郭強先生
陳玉玲先生
陳志杰先生
陳海茵女士
陳釗虹先生
陳淑玲女士
陳淑霞女士
陳瑞良先生
陳潔華女士
陳潮耀先生
陳曉欣女士
陳麗芬女士
麥穎喬女士
勞家俊先生
程子恒先生
程以靜女士
賀健威先生
黃小玲女士
黃可宜女士
黃兆強先生
黃偉傑先生
黃健平先生
黃婉筠女士
黃惠強先生
黃愛珊女士
黃銳明先生
楊雲霞女士
葉湘汝女士
趙逸瓊女士
劉慧瑛女士

劉潔瀟女士
劉寶怡女士
劉寶怡女士
樊佩儀女士
蔣漢明先生
蔡沈寶翠女士
蔡俊旭先生
鄭子慧女士
鄭珈詠女士
鄭家華女士
鄭家華女士
鄭珮君女士
鄭嘉儀女士
鄧細妹女士
黎泰延先生
黎鏡波先生
莫楚達先生
盧敏兒女士
盧潔蕭先生
蕭詠詩女士
霍森南先生
聶傳賢先生
顏月華女士
羅美盈女士
羅偉文先生
蘇冠維先生
蘇詠敏女士
蘇愛萍女士
蘇煦燕女士
蘇耀輝先生

義工嘉許名單(團體)

邱子文高中學校
香港專業教育學院(柴灣)

PMD (Great Eagle)
榮之聯盟

珀麗灣義工團

香港家連家精神健康倡導協會

本年報英文翻譯由香港專業保險經紀協會梁志強先生及其翻譯團隊提供

(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 its report together with the audited financial statements of Joyful (Mental Health) Foundation Limited (the "Foundation") for the year ended 31 March 2011.

PRINCIPAL ACTIVITIES

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

FINANCIAL STATEMENTS

The surplus of the Foundation for the year ended 31 March 2011 and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

FUNDS

Details of the movements in the reserves during the year are set out in the statement of changes in equity on page 56.

SHARE CAPITAL

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

FIXED ASSETS

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

MEMBERS OF THE EXECUTIVE COMMITTEE

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

CHENG Sau Ying Irene

CHIU Mei Zin Cecilia

FOK Chak Kee

LAI Pang

LAM Kin Ming

LAU Fat Man

LAU Yim Ling Cecilia

LEE Oi Tak Audrey

LI Kwok Fun

LI Wai Shing Jackson

MOK Yuen Shan Joyce

WONG Pearl

WONG Shuk Man

YU Wai Man

(Appointed on 1 April 2010)

(Resigned on 31 March 2011)

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

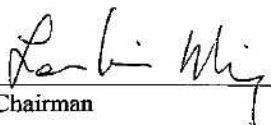
MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS

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

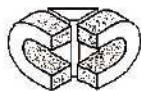
AUDITOR

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

On behalf of the Executive Committee


Chairman

Hong Kong, 24 August 2011



CHENG & CHENG LIMITED

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

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

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

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

Tong Yat Hung – FCCA, CPA (Practising)

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

鄭康祺 – 香港執業資深會計師

鄭康祥 – 香港執業會計師

李遠瑜 – 香港執業會計師

湯日煥 – 香港執業會計師

李永森 – 香港執業會計師

Consultants:

Simon Cai – China CPA

Gao Hui Guang – Senior Accountant

顧問:

蔡陽 – 中國註冊會計師

高惠廣 – 中國高級會計師

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 and limited by guarantee)

We have audited the financial statements of Joyful (Mental Health) Foundation Limited set out on pages 54 to 70, which comprise the statement of financial position as at 31 March 2011, and the statements of comprehensive income, changes in funds and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

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

The Executive Committee of the Foundation is responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance, and for such internal control as the Executive Committee of the Foundation determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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 entity's preparation of financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Executive Committee of the Foundation, 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 and 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 2011 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, 24 August 2011

Cheng Hong Kei
Practising Certificate number P01806

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

STATEMENT OF FINANCIAL POSITION

As at 31 March 2011

	Note	2011 HK\$	2010 HK\$
Non-current assets			
Fixed assets			
- Property, plant and equipment	4	8,427,016	80,861
Current assets			
Sundry and other receivables		27,670	14,301
Cash at bank and on hand		4,766,821	11,502,836
		4,794,491	11,517,137
Non-current assets held for sale	5	-	777,500
Current assets		<u>4,794,491</u>	<u>12,294,637</u>
Total assets		<u>13,221,507</u>	<u>12,375,498</u>
Funds			
Education development fund	6	2,600,000	2,600,000
Fundraising and promotion funds	6	2,075,000	2,075,000
Services fund	6	2,764,100	2,764,100
Operating fund	6	5,782,407	4,936,398
		<u>13,221,507</u>	<u>12,375,498</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

STATEMENT OF COMPREHENSIVE INCOME*For the year ended 31 March 2011*

	Note	2011 HK\$	2010 HK\$
Income			
Donation received		897,243	581,611
Project income		<u>3,440,250</u>	<u>7,167,454</u>
	7	4,337,493	7,749,065
Expenditure			
Project expenses	9	<u>(2,618,201)</u>	<u>(3,387,200)</u>
		1,719,292	4,361,865
Other revenue	8	202,746	333,165
Administrative expenses	11	(1,040,868)	(587,005)
Net loss on disposal of plant and equipment	8	<u>(35,161)</u>	<u>-</u>
Surplus before taxation	10	846,009	4,108,025
Taxation	12	<u>-</u>	<u>-</u>
Net surplus for the year		846,009	4,108,025
Other comprehensive income for the year:	13		
Fair value gain on non current assets held for sale		<u>-</u>	<u>106,123</u>
Total comprehensive surplus for the year		<u>846,009</u>	<u>4,214,148</u>

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 2011

	Education development fund HK\$	Fundraising and promotion funds HK\$	Services fund HK\$	Operating fund HK\$	Total HK\$
Balance at 1 April 2009	2,600,000	2,075,000	2,905,000	722,250	8,302,250
Changes in funds:					
Expenditure incurred for the year	-	-	(140,900)	-	(140,900)
Total comprehensive surplus for the year	-	-	-	4,214,148	4,214,148
Balance at 31 March 2010	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,764,100</u>	<u>4,936,398</u>	<u>12,375,498</u>
Balance at 1 April 2010	2,600,000	2,075,000	2,764,100	4,936,398	12,375,498
Changes in funds:					
Income received for the year	-	-	126,000	-	126,000
Expenditure incurred for the year	-	-	(126,000)	-	(126,000)
Total comprehensive surplus for the year	-	-	-	846,009	846,009
Balance at 31 March 2011	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,764,100</u>	<u>5,782,407</u>	<u>13,221,507</u>

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

STATEMENT OF CASH FLOWS*For the year ended 31 March 2011*

	Note	2011 HK\$	2010 HK\$
Operating activities			
Surplus before taxation		846,009	4,108,025
Adjustments for:			
Depreciation of owned assets		378,210	32,977
Net loss on disposal of plant and equipment		35,161	-
Interest and investment income		(58,167)	(80,487)
Operating profit before working capital changes		1,201,213	4,060,515
(Increase)/decrease in sundry and other receivables		(13,369)	71,739
Decrease in sundry creditors and payables		-	(42,194)
Net (decrease)/(decrease) in services fund		-	(140,900)
Cash generated from operations		1,187,844	3,949,160
Interest and investment income		58,167	80,487
Net cash from operating activities		1,246,011	4,029,647
Net cash used in investing activities	14	(7,982,026)	(9,169)
Net cash from financing activities		-	-
(Decrease)/increase in cash and cash equivalents		(6,736,015)	4,020,478
Cash and cash equivalents at beginning of the year		11,502,836	7,482,358
Cash and cash equivalents at end of the year	15	4,766,821	11,502,836

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 2011

1. CORPORATE INFORMATION

Joyful (Mental Health) Foundation Limited is a Foundation limited by guarantee and incorporated and domiciled in Hong Kong. The address of its registered office and principal place of operation is Flat C - D, 9/F., Van Fat Factory Building, 20 - 22A Ng Fong Street, San Po Kong, Kowloon, Hong Kong.

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 certain new and revised HKFRSs that are first effective or available for early adoption for the current accounting period of the Foundation. Information on adoption of new accounting standards to the extent that they are relevant to the Foundation for the current and prior accounting periods are reflected in note 3.

(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 certain financial instruments are stated at fair value as explained in the accounting policies set out below. The financial statements are presented in Hong Kong Dollars and all values are rounded to the nearest dollar except when otherwise indicated.

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

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 2011

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(c) FINANCIAL INSTRUMENTS

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

Investments in debt securities

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

Held-to-maturity securities

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

Receivables

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

(d) PROPERTY, PLANT AND EQUIPMENT

Property, plant and equipment are stated in the statement of financial position at cost less accumulated depreciation and impairment losses (see note 2(f)).

Gains or losses arising from the retirement or disposal of an item of property, plant and equipment are determined as the difference between the net disposal proceeds and the carrying amount of the item and are recognized in the statement of comprehensive income on the date of retirement or disposal.

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

- Buildings situated on leasehold land are depreciated over the shorter of the unexpired term of lease and their estimated useful lives
- Furniture and fixtures 20 - 30%
- Equipment 20 - 30%
- Leasehold improvement 20 - 30%

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 2011

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(d) PROPERTY, PLANT AND EQUIPMENT (Continued)

Where parts of an item of property, 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

An arrangement, comprising a transaction or a series of transactions, is or contains a lease if the Foundation determines that the arrangement conveys a right to use a specific asset or assets for an agreed period of time in return for a payment or a series of payments. Such a determination is made based on an evaluation of the substance of the arrangement and is regardless of whether the arrangement takes the legal form of a lease.

Classification of assets leased to the Foundation

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

Operating lease charges

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

(f) IMPAIRMENT OF ASSETS

Impairment of non-financial assets

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

(g) CASH AND CASH EQUIVALENTS

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

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 2011

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(h) EMPLOYEE BENEFITS

Short term employee benefits and contributions to defined contribution retirement plans

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

(i) INCOME TAX

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

(j) REVENUE RECOGNITION

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

(i) Donation received

Donation received is recognised whenever it is received or receivable.

(ii) Interest and investment income

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

(iii) Project income

Project income is recognised whenever it is received or receivable.

(iv) Other income

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

Sundry income is recognized whenever it is received or receivable.

(k) FUNCTIONAL AND PRESENTATION CURRENCY

Items included in the accounts of the Foundation are measured by 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.

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 2011

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(l) TRANSLATION OF FOREIGN CURRENCIES

Foreign currency transactions during the year are translated at the foreign exchange rates ruling at the transaction dates. Monetary assets and liabilities denominated in foreign currencies are translated at the foreign exchange rates ruling at the end of the reporting period. Exchange gains and losses are recognized in the statement of comprehensive income.

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

(m) RELATED PARTIES

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

3. ADOPTION OF NEW ACCOUNTING STANDARDS

The HKICPA has issued certain new HKFRSs, Amendments to HKFRSs and Interpretations that are first effective for the current accounting period of the Foundation or have immediate effect. Amongst them, the following developments are relevant to the Foundation's financial statements:-

- * Improvements to HKFRSs (2009)

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

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 2011

4. FIXED ASSETS

	Property, plant and equipment				Total HK\$
	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	Land and buildings in Hong Kong carried at cost HK\$	
Cost					
At 1 April 2009	26,289	146,887	52,376	-	225,552
Additions	-	9,169	-	-	9,169
At 31 March 2010	26,289	156,056	52,376	-	234,721
At 1 April 2010	26,289	156,056	52,376	-	234,721
Additions	-	42,776	1,000,000	7,718,850	8,761,626
Disposals	-	(70,400)	-	-	(70,400)
Written off	-	-	(52,376)	-	(52,376)
At 31 March 2011	26,289	128,432	1,000,000	7,718,850	8,873,571
Deduct: Accumulated depreciation					
At 1 April 2009	10,748	57,759	52,376	-	120,883
Charged for the year	3,988	28,989	-	-	32,977
At 31 March 2010	14,736	86,748	52,376	-	153,860
At 1 April 2010	14,736	86,748	52,376	-	153,860
Charged for the year	3,941	19,892	200,000	154,377	378,210
Eliminated on disposals	-	(33,139)	-	-	(33,139)
Eliminated on written off	-	-	(52,376)	-	(52,376)
At 31 March 2011	18,677	73,501	200,000	154,377	446,555
Net book values					
At 31 March 2011	7,612	54,931	800,000	7,564,473	8,427,016
At 31 March 2010	11,553	69,308	-	-	80,861

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 2011

5. NON-CURRENT ASSETS HELD FOR SALE

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

6. FUNDS

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

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

Education Development Fund

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

Fundraising and Promotion Funds

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

Services Fund

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

Operating Fund

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

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 2011***7. INCOME**

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

	2011 HK\$	2010 HK\$
Project income		
Education	2,500	577,325
Fund raising activities		
Charity Sales for Second Hand Clothes	-	691,606
The 5th Anniversary of Charity Dinner	-	3,638,570
Charitable 10KM Run	-	609,260
Flag Selling Day – Anti-Depression	280,354	203,923
Pompei, Joyful Charity Run 2011	1,263,950	-
Bungy Jump Fund-raising	164,260	-
Fissler Charity Handbags Sales	114,500	-
Others	149,689	797,605
	<u>1,972,753</u>	<u>5,940,964</u>
Promotion	36,357	431,459
Services	260,352	217,706
Others	<u>1,168,288</u>	<u>-</u>
	3,440,250	7,167,454
Donation received	<u>897,243</u>	<u>581,611</u>
	<u>4,337,493</u>	<u>7,749,065</u>

8. OTHER REVENUE AND NET LOSS

	2011 HK\$	2010 HK\$
Other revenue		
Exchange gains	144,579	165,068
Interest income	58,167	80,487
Sundry income	-	87,610
	<u>202,746</u>	<u>333,165</u>
Other net loss		
Net loss on disposal of plant and equipment	<u>(35,161)</u>	<u>-</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 2011

9. PROJECT EXPENSES

	2011	2010
	HK\$	HK\$
Education	289,750	429,270
Fund raising activities		
Charity Sales for Second Hand Clothes	-	138,127
The 5th Anniversary of Charity Dinner	-	781,752
Charitable 10KM Run	-	631,780
Flag Selling Day – Anti-Depression	10,293	13,964
Pompei, Joyful Charity Run 2011	764,655	-
Bungy Jump Fund-raising	1,242	-
Fissler Charity Handbags Sales	145,599	-
Others	110,548	80,003
	<u>1,032,337</u>	<u>1,645,626</u>
Promotion	205,622	676,706
Services		
Professional Counseling Service	773,421	635,598
Others	<u>317,071</u>	<u>-</u>
Total project expenses	<u>2,618,201</u>	<u>3,387,200</u>

10. SURPLUS BEFORE TAXATION

	2011	2010
	HK\$	HK\$
Surplus before taxation is stated after charging:		
Depreciation of owned assets	378,210	32,977
Members of the Executive Committee's remuneration		
Fees	-	-
Other emoluments	-	-
Operating leases charges		
Minimum lease payments - Hire of land and buildings	118,159	115,030
Employee benefits expenses	<u>388,580</u>	<u>314,319</u>

11. Depreciation of owned assets include HK\$354,377 (2010: HK\$52,376) relating to the new premise acquired during the year for the Foundation own usage. It is the major increment for the administrative expenses during the year.

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 2011

12. TAXATION

The Foundation is exempted from Hong Kong Profits Tax under Section 88 of the Inland Revenue Ordinance (Cap. 112).

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

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

	2011 HK\$	2010 HK\$
Profit before taxation	846,009	4,108,025
Notional tax at the domestic income tax rate of 16.5%	139,591	677,824
Tax effect of non-deductible expenses	609,548	655,744
Tax effect of non-taxable revenue	(749,139)	(1,333,568)
Income tax expense for the year	-	-

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 2011

13. OTHER COMPREHENSIVE INCOME

Tax effects relating to each component of other comprehensive income

	2011			2010		
	Before-tax amount HK\$	Tax (expense)/ benefit HK\$	Net-of-tax amount HK\$	Before-tax amount HK\$	Tax (expense)/ benefit HK\$	Net-of-tax amount HK\$
Net fair value gain on non-current assets held for sale	-	-	-	106,123	-	106,123

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 2011

14. INVESTING ACTIVITIES

	2011 HK\$	2010 HK\$
Purchase of property, plant and equipment	(8,761,626)	(9,169)
Proceeds from disposal of investments	777,500	-
Proceeds from disposal of plant and equipment	2,100	-
Net cash used in investing activities	(7,982,026)	(9,169)

15. CASH AND CASH EQUIVALENTS

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

	2011 HK\$	2010 HK\$
Cash at bank and on hand	4,766,821	11,502,836

16. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE YEAR ENDED 31 MARCH 2011

Up to the date of issue of these financial statements, the HKICPA has issued the following amendments, new standards and interpretations which are relevant to the Foundation but are not yet effective for the year ended 31 March 2011 and which have not been adopted in these financial statements.

	Effective for accounting periods beginning on or after
HK(IFRIC) 19, Extinguishing financial liabilities with equity instruments	1 July 2010
HKFRS 1 (Amendment), Limited exemptions from comparative HKFRS7 disclosures for first-time adopters	1 July 2010
HKAS 24 (Revised), Related party disclosures	1 January 2011
HK(IFRIC) 14 (Amendment), HKAS 19—The limit on a defined benefit asset, minimum funding requirements and their interaction	1 January 2011
Improvements to HKFRSs (2010)	1 July 2010 or 1 January 2011
Amendments to HKFRS 7, Financial instruments: Disclosures - Transfer of financial assets	1 July 2011
HKFRS 1 (Amendment), Severe hyperinflation and removal of fixed dates for first-time adopters	1 July 2011
Amendments of HKAS 12, Deferred Tax: Recovery of underlying assets	1 January 2012
HKFRS 9, Financial instruments	1 January 2013

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 2011

16. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE YEAR ENDED 31 MARCH 2011 (Continued)

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 the adoption of them is unlikely to have a significant impact on the Foundation's results of operations and financial position.

17. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorized for issue by the Executive Committee on 24 August 2011.

2009年10月20日《成報》頒發「傑出慈善藝人獎」予本會主席兼創辦人林建明女士，以表揚她一直對社會公益、幫助弱勢社群所作出的貢獻。

Ms. Victoria Lam, our founder and Chairperson, was awarded "Outstanding Charitable Artist" by Sing Po on 20 October 2009 in praise of her contributions to community welfare and less privileged groups in our society.



2009年11月17日《明報周刊》頒發「愛心動力大獎」給本會主席林建明女士，以表揚她對推動社會關注情緒病的貢獻。

On 17 November 2009, Ming Pao Weekly awarded Ms. Lam the "Love Dynamic Grand Prize", in recognition of her continuous efforts to care for mood disorder problems in society.



2010年本會主席林建明女士獲《讀者文摘》評為「香港人，你最信任誰？」第二十七位。獲選原因是她對於推廣及教育大眾認識情緒健康的重要性，及減少對情緒病的誤解和歧視，作出莫大貢獻。她無私的付出，贏取了普遍香港人的信任。

In 2010, Ms. Lam was ranked 27th in the "Who is the person most trusted by HK people" survey organised by Readers Digest. The award was attributed to her tremendous contributions in promoting emotional health and alleviating the general public's misunderstanding and discrimination against emotional disorder sufferers.



(設計圖片)

捐款途徑

Donation Methods

我們的財政來源主要來自社會各界熱心人士或機構的捐獻，您的愛心捐款可以支持我們在教育、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。捐款港幣100元或以上可獲發免稅收據並自動成為心晴之友。

- 1) 可將現金或支票（抬頭寫「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

- 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：香港九龍新蒲崗五芳街20-22A宏發工業大廈9C-D室

As we do not have regular financial support, the Foundation depends on donations from organisations and zealous individual donors. Your generous donations go towards supporting the operations of Joyful (Mental Health) Foundation in educating and promoting mental health, and to help those in need in the community. Please join us to raise awareness of emotional health in society. Tax-deductible receipts will be issued to those who donate HKD100 or above and will automatically become our 'Joyful Friends'.

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

Bank of China: 012-882-0-004522-8

Shanghai Commercial Bank Ltd: 354-82-03266-1

The Hongkong and Shanghai Banking Corporation Limited: 411-406-747-838

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

Hotline : (852) 2301 2303

Fax : (852) 2144 6331

Email : joyful@jmhf.org

Address: Room C-D, 9/F, Van Fat Factory Bldg, Ng Fong Street, San Po Kong, Kowloon, Hong Kong



周麗淇小姐
心晴行動健康情緒榮譽大使

「心晴行動」會址位於九龍新蒲崗五芳街宏發工業大廈9樓C-D室，由鑽石山港鐵站A2出口只需步行五分鐘便可到達，亦有各類交通工具巴士、小巴等可供選擇。歡迎各團體租用本中心的會議及活動室作教學、會議、活動之用。如有興趣租用，歡迎致電 2947 8669 或 joyful@jmhf.org 查詢。



活動室
可容納 60-80人

時間：
週一至週五：上午九時至下午九時
週六：上午九時至下午一時正
公眾假期及星期日休息



會議室
可容納 20-30人

心晴行動吉祥物笑爺仔 笑奶妹



紀念珍藏版認捐

心晴行動慈善基金成立以來，致力推廣情緒病的知識，減少大眾的誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。



春Spring



夏Summer



為了籌募「校園計劃」之經費，繼續為教育學生認識情緒健康的重要性，本會特別推出了紀念版的「笑爺仔」「笑奶妹」雕塑，有春、夏、秋、冬四個系列，邀請各善長認捐，而認捐的雕塑會印上善長或贊助公司的名字，並會放在心晴的會址，令辦公室更朝氣勃勃，希望各界人士能慷慨解囊！

快D認捐啦!!!

未來棟樑的心靈，全賴您們的支持!

如有查詢，歡迎致電 2947 8669 與本會項目主任陳業文先生 (Mr Stanley Chan) 聯絡。

九龍新蒲崗五芳街20-22A宏發工業大廈9樓C-D室

Room C-D, 9/F, Van Fat Factory Bldg, Ng Fong Street, San Po Kong, Kowloon, Hong Kong

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