



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

2011-2012 年報
ANNUAL REPORT



一切從心開始……

耀才證券

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成立背景 Background



根據 2001 年世界衛生組織的報告指出，全球約四分之一人患上不同程度的精神或情緒病。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；而精神病則包括思覺失調症、精神分裂症、躁狂抑鬱症和腦退化症等。

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」。雖然患病情況普遍，但大眾對情緒病的認識不深，多存有歧視或偏見，再加上有患者對自己的病情不了解，結果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本會主席林建明女士感同身受，因此希望大眾能對包括抑鬱症在內的情緒病有更深入的認識，於是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」為一所註冊非牟利慈善團體，基金信託人、顧問團及執行委員分別來自不同界別，除了精神科醫生及臨床心理學家外，亦有律師、藝術家、演藝界人士、傳媒工作者、教育工作者等等。大家都察覺到社會上抑鬱症及各種情緒病越來越普遍，部分成員更有親友是情緒病患者，因此當本會主席林建明女士提出有關建議時，各位都義不容辭，立即答應加入基金，一起攜手對抗情緒病。

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". Although it is quite common for people to have a mood disorder to a certain degree, most people do not know much about it. Worse still, some may not even be aware that they have a problem; therefore, a delay in seeking proper 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.

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.



吉祥人物 — 「笑爺仔、笑奶妹」
Lucky Icons Mr. and Ms. Cheerful

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」。

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

宗旨 Objectives

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。

Education

To provide patients, their families, family doctors and the general public 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 chances of receiving effective treatment.

服務

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。

Services

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.

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。

Promotion

A series of activities and promotion 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 misconception, prejudice, and discrimination.



信託人獻辭

Message from the Trustees



林建明女士
Victoria Kin Ming LAM

心晴行動慈善基金
創辦人及主席
Founder & Chairperson,
Joyful (Mental Health) Foundation



李鵬飛先生
Allen Peng Fei LEE, J.P.

華經顧問有限公司
主席
Chairman,
Pacific Dimensions Consultants Limited

望過去，展望將來，或許 2012 年是多事之年，但我們關心的，仍然是如何教導大眾去認識情緒健康的重要，以及協助情緒病患者重過新生。

轉眼已經八年，即使經歷過多少風雨，我們團隊依然秉承服務大眾的宗旨，努力不懈，跟當年心晴啟動禮的理念完全一致。

搬家後的一年多，在新址開辦的課程興趣班，手藝有餘，創意也足，貼切受用，與推廣、教育的課題互相呼應。一直沒有停步的「校園計劃」，跟師生家長們分享情緒健康，講者在舞台上得到的掌聲，如同沙灘拾貝殼，喜悅只有他們最清楚。

專業面談這一專科，讓更多各階層患者得以問津，評語也是正面的；還有，心晴在社交網站，如面書、微博等，寫景寫事，筆力的支持下，有了一番新格局，讀讀是一種得益。

再說顧問團，有老幹也有精秀，不介意費心費力，這種襟懷，端正珍貴。義工們的表現，恰當出色，各種社會服務活動都很「給力」。

加上醫生、專業人士和團體的參與，有了他們的協助，讓我們的服務和活動更能盡善盡美。

心晴，這個實在的個體，不是天方夜譚，而是真正實踐起來了，願多些人有福消受。

2012 是吉兆，關愛與勉勵，一年接一年。



康寶駒律師
Marin Po Kui HONG

劉陳高律師事務所資深合夥人
香港足球總會
榮譽副會長
Senior Partner,
Lau, Chan & Ko, Solicitors & Notaries
Honourary Vice-President,
Hong Kong Football Association Ltd.



何鐵文爵士
Dr. Chevalier Tien Man HO
(Duke of Alaydos)

何鐵文會計師行
負責人
Certified Public Accountants
T.M. Ho & Company

Looking back and looking forwards, we may well find 2012 to be an eventful year. But our primary concern is still how to educate the public on the importance of mental health, as well as to help patients turn over a new leaf in their lives.

Despite all the difficulties encountered during the past eight years, our team still aims at serving the public with passion and dedication, and makes every effort to that end. Our philosophy has stood firm since the inauguration of the Foundation.

More than a year after the relocation, we have organized interest classes at the new site. Featuring good handicraft and excellent creativity, the classes are relevant and helpful, echoing with the ideas of promotion and education. Additionally, the non-stop Joyful School Project - "Know Your Mood" are intended to share information about mental health with teachers, students and parents. When they receive hearty applause on stage, the lecturers must experience joy akin to a beachcomber coming upon shells, a feeling which they themselves know well.

Professional face-to-face counselling caters to the largest number of patients at different levels, and has been met with many positive remarks. Accompanying this, anecdotes and stories about Joyful on social network sites such as Facebook and microblogs have also opened a new area. Reading those stories is itself a benefit.

As for the consultants, they are both experienced and energetic, and wholeheartedly willing to devote themselves to the cause. Their nobleness is much appreciated. The performance of the volunteers is appropriate and excellent, as they provide "cool" in various social services and activities.

Finally, the participation and assistance of doctors, professionals and organizations has made our services and activities all the better.

Joyful has grown to establish itself firmly as a concrete entity rather than simply a fantasy. Getting down to work, hopefully we can share our blessings with even more people.

May 2012 be a good omen for love and encouragement, with many more years to come.



執行委員獻辭 Messages from Executive Committee Members



黃淑敏女士
Samantha WONG
心晴行動慈善基金執行委員
Executive Committee Member
Joyful (Mental Health) Foundation

不經不覺在心晴行動擔任執委會成員已有幾年光景。

心晴行動這個組織就像一所通識心理大學，由成立以來，長年累月認真秉承貫徹宗旨，透過教育性的推廣活動及宣傳，提高大眾對情緒病認知的層次。

自覺參與執委會定期策略發展會議中獲益良多。曾經看過一篇文章，講述健康專家認為人類心理健康、精神健康和身體健康三者相結合為「三合一」。人的正常體溫超出了範圍 37°C 就是發熱。其實心理精神狀態的指數都可以自我檢測。再者，科學家進一步地研究表明，因為憤怒造成情緒緊張而致病的約佔 71%，而 80% - 90% 的工傷事故與生活的壓力都和情緒有關。

心晴行動現已舉辦了多樣化的課程，都是促進心理健康，歡迎大家齊來參加交流養生智慧。

I am privileged to have been a committee member of the Joyful (Mental Health) Foundation for over 5 years. It is a diverse group of good-hearted people, which brings together psychiatrists of mental health services, professional talents, administrators and leaders in the peer community. The one thing we have in common is that we are all advocates in educating others about mental hygiene.

In essence, our services cover quite a lot of educational areas, everything from volunteering in social services to creating projects that help to raise funding for non-profit work. There is also another form of service that should not be overlooked – service for the purpose of promoting mental health. Combining our commitments is a way to return to the local community, and the wider social world. Working for others is emotionally- as well as intellectually-satisfying motivation.

Usually, health gets seconded to the well-being of the physical body – considerations including physical fitness, good nutrition, and the absence of disease. In some cases, the health of the mind is included. No-one, not even professionals in the field, wants to be labelled as mentally ill.

Nowadays, we are not immune from societal and global pressures and tragedies across the globe, and cannot insulate ourselves from them. Mental health services do offer approaches and counselling therapies that might be beneficial for helping society as a whole.

If you're looking for more happiness, I highly recommend signing up for our upcoming pleasure classes. Feel free to contact one of our staff if you wish to receive information on our classes and events. Try them out, and enjoy a delicious experience of learning through joy. In the course of a day, you will experience small moments of joy and a sense of hope.



余慧文女士

Amy YU

心晴行動慈善基金執行委員
Executive Committee Member
Joyful (Mental Health) Foundation

對於情緒病，以前還在修讀社會工作課程的時候，曾經初步接觸過有關情緒病的知識。至畢業後到社會工作，在朋友間，親身接觸過不少情緒病患者，眼看他們因受情緒病的困擾下，所受到的種種困擾和掙扎，加上周遭人士對他們的誤解和冷嘲熱諷，讓我感到既難過又無奈，深知教育和推廣大眾認識情緒病是非常重要亦刻不容緩。

因緣際會下，透過朋友的推薦，認識「心晴行動慈善基金」主席林建明女士，加入本會成為執委會的一分子，讓我能進一步認識情緒病患者的需要。同時，也透過執委會的工作，協助推動教育及宣傳有關情緒病的相關訊息，讓我深深感受到本會對情緒病患者和家屬的關懷，以及在教育推廣和服務層面上不斷求進的精神，令社會大眾加深了解情緒健康的重要。

看着本會的發展和成長，深切希望社會大眾能關懷及接納情緒病患者，亦懂得如何保持身心健康。祝願大家也能做到「日日好心晴」。

I gained a preliminary understanding of mood disorders when I completed courses in social work. When I started working after graduation, I met many patients of mood disorders in person. I felt sad and helpless to see how they were bothered by, and how they struggled with, the disease, as well as the misunderstanding of, and mocking by, people around them. Thus I came to understand the importance and urgency of publicizing and promoting correct ideas about mood disorders among the general public.

Later I had the chance to meet Ms. Victoria Lam as Chairperson of Joyful (Mental Health) Foundation Limited through some friends. Following that, I joined the Foundation as a member of the Executive Committee, so that I could better understand the needs of mood disorder patients. Also, by working on the Executive Committee, I can help promote education and publicity about mood disorders. I have come to appreciate the Foundation's care for patients and their families, as well as its pursuit of continuous improvements in related education and services. All these efforts help the general public have a better understanding of the importance of mental health.

With the development and growth of the Foundation, we sincerely hope that the public can care about and accept mood disorder patients, and learn how to stay healthy emotionally. We wish all of you be "Joyful Everyday".



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創辦人兼主席
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Hong Kong Mood Disorders
Center



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



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



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



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



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



黃錫源先生
顧問
鄭鄭會計師事務所有限公司
Mr. Peter WONG
Consultant,
Cheng & Cheng Limited



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



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



周向榮醫生
DR 醫學美容集團
Dr. Stephen CHOW
DR Medical Esthetic Group



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



陳靄華女士
醫院管理局新界東聯網
社區精神科顧問護師
Ms. Eva O.W.CHAN
Nurse Consultant (Community Psychiatry)
at NTE Cluster of Hospital Authority



李少峰律師
侯劉李楊律師行合夥人
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HAU, LAU, LI & YEUNG & Co.
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張建良醫生
資深精神科醫生
Dr. Ben Kin Leung CHEUNG
Senior Consultant in Psychiatry



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



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



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



陳啟鴻律師
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顏聯武先生
著名廣播人
Mr. Luen Mo NGAN
Radio Broadcaster



劉月明女士
畫家
Ms. Marianne LAU
Artist

執委會成員 Executive Committee



林建明 (主席)
社會服務工作者
Ms. Victoria LAM (Founder & Chairperson)
Social Services



黃寶珠 (副主席)
傳媒工作者
Ms. Pearl WONG (Vice Chairperson)
Media Practitioner



李偉成 (副主席)
資深公關顧問
Mr. Jackson LI (Vice Chairperson)
Senior Public Relations & Production Consultant



趙美仙 (副主席)
資深採購顧問
Ms. Cecilia CHIU (Vice Chairperson)
Professional Procurement Consultant



霍澤基 (副主席)
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Mr. Monster FOK (Vice Chairperson)
Media Practitioner



黎鵬 (秘書長)
保險公司營業分組經理
Mr. Pang LAI (Secretary)
Finance & Insurance Practitioner



李國芬 (副秘書長)
公司總經理
Mr. Bennett LI (Vice Secretary)
General Manager



鄭秀英 (司庫)
專業會計師及公司秘書
Ms. Irene CHENG (Treasurer)
Professional Accountant & Chartered Secretary



莫婉珊 (執委)
傳媒工作者
Ms. Joyce MOK
Media Practitioner



劉艷玲 (執委)
慈善活動工作者
Ms. Cecilia LAU
Fundraiser



黃淑敏 (執委)
慈善活動工作者
Ms. Samantha WONG
Fundraiser



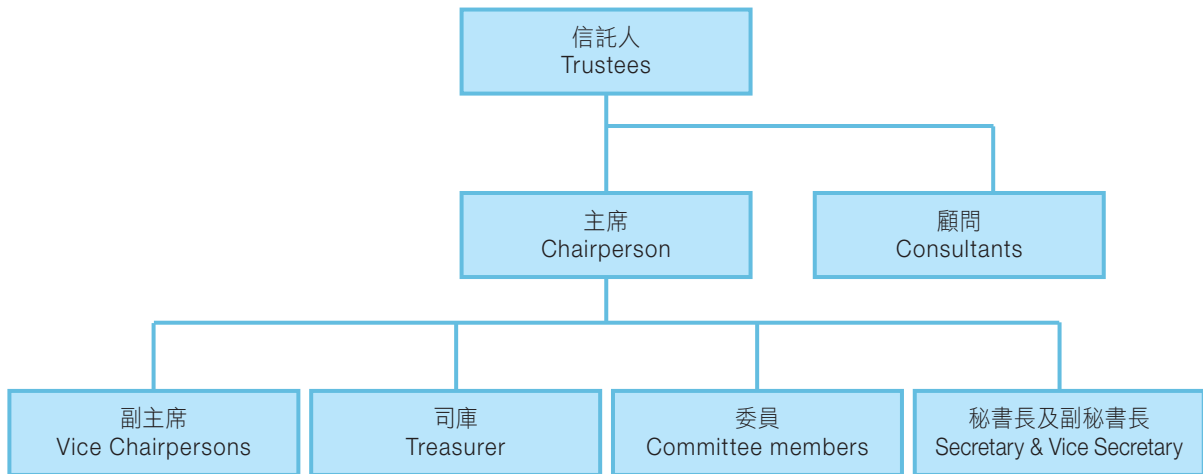
柳發文 (執委)
教育工作者
Mr. Peter LAU
Education Services



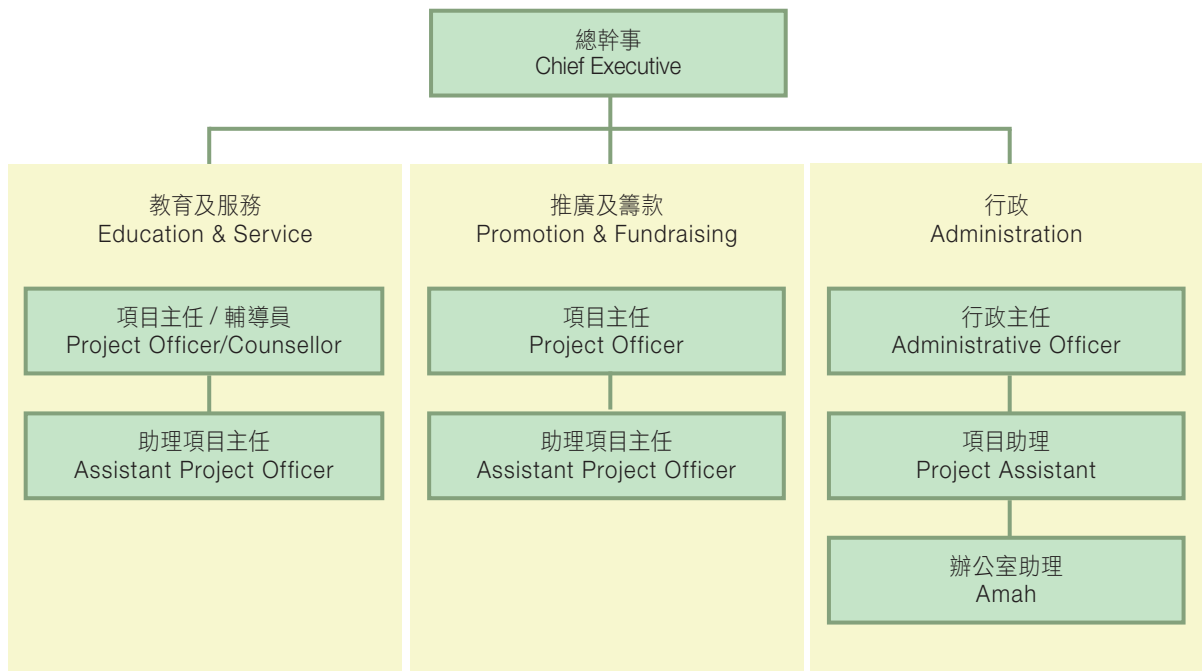
余慧文 (執委)
教育工作者
Ms. Amy YU
Education Services



組織架構 Organizational Structure



秘書處組織架構圖 Secretariat





服務範圍 Scope of Services

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」合辦專業課程，訓練家庭醫生及早為情緒病患者提供診斷、治療及轉介，幫助更多患者盡快康復。

Education

1. Joyful School Project – Know Your Mood
To visit secondary schools in Hong Kong and to provide talks entitled “Know Your Mood”. Supplemented by extended and supportive activities, we hope students will better 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 in 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.



▲ 校園計劃「榮譽校長」及「守護天使」委任禮



▲ 好「晴」天日營



▲ 校園計劃 — 「情緒睇真D」

服務

1. 熱線
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
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，並建議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。

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，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。

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 experiences, 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 experiences from patients who have recovered, their families, and from those who are knowledgeable about mood disorders.

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.



教育 Education

校園計劃 - 「情緒睇真 D」

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"

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



▲ 保良局姚連生中學



▲ 荔景天主教中學



▲ 香港培正中學



▲ 香港布廠商會朱石麟中學



粉嶺救恩書院

校園計劃 - 支援項目 「校園心晴大使」

由專業人士主講，讓學生認識情緒的特質、認識如何檢視自己的情緒健康狀況，學習情緒管理的方法及講解常見情緒病的成因、病徵及治療方法，進一步訓練學生照顧他人情緒的方法和技巧。

School Project Supportive Activities - "School Joyful Ambassador"

Lectures, delivered by professionals, are intended to help students understand the characteristics of emotions by teaching them how to review their mental health and manage their emotions. The lectures also detail the causes, symptoms and treatments of mood disorders, with further training for students on the methods and skills for taking care of those with emotional problems.



中華基督教會協和中學

香港專業教育學院 (柴灣)



馬鞍山崇真中學 聖羅撒書院

校園計劃 - 支援項目「家長工作坊」

讓家長明白情緒輔導的重要性及學習如何處理情緒；同時探討子女於成長時所面對的情緒反應；認識香港常見的情緒病以及學習提供情緒支援的技巧。

School Project Supportive Activities - "Workshop for Parents"

This workshop tells parents about the importance of psychological counselling and methods for handling mood problems. It also discusses the emotional reactions faced by children as part of growing up. In addition, it helps parents understand common mood disorders in Hong Kong and learn the skills of emotional support.



服務 Service

專業面談輔導服務

為受情緒困擾的人士提供專業評估，並建議尋求解決情緒問題的方法。



Professional Face-to-face Counselling

This is intended to provide professional assessment and recommend solutions to individuals suffering from mood problems.



▲ 輔導室

熱線服務

提供有關情緒病的資訊、求助途徑及相關服務，讓有需要人士及早找到所需協助。

熱線電話：2301 2303

Hotline

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

Hotline No.: 2301 2303

資助項目

資助及聯繫相關服務機構，以增強服務成效。

Funding Projects

We sponsor and link up with other related organizations in order to provide more quality services.

專家、病者及家屬 互動分享會

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。

Interactive Sharing Sessions with Experts, Patients and Families

Guest experts are invited to attend gatherings to share with patients, families and volunteers ways to treat depression. Personal experiences are 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 Date of Activities	分享嘉賓 Guests
2011年6月30日	精神科專科苗延琮醫生 Dr. Miao Yin King, Specialist in Psychiatry
2011年8月25日	精神科專科張力智醫生 Dr. Chang Lik Chi, Specialist in Psychiatry
2012年1月12日	精神科專科李卓穎醫生 Dr. Lee Cheuk Wing, Specialist in Psychiatry



▲ 精神科專科苗延琮醫生 (右三)



▲ 精神科專科李卓穎醫生 (右)

朋輩支援

由情緒病康復者、家屬及對情緒病有認識的人士組成朋輩支援小組，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。

Peer Support

Rehabilitated patients of mood disorders, their families and knowledgeable individuals form peer support groups to share their personal experiences with those suffering from similar problems. They also lend support and encouragement to those battling mood disorders.

日期 Date	內容摘要 Brief contents	相片 Photos
2011年4月27日	朋輩支援 Peer support session	
2011年7月28日	朋輩支援 Peer support session	
2011年10月26日	陶藝製作 Pottery making	
2011年11月24日	朋輩支援 Peer support session	
2011年12月15日	聖誕聯歡 Christmas Party	



Embrace Positive Emotions and Live a "Joyful" Life

April to July 2011

Everyone may have times when they are in a bad mood, when they are troubled by emotional distress or feel trapped in depression. However, they will be more confident in future if someone else is willing to give them a hand.

Visit to the Mental Health Association: We visited an Integrated Community Centre for Mental Wellness and facilities at the headquarters building, including halfway houses, shelter workshops, employment guidance and day-group activities. We also had direct contacts with mental-rehabilitated patients at the workshop, so as to understand their daily scope of work. As a result, the participants gained a better understanding of mental health service organization. The participants all thought it was a good chance to broaden their horizons.

"Joyful" Day Camp: By playing games in groups, the participants not only showed their team spirit but also demonstrated their unique creativity and wisdom. After the games, the participants joined the "hypnosis workshop" led by senior counsellor Ms. Lai Yun Fun. They learned how to relax themselves in the face of pressure distress, so that they could have a "Joyful" day everyday.

"Cooking" for a "Joyful" Mood: Each participant was asked to make a "Japanese-style grapefruit cheese cake" on his/her own. Everyone was actively enthusiastic in the process and laughed happily. At least for the moment, they put all the worries in life behind them. Afterwards, they also felt confident and satisfied with their work.



▲ 香港心理衛生會總部留影

▼ 留心地聆聽導師的講解



擁抱正面情緒，活出好心「晴」

2011年4月至7月

個人均會遇上負面情緒，受情緒困擾而又無法走出情緒低谷的時候，如能有人扶她／他一把，前面的路會更有把握走過。

參觀心理衛生會 —— 透過參觀精神健康綜合服務中心及中心總部大樓設施，包括中途宿舍、庇護工場、輔導就業及日間班組活動等，亦與工場內的精神病康復者直接交流，了解她們平日的工作範疇，加深了參加者對於精神健康服務機構的認識。大家都認為是一次增廣見聞的好機會。

好「晴」天日營 —— 分組參與集體遊戲，不但發揮了團體精神，並展示他們獨特的創作力及智慧。遊戲後，大家隨即參與由資深輔導員黎潤芬小姐帶領的「催眠工作坊」，學習到如何讓自己在壓力、困擾中放鬆，提昇自己能夠天天活出好心「晴」。

「煮」出好心「晴」 —— 每人親手製作一個「和風柚子芝士餅」。大家都積極投入，展露笑顏，暫時忘卻生活中的煩憂，對於完成作品亦感到自信及滿足。



▲ 「齊心就事成」遊戲

▲ 催眠工作坊

社區推廣

為加強區內居民對本會服務及情緒病的認識，本會進行地區服務推廣。活動包括：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。



小朋友及家長均踴躍參與攤位遊戲

義工為居民進行情緒健康測試



僱員再培訓局服務中心講座 - 「社福行業知多D」

2011年9月30日

由僱員再培訓局服務中心舉辦的專題講座，透過本會主席及臨床心理學家王藹慈博士與在場約100位待業人士分享，教導參加者如何舒緩負面情緒，從而積極面對人生。當日參加者反應熱烈，專心聆聽講者演說，積極投入整個講座。



主席分享她面對挫折時的心得

Community Promotion

The Foundation organized service promotions in the community in order to strengthen local residents' awareness of our services and of mood disorders. Related activities included game booths, a mental health assessment booth, distribution of leaflets by related agencies and counselling services. The residents were enthusiastic and actively took part in the service of mental health testing. As a result, they had a further understanding of self-assessing their mental health.

舉行日期	地點
2011年7月30日	龍翔中心(黃大仙)Lung Cheung Mall (Wong Tai Sin)
2011年9月24日	啟田商場(藍田)Kai Tin Shopping Centre (Lam Tin)
2011年12月17日	鳳德商場(鑽石山)Fung Tak Shopping Centre (Diamond Hill)

Lecture by Employees Retraining Board Service Centre - "Know More About the Social Welfare Sector"

30 September 2011

This special seminar was organized by the ERB Service Centre. Chairperson of the Foundation and Dr. Gloria Wong, a clinical psychologist, shared their ideas with around 100 participants. She taught participants how to deal with negative moods and put on a positive outlook towards life. The participants were



愉快地大合照

enthusiastic that day. They listened carefully to the speeches and were absorbed in the entire seminar.



▲ 張力智醫生正向義工講解藥物內容

熱線義工進階訓練

2011年8月18日及
11月28日

本會著重熱線義工服務質素，定期舉辦進階訓練課程。透過精神科專科張力智醫生專業講解，熱線義工在工作坊中學習到如何處理危機個案及情緒病藥物方面的知識。張醫生以輕鬆活潑的手法，由淺入深為義工講解及示範有關技巧，義工們亦十分投入學習。

Advanced Training for Hotline Volunteers

18 August to 28 November 2011

The Foundation pays great attention to the service quality of hotline volunteers and organizes advanced training sessions for them regularly. The most recent session was hosted by Dr. Chang Lik Chi, a specialist in psychiatric. During the workshop, the hotline volunteers learned how to handle crisis cases and got some knowledge on mood disorder drugs. Dr. Chang introduced and illustrated related skills for the volunteers in a lively and a participant-friendly manner. It can be concluded that the volunteers learned very carefully in the process.

輔導員培訓工作坊 - 認識藥物治療

2011年9月8日

為增進本會之專業面談輔導服務質素，本會舉辦輔導員培訓工作坊。透過精神科專科張力智醫生的詳細講解，幫助本會的輔導員加深了解藥物治療的療法和協助病患者糾正服用精神科藥物的誤解。

Counsellor Training Workshop – Understanding of Medication in Mood Disorder

8 September 2011

The Foundation organized a counsellor training workshop in order to improve the quality of our professional face-to-face counselling service. With detailed explanations by Dr. Chang Lik Chi, a specialist in psychiatry, our counsellors gained a better understanding of drug treatments and learned how to help patients remove the myths about psychotropic drugs.



▲ (左起) 輔導員黎潤芬女士、李瑞琴女士及張力智醫生



「長者學苑」情緒健康班

2011年10月13日

應伯裘書院邀請，本會於天水圍伯裘書院舉辦「長者學苑」情緒健康班。講座內容包括：認識長者的情緒健康及預防抑鬱症的方法。長者們積極投入參與講座，他們透過「持續學習」裝備自己以適應身體及生活上的轉變，令晚年活得更豐盛。

"Elder Academy" Mental Health Lecture

13 October 2011

At the invitation of Pak Kau College, the Foundation organized an "Elder Academy" mental health lecture on the campus of the College in Tin Shui Wai. Topics of the lecture included understanding the mental health of the elderly and the prevention of depression. The senior citizens actively participated in the lecture. Through "continuous learning", they learned how to adapt to changes in their bodies and their lives, so that they could have greater happiness in the advanced stages of their lives.

心晴課程

本會定期在心晴行動會址舉辦各類課程，例如情緒管理、心理學及興趣班等，讓各位參加者可以透過參加課程去放鬆心情，令身心有所得益。

JOYFUL COURSES

The Foundation regularly organizes various courses in its office, including emotion management, psychology and hobby classes, so that participants can relax themselves for both physical and mental benefits.

正念瑜伽課程

2011年9月

一連四節的瑜伽課程，資深靜觀導師黃耀光老師透過漸進式的瑜伽動作，使參加者能體會到身體活動及呼吸的有效方法，促進健康與心靈和諧。

Mindful Yoga Course

September 2011

The yoga course consisted of four sessions in total. Mr. Wong Yiu Kwong, a senior contemplation mentor, taught progressive yoga movements to the participants, so that they could experience effective methods of physical movement and breathing, thus promoting health and spiritual harmony.

減壓伸展瑜伽班

2011年12月

一連四節的瑜伽基本課程讓學員可以舒展筋骨及減壓，學員透過學習瑜伽動作配合腹式呼吸練習，均表示能有效地舒緩緊張情緒，從繁忙生活中學習如何減壓。

Stress-relieving Stretching Yoga Class

December 2011

In the four-session basic yoga course, the participants learned yoga movements and did abdominal breathing exercises. They all said that the course was effective in relieving their stress and now they knew how to do so in a busy life.



NLP & EFT 情緒管理 工作坊 - 初階

2011年12月-2012年3月

介紹情緒釋放技術 Emotional Freedom Techniques (EFT) 的基本過程、五行與情緒分析、神經語言程式 Neuro-linguistic programming (NLP) 情緒管理、眼球移動法、情緒與能量流動、提昇自我接納的能力及對情緒的覺察力，參加者均積極投入，獲益良多。

NLP & EFT Emotion Management Workshop - Elementary

December 2011 & March 2012

The Workshop introduced the basic process of EFT Emotional Freedom Techniques (EFT), the five elements of emotional analysis, Neuro-linguistic programming (NLP), emotion management, eye movement method, emotions & energy flows, as well as enhancement of self-acceptance and emotional awareness. All the participants took active part in, and benefited much from, the process.

低碳生活工作坊 - 甜品

2012年1月31日

透過小組烹飪興趣活動，讓學員於忙碌工作後，可放鬆心情，投入製作甜品有機蘑菇撻，有助舒緩身心壓力。

Low Carbon Life Workshop -Desserts

31 January 2012

The group cooking workshop allowed participants to relax themselves after their busy work. By making a dessert of organic mushroom tarts, they could relieve their physical and mental stress.



性格究竟懂不懂 - 性格類 型認知課程

2012年3月

講解何謂性格及性格類型學、介紹行為取向分析、九種性格類型學，以及講解尋找及發現自己的性格類型特性及跟不同性格類型的人的相處之道。

How Much Do You Know About Characters - Personality Type Understanding

March 2012

This course explained the definition of characters and the study of character typology, with the introduction of behavioural profiling and the nine character types. It also talked about how to look for and discover the features of one's own character type and how to get along with individuals of different personalities.



心理學與你

Psychology and Human

2012年3月

March 2012

課程主要是講解行為學習與動機、記憶結構與知識及推理解難與創意。

The course mainly explained behavioural learning & motives, memory structure & knowledge, as well as reasoning, problem-solving and creativity.

「童樂無憂精神健康」活動

"Carefree Childhood with Mental Health"

2012年3月4日

4 March 2012

本會獲小童群益會邀請參加「童樂無憂精神健康」社區教育活動，於馬鞍山廣場舉行。本會於是次活動參予專家分享、情緒健康測試站、派發機構及輔導服務宣傳單張等。

The Foundation was invited by the Boys' and Girls' Clubs Association to take part in the community education function of "Carefree Childhood with Mental Health" at Ma On Shan Plaza. The Foundation took part in a number of sections, including sharing by experts, a mental health assessment booth, distribution of leaflets by related agencies and counselling services and more.

當日4位來自中華基督教會協和書院「校園心晴大使」同學為超過70名居民進行了情緒健康測試，受訪者均表示提昇了對情緒健康的關注，同時亦邀請了臨床心理學家王藹慈博士代表本會向公眾人士講解青少年情緒健康的重要，吸引超過300位居民在場觀賞。

That day, four "School Joyful Ambassadors" from the C.C.C. Heep Woh College conducted mental health tests for over 70 citizens. All the respondents said that they would increase their awareness of mental health. Also, the Foundation invited Dr. Gloria Wong, a clinical psychologist, to explain to the public the importance of young people's mental health. Over 300 audience members were attracted to the lecture.



▲ 臨床心理學家王藹慈博士(中)向公眾講解情緒健康的重要性



▲ 居民接受情緒測試



推廣 Promotion

《飛過抑鬱的森林》再版

2011年4月

心晴行動於2008年5月協製的《飛過抑鬱的森林》，備受歡迎，火速售罄。本會與快樂書房於2011年再度出版此書，期望令更多廣大讀者可以認識情緒病，用正向思想面對自己的情緒。



Reprinting of "Flying Over the Forest of Depression"

April 2011

In May 2008, the Joyful (Mental Health) Foundation co-published the book of "Flying Over the Forest of Depression", which was greatly popular and sold out very soon. The Foundation worked with Joyful Books to reprint the book in 2011, hoping that more readers can understand mood disorders and face their own emotions in a positive manner.

電子書出版計劃

2011年4月

近年電子書逐漸流行，市民透過手機、手提及平板電腦閱讀書籍及娛樂，極為方便。有見及此，本會出版之書籍亦進行電子化，為大眾提供更多的選擇平台。

E-book Publication Project

April 2011

E-books have gained popularity in recent years. And it is very convenient for citizens to read books and to entertain themselves on their mobile phones, laptops and tablets. In view of that, the Foundation published some E-books to provide the general public with more options of platforms.



辦公室對碰電子版

邱子文高中開放日 2011 2011年4月17-18日

邱子文高中學校於2011年4月17日舉行一年一度的開放日，並邀請本會副秘書長李國芬先生與一眾嘉賓舉行開幕醒獅點睛儀式。開放日主題為「健康校園」，學校安排了時裝表演、攤位遊戲及各類工作坊。此外亦設有心晴行動的攤位，用作義賣及宣傳服務，並由一班已訓練的「校園心晴大使」學生，為參加人士測試情緒指數，氣氛非常熱鬧。



▲ 本會副秘書長李國芬先生(右二)與邱子文高中代表及「心晴大使」合照

商界展關懷伙伴聯繫日 2010-2011

2011年4月19日

商界展關懷已經舉辦多年，以鼓勵公司團體履行社會責任，回饋社會。

今年，本會共提名的8間機構，包括：鷹君物業管理有限公司、朗豪坊、鷹君集團有限公司、耀才證券國際(香港)有限公司、卓雅國際有限公司、米蘭站、碌柚葉(香港)有限公司、龐蓓有限公司及國際文具製造廠有限公司，實至名歸，順利獲得「商界展關懷」資格。

在商界展關懷伙伴聯繫日當日，大會安排了合照的時間予各機構。本會邀請以上機構一起合照，祝賀一番。



▲ 本會職員與國際文具代表合照

Yeo Chei Man Senior Secondary School Open Day 2011

17-18 April 2011

Yeo Chei Man Senior Secondary School held its annual open day on 17 April 2011, and invited Mr. Bennett Li, the Foundation's Vice Secretary, together with other guests, to officiate the eye-dotting ceremony for the lion dance. During the open day with the theme of "Healthy Campus", the School organized a fashion show, some game booths and various workshops. The Foundation also set up a booth for charity sale and promotion. A group of trained "School Joyful Ambassadors" also conducted the mental health index for the participants. The atmosphere was very lively.

Caring Company NGO Partnership Day 2010-2011

19 April 2011

The Caring Company Scheme has been held for many years, encouraging corporate organizations to fulfil their social responsibilities and contribute to the community.

This year, the Foundation nominated eight organizations, including Great Eagle Properties Management Co., Ltd., Langham Place, Great Eagle Holdings Limited, Bright Smart Securities International (H.K.) Limited, Royal King International Limited, Milan Station, Pomelo Leaf (HK) Limited, POMPEI Co., Ltd. and World Wide Stationery Holdings Co., Ltd. All of them were successfully qualified as "Caring Companies" and they truly deserved the honour.

On the Caring Company NGO Partnership Day, the organizer arranged group photo time for the organizations. Representatives of the Foundation invited the nominated awardess to take photos together and congratulated them on the achievement.



港鐵宣傳

2011年5月28日至6月10日

於100多個港鐵月台位置展示本會之宣傳海報。

Publicity at MTR Stations

28 May to 10 June 2011

Posters of the Foundation were displayed at over 100 MTR platforms.

宣傳單張

2011年6月

在283間機構擺放本會的單張，包括23間社會福利署綜合家庭服務中心、7間香港工會聯合會、39間醫務社會服務單位、8間社會保障辦事處、205間區議員辦事處及1所屋苑。

Leaflets

June 2011

Leaflets of the Foundation were placed at 283 institutions, including 23 SWD Integrated Family Service Centres, 7 outlets of the Hong Kong Federation of Trade Unions, 39 Medical Social Services Units, 8 Social Security Field Units, 205 District Councillors Offices and one housing estate.

募捐單張

2011年11月

本會得到香港電燈有限公司協助，於2011年11月份的港島區電費賬單內，夾附本會募捐單張，總共4萬份。

Donation Appeal Leaflet

November 2011

With the assistance of The Hongkong Electric Co. Ltd., we distributed a total of 40,000 Donation Appeal leaflets with the electricity bills of Hong Kong Island residents in November 2011.

UonLIVE Hong Kong 娛樂台「長者正能量」 節目訪問

2011年11月17日

應 Uonlive Hong Kong 娛樂台「長者正能量」節目主持人麥漢楷先生之邀請，本會於廣播節目內接受訪問，以推廣本會的宗旨、服務項目及籌款活動。

Interview with "Senior Citizens' Positive Power" of UonLIVE Hong Kong Entertainment Channel

17 November 2011

At the invitation of Mr. Mak Hon Kai, host of "Senior Citizens' Positive Power" on the UonLIVE Hong Kong Entertainment Channel, we were interviewed during the radio show to promote our philosophy, service projects and fund-raising activities.



Roadshow 宣傳

2011年11月23日至24日

本會得到 Roadshow 贊助，在11月23日至24日期間於 Roadshow 播放有關本會之宣傳片段。

Roadshow Publicity

23-24 November 2011

Sponsored by Roadshow, a promotional clip of the Foundation was played at advertising spaces of the media company on 23-24 November.



「名人名牌二手服飾慈善義賣」宣傳活動
Publicity Campaign for "Charity sale of Second Hand Brand-name Clothing of Celebrities"

日期 Date	報導媒體 / 活動 Reporting media / activities
2011年10月30日	亞洲電視節目「亞洲星空下」 ATV's "aTV Magazine"
2011年11月2日	壹週刊 Next Magazine
2011年11月4日	忽然一週 Sudden Weekly
2011年11月4日	明報週刊 Ming Pao Weekly
2011年11月4日	東週刊 East Week
2011年11月8日	「名人名牌二手服飾慈善義賣」 記者招待會 Press conference of "Charity sale of Second Hand Brand- name Clothing of Celebrities"
2011年11月10日	無線電視「都市閒情」 TVB's "Pleasure & Leisure"
2011年11月11日	蘋果日報 Apple Daily
2011年11月11日	東方日報 Oriental Daily News
2011年11月11日	星島日報 Sing Tao Daily



▲ 是次活動榮譽顧問王賢誌先生頒發感謝狀給米蘭站營運總監姚君偉先生



▲ 心晴行動籌募大使盈盈小姐



▲ 《星級會客室》主持汪曼玲女士(右)

有線電視娛樂台：星級會客室

2012年2月4日

心晴行動主席林建明女士專訪，內容是分享其創辦心晴行動的心路歷程。

i-CABLE Entertainment Channel:
Star Chatroom

4 February 2012

An exclusive interview with Ms. Victoria Lam, Chairperson of Joyful, who shared her experiences and feelings during the establishment of the Foundation.

「心晴行動飛躍海洋公園慈善跑」宣傳活動 Publicity Campaign for "Joyful Charity Run to Ocean Park"

日期 Date	報導媒體 / 活動 Reporting media / activities
2011年10月31日	「心晴行動飛躍海洋公園慈善跑」 記者招待會 Press conference of "Joyful Charity Run to Ocean Park"
2011年11月1日	星島日報 Sing Tao Daily
2011年11月1日	新報 Hong Kong Daily News
2011年11月1日	太陽報 Sun Daily
2011年11月1日	東方日報 Oriental Daily News
2011年11月1日	爽報 Sharp Daily
2011年11月1日	頭條日報 Headline Daily
2011年11月1日	無線電視「東張西望」TVB's "Scoop"
2011年11月1日 至30日	Action Waterfall(播放宣傳短片) Action Waterfall (broadcasting of a promotional clip)
2011年11月5日 及11月19日	富周刊 Wealthy Bi-Weekly
2011年11月7日 至14日	有線娛樂新聞台 i-CABLE Entertainment News
2011年11月9日	新城電台節目「開心家天下」訪問 Interview with Metro Radio's "Happy Family"
2011年11月14日 至30日	海港城(播放宣傳短片) Harbour City (broadcasting of a promotional clip)
2011年11月16日	新城電台節目「還看今天」訪問 Interview with Metro Radio's "Hong Kong Today"



▲ (左起) 林柏希先生、本會主席林建明女士和陳少寶先生

✓ (左起) 飛躍新星譚晴先生、愛心大使吳綺莉女士、香港海洋公園副行政總裁李繩宗先生、榮譽大使鄭裕玲女士、親善大使苗僑偉先生及本會主席林建明女士





籌款 Fundraising

Stephen Cheung 「30 對生日大派對」

2011 年 8 月 6 日

Twincity (Far East) Limited 的董事總經理 Stephen Cheung，將他生日宴會的禮金並加倍撥捐給本會，以對本會在情緒病工作的支持。

Stephen Cheung's "30-Pair Birthday Party"

6 August 2011

To show his support for our work in mood disorders, Stephen Cheung, Managing Director of Twincity (Far East) Limited, made a donation to the Foundation for an amount equal to twice the monetary gifts he received at his birthday party.



▲ 本會主席林建明女士致送感謝狀予 Stephen Cheung 伉儷

BECCA "Joyful is Beautiful"

2011 年 9 月 1 日至 30 日

BECCA X ANNIE G CHAN 合作名為 "Joyful is Beautiful" 的項目，提倡快樂與美麗同樣重要。並於項目中推出限量版粉盒 "Lost Weekend"，在連卡佛 BECCA 櫃位銷售，部分收益撥捐本會。

BECCA "Joyful is Beautiful"

1-30 September 2011

BECCA worked with Annie G Chan on the project "Joyful is Beautiful", advocating the importance of both beauty and happiness. They designed the limited-edition powder box "Lost Weekend" for the project. The product was available at Lane Crawford's BECCA counter. Part of the proceeds were donated to the Foundation.

2011 重量 CUP 爆笑音樂 舞台劇蝦仔爹哋

2011 年 9 月 20 至 23 日

蝦仔爹哋可說是電視史上的集體回憶，每個情節及畫面都帶給大眾歡樂的笑聲。闊別多年，蝦仔爹哋由歡樂今宵走上舞台，於 9 月 20 至 23 日，在灣仔伊利沙伯體育館舉行了四場蝦仔爹哋音樂劇，並將部分門票收益捐助心晴行動。

是次音樂劇除了由賈思樂、戚美珍、盧海鵬及林建明擔綱主演外，還有眾巨星嘉賓撐場，包括：劉德華、容祖兒、陳奕迅、楊千嬅、鄭秀文、鄭裕玲、毛舜筠、米雪、關菊英、江欣燕、廖安麗、余慕蓮、曾志偉、苗僑偉、黃日華、陳百祥、林曉峰、梁烈唯、陳奕仁、徐偉棟等等，星光熠熠，落力演出，爆笑連場，令觀賞者捧腹大笑離場，度過一個開心又有意義的晚上。



▲ 楊千嬅及戚美珍



▲ 鄭秀文



▲ 林建明及毛舜筠

2011 Super Funny Musical Drama of Shrimp Crazy Family

20-23 September 2011

As part of TVB's iconic show Enjoy Yourself Tonight, Shrimp Crazy Family once brought so much laughter and happiness to the general public. So many years later, Shrimp Crazy Family walked onto the stage. A namesake musical show was held at the Queen Elizabeth Stadium in Wan Chai for four consecutive nights on 20-23 September. Some ticket proceeds were donated to Joyful (Mental Health) Foundation.

Apart from the leading roles played by Louie Castro, Jaime Chik, Lo Hoi Pang and Victoria Lam, the musical also featured a constellation of superstars, including Andy Lau, Joey Yung, Eason Chan, Miriam Yeung, Sammi Cheng, Dodo Cheng, Teresa Mo, Michelle Yim, Susanna Kwan, Elvina Kong, On-lai Liu, Mo-Lin Yu, Eric Tsang, Michael Miu, Felix Wong, Nat Chan, Jerry Lamb, Oscar Leung, Hanjin Tan, Edward Chui, etc. Their excellent performances offered much laughter and fun to the audience on these happy and meaningful evenings.



▲ 陳奕迅 (中)



▲ (左起) 黃日華、曾志偉、劉德華及苗僑偉



龐蓓『情·心處處 L'AMORE』慈善拍賣酒 會

2011年10月27日

意大利資深畫家 Mr. Andrea Pizzirani 聯同眾星級嘉賓合力製作一幅畫作，藉此交流藝術心得。其畫作於十月二十七日的酒會上作慈善拍賣，所得收益（不扣除成本）全數捐給本會以作慈善用途。

POMPEI "L'AMORE" Charity Auction Party

27 October 2011

Mr. Andrea Pizzirani, a senior Italian painter, worked with a number of star guests to complete a painting in the spirit of artistic exchange. The painting was auctioned off for charity at the reception party on 27 October. All the proceeds (net of costs) were donated to the Foundation for charitable purposes.



名人名牌二手服飾慈善義賣

2011年11月11日至13日

是次活動得到名人、廠商及友好捐贈服飾，包括：周錦濤夫人、黎姿、容祖兒、陳慧琳、甘比、何超盈、郭富城、莊思敏、小美、范姜、肥媽 Maria Cordero、江美儀、陳雅倫、毛舜筠、溫碧霞、少爺占、陳道然、車淑梅、寇鴻萍、寶佩如、方力申、Bremer International Limited、Twincity Far East Ltd、潤海國際（集團）有限公司、米蘭世家、Eikowada 及 Tommy Bear 等。本會將收集得來的衣物精品，以優惠價錢義賣，推廣環保意識為減碳出一分力，亦藉此為本會情緒教育服務籌募經費。米蘭站及董惠華先生則鼎力支持並贊助是次活動。感謝九龍灣國際展覽中心 E-Max 提供場地。

▲ 心晴行動籌募大使盈盈小姐、名人名牌二手服飾慈善義賣榮譽顧問王賢誌先生及本會健康情緒榮譽大使周麗淇小姐的支持活動。

Charity sale of Second Hand Brand-name Clothing of Celebrities

11-13 November 2011

The Foundation received clothing donated by a number of celebrities, companies and friends, including Ms. Chao Kam To, Gigi Lai, Joey Yung, Kelly Chen, Chan Hoi-wan, Sabrina Ho, Aaron Kwok, Jacqueline Chong, Albert Leung, Fan Fan, Maria Cordero, Elena Kong, Ellen Chan, Teresa Mo, Irene Wan, Jim Yan, Sheila Chan, Candy Chea, Isabella Kau, Baby Bo, Alex Fong, Bremer International Limited, Twincity (Far East) Ltd., C&R International (Holdings) Limited, Milan Family, EIKOWADA and Tommy Bear.

We sold the marvellous clothing collected at concessional prices for charitable purposes. The event not only contributed to the promotion of environmental awareness and carbon reduction, but also helped raised funds for our emotional education services. Milan Station and Mr. Tung Wai-wah offered great support and sponsored the event. We would like to thank E-Max of Kowloonbay International Trade & Exhibition Centre for providing the venue.

第九屆香港冬季購物節

2011年12月24日
至27日

「第九屆香港冬日購物節」在香港會議展覽中心舉行。本會設有攤位義賣，並在場內派發宣傳單張及講解預防情緒病資訊，推廣情緒健康教育。Health Concept 有限公司同場提供有機食物籃及心意卡供市民訂購，部分收益捐助本會。鳴謝香港亞洲展覽(集團)有限公司贊助攤位。

The Ninth Hong Kong Mega Showcase

24-27 December 2011

The Ninth Hong Kong Mega Showcase was held at the Hong Kong Convention and Exhibition Centre. The Foundation set up a booth for charity sales. We also distributed leaflets and briefed the audiences at the venue to promote the prevention of mood disorders and education on emotional health. Also, Health Concept Co., Ltd. offered organic food baskets and greeting cards for ordering on-site, and some proceeds were donated to the Foundation. We would like to thank Hongkong-Asia Exhibition (Holdings) Ltd. for sponsoring the booth.

耀才證券 x 心晴幸運慈善獎券義賣

2011年12月16日至
2012年2月6日

是次活動為推廣情緒健康教育籌募經費。慈善獎券抽獎於2012年2月9日舉行，並邀請冠名贊助耀才證券的執行董事兼市務總監郭思治先生、本會副主席趙美仙女士及總幹事林仲岷先生擔任抽獎嘉賓，在公平、公開及公正的情況下，為活動抽出五十名幸運兒。

Bright Smart Securities & Joyful in Charity Raffle

16 December 2011 to 6 February 2012

The Charity Raffle Sales was hosted to raise funds for the promotion of mental health education. The raffle draw was held on 9 February 2012. Mr. Francis Kwok as Executive Director and Marketing Director of title sponsor Bright Smart Securities, Ms. Cecilia Chiu Vice Chairperson of the Foundation and Mr. Nathaniel Lam Chief Executive were invited to draw fifty lucky winners in a fair, open and honest manner.



▲ 頭獎得主杜先生獲得由六福珠寶送出鑽石吊墜



▲ 本會副主席趙美仙女士及總幹事林仲岷先生(左一及右一)頒發感謝狀予耀才證券執行董事兼市務總監郭思治先生(中)



▲ 耀才證券執行董事兼市務總監郭思治先生與同事們留影



▲ 榮譽大使鄭裕玲女士(中)與本會義工合照



▲ 榮譽大使鄭裕玲女士頒發獎品給獲獎者

活動花絮：

心晴行動飛躍海洋公園慈善跑

2012年1月8日

「心晴行動飛躍海洋公園慈善跑」已於2012年1月8日於海洋公園大樹灣順利舉行。

當日陣容鼎盛，各路人馬全程投入，情緒高漲，其中不少7公里的參賽跑手更以極佳時間衝線。2公里親子組亦一家大小享受比賽及欣賞沿途景色，支持者更吶喊助威到最後一刻！在此再次感謝各方健兒友好的參與，特別是各義工的鼎力支持。希望下屆可以在慈善跑再見，與我們繼續一起推動跑步令情緒更健康！

開幕禮：

Joyful Charity Run to Ocean Park

8 January 2012

"Joyful Charity Run to Ocean Park" was successfully held at Ocean Park, Tai Shue Wan, on 8 January 2012.

A great number of people from various circles took part in the event with great devotion and enthusiasm. Many runners of the 7km race rushed across the finish line in very good time. The 2km Family Group, on the other hand, provided participating families with quality time to enjoy the games and admire the scenery along the way. They also got cheers from their supporters until the last minute! Once again we would like to thank the athletes for their participation, and in particular we owe our gratitude to all the volunteers for their great support. We hope to see you again in the Charitable Run next time. Let's continue promoting emotional health by running!



▲ 當日慈善跑司儀楊英偉



▲ Action Waterfall 成員在台上，帶領參賽者熱身



▲ 眾嘉賓在台上進行剪綵儀式 (前排由左至右：耀才證券執行董事兼市務總監郭思治先生、國際文具製造廠有限公司集團執行總裁余慕文女士、海洋公園行政總裁 Tom Mehrmann 先生、主禮嘉賓馬時亨先生、本會主席林建明女士、榮譽大使鄭裕玲女士、愛心大使吳綺莉女士、飛躍新星譚晴先生、南區長跑會蔡德松先生及松峰慈善基金主席陳俊文先生)



▲ 愛心大使吳綺莉女士頒發女子壯年及青年組得獎者



▲ 耀才證券執行董事兼市務總監郭思治先生頒發中學組得獎者



▲ 馬時亨先生頒發全場最高籌款大獎，由本會主席林建明女士代領

起步禮：



▲ 參賽健兒準備起步，義工們協助起步安排



▲ 眾嘉賓在起步前留影

比賽開始：



▲ 健兒們全力向前跑...跑...跑



衝線一刻：



賽後大合照：



▲ 本會職員與執委合照

明日之聲流行曲歌唱比賽

2011年3月10日

由 Singing Square 及 Babybamboo 筍網主辦的「明日之聲流行曲歌唱比賽」決賽假香港堅道明愛大廈順利完成。是次比賽是近年一個受歡迎及具代表性的全港業餘歌唱比賽。而今屆所有收益，全數撥捐本會作慈善用途。

Tomorrow's Star Pop Singing Contest

10 March 2011

Sponsored by Singing Square and the Babybamboo website, the "Tomorrow's Star Pop Singing Contest" was successfully held at Caritas House on Caine Road, Hong Kong. The contest is a popular and famous event for amateur singers across the territory. This year, all proceeds were donated to the Foundation.



▲ 本會司庫鄭秀英女士（左二）代表接收捐款支票（左一：王善豐先生，右：聖多安尼堂代表）



▲ 一眾參賽者與嘉賓及本會代表合照

港島童軍毅行 2012 – 步行籌款活動

2012年3月11日

本會為是次活動的受惠機構。當日6公里的開幕禮得到2011年度香港小姐亞軍朱希敏小姐及季軍暨最上鏡小姐許亦妮小姐到場支持，為毅行活動增添不少色彩。雖然當日為雨天，但堅毅的參加者都能冒著雨完成3.5KM、6KM、25KM及50KM的路段！本會在此多謝各位善長人翁的支持，希望在未來活動再見到各位！

Island Scout Trail Walk 2012 - Charity Walk

11 March 2012

The Foundation was one of the beneficiary institutions of this event. That day, the opening ceremony of the 6km event got on-site support from Miss Hyman Chu, first runner-up, and Miss Whitney Hui, second runner-up & Miss Photogenic, of the Miss Hong Kong Pageant 2011, which added much beauty to the Charity Walk. Although it was a raining day, the participants still managed to complete the races of 3.5KM, 6KM, 25KM and 50KM. Thanks to their perseverance! Here we would like to thank you for your generous donations and support. We hope to see you again at future events!



▲ 起步禮嘉賓香港小姐亞軍朱希敏小姐 (左一) 及季軍暨最上鏡小姐許亦妮小姐

▲ 眾嘉賓在台上參與起步儀式



▲ 心晴行動執委在台上留影 (由左二至右二: 秘書長黎鵬先生、副主席趙美仙女士、副主席霍澤基先生、執委余慧文小姐)

▲ 本會在現場設置攤位，推廣健康情緒



活動列表 List of Activity

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 Counselling
全年	校園計劃 - 情緒睇真 D	Joyful School Project - "Know Your Mood"
2011 年 3 月	《飛過抑鬱的森林》再版	"Flying Over the Forest of Depression" - 2 nd Edition
2011 年 4 月	電子書出版	E-book Publication
2011 年 4 月 17 至 18 日	邱子文高中開放日 2011	Yeo Chei Man Senior Secondary School Open Day 2011
2011 年 4 月 19 日	商界展關懷伙伴聯繫日 2010-2011	Caring Company NGO Partnership Day 2010-2011
2011 年 4 月 27 日	朋輩支援 (1)	Peer Support (1)
2011 年 4 月至 7 月	擁抱正面情緒，活出好心「晴」	Embrace Positive Emotions and Live a "Joyful" Life
2011 年 5 月 28 日	港鐵宣傳海報	Publicity at MTR Stations
2011 年 6 月	宣傳單張	Leaflets
2011 年 6 月 30 日	專家、病者及家屬互動分享會 (1)	Interactive Sharing Sessions with Experts, Patients and Families (1)
2011 年 7 月 28 日	朋輩支援 (2)	Peer Support (2)
2011 年 7 月 30 日	服務宣傳：龍翔中心	Community Promotion - Lung Cheung Mall
2011 年 8 月 6 日	Stephen Cheung「30 對生日大派對」	Stephen Cheung's "30-Pair Birthday Party"
2011 年 8 月 18 日 及 11 月 28 日	熱線義工進階訓練	Advanced Training for Hotline Volunteers

舉行日期	活動名稱	Name of the Activity
2011年8月25日	專家、病者及家屬互動分享會 (2)	Interactive Sharing Sessions with Experts, Patients and Families (2)
2011年9月	正念瑜伽課程	Mindful Yoga Course
2011年9月1日至9月30日	BECCA "Joyful is Beautiful"	BECCA "Joyful is Beautiful"
2011年9月8日	輔導員培訓工作坊 - 認識藥物治療	Counsellor Training Workshop – Understanding of Medication in Mood Disorder
2011年9月20日至23日	2011 重量 CUP 爆笑音樂舞台劇 蝦仔爹哋	2011 Super Funny Musical Drama of Shrimp Crazy Family
2011年9月24日	服務宣傳：啟田商場	Community Promotion - Kai Tin Shopping Centre
2011年9月30日	僱員再培訓局服務中心講座 - 「社福行業知多D」	Seminar by Employees Retraining Board Service Centre - "Know More About the Social Welfare Sector"
2011年10月13日	「長者學苑」情緒健康班	"Elder Academy" Mental Health Course
2011年10月26日	朋輩支援 (3)	Peer Support (3)
2011年10月27日	龐蓓『情·心處處 L'AMORE』慈善拍賣酒會	POMPEI "L'AMORE" Charity Auction Party
2011年10月31日	「心晴行動飛躍海洋公園慈善跑」記者招待會	Press conference of "Joyful Charity Run to Ocean Park"
2011年11月	募捐單張 (由港燈協助派發)	Donation Appeal Leaflets
2011年11月8日	「名人名牌二手服飾慈善義賣」記者招待會	Press conference of "Charity Sale of Second Hand Brand-name Clothing of Celebrities"
2011年11月11日至13日	名人名牌二手服飾慈善義賣	Charity Sale of Second Hand Brand-name Clothing of Celebrities
2011年11月17日	UonLIVE Hong Kong 娛樂台「長者正能量」節目訪問	Interview with "Senior Citizens' Positive Power" of UonLIVE Hong Kong Entertainment Channel

舉行日期	活動名稱	Name of the Activity
2011年11月23日至24日	Roadshow 宣傳	Roadshow Publicity
2011年11月24日	朋輩支援 (4)	Peer Support (4)
2011年12月	減壓伸展瑜伽班	Stress-relieving Stretching Yoga Class
2011年12月	NLP & EFT 情緒管理工作坊 - 初階	NLP & EFT Emotion Management Workshop - Elementary
2011年12月15日	朋輩支援 (5)	Peer Support (5)
2011年12月16日至2012年2月6日	耀才證券 x 心晴幸運慈善獎券義賣	Bright Smart Securities & Joyful in Charity Raffle
2011年12月17日	服務宣傳：鳳德商場	Community Promotion - Fung Tak Shopping Centre
2011年12月24日至27日	第九屆香港冬季購物節	The Ninth Hong Kong Mega Showcase
2012年1月12日	專家、病者及家屬互動分享會 (3)	Interactive Sharing Sessions with Experts, Patients and Families (3)
2012年1月31日	低碳生活工作坊 - 甜品	Low Carbon Life Workshop - Desserts
2012年1月8日	心晴行動飛躍海洋公園慈善跑	Joyful Charity Run to Ocean Park
2012年2月11至12日、2月26日及3月10日	明日之聲流行曲歌唱比賽 2012	Tomorrow's Start Pop Singing Contest
2012年3月4日	「童樂無憂精神健康」- 社區教育活動	Carefree Childhood with Mental Health - Community Education Activity
2012年3月11日	港島童軍毅行 2012	Island Scout Trail Walk 2012 - Charity Walk



校園計劃活動列表 List of Joyful School Project Activity

校園計劃 - 情緒健康講座

活動日期	學校名稱	School' s Name
2011年9月7日	香港紅卍字會大埔卍慈中學	HKRSS Tai Po Secondary School
2011年9月20日	聖羅撒書院	St. Rose of Lima's College
2011年9月22日	元朗信義書院	ELCHK Yuen Long Lutheran College
2011年9月28日	元朗商會中學	Yuen Long Merchants Association Secondary School
2011年10月7日	天主教崇德英文書院	Shung Tak Catholic English College
2011年10月10日	瑪利諾中學	Maryknoll Secondary School
2011年10月12日	中華基督教會公理高中書院	CCC Kung Lee College
2011年10月13日	孔聖堂中學	Confucius Hall Secondary School
2011年10月14日	景嶺書院	King Ling College
2011年10月20日	玫瑰崗學校(中學部)	Rosaryhill School
2011年10月24日	屯門天主教中學	Tuen Mun Catholic Secondary School
2011年10月26日	中華基督教會方潤華中學	CCC Fong Yun Wah Secondary School
2011年10月28日	藍田聖保祿中學	St Paul's School
2011年11月4日	嘉諾撒聖瑪利書院	St. Mary's Canossian College
2011年11月18日	余振強紀念中學	Yu Chun Keung Memorial College
2011年11月22日	五旬節林漢光中學	Pentecostal Lam Hon Kwong School
2011年11月24日	港九潮州公會中學	Hong Kong & Kowloon Chiu Chow Public Association Secondary School
2011年11月25日	曾壁山中學	Tsang Pik Shan Secondary School
2011年12月2日	聖公會陳融中學	SKH Chan Young Secondary School
2011年12月20日	粉嶺救恩中學	Fanling Kau Yan College
2012年1月13日	東涌天主教中學	Tung Chung Catholic School
2012年1月19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

活動日期	學校名稱	School' s Name
2012年1月31日	基督教香港信義會信義中學	ELCHK Lutheran Secondary School
2012年2月3日	香港真光書院	Hong Kong True Light College
2012年2月15日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年2月20日	聖公會基孝中學	SKH Kei Hau Secondary School
2012年2月22日	東華三院黃鳳翎中學	TWGHs Wong Fung Ling College
2012年2月29日	香港四邑商工總會黃棣珊紀念中學	HKSYPICIA Wong Tai Shan Memorial College
2012年3月6日	五旬節中學	Pentecostal School
2012年3月8日	保良局第一張永慶中學	Po Leung Kuk No.1 W.H.Cheung College
2012年3月14日	佛教覺光法師中學	Buddhist Kok Kwong Secondary School
2012年3月15日	中華聖潔會靈風中學	China Holiness Church Living Spirit College
2012年3月23日	協恩中學	Heep Yunn School
2012年4月11日	廠商會中學	CMA Secondary School
2012年4月25日	馬鞍山崇真中學	Ma On shan Tsung Tsin Secondary School
2012年4月26日	香港仔浸信會呂明才中學	Aberdeen Baptist Lui Ming Choi College
2012年5月7日	嶺南中學	Lingnan Secondary School
2012年5月8日	東華三院黃鳳翎中學	TWGHs Wong Fung Ling College
2012年5月10日	嘉諾撒聖心書院	Sacred Heart Canossian College
2012年5月16日	迦密柏雨中學	Carmel Pak U Secondary School
2012年5月17日	迦密柏雨中學	Carmel Pak U Secondary School
2012年5月21日	嶺南中學	Lingnan Secondary School
2012年5月25日	釋慧文中學	Shi Hui Wen Secondary School
2012年6月7日	路德會呂祥光中學	Lui Cheung Kwong Lutheran College

校園計劃 - 校園心晴大使

活動日期	學校名稱	School' s Name
2011年9月22日及28日、 10月3日及11月16日	中華基督教會協和書院	C.C.C. Heep Woh College
2011年10月10日及17日	元朗商會中學	Yuen Long Merchants Association Secondary School
2011年11月3日及10日	香港專業教育學院(柴灣)	IVE (Chai Wan)
2011年11月5日及12日	粉嶺救恩書院	Fanling Kau Yan College
2011年11月7日及14日	五旬節中學	Pentecostal School
2011年11月11日及12月9日	孔聖堂中學	Confucius Hall Secondary School
2011年2月17日及24日	曾壁山中學	Tsang Pik Shan Secondary School
2012年2月23日及3月1日	五旬節林漢光中學	Pentecostal Lam Hon Kwong School
2012年3月2日及9日	香港真光書院	Hong Kong True Light College
2012年4月23日及30日、 5月7日及14日	中華聖潔會靈風中學	China Holiness Church Living Spirit College

校園計劃 - 家長工作坊

活動日期	學校名稱	School' s Name
2011年11月19日	中華基督教會協和書院	CCC Heep Woh College
2011年11月25日	馬鞍山崇真中學	Ma On Shan Tsung Tsin Secondary School
2011年12月16日	聖羅撒書院	St. Rose of Lima's College
2012年1月7日	保良局第一張永慶中學	Po Leung Kuk No.1 W.H.Cheung College
2012年2月17日	聖公會陳融中學	SKH Chan Young Secondary School
2012年2月24日	基督教香港信義會信義中學	ELCHK Lutheran Secondary School
2012年3月16日	聖公會基孝中學	SKH Kei Hau Secondary School
2012年3月31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

校園計劃 - 老師加油站

活動日期	學校名稱	School' s Name
2011年9月30日	香港紅卍字會大埔卍慈中學	HKRSS Tai Po Secondary School
2011年10月20日	藍田聖保祿中學	St. Paul's School (Lam Tin)
2012年3月24日	天主教崇德英文書院	Shung Tak Catholic English College
2012年4月3日	東華三院盧幹庭紀念中學	Tung Wah Group of Hospitals Lo Kon Ting Memorial College
2012年4月21日	釋慧文中學	Shi Hui Wen Secondary School



統計數據 Statistics

項目統計		
項目性質	舉辦次數	參與 / 接觸人次
長者學苑情緒健康班 - 伯裘書院——25人	11	985
香港戒毒會 - 情緒病的資訊講座——20人		
僱員再培訓局服務中心講座 - 「社福行業知多D」——100人		
擁抱正面情緒, 活出好心“晴”計劃——70人		
心晴相聚賀中秋 - 葵涌醫院探訪——70人		
服務宣傳計劃——400人		
童樂無憂精神健康 - 社區教育——300人		
校園計劃	31	11465
培訓 / 工作坊	65	665
課程：		
- 皇道瑜伽 - 身、心、靈的關注——2人		
- 正念瑜伽課程——6人		
- 減壓伸展瑜伽班——7人		
- NLP & EFT 情緒管理工作坊 - 初階——15人		
- 低碳生活工作坊 - 甜品 DIY——10人		
- NLP&EFT 情緒管理工作坊——初階——13人		
- 性格究竟懂不懂 - 性格類型認知課程——5人		
- 心理學與你——8人		
校園延伸項目		
- 校園心晴大使——18 場 154人		
- 家長工作坊——8 場 297人		
- 教師加油站——3 場 125人		
熱線義工進階訓練——3 場 19人		
輔導員培訓工作坊——4人		
分享會	3	41
朋輩支援聚會	8	75
籌款活動	9	15,239
社區 / 媒體推廣	12	34,287,192
總數	139	34,315,662

熱線服務統計													
月/年 服務對象	4/11	5/11	6/11	7/11	8/11	9/11	10/11	11/11	12/11	1/12	2/12	3/12	總人數
病患者本人	50	55	64	47	59	53	38	46	35	43	46	41	577
病患者家人	20	18	17	34	28	21	21	25	18	14	25	29	270
病患者朋友	7	7	8	5	0	7	6	8	8	3	6	3	68
受困擾人士	30	21	34	36	42	33	50	35	33	35	35	45	429
其他機構	1	0	0	0	3	4	1	1	0	3	2	1	16
其他	10	13	9	23	40	18	19	30	16	7	14	8	207
總人數	118	114	132	145	172	136	135	145	110	105	128	127	1567

電郵查詢													
月/年	4/11	5/11	6/11	7/11	8/11	9/11	10/11	11/11	12/11	1/12	2/12	3/12	總人數
個案	0	2	4	5	2	2	6	7	3	2	9	1	43

輔導個案													
月/年	4/11	5/11	6/11	7/11	8/11	9/11	10/11	11/11	12/11	1/12	2/12	3/12	總人數
個案	13	13	17	25	16	19	28	19	12	13	26	26	227
約見人次	69	86	96	143	144	126	141	171	157	131	148	159	1571



鳴謝名單 Acknowledgements

特別鳴謝

(排名不分先後)



Charm Union Development Ltd
 Mastercraft International Limited
 王賢誌
 古兜溫泉
 成報
 旭日國際集團有限公司
 有線電視
 至 8 會
 余枝勝醫生
 余慕文
 吳麗珠
 君悅會

李思齊教授
 杜麗莎
 周錦濤伉儷
 周麗淇
 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
 林震濤
 金源米業國際有限公司

施麗珍
 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
 陳輝陽
 陶贊新
 壹週刊
 奧美國際娛樂集團有限公司
 楊家誠
 董惠華

趙茂城
 劉繼雄慈善基金
 蔡卓妍
 蔡珍妮 (盈盈)
 賞心樂社
 鍾欣桐
 鍾慧冰
 羅鈞輝
 譚詠麟
 寶佩如
 梁李少霞

鳴謝名單 (機構)

24Reader
 Action Waterfall
 Annie G. Chan make-up Centre
 Babybamboo 荀綯
 Banner Shop
 BECCA
 Biotherm
 Bonaqua
 Buspak
 C2 司機
 Cjm Co Limited
 Del Monte
 Dreamobile
 Fissler Hong Kong Limited
 Health Concept
 Hong Kong Asia Exhibition (Holdings) Ltd.
 Hong Kong Marketing Limited
 Hong Kong St. John Ambulance
 JCDecaux

Kee Club
 Mandarin Enterprises (International) Co. Ltd.
 Megaeam Limited
 Nu Life International
 Okamoto
 Sing Square
 Sing 聲同學會
 St John's Cathedral Counselling Service
 Sun Hung Kai Real Estate Agency Ltd.
 Sze Pang Nien Memorial Trust Fund
 Tang's Performing Arts Music Centre
 The Real Show Dance Troupe
 Uonlive Hong Kong
 Version 2 Limited
 九龍巴士 (一九三三) 有限公司
 九龍灣國際展覽中心 E-Max
 中國北方金銀業有限公司
 六福珠寶
 水動樂

合和物業代理有限公司
 安興紙業集團有限公司
 西域國際貿易有限公司
 沙田區康復服務協調委員會
 東衍有限公司
 林滄生
 信興教育及慈善基金
 南區長跑會
 衍生行有限公司
 香港大學
 香港身心語言程式學中心
 香港海港扶輪社
 香港政府民政事務署
 香港理工大學
 香港童軍總會 - 港島地域
 香港電燈有限公司
 朗豪坊
 健靈慈善基金
 通城鐘錶有限公司

富週刊
 港鐵有限公司
 湯臣集團
 圓山台灣料理
 新世界第一巴士服務有限公司
 葵涌醫院
 電視廣播有限公司
 夢工場
 領匯管理有限公司
 衛施基金會
 親子王國
 遵理學校
 禧辰有限公司
 聯合出版 (集團) 有限公司
 生命力出版有限公司

鳴謝名單 (個人)

Cheung Stephen	王善豐	范姜	郭富城	趙雪英
Lam Annabelle	王瑞瑛	苗延琮醫生	陳志雲	趙曾學韞教授
Lo Edward	王譚慈博士	容祖兒	陳俊文	蔡嘉燕
Maria Cordero	甘比	馬時亨	陳雅倫	蔡德松
Tom Mehrmann	朱希敏	寇鴻萍	陳道然	鄭裕玲
Wong Yuen Kwan	江美儀	張力智醫生	陳慧琳	黎姿
小美	何超盈	莫滿強	黃桂林博士	譚晴
少爺占	余慕蓮	莊思敏	黃偉鴻	
方力申	吳綺莉	許亦妮	楊英偉	
毛舜筠	車淑梅	郭忠治	溫碧霞	

義工 (個人)

Chan Becky	Hung Hiu Man	Mok Joyce	何碧君	黃小玲
Chan Checky	Kao Yin Fan	Ng Ching Chee	何樂希	黃玉嬋
Chan Connie	Ko Monnie	Ng GiGi	余緯阡	黃松榮
Chan Dor Ming	Koo John	Ng Ken Suen Karco	吳美珊	黃海琼
Chan Felix	Kwan Chris	O Wan Sze	呂彩瑜	黃偉豪
Chan Fiona	Kwan Wing Yi	Pak Mei Po Meibo	李巧兒	黃偉豪
Chan Grace	Kwok Chun Ming	Pak Meibo	李芝明	黃婉筠
Chan Hoi Yan	Kwok Yan Tung	Sham Ada	李華杰	黃詠瑜
Chan Ivy	Lai Fong Tong	Sham Tsun Yin	李鏡全	黃瑞瑛
Chan Lai Fan	Lai Pang	Sham Yuen Sze Ada	杜柏健	黃瑋球
Chan Leslie	Lai Vivi	Shek Simon	杜振輝	黃慧芳
Chan Maggie	Lai Yun Ching	Sung Wai On Vincent	沈立銘	黃寶兒
Chan Man Sze Leslie	Lai Yvette	To Jerry	林北新	溫婉芬
Chan Shuk Ha Estella	Lam Dick	To Man Hon Eddy	林立業	葉秀香
Chan Tiffany	Lam Shu Lam	Tong Karmen	林鑫賦	鄧佩賢
Chan Vicki	Lau Canice	Tsang Li Chi Lydia	邱益潮	廖加輝
Chan Wendy	Lau Pater	Tse Dave	冼仙舟	劉偉強
Cheng Irene	Lau Po Yi	Wong Carmen	冼寶玉	劉韻琦
Cheung Clara	Lau Yin Wah Ann	Wong Carol	胡向榮	潘永卓
Cheung Isabella	Law Pauline	Wong Hoi Ying	唐嘉寶	蔡杏桃
Cheung Ka Ying	Lee Hellas	Wong Jenus	馬有忠	蔡沈寶翠
Cheung Ken	Leong Philip	Wong Ka Man Carmen	馬敬欣	蔡德松
Cheung Ling	Leong Ying Chuen	Wong Ka Wan	馬興和	蔡鑑琳
Cheung Polly	Leung Fanny	Wong Links	高詩雅	鄭家華
Cheung Selina	Leung Lai Yee	Wong Po Yan Julie	區沛華	鄭健柏
Cheung Wah Chai Elvis	Leung Ming	Wong Stephen	張志偉	鄭嘉儀
Chiu Cecilia	Leung Paula	Wong Wing Yi	張思通	鄭輝強
Chiu Margo	Leung Po Chu	Yang Sen Susanna	張得好	鄧燕萍
Chiu Wing Chi	Leung Polly	Yang Susanna	梁惠貞	鄧燕琼
Chiu Yat Hei Margo	Leung Wai Ling	Yeung Cathy	郭愛玲	鄧寶雯
Chiu Yat Hui	Leung Wing Tung	Yeung Samson	陳月華	魯文傑
Chow Ling Ling	Li Bennett	Yiu Kei Tung	陳俊庭	黎潤程
Chu Letitia	Li Hong Kei	Yu Chung Him Jason	陳家興	黎燕萍
Chu Phoebe	Li Jackson	Yue David	陳凱茵	黎鏡波
Chu Wing Kei	Li May	Yuen Celia	陳萍萍	盧國強
Ding Ann	Liu Henry	文齊光	陳瑞欣	盧逸朗
Ding Ann	Lo Debbie	方曉彤	陳慧玲	盧雅頌
Fan Ming	Lo Gary	王幼玲	陳慰毓	盧蓉根
Fok Monster	Lui Choi Yu Joyce	王梓靜	陳鴻璋	賴淑玲
Ha Joe	Lui Joyce	伍炯麟	陳鴻璋	謝嘉敏
Ho Corey	Lui Lai Ying	任永康	陳麗芬	鍾碧梅
Ho Ying Hung	Luk Wai Man	朱浩維	陸美好	魏美寶
Hoi Yan	Mak Steven	朱德君	傅羸正	蘇詠嫻
Hui Vera	Mok Debbie	朱曉華	湯麗芳	

義工 (機構或團體)

邱子文高中學校

香港家連家精神健康倡導協會

榮之聯盟

心連心義工團



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 2012.

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 2012 and the state of the Foundation's affairs as at that date are exhibited in the annexed audited financial statements.

FUNDS

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

SHARE CAPITAL

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

FIXED ASSETS

Details of 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 were:-

CHENG Sau Ying Irene
CHIU Mei Zin Cecilia
FOK Chak Kee
LAI Pang
LAM Kin Ming
LAU Fat Man
LAU Yim Ling Cecilia
LI Kwok Fun
LI Wai Shing Jackson
MOK Yuen Shan Joyce
WONG Pearl
WONG Shuk Man
YU Wai Man

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 (Continued)

The following member of the Executive Committee was appointed after the end of the financial year:-

WONG Yee Man

(Appointed on 3 June 2012)

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

MEMBERS OF THE EXECUTIVE COMMITTEE'S INTERESTS

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

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, 13 September 2012



CHENG & CHENG LIMITED

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

Cheng Hong Kei Andrew – FCCA, FTIHK, CTA(HK), FCPA (Practising)

鄭康祺 – 香港執業資深會計師

Li Wing Sum Steven – FCCA, FCPA, FTIHK, CTA(HK), CPA (Practising) 李永森 – 香港執業會計師

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

鄭康祥 – 香港執業會計師

Yu Kwong Fat Ivan – MBA, SQ (Insolvency), CTA(HK), CPA (Practising) 余廣發 – 香港執業會計師

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

李遠瑜 – 香港執業會計師

Chan Shek Chi Gabriel – B.A., M.A., FCCA, CPA (Practising)

陳碩智 – 香港執業會計師

Tong Yat Hung – FCCA, CPA (Practising)

潘日烘 – 香港執業會計師

Yeung Chun Yue David – B.B.A. CPA (Practising)

楊振宇 – 香港執業會計師

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

(Incorporated in Hong Kong with limited by guarantee and not having a share capital)

We have audited the financial statements of Joyful (Mental Health) Foundation Limited (the "Foundation") set out on pages 5 to 20, which comprise the statement of financial position as at 31 March 2012, and the statement 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 with limited by guarantee and not having a share capital)

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 2012 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, 13 September 2012

Y.Y. Li, Alice
Practising Certificate number P03373


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 2012*

	Note	2012 HK\$	2011 HK\$
Non-current assets			
Fixed assets			
- Property, plant and equipment	4	8,096,773	8,427,016
Financial assets	5	24,532	-
		<u>8,121,305</u>	<u>8,427,016</u>
Current assets			
Sundry debtors and receivables		25,473	27,670
Cash at bank and on hand		7,269,107	4,766,821
		<u>7,294,580</u>	<u>4,794,491</u>
Deduct: Current liabilities			
Project fund received in advance		80,000	-
		<u>7,214,580</u>	<u>4,794,491</u>
Net current assets		<u>7,214,580</u>	<u>4,794,491</u>
Total assets less current liabilities		<u>15,335,885</u>	<u>13,221,507</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	2,638,100	2,764,100
Operating fund	6	8,022,785	5,782,407
		<u>15,335,885</u>	<u>13,221,507</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 2012*

	Note	2012 HK\$	2011 HK\$
Income	7	5,330,134	4,337,493
Project expenses	9	<u>(2,202,928)</u>	<u>(2,618,201)</u>
		3,127,206	1,719,292
Other revenue	8	82,526	202,746
Administrative expenses		(969,354)	(1,040,868)
Other net loss	8	<u>-</u>	<u>(35,161)</u>
Surplus before taxation	10	2,240,378	846,009
Income tax	11	<u>-</u>	<u>-</u>
Net surplus for the year		<u>2,240,378</u>	<u>846,009</u>

There was no other comprehensive income or loss during the year.

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

STATEMENT OF CHANGES IN FUNDS*For the year ended 31 March 2012*

	Education development fund HK\$	Fundraising and promotion funds HK\$	Services fund HK\$	Operating fund HK\$	Total HK\$
Balance at 1 April 2010	2,600,000	2,075,000	2,764,100	4,936,398	12,375,498
Changes in equity during the year:					
Total surplus for the year	-	-	-	846,009	846,009
Income received for the year	-	-	126,000	-	126,000
Expenditure incurred for the year	-	-	(126,000)	-	(126,000)
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>
Balance at 1 April 2011	2,600,000	2,075,000	2,764,100	5,782,407	13,221,507
Changes in equity during the year:					
Total surplus for the year	-	-	-	2,240,378	2,240,378
Expenditure incurred for the year	-	-	(126,000)	-	(126,000)
Balance at 31 March 2012	<u>2,600,000</u>	<u>2,075,000</u>	<u>2,638,100</u>	<u>8,022,785</u>	<u>15,335,885</u>

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

STATEMENT OF CASH FLOWS*For the year ended 31 March 2012*

	Note	2012 HK\$	2011 HK\$
Operating activities			
Surplus before taxation		2,240,378	846,009
Adjustments for:			
Depreciation of owned assets		360,411	378,210
Net loss on disposal of plant and equipment		-	35,161
Interest income		(32,632)	(58,167)
Project income transfer from services fund		(126,000)	-
Operating profit before working capital changes		2,442,157	1,201,213
Decrease/(increase) in sundry debtors and receivables		2,197	(13,369)
Increase in project fund received in advance		80,000	-
Cash generated from operations		2,524,354	1,187,844
Interest and investment income		32,632	58,167
Net cash from operating activities		2,556,986	1,246,011
Net cash used in investing activities	12	(54,700)	(7,982,026)
Net cash from financing activities		-	-
Increase/(decrease) in cash and cash equivalents		2,502,286	(6,736,015)
Cash and cash equivalents at beginning of the year		4,766,821	11,502,836
Cash and cash equivalents at end of the year	13	7,269,107	4,766,821

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

JOYFUL (MENTAL HEALTH) FOUNDATION LIMITED

心晴行動慈善基金有限公司

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2012

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. 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 2012

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.

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.

Payables

Payables are initially recognized at fair value. Payables are subsequently stated at amortized cost unless the effect of discounting would be immaterial, in which case they are stated at cost.

(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 profit or loss on the date of retirement or disposal.

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 2012

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(d) PROPERTY, PLANT AND EQUIPMENT (Continued)

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 fixture	20 - 30%
- Equipment	20 - 30%
- Leasehold improvement	20 - 30%

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

JOYFUL (MENTAL HEALTH) FOUNDATION 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 2012

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(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.

(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 profit or loss 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.

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 2012

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(j) REVENUE RECOGNITION (Continued)

(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.

(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

A related party is a person or entity that is related to the Foundation in these financial statements, as follows:-

- (a) A person, or a close member of that person's family, is related to the Foundation if that person:
 - (i) has control or joint control over the Foundation;
 - (ii) has significant influence over the Foundation; or
 - (iii) is a member of the key management personnel of the Foundation or the Foundation's parent.

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 2012

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)

(m) RELATED PARTIES (Continued)

- (b) An entity is related to the Foundation if any of the following conditions applies:
- (i) The entity and the Foundation are members of the same Foundation (which means that each parent, subsidiary and fellow subsidiary is related to the others).
 - (ii) One entity is an associate or joint venture of the other entity (or an associate or joint venture of a member of a Foundation of which the other entity is a member).
 - (iii) Both entities are joint ventures of the same third party.
 - (iv) One entity is a joint venture of a third entity and the other entity is an associate of the third entity.
 - (v) The entity is a post-employment benefit plan for the benefit of employees of either the Foundation or an entity related to the Foundation.
 - (vi) The entity is controlled or jointly controlled by a person identified in note 2(m)(a).
 - (vii) A person identified in note 2(m)(a)(i) has significant influence over the entity or is a member of the key management personnel of the entity (or of a parent of the entity).

Close members of the family of a person are those family members who may be expected to influence, or be influenced by, that person in their dealings with the entity.

3. ADOPTION OF NEW ACCOUNTING STANDARDS

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

- * HKAS 24 (Revised), Related party disclosures

The Foundation has not applied any new standard or interpretation that is not yet effective for the current accounting period.

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 2012

4. FIXED ASSETS

- PROPERTY, PLANT AND EQUIPMENT

	Furniture and fixtures HK\$	Equipment HK\$	Leasehold improvement HK\$	Land and buildings in Hong Kong carried at cost HK\$	Total HK\$
Cost					
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
At 1 April 2011	26,289	128,432	1,000,000	7,718,850	8,873,571
Additions	9,136	21,032	-	-	30,168
At 31 March 2012	35,425	149,464	1,000,000	7,718,850	8,903,739
Deduct: Accumulated depreciation					
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
At 1 April 2011	18,677	73,501	200,000	154,377	446,555
Charged for the year	1,828	4,206	200,000	154,377	360,411
At 31 March 2012	20,505	77,707	400,000	308,754	806,966
Net book values					
At 31 March 2012	14,920	71,757	600,000	7,410,096	8,096,773
At 31 March 2011	7,612	54,931	800,000	7,564,473	8,427,016

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 2012

5. FINANCIAL ASSETS

	2012	2011
	HK\$	HK\$
Held-to-maturity debt securities, at cost		
- unlisted	24,532	-

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 are 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 2012

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:-

		2012		2011
	HK\$	HK\$	HK\$	HK\$
Project income				
Education		12,710		2,500
Fund raising activities				
Flag Selling Day –				
Anti-Depression 2010	-		280,354	
Anti-Depression 2012	900,000		-	
Pompei, Joyful Charity Run 2011	-		1,263,950	
Bungy Jump Fund-raising & JMHF's Fun Day	-		164,260	
Fissler Charity Handbags Sale	-		114,500	
Charitable 10KM Run 2011	2,500		-	
Registration fee of 'Voice of Tomorrow'	50,000		-	
Charity Sale of Second Hand Brand-name Clothes of Celebrities	540,809		-	
Joyful Charity Run to Ocean Park	630,708		-	
Joyful Charity Raffle Ticket	237,340		-	
Concert ticket for fund-raising	48,380		-	
Showroom openday	31,447		-	
Stephen Cheung's "30-Pair Birthday Party"	200,000		-	
BECCA "Joyful is Beautiful"	18,777		-	
Shrimp Crazy Family POMPEI "L'AMORE"	252,405		-	
Charity Auction Party	39,210		-	
Island Scout Trail Walk 2012 – Charity Walk	60,840		-	
Others	77,462		149,689	
		3,089,878		1,972,753
Promotion		43,432		36,357
Services		324,556		260,352
Others		163,270		1,168,288
		3,633,846		3,440,250
Donation received		1,696,288		897,243
		<u>5,330,134</u>		<u>4,337,493</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 2012

8. OTHER REVENUE AND NET LOSS

	2012 HK\$	2011 HK\$
Other revenue		
Exchange gains	38,994	144,579
Interest income	32,632	58,167
	<u>82,526</u>	<u>202,746</u>
Other net loss		
Net loss on disposal of plant and equipment	<u>-</u>	<u>(35,161)</u>

9. PROJECT EXPENSES

	2012 HK\$	2011 HK\$
Education	214,834	289,750
Fund raising activities		
Flag Selling Day –		
Anti-Depression 2010	-	10,293
Anti-Depression 2012	3,051	-
Pompei, Joyful Charity Run 2011	-	764,655
Bungy Jump Fund-raising & JMHF's Fun Day	-	1,242
Fissler Charity Handbags Sale	-	145,599
Joyful Charity Run to Ocean Park	370,230	-
Charity Sale of Second Hand Brand-name Clothes of Celebrities	174,990	-
Shrimp Crazy Family	26,453	-
Others	59,153	110,548
	<u>633,877</u>	<u>1,032,337</u>
Promotion	374,361	205,622
Services		
Professional Counseling Service	952,265	773,421
Others	<u>27,591</u>	<u>317,071</u>
Total project expenses	<u>2,202,928</u>	<u>2,618,201</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 2012

10. SURPLUS BEFORE TAXATION

	2012 HK\$	2011 HK\$
Surplus before taxation is stated after charging:		
Depreciation of owned assets	360,411	378,210
Members of the Executive Committee's remuneration		
Fees	-	-
Other emoluments	-	-
Operating leases charges		
Minimum lease payments - Hire of land and buildings	-	118,159
Employee benefits expenses	451,371	388,580

11. INCOME TAX

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.

12. INVESTING ACTIVITIES

	2012 HK\$	2011 HK\$
Purchase of property, plant and equipment (Note 4)	(30,168)	(8,761,626)
Purchase of long-term investments	(24,532)	-
Proceeds from disposal of investments	-	777,500
Proceeds from disposal of plant and equipment	-	2,100
Net cash used in investing activities	(54,700)	(7,982,026)

13. CASH AND CASH EQUIVALENTS

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

	2012 HK\$	2011 HK\$
Cash at bank and on hand	7,269,107	4,766,821
Cash and cash equivalents in the statement of cash flows	7,269,107	4,766,821

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 2012

14. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE YEAR ENDED 31 MARCH 2012

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 2012 and which have not been adopted in these financial statements.

	Effective for accounting periods beginning on or after
Amendments to HKFRS 7, Financial instruments: Disclosures - Transfer of financial assets	1 July 2011
Amendments to HKFRS 1, Severe hyperinflation and removal of fixed dates for first-time adopters	1 July 2011
Amendments to HKAS 12, Deferred Tax: Recovery of underlying assets	1 January 2012
Amendments to HKAS 1, Presentation of financial statements – Presentation of items of other comprehensive income	1 July 2012
HKFRS 9, Financial instruments	1 January 2015
HKFRS 10, Consolidated financial statements	1 January 2013
HKFRS 11, Joint arrangements	1 January 2013
HKFRS 12, Disclosure of interests in other entities	1 January 2013
HKFRS 13, Fair value measurement	1 January 2013
HKAS 27, Separate financial statements (2011)	1 January 2013
HKAS 28, Investments in associates and joint ventures	1 January 2013
HKAS 19 (Revised), Employee benefits	1 January 2013

The Foundation is in the process of making an assessment of the impact of these amendments, new standards and new interpretations 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.

15. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorized for issue by the Executive Committee on 13 September 2012.



捐款途徑 Donation Method



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。

As we do not have regular financial support, the foundation depends on donations from organisations and motivated 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 HK\$100 or above and they will automatically become our 'Joyful Friends'.

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

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

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

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

Shanghai Commercial Bank Ltd: 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) 2301 2303

傳真：(852) 2144 6331

電郵：joyful@jmhf.org

地址：九龍新蒲崗五芳街 20-22A 宏發工業大廈 9C-D 室

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

3) 網上捐款：請登入網址：
<http://www.jmhf.org/donate.jsp>
進行信用卡捐款

3) Online Donation: Please login to
<http://www.jmhf.org/donate.jsp>
to make donation via credit card.



義工招募 Volunteers Recruitment

我們誠邀你的加入，成為“心晴行動慈善基金”的義工。加入我們的義工行列，你可以協助基金宣傳、推廣及籌款，藉此幫助更多有需要的人。We sincerely invite you to join us and become a volunteer of Joyful (Mental Health) Foundation. Join our volunteers to help promote the Foundation and raise money, so as to help more people in need.

秘書處專用
 義工編號： _____
 登記日期： _____
 面試／簡介會日期： _____

心晴行動慈善基金 個人義工登記表

相片

個人資料

姓名： (中文) _____ (英文) _____ 性別： 男 女
 身分證號碼/護照號碼： _____ () 出生日期： _____ 年 _____ 月 _____ 日
 地址： _____
 住宅電話： _____ 手提電話： _____ 傳真號碼： _____
 電郵： _____ 學校/現職公司： _____
 教育程度： 小學或以下 中一至中三 中四至中七 大專 大學或以上
 身份類別： 學生 家庭主婦 在職人士 待業人士 退休人士 其他(請列明) _____
 工作性質： 行政管理 專業 藍領 演藝 技術 文職 服務 其他(請列明) _____

義工經驗及訓練 (如版面不夠，請另加紙張填寫)

義工訓練： 無 有(請註明籌辦機構及課程名稱： _____)
 義工經驗： 無 有(服務年期： _____ 及服務內容： _____)

希望參與之服務 (可選多項)

個別籌款活動 熱線服務 文書處理及聯絡 校園計劃 情緒教育活動 其他(請列明) _____

參加義工的期望 (可選多項)

了解何為義務工作 增加對自己的認識 學習人際溝通 認識新朋友 提升領導才能 善用時間
幫助有需要人士 增加對情緒病的認識 其他(請註明)： _____

技能及興趣 (可選多項)

電腦技術： 中文打字 英文打字 電腦維修 網頁設計 資料整理 軟件應用
專門技術： 駕駛 家居維修 金工 木工 水電工 家政
急救 中英文翻譯 美術設計 (部份需持有有效證書)
藝術： 司儀 話劇 繪畫 手工藝 音樂 攝影 攝錄
其他(請列明)： _____

可提供義務工作的時段：(請填上“✓”號)

時間/星期	星期一	星期二	星期三	星期四	星期五	星期六	星期日
早上							
下午							
晚上							

備註： _____

犯罪紀錄

你是否曾在香港境內或境外，被判犯任何刑事罪行？ 是 否

申請人簽署： _____ 日期： _____ (未滿十八歲，須有家長或監護人的簽署同意)
 家長/監護人姓名及簽署： _____ 聯絡電話： _____

本機構將會按此表資料，用作評定申請者是否適合作為個人登記義工。申請者向本機構提供個人資料，純屬自願。如申請者未能提供足夠的個人資料，本機構可能無法處理申請者的申請。如申請獲得接納，在推行義工服務時，申請者的個人資料會給予活動負責人作聯絡和參考之用。如果你想查閱或更改你的個人資料，請與本基金秘書處聯絡。

*在保密原則下，以上資料，只供心晴行動內部存檔及作為本會義工服務上使用；另一方面，義工未經授權或許可，在任何情況下不得泄露心晴行動任何內部機密及容許此等資料落在任何人士或機構內。

Updated by T. at 20110322

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感謝義工們的幫忙，你們的支持是本會工作的推動力



心晴行動吉祥物「笑爺仔 笑奶妹」 紀念珍藏版認捐

為了籌募巡迴全港中學的教育項目「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」，有春、夏、秋、冬4個不同造型，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。



▲ 春 Spring



▲ 夏 Summer



▲ 秋 Autumn



▲ 冬 Winter

未來棟樑的心靈，
全賴您們的支持！

捐款金額 (每個 \$2,388 起)			捐款方式	支票 (抬頭請填寫「心晴行動慈善基金有限公司」)/ 銀行入數 (上海商業銀行: 354-82-03266-1)	
捐款者/公司名稱			聯絡電話		
聯絡人姓名			免稅收據抬頭		
聯絡地址					
聯絡傳真			聯絡電郵		
選擇之吉祥物	笑爺仔	<input type="checkbox"/> 春 <input type="checkbox"/> 夏 <input type="checkbox"/> 秋 <input type="checkbox"/> 冬	笑奶妹	<input type="checkbox"/> 春 <input type="checkbox"/> 夏 <input type="checkbox"/> 秋 <input type="checkbox"/> 冬	
	數目		數目		
吉祥物印上善長或公司的名字	(由於版面有限，只能接受中文或英文名字任選其一，logo 恕不接受)				
<ul style="list-style-type: none"> * 在每個吉祥物必須為 \$2,388 的原則下，善長可以自由選擇認捐之吉祥物數目及款式 * 吉祥物的數目及款式有限，先到先得 * 請將此表格連同支票 / 入數收條副本郵寄九龍新蒲崗五芳街 20-22A 宏發工業大廈九樓 C-D 室、 傳真 2144 6331 或電郵 joyful@jmhf.org 予本會 * 如有查詢，歡迎致電 2947 8669 與本會職員聯絡。 					

謝謝您對本會的愛心支持

地址：九龍新蒲崗五芳街 20-22A 宏發工業大廈 9C-D 電話：2947 8669 傳真：2144 6331 網址：<http://www.jmhf.org> 電郵：joyful@jmhf.org





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租用時間：

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(公眾假期及星期日休息)



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可容納 60 - 80 人

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