



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



2022-2023 年報  
ANNUAL REPORT



目錄  
Content

成立背景及年度重點 Background & Highlight	1
信託人獻辭 Trustee's Message	2
執行委員會成員及顧問團 Executive Committees & Consultants	3
名譽會長及信託人 Honorary President & Trustees	4
執行委員會獻辭 Message from the Executive Committees	5
組織架構 Organisational Structure	6
教育 Education	7
研究及發展 Research & Development	8
服務 Service	9
推廣 Promotion	10
籌款 Fundraising	11
活動列表 List of Activities	12
統計數據 Statistics	13
鳴謝名單 Acknowledgement	14
財政報告 Financial Statements	15

## 成立背景 Background

「心晴行動慈善基金」為一註冊非牟利慈善團體，於 2004 年由曾患抑鬱焦慮症的林建明小姐聯同一班熱心義工成立。抑鬱症是一種全球常見病，世界上大約有 2.8 億人罹患。根據世界衛生組織的最新資料顯示，全球約有 3.8% 的人口受到影響，其中 5.0% 的成年人及 5.7% 60 歲以上成年人患有抑鬱症。

抑鬱症已成為較普遍的情緒病，預料到 2030 年，抑鬱症將成為許多國家最大的疾病負擔。普羅大眾對情緒病仍有誤解，令很多患者未能及早接受適當治療，甚至白白喪失寶貴的生命。因此，本會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。

本會乃非政府恆常資助機構，所有財政支出主要靠籌募及善長捐助。

Joyful (Mental Health) Foundation (JMHF) is a registered non-profit-making charitable organization established in 2004 by Ms. Victoria LAM and a group of enthusiastic volunteers. Ms. Lam was once a victim of mood disorder. Depression is a common illness worldwide, according to the latest estimates from WHO, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years.

The public still have many misunderstandings about mood disorders. As a result, many patients suffering from mood disorders fail to receive proper treatment in time; some even commit suicide. Therefore, JMHF endeavors to promote public understanding of mood disorders, reduce discrimination, and provide counselling services, resources and assistance to patients and their families.

Joyful (Mental Health) Foundation is a non-subsidized NGO, all of our income relies on fundraising activities as well as donation from our kind-hearted donors.

## 年度重點 Highlight

2023 年香港全面復常，活力處處，卻也容易激發蛰伏的情緒問題。為鼓勵大家多關注多觀察自己的情緒，心晴行動獲 ACCA 慈善基金會贊助，推出「晴心線上行」計劃，舉行一連 38 節線上靜觀及藝術治療工作坊，希望乘科技之便，突破空間框架，鼓勵有興趣提升情緒健康的朋友相聚線上，把技巧融入日常，讓靜觀變成生活。

世界正急促變化，大家對情緒問題的態度也在轉變，心晴行動邁向 20 週年，見證了大時代下情緒的不同演繹。心晴行動成立之初，情緒病如洪水猛獸，有幸沿路得有緣人支持，就如香港著名藝術家水禾田先生，仗義揮筆，把心意化作象徵「開心七日情」的心晴標誌，陪伴本會渡過 20 個寒暑。今年我們再度獲水禾田先生支持，舉行「緣 - 水禾田慈善畫義賣展」，成為本會疫後首個大型活動，亦為踏入 20 週年揭開序幕。

Hong Kong's full recovery in 2023 was full of vitality, but it was also prone to triggering dormant emotional problems. To encourage people to pay more attention to their own emotions, Joyful (Mental Health) Foundation, with the support of the ACCA Charitable Foundation, launched the "Wellbeing Online Project", a series of 38 online mindfulness and art-related workshops. The aim was to harness the power of technology and break down the barriers of space, encouraging people to meet online, integrate the techniques into their daily lives and make mindfulness a part of their lives.

The world is changing rapidly and so are our attitudes to mood disorders. As we approach our 20th anniversary, we have witnessed the different interpretations of emotional problems. In the early days of JMHF, mood disorders were taboo. We have been fortunate to have the support of those who have been kind enough to help us along the way, such as Mr Water POON, a renowned artist in Hong Kong, who transformed his thoughts into the JMHF logo symbolising "Seven Days of Joy". This year, with Mr POON's support, we organised the "Water Poon Chinese Ink Painting Charity Exhibition", which was JMHF's first major event after the pandemic and also kicked off the 20th anniversary celebrations.



## 名譽會長及信託人

### Honorary President & Trustees

名譽會長  
Honorary  
President



**杜振源先生**  
**Mr. Simon C. Y. TO**  
國際文具集團有限公司  
主席兼行政總裁  
Chairman & CEO of  
World Wide Stationery Holdings Co., Ltd.

信託人  
Trustees



**林建明女士**  
**Ms. Victoria K.M. LAM**  
心晴行動慈善基金  
創辦人  
Founder,  
Joyful (Mental Health)  
Foundation



**康寶駒先生**  
**Mr. Martin Po Kui HONG**  
劉陳高律師事務所  
資深合夥人  
Senior Partner,  
Lau, Chan & Ko,  
Solicitors & Notaries



**黃綺雯博士**  
**Dr. Alice Y. M. WONG**  
心晴行動慈善基金  
主席  
Chairperson,  
Joyful (Mental Health)  
Foundation

## 信託人獻辭

### Trustee's Message

廿年前，演藝名人林建明小姐因患上抑鬱症得到適切治療的機遇，感恩而發創辦了心晴行動慈善基金，連同一班有心人致力為推動情緒健康貢獻社會。創辦之初即獲藝術名家水禾田先生鼎力支持，義務為心晴行動創作了會徽「開心七日情」，寓意每個星期七天都敞開心扉，開懷生活。會徽沿用至今。

一扇敞開的心扉，一份專業的誠意，足以讓曾經的無助者，願意開放自己，主動尋求協助，積極治療情緒問題；曾經對情緒病一知半解的朋友，也通過心晴行動的教育推廣活動而逐步關心情緒健康。當年一個機遇，一份善念，締結了心晴行動與情緒病患者、家屬、善長及一起推動情緒健康的朋友之間的緣份。

廿年後的今天，AI 科技大爆發，世界變化更急促，情緒問題卻只有更嚴重，幸而社會各界亦逐漸提高對情緒健康的關注，普羅市民願意嘗試不同的身心靈活動，政府更開始採取主動，積極推行新的服務去應對問題。

時代在變，心晴行動也同樣不再囿於舊有，在現行服務之上繼續探索更多可行方向，開拓不同的新項目，令有限的資源得到更有效的分配，讓更多有情緒需要的朋友受惠，為情緒健康服務開創更多未來。

際此時刻，心晴行動有幸得到水禾田先生再續前緣，不但精選一批畫作舉行「緣·水禾田慈善義賣畫展」，更為本會創作廿週年活動徽號；另外還有禮品工房、詩人路雅先生及一眾善長等的鼎力支持，令「緣·水禾田慈善義賣畫展」成功舉行，為本會 20 週年慶祝揭開序幕。

筆路藍縷，以啟山林，心晴行動之路卻從不孤單，期望各方有緣人繼續支持我們，同心同行更多個廿年。

Twenty years ago, grateful for the opportunity to receive proper treatment for her depression, Mrs Victoria LAM, together with a group of dedicated individuals, established Joyful (Mental Health) Foundation to contribute to the promotion of mental health. Mr Water POON, a renowned artist, created the logo "Seven Days of Joy" for the Foundation to signify that every week, seven days a week, we open our hearts and live happily. The logo is still in use today.

An open heart and professional sincerity were enough to make once helpless people willing to open up, actively seek help and treat their emotional problems; and friends who once had little understanding of mood disorders gradually became concerned about their emotional health through JMHF's educational and promotional activities. It was an opportunity and a kind thought that led to the relationship between JMHF and patients with mood disorders, their families and donors, working together to promote emotional health.

Today, 20 years later, with the explosion of AI technology, the world is changing rapidly, and emotional problems are only getting worse. Fortunately, all sectors of society are gradually raising their concerns about emotional health, the general public is willing to try different mental and physical activities, and the government has even started to take the initiative to actively implement new services to address the problem.

As the times are changing, JMHF is no longer limited to the old services, and we will continue to explore more feasible directions in addition to the existing services, and open up new programmes so that the limited resources can be used more effectively to benefit more people with emotional needs, and open up a brighter future for emotional health services.

At this juncture, JMHF is honoured that Mr. Water POON has once again supported us by selecting a group of paintings for the "Water Poon Chinese Ink Painting Charity Exhibition" and creating a logo for our 20th anniversary event. In addition, with the support of Gift and Premium Enterprise Limited, Poet Lua and other donors, the "Water Poon Chinese Ink Painting Charity Exhibition" was successfully held to kick off our 20th anniversary celebrations.

It was a difficult start, but JMHF has not been alone in its journey. We hope that people from all walks of life will continue to support us and walk with us for another 20 years.



自 2018 年起，我有幸獲邀成為心晴行動的一員。轉眼 5 年，我從一個只抱有一腔熱誠但對慈善機構運作一無所知的人員，至現在進化為能提供一點貢獻的成員，確實有賴各執委及心晴行動同事的指引及協助。

過去幾年是香港社會比較動盪的時期，經濟環境亦未能完全恢復至疫情前時期的狀態，群眾對情緒支援的需求亦有相對提升。唯在這些不利的客觀條件下，慈善機構的籌款及經營遇上了很大的挑戰，心晴行動其中一個重點的籌款活動「心晴跑」也停辦了三年。在這段困難時期，心晴行動上下一心，迎難而上，總算能維持我們對社會一貫的教育、服務及推廣工作。當然也要感激在艱難時期，仍樂善好施不遺餘力地在金錢及義工人力上支持着我們的來自不同界別的各善長及機構。

明年是心晴行動的 20 週年，我們正密鑼緊鼓籌備着明年初復辦的心晴跑活動，希望在各界人士及機構支持下得到再次的成功，為 20 週年計劃的各活動奠下了信心的基礎，期待明年會是更豐盛及精彩的一年！

一個機構能營運 20 年殊不簡單，由零開始一路走來，是各心晴行動成員過去同心同行努力的成果。繼往開來，期待心晴行動能延續這充滿意義的旅程，服務及工作能進一步覆蓋更廣的受眾，令我們的社會更美好。

王秉怡 (副主席)

It's been a real honour for me to be invited to be a member of JMHF since 2018. In the blink of an eye, I've gone from being a passionate person who knew nothing about the operation of charitable organisations to a contributing member, thanks to the guidance and assistance of the Executive Committee members and colleagues of JMHF.

It's been a tough few years for Hong Kong. The economic situation is still pretty rough, and people are feeling the strain. Charities have been struggling to keep going, and one of the JMHF's main fundraising events, the Joyful Charity Run, has been on hold for three years. During this challenging time, we at JMHF came together to overcome the difficulties and kept up our education, service and community outreach work. We're so grateful to all our donors and supporters from different sectors who have been there for us, both financially and with volunteers, through thick and thin.

Next year marks the 20th anniversary of JMHF. We're gearing up for the Joyful Charity Run to resume early next year. We're hoping that with the support of people and organisations from all walks of life, we can make it another success and build a foundation of confidence for the activities of the 20th anniversary programme. We can't wait to see what next year brings!

It's truly amazing that an organisation can operate for 20 years! It's thanks to the amazing efforts of all the members of JMHF that we've been able to achieve this incredible milestone! We're really looking forward to seeing what the future holds for JMHF and all the amazing work the organisation does to make our society a better place.

Natalis WONG (Vice Chairperson)

回顧過去的一年，大家從疫情中逐漸復常。我們的正面情緒隨着社會活動，人際交流活躍而相對提昇，大家雖然仍要面對疫後的適應，但是亦樂見社會再次熱鬧起來，生活亦慢慢回復慣常的狀態。經歷過去幾年的挑戰，大家都見證着外在環境與我們內在環境的密切關係。也許我們不能改變逆境，但卻可以調節自己適應環境。自疫情開始我們不斷探索不同的服務形式，改變固有的框框，作出不同的嘗試，我們發現這些新的服務形式擴大了我們的接觸面，突破地理或條件局限，開拓了不同的可能性，讓我們更積極推動情緒健康。這印證了即使面對人生的不確定性和逆境，我們也可以展現出非凡的韌性以及發揮內在的潛能。

心晴團隊一直致力減少社會對情緒病的誤解，提供公眾教育，舉辦工作坊、心理輔導及支持患者及其家人。透過團隊努力，我們在提高大眾對情緒健康的認識以及去污名化推動取得了不錯的進展，讓大眾不再忌諱談論情緒病。展望未來，我們仍然面對着很多不確定性及挑戰。然而，在大家的共同努力下，我們有信心建立一個更健康、更幸福的社會。我們承諾繼續努力推動情緒健康服務工作。希望大家支持及為受情緒困擾人士及其家庭提供適當的治療。在未來一年，讓我們保持團結，打破障礙，建立一個溫暖和健康的社會。

王藹慈博士 (執行委員)

Looking back over the past year, we have gradually recovered from the epidemic. Our positive emotions have been boosted by our social and interpersonal activities, and although we are still adjusting to the epidemic, we are happy to see that our society is bustling again and our lives are slowly returning to their usual state. Through the challenges of the past few years, we have all experienced the close relationship between external environment and our internal environment. We may not be able to change adversity, but we can adapt to it. Since the beginning of the epidemic, JMHF have been exploring different forms of service delivery, changing the traditional framework and trying different things. We find that these new forms of service delivery have broadened our reach, broken down geographical or conditional limitations and opened up different possibilities, allowing us to take a more proactive approach to promoting emotional wellbeing. This proves that even in the face of life's uncertainties and adversities, we can demonstrate extraordinary resilience and realise our inner potential.

Our team has worked hard to reduce misconceptions about mood disorders through public education, workshops, counselling and support for patients and their families. Through our efforts, we have made good progress in raising public awareness of emotional health and destigmatising emotional disorders so that people are no longer afraid to talk about them. Looking ahead, there are still many uncertainties and challenges. However, with the concerted efforts of all of us, we are confident that we can build a healthier and happier society. We are committed to continuing our efforts to promote emotional health services. We hope that you will join us in providing appropriate treatment for emotionally disturbed individuals and their families. In the coming year, let us remain united, break down barriers and build a warm and healthy society.

Dr Gloria WONG (Executive Committee Member)





## 顧問團 Consultants

**王忠桐先生**  
**Mr. Senta WONG**

商家  
Merchant

**李誠教授**  
**Prof. Sing LEE**  
資深精神科專科醫生  
Honorary Clinical Professor in Psychiatry

**趙雨龍博士**  
**Dr. Marcus Y. L. CHIU**

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

**馮康教授**  
**Prof. Hong FUNG**  
香港中文大學醫院執行董事及行政總裁  
Executive Director and Chief Executive Officer of CUHK Medical Centre

**張建良醫生**  
**Dr. Ben K. L. CHEUNG**  
資深精神科醫生  
Senior Consultant in Psychiatry

**張力智醫生**  
**Dr. Lik Chee CHANG**  
精神科專科醫生  
Specialist in Psychiatry

**苗延琮醫生**  
**Dr. Yin King MIAO**  
精神科專科醫生  
Specialist in Psychiatry

## 執行委員會成員 Executive Committees

**黃綺雯博士**（主席）  
**Dr. Alice Y. M. WONG** (Chairperson)  
資深市場策劃人  
Senior Marketing Consultant & Strategic Planner

**柳發文博士**（副主席兼秘書長）  
**Dr. Peter F. M. LAU** (Vice Chairperson & Secretary)  
大學講師  
Lecturer

**董鳳濤先生**（副主席）  
**Mr. Nicholas F. T. TUNG** (Vice Chairperson)  
公司總經理  
General Manager

**王秉怡先生**（副主席）  
**Mr. Natalis B. Y. WONG** (Vice Chairperson)  
註冊專業測量師  
Registered Professional Surveyor

**曹鈞傑先生**（司庫）  
**Mr. Steven K. K. TSAO** (Treasurer)  
專業會計師  
Certified Public Accountant

**王藹慈博士**（執委）  
**Dr. Gloria O. C. WONG** (Executive Committee Member)  
臨床心理學家  
Clinical Psychologist

**周博軒博士**（執委）  
**Dr. Felix B. H. CHOW** (Executive Committee Member)  
上市公司執行主席  
Executive Chairman

**馮德璋先生**（執委）  
**Mr. Nicholas T. C. FUNG** (Executive Committee Member)  
公司董事  
Director

**麥嘉欣先生**（執委）  
**Mr. Samuel K. Y. MAK** (Executive Committee Member)  
非牟利機構創辦人  
NGO Founder

**麥永接醫生**  
**Dr. Ivan W. C. MAK**  
精神科專科醫生  
Specialist in Psychiatry

**周鳳美醫生**  
**Dr. Bernie CHOW**  
醫生  
Doctor

**黃秀真博士**  
**Dr. Christine Sau Chun WONG**  
臨床心理學博士  
Doctor of Psychology in Clinical Psychology

**郭碧珊女士**  
**Ms. Kathleen KWOK**  
香港健康情緒中心一級執業臨床心理學家  
Practising Clinical Psychologist 1,  
Hong Kong Mood Disorders Center

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

**陳靄華女士**  
**Ms. Eva CHAN**  
精神科顧問護師  
Nurse Consultant (Mental Health)

**謝樹基教授**  
**Prof. Samson TSE**  
香港大學社會科學學院副院長（本科教育）  
Associate Dean (Undergraduate Education), Faculty of Social Sciences, HKU

**黃蔚澄博士**  
**Dr. Paul W. C. WONG**  
香港大學社會工作及社會行政學系副教授  
Associate Professor, Department of Social Work and Social Administration, HKU

**陳啟鴻律師**  
**Mr. Alfred CHAN**  
林錫光陳啟鴻律師行合伙人  
S.K. Lam, Alfred Chan & Co. Solicitors & Notaries

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

**李少峰律師**  
**Mr. Andrew S. F. LI**  
侯劉李楊律師行合伙人  
Partner, Hau, Lau, Li & Yeung

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

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

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

**潘啟迪先生**  
**Mr. Kai Tik POON**  
醫療拓展基金總監  
Director of Medical Development Foundation

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

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

**梁李少霞女士**  
**Ms. Shiu Ha LEE LEUNG**  
傳媒工作者  
Media Practitioner

**劉月明女士**  
**Ms. Marianne LAU**  
畫家  
Artist

**徐雅各先生**  
**Mr. James TSUI**  
退休校長  
Retired School Principal

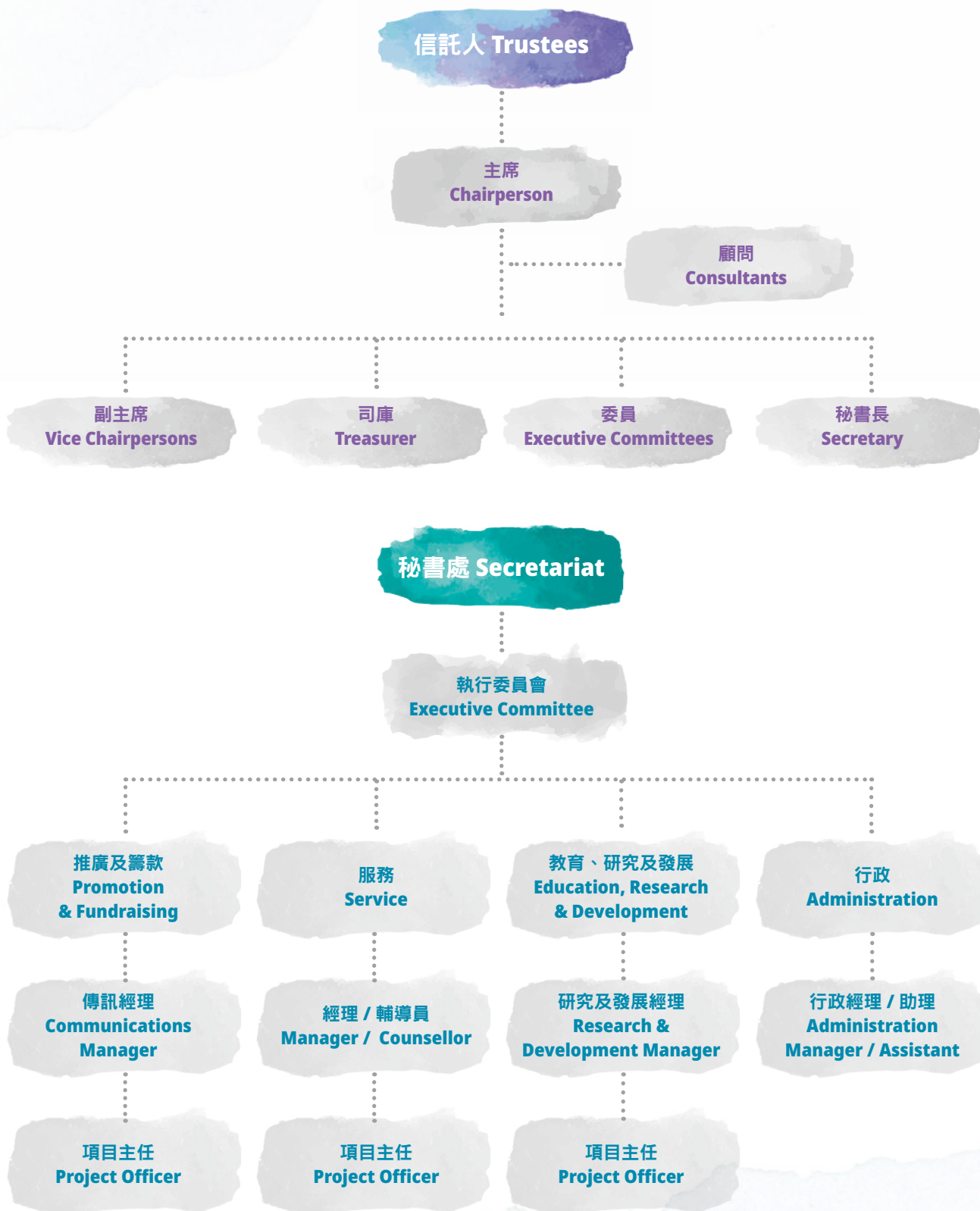
**夏月嫻女士**  
**Ms. Josephine Yuet Han HA**  
公司董事  
Company Director





## 組織架構

## Organisational Structure



## 教育 Education

本會透過舉辦各類教育活動，向社會各階層人士，包括公眾、學生、病患者及其家屬等，灌輸正確的情緒健康知識，以提高大眾對情緒病的關注，從而增加治療及預防的成效。本會亦與不同團體合作，參與各種教育工作，令大眾關注情緒健康。

Through various educational activities, JMHF disseminates the importance of mental well-being to all walks of life. Thus, raising public concern about mood disorders so as to seek help and proper treatment in time. JMHF is willing to join hands with various organisations and professional bodies to fight mood disorders.



## 家庭精神健康工作坊 Family Mental Health Workshop

舉辦日期 Date : 26/08/2023



心晴行動慈善基金應香港菁英會的邀請，與新家園協會協辦「家庭精神健康工作坊」，於康泰會展商務中心舉行，為本會疫情後首次舉辦的大型活動。

活動以工作坊及繪畫形式，向小四至小六的家庭教導孩子情緒及家長協調情緒方式之重要，並強調互動、體驗式以及堂上實習目標，旨在令兒童能夠健康成長，從而促進良好的親子關係。繪畫課堂由林琮娟導師出任，向孩子及家長教授和諧粉彩與禪繞畫，並由本組教育組職員加入心理學元素，讓孩子專注於繪畫的同時，亦關顧自己的情緒及感受；家長方面則由教育及服務部經理黃永泰擔任講師，向他們講解情緒健康的講座，及透過工作坊讓他們體驗情緒及教養方式與孩子的行為之關係。

At the invitation of The Y. Elites Association, JMHF co-hosted the "Family Mental Health Workshop" with New Home Association at the Hong Thai Expo & Business Centre, the first large-scale event organised by JMHF since the epidemic.

Through workshops and drawing, the programme teaches families with children from primary 4 to 6 about **the importance of children's emotions and how parents can manage them, and emphasises interactive, experiential and practical teaching goals aimed at helping children grow up healthy, thereby promoting good parent-child relationships**. The painting class was led by Crystal LAM, who taught the children and parents about harmony pastel painting and Zentangle, and JMHF's Education Team added psychological elements to the class to help the children focus on painting and take care of their emotions. Ted WONG, Manager of Education and Service Team, was the instructor of the parenting class. He gave the parents a talk on emotional health and a workshop on the relationship between emotions and parenting styles and their children's behaviour.

## 情緒支援危機實務技巧課程 Practical Skills Programme for Emotional Support in Crisis

舉辦日期 Date : 18/09/2023、25/09/2023

本會教育及服務部為仁濟醫院社會服務部教授「情緒危機支援實務技巧課程」，於9月18日和9月25日晚間舉辦了共6小時的課程。目標是希望讓關注情緒健康及從事社區關愛服務等人士，了解相關知識及技巧；提高對情緒危機的覺察能力，並學習適當應對和支援方法，助己助人。

JMHF's Education and Services Team conducted the "Practical Skills Programme for Emotional Support in Crisis" for the Social Services Department of Yan Chai Hospital. A total of 6 hours of the course were held on the evenings of 18 September and 25 September. The aim of the programme is to provide people working in emotional health and community care services with the knowledge and skills to **increase their awareness of emotional crises and learn appropriate ways to manage and support themselves and others**.



本會教育及服務部經理 / 認證輔導員黃永泰主講  
Presented by Ted WONG, JMHF's Education and Service Team Manager, Certified Counsellor

## 朋輩支援技巧工作坊 Peer Group Support

舉辦日期 Date : 27/11/2023

本會應嶺南大學學生事務處輔導組的邀請，到嶺南大學舉辦了一個兩小時的朋輩輔導技巧工作坊，由本會教育及服務部經理和助理項目主任主講。參加者是校內朋輩輔導員，工作坊的目的主要是給予同學們操練機會。當日透過角色扮演及個案討論，讓學員運用所學，並了解如何聆聽，展開對話和探索個案的不同方面，從而**提升在朋輩支援方面的基礎，希望藉此使學生們能夠支援身邊人，促進校園的精神健康**。

At the invitation of the Counselling Team of the Office of Student Affairs of Lingnan University, JMHF organised a two-hour workshop on peer counselling skills at Lingnan University. The Education and Service Team Manager and Assistant Project Officer led the workshop, which was for peer counsellors from the University. The workshop gave them an opportunity to practice their skills. The participants practised what they had learned by role-playing and discussing cases. This helped them understand how to listen, start a conversation and explore different aspects of a case, **enabling them to support their peers and promote mental health on campus**.



本會教育及服務部經理 / 認證輔導員黃永泰主講  
Presented by Ted WONG, JMHF's Education and Service Team Manager, Certified Counsellor



## 利民會友樂坊（黃大仙）探訪 Visit to Richmond Fellowship of Hong Kong ALOHA (Wong Tai Sin)

舉辦日期 Date : 28/06/2023



本會教育及服務部職員聯同輔導員及熱線義工一行 12 人，到精神健康綜合社區中心 (ICCMW)- 利民會「友樂坊（黃大仙）」進行探訪，希望了解 ICCMW 的具體服務、中心環境及設施，以便在轉介有關服務時，能更清晰地介紹給本會的服務使用者。活動歷時約兩小時，友樂坊的高級經理為本會人員詳細講解及帶領參觀，雙方於轉介工作的實務上互相交流。

Staff from the JMHF's Education and Service Team, together with counsellors and hotline volunteers, a total of 12 people, visited the Integrated Community Centre for Mental Wellness (ICCMW) – ALOHA (Wong Tai Sin) of Richmond Fellowship of Hong Kong hoping to learn more about the specific services of the ICCMW, the centre's environment and its facilities, so that they could be better presented to JMHF's service users when referring them to relevant services. The activity lasted about two hours. The Senior Manager of ALOHA gave a detailed explanation and guided the visit to the centre and exchanged views on the practical aspects of referral work.

## 參觀黃大仙地區康健中心 Visit to Wong Tai Sin District Health Centre

舉辦日期 Date : 19/07/2023、12/10/2023



本活動希望讓黃大仙地區康健中心了解本會的運作及服務，加強彼此聯繫。內容分兩部分：(1) 職員級別交流，了解彼此的服務，探討未來合作空間，例如客戶轉介、場地租用等；(2) 鼓勵本會義工及公眾親身體驗黃大仙地區康健中心的服務，透過由本會主講的情緒健康講座，讓參與者認識情緒病及支援服務，並藉此推廣本會服務及加強與義工及公眾的聯繫。

This activity aimed to enable the Wong Tai Sin District Health Centre to understand how JMHF operates and provides services, and to strengthen mutual ties. The activity was divided into two parts: (1) staff-level exchanges to learn more about each other's services and explore the scope for future cooperation, such as client referral, venue rental, etc; (2) to encourage JMHF's volunteers and the public to experience the services of Wong Tai Sin District Health Centre. Through the Emotional Wellness Workshop hosted by JMHF, the participants were able to learn more about emotional disorders and support services. It also promoted JMHF's services and strengthened relationship with volunteers and the public.

## 研究及發展 Research and Development

自2018年開始，本會正式將研究及發展納入本會的發展工作之一。通過積極推動新項目及進行研究，探討及拓展更多服務，令機構得以持續發展，為紓解香港人的情緒問題提供更多可行方案。

From 2018 onwards, research and development has been adopted as one of our development goals. By actively initiating new projects and research to explore and expand more services, we will be able to sustain our development and provide more viable solutions to alleviate the emotional problems of Hong Kong people.



## ACCA 公益關愛日受惠項目： 晴心線上行計劃

Funded by the ACCA Community Day 2023:  
Wellbeing Online Project

舉辦日期 Date : 01/04/2023-31/03/2024



計劃以提升公眾的身心靈健康為目的，通過定期舉辦線上活動如靜觀及藝術等工作坊，將簡單實用的技巧帶到體驗中，讓參加者學會表達和關懷自己，並將所學帶到日常生活，養成正念生活的好習慣。本計劃為 ACCA 慈善基金會有限公司主辦之「2023 年度 ACCA 公益關愛日」的受惠項目。

計劃為期一年，以線上形式進行，分別環繞靜觀及藝術兩大類別，舉行了 11 個主題、合共 38 節工作坊，受惠人次達 2,120 人。

This project aimed to improve public physical, mental and spiritual health. Simple and practical skills were offered through online activities such as mindfulness and art workshops. Participants were able to learn how to take care of themselves and apply what they have learnt to their daily lives. This project was one of the beneficiaries of the ACCA Community Day 2023, organized by the ACCA Charitable Foundation Limited.

The one-year project was delivered online. A total of 38 workshops were delivered across 11 topics in two categories, Mindfulness and Arts, benefiting 2,120 participants.



本會為「2023 年度 ACCA 公益關愛日」的受惠機構之一，本會副主席柳發文博士（右一）代表出席及主持開幕禮。  
JMHF is one of the beneficiaries of the ACCA Community Day 2023 and our vice-chairperson Dr Peter LAU (first from right) attended the opening ceremony on behalf of JMHF.

## 黃國英先生捐助：

### 「五感玩遊校園樂」校園情緒健康推廣計劃

Funded by Mr Alex WONG: Five Senses of Mental Well-being in  
Schools-Mental Well-being Promotional Program

舉辦日期 Date : 22/03/2023, 29/03/2023, 21/04/2023

由黃國英先生贊助，「五感玩遊校園樂」校園情緒健康推廣計劃旨在通過富趣味性的校園活動，提升學生對情緒健康的意識及關注，並在繁忙的學業中學會放鬆及舒緩。本年度活動在聖公會基德學校舉行，內容包括和諧粉彩工作坊以及嘉年華會。

Sponsored by Mr Alex WONG, the "Five Senses of Mental Well-being in Schools" project aimed to raise students' awareness and concern about emotional wellness through fun activities in schools, as well as taught them how to relax and relieve stress in their busy academic life. The event of this year was held at S.K.H. Kei Tak Primary School, which included a harmony pastel workshop and a carnival.





## 心晴無憂之社區長者情緒健康計劃 Joyful Community Elderly Mental Health Scheme

舉辦日期 Date : 年度項目 All Year Round

在新型冠狀病毒病疫情下，長者的日常生活及情緒亦受到波及。「心晴無憂之社區長者情緒健康計劃」通過識別社區中有持續情緒困擾或抑鬱症狀的長者，提供包括藥物治療、情緒訓練、運動評估、經顱直流電刺激術治療等全面多元的計劃，旨在為社區提供情緒病的預防之道，及早介入支援。

本年度舉行計劃的中心包括：

香港基督教女青年會長青松柏中心  
(青衣)

Hong Kong Young Women's  
Christian Association  
Cheung Ching Neighbourhood  
Elderly Centre (Tsing Yi)

國際四方福音會香港教區建生堂  
耆年中心 (屯門)

International Church of the  
Foursquare Gospel Hong Kong  
District Kin Sang Church  
Elderly Centre (Tuen Mun)



## 情緒健康講座及工作坊 Mental Health Talks and Workshops

舉辦日期 Date : 年度項目 All Year Round

以推廣情緒健康為主要目的，本會推出機構講座及工作坊，對象為公司機構、學校及社區中心等，務求通過輕鬆多元的題材，推廣情緒健康教育，令參加者舒緩壓力及對情緒健康有更深了解。

本年度本會分別為香港保健食品協會、Toppan Merrill Limited 及利比有限公司舉行活動及講座；另外亦獲香港明德會的邀請，為一班大學生舉行情緒管理工作坊。

With the aim of promoting mental wellbeing, JMHF has organized talks and workshops for companies, schools and community centres on various topics to enable the participants to have a deeper understanding of relaxation, relief and emotional wellbeing.

During the year we organized activities and seminars for Hong Kong Health food Association, Toppan Merrill Limited and Rider Levett Bucknall Limited. We were also invited by Hong Kong Mingde Organization to hold an Emotional Management Workshop for a group of university students.



臨床心理學家何沐萌博士 (前左 3) 應邀為香港明德會主講大學生的情緒管理  
Dr Niki HO (front left 3), a clinical psychologist, was invited to give a talk on emotion management for university students at Hong Kong Mingde Organization



輔導員莫迪瑩為參加者介紹如何以頌鉢音療紓壓  
Counsellor Charmaine MOK taught the participants the skills of relaxation through the singing bowl

## 服務 Service

本會致力推行針對情緒健康的服務，主要包括情緒支援熱線、專業面談輔導服務，亦會邀請專業人士如精神科專科醫生及專業輔導員等，出席本會之「專家分享會」及「朋輩支援聚會」，為患者提供支援。此外，本會亦積極與不同團體合作，推動義工服務，關懷受情緒困擾的人士。

JMHF promotes comprehensive mental health services, including Emotional Support Hotline Services and Professional Counselling Services. JMHF also invites professionals, including psychiatric specialists, clinical psychologists and counsellors, to participate in the hosted events "Focus Group between Professionals, Patients and Families" and "Peer Support Group". In addition, JMHF cooperates proactively with various organisations to promote voluntary services, in order to show care for people with mood disorders.





## 專業面談輔導服務 Professional Counselling Services

舉辦日期 Date : 年度項目 All Year Round

本會自 2006 年開始，向受情緒困擾人士提供專業面談輔導服務，讓有需要人士及早尋求適當的治療及幫助，盡快康復。輔導服務由一班專業的臨床心理學家及輔導員主理，根據心理學的理論和原則去協助受助者解決各種情緒、思想或行為上的困擾。服務範疇包括情緒管理、生活及工作適應、人際、家庭關係及哀傷輔導等。2023 年全年接受輔導服務人次共 1,057。

Starting from 2006, JMHF has been providing professional counselling services to people who are emotionally disturbed. We aimed to find suitable help and treatment to those in needs as soon as possible to facilitate early recovery. **The counselling services are led by a group of professional clinical psychologists and counsellors, through psychological theories and principles to assist patients in soothing their emotional, cognitive and behavioral problems.** The services include anger management, coping skill on life and work, counselling on interpersonal, family relations and mood disorders. The total number of counselling sessions for the year 2023 was 1,057.



## 情緒支援熱線服務：2301 2303 Hotline Services: 2301 2303

舉辦日期 Date : 年度項目 All Year Round

本會自 2004 年開始提供「情緒支援熱線電話服務」，為受情緒困擾的人士提供情緒支援、情緒病資訊及轉介服務，令來電者可及早找到合適支援途徑。本會的熱線義工均受系統性的專業培訓，並經過嚴格甄選，為大眾提供更專業、更關顧的熱線服務。2023 年全年熱線服務支援人次共 2,233。

JMHF has been providing "Emotion Support Hotline Services" since 2004, **rendering emotional support, information on mood disorder and referral services, so that callers can receive adequate support when in need.** Volunteers of this hotline have gone through systematic and professional training, passing through a strict selection process in order to provide better professional and caring hotline services to the public. The total number of hotline services for the year 2023 was 2,233.



## 熱線義工訓練課程 Hotline Volunteers Basic Training Course

舉辦日期 Date : 05/2023 - 02/2024

本會每年均會舉辦熱線義工訓練課程，招募熱心又能付出寶貴時間的人士，培訓成為熱線義工。本屆課程經甄選後共有 13 名學員參加。學員在第一階段的六節課堂中，學習熱線義工需具備的知識，並透過理論課堂，有效增進對情緒病、危機處理、義工自我保護等的認識。

本會很榮幸邀請到不同講者嘉賓進行分享，包括本會執委、臨床心理學博士王藹慈博士為學員分享「初步了解情緒病」、香港專業輔導協會認證輔導員及督導鄧焯榮博士介紹輔導的基礎及基本情緒輔導技巧，以及香港撒瑪利亞防止自殺會總幹事曾展國先生講解危機處理注意事項。

學員完成第一及第二階段課堂後，會與現有義工配對，進行一對一模擬實習，通過考核後將參與共 25 節的正式實習，最終成為合資格的熱線義工。

Every year JMHF organises the Hotline Volunteers Basic Training Course to recruit enthusiastic people who are able to give up their valuable time to be trained as Hotline Volunteers. A total of 13 volunteers were selected to take part in this year's training programme. In the first phase of the programme, the participants attended 6 sessions to learn about the knowledge required. The theoretical sessions gave them a **better understanding of emotional disorders, crisis management and volunteer self-protection.**

We also invited professionals to give talks on relevant topics. Dr Gloria WONG, JMHF Executive Committee Member and clinical psychologist, delivered a lecture on "An Introduction to Mental Disorders". Dr. Andrew TANG, certified counsellor of Hong Kong Professional Counselling Association and supervisor, gave a talk on basic counselling skills. Mr Clarence TSANG, Executive director of the Samaritan Befrienders Hong Kong talked about crisis intervention strategies.

On completion of Stage 1 and Stage 2 classes, participants are paired with our hotline volunteers and worked together on a one-to-one basis. After passing the assessment, they continued to attend an internship of 25 practice sessions and eventually became qualified hotline volunteers.



本會執委、臨床心理學博士王藹慈博士為學員分享「初步了解情緒病」  
Dr Gloria WONG, JMHF Executive Committee Member and clinical psychologist, delivered a lecture on "An Introduction to Mental Disorders"



## 熱線義工進階訓練課程 Hotline Volunteers Advanced Training Course

舉辦日期 Date : 07/07/2023

本會每年均舉辦熱線義工進階訓練課程，邀請專業講師教授熱線義工技巧，鞏固和加強已有知識和技巧。是次訓練課程由本會與錫安勵軒輔導中心合辦，內容主要是環繞重覆性來電者，由錫安社會服務處註冊輔導心理學家譚子豪先生擔任講師，分享遇上重覆性來電時的處理手法，並通過感受小活動和分組討論，讓熱線義工及職員深入探討重覆性來電者的需要和渴望，從而促進對他們的理解。

Every year, JMHF organises an advanced training course for hotline volunteers, inviting professional trainers to teach them skills and to consolidate and enhance their existing knowledge. This year the training was co-organised by JMHF and Zion Social Service. The content was mainly focused on repeat callers, with Jelly TAM, registered counselling psychologist of Zion Social Service, as the lecturer. He shared with the hotline volunteers how to deal with repeat callers, and through small sensory activities and group discussions, the hotline volunteers and staff were able to explore in depth the needs and desires of repeat callers to enhance their understanding of them.



本會代表向錫安社會服務處註冊輔導心理學家譚子豪先生（右一）致送感謝狀  
JMHF's representative presented a certificate of appreciation to Jelly TAM (first from right), registered counselling psychologist of Zion Social Service.

## 朋輩支援聚會 Peer Support Group

舉辦日期 Date : 24/07/2023、11/12/2023

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，並由心理輔導員帶領，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。

The Peer Support Group is gathered by people suffering from mood disorders, rehabilitants and their families, led by our counsellors. It provides encouragement, support and confidence to the sufferers through personal sharing to fight against mental disorders.

## 推廣 Promotion

本會透過舉辦不同形式的推廣及宣傳活動，向大眾推廣本會的服務及灌輸健康情緒的訊息，推動社會關注情緒病患者，期望減少大眾對情緒病的誤解及歧視，同時亦透過各傳播媒體將情緒健康推廣予大眾認知。

Through various promotional activities, JMHF calls for public concern for mood disorders victims, hoping to eliminate public misunderstanding and discrimination against the victims.



## 商界展關懷 2022-2023 Caring Company 2022-2023

舉辦日期 Date : 年度項目 All Year Round

「商界展關懷」旨在促進商界與社會伙伴合作，推動企業履行社會責任，並鼓勵工商及公共機構關懷社群、關心員工及愛護環境，攜手建設共融社會。

2022-2023 年度在本會提名下共 10 間合作夥伴機構成功獲得嘉許，而本會亦參加了於 2023 年 2 月 15 日假香港灣仔會議展覽中心舉行的「香港社會服務巡禮」，並以「商界同行——職場精神健康推廣」為主題，藉此加強與商界及社福界的聯繫，促進合作。



The "Caring Company" scheme aims at facilitating a partnership among the business community and social organisations in promoting corporate social responsibility. It encourages the private and public organisations to care for the community, employees and the environment in creating a harmonious society.

In 2022-2023, a total of 10 partner organisations were nominated by JMHF to receive the award. JMHF also participated in 'Hong Kong Social Service Expo' held at the Hong Kong Convention and Exhibition Centre on 15 February 2023, under the theme "Business Peers — Mental Health in the Workplaces", to strengthen the connection with the business and social welfare sectors and to promote collaboration opportunities.

## 精神健康月 2023 Mental Health Month 2023

舉辦日期 Date : 年度項目 All Year Round

「精神健康月」由勞工及福利局聯同多個政府部門、公共機構和非政府機構聯合舉辦，本會亦是主辦機構之一。2023 年的主題為「Chill 愛自己」，開幕禮於 2023 年 10 月 14 日假 618 上海街舉行，而閉幕嘉許禮暨「Chill 愛自己」嘉年華則於 12 月 16 日假中環街市舉行。

"Mental Health Month" was initiated by the Labour and Welfare Bureau, together with various governmental departments, public utilities and NGOs. JMHF was one of the main organizers. The theme in 2023 was "Just Chill and Love Yourself". The Opening Ceremony was held on 14 October, 2023 at 618 Shanghai Street while the Closing Ceremony cum "Just Chill & Love Yourself" Carnival was held on 16 December, 2023 at Central Market.



勞工及福利局局長孫玉菡，JP 參觀「Chill 愛自己」嘉年華。  
Mr Chris SUN Yuk-han, JP, Secretary for Labour and Welfare, visited the "Just Chill & Love Yourself" Carnival.

## 保單捐贈計劃嘉許典禮 2022-2023 Policy Donation Program Recognition Award 2022-2023

舉辦日期 Date : 25/07/2024

本會為「保單捐贈計劃」的支持機構，本年度成為保單捐贈數量最多的受惠慈善機構之一，並獲邀出席「保單捐贈計劃嘉許典禮 2022-2023」。由本會副主席王秉怡先生代表出席接受紀念狀頒發。「保單捐贈計劃」是保協慈善基金轄下「生命傳愛行動」之計劃，旨在鼓勵公眾自願捐出其合資格人壽保單內保障額的某個百分比予心儀的慈善機構。



As a supporting organisation of the Policy Donation Program and one of the charities with the highest number of policy donations this year, JMHF was invited to attend the Policy Donation Program Recognition Ceremony 2022-2023. Natalis WONG, JMHF's Vice Chairperson, was invited to receive the Certificate of Appreciation. The Program was initiated by the LUA Foundation to promote the LifeCare Movement by encouraging the public to voluntarily donate a percentage of their qualifying life insurance policies to charities of their choice.

本會副主席王秉怡先生 (Natalis WONG) (右四) 代表出席「保單捐贈計劃嘉許典禮 2022-2023」  
Mr Natalis WONG, Vice Chairperson of JMHF (fourth from right), attended the "Policy Donation Program Recognition Ceremony 2022-2023" on behalf of JMHF

歡迎支持本會，加入保單捐贈計劃  
Welcome to support us by joining the Policy Donation Programme



## 花旗集團 - 社聯大學生社責實踐 2023 Citi-HKCSS Community Intern Program 2023

舉辦日期 Date : 07-08/2023

計劃旨在加強本港大學工商管理系學生對企業社會責任的意識，培育他們更關心社會。在 2023 年，本會共成功錄取了兩位學生，於暑期到本會實習。



「花旗集團 - 社聯大學生社責實踐計劃 2023」閉幕禮  
The Recognition Ceremony of "CITI-HKCSS Community Intern Program 2023"

The aim of the programme was to raise awareness of corporate social responsibility among local business administration undergraduates. Two students were enrolled in our summer intern programme in 2023.

## 情緒健康影片製作 Mental Health Video Productions

舉辦日期 Date : 年度項目 All Year Round

本會製作一系列短片，通過本會「心晴頻道」及社交媒體向公眾發放。短片旨在令公眾了解自己情緒的變化，建立正向思維，掌握舒緩情緒的技巧，從而更有效地應付日常生活所帶來的壓力。

In order to facilitate help-seekers with easily accessible information, we have produced a series of videos to be broadcasted through our Joyful Mental Health Channel. The videos aim to increase self-awareness of emotional changes and promote positive thinking. Mental relaxation techniques are demonstrated to deal with daily stresses.

掃描 QR code 追蹤心晴行動，了解更多情緒資訊  
Scan the QR code to subscribe to Joyful Channel and stay tune for more mental health videos





## 籌款 Fundraising

本會每年都舉辦籌款活動，以支持本會各項教育、服務及推廣的工作。恒常的籌款項目包括於慈善活動擔任受惠機構、義賣及慈善跑等。

本年度本會邀請到3位愛心大使，與心晴行動在推廣情緒健康的路上攜手同行。

JMHF organises fundraising activities every year to support our work in education, services and promotion. Regular fundraising activities include acting as beneficiary in charitable activities, selling charity concert tickets, as well as donation boxes in major institutions and stores.

This year, we are honored to invite three charity ambassadors to join hands with us in promoting mental health in the Hong Kong community.



**楊玉梅**  
**Strawberry YEUNG**

中國香港女演員  
Hong Kong Actress



**鄭子誠**  
**Timothy CHENG**

中國香港男演員、電台主持  
Hong Kong Actor, radio host



**鄧世文**  
**Simon TANG**

資深體適能星級教練  
Experienced Physical Fitness Coach

## 緣 - 水禾田慈善畫義賣展

### Water Poon Chinese Ink Painting Charity Exhibition

舉辦日期 Date : 09-10/2023

心晴行動慈善基金慶祝踏入 20 週年，得到機構標誌原設計者水禾田再次鼎力支持，不但為本會創作 20 週年標誌，更全新創作 3 張 815mm x 815mm 及 10 張 550mm x 550mm 的水墨畫，連同 37 幅限量版畫，一起於「緣 - 水禾田慈善畫義賣展」上展出及義賣。活動亦得到禮品工房贊助，以成本價製作限量版畫義賣。收益扣除開支將用於本會的情緒支援熱線及面談輔導服務等。

義賣活動於 2023 年 9-10 月舉行，而展覽則於 2023 年 9 月 7-9 日假中環街市舉行，除展出水禾田的作品外，同場亦有職場情緒健康展覽及藝術工作坊。開幕禮於 9 月 7 日早上舉行，邀請了贊助商及活動愛心大使鄭子誠、楊玉梅及鄧世文出席，為活動進行開幕儀式，亦為心晴行動 20 週年揭開序幕。

To celebrate its 20th anniversary, Joyful (Mental Health) Foundation has received the full support from the original designer of the organisation's logo, Water POON, who not only created the 20th anniversary logo for JMHF, but also created 3 new 815mm x 815mm and 10 new 550mm x 550mm ink paintings, together with 37 limited edition paintings, which were displayed and sold at the "Water Poon Chinese Ink Painting Charity Exhibition". The event was also sponsored by the Gift and Premium Enterprise Limited, which produced limited edition paintings for charity sale at cost. The proceeds, after deduction of expenses, would be used to fund JMHF's emotional health education and services.

The Charity Sale were held in September-October 2023 and the Exhibition was held at the Central Market from 7-9 September 2023. In addition to the exhibition of Water POON's work, an exhibition on emotional health in the workplace and an art workshop were also held at the same venue. The opening ceremony was held on the morning of 7 September. Sponsors and Ambassadors of the event, Timothy CHENG, Strawberry YEUNG and Simon TANG were invited to officiate at the opening ceremony, which also kicked off JMHF's 20th anniversary.





## 耀才證券呈獻：心晴喜步行大運 2023 Bright Smart Securities Presents: Joyful Charity Walk 2023

舉辦日期 Date : 10/01/2023 - 28/02/2023

「耀才證券呈獻：心晴喜步行大運」線上慈善籌款活動旨在鼓勵公眾透過戶外活動，與大自然好好相處，提升身心靈健康，並藉着新年的契機，呼籲公眾一起「行大運」。

活動由耀才證券冠名贊助，啟動禮於 2023 年 1 月 7 日假 Waterfall 康怡店舉行，邀請了愛心大使楊玉梅及鄧世文向參加者傳播情緒健康的正能量，並分別示範熱身及防拗柴運動，而本會創辦人兼信託人林建明更以財神形象向公眾拜早年。

“Bright Smart Securities Presents: Joyful Charity Walk” online fundraising event aimed to encourage the public to improve their physical, mental and spiritual wellbeing through outdoor activities and to use the New Year as an opportunity to 'Walk for Luck' together.

The event was title sponsored by Bright Smart Securities. The opening ceremony was held on 7 January 2023 at Waterfall Sports & Wellness in Kornhill, where our charity ambassadors Strawberry YEUNG and Simon TANG were invited to spread the positive energy of emotional health to the participants and demonstrated the Warm-up and ankle sprain prevention exercise respectively. Victoria LAM, JMHF's Founder and Trustee, delivered her New Year greetings to the public in the image of the God of Wealth.



## #HappyXmasBallChallenge

舉辦日期 Date : 12/2023

本計劃為晴報廣泛焦慮症教育項目，活動要求挑戰者在聖誕波上畫上一張 Happy Face，拍照後加上相關 hashtag，並上傳至個人 Instagram，藉此將佳節快樂氣氛傳揚開去的同時，提醒自己及身邊人正視情緒問題。每人完成挑戰後，香港經濟日報便會捐 \$10 到本會。

As part of Sky Post's generalized anxiety disorder education programme, challengers were asked to draw a happy face on a Christmas ball, take a picture of it, add a hashtag and upload it to their Instagram to spread festive cheer and remind themselves and those around them to face up to their emotional issues. Upon completion of the challenge, the Hong Kong Economic Times will donate \$10 to JMHF.



## 心晴吉祥人物 Joyful Lucky Icons

舉辦日期 Date : 年度項目 All Year Round

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，提醒我們在生活中遇到任何挫折，也必須抱着樂觀的心情，以積極的態度去面對。

每個吉祥物之捐款額由 HK\$2,388 起，而吉祥物會印上善長或贊助公司的名字。所認購的吉祥物將會擺放在心晴會址內，以示謝意。

In daily life, a simple smile or a word of encouragement sometimes may make all the difference. JMHF has created a pair of lucky icons "The Cheerful Duo" in 2005 to remind people that in facing difficulties, we should still be optimistic and deal with them positively.

The price of the lucky icon model figure starts from HK\$2,388. The name of the donor / sponsor will be printed on the model figure. With respect to the donors / sponsors, the model figures will be placed at the office of JMHF.



笑爺笑奶分為春夏秋冬四個版本  
The 4-season Joyful Duo versions

## 善 Joy 捐款計劃 Joyful Donation Scheme

舉辦日期 Date : 年度項目 All Year Round

心晴行動推出「善 Joy 捐款計劃」，鼓勵公眾在特別日子捐出部分禮金代替回禮，又或藉着捐贈去懷念遠去親人，以幫助情緒病患者及其家屬。捐款達一定金額，可選擇由本會設計的賀卡作回禮卡，供捐贈者自行印刷。

We launched the Joyful Scheme for donations which encourages people to donate part of the gifts received or favors returned in money terms on their special occasions. Such donations will commemorate their beloved ones to help others with mental disturbances and their families. Depending on the sum of donations, donors are opted to choose our cards for printing to send out their thankful messages.



回禮卡樣本  
Sample of the cards



活動列表

List of Activities

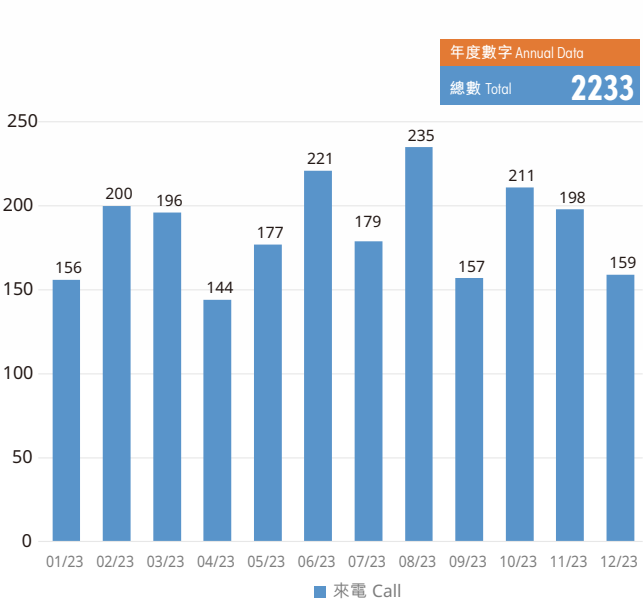
舉行日期 Date (dd/mm/yyyy)		活動名稱	Activity
10/1/2023 - 28/2/2023	籌款	耀才證券呈獻：心晴喜步行大運 2023	Bright Smart Securities Presents: Joyful Charity Walk 2023
22/3/2023 29/3/2023 21/4/2023	研究及發展	「五感玩遊校園樂」校園情緒健康推廣計劃	Five Senses of Mental Well-being in Schools-Mental Well-being Promotional Program
1/4/2023-31/3/2024	研究及發展	晴心線上行計劃	Wellbeing Online Project
5/2023 - 2/2024	服務	熱線義工訓練課程 2023-2024	Hotline Volunteers Basic Training Course 2023-2024
28/6/2023	教育	利民會友樂坊（黃大仙）探訪	Visit to Richmond Fellowship of Hong Kong ALOHA(Wong Tai Sin)
7-8/2023	推廣	花旗集團 - 社聯大學生社責實踐 2023	Citi-HKCSS Community Intern Program 2023
7/7/2023	服務	熱線義工進階訓練課程 2023-2024	Hotline Volunteers Advanced Training Course 2023-2024
19/7/2023 12/10/2023	教育	參觀黃大仙地區康健中心	Visit to Wong Tai Sin District Health Centre
24/7/2023 11/12/2023	服務	朋輩支援聚會	Peer Support Group
25/7/2023	推廣	保單捐贈計劃嘉許典禮 2022-2023	Policy Donation Program Recognition Award 2022-2023
26/8/2023	教育	家庭精神健康工作坊	Family Mental Health Workshop
9-10/2023	籌款	水禾田慈善畫義賣展	Water Poon Chinese Ink Painting Charity Exhibition
18/9/2023 25/9/2023	教育	情緒支援危機實務技巧課程	Practical Skills Programme for Emotional Support in Crisis
27/11/2023	教育	朋輩支援技巧工作坊	Peer Support Group Skills Workshop
12/2023	籌款	#HappyXmasBallChallenge	#HappyXmasBallChallenge
全年項目 All Year Round	服務	專業面談輔導服務	Professional Counselling Services
全年項目 All Year Round	服務	熱線服務：2301 2303	Hotline Services: 2301 2303
全年項目 All Year Round	推廣	情緒健康短片製作	Mental Health Video Productions
全年項目 All Year Round	推廣	商界展關懷 2023	Caring Company 2023
全年項目 All Year Round	推廣	精神健康月 2023	Mental Health Month 2023
全年項目 All Year Round	研究及發展	心晴無憂：社區長者情緒健康計劃	Joyful Community Elderly Mental Health Scheme
全年項目 All Year Round	研究及發展	情緒健康講座及工作坊	Mental Health Talks and Workshops
全年項目 All Year Round	籌款	心晴吉祥人物認捐	Joyful Lucky Icons Donation Programme
全年項目 All Year Round	籌款	善 joy 捐款計劃	Joyful Donation Scheme
全年項目 All Year Round	籌款	保單捐贈計劃	Policy Donation

統計數據

Statistics

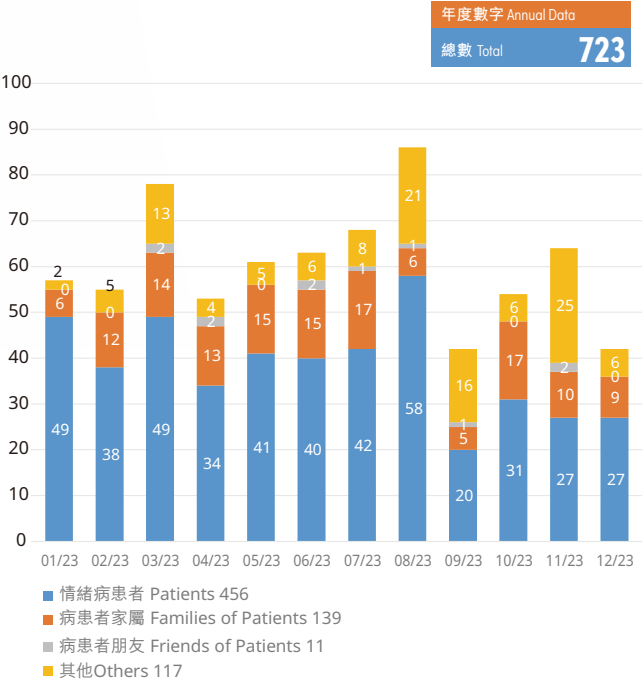
熱線服務統計

Hotline Stctistics



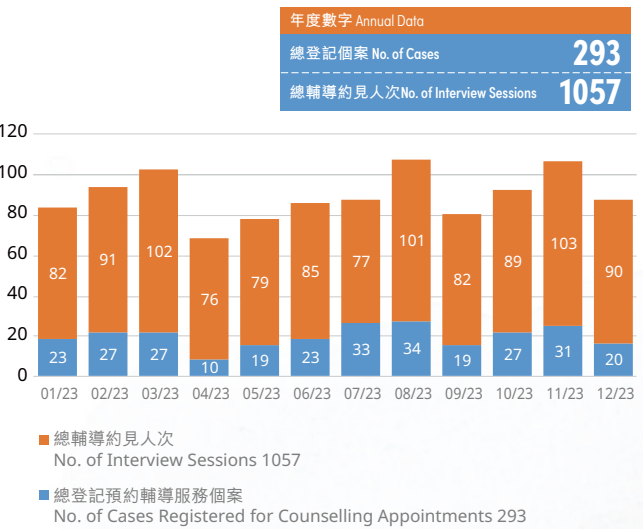
深入來電個案

Hotline Cases



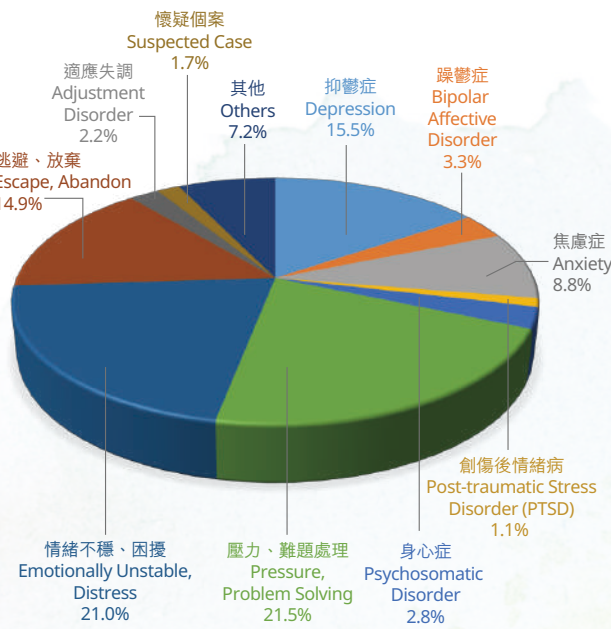
輔導個案

Professional Counselling Service Statistics



求助病患者情況

Patient's Condition





## 鳴謝名單

### Acknowledgement

特別鳴謝 Special thanks to:



林建明  
Victoria LAM

黃綺雯博士  
Dr. Alice WONG

水禾田  
Water POON

龐繼民  
Kevin PONG

馮康醫生  
Dr. Hong FUNG

夏月嫻  
Josephine HA

黃進達  
Jason WONG, JP

楊光  
Sunny YEUNG

萬綺雯  
Joey MAN

鄭子誠  
Timothy CHENG

楊玉梅  
Strawberry YEUNG

鄧世文  
Simon TANG

柳發文博士  
Dr. Peter LAU

王秉怡  
Natalis WONG

周博軒博士  
Dr. Felix CHOW

星港貿易發展有限公司  
Starport Trading and Development Limited

中環街市  
Central Market

市區重建局  
Urban Renewal Authority

香港菁英會  
The Y.Elites Association

關愛健康協會  
Healthy Life Association Limited

Terratec Limited

務騰 (香港) 有限公司  
WT Partnership (HK) Limited

義務工作發展局  
Agency for Volunteer Service

商業電台  
Hong Kong Commercial Broadcasting Corporation Limited

排名不分先後，捐款者眾，未能盡錄所有善長芳名，我們謹代表所有受惠者，衷心感謝您的支持。  
Listed in no particular order. Due to limited space, please accept our apologies for not being able to list the names of all the donors and supporters.

## 鳴謝名單

### Acknowledgement

公司機構 Companies & Organisations

仁濟醫院社會服務部專業培訓中心  
Yan Chai Hospital Training Service & Professional Training Centre

天昊會計師事務所有限公司  
MCI CPA Limited

利比有限公司  
Rider Levett Bucknall Limited

利民會友樂坊 (黃大仙)  
ALOHA (Wong Tai Sin) - Richmond Fellowship of Hong Kong

妍亮生命慈善基金有限公司  
Shining Life Limited

花旗集團  
Citigroup Inc.

香港人壽保險從業員協會慈善基金  
The LUA Foundation Limited

香港乳癌基金會  
Hong Kong Breast Cancer Foundation

香港明德會  
Hong Kong Mingde Organization

香港保健食品協會有限公司  
The Hong Kong Health Food Association Limited

香港基督教女青年會  
長青松柏中心 (青衣)  
Hong Kong Young Women's Christian Association  
Cheung Ching Neighbourhood Elderly Centre (Tsing Yi)

香港經濟日報  
Hong Kong Economic Times

國際四方福音會香港教區建生堂  
耆年中心 (屯門)  
International Church of the Foursquare Gospel Hong Kong District Kin Sang Church Elderly Centre (Tuen Mun)

曼秀雷敦 (亞洲太平洋) 有限公司  
Mentholatum (Asia Pacific) Ltd

梁愷珩婦癌基金會  
Karen Leung Foundation

勞工及福利局  
Labour and Welfare Bureau

黃大仙地區康健中心  
Wong Tai Sin District Health Centre

精神健康月籌委會  
Mental Health Month Preparation Committee

銀騎士  
Silveriders Limited

嶺南大學學生事務處輔導組  
The Counselling Team of the Office of Student Affairs of Lingnan University

癌症策略關注組  
The Cancer Strategic Concern Group

生命力出版有限公司  
Vitality Publications Limited

蘇黎世保險有限公司  
Zurich Insurance Company Ltd

Clinic First Limited

Fornita Creations Ltd

Google Ads Hong Kong

MindHK

Waterfall Sports & Wellness

排名不分先後，捐款者眾，未能盡錄所有善長芳名，我們謹代表所有受惠者，衷心感謝您的支持。  
Listed in no particular order. Due to limited space, please accept our apologies for not being able to list the names of all the donors and supporters.



## 鳴謝名單

### Acknowledgement

#### 個人 Individuals

Chak Wai Man  
Chan Ching  
Chan Chung Kin Hoi  
Chan Man Shing  
Chan Wing Ki  
Chan Wing Lam  
Cheung Kenny  
Cheung Kin Ming  
Cheung Pui Yin Edwina  
Choi Wai Ching Helen  
Chong Ting Ting  
Chow Alisa  
Chow Kit  
Choy Louisa  
Chu Wai Kwan  
Ferguson Jennifer  
Fung Pui Lan  
Hon Hoi Tung  
Ip Eunice  
Kwan Lai Man  
Lai Wing Kei  
Lam King Ken  
Lam Peggie  
Lam Wai Lun Eric  
Lau Chau Kuen  
Lau Wing Che Jennifer  
Law Hui Ching  
Lee Eric  
Lee Gin  
Lee Rossanna  
Lee San Kuen  
Lee Wing Leung  
Lei Iok Cheng  
Leung Hoi Shan  
Leung Kit Shan  
Leung Lai Sheung  
Leung Pak Ki  
Leung Wai Chun  
Leung Wai Yin  
Lui Chuen Kwan  
Mak Hei Tung Sophia  
Mills Jonathan  
Mok Hoi Lam

Nga Ka Mei  
Poon Hiu Lun Alan  
Puen Wing Fai  
Shek Tsz Yan Tiffany  
Shen Law Lai Luen Anita  
Suen Wai Yin  
Tam Fung Kwan Betty  
Tam Wai Yin Karen  
Tong Chun Kay  
Tse Elim  
Wah Ryan  
Wong Ka Man  
Wong Ping Ho  
Wong Tze Kwan  
Wong Wai Yee Vicky  
Wong Winton  
Wong's Family  
Woo Gladys  
Wu Yuk Ming Mina  
Yeung Yeuk Fun Emma  
Yeung Yuk Chun  
Yip Hiu Ling  
Yiu Irene  
Yiu Kit Ngan Isabella  
支譽儀  
左啟希  
石浚鏗  
伍仲衡  
朱紅  
何玉嬋  
何沐萌博士  
余倩庭  
余雪瑩  
吳偉明  
吳騰飛  
杜悅生  
辛志雄  
卓文芳  
周仁傑  
林琮娟  
邱遠強博士  
張少眉  
梁哲瑩

梁國安  
梁凱邦  
梁愛詩  
莫迪瑩  
陳秀娟  
陳威璉  
陳珮宜  
陳偉忠  
陳瑞吟  
麥美倫  
麥慶求  
善心蓮心  
曾超群  
曾詩銘  
馮立峰  
馮志明  
馮健強  
馮惠兒  
黃少強  
黃永泰  
黃安蓮  
黃慧儀  
楊麗紅  
廖家寶博士  
劉肇基  
蔡金明  
蔣麗萍  
鄧焯榮博士  
黎俊良  
黎鳳賢  
鮑張貴蘭  
鄺銘深  
魏秋玲  
羅艷珠  
譚子豪  
譚揚  
蘇敏儀

JOYFUL (MENTAL HEALTH) FOUNDATION  
心晴行動慈善基金  
REPORTS AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023

排名不分先後，捐款者眾，未能盡錄所有善長芳名，我們謹代表所有受惠者，衷心感謝您的支持。  
Listed in no particular order. Due to limited space, please accept our apologies for not being able to list the names of all the donors and supporters.





Joyful (Mental Health) Foundation  
Reports and financial statements  
For the year ended 31 March 2023

Contents	Pages
Report of the executive committee	1 - 2
Independent auditor's report	3 - 5
Statement of income and expenditure and other comprehensive income	6
Statement of financial position	7
Statement of changes in funds	8
Statement of cash flows	9
Notes to the financial statements	10 - 26

Joyful (Mental Health) Foundation  
Report of the Executive Committee

The Executive Committee submits herewith its report together with the audited financial statements of Joyful (Mental Health) Foundation (the "Foundation") for the year ended 31 March 2023.

**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 years.

**Financial statements**

The deficit of the Foundation for the year ended 31 March 2023 and the Foundation's financial position as at the date are set out in the financial statements on pages 6 to 26.

**Funds**

Details of movements in funds during the year are set out in the statement of changes in funds on page 8.

**Share capital**

The Foundation was incorporated under the Companies Ordinance as a company with liability limited by guarantee and it has no share capital.

**Permitted indemnity provision**

At no time during the year and up to the date of this Report of the Executive Committee, there was or is, any permitted indemnity provision being in force for the benefit of any of the Executive Committee members of the Foundation (whether made by Foundation or otherwise).



Joyful (Mental Health) Foundation  
Report of the Executive Committee

Members of the Executive Committee

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

WONG Yee Man (Chairperson)  
LAU Fat Man  
TSAO Kwan Kit  
TUNG Fung Tao, Nicholas  
WONG Ping Yee, Natalis  
WONG Oi Chi, Gloria  
CHOW Bok Hin, Felix  
FUNG Tak Cheung, Nicholas  
MAK Ka Yan, Samuel  
(appointed on 1 January 2023)

In accordance with article 36 of the Foundation's Articles of Association, all existing members of the Executive Committee except the Chairperson shall retire at the forthcoming annual general meeting and, being eligible, offer themselves for re-election.

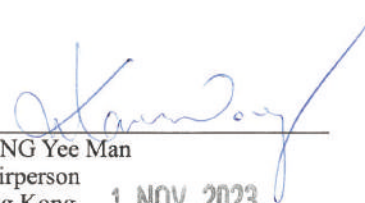
Reporting exemption

Since the Foundation falls within reporting exemption for the financial year in accordance with the Companies Ordinance, it has been exempted from certain disclosures in the report of the Executive Committee and in the financial statements.

Auditor

The financial statements have been audited by MCI CPA Limited, *Certified Public Accountants (Practising)*, who retire and, being eligible, offer itself for re-appointment. A resolution for the re-appointment of MCI CPA Limited, *Certified Public Accountants (Practising)*, as the Foundation's auditor is to be proposed at the forthcoming annual general meeting.

On behalf of the Executive Committee

  
WONG Yee Man  
Chairperson  
Hong Kong, 1 NOV 2023



MCI CPA Limited  
天昊會計師事務所有限公司

Independent auditor's report  
To the members of Joyful (Mental Health) Foundation  
(Incorporated in Hong Kong with limited liability by guarantee)

Opinion

We have audited the financial statements of Joyful (Mental Health) Foundation (the "Foundation") set out on pages 6 to 26, which comprise the statement of financial position as at 31 March 2023, the statement of income and expenditure and other comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Foundation as at 31 March 2023, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Companies Ordinance.

Basis for opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Foundation in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code") and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other information

The Executive Committee is responsible for the other information. The other information comprises the information included in the report of Executive Committee, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

continued/...

香港鰂魚涌英皇道663號  
泓富產業千禧廣場10樓1001-03室  
電話 +852 2529 9399

Units 1001-03, 10/F, Prosperity Millennia Plaza,  
663 King's Road, Quarry Bay, Hong Kong  
Tel +852 2529 9399

商界展關懷  
caringcompany  
Awarded by The Hong Kong Council of Social Service  
香港社會服務聯會頒發



**Independent auditor's report**  
**To the members of Joyful (Mental Health) Foundation**  
(Incorporated in Hong Kong with limited liability by guarantee)

#### Responsibilities of the Executive Committee for the financial statements

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

In preparing the financial statements, the Executive Committee of the Foundation is responsible for assessing the Foundation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Executive Committee either intends to liquidate the Foundation or to cease operations, or has no realistic alternative but to do so.

The Executive Committee is responsible for overseeing the Foundation's financial reporting process.

#### Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risk of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

continued/...

**Independent auditor's report**  
**To the members of Joyful (Mental Health) Foundation**  
(Incorporated in Hong Kong with limited liability by guarantee)

#### Auditor's responsibilities (continued)

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Foundation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Executive Committee.
- Conclude on the appropriateness of the Executive Committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Foundation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Foundation to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Executive Committee regarding, among other matters the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The engagement director on the audit resulting in this independent auditor's report is Yip Ka Ki (Practising Certificate Number: P06883).

*MCI CPA Ltd*

MCI CPA Limited  
Certified Public Accountants  
Hong Kong, 1 NOV 2023



Joyful (Mental Health) Foundation  
Statement of income and expenditure and other comprehensive income  
For the year ended 31 March 2023

	Notes	2023 HK\$	2022 HK\$
<b>Income</b>			
Donation received	5	615,034	1,060,331
Project income	5	<u>1,634,540</u>	<u>383,314</u>
		2,249,574	1,443,645
<b>Less: Cost of income</b>			
Project expenses	6	<u>3,161,704</u>	<u>4,202,350</u>
		( 912,130)	( 2,758,705)
<b>Add: Other income</b>			
Government grant from ESR Programme	7	-	5,000
Government grant under Employment Support Scheme	7	168,000	-
Bank interest income	7	6,917	75
Net foreign exchange gain	7	-	40
Sundry income	7	<u>5,000</u>	<u>5,423</u>
		179,917	10,538
<b>Less: Administrative expenditure</b>			
Auditor's remuneration		20,000	15,000
Bank charges		3,769	4,799
Cleaning expenses		6,336	6,033
Depreciation		781,617	928,088
Electricity, tele-communication and water		38,206	47,908
Insurance		15,846	16,315
Net foreign exchange loss		75	-
Office supplies		11,494	12,126
Postage, printing and stationery		403	679
Provident fund expenses		8,366	8,590
Rates and building management fee		109,848	113,035
Registration fee		3,500	4,324
Repairs and maintenance		20,288	14,126
Salaries and allowances		192,058	181,951
Staff welfare and messing		-	1,920
Sundries		35,396	33,013
Travelling expenses		<u>1,265</u>	<u>800</u>
		1,248,494	1,388,707
<b>Deficit and total comprehensive expenditure for the year</b>	8	<u>( 1,980,707)</u>	<u>( 4,136,874)</u>

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

Joyful (Mental Health) Foundation  
Statement of financial position  
As at 31 March 2023

	Notes	2023 HK\$	2022 HK\$
<b>Non-current asset</b>			
Property, plant and equipment	10	<u>15,927,257</u>	<u>16,708,874</u>
<b>Current assets</b>			
Project income and other receivables	11	302,250	131,257
Cash and bank balances	12	<u>4,987,302</u>	<u>6,318,887</u>
		5,289,552	6,450,144
<b>Current liability</b>			
Accruals and other payables		<u>801,776</u>	<u>763,278</u>
<b>Net current assets</b>		<u>4,487,776</u>	<u>5,686,866</u>
<b>Net assets</b>		<u>20,415,033</u>	<u>22,395,740</u>
<b>Funds</b>			
Education development fund	13	4,600,000	4,600,000
Fundraising and promotion fund	13	2,075,000	2,075,000
Research and community development fund	13	2,400,000	2,400,000
Services fund	13	2,638,100	2,638,100
Operation fund	13	<u>8,701,933</u>	<u>10,682,640</u>
		20,415,033	22,395,740

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

Approved and authorised for issued by the Executive Committee on <sup>F</sup> 1 NOV 2023

Wong Yee Man  
Chairperson

Tszo Kwan Kit  
Treasurer



**Joyful (Mental Health) Foundation**  
**Statement of changes in funds**  
**For the year ended 31 March 2023**

	Education development fund HK\$	Fundraising and promotion fund HK\$	Research and community development fund HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
At 1 April 2021	4,600,000	2,075,000	2,400,000	2,638,100	14,819,514	26,532,614
Deficit and total comprehensive expenditure for the year	-	-	-	-	( 4,136,874)	( 4,136,874)
At 31 March 2022 and 1 April 2022	4,600,000	2,075,000	2,400,000	2,638,100	10,682,640	22,962,793
Deficit and total comprehensive expenditure for the year	-	-	-	-	( 1,980,707)	( 1,980,707)
At 31 March 2023	4,600,000	2,075,000	2,400,000	2,638,100	8,701,933	20,415,033

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

8

**Joyful (mental health) foundation**  
**Statement of cash flows**  
**For the year ended 31 March 2023**

	Note	2023 HK\$	2022 HK\$
<b>Operating activities</b>			
Deficit for the year		( 1,980,707)	( 4,136,874)
Adjustments for:			
Depreciation		781,617	928,088
Interest income		( 6,917)	( 75)
<b>Operating deficit before changes in working capital</b>		( 1,206,007)	( 3,208,861)
(Increase) / Decrease in project income and other receivables		( 170,993)	27,933
Increase in accruals and other payables		38,498	157,016
<b>Cash used in operations</b>		( 1,338,502)	( 3,023,912)
Interest received		6,917	75
<b>Net cash used in operating activities</b>		( 1,331,585)	( 3,023,837)
<b>Net decrease in cash and cash equivalents</b>		( 1,331,585)	( 3,023,837)
Cash and cash equivalents at the beginning of year		6,318,887	9,342,724
<b>Cash and cash equivalents at the end of year</b>	12	4,987,302	6,318,887

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

9



#### 1. Corporate information

Joyful (Mental Health) Foundation (the “Foundation”) is a Foundation incorporated with liability limited by guarantee and domiciled in Hong Kong. Every member undertakes to contribute to the assets of the Foundation, in the event of its being wound up for an amount not exceeding HK\$100. The address of its registered office and principal place of operation is Units 01-03, 10/F, New Treasure Centre, 10 Ng Fong Street, San Po Kong, Kowloon, Hong Kong.

#### 2. Statement of compliance and basis of preparation

These financial statements have been prepared in accordance with all applicable HKFRSs, which collectively includes all applicable individual Hong Kong Financial Reporting Standards, Hong Kong Accounting Standards (“HKASs”) and Interpretations issued by the HKICPA, accounting principles generally accepted in Hong Kong and the requirements of the Companies Ordinance.

The financial statements have been prepared on the historical cost basis, as explained in the respective accounting policies as set out below.

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

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

#### 3. Application of new and revised Hong Kong Financial Reporting Standards

The HKICPA has issued certain new, revised and amendments to HKFRSs that are first effective for the current accounting period of the Foundation. The application of the amendment to the standards in the current year has had no material effect on the Foundation’s financial performance and positions for the current and prior year and on the disclosures set out in these financial statements.

The Foundation has not applied the new, revised and amendments to HKFRSs that have been issued but are not yet effective for the current accounting period.

#### 4. Basis of preparation and accounting policies

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

##### (a) Income recognition

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

- Income from donation is recognised when cash is received up to end of the reporting period;
- Bank interest income is recognised using the effective interest method;
- Project income is recognised when the services are rendered; and
- Government grants from Joyful Market - Tin Shui Wai (“JM-TSW Project”) that compensate JM-TSW Project for expenses incurred are recognised as income in the statement of income and expenditure on a systematic basis in the same period in which the expenses are incurred. Grants that compensate JM-TSW Project for the cost of an asset are recognised in the statement of income and expenditure as income on a systematic basis over the useful life of the asset.



#### 4. Basis of preparation and accounting policies (continued)

##### (b) Project income receivables

A receivable is recognised when the Foundation's right to consideration is unconditional. A right to consideration is unconditional if only the passage of time is required before payment of that consideration is due. If revenue has been recognised before the Foundation has an unconditional right to consideration, the amount is presented as a contract asset. Receivables are stated at amortised cost using the effective interest method less allowance for credit losses (see note 4(f)).

If collection of project income and other receivables is expected in one year or less, they are classified as current assets. If not, they are presented as non-current assets.

##### (c) Other payables

Other payables are initially recognised at the transaction price (including transaction costs) and subsequently measured at amortised cost using the effective interest method.

Accruals and other payables are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

##### (d) Property, plant and equipment

Property, plant and equipment are stated in the statement of financial position at cost less accumulated depreciation.

The depreciation amount of an item of property, plant and equipment is allocated on a systematic basis over its estimated useful life using the straight-line method. The principal annual rates used for depreciation are as follows:

Leasehold land and building	over the shorter of the unexpired term of lease and their estimated useful lives
Leasehold improvements	20%
Furniture and fixtures	20%
Equipment	20%

The gain or loss on disposal or retirement of an asset recognised in the statement of income and expenditure is the difference between the net sale proceeds and the carrying amount of the relevant asset.

#### 4. Basis of preparation and accounting policies (continued)

##### (e) Financial instruments

Financial assets and financial liabilities are recognised in the statements of financial position when a group entity becomes a party to the contractual provisions of the instrument. Financial assets and financial liabilities within the scope of HKFRS 9 are initially measured at fair value and transaction costs that are directly attributable to the acquisition or issue of financial assets and financial liabilities are added to or deducted from the fair value of the financial assets or financial liabilities, as appropriate, on initial recognition.

The Foundation's financial assets, including deposits, receivables, time deposits and cash and cash equivalents, are subsequently measured at amortized cost using the effective interest method, less identified impairment charges (see note 2(f)) as the assets are held within a business model whose objective is to hold assets in order to collect contractual cash flows and the contractual terms of the financial assets give rise on specific dates to cash flows that are solely payments of principal and interest on the principal amount outstanding.

Financial liabilities include lease liabilities, payables and accruals. All financial liabilities are subsequently measured at amortised cost using the effective interest method.

##### (f) Impairment of financial assets

The Foundation recognises loss allowances for expected credit loss on the financial instruments that are not measured at fair value through surplus or deficit. The Foundation considers the probability of default upon initial recognition of financial assets and assesses whether there has been a significant increase in credit risk on an ongoing basis.

The Foundation considers the credit risk on a financial instrument is low if the financial instrument has a low risk of default, the debtor has a strong capacity to meet its contractual cash flow obligations in the near term and adverse changes in economic and business conditions in the longer term may, but will not necessarily, reduce the ability of the debtor to fulfill its contractual cash flow obligations.

The carrying amount of the receivables is reduced through the use of the receivable impairment charges account. Changes in the carrying amount of the receivable impairment charges account are recognised in surplus or deficit. The receivable is written off against the receivable impairment charges account when the Foundation has no reasonable expectations of recovering the receivable.

If, in a subsequent period, the amount of expected credit losses decreases, the reversal would be adjusted to the receivable impairment charges account at the reporting date. The amount of any reversal is recognised in surplus or deficit.



4. Basis of preparation and accounting policies (continued)

(g) Derecognition of financial assets and financial liabilities

Financial assets are derecognised when the contractual rights to receive the cash flows of the financial assets expire; or where the Foundation transfers the financial assets and either (i) it has transferred substantially all the risks and rewards of ownership of the financial assets; or (ii) it has neither transferred nor retained substantially all the risks and rewards of ownership of the financial assets but has not retained control of the financial assets.

Financial liabilities are derecognised when they are extinguished, i.e. when the obligation is discharged, cancelled or expires.

(h) Impairment of non-financial assets

Internal and external sources of information are reviewed at the end of each reporting period to identify indications that assets may be impaired or an impairment charge previously recognised no longer exists or may have decreased. If any such indication exists, the asset's recoverable amount is estimated. The recoverable amount of an asset is the higher of its fair value less costs of disposal and value in use. An impairment charge is recognised in surplus or deficit whenever the carrying amount of an asset exceeds its recoverable amount.

An impairment charge is reversed if there has been a change in the estimates used to determine the recoverable amount and which results in an increase in the recoverable amount. A reversal of impairment charges is limited to the asset's carrying amount that would have been determined had no impairment charge been recognised in prior periods. Reversals of impairment charges are credited to surplus or deficit in the period in which the reversals are recognised.

(i) Employee benefits

Salaries, annual bonuses, annual leave entitlements and the cost to the Foundation of non-monetary benefits are accrued in the period in which the associated services are rendered by employees of the Foundation.

Obligations for contributions to defined contribution retirement plan under the Hong Kong Mandatory Provident Fund Schemes Ordinance are recognised as an expense in the income statement as incurred.

The Foundation operates a defined contribution mandatory provident fund scheme ("MPF Scheme") for its employees in Hong Kong. The assets of the MPF scheme are held separately from those of the Foundation in independent administration funds.

4. Basis of preparation and accounting policies (continued)

(j) Government grants

Government grants are recognised as income over periods necessary to match them with the related costs they are intended to compensate, on a systematic basis when there is reasonable assurance that the Foundation will comply with the conditions attaching of them and the grants will be received. A government grant that becomes receivable as compensation for expenses or losses already incurred or for the purpose of giving immediate financial support to the Foundation, with no future related costs, is recognised as income of the period in which it becomes receivable. Government grants received before the revenue recognition criteria are recognised as a liability.

(k) Cash and cash equivalents

For the purpose of the statement of cash flows, cash and cash equivalents represent cash at bank and on hand, demand deposits with banks and other financial institutions, and short-term highly liquid investments which are readily convertible into known amounts of cash and subject to an insignificant risk of change in value, with original maturities of three months or less.

(l) Provision

Provision is recognised when the Foundation has a present legal or constructive obligation as a result of a past event, it is probable that an outflow of resources will be required to settle the obligation, and a reliable estimate of the amount can be made. Where the Foundation expects a provision to be reimbursed, for example under an insurance contract, the reimbursement is recognised as a separate asset but when the reimbursement is virtually certain.

5. 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.



Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

5. Income (continued)

An analysis of the Foundation's income for the years presented is as follows:

	2023 HK\$	2022 HK\$
Revenue from contracts with customers <i>Point in time</i>		
<b>Project income</b>		
Education	-	1,500
Fund-raising activities		
笑爺笑奶認捐計劃	36,292	24,328
商業電台《有誰共鳴》節目	524	1,834
level up 精神健康推廣活動	-	38,317
AIA友愛心慈善活動	-	85,000
《梅艷芳》電影慈善優先場	-	148,095
禮品工房e-card及月曆義賣	176,550	-
「正向抗逆情」心理輔導計劃	100,000	-
Happy Run慈善線上跑	250,000	-
心靈抗逆行動贊助計劃	58,250	-
康泰高爾夫球中心慈善賽2022	100,000	-
心晴喜步行大運	200,133	-
	<u>921,749</u>	<u>297,574</u>
Promotion	4,000	3,000
Services	289,942	295,609
Research & Development		
心晴無憂之五感玩遊樂社區	-	244,648
Others	-	218,000
晴心抗逆計劃	292,000	-
情緒健康講座及工作坊	22,000	-
滙豐香港社區夥伴計劃2021	104,849	-
	<u>418,849</u>	<u>462,648</u>
Sub-total	1,634,540	1,060,331
<b>Donation received</b>	<u>615,034</u>	<u>383,314</u>
	<u>2,249,574</u>	<u>1,443,645</u>

16

Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

6. Project expenses

	2023 HK\$	2022 HK\$
Education	554,693	1,830,435
Fund-raising activities		
禮品工房e-card及月曆義賣	2,912	-
「正向抗逆情」心理輔導計劃	179,937	-
心晴喜步行大運	72,712	-
Others	<u>13,145</u>	<u>268,856</u>
	<u>268,706</u>	<u>268,856</u>
Promotion	217,043	291,174
Services	1,047,617	1,523,483
Research & Development		
心晴無憂之五感玩遊樂社區	-	115,932
學校輔導計劃	7,140	-
晴心抗逆計劃	292,000	-
心晴無憂-社區長者情緒健康項目	484,356	-
心聆導航領袖培訓計劃	24,410	-
滙豐香港社區夥伴計劃2021	219,315	-
情緒健康講座及工作坊	8,400	-
五感玩遊校園樂	34,350	-
Others	<u>3,674</u>	<u>172,470</u>
	<u>1,073,645</u>	<u>288,402</u>
	<u>3,161,704</u>	<u>4,197,800</u>

7. Other income

	2023 HK\$	2022 HK\$
Government grant under ESR Programme	-	5,000
Government grant under Employment Support Scheme	168,000	-
Bank interest income	6,917	75
Net foreign exchange gain	-	40
Sundry income	<u>5,000</u>	<u>5,423</u>
	<u>179,917</u>	<u>10,538</u>

17



Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

8. Deficit and total comprehensive expenditure for the year

Deficit and total comprehensive expenditure for the year is arrived at after (crediting) / charging the following items:

	2023 HK\$	2022 HK\$
Auditor's remuneration		
- Provision for current year	20,000	20,000
- Over-provision in respect of prior year	-	( 5,000)
Depreciation	781,617	928,088
Employee benefit costs:		
- Salaries*	1,584,524	1,934,289
- Mandatory Provident Fund contribution#	69,026	88,848
Net foreign exchange loss / (gain)	<u>75</u>	<u>( 40)</u>

\* Amount of HK\$1,392,466 included in project expenses

# Amount of HK\$60,660 included in project expenses

9. Income tax

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

Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

10. Property, plant and equipment

	Land and buildings HK\$	Leasehold improvements HK\$	Furniture and fixtures HK\$	Equipment HK\$	Total HK\$
<b>At cost:</b>					
At 1 April 2021, 31 March 2022, 1 April 2022 and 31 March 2023	19,491,244	1,092,790	110,285	606,506	21,300,825
<b>Accumulated depreciation:</b>					
At 1 April 2021	2,273,979	767,169	98,018	524,697	3,663,863
Charge for the year	649,709	218,558	9,200	50,621	928,088
At 31 March 2022 and 1 April 2022	2,923,688	985,727	107,218	575,318	4,591,951
Charge for the year	649,708	107,063	3,067	21,779	781,617
At 31 March 2023	3,573,396	1,092,790	110,285	597,097	5,373,568
<b>Net book value:</b>					
At 31 March 2023	15,917,848	-	-	9,409	15,927,257
At 31 March 2022	16,567,556	107,063	3,067	31,188	16,708,874



# 11. Project income and other receivables

	2023 HK\$	2022 HK\$
Project income receivable	179,923	6,916
Other debtors and receivables	<u>122,327</u>	<u>124,341</u>
	<u>302,350</u>	<u>131,257</u>

The aging analysis of past due project income receivable that are not individually nor collectively considered to be impaired is as follows:

	2023 HK\$	2022 HK\$
Less than 1 month past due	<u>179,923</u>	<u>6,916</u>

All the project income receivables were received fully after the year end. No allowance for expected credit losses is recognised as at the end of reporting period.

# 12. Cash and bank balances

Cash and bank balances included in the statement of cash flows comprise the following items in the statement of financial position:

	2023 HK\$	2022 HK\$
Cash at bank and on hand	4,472,789	5,805,569
Time deposit having maturity of not more than three months at acquisition	<u>514,513</u>	<u>513,318</u>
	<u>4,987,302</u>	<u>6,318,887</u>

# 13. Funds

The Foundation was incorporated under the Companies Ordinance as a company limited by guarantee. The liability of each member is limited to contributing 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

The fund is used for developing educational programmes for the general public in enhancing the knowledge on emotional health.

## Fundraising and Promotion Fund

Income to the fund is the donation received from various fund raising and promotion events. The fund is used to finance the promotion and public relation activities.

## Research and Community Development Fund

The fund is used for the provision of research projects on mental and emotional health in Hong Kong, and education seminars / workshops on mental and emotional health to the general public.

## Services Fund

- (i) The fund is used for support charitable organisations which are serving patient with mood disorder and the families in Hong Kong.
- (ii) The fund is used for the provision of personal counseling services by experienced counselors and appropriate solutions to the people who suffer from mood disorder.
- (iii) The fund is used for the provision of hotlines services to provide information about mood disorder to necessary people.

## Operation Fund

The fund is held to support the administrative and operation expenditure of the Foundation.



Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

14. Financial risk management objectives and policies

Exposure to credit, liquidity, interest rate and currency risks arises in the normal course of the Foundation's business. These risks are limited by the Foundation's financial management policies practices described below.

(a) Foreign currency risk

The Foundation carried out operations in various foreign currencies, mainly Australian dollars and Renminbi, that exposes it to currency risk arising from such business operations and the resulting receivables and the payables.

The Foundation closely and continuously monitors the exposure on currency risk. Even HK dollars is not pegged to Renminbi and Australian dollars, the Renminbi and Australian dollars transactions and balances are insignificant. Thus, there is no significant exposure expected on Renminbi and Australian Dollars transactions and balances. In case of any significant fluctuation expected, the Renminbi and Australian dollars transactions and balances would also be monitored and controlled in the same manner as other foreign currencies.

Summary quantitative data

	RMB (HK\$)	AUD (HK\$)	Total (HK\$)
<u>2023</u>			
Cash and bank balances	<u>825</u>	<u>-</u>	<u>4,987,302</u>
<u>2022</u>			
Cash and bank balances	<u>1,005</u>	<u>4</u>	<u>6,318,887</u>

No sensitivity analysis for the Foundation's exposure to currency risk arising from financial assets and liabilities denominated Renminbi and Australian dollars are prepared since the management's assessment of reasonably possible changes in value of the HK dollar against Renminbi and Australian dollars are insignificant.

Joyful (Mental Health) Foundation  
Notes to the financial statements  
For the year ended 31 March 2023

14. Financial risk management objectives and policies (continued)

(b) Credit risk

The Foundation is exposed to credit risk on financial assets, mainly attributable to project income receivable.

Summary quantitative data

	2023 HK\$	2022 HK\$
Project income receivable (note 11)	179,923	6,916
Other debtors and receivables (note 11)	122,327	124,341
Cash and bank balances (note 12)	4,472,789	5,805,569
Fixed deposit (note 12)	<u>514,513</u>	<u>513,318</u>
	<u>5,289,552</u>	<u>6,450,144</u>

The Foundation's main source of income is subventions from the Government of Hong Kong Special Administrative Region and donations from the general public and other charitable organisations. It has no other significant financial assets which lead to any credit risk to the Foundation. Arising from the adverse economic impact from the Covid-19 pandemic, the Foundation has been closely monitoring the situation and carrying out necessary evaluation to assess the level of expected credit loss. Accordingly, the Executive Committee is of the opinion that the relevant credit risk of the Foundation is low without any significant concentration.

The Foundation's financial assets at amortised cost are subject to the ECL model. While cash at banks and short-term bank deposits are also subject to the impairment requirements of HKFRS 9, the identified loss allowance was immaterial as they are mainly deposited in reputable and creditworthy banks. For other financial assets at amortised cost, no loss allowance is determined as at 31 March 2023 and 2022 as in the opinion of the Executive Committee, the expected credit loss is immaterial.

The maximum exposure to credit risk is represented by the carrying amount of each financial asset in the statement of financial position.

The Executive Committee is satisfied with the credit quality of all financial assets.



14. Financial risk management objectives and policies (continued)

(c) Liquidity risk

The Foundation's policy is to regularly monitor its liquidity requirements, its compliance with lending covenants and its relationship with its bankers to ensure that it maintains sufficient reserves of cash and readily realisable marketable securities and adequate committed lines of funding from major financial institutions to meet its liquidity requirements in the short and longer term.

Maturity of the financial liabilities of the Foundation is all within one year and amounted at HK\$801,776 as at 31 March 2023 (2022: HK\$763,278).

(d) Interest rate risk

The Foundation's exposure on fair value interest rate risk mainly arises from its fixed deposits with banks, which are classified as cash and cash equivalents. It also has exposure on cash flow interest rate risk which is mainly arising from its deposits with banks.

The Foundation mainly holds fixed deposits with banks with maturity within 3 months and the exposure is considered not significant. In consequence, no material exposure on fair value interest rate risk is expected. Even that, the Foundation closely monitors the fair value fluctuation of the investments in case of significant increase in interest rate is foreseen.

Summary quantitative data

	2023 HK\$	2022 HK\$
<u>Fixed-rate financial assets</u>		
Bank balances	2,476,586	2,307,074
Fixed deposit	<u>514,513</u>	<u>513,318</u>
Net interest-bearing assets	<u>2,991,099</u>	<u>2,830,392</u>

14. Financial risk management objectives and policies (continued)

(d) Interest rate risk (continued)

Sensitivity analysis

At 31 March 2023, if interest rates at that date had been 100 basis points higher with all other variables held constant, the Foundation's deficit for the year would have been HK\$29,911 lower (2022: HK\$28,304) and operation fund would have been HK\$29,911 higher (2022: HK\$28,304).

The sensitivity analysis has been prepared with the assumption that the change in interest rates had occurred at the end of each reporting period and had been applied to the exposure to interest rate risk for the relevant financial instruments in existence at that date. The changes in interest rate represent management's assessment of a reasonably possible change in interest rates at that date over the period until the end of the next reporting period.

The analysis is performed on the same basis as 2022.

(e) Market price risk

Market price risk is the risk that the fair value or future cash flows of a financial instrument traded in the market will fluctuate because of changes in market prices.

The Foundation is not exposed to market price risk.

(f) Fair value

The carrying amounts of the Foundation's financial assets and liabilities of short maturities approximate their fair values.



#### 15. Critical accounting estimates and judgments

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Foundation has considered the existing and potential impacts arising from the COVID-19 when preparing the financial statements. Assumptions and estimates are based on circumstances and conditions available when the financial statements were prepared and in particular, assumed that the current market condition as a result of the COVID-19 is not a long-term norm. Given the severity, duration and economic consequences of the COVID-19 are uncertain, actual results may differ significantly from those assumptions and estimates. The Foundation will remain alert and cautious on the ongoing development of COVID-19 that may cause further volatility and uncertainty in the global financial market, economy and operation environment, and will take necessary measures to address the impact arising therefrom.

The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period are addressed above.

### 甚麼是心理輔導？

- 解決情緒問題的歷程
- 建立互信關係
- 以心理學理論為基礎的治療方法排解困擾

## 專業面談 輔導服務

### 治療團隊：

- 專業心理輔導員及臨床心理學家
- 碩士學位或以上的資格
- 超過200小時或以上受督導的輔導經驗



### 宗旨

向受情緒困擾人士提供專業面談輔導服務，及早尋求適當的治療及幫助，儘快康復。

### 對象

- 受情緒困擾而求助的人士及其家人
- 年滿18歲或以上（18歲以下將按情況而決定安排面談與否）

### 範疇

- 情緒管理
- 人際關係
- 子女管教
- 喪親/喪偶
- 家庭關係
- 戀愛關係
- 生活及工作適應

### 時間

輔導面談時間：

星期一至五 上午10:00 - 晚上9:00

星期六 上午9:00 - 下午1:00

星期日及公眾假期休息

### 收費

每節收取\$300

（綜援及有經濟困難的人士可申請「豁免服務收費」，本會將按個別情況接受申請與否。）

### 地點

本會地址：

九龍新蒲崗五芳街10號新寶中心

10樓1001-1003室



登記輔導及查詢 2301 2303



地址 : 九龍新蒲崗五芳街10號新寶中心10樓1001-1003室  
Address : Unit 1001-1003, 10/F, New Treasure Centre,  
10 Ng Fong Street, San Po Kong, Kowloon  
熱線 Hotline : 2301 2303  
辦公室 Office : 2947 8669  
傳真 Fax : 2144 6331  
電郵 E-mail : joyful@jmhf.org



[www.jmhf.org](http://www.jmhf.org)



心晴行動



[jmhf.org](http://jmhf.org)



[jmhf\\_joyful](https://www.instagram.com/jmhf_joyful)