



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

2016-17

打開

心

靈

擁抱

心

ANNUAL
REPORT





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目錄 | Content

2	成立背景及宗旨 Background and Objectives
4	信託人獻辭 Message from the Trustees
6	執行委員獻辭 Message from the Executive Committee Members
8	信託人、顧問團及執行委員會成員 Trustees, Consultants and Executive Committees
11	組織架構 Organisation Structure
12	服務範圍 Scope of Services <ul style="list-style-type: none">- 教育 Education - 服務 Services- 推廣 Promotion - 籌款 Fundraising
42	心晴賽馬會喜動校園計劃 Joyful Jockey Club Love to Move Programme
48	心晴行動社會企業 — 心晴市集 Joyful (Mental Health) Foundation Social Enterprise : Joyful Market
51	活動列表 List of Activities
60	統計數據 Statistics
63	鳴謝名單 Acknowledgements
68	財務報告 Financial Statements

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。根據2001年世界衛生組織一份報告，全球約四分之一人患上不同程度的情緒病；而2012年另一份世界衛生組織報告補充說，全球超過3億5千萬人受抑鬱症影響。

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。

Joyful (Mental Health) Foundation is a registered non profit-making charitable organisation established in 2004 by Ms. Victoria Lam, who once suffered from emotional disorders, together with a group of enthusiastic volunteers. According to a 2001 report by the World Health Organisation (WHO), about a quarter of the world's population suffers from mood disorders to various degrees; furthermore, a 2012 WHO report adds that more than 350 million people worldwide suffer from depression. Depression has become a common mood disorder, and it is estimated that by 2030, depression will become the greatest medical challenge faced by many countries.

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 succumb to suicide. Therefore, the Foundation engages in promoting public understanding in mood disorders, reducing discrimination, and providing counselling, resources and assistance to patients and their families.

宗旨 | Objectives

教育

教育病患者、家屬及公眾有關情緒病的病徵、診斷、治療及預防方法等知識，提高社會各階層對情緒病的認識，增加治療及預防的成效。

Education

To provide patients, their families 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 of their prevention and ways to increase the chances of receiving effective treatments.

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，以令有需要人士及早尋求適當的治療和幫助，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 for people suffering from mood disorders so that they may receive proper treatment and assistance early stage and enjoy a speedy recovery.

推廣

舉辦推廣及宣傳活動，並透過不同傳播媒介，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 promotions have been organised through mass media to provide people with information on mood disorders; to enhance knowledge of mood disorders in the community; and to raise awareness in mental health, so as to reduce misconceptions, prejudices, and discrimination.

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。

A pair of icons, Mr. and Ms. Cheerful, were placed in Hong Kong Victoria Park since 2005 to remind us that even when we encounter setbacks in life, we should remain optimistic and positive.



位於維多利亞公園心晴閣的「笑爺仔、笑奶妹」

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

Founder,
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

人事幾番春秋，宗旨貫徹保留。

宗旨和人事，都是情緒健康這課題重要的一環，我們的三大宗旨：教育、服務及推廣，開展了方向也不斷求進，好讓大眾的生活、工作或學業方面得到幫助，消鬱解憂。

陣容上，這年加入了新面孔，當中有顧問、執委、專業人士及義工們，縱使外表時髦卻內心熱誠，縱是行業的翹楚也仍不忘回饋社會，大家關愛社會之心溢於言表，對推廣情緒健康實是一種鼓舞。

由早年校園計劃延伸的心晴賽會喜動校園計劃，教育大眾身心流動精神好的道理，勿論輸贏，不設起跑線，散放持續喜動情緒好的訊息。而心晴市集亦將由新蒲崗會址推進到天水圍西鐵站，讓有需要的人受到照顧，默默肩負著社企的角色。

感謝在年報裡出現過的人物、事件、情節，大家為情緒健康作出了努力及參與。明白到情緒病的殺傷力實非筆墨所能形容的時候，就知道這份工作是義不容辭，有必要令各方有需要人士共享多贏的成果。

今年世界衛生組織就是以抑鬱作為2017年國際衛生日的主題，口號為：一起來講抑鬱症。情緒病患不再是禁忌，我們要繼續讓有需要的人士得到正確的認識及治療，共同心理健康。



康寶駒先生
Martin Po Kui HONG

劉陳高律師事務所資深合夥人
香港足球會董事

Senior Partner, Lau, Chan & Ko, Solicitors & Notaries
Director of Hong Kong Football Association Ltd



黃綺雯博士
Dr. Alice Yee Man WONG

心晴行動慈善基金
主席

Chairperson,
Joyful (Mental Health) Foundation

Days gone by where events and persons pass by; what remains unchanged is our aims.

Aims and persons are important attributes in mental health. Our three aims: Education, Services, Promotion and Publicity paved the way and strived to help the public in living, work or study issues, relieving their stresses.

New members joined our team in the year filled up the roles of consultants, committees, professionals and volunteers. Underneath their cool look is a warm heart, not only taking lead in their professions but also giving back to the society. Their care for the community is well beyond lip service and is an encouragement for promoting emotional health.

Evolved from the earlier School Project, The Joyful Jockey Club Love to Move School Project educated the public the theory of Heart and Body Flow for the healthy spirit: No count on win or lose, and no emphasis on the starting line, what is crucial is incessantly spreading the Love to Move mentality. The Joyful Market is moving from our San Po Kong office to Tin Sui Wei Station, carrying out the mission of helping the needy as a social enterprise.

A hearty thank to all persons, events and scenarios enlisted in the annual report for their efforts and participation in emotional health. Understanding that mood disorder is so destructive where no words can fully describe, this voluntary work is a social responsibility not to be given up easily, the related work must be a win-win for all in need.

The World Health Organisation has chosen Depression as its annual theme for the World Health Day 2017 and launched the Depression: Let's Talk campaign. The illness is no longer a taboo. We will work together to let the needy receive appropriate knowledge and therapy and gear towards psychological health together.

執行委員獻辭 | Message from the Executive Committee Members



董鳳濤先生
Nicholas TUNG

心晴行動慈善基金
副主席(2017年4月上任)

Executive Committee Member
Joyful (Mental Health) Foundation

從一個活動參與者，到成為義工，至今成為執行委員會成員，我接觸心晴行動慈善基金已經超過十年了。今年(2017年)，我非常榮幸被委任為執行委員會副主席，讓我有更多機會在這個平台發揮我個人的綿力，協助心晴行動喚醒大家對香港的情緒疾病的關注。

生活在香港，我們都能感受到這步伐急速的都市所帶來的巨大壓力。無論對成年人或兒童，生活壓力肯定會直接影響精神健康，甚至激發情緒疾病，導致社會對精神情緒病患服務帶來沉重的負擔。心晴行動慈善基金致力為情緒病患者提供適切的心理輔導和轉診服務，同時在各方面進行教育和推廣，提升公眾對情緒疾病的意識，以防患於未然。尤其在校園教育，我們很高興再次獲得香港賽馬會慈善信託基金的捐助，在全港中小學進行校園計劃，通過專家講座及工作坊，教導學生、老師和家長正確認識情緒病，並培訓學生大使，積極把精神健康的訊息傳遞到各社區，務求達致消除對情緒病的標籤和歧視。

教育是漫長的工作，全賴各界共襄善舉。在此，我衷心感謝大家對我和心晴行動慈善基金的支持。

祝願人人都幸福快樂、天天好心晴！

My involvement with the Joyful Mental Health Foundation has spanned over a decade, with all levels of engagement from participant, volunteer, executive committee member and now, as a vice-chair of the executive committee. It is my honour and privilege to have been elected as a vice-chair of the executive committee, allowing me the opportunity to better contribute to helping combat the growing problems of mood disorders in Hong Kong.

Every day, millions of people feel the immense pressure of living in the fast-paced environment of this vibrant city. The burden that this causes, to adults and children alike, is directly correlated to the growth of mood disorders; a growth that has created immense pressure on the city's public specialist services. Our foundation helps alleviate this burden by providing mood disorder sufferers with suitable counselling and referral services and supporting numerous preventive works. Additionally, in conjunction with The Hong Kong Jockey Club Charities Trust, we are bringing mental health awareness to schools! Through specialist talks, student ambassador programs, creative competitions, and workshops, we teach students, parents, and teachers to understand more about emotional health. We aim to help students develop a positive understanding towards mood disorders and taking steps towards erasing mood disorder bias and discrimination in Hong Kong.

I sincerely thank you all for your dedication and unyielding support to our Foundation.

May everyday be Joyful!



梁淑茗女士
Ming LEUNG

心晴行動慈善基金
執行委員

Executive Committee Member
Joyful (Mental Health) Foundation

同一事件，可以有不同看法

無疑在每個人生活上，受身邊的事物轉變，心情起落會產生不同情緒。且看自己長輩患上腦退化，除要接受病者本身性情大變外，亦痛心怪責自己身為家人卻也有愛莫能助的心情，同時也往往敵不過面對照顧一般起居困難所承受的壓力。更甚是，至親突然的離世，逃不出短暫哀痛，不易抑制情緒，拒絕與外界正常接觸...這一切大小生活點滴，大家會如何面對呢？

迎接每個新挑戰，擁抱每刻好感覺

情緒健康與每個人日常生活有莫大關係，往往受突如其來的事物、自我抑制等等各方面影響，如不正視面對及治療，便可能產生預估不到的後果，社會上已有很多有心人士致力提供情緒病的支援及協助服務，讓更多人了解並攜手帶動擁有好心晴的香港。

時刻正能量，日日好心晴

「心晴行動慈善基金」成立至今即將踏入15週年，過去作為「心晴大使」的我一直參與各種各樣的義工服務，希望以自身的小力量能夠逐漸感染身邊人。多年來與「心晴行動」共同成長，今年更有幸加入執委會這個大家庭，能夠貫徹為社會服務給力。

Same issue with different views

Unquestionably, each individual is affected by the surroundings in their lives and triggered the up and downs in minds to create different emotions. Looking back when a close senior of mine contracted dementia, besides accepting the changes in the victim's mood and blamed ourselves for the helplessness towards our family member, we also felt heart breaking that we sometimes lost to the pressure on the difficulties to provide daily care. And even more depressing was when our loved one passed away suddenly, we couldn't escape from short term sadness, not able to control our emotion and even refused to have normal social contact. How to cope with all these life experiences?

Welcome each new challenge and embrace each moment feeling good

Emotional health is affecting our daily lives through the impacts of the unexpected, our self-control and etc. If we do not face it directly and treat properly, the consequences can be unpredictably worse. There are already a lot of kind hearted people providing aids and assistance to mood disorder illness, allowing more people with understanding to work together for a good mood in Hong Kong.

Every moment filled with positive energy and daily good mood

The Joyful (Mental Health) Foundation is coming to its 15th Anniversary. Throughout the years, I grew with Joyful and participated as Joyful ambassador in various voluntary services and hoped to use my limited power to affect people around. This year I am honoured to join the Executive Committees and carry on serving the society through its mission.

信託人、顧問團及執行委員會成員 | Trustees, Consultants & Executive Committee

名譽會長 Honourary President



杜振源先生
心晴行動慈善基金名譽會長
Mr. Simon C Y TO
Honourary President of Joyful (Mental Health) Foundation
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 Kin Ming LAM
心晴行動慈善基金 創辦人
Founder,
Joyful (Mental Health) Foundation



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



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



郭偉健先生
Mr. Ken KWOK
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資深管理顧問
Senior Management Consultant
FTW & Partners CPA Limited



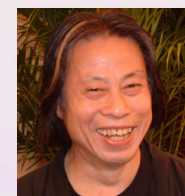
曾展章先生
Mr. Samuel TSANG
傳媒工作者
Media Practitioner



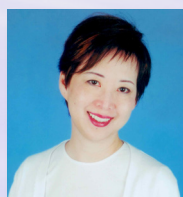
潘啟迪先生
Mr. Kai Tik POON
資深傳媒人
Media Practitioner



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
Honourary Art Director, JMHF



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



劉月明女士
Ms. Marianne LAU
畫家
Artist



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



陳慧鈴女士
Ms. Viola CHAN
資深社工
Veteran Social Worker

執委會成員 | Executive Committee



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



霍澤基先生 (副主席)
Mr. C.K. FOK (Vice chairperson)
傳媒工作者
Media Practitioner



李偉成先生 (副主席)
Mr. Jackson W.S. Li (Vice Chairperson)
資深公關顧問
Senior Public Relations &
Production Consultant



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



黎鵬先生 (秘書長)
Mr. Pang LAI (Secretary)
保險公司總監
Finance & Insurance Practitioner
(於2017年3月31日離任)



李國芬先生 (副秘書長)
Mr. Bennett K.F. Li (Vice Secretary)
公司總經理
General Manager



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



莫婉珊女士 (執委)
Ms. Joyce Y.S. MOK
傳媒工作者
Media Practitioner
(於2017年3月31日離任)



柳發文先生 (執委)
Mr. Peter F.M. LAU
教育工作者
Education Services



余慧文女士 (執委)
Ms. Amy W.M. YU
教育工作者
Education Services



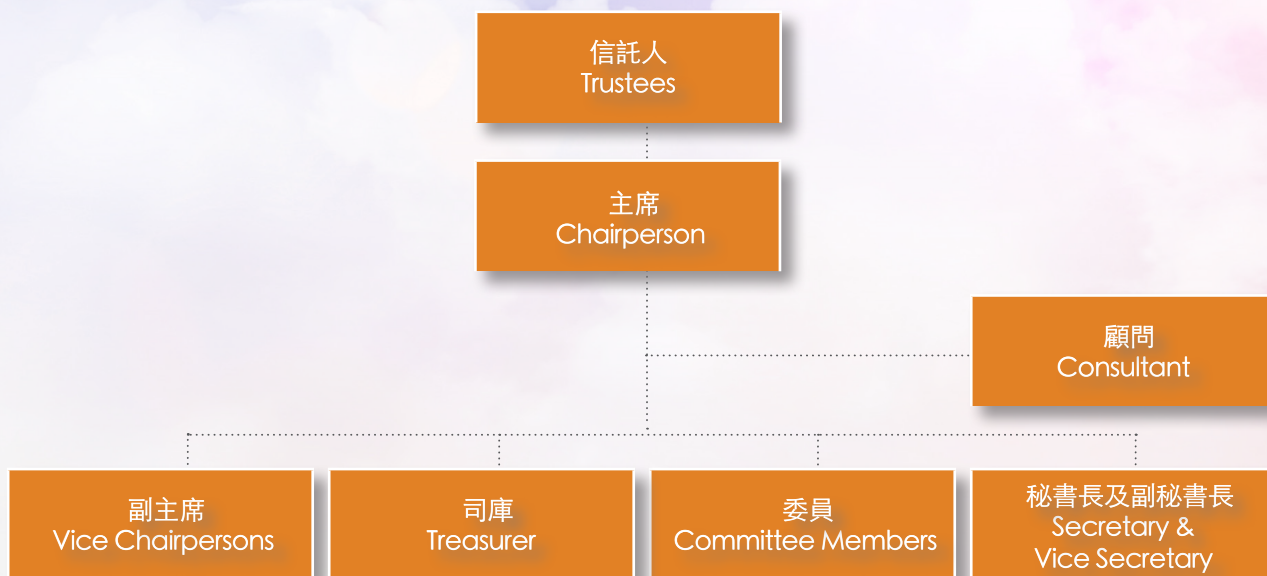
董鳳濤先生 (執委)
Mr. Nicholas F.T. TUNG
公司總經理
General Manager
(於2016年9月1日上任)



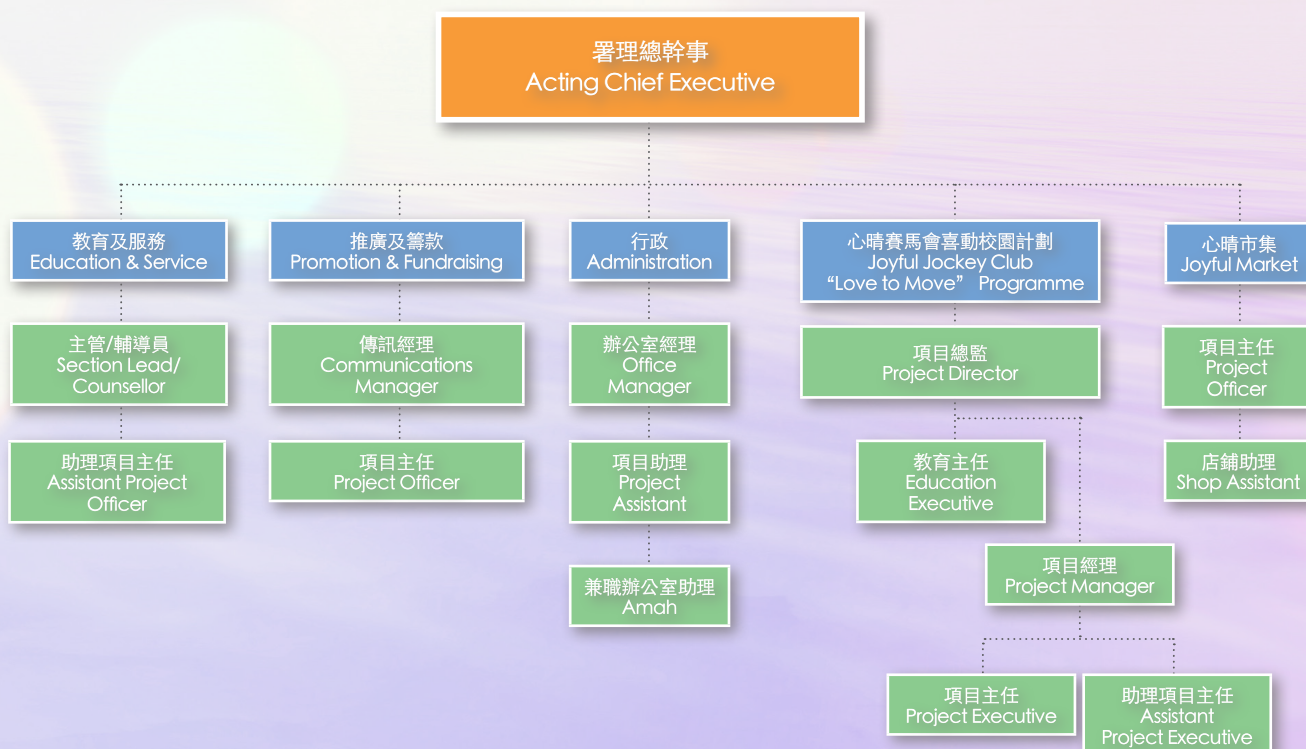
梁淑茗女士 (執委)
Ms. Ming S.M. LEUNG
行政總裁
Chief Executive Officer
(於2016年9月1日上任)

組織架構 | Organisation

心晴行動慈善基金-組織架構
Organisational Structure of JMHF



心晴行動慈善基金-秘書處組織架構圖
Secretariat



服務範圍 | Scope of Services

教育

1. 校園計劃

校園計劃巡迴全港學校，舉辦情緒健康教育講座，再配合各種延伸活動及支援項目，讓學生明白健康情緒的重要性，並學習正確處理情緒的方法，預防情緒病。

2. 講座 / 工作坊

舉辦社區公眾教育講座，為學校、公私營機構及各大屋苑舉辦主題講座、互動座談會及工作坊等。

3. 教育課程

透過舉辦與情緒健康相關的課程，讓有需要人士在繁忙的生活中，善用餘暇，學習情緒健康知識，以便得以舒緩平日的壓力，從而維持健康情緒。

4. 學術研究

透過與各大學院合作的學術研究及發佈，探討與香港社會有關的精神健康狀況，達至引起社會關注精神健康及情緒病患者的目標。

5. 「心得」雜誌

出版情緒健康雙月刊，以圍繞情緒健康為題，透過不同專家的訪問、撰文、資訊及調查，目的為教育普羅大眾正確情緒病知識，破除歧視及標籤，同時糾正大眾對情緒病的謬誤，為情緒病患者發聲。

服務

1. 熱線服務

提供情緒支援、情緒病資訊、求助途徑及相關的資訊轉介，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輔導服務，並建議尋求解決情緒問題的方法。

Education

1. School Project

School Project covers schools in all districts in Hong Kong. It holds lectures on emotional health education, coordinate with a variety of extended activities and supportive projects to help students understand the importance of emotional health, learn the correct ways to handle emotions and prevent themselves from getting mood disorders.

2. Lectures / Workshops

Holds lectures in all districts, interactive forums, workshops and other activities for schools, groups in the public and private sectors, and major housing estates.

3. Education Programmes

Holds education programmes related to emotional health. Those in need can acquire knowledge of emotional health in the spare time of their busy lives, relieve the stress of weekdays and maintain their emotional health.

4. Academic Research

To enhance the awareness of mental health and patients in our society, JMHF worked with different universities to investigate into mental health conditions in Hong Kong and release the result of our studies.

5. HeartWorks Magazine

Publishing the bimonthly Magazine on Mental Health was the milestone in previous year. With interviews, articles, information and surveys of our experts, HeartWorks has promoted the correct knowledge of mental illness, has reduced previous misunderstanding and labelling of mental illness and has voiced concern for the patients.

Services

1. Hotlines

Hotlines provide information on mood disorders, assistance methods and referral services to help those in need find the necessary assistance quickly and easily.

2. Professional face-to-face counselling

Individual face-to-face counselling by experienced counsellors can provide persons affected by emotional distress with professional counselling and suggestions of ways to seek to solve emotional problems.

3. 專家分享會

安排聚會讓病者及家屬在舒適輕鬆的環境氣氛下與精神科專科醫生互動，分享個人的經驗或疑問。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. 朋輩支援聚會

由情緒病康復者、病者家屬或對情緒病認識的人士於聚會中透過個人經驗分享，給予情緒受困擾的人士支持及鼓勵。

5. 資助及聯繫相關服務機構

資助及聯繫與推廣情緒健康相關的機構，以增加其服務成效。

推廣

1. 宣傳

透過社交媒體平台及刊物等媒介（如網頁、小冊子、單張等）向全港市民推廣情緒病的知識，喚起社會對健康情緒的關注。

2. 媒體推廣

舉辦多元化的推廣節目及活動，通過大眾傳播媒體的協助，向社會各階層灌輸情緒病的起因、病徵和治療方法等知識，推動社會關注及關心情緒病患者，提供適切協助。

3. 地區巡迴展覽

巡迴各個社區，向大眾灌輸情緒健康訊息，喚起社區鄰舍關注情緒健康，減少誤解、偏見和歧視，建設共融和諧互助社區。

3. Focus Group between Professionals, Patients and Families

Organises groups which provide an opportunity for those affected by mood disorders and their families to interact with professionals in mental health in a comfortable and relaxed environment. The aim is for individuals to share their personal experiences and talk about mood related issues with each other. Such groups provide a platform of social support and allow their families and professionals to better understand their needs.

4. Peer Support Group

Through the sharing of personal experiences by recovered patients of mood disorders, their families or people who understand mood disorders well, Joyful (Mental Health) Foundation provides support and encouragement to people who suffer from emotional distress.

5. Funding and Connection to related service institutions

Joyful (Mental Health) Foundation provides funding support, contacts and promotes institutions related to emotional health to increase their effectiveness.

Promotion

1. Publicity

Promoting knowledge of mood disorders to Hong Kong residents through social media and publications (including website, booklets, and leaflets) to arouse the public's attention to emotional health in society.

2. Media promotion

Through the channel of mass media, Joyful (Mental Health) Foundation organises a variety of events and activities that provide information on mental health, mood disorders, and its symptoms and treatment to the general public. It aims to raise social awareness and reduce the stigma towards individuals with mood disorders.

3. Campaign for district tour

The campaign tours various districts, providing information on emotional health to the public. It also helps to arouse attention to emotional health in the community; reduce misunderstanding, prejudice and discrimination; and build a community with harmonious and mutual support.

教育 | Education

本會透過舉辦各類形式的教育活動，將正確的情緒健康知識，教育社會各階層人士，包括公眾、學生、病患者及其家屬等，藉以提高大眾對情緒病的關注，從而增加治療及預防的成效。此外，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。

JMHF educates all walks of life including the public, students, patients and families the correct mental health knowledge through organising a range of educational activities. It aims to raise their concern about mood disorders so as to enhance the efficiency of treatment and prevention. In addition, JMHF cooperates with different organisations to participate in various education works promoting mental health.

《心得》雙月刊（免費贈閱） HeartWorks bi-monthly magazine (free subscription)

2016-2017全年度
2016-2017

本會今年度繼續出版《心得》雙月刊雜誌，從社會大眾的日常生活角度入手，由專業人士以深入淺出的方法，去解讀情緒健康知識，有效讓讀者關注情緒健康的重要性，並提昇社會大眾對情緒健康的認識，減少對患者的歧視及偏見，破除標籤效應。

We continued to publish the HeartWorks bi-monthly magazine during the year. Written by expertises of the field in an easy to understand but in-depth format, the magazine used daily life examples to explain emotional health knowledge. This effectively led readers to aware the importance of emotional health, improved their understanding, reducing biases, discrimination and the labelling effect.



情緒健康講座 Emotional Health Seminars

聖神內更新團體講座 — 嗅米氣 Renewal in the Spirit Community - Down To Earth Matters

2016年4月20日
April 20, 2016

就有關本港青少年自殺的事件，聖神內更新團體希望提昇家長對子女心理健康的關注，故邀請心晴行動於4月20日在其中心舉辦「青少年親職講座」— 嗅米氣，由本會臨床心理學家王藹慈博士負責主講，內容包括青少年自殺原因分析、預防方法及教養孩子應注意的地方等。會後設問答環節，參加者詢問有關與子女的溝通方法、預防自殺方法及青少年戀愛的處理方法等。講者鼓勵各家長平日宜與子女建立良好的親子關係，以便以溝通模式了解子女的生活及想法，比起有問題發生才思考解決方法更為有效。

The Renewal in the Spirit Community wished to increase parents' awareness towards their children's psychological health in view of the local young suicide cases. They invited us to organise a Parenting Youth Seminar - "Down To Earth Matters" on April 20 at their centre. Delivered by our clinical psychologist Dr. Gloria Wong Oi Chi, the talk included analysis on the causes of youth suicide, preventive measures and on things to be aware in parenting. The Q&A session after the keynote speech let participants ask more about communications with children, preventing suicide and the handling of youth love affairs. The speaker encouraged parents to establish general caring relationships in the family, engage in a communicative mode in understanding the children's daily life and mind which is far more effective than searching for solutions when problems cropped up.



心理學家王藹慈博士鼓勵各家長平日宜與子女建立良好的親子關係



當日出席的家長對青少年自殺的預防方法尤其留心

教育 | Education

「情深說話未曾講」安永國際會員工作坊 The Deep and Unspoken Dialogue workshop for Nu Life International members

2016年6月4日
June 4, 2016

本會應安永國際的邀請，為其會員舉辦情緒健康講座，講解與疑似患上情緒病人士溝通的技巧及鼓勵尋求專業協助的方法。

Nu Life International invited us to organise this emotional health seminar for its members in order to illustrate the skills to communicate with suspected mood disorder victims and the way to encourage them to seek professional help.



大笑瑜珈減壓課程 Laughter Yoga Course for relieving pressure

2016年6月17日至7月29日
June 17 to July 29, 2016

本會接受Yogamate的邀請合作舉辦大笑瑜珈減壓課程，旨在透過是項活動，讓參加者放鬆紓緩，改善情緒，達致身心健康。整個6節的課程由Yogamate的大笑瑜珈導師帶領，透過大笑動作，配合減壓呼吸練習及大笑瑜珈中的聲音放鬆練習等，教導參加者如何在日常生活中減壓。參加者於課程前後均有填寫問卷，作課程成效評估之用。總括而言，參加者認為課程讓他們可以無拘無束開懷大笑，重拾快樂笑聲，並認為課程能學以致用，放鬆身心。

Yogamate invited us to co-organise a stress relieving course through the practice of Laughter Yoga. The course aimed to help participants to improve emotion and achieve physical and mental health in its 6 sessions with relaxing and relieving effects. Lead by Yogamate Laughter Yoga instructors, participants were guided to practice hearty laughs, stress relieving breathing exercise and voice relaxation in Laughter Yoga so as to relieve daily life pressures. Participants completed questionnaires pre and post the course in order to assess its effectiveness. In conclusion, participants agreed that the course allowed them to laugh heartily and freely to regain joyful pleasure and were able to practice what have learned to relax.



導師帶領參加者透過大笑動作，配合瑜珈呼吸法進行練習

香港專業教育學院(IVE)柴灣分校情緒健康攤位 HK IVE (Chai Wan) Campus Emotional Health Booth

2016年10月26日至27日
October 26 to 27, 2016

本會接受香港專業教育學院(IVE)柴灣分校的邀請，於10月26及27日到校舉辦情緒健康攤位，透過情緒健康遊戲讓青少年認識情緒病，包括當面對失意時正面的紓緩方法及認識如何正確地回應受情緒困擾人士的說話。期望他們於參與遊戲的同時，日後有機會把吸收了的知識分享予身邊有需要的人。是次活動，除了遊戲，亦有情緒健康測試的部份。參加者透過測試，體察自己的身心狀況及了解不同的求助途徑。有興趣了解更多的人士，亦能即時與本會的輔導員對話，紓緩情緒。當日共約150人次參與活動，成功將情緒健康知識帶到校園，讓更多青少年受惠。

We were invited by the Hong Kong Institute of Vocational Education (Chai Wan) Campus to organise a booth for emotional health on October 26 and 27. Through the designed games, the young people learned about mood disorder issues including in adverse situations the way to positively relieve emotion and the proper response to mood distressed victims. They absorbed the knowledge while participating in the games and could one day share with needed people around them. The activity also has a mood check-up section where participants might find out their own body and mind status and ways to get help. Those who are interested could also talk to our counsellors there to ease their emotion. There were about 150 participants in the event making it a success to bring emotional health to the campus to benefit more young people.



學生於遊戲中學習如何以正面的方法紓緩情緒



透過遊戲認識如何正確地回應受情緒困擾人士的說話

教育 | Education

「痊情有道—情緒自療體驗式工作坊系列」 The Way to Treat Mood Self Healing Experience Workshops

2016年11月20日、2017年2月18日及3月11日
November 20, 2016; February 18 & March 11, 2017

本會本年度與香港大學行為健康教研中心合作，舉辦一系列有關情緒自療之工作坊---「痊情有道—情緒自療體驗式工作坊系列」，目的為讓大眾認識及學習不同的舒緩情緒方法，並於日常生活實踐所學技巧，以保持身心健康。三次的公開講座分別於以下日子舉行：

- 1) 2016年11月20日-
『難得一身好本領，「情」開始終闖不過？
身心靈全人健康模式的應用與實踐』工作坊
- 2) 2017年02月18日-
『表達藝術治療與正向心理學』工作坊
- 3) 2017年03月11日-
『以畫療心---藝術「自療」』工作坊

工作坊1帶領參加者認識「身心靈全人健康」概念，講者教授不同放鬆身心方法的技巧如拍手功、十巧手及靜觀等，並啟發參加者以「自我關懷」面對逆境，建立情緒健康的新思維，以另一種心態與負面情緒共存。工作坊2及3主要讓參加者初步認識藝術治療，以及如何選擇具專業資格的藝術治療師，參加者於體驗環節中互動並一起以藝術表達快樂，體現到如何通過簡單藝術活動以放鬆身心，提昇正面情緒；亦嘗試隨著不同音樂的律動創作屬於自己的畫作，學習與自己的投射溝通，接納自己的所有。參加者均表示，通過一個寧靜的空間以藝術來表達情感，能夠將心情放鬆，以正面的態度審視自己的得與失。

We co-organised with the University of Hong Kong, Centre of Behavioural Health a series of workshops: The Way to Treat Mood Self Healing Experience. It aimed to introduce to the public various ways to soothe emotion and learn to use them in daily life for keeping mind and body health. The three workshops were held in

- 1) November 20, 2016 'Even the brilliant cannot overcome emotion? How to apply holistic mind and body health mode in practice workshop'
- 2) February 18, 2017 Expressive Art Therapy and Positive Psychology Workshop
- 3) March 11, 2017 Paint to Cure: Art Self Healing Workshop

The first workshop introduced 'Holistic Mind and Body Health' concept to the participants. The speaker taught various relieving methods like Hand Clapping Move, Ten Skilful Hands and Observation Meditation. Also, they inspired the participants to practice 'Self Care' in facing adversity, establish new thinking in emotional health and learn to lead a different attitude in coping with negative emotion. Workshop 2 & 3 primarily introduced art therapy to the participants and the way to choose a professional therapist. The participants interacted in the practice time and expressed happiness through art. They experienced how to relax through simple art creation, raised positive emotion and attempted to follow music rhythm move to create their own paint, learned to communicate with their own reflections and accept their own-selves. Participants pointed out that in a quiet space to express emotion through art can relax and review all gain and loss positively.



『難得一身好本領，「情」開始終闖不過？
身心靈全人健康模式的應用與實踐』
工作坊



『表達藝術治療與正向心理學』工作坊



『以畫療心---藝術「自療」』工作坊

金門家庭同樂日 Gammon Family Fun Day

2016年11月27日
November 27, 2016

金門建築有限公司於上水馬草壟展能運動村為旗下員工舉辦家庭同樂日，當日活動攤位均與情緒、身心健康有關。本會榮幸獲得邀請參與其中，設立情緒健康遊戲、情緒健康測試攤位及派發《心得》雜誌，以提升員工對情緒健康的認知及情緒病的警覺性。當日有近千員工及家人參與是次活動，氣氛熱烈，不單於遊戲中學習如何以正面的方法舒緩情緒，亦有在場人士即時進行情緒健康測試，希望了解自己的情緒狀況。本會輔導員除即場解答有需要人士的提問外，也提供本會的輔導服務資訊，鼓勵大眾求助。



金門建築有限公司員工及家人於遊戲中學習如何以正面的方法舒緩情緒

Gammon Construction Limited held a Family Fun Day in their Sheung Shui Ma Tso Lung Community Sports Resort for its employees. Activity booths were set up relating to emotion, body and mind health. JMHF was gladly invited to participate this event, setting up games and check-up booths and handing out "HeartWorks" magazines, raising the employee's awareness of mental health and illness. There were over a thousand employees and family members participating this joyous event. Not only did they learn to soothe their emotions in a positive way through games, some participants also went through an emotion check-up to understand their emotional conditions. Besides answering inquiries on the spot, our counsellors also gave out information about our counselling service to encourage the public to seek help.

產婦情緒護理工作坊 Maternity Emotion Care Workshop

2017年3月18日
March 18, 2017

課程由精神科醫生及註冊護士等專業人士策劃，主要以陪月員為對象，通過提升陪月員對產婦心理健康的認識，讓產婦在心理健康上得到更佳的照顧，並能及早辨識產後抑鬱症，令懷疑患病的產婦及其家庭懂得適時求助。

The course is designed by professionals like psychiatrists and registered nurses and targeted for post-natal care workers. Through enhancing the workers' understanding of the psychology of the natal mothers, the latter may receive better care and post natal depression identified early, so that the suspected victim and their family may get help in time.



教育 | Education

黃大仙區快樂人生社區健康推廣計劃2016 Wong Tai Sin District Happy Living Promotion Project 2016

2016-2017全年度
Throughout 2016 and 2017

社會福利署黃大仙區轄下各服務地區協調委員會，聯同區內各社福界、教育界及政府部門，成立「快樂人生社區健康推廣計劃籌備委員會」，在區內積極推廣「快樂人生」的訊息。本會於今年度繼續參與「黃大仙區快樂人生社區健康推廣計劃2016」，配合各界對和諧訊息的關注，以「共建快樂和諧社區2016」為今年主題，延續「快樂人生」的訊息。此計劃其中一個項目為生命教育小組，本會參與其中，負責協辦公開講座及生命歷情體驗館活動，包括1場公開講座及2場體驗館活動。

公開講座方面，本會於2016年7月16日協辦活好當下一生命教育講座，邀請到重量級講員包括臨床心理學家羅澤全先生、路向四肢傷殘人士協會的生命鬥士柳聖先生及快樂教練導師譚志強先生作分享，讓社區人士建立正面積極的生活態度，從而學懂珍惜生命及關心身邊的人和事。另外本會亦於2016年10月19日協辦以「生命教育」為主題，於區內舉辦共2次「生命·歷情」體驗活動，透過參觀賽馬會「生命·歷情」體驗館及進行快樂工作坊，引發參加者思索何謂「年青」、何謂「年老」，反思生命的價值，學懂珍惜及關懷，讓自己及別人活得更快樂。

Various Coordination Committees from the Social Welfare Department Wong Tai Sin District joined with the district's social welfare agencies, education sector and other relevant government departments to establish the Happy Living Promotion Project Preparatory Committee, promoting the message of happy lifestyle. JMHF continued to participate in the Happy Living Promotion Project 2016. To match the theme of Create a Harmonious Society 2016, the event carried on with the message of happy lifestyle. One of the events in this project was a series of talks about life education. JMHF was responsible for co-organising seminar and life journey experience tour, including one public seminar and two guided visits.

For the "Seize the days Life Education" seminar on July 16, 2016, we invited prominent clinical psychologist, Mr Eddie Lo, to be the keynote speaker and Mr Lau Min of Direction Association For The Handicapped together with Happy Coach Instructor Mr Tam Chi Keung for sharing. It aimed to build positive attitude, learn to treasure life and care about the people and issues around us. Also, JMHF has organised two "Life Journey" visits in the district. The guided tour in the Jockey Club Life Journey Centre and Happy Workshop led participants to think about the idea of "Youth", "Aged" to reflect on life values, learn to treasure and care so as to make yourself and others to live happier.



2016年7月16日 活好當下一生命教育講座



2016年10月19日「快樂人生「生命·歷情」體驗活動

專業面談輔導服務



輔導面談時間：

星期一至五 下午2:00 至 晚上9:00
星期二至四 上午10:00 至 下午12:30
星期六 上午10:00 至 下午1:00
星期日及公眾假期休息

治療團隊：

專業心理輔導員及臨床心理學家，持有認可及相關的碩士學位或以上的資格，並經嚴格甄選。

服務收費：

輔導每節收取\$100之行政費用。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。

登記及服務查詢：

2301 2303

何謂「心理輔導」？

心理輔導是一個解決情緒問題的歷程，輔導員首先會與受情緒困擾人士建立互信關係，在面談中幫助當事人調節情緒，並透過各種以心理學理論為基礎的治療方法排解困擾、探討適合的出路及抗逆資源，建立正面的生活。

服務宗旨：

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，令有需要人士及早尋求適當的治療及幫助，盡快康復。

服務對象：

- 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）

服務範疇：

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



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

服務 | Services

本會致力推行全面性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。本會亦邀請到專業人士如精神科專科醫生及專業輔導員等，參與本會之「專家分享會」及「朋輩支援聚會」，與患者互相扶持。此外，亦積極與不同團體合作，推動義工服務，為受情緒困擾人士獻出關懷。

JMHF promotes comprehensive mental health services, including a Emotional Support Hotline Service and professional counselling service. JMHF also invites professionals, including psychiatric specialists, clinical psychologists, counselors and social workers, to participate in the hosted events "Focus Group between Professionals, Patients and Families" and "Peer Support Group". As well, JMHF cooperates proactively with various organisations to promote voluntary services, in order to show care for mood disordered people.

專業面談輔導服務 Professional Counselling Service

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，以令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。

Starting from 2006, JMHF has been providing professional counselling services to people who are emotionally disturbed. It strives to find suitable help and treatment to those with 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 the patients in soothing their emotional, cognitive and behavioral problems. The services include anger management, coping skill on live and work, counselling on interpersonal, family relation and mood disorder.



輔導室



熱線服務 Hotline Service

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。

熱線電話：2301 2303

JMHF has been providing Emotion Support Hotline Service since 2004, giving out emotional support, information on mood disorder and referral services, so that callers can receive adequate support at the earliest possible times. 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 service to the public.

Hotline: 2301 2303

24 小時情緒健康電話資訊系統 24 hours Mental Health Information System

為令大眾能隨時了解情緒病資訊及適時得到幫助及紓緩，本會設立「24 小時情緒健康電話資訊系統」，內容包括紓緩方法及心靈故事等，以提供全面的支援服務。

24 小時情緒健康電話資訊系統：3188 4500

To ensure the public can get hold of mood disorder information all-time with timely help and relieve, JMHF set up the "24 hours Mental Health Information System". It is a comprehensive support system that includes ways to relieve stress and calming stories.

24 hours Emotional Health Phone Information System: 3188 4500

資助項目 Sponsored Items

本會資助及聯繫相關服務機構，以增強其服務成效，共同推廣情緒健康教育。

We regularly offer financial sponsorship and support to related organisations in order to establish a strong network within the community to further provide quality mental health service.

服務 | Services

專家分享會

Focus Group between Professionals, Patients & Families

邀請不同精神科醫生擔任聚會的嘉賓，與情緒病患者及其家屬、朋友互相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。

特別鳴謝精神健康基金會支持本活動，連繫各精神科醫生擔任分享嘉賓。

Psychiatrists were invited to have interactive sharing on the treatments of mood disorder with patients, their families and volunteers. During the gatherings, participants shared their own experiences freely and encouraged each other, so as to strengthen their confidence to fight against mood disorders. Acknowledgement to Mental Health Foundation in support of the activities and association with each of the psychiatrists as sharing guests.

舉行日期 Date 分享嘉賓 Guest

2016-4-27	張漢奇醫生 Dr. Cheung Hon Kee
2016-6-22	麥榮諾醫生 Dr. Mak Kai Lok
2016-8-30	陳蔓蕾醫生 Dr. Chan Man Lui
2016-10-27	李耀基醫生 Dr. Lee Yiu Kee
2017-1-12	許龍杰醫生 Dr. Hui Lung Kit
2017-3-21	張正平醫生 Dr. Cheung Ching Ping



張漢奇醫生(右)



麥榮諾醫生(左)



陳蔓蕾醫生(左)



李耀基醫生(左)



許龍杰醫生(左)



張正平醫生(右)

朋輩支援聚會

Peer Support Group

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 formed by people suffering from mood disorders, rehabilitants and families, and together led by our counsellors. It provides encouragement, support and confidence to the sufferers through personal sharing to fight against their disorders.

本年度朋輩支援舉辦日期 Date

2016-5-27

2016-7-26

2016-9-27

2016-11-18

2017-1-20

2017-2-21

家家友凝 - 家社融和計劃 2016-2017 Family and Community Inclusion Scheme 2016-2017

2016年4月1日至2017年1月31日
April 1, 2016 to Jan 31, 2017

是次計劃活動主題為「身心共融、友善社群」。於過去一年，本會身為黃大仙區關懷社區公眾教育運動籌備委員會委員之一，與黃大仙各機構協辦及參與不同的社區活動，包括啟動禮、義工培訓日、共融日營、開心快樂展及重聚日等，宣揚身、心、社交健康，以讓義工了解社區需要，同時認識黃大仙社區資源，並促進小區交流機會。

This year's theme was "Body and Mind Inclusion and Friendly Community". During the year, being a member of the Preparatory Committee of Public Education Campaigns of Wong Tai Sin District, JMHF coordinated and participated with organisations in Wong Tai Sin in different community activities, such as launch ceremony, volunteers training, day camps, happy family exhibitions and reunion day. These activities promoted physical, emotional and social health, in order to let volunteers understand the needs of the community, recognising community resources and promoting community exchange opportunities.



啟動禮暨聯合探訪日



義工培訓日

重聚日

熱線義工進階訓練課程 2016 - 「生死之道：善生嚮導」 Hotline Volunteers Advanced Training Course 2016 Life and Death Matters: Hospice Guide

2016年6月18日及6月25日
June 18 & 25, 2016

本會定期為熱線義工提供進階訓練，以提升情緒支援熱線的服務質素，尤其偶有關於喪親或生死的來電，需特別得到適切處理，故分別於6月18及25日，邀請到本會哀傷輔導員李昕小姐舉行兩場的熱線義工進階訓練課程——「生死之道：善生嚮導」，內容包括對生死課題的討論、喪親來電者情緒的理解、處理方法及善別輔導的基礎技巧，以預備他們有效支援不同類別的喪親家屬或人士。熱線義工們均感到得著良多，不單加深自己對生死之道的認識，並提昇對喪親人士的同理心，以知悉接聽有關來電應注意的地方。

JMHF regularly held advanced training course for hotline volunteers to improve the quality of emotion support hotline service. Occasionally, there were calls related to death of relatives and discussion on life and death issues which required appropriate handling. On June 18 & 25, JMHF invited our counsellor Li Yan who specialised in grief relieve to be the instructors for two such courses, "Life and Death Matters: Hospice Guide". The course included discussion on life and death issues, understanding the emotion of callers with loss of relatives, handling method and fundamental techniques of hospice guide so that volunteers can support different kinds of relative loss situations.

Hotline volunteers felt very much rewarded from the training, not only because it enhanced the understanding about life and death issues, but also aroused empathy toward the loss of relatives and know what needs to be alerted when receiving such calls.



熱線義工們細心學習善別輔導的基礎技巧

服務 | Services

心晴行動新春團拜暨義工嘉許禮 Lunar New Year Gathering cum Volunteers Award Ceremony

2017年2月18日
February 18, 2017

心晴行動新春團拜暨義工嘉許禮於2月18日順利舉行，當日場面熱鬧，氣氛融洽。本會藉此機會與各友好單位及地區人士聚首一堂，並透過嘉許禮，表揚各義工對本會的支持，肯定他們對協助推動情緒健康的貢獻。

在過去十多年來，心晴行動一直得到各位義工在不同崗位上的參與，令會務蒸蒸日上，發亮發光！本會特意設立義工嘉許制度，以表揚各位義工對心晴行動的付出及貢獻。今年共同頒發嘉許獎狀予2016及2017年得獎義工，感謝他們積極參與本會義務工作所付出的時間及精神，為情緒健康與我們攜手努力。

適逢農曆正月，是次義工嘉許禮與新春團拜同時進行，全場洋溢着節日歡樂氣氛。特別加入不同之活動元素：大笑瑜珈、心晴喜步活力操等，讓各界凝聚彼此的力量，將「天好心晴」的精神宣揚開去！

The JMHF Lunar New Year Gathering cum Volunteers Award Ceremony was held successfully on February 18 in a boisterous and friendly atmosphere. We took this opportunity to gather working partners and members of the district, to recognise the volunteers' support to us through the award ceremony and their contribution towards promoting emotional health.

Over the last decade, volunteers participated in various roles in JMHF, bringing about our continued growth and achievements. JMHF established the award scheme to commend volunteers for their giving and contributions. We handed out awards to distinguished volunteers for the year 2016 and 2017 to thank them for active participation, spending time and commitment in working hand in hand with us for emotional health.

Also, the award ceremony was timed to take place during the Chinese New Year where party greetings for the new year could be held together. Hence the gathering was filled with festive atmosphere. New elements of the ceremony like Laughter Yoga and Joyful Steps were performed. It generated a sense of unity among all sectors and spread the spirit of "Joyful Everyday" around.



感謝各位顧問及執委一年來的支持



國際認可大笑瑜珈老師 Iris Chan讓各位來賓和義工體驗大笑瑜珈



「心晴喜步活力操」教練葉慧雯小姐帶領在場人士跳活力操



出席的義工與來賓大合照

義工招募

歡迎各位加入義工

如有任何查詢

歡迎致電

2301 2303

或電郵至

joyful@jmhf.org

誠邀：

• 有責任感

• 有領導才能

• 有一技之長

• 有熱誠

的您



加入我們！



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

地址：九龍新蒲崗五芳街10號

新寶中心10樓1001-1003室

下載表格：http://www.jmhf.org/upload_files/jmhf_volunteer_application.pdf

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 the holding of promotional activities of various forms, JMHF publicises its services and information related to emotional health and promotes social attention for patients of mood disorders, hoping to reduce the misunderstanding and discrimination towards mood disorders from the public. JMHF also promotes emotional health to the public through the mass media.

香港電台節目「香江暖流」訪問 RTHK Hong Kong Warm Heart Programme

2016年4月21日
April 21, 2016

本會應香港電台「香江暖流」節目的邀請，於當日早上在《義不容辭》環節分享義工服務及經驗。香江暖流是新一代長者雜誌式節目，為長者及聽眾帶來社會各方面的最新資訊，當天由本會主席黃綺雯博士及義工鄭秉權先生代表出席，黃博士首先介紹本會的情緒支援熱線服務，暢談一班熱線義工多年來而努力，而鄭秉權先生則分享他在本會社企「心晴市集」做義工的經驗，並呼籲大家加入義工的行列。

JMHF was invited by Radio Television Hong Kong and presented at the Volunteering To Persist session on that day sharing our voluntary services and experience. The programme is a new generation magazine style talk show for the elderly, bringing the latest information to them and other audiences. JMHF was represented by Chairperson Dr Alice Wong and volunteer Mr Robert Kwong. Dr Wong introduced JMHF's emotion support hotline service and the hard work of its volunteers through the years. Mr Kwong shared his work at 'Joyful Market' a social enterprise and rallied the public to join the voluntary service.



精神健康基金會快樂同行步行籌款 Walk with Joy Charity Walk

2016年11月6日
November 6, 2016

精神健康基金會多年來為本會提供精神科專科醫生作專家分享會的嘉賓，當日為該會第二屆的快樂同行步行籌款活動，本會作為支持機構，一同參與步行活動，鼓勵市民以行動、身體力行關注精神健康。是次活動主題為「來關顧、愛相連」，宣揚五種「愛的語言」的重要性，包括多讚賞、多交流相處、送小禮物、為對方服務及打氣安慰等，助身邊人紓緩情緒。本會於開步典禮上獲頒發支持機構感謝狀，並將繼續伙拍精神健康基金會於社會推動精神健康，讓更多市民認識情緒病。

Mental Health Foundation has been sending psychiatric specialist as guest speakers in JMHF's Expert Sharing for many years. It was the second charity walk of the organisation. As a supporting group, JMHF participated to encourage the public to take action in person for mental health awareness. The theme of the Walk was "Come to Care, Love Connects" which advocated the five 'languages of love' comprising of frequent praises, exchanges, small gifts, servicing and cheering up to help to relieve emotions of people around us. JMHF was awarded a supporting organisation thank you certificate at the kickoff ceremony. JMHF would continue its partnership with the Mental Health Foundation to promote mental health in the community and let more people know about mood disorder.



本會於開步典禮上獲頒發支持機構感謝狀

「友商有良」嘉許計劃之伙伴機構 Partner Employer Award Scheme

2016年11月18日
November 18, 2016

本會最新成為由香港中小型企業總商會創立之「友商有良」嘉許計劃的伙伴機構，並由本會副主席李偉成先生代表出席於當日舉行的嘉許禮，領取嘉許狀。

JMHF has become a partner in the Partner Employer Award Scheme launched by The Hong Kong General Chamber of Small and Medium Business. JMHF Vice Chairperson Mr Jackson Li attended the award ceremony and received the certificate.

「友商有良」嘉許計劃設立的目的，是鼓勵本地企業聘用及提供實習機會予本地院校學生及畢業生、傷健人士、再培訓人士、更生人士及少數族裔，希望給予青年人更多吸收社會經驗的機會，並鼓勵企業關懷弱勢社群，推動社會共融之精神。

The Partner Employer Award Scheme aimed to encourage local enterprise to hire and provide internship for local school graduates, disabled, retraining participants, rehabilitants and ethnics minority groups, hoping to provide more experience for youth, encourage enterprises to care for the underprivileged communities and hence promote social harmony.



推廣 | Promotion

觸動社會慈善嘉許大獎2015 Touching CSR Award 2015

2016年11月4日及24日
November 4 & 24, 2016

傑出公民協會從2012年起已舉辦了四屆「觸動社會責任企業大獎 觸動社會慈善嘉許大獎」。今屆本會榮獲傑出公民協會頒發之「觸動社會慈善嘉許大獎2015」，獎項由香港通用檢測認證有限公司及一眾社會賢達一同認證，旨在表揚一眾參與之企業及社福機構在履行社會責任方面傑出之表現，期望透過得獎的機構，將經驗分享至不同機構，影響更多機構參與並認同社會責任。

Since 2012, The Association of Distinguished Corporation has up to date organised the fourth Touching CSR Award. JMHF was awarded as a touching charity for 2015. The Award was certified by SGS Hong Kong and distinguished members of the public to commend enterprises and social welfare agencies for carrying out social responsibility. Through the awarded organisations, it hoped to share and exchange the experience among them and gain more organisations to participate and recognise their social responsibility.



本會主席黃綺雯博士代表本會接受「觸動社會慈善嘉許大獎」



一眾得獎機構的代表與主辦單位及嘉賓合照留念

Sing 動全城老爺車巡遊暨「做個快樂人」Cheer Up 2017 Mindful Song & Classic Car Parade cum Cheer Up 2017

2017年2月25日
February 25, 2017

本會應東華三院 Radio-i-Care 友心情網上電台的邀請，於2月25日參與其舉辦的『Sing 動全城老爺車巡遊暨「做個快樂人」Cheer Up 2017』活動。是次活動目的為鼓勵市民以積極、開朗、主動、追求身心健康與平衡的生活方式，用行動去發放正能量，感染身邊人去關注自己的精神健康，做個快樂人。當日活動包括開展禮、全城老爺車及巴士巡遊、CHEER UP 城市定向比賽及攤位展示等。本會參與大會攤位，並向市民派發有關情緒健康的宣傳品以推廣關注精神健康及減壓的訊息，並同時與其他在場機構交流互動。

Invited by the Tung Wah Group of Hospitals Radio-i-Care, JMHF participated in the Mindful Song & Classic Car Parade cum Cheer Up 2017 on February 25. The event aimed to encourage citizens to be positive, cheerful, pro-active in pursuit of balanced living and fitness for body and mind. People would move with positive energy, influence people around to care for their own mental health and be a happy person. The day's event included opening ceremony, classic car and buses parade around the city, Cheer up City Orientation Race 2017 and promotion booths. JMHF participated in the booth section to distribute emotional health promotion materials to the public and exchanged interactively with other organisations at site.



本會獲大會頒贈感謝狀

「商界展關懷」社區伙伴合作展2017 "Caring Company" Community Partnership Exhibition 2017

2017年3月10日
March 10, 2017

「商界展關懷」計劃由香港社會服務聯會於2002年策動，旨在促進商界與社福界之間的策略性伙伴合作，共同推動企業社會責任，建設共融社會。計劃透過舉辦不同類型的跨界別交流活動，讓企業和社會服務機構彼此認識和加深了解，開拓合作空間以推行針對社會需要的跨界別社區服務。

是年本會亦有參與此項計劃，於香港會議展覽中心參與擺設攤位，有不少商界及社福界人士出席。本會在展板上簡介本會宗旨、過去一年的活動和服務資訊等，並向入場人士派發單張和《心得》雙月刊，成功吸引不少參展商查詢本會的服務性質、來年即將舉行的活動詳情及舉辦情緒講座的可行性，以及讓我們趁機拓展《心得》雙月刊之派發及宣傳渠道。本會同時亦十分感謝各由本會提名且獲計劃確認之商界機構及團體到場支持及鼓勵。

The "Caring Company" scheme is launched by The Hong Kong Council of Social Service in 2002 with the objectives of facilitating strategic partnership among welfare agencies and the business community, promoting corporate social responsibility together and creating a harmonious society. Through various cross discipline events, companies and welfare agencies will start to familiarise with each other, expand the scope of cooperation and launch community projects that meet the needs of the society.

JMHF also participated in the scheme in 2017 and set up a booth in the exhibition held at Hong Kong Convention and Exhibition Centre. We demonstrated our mission, past events and services information through displays to the visitors including many from the business and welfare sectors. We also distributed leaflets and HeartWorks magazine to them, attracting a number of enquiries from the exhibitors about our services, upcoming events and prospects for launching new emotional health seminars. Meanwhile, this also expanded the distribution channels of HeartWorks and its publicity. We were grateful for the presence and encouragement at the spot from the awarded corporations and institutions we nominated.

獲本會提名及得獎機構名單 The list of organisation nominated by Foundation and awarded "Caring Companies" 2017

機構名稱	Organisation Name
國際文具集團有限公司	World Wide Stationery Mfg. Co., Ltd.
耀才證券國際(香港)有限公司	Bright Smart Securities International (H.K.) Limited
安永國際亞洲有限公司	Nu Life International (Asia) Limited
高華集團國際有限公司	Clover Group International Limited
Centro Design & Furniture Limited	Centro Design & Furniture Limited
碌袖葉	Pomelo Leaf (HK) Limited
生命力出版有限公司	Vitality Publications Ltd
長鴻旅遊有限公司	JTV Travel Limited
Techwise Limited	Techwise Limited
Isaworkshop (Hong Kong) Limited	Isaworkshop (Hong Kong) Limited
AEG Promotion Limited	AEG Promotion Limited
盈思市場拓展有限公司	ENS Global Marketing Limited
卓雅國際有限公司	Royal King International Limited



心晴行動慈善基金副主席李偉成(右一)及執委梁淑茗(左一)與國際文具集團有限公司知識產權/品牌發展經理秦鎮南(中)合照



心晴行動慈善基金副主席李偉成(左一)及執委梁淑茗(中)與Centro Design & Furniture Limited市場部經理陳美思(右一)合照

推廣 | Promotion

2016精神健康月
Mental Health Month2016-2017全年度
2016-2017

「精神健康月」是一項全港性的精神健康公眾教育活動，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，旨在透過不同形式的公眾教育及推廣活動，向市民宣傳精神健康的重要，並提高市民對精神病患者和康復者的認識及接納。今年心晴行動亦成為主辦機構之一，通過全年的活動，希望與各界共同攜手推動本港市民的精神健康。

本年度「精神健康月」旨在向公眾推廣及介紹家庭精神健康的重要性。本會主要協助地區宣傳推廣工作，包括舉辦「家庭與我的快樂時光創作集獎勵計劃」及「家庭與我的快樂時光填詞比賽」，以幼稚園、中小學學生及公眾人士為對象，希望通過比賽引起大家對家庭精神健康的關注，喚起及促進大家對自己家人的精神健康的關心。除了比賽外，「精神健康月」亦進行了「全港精神健康指數調查2016」，以了解香港人的精神健康狀況。

全年活動以2017年1月7日舉行的嘉許禮為高潮，當日除了進行作品比賽的頒獎禮外，亦邀請了不同的嘉賓，包括精神健康大使林曉峰先生及康子妮小姐，分享作為父母能如何保持精神健康及促進家庭和諧。

Mental Health Month is a territory wide mental health public education project organised by the Labour and Welfare Department together with various government departments and Non-Government Organisations. It aimed to publicise the importance of mental health and raise public awareness and acceptance towards mental illness victims and rehabilitants through various public education and promotion activities. JMHF was one of the organisers for the year and wished to cooperate with different sectors to step up local citizens' mental health.

JMHF was mainly responsible for coordinating district promotional works including organising the "Family and I in Happy Hour Creative Award Scheme" and "Family and I in Happy Hour Lyrics Competition". Targetted at kindergarten, primary and secondary school students and the public, the competitions endeavoured to raise family mental health awareness and the care of mental health among family members. More than these, Mental Health Month also conducted the "Hong Kong Mental Health Index Research 2016" to understand the state of mental health of Hong Kong people.

The year-full project reached a climax on January 7, 2017 on a prize presentation ceremony. Besides the award of prizes for the competitions, the ceremony also invited various guests including mental health ambassadors Jerry Lam and Lily Hong to share their experience in maintaining mental health and family harmony as a couple and parents.



「Passion 悅」飛機雜誌 "Passion" in-flight magazine

為進一步推廣「心得」雜誌，本會獲「Passion悅」飛機雜誌轉載「心得」之內容，希望透過不同之平台帶出情緒健康資訊，向公眾宣揚情緒健康之重要性。

In order to further promote "HeartWorks" magazine and its important emotional health messages to the public through various platform, JMHF endorsed the cover of HeartWorks articles in the Passion in-flight magazine.



本會於「Passion 悅」雜誌內轉載「心得」雜誌之健康資訊

心活誌 Mind & Life magazine

本會創辦人兼信託人林建明女士接受「心活誌」雜誌訪問，講述自己患情緒病之經歷，希望喚起大眾關注情緒健康之重要性，文內亦有介紹本會創立背景及服務。

JMHF founder and Trustee Ms Victoria Lam had an interview with the Mind & Life magazine to talk about the experience of her emotional illness, the background of establishing JMHF and its services in a hope to raise public attention about the importance of emotional health.



本會創辦人兼信託人林建明女士接受「心活誌」雜誌之專訪

推廣 | Promotion

復康速遞雜誌
Rehab Express

明途聯繫有限公司旗下的「復康速遞」雜誌於2016年6月訪問本會創辦人兼信託人林建明女士，分享大姐明當年患抑鬱症治療之路、心晴行動成立及如何處理情緒困擾等。

The Rehab Express magazine of MentalCare Connect Company Limited interviewed JMHF founder and Trustee Ms Victoria Lam to share her incident of going through depression, the setting up of JMHF and the handling of emotional distress.



本會創辦人兼信託人林建明女士接受「心話誌」雜誌之專訪

My kids 雜誌
My kids magazine

為進一步推廣「心得」雜誌，本會獲「My kids」雜誌轉載「心得」之健康資訊，希望透過此平台向家庭宣揚情緒健康之重要性。

In order to further promote "HeartWorks" magazine and its important emotional health messages to families on a different platform, JMHF endorsed the cover of HeartWorks articles in the My kids magazine.



本會於「My kids」雜誌內轉載「心得」雜誌之健康資訊

您的每一分善款 為情緒健康 注入正能量 帶出好心情！

心晴行動慈善基金
一直致力於教育、服務及
推廣情緒健康之工作，我們的
經費全賴社會各界熱心人士及機
構之捐助。您的每一分付出，皆
發揮無限的推動力。
謹代表有需要幫助的人士，
感謝您！

捐款請透過以下渠道，為我們注入
主要的泉源：

透過銀行捐款

戶口名稱：心晴行動慈善基金有限公司
中國銀行：012-882-0-004522-8
上海商業銀行：354-82-032661
匯豐銀行：411-406-747-838

郵寄支票

劃線支票抬頭
「心晴行動慈善基金有限公司」，
郵寄至本會地址

網上信用咭付款

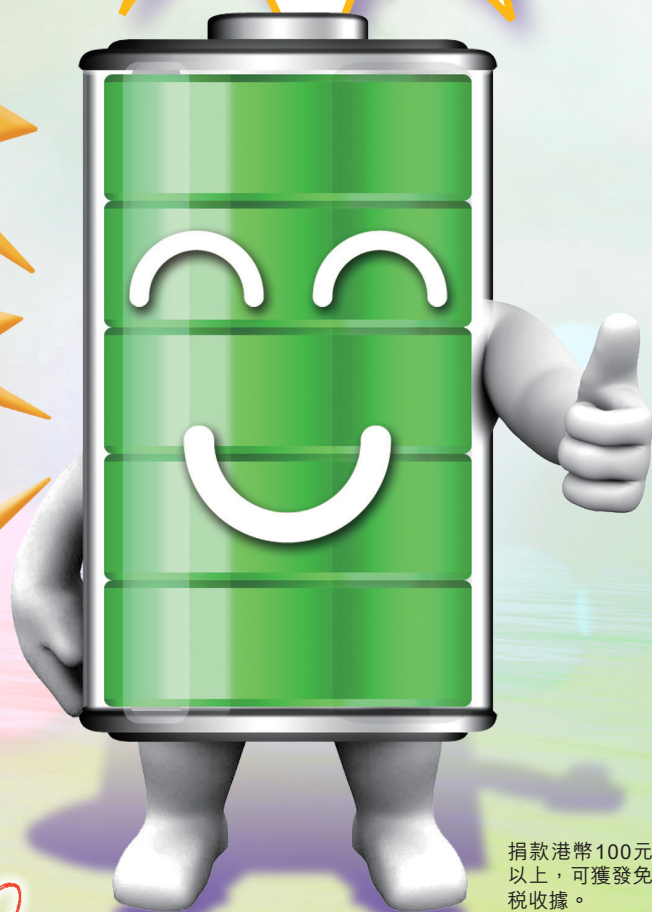
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稅收據。



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

本會網站：<http://www.jmhf.org>

本會地址：九龍新蒲崗五芳街10號

新寶中心10樓1001-1003室

傳 真：(852) 2144 6331

電 郵：joyful@jmhf.org



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。恆常的籌款項目包括在各大機構的慈善活動及出版書籍上擔任受惠機構、義賣演唱會門票及於各大機構及商戶內擺放捐款箱等。

JMHF organises fundraising activities every year to support various work in education, services and promotion. Daily fundraising activities also include serving as a beneficiary in charity activities of various institutions and appearing in publications, selling charity concert tickets and placing donation boxes in major institutions and stores.

NomNoms Anonymous 慈善晚宴 NomNoms Anonymous Charity Dinner

2016年9月29日
September 29, 2016

NomNoms Anonymous 是一個由本地青年才俊組成的組織，每月均會舉行美食聚會，並邀請一間本地慈善機構，分享有關的工作。當晚由本會副主席李偉成先生代表出席，與NomNoms Anonymous的成員分享心晴行動的使命及工作，其後他們更即場捐款，以示對本會的一點支持及鼓勵。

NomNoms Anonymous is an organisation formed by young professionals for a monthly gourmet gathering and each time they would invite a local charity to share their work. JMHF was represented by Vice Chairperson Jackson Li on the evening to share with members of the NomNoms Anonymous of our mission and works. The members generously donated on the spot to support and encourage JMHF.



安永國際25週年慈善餐舞會 NU LIFE 25th Anniversary Charity Ball

2016年11月25日
November 25, 2016

安永國際是一間網絡營銷的企業，專門銷售健康食品，提倡健康生活。公司全年間均鼓勵會員支持慈善活動，不定時收集善款。在慈善餐舞會上，安永國際管理層介紹心晴行動慈善基金，鼓勵會員關注情緒健康，以及積極支持慈善活動。本會的宗旨與該公司目標一致，同樣提倡健康生活，故有幸成為受惠機構。

Nu Life International is a network marketing enterprise specialised in health food and healthy lifestyle. The company encouraged its members to support charitable activities throughout the year and collected donations regularly. At the gala dinner, management of the Nu Life International introduced JMHF and encouraged its members to care about emotional health and actively support charitable activities. JMHF's mission coincides with the company's aim of promoting healthy lifestyle and therefore is grateful to become a benefiting charity.



本會主席黃綺雯博士(中)上台接受安永國際(亞洲)有限公司主席簡立信先生(右三)之支票頒贈儀式

籌款 | Fundraising

「心晴跑·跑傳情」慈善跑 Joyful Run Run with Joy Charity Run

慈善跑為本會每年一度舉辦之重點活動，目的是呼籲市民多做運動，經常保持身心健康，為自己的情緒打氣。

The Charity Run is an annual event of JMHF with the aim of calling for citizens to exercise to maintain body and mind health and boosting their emotion.

宣傳活動 Promotion activities

2016年9月至2017年3月
September 2016 to March 2017

本會為鼓勵大眾參加慈善跑，我們推行一系列的推廣及宣傳活動，包括發佈會、廣告、訪問、海報、傳單、橫額、網上社交媒体及網站等。

To encourage public participation in the Charity Run, JMHF has launched a series of promotional and publicity activities comprising of announcement, advertisements, interviews, posters, leaflets, banners, online social media, websites and

活動發佈會 Press Conference

2016年11月10日
November 11, 2016

活動發佈會於黃大仙中心舉行，是次活動的「愛心大使」萬綺雯小姐及蔡瀚億 (BabyJohn) 先生，及本會創辦人兼信託人林建明女士於發佈會中亮相，一起為這有意義的活動宣傳。

The press conference was officiated by JMHF founder and Trustee Ms Victoria Lam, Run Ambassadors BabyJohn Mr Choi Hon Yik and Ms Joey Meng at the Temple Mall at Wong Tai Sin to promote the charity run.

萬綺雯小姐今年再度擔任心晴行動慈善跑「愛心大使」，她呼籲大家多留心自己和家人的情緒，要適當地為壓力找出口，而運動正好可以幫助舒緩緊張及疲勞，提升抗壓能力，因此她鼓勵大家報名參加「心晴跑·跑傳情」慈善跑，體驗跑步帶來的快樂。

Ms Joey Meng became the ambassador for JMHF Charity Run again for this year and rallied all to care for the emotion of oneself and their family members to ease pressure appropriately. Since exercise can help to ease stress and fatigue while improving the ability to resist pressure, she encouraged everyone to enrol in the Run and experience the joy of running.

至於另一位「愛心大使」蔡瀚億先生本身亦熱愛運動，最近就用跑步去舒緩壓力，使緊張的情緒得以放鬆。今次他特別支持心晴行動的慈善跑活動，呼籲大家不但自己報名，更不妨邀請身邊親友參與，一起「跑傳情」。

The other ambassador BabyJohn is also fond of sports and has been running recently to relieve pressure and ease his emotion. In this occasion, he supported the JMHF Charity Run to run for joy and called for public participation to include even relatives and friends around.



愛心大使及林建明與支持團體合照



本會創辦人兼信託人林建明(右) 與「愛心大使」萬綺雯(左) 及蔡瀚億(中) 合照

活動當日 The Charity Run

2017年3月26日
March 26, 2017

心晴行動慈善基金一年一度的盛事「心晴跑·跑傳情」慈善跑，當日在馬鞍山海濱長廊圓滿舉行。今屆報名及參與人數迫近1千6百人，場面非常熱鬧，比賽開始前雖曾有陣雨，但無礙一班健兒參賽的熱情，一早便齊集起跑點烏溪沙青年新村，在專業導師帶領下齊齊做熱身。其後在本會信託人兼創辦人林建明女士、主席黃綺雯博士、活動「愛心大使」萬綺雯小姐及蔡瀚億先生，與一眾嘉賓按響起步鈸鳴後，分別展開10公里及3公里賽事。

本屆跑步路線，沿途為馬鞍山海濱長廊，景色優美，海闊天空，令人心曠神怡。慈善跑設有13個組別，當然以10公里個人組賽事最為緊湊，健兒們熱心公益之餘，更發揮無限的力量，努力完成挑戰。比賽亦設3公里親子組，讓孩子與家人共同參與活動，培養孩子運動的興趣，並可建立和諧的親子關係。

本會慈善跑除了鼓勵大家強身健體，更宣揚運動有益精神健康的信息，而活動中籌得之款項，將用作推廣情緒健康教育，令情緒健康的訊息得以更廣為傳揚。

The JMHF annual major event of Joyful Run Run with Joy Charity Run was successfully completed at Ma On Shan Promenade. The enrolment and participation reached around 1,600 persons in making a bustling scene. The sudden rain before the run did not put out the heated emotion of participants while they gathered early at the starting point of Wu Kai Sha Youth Village and warmed up under the lead of professional trainers. The 3km and 10km Runs dashed off respectively after JMHF founder and Trustee Ms Victoria Lam, Chairperson Dr Alice Wong and Run Ambassadors Ms Joey Meng and BabyJohn Choi pressed on the starting horn.

The route went past Ma On Shan Promenade, a beautiful scene of wide shoreline and skyline merging together for a carefree and joyous environment. The Run incorporated 13 categories among which the 10km run was the tensest. The ardent participants have brought about immense energy to overcome the challenge and contributed to public welfare. The Run also had a 3km family category to allow children and parents to team up for harmonious relationships and develop their interest in sports.

Besides encouraging everybody to exercise for stronger physique and advocating its benefit for mental health, the JMHF Charity Run also raised fund for promoting emotional health education to make the mental health information widespread much further.

起步儀式：



主禮嘉賓們為活動展開序幕



慈善跑愛心大使萬綺雯小姐及蔡瀚億先生到場支持



本會創辦人兼信託人林建明女士參與起步儀式

籌款 | Fundraising

慈善跑圖片花絮

主禮嘉賓們在起跑點準備鳴鈸，為賽事揭開序幕



一眾健兒在台上導師帶領下進行賽前熱身



路線隨影



舞台表演

健兒們衝線一刻



Action Waterfall瑜珈表演

大合照：感謝各個團體的支持



國際文具



耀才證券



Centro



力天地產



松峰慈善基金



新昌管理集團



香港人壽保險從業員協會



恒愛義工隊



香港臨床心理學博士協會



聖約翰救傷隊



得獎參賽者大合照



感謝各執委、職員及義工的協助



心晴賽馬會喜動校園計劃 | Joyful Jockey Club "Love to Move" Programme



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心·同步·同進 RIDING HIGH TOGETHER

計劃背景 Project Background

心晴行動慈善基金於 2012 年 12 月獲香港賽馬會慈善信託基金捐助，舉辦為期三年的「心晴賽馬會飛越校園計劃」，在全港校園推行情緒健康教育，在短短的三年間，有近450間中小學校參加該計劃各種不同活動，約佔全港中小學的45%，成績斐然。

再接再礪，心晴行動於2016年4月再次成功獲得香港賽馬會慈善信託基金捐助，推出為期三個學年，集心理、運動及社交於一身的「心晴賽馬會喜動校園計劃」，以回應香港學生情緒健康的教育需要。計劃包括免費校園學生講座、教師、家長工作坊、學生大使培訓、機構探訪及「心晴喜步」活力操推動計劃等，冀望更多人可以受惠。

In December 2012 JMHF received sponsorship from The Hong Kong Jockey Club Charities Trust to carry out the 3-years "Joyful Jockey Club Mental Health School Project" to promote emotional health education to schools. In the short 3 years, over 450 primary and secondary schools participated in the various activities of the programme, a successful achievement of reaching around 45% of these schools in the territory.

JMHF was awarded again in April 2016 with another sponsorship from The Hong Kong Jockey Club Charities Trust, launching a three school years project of combining psychology, exercise and social interactions together to meet Hong Kong students' need in emotional health education Joyful Jockey Club "Love to Move" Programme. The programme was expected to benefit many people through its free students seminars at school, workshops for teachers and parents, trainings for student ambassadors, visits at NGOs, "Joyful Steps" promotion and etc.

計劃目標 Project aims

1. 讓中小學生、家長、教師及長者更正確了解情緒健康及情緒病；
2. 讓活動參與者釋除對情緒病患的誤解和偏見，達至「反歧視、去標籤」的成效；
3. 提升活動參與者對持續運動的興趣，讓他們感受運動對情緒健康的益處。
1. To educate primary and secondary school students, parents, teachers and the elderly with a better understanding of emotional health and emotional disorders;
2. To help participants eliminate misunderstandings and prejudices against people suffering from emotional disorders and achieve the results of "anti-discrimination and de-stigmatization";
3. To arouse participants' interest in continuing exercise so as to enjoy the benefits of emotional well-being.

計劃特色 Highlights of the programmes

1. 加入帶氧「心晴喜步」活力操，讓活動更有動感

本會邀請了香港教育大學健康與體育學系的專業導師，為是次計劃特意設計了一系列適合不同年齡人士、既簡單又易操練的活力操套路，名為「心晴喜步」，讓學生、教師和家長在校園講座裡、教師及家長工作坊中甚或返回家時都能體驗箇中好處。活力操，是一種帶氧健身運動，不需借用器材，個人、群體亦可進行，只需配合音樂節奏，就能夠隨時隨地進行。

2. 把運動氛圍由學校伸延至家庭、社區

運動不單可以強身健體，也同時可以減輕焦慮和壓力，是不爭的事實。有見及此，本會希望在學校、家庭以至社區長者中心營造運動氛圍，建立情緒健康的生活環境。部分「傳送火炬學校」的學生大使更會學懂怎樣帶領校園師生和社區長者中心長者一同感受活力操的樂趣。

3. 多方位向社會大眾宣揚情緒健康

本計劃透過互聯網網頁、各式各樣與情緒健康有關的教材、傳媒發佈會、校本「心晴喜步」交流等活動，多方位向社會大眾宣揚情緒健康，鼓勵關懷情緒病患者、破除標籤情緒病，更認識持續運動對情緒健康有裨益。

1. Newly introduced active element of aerobic exercise "Joyful Steps"

We invited instructors from The Education University of Hong Kong Department of Health and Physical Education to design aerobic exercise "Joyful Steps" especially for this project, which is a series of simple and easy aerobic exercises fit for various age groups. It allowed students, teachers and parents to experience the benefit during seminars and workshops at school or even back at home. Aerobic exercises improve cardiovascular fitness and do not require sports equipment. It can be done individually or in group at any time, any place with music.

2. Extend the atmosphere and promote the benefits of continuous exercise to the community

Exercise not only can strengthen physique but also may alleviate anxiety and pressure. In view of this, JMHF hopes to create an atmosphere of exercising at school, family and community to build an emotionally healthy living environment. Some of the student ambassadors from Passing-the-Torch schools learnt how to lead students, teachers at school and elderly at community centres to enjoy the pleasure of exercise.

3. Multi publicity of emotional health to the community

Besides organising school talks, teachers & parents workshops and student ambassador training schemes, the project also engaged in multiple approaches to promote public understanding of mental wellness, care for people with mood disorder, eliminate stigma and generate interest in exercise through websites, variants of emotional health information kits, media conference and school based "Joyful Steps" activities.

心晴賽馬會喜動校園計劃 | Joyful Jockey Club "Love to Move" Programme

「心晴賽馬會喜動校園計劃」啟動典禮暨新聞發佈會 Joyful Jockey Club Love to Move Programme kick off ceremony and press conference

為標誌計劃的重要時刻，2016年10月6日，計劃特意邀請香港賽馬會慈善信託基金代表，連同本會創辦人及負責人，協辦機構香港教育大學代表，特區政府教育局代表，及香港老年學會代表等出席並主持計劃啟動禮儀式。

To signify the important moment of the project, JMHF founder and Committees, representatives from The Hong Kong Jockey Club Charities Trust, The Education University of Hong Kong (co-organiser), Education Bureau of The Government of the HKSAR and The Hong Kong Association of Gerontology assembled for the Kick off ceremony.



眾嘉賓聯同各喜動大使及喜動助教一起在火炬前大合照



全場師生一起跳「心晴喜步」活力操，見證「心晴賽馬會喜動校園計劃」正式啟動

啟動禮儀式同時邀請首六間參與以「火炬傳承」象徵傳揚情緒健康的重要的「傳送火炬」學校的校長及其學生大使，連同計劃喜動大使方力申先生及王君馨小姐及其他喜動助教歐鑑淳小姐、胡子彤先生及勞証顯先生一同見證運動對情緒健康的裨益。啟動禮更有超過400位師生、家長到場支持，在喜動大使及助教帶領下；全場一起參與帶氧運動「心晴喜步」活力操，見證計劃正式啟動。

The first six schools participated in the Passing-the-Torch programme were invited to the ceremony, symbolized the spread of emotional health, to have their principals and student ambassadors joined the 'Love to Move' Ambassadors Alex Fong and Grace Wong and 'Love to Move' Instructors Stephanie Au, Tony Wu and Ivan Lo in witnessing the benefit of exercising in emotional health. The ceremony was also supported by more than 400 students, teachers and parents and they practiced the aerobic exercise "Joyful Steps" under the lead of the Ambassadors and Instructors to kick off the project.



本會創辦人及信託人林建明及本會主席黃綺雯博士，與喜動大使及喜動助教合照(左起：胡子彤、歐鑑淳、方力申、王君馨及勞証顯)



(左起) 香港大學行為健康教研中心高級研究統籌溫浩然先生、心晴賽馬會喜動校園計劃項目總監陳啟榮先生、香港教育大學健康與體育學系助理教授張佩儀博士

校園講座 Students seminars

心晴行動派出專業心理 / 輔導人員，以講座形式喚起學生對情緒健康的關注，增強他們處理情緒和面對逆境的能力；消除對情緒病患者的歧視；及透過香港教育大學派出的示範員現場示範「心晴喜步」活力操，提升同學對持續運動的興趣，藉以加強情緒健康。

JMHF deployed professional psychologist or counsellors in the school seminars to raise awareness of emotional health, enhance their ability to handle emotion and adverse situations and to advocate the elimination of discrimination against people suffering from emotional disorders; During the session, facilitators from The Education University of Hong Kong also demonstrated the customized "Joyful Steps" to raise students' interests in exercising and hence to



教師工作坊 Teachers Workshop

與教師探討學生在學校面對的情緒問題，讓教師更深入認識情緒健康對個人、學生整全發展的重要；增加教師對學生情緒病的瞭解，認識幫助受困擾學生的方法；加強對教師的支援成為有效的情緒支援網絡；促進消除標籤及歧視的概念；及透過香港教育大學派出的示範員現場示範「心晴喜步」活力操，提升同學對持續運動的興趣，藉以加強情緒健康。

The workshop explored together with teachers the issue of students' emotion at school, and allowed them to deepen the understanding of emotional health's importance towards individuals and holistic development of students, widen their knowledge about students' mood disorder, raised their ability to help students with emotional issues, empowered them to be an effective support network for emotional issue, advocated the elimination stigma and prejudice. The facilitators from the Education University of Hong Kong also demonstrated the customized "Joyful Steps" to raise teachers' interests in exercising and hence to improve emotional health.



心晴賽馬會喜動校園計劃 | Joyful Jockey Club "Love to Move" Programme

家長工作坊 Parents Workshop

與家長共同探討並交流跟子女相處時所面對的情緒問題，使家長認識情緒健康對個人及子女整全發展的重要，協助子女於不同成長階段建立健康情緒，讓家庭成為有效的情緒支援網絡，並促進「破除標籤效應」的概念。透過香港教育大學派出的示範員現場示範「心晴喜步」活力操，提升家長對持續運動的興趣，藉以加強情緒健康。

The workshop explored and exchanged together with parents the issue of children's emotion in getting along. They learnt the importance of emotional health towards individuals and holistic development of children, to assist their children to develop emotional health in various stages of growth, to strengthen the family to be an effective support network for emotional issue, and to eliminate stigma effect. The facilitators from the Education University of Hong Kong also demonstrated the customized "Joyful Steps" to raise teachers' interests in exercising and hence to improve emotional health.



心晴學生大使培訓 - 情緒健康工作坊 Joyful Student Ambassador Training Emotional Health Workshop

為強化校園的情緒支援力量，使計劃更有持續性，心晴行動派出專業心理 / 輔導人員進行透過兩節的工作坊，工作坊以互動形式讓學生大使認識自我及明白情緒與自身的關聯。學生大使可更深入學習情緒健康知識、接受「心晴喜步」培訓、如何與病患者相處參與義務工作的注意事項及練習溝通技巧。學生會探訪醫院或服務情緒病患者的機構以了解情緒病患者的復康歷程，消除對情緒病患者的歧視。我們期望這些活動不單拓寬學生視野，亦讓他們肩負起推廣校園健康情緒的使命，把所學的知識帶回日常生活當中，並感染朋輩從小建立關愛他人、關注健康情緒的態度，引領他們學習如何藉着運動達至身心健康。

In order to strengthen the school's emotional support force and the substantiality of the project, JMHF deployed professional psychologists or counsellors in two interactive workshop sessions to enhance students' self understanding and how is that related to their emotions. Student ambassadors were equipped with more in-depth training on emotional health, given more comprehensive training to our "Joyful Steps". They also learnt how to interact get along with people who has experienced mood disorder, guidelines for volunteers and communication skill. They are invited to visit hospitals or NGOs which serve people with emotional disorders, etc. victims. We hope these activities will not only broaden the horizons of students, make them not discriminate against people with mood disorders, but also enable them to shoulder the mission of promoting in the schools importance of emotional well-being, influencing their peers to develop caring attitude towards others and to also to maintain physical and mental well-being through exercising.



心晴喜步活力操培訓 Joyful Steps aerobic exercise training

為提升學生對持續運動的興趣，並讓他們體驗運動對情緒健康的好處，由香港教育大學派出專業教練，以情緒健康為主題教授學生帶氧活力操的不同套路。

With a theme of emotional health, professional instructors from The Education University of Hong Kong taught students various steps of the aerobic exercise. This allowed students to experience the benefit of exercise to emotional health and raise their interest to continue exercising.



火炬傳情活動：校園齊動、社區傳動 - 讓校園與長者齊動起來 Passing-the-Torch Programme: Moving schools and community together - enable school students and elderly to exercise

部份積極參與本計劃的學校更會為「傳送火炬學校」一員，向校內師生推廣運動有益情緒健康的訊息，使校園與社區一齊動起來。透過校園齊動工作坊，香港教育大學專業導師會指導學生大使如何替學校設計一套具校本特色的「心晴喜步」，編訂校內「心晴喜步」推動計劃，帶領校內師生共同參與活力操運動，提升大家對運動的興趣，加強情緒健康意識。

Some of the enthusiastic participating schools in the project became Passing-the-Torch members and be responsible for promoting the benefit of exercise to emotional health to students and teachers within their schools and later to the community. In the school workshops, professional facilitators from The Education University of Hong Kong encouraged students to plan, promote and motivate all teachers and students to participate in the joyful exercise, to arouse their interest in continuous exercise that enhances their emotional well-being.



透過社區傳動，把情緒健康訊息從校園帶進社區。本會職員聯同老師、學生探訪長者中心，關愛社區長者，讓長者知道情緒健康及運動沒有年齡界限，認識情緒及感受運動帶來的益處之餘；亦能讓學生學以致用、積極回饋社會。

The project also spread emotional health message to the wider context through the programmes' transmission from schools to the community. JMHF staff together with students and teachers paid visits to elderly homes to express care for community elders, letting them know there is no age limit for exercising and emotional health. While the elders learned to understand emotions and felt the benefit of exercising, this also allowed students to apply what they learned to actively payback to the community.



心晴市集 | Joyful Market

心晴行動獲得民政事務總署「伙伴倡自強」社區協作計劃資助，成立社會企業——「心晴市集」。市集本著循環再用的環保理念，提倡愉快購物，支持情緒健康教育，以出位優惠價錢，義賣名人明星二手衫及飾物為主。

同時，我們亦為弱勢社群提供就業及在職訓練機會，希望協助他們與社會融合。

JMHF received funding support from community cooperation project "Enhancing Self Reliance" scheme of the Home Affairs Department, and established a social enterprise, Joyful Market. It upholds environmentally-friendly ideas and supports emotional health education through happy shopping. The Market sells second-hand clothing and accessories of celebrities with special low price for charity and at the same time provide work opportunity and training for the underprivileged in society, assisting them to blend with the community.

駱駝漆大廈夏季特賣日 Camel Paint Building Summer Sales

2016年4月22至28日及5月7至8日
April 22 to 28 & May 7 to 8, 2016

心晴市集在觀塘駱駝漆大廈三期舉行夏季特賣日。感謝各位的支持和參與，活動反應踴躍，氣氛熱烈，共襄美事，為善最樂！

Joyful Market held special summer sales at Camel Paint Building (3rd phase). Thanks to everyone's support and participation, the event was well received and welcomed for both happy shopping and charity.



市民入場選購貨品



市集義工體驗 Volunteers Experience

2016年5月20日
May 20, 2016

摩根士丹利亞洲有限公司的3位員工參與市集義工活動，協助將捐贈的時裝分類和定價，體驗市集日常運作，並和同事融洽交流，是次活動盡顯企業對社會的關愛和責任心。

Three employees from Morgan Stanley Asia Limited participated as voluntary workers to sort and price the donated clothing in the Joyful Market. They experienced the daily operation of the Market and exchanged harmoniously with our staff, demonstrated corporate care and responsibility for the society.



感謝摩根士丹利亞洲有限公司職員參與市集工作

夏日開倉大特賣 Summer Open House Sale

2016年7月9日至10日及7月14日至16日
July 9 to 10 & July 14 to 16, 2016

為酬謝各位的支持，心晴市集於本會會址舉辦特賣日，以破底價推出精美家品和擺設，店鋪亦同時連續兩天八折優惠。特賣日客似雲來，各人盡情購物，滿載而歸。為了順應客戶的要求，特賣日完結後一週再加開三日，客人依然踴躍！我們一再感謝各位對心晴市集的支持，並承諾會更加努力去搜集貨源，以答謝各位的厚愛。

Joyful Market organised a special open house sale at JMHF office to thank public support. Prices were below bottom line for household goods and decorations and there was 20% discount for two days overall. Many shoppers enjoyed the offer with full bags of purchase. In the following week, the Market answered requests from customers to offer three more days of open sale and it was again full house. We again felt grateful for the support to Joyful Market and is committed to locate better stocks in order to acknowledge our supporters.



開倉特賣貨品種類繁多，顧客亦盡情購物

中學生探訪心晴市集 Students visit Joyful Market

2016年10月28及29日
October 28 & 29, 2016

心晴市集接待了陳樹渠紀念中學的學生，向他們展示社企的運作模式。這是由「寰宇希望」撥款支持的一項青少年升學及就業探索計劃，通過參觀及分享，讓學生學習如何結合創意和環保，創造商機。席間心晴市集項目主任分享社企理念和運作心得，同學積極參與討論，反應熱烈！

Joyful Market accommodated the visit of students from Chan Shu Kui Memorial School and demonstrated to them the operation of a social enterprise. This is an activity funded by Hope Worldwide to support youth in study and career exploration projects. Through visits and exchanges, students will learn how to integrate creativity and environmental protection and create business opportunities. Joyful Market project officer shared with them the concept of social enterprise and operation know-hows at the office. The response was enthusiastic where students actively participated in discussions.



學生到心晴市集參觀



學生專心聆聽市集職員講解店內運作

心晴市集 | Joyful Market

轉季特賣日 Change of Season Sale

2016年10月28及29日
October 28 & 29, 2016

心晴市集舉行「轉季大特賣日」，全面八折，並推出秋冬服裝，吸引不少新舊顧客蒞臨購物，眾人盡興而歸。

Joyful Market organised a 'Change of Season Sale' with 20% discount for all goods and launched its stock for autumn and winter clothing. This attracted many old as well as new customers and happy shopping was achieved.

工展會展銷活動 Hong Kong Brands and Products Expo

2016年12月19至21日
December 19 to 21, 2016

一年一度的工展會於12月份舉行，今年心晴市集再次獲得民政事務處的贊助，一連三日參與展銷。今次展銷的貨品包括多款聖誕裝飾、精緻的家居擺設及毛衣頸巾等，款式精美，而且價錢非常優惠，因此大受歡迎。本會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。

The annual Hong Kong Brands and Products Expo was organised in December and JMHF received sponsorship from the Home Affairs Department for the three days exhibition and sale. The goods offered included Christmas decorations, household items, sweaters and scarfs. Since the items were stylish and at a very favourable price, they were very popular. JMHF also distributed leaflets and explained information on preventing mood disorder at the Expo to promote emotional health education.

上環及青衣聖誕攤位展 Sheung Wan and Tsing Yi Christmas Sale Booth

2016年12月25至26日
December 25 to 26, 2016

緊接工展會之後，心晴市集分別於12月25日及26日，參加「上環假日行人坊」及「青衣美景花園聖誕攤位展」，展銷多款童裝、毛衣、精品、飾物、玩具及家品，現場不但有很多母親為孩子挑選心水童裝，甚至連路過的外國遊客也在一箱箱貨品中淘寶，挑選心頭所好帶回家去。

Following the HKBP Expo, Joyful Market participated in 'Sheung Wan Holiday Winter Promenade' and 'Tsing Yi Mayfair Garden Christmas Fair' on December 25 & 26 respectively to display a variety of children garments, sweaters, premium, decorations, toys and household for sale. It attracted not only mothers to select their favoured garments for their children, but also the pass by tourists to hunt for treasure in the stock as souvenirs back home.



本會副秘書李國芬(右一) 與市集職員合照



上環假日行人坊展銷攤位

活動列表 | List of Activities

舉行日期	類別	活動名稱	Name of Activity
全年	服務	心晴熱線	Hotline Service
全年	服務	「知心導航」情緒輔導計劃	Professional Counseling Service
全年	教育	心晴賽馬會喜動校園計劃	Joyful Jockey Club Love to Move Programme
全年	服務	家家友凝 - 家社融和計劃2016-2017	Family and Community Inclusion Scheme 2016-2017
全年	服務	「擁抱心晴」義工計劃	Joyful Volunteer Project
全年	教育	黃大仙區快樂人生社區健康推廣計劃 2016	Wong Tai Sin District Happy Living Project 2016
全年	教育	《心得》雙月刊	"HeartWorks" Bimonthly Free Magazine
全年	推廣	2016精神健康月	Mental Health Month
2016-4-20	教育	聖神內更新團體講座 — 嗅米氣	Renewal in the Spirit Community - Down To Earth Matters
2016-4-21	推廣	香港電台節目「香江暖流」訪問	RTHK Hong Kong Warm Heart Programme
2016-4-22 ~ 4-28/ 2016-5-7 ~ 5-8	社企	駱駝漆大廈夏季特賣日	Camel Paint Building Summer Sales
2016-4-27	服務	專家分享會(1)	Professionals, Patients and Families Sharing Groups (1)
2016-5	社企	高華集團捐贈衣物活動	Clover Group Clothing Donation
2016-5-20	社企	市集義工體驗	Volunteers Experience in Joyful Market
2016-5-27	服務	朋輩支援聚會(1)	Peer Support (1)
2016-6-4	教育	「情深說話未曾講」Nulife International 會員工作坊	"The Deep and Unspoken Dialogue" workshop for Nu Life International members
2016-6-17 ~ 7-29	教育	大笑瑜珈減壓課程	Laughter Yoga Course for relieving pressure
2016-6-18 / 6-25	服務	熱線義工進階訓練課程 2016 - 「生死之道：善生嚮導」	Hotline Volunteers Advanced Training Course 2016 "Life and Death Matters: Hospice Guide"
2016-6-22	服務	專家分享會(2)	Professionals, Patients and Families Sharing Groups (2)

活動列表 | List of Activities

舉行日期	類別	活動名稱	Name of Activity
2016-7-9 ~ 7-10/ 7-14 ~ 7-16	社企	夏日開倉大特賣	Summer Open House Sale
2016-7-26	服務	朋輩支援聚會(2)	Peer Support (2)
2016-8-30	服務	專家分享會(3)	Professionals, Patients and Families Sharing Groups (3)
2016-9-27	服務	朋輩支援聚會(3)	Peer Support (3)
2016-9-29	籌款	NomNoms Anonymous 慈善晚宴	NomNoms Anonymous Charity Dinner
2016-10-6	教育	「心晴賽馬會喜動校園計劃」啟動典禮暨新聞發佈會	Joyful Jockey Club Love to Move Programme kick off ceremony and press conference
2016-10-26 ~ 10-27	教育	香港專業教育學院(IVE)柴灣分校情緒健康攤位	HK IVE (Chai Wan) Campus Emotional Health booth
2016-10-27	服務	專家分享會(4)	Professionals, Patients and Families Sharing Groups (4)
2016-10-28 ~ 10-29	社企	轉季特賣日	Change of Season Sale
2016-10-29	社企	中學生探訪心晴市集	Students visit Joyful Market
2016-11-4 / 11-24	推廣	觸動社會慈善嘉許大獎2015	Touching CSR Award 2015
2016-11-6	推廣	精神健康基金會快樂同行步行籌款	"Walk with Joy" Charity Walk
2016-11-18	服務	朋輩支援聚會(4)	Peer Support (4)
2016-11-18	推廣	「友商有良」嘉許計劃之伙伴機構	Partner Employer Award Scheme
2016-11-20	教育	「痊」情有道--情緒自療體驗式工作坊系列(1)	The Way to Treat Mood Self-Healing Experience Workshops (1)
2016-11-25	籌款	NU LIFE 25週年慈善餐舞會	Nu Life 25th Anniversary Charity Gala
2016-11-27	教育	金門家庭同樂日	Gammon Family Fun Day
2016-12-19 ~ 12-21	社企	工展會展銷活動	Hong Kong Brands and Products Expo
2016-12-25 ~ 12-26	社企	上環及青衣聖誕攤位展	Sheung Wan and Tsing Yi Christmas Sale Booth

舉行日期	類別	活動名稱	Name of Activity
2017-01-12	服務	專家分享會(5)	Professionals, Patients and Families Sharing Groups (5)
2017-01-20	服務	朋輩支援聚會(5)	Peer Support (5)
2017-02-18	服務	心晴行動新春團拜暨義工嘉許禮	Lunar New Year Gathering cum Volunteers Award Ceremony
2017-02-18	教育	「痊」情有道--情緒自療體驗式工作坊系列(2)	The Way to Treat Mood Self-Healing Experience Workshops (2)
2017-02-21	服務	朋輩支援聚會(6)	Peer Support (6)
2017-02-25	推廣	Sing 動全城老爺車巡遊暨「做個快樂人」Cheer Up 2017	Mindful Song & Classic Car Parade cum Cheer Up 2017
2017-03-10	推廣	「商界展關懷」社區伙伴合作展2017	"Caring Company" Community Partnership Exhibition 2017
2017-03-11	教育	「痊」情有道--情緒自療體驗式工作坊系列(3)	The Way to Treat - Mood Self-Healing Experience Workshops (3)
2017-03-18	教育	產婦情緒護理工作坊	Maternity Emotion Care Workshop
2017-03-21	服務	專家分享會(6)	Professionals, Patients and Families Sharing Groups (6)
2017-03-26	籌款	「心晴跑·跑傳情」慈善跑	"Joyful Run - Run with Joy" Charity Run

活動列表 | List of Activities

心晴賽馬會喜動校園計劃活動列表

Joyful Jockey Club Love to Move Programme Activities

中學 - 校園講座 Secondary school - School talks

舉行日期	學校	School Name
2016-09-20	聖公會聖本德中學	SKH St. Benedict's School
2016-10-11	九龍真光中學	Kowloon True Light Middle School
2016-10-12	天水圍香島中學	Heung To Middle School (Tin Shui Wai)
2016-10-14	趙聿修紀念中學	Chiu Lut Sau Memorial Secondary School
2016-11-24	佛教大雄中學	Buddhist Tai Hung College
2016-11-28	張祝珊英文中學	Cheung Chuk Shan College
2016-12-06	粉嶺救恩書院	Fanling Kau Yan College
2016-12-07	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
2016-12-08	聖母書院	Our Lady's College
2016-12-14	東華三院辛亥年總理中學	TWGHs Sun Hoi Directors' College
2016-12-15	廠商會蔡章閣中學	CMA Choi Cheung Kok Secondary School
2017-01-23	筲箕灣官立中學	Shau Kei Wan Government Secondary School
2017-02-06	聖士提反堂中學	St Stephen's Church College
2017-02-07	粉嶺禮賢會中學	Fanling Rhenish Church Secondary School
2017-02-24	元朗商會中學	Yuen Long Merchants Association Secondary School
2017-03-07	葵涌循道中學	Kwai Chung Methodist College
2017-03-28	聖保羅書院	67-69 Bonham Road Hong Kong

中學 - 心晴學生大使培訓 Secondary school - Joyful Student Ambassador Training

舉行日期	學校	School Name
2016-10-08	元朗商會中學	Yuen Long Merchants Association Secondary School
2016-10-11	天水圍香島中學	Heung To Middle School (Tin Shui Wai)
2016-10-12	趙聿修紀念中學	Chiu Lut Sau Memorial Secondary School
2016-10-14	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
2016-11-24	德愛中學	Tak Oi Secondary School
2016-11-28	聖母書院	Our Lady's College
2016-12-06	張祝珊英文中學	Cheung Chuk Shan College
2016-12-07	粉嶺救恩書院	Fanling Kau Yan College
2016-12-08	粉嶺禮賢會中學	Fanling Rhenish Church Secondary School
2016-12-14	葵涌循道中學	Kwai Chung Methodist College
2016-12-15	廠商會蔡章閣中學	CMA Choi Cheung Kok Secondary School
2017-01-23	屯門官立中學	Tuen Mun Government Secondary School
2017-02-06	基督教聖約教會堅樂中學	The Mission Covenant Church Holm Glad College

中學 - 教師工作坊 Secondary school - Teachers Workshop

舉行日期	學校	School Name
2016-10-15	東華三院辛亥年總理中學	TWGHs Sun Hoi Directors' College
2017-01-09	葵涌循道中學	Kwai Chung Methodist College
2017-01-20	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
2017-03-17	天水圍香島中學	Heung To Middle School (Tin Shui Wai)

中學 - 家長工作坊 Secondary school - Parents Workshop

舉行日期	學校	School Name
2016-09-24	鄧英喜中學	POH 80th Anniversary Tang Ying Hei College
2016-11-19	九龍真光中學	Kowloon True Light Middle School
2016-12-10	元朗商會中學	Yuen Long Merchants Association Secondary School
2017-01-20	香港兆基創意書院	HKICC Lee Shau Kee School Of Creativity
2017-02-07	張沛松紀念中學	WEO Chang Pui Chung Memorial School
2017-03-03	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School

中學 - 活力操培訓 Secondary school - Joyful Steps aerobic exercise training

舉行日期	學校	School Name
2016-09-24 2016-10-15	聖母書院	Our Lady's College
2016-10-11 2016-10-12 2016-10-13 2016-10-17	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
2016-11-12 2016-11-19	元朗商會中學	Yuen Long Merchants Association Secondary School
2016-11-12 2016-11-19	天水圍香島中學	Heung To Middle School (Tin Shui Wai)
2016-11-12	趙聿修紀念中學	Chiu Lut Sau Memorial Secondary School
2016-12-03 2016-12-10	張祝珊英文中學	Cheung Chuk Shan College
2017-03-04 2017-03-11	德愛中學	Tak Oi Secondary School
2017-03-04 2017-03-11	粉嶺禮賢會中學	Fanling Rhenish Church Secondary School
2017-03-04 2017-03-18	葵涌循道中學	Kwai Chung Methodist College
2017-03-18 2017-03-25	粉嶺救恩書院	Fanling Kau Yan College

活動列表 | List of Activities

小學 - 校園講座 Primary School - School talks

舉行日期	學校	School Name
2016-09-23	張凝文學校	PLK Gold & Silver Exchange Society Pershing Tsang School
2016-09-27	香港仔聖伯多祿天主教小學	Aberdeen St. Peter's Catholic Primary School
2016-09-28	大埔舊墟公立學校	Tai Po Old Market Public School
2016-09-30	馬鞍山聖若瑟小學	Ma On Shan St. Joseph's Primary School
2016-10-07	打鼓嶺嶺英公立學校	Ta Ku Ling Ling Ying Public School
2016-10-11	般咸道官立小學	Bonham Road Government Primary School
2016-10-19	世界龍岡學校黃耀南小學	LKWFSL Wong Yiu Nam Primary School
2016-10-19	將軍澳天主教小學	Tseung Kwan O Catholic Primary School
2016-11-01	保良局陸慶濤小學	Po Leung Kuk Luk Hing Too Primary School
2016-11-08	李少欽紀念學校	Sai Kung Central Lee Siu Yam Memorial School
2016-11-11	佛教林炳炎紀念學校	Buddhist Lam Bing Yim Memorial School
2016-11-16	聖公會何澤芸小學	SKH Ho Chak Wan Primary School
2016-11-23	青松侯寶垣小學	Ching Chung Hau Po Woon Primary School
2016-11-28	金錢村何東學校	Kam Tsin Village Ho Tung School
2016-12-07	香港學生輔助會小學	Hong Kong Student Aid Society Primary School
2016-12-14	禾輦信義學校	The ELCHK Wo Che Lutheran School
2016-12-19	五邑鄒振猷學校	FDBWA Chow Chin Yau School
2017-01-05	樂善堂小學	Lok Sin Tong Primary School
2017-01-06	東華三院鶴山學校	TWGHs Hok Shan School
2017-01-16	保良局田家炳千禧小學	Po Leung Kuk Tin Ka Ping Millennium Primary School
2017-01-17	崇真小學暨幼稚園	Tsung Tsin Primary School and Kindergarten
2017-01-18	粉嶺官立小學	Fanling Government Primary School
2017-02-06	元朗朗屏邨東莞學校	YL Long Ping Estate Tung Koon Primary School
2017-02-08	油蔴地天主教小學	Yaumati Catholic Primary School
2017-02-08	佐敦谷聖若瑟天主教小學	Jordan Valley St. Joseph's Catholic Primary School
2017-02-10	聖博德學校	St. Patrick's School
2017-02-10	啟基學校(港島)	Chan's Creative School (H.K. Island)
2017-02-13	石籬聖若望天主教小學	Shek Lei St. John's Catholic Primary School
2017-02-15	農圃道官立小學	Farm Road Government Primary School
2017-02-15	聖公會聖約瑟小學	S.K.H. St. Joseph's Primary School
2017-02-17	筲箕灣官立小學	Shau Kei Wan Government Primary School
2017-02-24	香港南區官立小學	Hong Kong Southern District Government Primary School
2017-03-08	鮮魚行學校	Fresh Fish Traders' School
2017-03-09	中華基督教會基慈小學	The Church of Christ in China Kei Tsz Primary School
2017-03-10	港澳信義會小學	Hong Kong and Macau Lutheran Church Primary School
2017-03-10	聖公會聖多馬小學	S.K.H. St. Thomas' Primary School
2017-03-24	劉德容紀念小學	L.K.W.F.S. Ltd. Lau Tak Yung Memorial Primary School
2017-03-31	全完第二小學	CCC Chuen Yuen Second Primary School
2017-03-31	十八鄉鄉事委員會公益社小學	Shap Pat Heung Rural Committee Kung Yik She Primary School

小學 - 心晴學生大使培訓 Primary school - Joyful Student Ambassador Training

舉行日期	學校	School Name
2016-10-08	金錢村何東學校	Kam Tsin Village Ho Tung School
2016-10-15	東莞工商總會張煌偉小學	GCCITKD Cheong Wong Wai Primary School
2016-10-15	禾輦信義學校	The ELCHK Wo Che Lutheran School
2016-10-15	保良局雨川小學	P.L.K. Riverain Primary School
2016-11-05	將軍澳天主教小學	Tseung Kwan O Catholic Primary School
2016-11-19	聖公會何澤芸小學	SKH Ho Chak Wan Primary School
2016-12-16 2017-01-13	馬鞍山靈糧小學	Ma On Shan Ling Liang Primary School
2017-01-14	佐敦谷聖若瑟天主教小學	Jordan Valley St. Joseph's Catholic Primary School
2017-03-04	世界龍岡學校黃耀南小學	LKWFSL Wong Yiu Nam Primary School
2017-03-18	五邑鄒振猷學校	FDBWA Chow Chin Yau School
2017-03-18	劉德容紀念小學	L.K.W.F.S. Ltd. Lau Tak Yung Memorial Primary School

小學 - 教師工作坊 Primary School - Teachers Workshop

舉行日期	學校	School Name
2016-11-02	李少欽紀念學校	Sai Kung Central Lee Siu Yam Memorial School
2016-11-04	大埔舊墟公立學校	Tai Po Old Market Public School
2016-11-11	將軍澳天主教小學	Tseung Kwan O Catholic Primary School
2016-11-23	青松侯寶垣小學	Ching Chung Hau Po Woon Primary School
2016-12-19	東華三院鶴山學校	TWGHs Hok Shan School
2017-01-03	崇真小學暨幼稚園	Tsung Tsin Primary School and Kindergarten
2017-01-06	般咸道官立小學	Bonham Road Government Primary School
2017-01-10	打鼓嶺嶺英公立學校	Ta Ku Ling Ling Ying Public School
2017-01-11	聖公會何澤芸小學	SKH Ho Chak Wan Primary School
2017-01-23	啟基學校(港島)	Chan's Creative School (H.K. Island)
2017-02-03	金錢村何東學校	Kam Tsin Village Ho Tung School
2017-02-14	九龍塘宣道小學	Alliance Primary School, Kowloon Tong
2017-02-27	港澳信義會小學	Hong Kong and Macau Lutheran Church Primary School
2017-03-15	全完第二小學	CCC Chuen Yuen Second Primary School
2017-03-22	張凝文學校	PLK Gold & Silver Exchange Society Pershing Tsang School

活動列表 | List of Activities

小學 - 家長工作坊 Secondary School - Parents Workshop

舉行日期	學校	School Name
2016-09-24	保良局陸慶濤小學	Po Leung Kuk Luk Hing Too Primary School
2016-10-05	世界龍岡學校黃耀南小學	LKWFSL Wong Yiu Nam Primary School
2016-10-06	天主教博智小學	Price Memorial Catholic Primary School
2016-10-14	東莞工商總會張煌偉小學	GCCITKD Cheong Wong Wai Primary School
2016-10-15	筲箕灣官立小學	Shau Kei Wan Government Primary School
2016-10-18	打鼓嶺嶺英公立學校	Ta Ku Ling Ling Ying Public School
2016-10-28	佛教林炳炎紀念學校	Buddhist Lam Bing Yim Memorial School
2016-11-04	般咸道官立小學	Bonham Road Government Primary School
2016-11-10	粉嶺官立小學	Fanling Government Primary School
2016-11-12	將軍澳天主教小學	Tseung Kwan O Catholic Primary School
2016-11-14	金錢村何東學校	Kam Tsin Village Ho Tung School
2016-12-05	聖公會何澤芸小學	SKH Ho Chak Wan Primary School
2016-12-15	馬鞍山聖若瑟小學	Ma On Shan St. Joseph's Primary School
2016-12-17	樂善堂小學	Lok Sin Tong Primary School
2017-01-11	十八鄉鄉事委員會公益社小學	Shap Pat Heung Rural Committee Kung Yik She Primary School
2017-01-17	長沙灣協和小學	CCC Heep Woh Primary School (Cheung Sha Wan)
2017-02-14	元朗朗屏邨東莞學校	YL Long Ping Estate Tung Koon Primary School
2017-02-16	保良局陳南昌夫人小學	P.L.K. Mrs. Chan Nam Chong Memorial Primary School
2017-02-17	崇真小學暨幼稚園	Tsung Tsin Primary School and Kindergarten
2017-02-21	石籬聖若望天主教小學	Shek Lei St. John's Catholic Primary School
2017-02-28	救世軍田家炳學校	The Salvation Army Tin Ka Ping School
2017-03-01	馬鞍山靈糧小學	Ma On Shan Ling Liang Primary School
2017-03-02	全完第二小學	CCC Chuen Yuen Second Primary School
2017-03-09	聖博德學校	St. Patrick's School
2017-03-13	劉德容紀念小學	L.K.W.F.S. Ltd. Lau Tak Yung Memorial Primary School
2017-03-17	張凝文學校	PLK Gold & Silver Exchange Society Pershing Tsang School
2017-03-21	佐敦谷聖若瑟天主教小學	Jordan Valley St. Joseph's Catholic Primary School
2017-03-28	五邑鄒振猷學校	FDBWA Chow Chin Yau School

小學 - 活力操培訓 Primary school - Joyful Steps aerobic exercise training

舉行日期	學校	School Name
2016-09-24	東莞工商總會張煌偉小學	GCCITKD Cheong Wong Wai Primary School
2016-10-08		
2016-10-22	禾輦信義學校	The ELCHK Wo Che Lutheran School
2016-11-01		
2016-11-05		
2016-12-03		
2016-10-22	金錢村何東學校	Kam Tsin Village Ho Tung School
2016-10-29		
2016-12-03	五邑鄒振猷學校	FDBWA Chow Chin Yau School
2016-12-10		
2017-01-07		
2017-01-14		
2016-12-09	將軍澳天主教小學	Tseung Kwan O Catholic Primary School
2016-12-10		
2016-12-16		
2016-12-17		
2017-01-19	聖公會何澤芸小學	SKH Ho Chak Wan Primary School
2017-01-20		
2017-01-21		
2017-02-10	馬鞍山靈糧小學	Ma On Shan Ling Liang Primary School
2017-02-17		
2017-03-17		
2017-02-18	劉德容紀念小學	L.K.W.F.S. Ltd. Lau Tak Yung Memorial Primary School
2017-02-25		

活力操推廣計劃 Joyful Steps aerobic exercise promotion

舉行日期	學校	School Name
2016-10-18	觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
2016-11-05	金錢村何東學校	Kam Tsin Village Ho Tung School
2016-12-17	天水圍香島中學	Heung To Middle School (Tin Shui Wai)
2017-02-06	張祝珊英文中學	Cheung Chuk Shan College
2017-02-11	將軍澳天主教小學	Tseung Kwan O Catholic Primary School

長者中心探訪 Visit elderly community centre

舉行日期	到訪機構名稱	Organisation Name
2017-01-06	順安長者地區中心	CFSC Shun On District Elderly Community Centre
2017-03-18	博愛醫院陳平紀念長者鄰舍中心	Chan Ping Memorial Neighbourhood Elderly Centre

統計數據 | Statistics

熱線服務統計 Joyful Hotline Statistics

服務對象 \ 月份 Target Client \ Month	4/16	5/16	6/16	7/16	8/16	9/16	10/16	11/16	12/16	1/17	2/17	3/17	年度數字 Annual Data
病患者本人 Patients	8	8	8	10	9	12	16	11	8	5	13	17	125
病患者家人 Families of Patients	6	7	4	7	2	1	5	1	3	6	1	5	48
病患者朋友 Friends of Patients	1	1	0	0	0	0	1	0	0	0	0	1	4
其他受困擾人士 Others	0	3	8	7	4	10	4	2	4	4	7	2	55
總數 Total	15	19	20	24	15	23	26	14	15	15	21	25	232

24小時資訊系統 24 Hours Mental Health Information System Statistics

月/年 Month	4/16	5/16	6/16	7/16	8/16	9/16	10/16	11/16	12/16	1/17	2/17	3/17	年度數字 Annual Data
來電人次 No. of Call	4	8	13	14	35	11	9	11	10	9	13	9	156

電郵查詢 Email Enquiry Statistics

月/年 Month	4/16	5/16	6/16	7/16	8/16	9/16	10/16	11/16	12/16	1/17	2/17	3/17	年度數字 Annual Data
電郵查詢個案 No. of Email Case	1	1	1	1	1	0	2	2	0	3	0	1	113

輔導個案 Professional Counselling Service Statistics

月/年 Month	4/16	5/16	6/16	7/16	8/16	9/16	10/16	11/16	12/16	1/17	2/17	3/17	年度數字 Annual Data
新增個案 No. of Cases	9	13	2	10	17	8	5	13	4	12	12	7	112
約見人次 No. of Interview Sessions	110	123	110	98	121	107	99	119	86	102	114	113	1302

項目統計 Statistics

項目 Items	數目 Numbers	參與/接觸人次 Participate/Contact person
教育講座		
• 聖神內更新團體講座--嗅米氣 Renewal in the Spirit Community - Down To Earth Matters		
• 工作坊（一）難得一身好本領，「情」關偏偏闖不過？ 身心靈全人健康模式的應用與實踐 The Way to Treat - Mood Self Healing Experience Workshops(1)	4場	401人
• 工作坊（二）表達藝術治療與正向心理學 The Way to Treat - Mood Self Healing Experience Workshops(2)		
• 工作坊（三）以畫療心 藝術「自療」工作坊 The Way to Treat - Mood Self Healing Experience Workshops(3)		
心晴賽馬會飛越校園計劃		
• 校園講座(中學) Seminars on Campus (Secondary School)		
• 校園講座(小學) Seminars on Campus (Primary School)		
• 家長工作坊(中學) Workshops for Parents (Secondary School)		
• 家長工作坊(小學) Workshops for Parents (Primary School)		
• 教師工作坊(中學) Workshops for teachers (Secondary School)		
• 教師工作坊(小學) Workshops for teachers (Primary School)		
• 學生大使培訓(中學) Joyful Student Ambassador Training (Secondary School)	212場	18,744人
• 學生大使培訓(小學) Joyful Student Ambassador Training (Primary School)		
• 活力操培訓(中學) Joyful Steps aerobic exercise training (Secondary School)		
• 活力操培訓(小學) Joyful Steps aerobic exercise training (Primary School)		
• 活力操推廣計劃 Joyful Steps aerobic exercise promotion		
• 長者中心探訪 Visit elderly community centre		

統計數據 | Statistics

項目 Items	數目 Numbers	參與/接觸人次 Participate/Contact person
培訓/工作坊及義工探訪		
• 大笑瑜珈減壓課程 Laughter Yoga Course for relieving pressure		
• 熱線義工進階訓練 Hotline Volunteers Advanced Training Course	4個	1,185人
• IVE柴灣分校情緒健康攤位 HK IVE (Chai Wan) Campus Emotional Health booth		
• 金門家庭同樂日 Gammon Family Fun Day		
專家分享會 Focus Group between Professionals, Patients & Families	6場	56人
朋輩支援聚會 Peer Support	6場	53人
籌款活動 Fundraising	3個	2,669,409人
社區/媒體推廣 Community Education & Promotion	46個	129,242,589人
總數 Total	281個	131,932,437人

鳴謝名單 | Acknowledgements

特別鳴謝



MTR

天域2000有限公司

方力申

王君馨

王燕琳

生命力

李誠教授

胡子彤

香港健康情緒中心

夏月嫻

馬時亨教授

梁沛錦伉儷

陳鍾健開

黃秀真

傑出公民協會

勞証顯

楊英偉

義務工作發展局

萬綺雯

領展資產管理有限公司

歐鎧淳

蔡瀚億

鄧世文

盧維幹律師

鍾麗幗

鑄博醫護服務中心

鳴謝名單 | Acknowledgements

鳴謝名單(機構)

聖神內更新團體	王賽明快樂家庭培育中心	香港專業教育學院柴灣分校
2016精神健康月籌備委員會	利民會	香港教育大學健康與體育學系
AEG Promotion Ltd.	岡本	香港傷健協會
Del Monte Fresh Produce (HK) Ltd.	旺旺城迷你倉	香港聖約翰救護機構
DKSH	明途聯繫有限公司	香港臨床心理學博士協會
Hong Kong Marketing Services Limited	明愛全人發展培訓中心	泰基長跑會
J Plus Group Limited	東華三院友心情網上電台	高華集團國際有限公司
MBA Accounting & Taxation Services Ltd.	玩樂瑜珈	偉邦物業管理有限公司
NomNoms Anonymous	金門建築有限公司	基督教香港信義會社會服務部
Oki Media	長鴻旅遊有限公司	專注不足/過度活躍症（香港）協會
Salomon	保良局	曼秀雷敦
Suntory Beverage & Food Hong Kong Ltd.	咪嚟劇團	陳樹渠紀念中學
Waterfall Sports & Wellness	恒益物業管理有限公司	勞工及福利局
X-life	恒基兆業地產集團物業管理部	博愛醫院
Yoga Fitness	香港大學行為健康教研中心	尊家管業有限公司
力天地產代理公司	香港中小型企業總商會	聖雅各福群會
上環文娛中心	香港中華基督教青年會	腸胃情報
仁濟醫院社會服務—青幼服務	香港心理衛生會	葵涌醫院
友營堂	香港盲人體育總會	精神健康基金會
天星小輪有限公司	香港家庭福利會	嶺南大學公共政策研究中心
心活誌	香港浸會大學中醫藥學院	世紀21宇田地產

鳴謝名單(個人)

王藹慈	姚清嫦	黃玉英
Christina Mills	胡志遠教授	黃秉豪
Fung Edwina	胡麗雲	黃納筋
To Fred	唐家輝醫生	楊勇傑
丁志威議員	翁詠瑜	楊健偉
丁錫全醫生	馬晞華	楊斌醫生
文佩儀	張正平醫生	溫浩然
司徒兆殷	張貝芝	路婉儀
朱健驊	張漢奇醫生	趙思雅
江秀嫻	梁君茹	劉英傑醫生
何天虹教授	梁麗嫦	蔡宗翰
吳志樑	莊麗醫生	蔣麗萍
呂靜瑩	許龍杰醫生	鄧濤明博士
李育青	陳佩如	盧舒欣
李昕	陳俊文	簡立信
李家寶	陳健慈	鍾燕婷
李瑞琴	陳詠琪	藍建文
李慧嫻	陳蔓蕾醫生	羅志銘
李麗琴	陳鴻璋	羅美倫
李耀成	麥永接醫生	譚鳳筠
李耀基醫生	麥榮諾醫生	
辛志雄	彭子琴	
杜瑞妮	彭培輝醫生	
周嘉盈	曾韋僑醫生	
林智良醫生	程偉傑醫生	
邱寶琴	馮康教授	

鳴謝名單 | Acknowledgements

義工(個人)

蔡麗妮	高燕芬	黃婉筠
Chan Yin Mei	區國鴻	楊思衡
王惠冰	張艷玲	楊傲妍
朱詠思	梁寶珠	鄒惠冰
何玉美	陳玉珍	翟淑明
何惠芳	陳俊尹	趙逸煦
吳秀卿	陳建雄	蔡沈寶翠
吳愛玲	陳珮宜	蔡芷芬
吳艷華	陳國球	蔡鉅好
李月梅	陳詩韻	黎家俊
周仁傑	喻進	盧先英
周家宜	馮立峰	賴美琪
周敏儀	馮家儀	蘇思雅
胡向榮	馮嘉美	
范麗娟	黃純慧	

義工(團體)

摩根士丹利義工團	蕉友義工團	恒愛義工隊
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「笑爺仔」「笑奶妹」為本會之吉祥物，帶出每日歡笑、天天好心情之重要性。

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，每個所認購的「吉祥物」將會擺放在心晴會址笑爺笑奶善長廊內展出，以示謝意。所有捐款將用於本會教育項目及服務上。

認捐笑爺笑奶表格



笑爺 笑奶
善長廊

等着您的認捐!!

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

查詢電話：3690 1000

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

REPORT OF THE EXECUTIVE COMMITTEE

The Executive Committee submit herewith its report together with the audited financial statements of Joyful (Mental Health) Foundation (the "Foundation") for the year ended 31 March 2017.

CHANGE OF COMPANY NAME

On 31 October 2017, the Foundation changed its name from "Joyful (Mental Health) Foundation Limited" to "Joyful (Mental Health) Foundation" and adopted the Chinese name 心晴行動慈善基金 continuously as part of its legal name.

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 deficit of the Foundation for the year ended 31 March 2017 and the Foundation's financial position 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 8.

SHARE CAPITAL

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

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)	
CHIU Mei Zin, Cecilia	
FOK Chak Kee	
LI Wai Shing, Jackson	
CHENG Sau Ying, Irene	(Resigned on 1 April 2016)
LAI Pang	(Resigned on 1 April 2017)
LI Kwok Fun	
LAM Chun Wai	(Resigned on 1 April 2016)
LAU Fat Man	
MOK Yuen Shan, Joyce	(Resigned on 1 April 2017)
YU Wai Man	
TSAO Kwan Kit	
TUNG Fung Tao Nicholas	(Appointed on 1 September 2016)
LEUNG Shuk Ming	(Appointed on 1 September 2016)

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.

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

REPORT OF THE EXECUTIVE COMMITTEE (Continued)

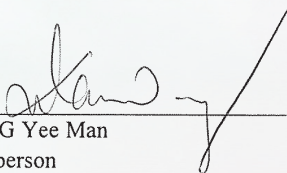
REPORTING EXEMPTION

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 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



WONG Yee Man
Chairperson

Hong Kong, 19 November 2017



CHENG & CHENG LIMITED

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

Andrew H. K. Cheng – FCCA, FTIHK, CTA (HK), FCPA (Practising) 鄭康祺 – 香港執業資深會計師 Ivan K. F. Yu – MBA, SQ (Insolvency), FTIHK, CTA (HK), CPA (Practising) 余廣發 – 香港執業會計師
Francis H. C. Cheng – BBA, FCCA, FTIHK, CTA (HK), CPA (Practising) 鄭康祥 – 香港執業會計師 Gabriel S. C. Chan – BA, MA, FCCA, ATIIHK, CTA (HK), CPA (Practising) 陳碩智 – 香港執業會計師
Alice Y. Y. Li – B. Bus., ATIIHK, CTA (HK), CPA (Aust.), CPA (Practising) 李遠瑜 – 香港執業會計師 David C. Y. Yeung – BBA, ATIIHK, CTA (HK), CPA (Practising) 楊振宇 – 香港執業會計師
Tong Yat Hung – FCCA, CPA (Practising) 湯日烘 – 香港執業會計師 Sammy H. N. Lam – BA, CPA, CA, CMA, CPA (Practising) 林鶴年 – 香港執業會計師

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

(Incorporated in Hong Kong with liability limited by guarantee)

Opinion

We have audited the financial statements of JOYFUL (MENTAL HEALTH) FOUNDATION (the "Foundation") set out on pages 6 to 21, which comprise the statement of financial position as at 31 March 2017, and the statement of income and expenditure, 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 2017, 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 Hong Kong Companies Ordinance.

Basis for opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSAAs") 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.

Information other than the financial statements and auditor's report thereon

The Executive Committee are responsible for the other information. The other information comprises the information included in the report of the 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.



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

心晴行動慈善基金

(Incorporated in Hong Kong with liability limited by guarantee)

Responsibilities of Members 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 Hong Kong 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 intend to liquidate the Foundation or to cease operations, or have no realistic alternative but to do so.

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. 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 risks 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.
- 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.



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**

心晴行動慈善基金

(Incorporated in Hong Kong with liability limited by guarantee)

Auditor's responsibilities for the audit of the financial statements (Continued)

- 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.

CHENG & CHENG LIMITED
Certified Public Accountants

Hong Kong, 19 November 2017

Y.Y. Li, Alice
Practising Certificate number P03373

JOYFUL (MENTAL HEALTH) FOUNDATION

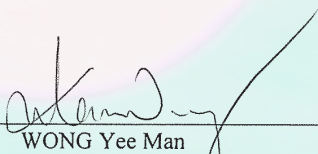
心晴行動慈善基金

STATEMENT OF FINANCIAL POSITION

As at 31 March 2017

	Note	2017 HK\$	2016 HK\$
Non-current assets			
Property, plant and equipment	4	6,709,681	6,927,614
Current assets			
Project income and other receivables	5	2,108,260	888,688
Cash at bank and on hand	14	12,826,264	16,604,584
		14,934,524	17,493,272
Deduct: Current liabilities			
Sundry payables		2,465,209	41,470
Current portion of deferred income	9	-	57,739
		2,465,209	99,209
Net current assets		12,469,315	17,394,063
Total assets less current liabilities		19,178,996	24,321,677
Funds			
Education development fund	6	4,600,000	4,600,000
Fundraising and promotion funds	6	2,075,000	2,075,000
Research and community development funds	6	2,400,000	2,400,000
Services fund	6	2,638,100	2,638,100
Operation fund	6	7,465,896	12,608,577
		19,178,996	24,321,677

Signed on behalf of the Board of Executive Committee by:-


 WONG Yee Man
 Member of Executive Committee


 TSAO Kwan Kit
 Member of Executive Committee

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

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

STATEMENT OF INCOME AND EXPENDITURE

For the year ended 31 March 2017

	Note	HK\$	2017 HK\$	HK\$	2016 HK\$
Income	7				
Donation received		811,622		613,883	
Project income		<u>2,183,045</u>		<u>5,170,187</u>	
			2,994,667		5,784,070
Deduct: Cost of income					
Project expenses	10		<u>7,300,290</u>		<u>6,315,506</u>
			(4,305,623)		(531,436)
Add: Other income					
Government grants	8	57,739		97,738	
Bank interest income		<u>120,511</u>		<u>269,809</u>	
			178,250		367,547
			(4,127,373)		(163,889)
Deduct: Operating costs					
<i><u>Administrative expenses</u></i>					
Bank charges		4,877		2,671	
Depreciation of owned assets		238,384		240,329	
Electricity, tele-communication and water		46,166		62,282	
Hire of land and buildings under operating leases		30,000		-	
Insurance		15,001		18,094	
Legal and professional fees		20,000		-	
Net exchange losses	11	306,215		371,477	
Office supplies		12,258		19,319	
Postage, printing and stationery		1,509		616	
Provident fund expenses		72,370		60,299	
Registration fee		3,605		3,405	
Rates and building management fees		39,529		48,664	
Repairs and maintenance		20,376		23,042	
Recruitment expenses		2,160		4,960	
Salaries and allowances		187,668		180,840	
Staff welfare and messing		4,728		2,700	
Sundries		8,442		14,343	
Travelling		<u>2,020</u>		<u>2,110</u>	
			1,015,308		1,055,151
Deficit for the year			<u>(5,142,681)</u>		<u>(1,219,040)</u>

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

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

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

STATEMENT OF CHANGES IN FUNDS

For the year ended 31 March 2017

	Education development fund HK\$	Fundraising and promotion funds HK\$	Research and community development funds HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
Balance at 1 April 2015	5,600,000	2,075,000	2,400,000	2,638,100	12,827,617	25,540,717
Total comprehensive expenditure	-	-	-	-	(1,219,040)	(1,219,040)
Fund transfer	(1,000,000)	-	-	-	1,000,000	-
Balance at 31 March 2016 and 1 April 2016	4,600,000	2,075,000	2,400,000	2,638,100	12,608,577	24,321,677
Total comprehensive expenditure	-	-	-	-	(5,142,681)	(5,142,681)
Balance at 31 March 2017	<u>4,600,000</u>	<u>2,075,000</u>	<u>2,400,000</u>	<u>2,638,100</u>	<u>7,465,896</u>	<u>19,178,996</u>

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

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

STATEMENT OF CASH FLOWS

For the year ended 31 March 2017

	Note	2017 HK\$	2016 HK\$
Operating activities			
Deficit for the year		(5,142,681)	(1,219,040)
Adjustments for:			
Depreciation of owned assets	4	238,384	240,329
Bank interest income		(120,511)	(269,809)
Operating deficit before working capital changes		(5,024,808)	(1,248,520)
Decrease in deferred income		(57,739)	(57,738)
Increase in project income and other receivables		(1,219,572)	(839,247)
Increase in sundry payables		2,423,739	30,825
Cash used in operations		(3,878,380)	(2,114,680)
Bank interest income		120,511	269,809
Net cash used in operating activities		(3,757,869)	(1,844,871)
Net cash used in investing activities	13	(20,451)	(50,048)
Net cash from financing activities		-	-
Net decrease in cash and cash equivalents		(3,778,320)	(1,894,919)
Cash and cash equivalents at beginning of the year		16,604,584	18,499,503
Cash and cash equivalents at end of the year	14	12,826,264	16,604,584

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

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2017

1. CORPORATE INFORMATION

JOYFUL (MENTAL HEALTH) FOUNDATION 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 No. 01 - 03, 10th Floor of New Treasure Centre, No.10 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 shown in note 3. These policies have been consistently applied to all the years presented, unless otherwise stated.

(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 unless 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 expenditure. 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 recognized 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.

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

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.

Receivables

Receivables are initially recognized at fair value and thereafter stated at amortized cost using the effective interest method, 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(e)).

Depreciation is calculated to write off the cost 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, unless otherwise indicated. 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.

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)**(e) IMPAIRMENT OF ASSETS**

An assessment is carried out at the end of each 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 income and expenditure.

(f) CASH AND CASH EQUIVALENTS

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

(g) 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.

(h) INCOME TAX

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

(i) INCOME RECOGNITION

Income 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 income and expenditure, if applicable, can be measured reliably, income is recognized in statement of income and expenditure as follows:-

(i) Donation received

Donation received is recognised whenever it is received or receivable.

(ii) Interest and income

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

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)**(i) INCOME RECOGNITION (Continued)****(iii) Project income**

Project income is recognised whenever it is received or receivable.

(iv) Government grants from Joyful Market ("JM Project")

Government grants are recognized in the statement of financial position initially as deferred income when there is reasonable assurance that they will be received and that JM Project will comply with the conditions attaching to them. Grants that compensate JM Project for expenses incurred are recognized 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 Project for the cost of an asset are recognized in the statement of income and expenditure as income on a systematic basis over the useful life of the asset.

(j) 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.

(k) 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 income and expenditure.

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 measured.

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

2. SIGNIFICANT PRINCIPAL ACCOUNTING POLICIES (Continued)**(I) 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.
- (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 group (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 group 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(l)(a).
 - (vii) A person identified in note 2(l)(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).
 - (viii) The entity, or any member of a group of which it is a part, provides key management personnel services to the Foundation or to the Foundation's parent.

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.

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

3. ADOPTION OF NEW ACCOUNTING STANDARDS

The HKICPA has issued a number of new HKFRSs and amendments to HKFRSs 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:-

- * Annual improvements to HKFRSs 2012-2014 cycle
- * Amendments to HKAS 16, Property, plant and equipment and HKAS 38, Intangible assets - Clarification of acceptable methods of depreciation and amortisation
- * Amendments to HKAS 1, Presentation of financial statements
- Disclosure initiative

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

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

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

4. PROPERTY, PLANT AND EQUIPMENT

	Furniture and fixture HK\$	Equipment HK\$	Leasehold improvement HK\$	Land and buildings in Hong Kong carried at cost HK\$	Total HK\$
Cost					
At 1 April 2015	64,285	282,901	1,187,248	7,718,850	9,253,284
Additions	-	50,048	-	-	50,048
At 31 March 2016 and 1 April 2016	64,285	332,949	1,187,248	7,718,850	9,303,332
Additions	-	20,451	-	-	20,451
At 31 March 2017	64,285	353,400	1,187,248	7,718,850	9,323,783
Deduct: Accumulated depreciation					
At 1 April 2015	47,914	203,240	1,112,350	771,885	2,135,389
Charged for the year	7,599	40,903	37,450	154,377	240,329
At 31 March 2016 and 1 April 2016	55,513	244,143	1,149,800	926,262	2,375,718
Charged for the year	5,772	40,787	37,448	154,377	238,384
At 31 March 2017	61,285	284,930	1,187,248	1,080,639	2,614,102
Net book values					
At 31 March 2017	3,000	68,470	-	6,638,211	6,709,681
At 31 March 2016	8,772	88,806	37,448	6,792,588	6,927,614

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

5. PROJECT INCOME AND OTHER RECEIVABLES

	2017 HK\$	2016 HK\$
Project income receivable	124,370	701,086
Other debtors and receivables	1,983,890	187,602
	<u>2,108,260</u>	<u>888,688</u>

6. FUNDS

The Foundation was incorporated under the Hong Kong Companies Ordinance as a Foundation limited by guarantee. The members of the Foundation are increased from three to four on 1 April 2015. 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

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

Fundraising and Promotion Funds

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 Funds

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

Services Fund

- (i) The fund is used support charitable organisations which are serving patients with mood disorder and their 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 hotline services to provide information about mood disorders to necessary people.

Operation Fund

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

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

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 income recognised during the year:-

	2017	2016
HK\$	HK\$	HK\$
Project income		
Education	10,500	15,500
Fund raising activities		
Joyful Charity Run	896,600	853,984
Nu Life Project	-	50,000
Others	67,927	124,831
心晴學生大使戲劇大匯演	-	394,700
笑爺笑奶認捐計劃	16,728	27,440
人人都係小飛俠慈善場	110,880	-
	1,092,135	1,450,955
Services	180,300	305,552
Joyful Market	146,009	238,586
Joyful Jockey Club Mental Health School Project (Note 1)	-	3,149,080
Joyful Jockey Club 'Love to Move' Programme (Note 2)	754,101	-
Others	-	10,514
	2,183,045	5,170,187
Donation received	811,622	613,883
	<u>2,994,667</u>	<u>5,784,070</u>

Notes:

1. Joyful Jockey Club Mental Health School Project was ended on 31 December 2015.
2. Joyful Jockey Club 'Love to Move' Programme, a new three year project, was commenced during the year.

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

8. OTHER INCOME**- GOVERNMENT GRANTS**

	2017 HK\$	2016 HK\$
Government grants (*)	57,739	97,738

(*) On 19 March 2012, the Home Affairs Department of HKSAR granted funding through the Enhancing Self-Reliance Through District Partnership Programme ("the ESR Programme") for the establishment of JM Project. In addition, the Foundation entered a new agreement with Home Affairs Department of the Government of the HKSAR to obtain government grants under the Enhancing Self-Reliance through District Partnership Programme on 10 February 2017.

9. DEFERRED INCOME**- GOVERNMENT GRANTS**

	2017 HK\$	2016 HK\$
Government grants received	57,739	115,477
Recongized to income and expenditure for the year	(57,739)	(57,738)
	-	57,739
Deduct: Portion classified under current liabilities	-	(57,739)
Non-current portion	-	-

The government grants were related to the reimbursement of capital expenditure of the ESR Programme.

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

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

10. PROJECT EXPENSES

	2017	2016
HK\$	HK\$	HK\$
Education	1,649,593	1,361,413
Fund raising activities		
Joyful Charity Run	538,085	511,378
Others	21,515	4,592
人人都係小飛俠慈善場	<u>82,788</u>	<u>-</u>
	642,388	515,970
Promotion	335,469	236,294
Services	937,888	890,185
Joyful Market	207,331	258,853
Joyful Jockey Club Mental Health School Project (Note 1)	-	2,999,731
Joyful Jockey Club 'Love to Move' Programme (Note 2)	3,486,262	-
Others	<u>41,359</u>	<u>53,060</u>
	<u>7,300,290</u>	<u>6,315,506</u>

Notes:

1. Joyful Jockey Club Mental Health School Project was ended on 31 December 2015.
2. Joyful Jockey Club 'Love to Move' Programme, a new three year project, was commenced during the year.

11. NET EXCHANGE LOSSES

The net foreign exchange losses are mainly attributable to the fluctuation of bank deposits denominated in Renminbi Yuan ("RMB"). Due to the uncertain and significant fluctuation of RMB, the Foundation decided to convert all RMB bank deposits to Hong Kong dollar bank deposits during the year.

12. INCOME TAX

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

13. INVESTING ACTIVITIES

	2017	2016
	HK\$	HK\$
Net cash used in investing activities		
Purchase of property, plant and equipment	<u>(20,451)</u>	<u>(50,048)</u>

財務報告 | Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION

心晴行動慈善基金

NOTES TO THE FINANCIAL STATEMENTS (Continued)

For the year ended 31 March 2017

14. CASH AND CASH EQUIVALENTS

Cash and cash equivalents included in the statement of cash flows comprise the following item in the statement of financial position:-

	2017 HK\$	2016 HK\$
Cash at bank and on hand	12,826,264	16,604,584

15. POSSIBLE IMPACT OF AMENDMENTS, NEW STANDARDS AND INTERPRETATIONS ISSUED BUT NOT YET EFFECTIVE FOR THE YEAR ENDED 31 MARCH 2017

Up to the date of issue of these financial statements, the HKICPA has issued the following amendments, new standards and interpretations which are not yet effective for the year ended 31 March 2017 and which have not been adopted in these financial statements.

	Effective for accounting periods beginning on or after
Amendments to HKAS 7, Statement of cash flows - Disclosure initiative	1 January 2017
HKFRS 9 (2014), Financial instruments	1 January 2018
Annual improvements to HKFRSs 2014-2016 cycle	1 January 2017 or 1 January 2018

The Foundation is in the process of making an assessment of what the impact of these new standards and amendments will be in the period of initial application. So far it has concluded that the adoption of them is unlikely to have a significant impact on the Foundation's results of operations and financial position.

16. SUBSEQUENT EVENT

To offer high-quality services and improve our client's satisfaction, the Foundation entered into an agreement to purchase a property at the consideration of HK\$18,000,000 and dispose of its property at the consideration of HK\$19,500,000 before the end of the reporting. However, the assignments were completed after the end of the reporting period and hence the properties would be recognized and disposed of in the next financial year.

17. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorized for issue by the Executive Committee on 19 November 2017.

耀才證券

BRIGHT SMART SECURITIES

香港交易所上市公司(1428)成員



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● 深水埗分行 欽州街39號舖地下 (852) 3121 6888
● 吳家分行 百老匯街51-53號美孚新村第3期平台79及80號舖 (852) 3120 0388
● 荃灣分行 沙咀道253號源興樓地下及閣樓 (852) 3929 2798
● 大圍分行 禧街市11號安泰樓2B地下及閣樓 (852) 3768 0888
● 大埔分行 廣福道141-145號新地下 (852) 3188 9688
● 天水圍分行 龍運路80號地下及閣樓 (852) 3922 7788
● 元朗分行 青山公路元朗段225-237號新業樓地下5號舖 (852) 3666 5688
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排毒
123

巴西莓

具有很高的抗氧化物。花青素，有助促進細胞組織的健康生長，如：腸道細胞。



葉綠素鈉銅複合物

可有助減少氧化物(如化學致癌物質和輻射)所帶來的損害，除了有助預防毒素積聚，亦可幫助中和食物中的毒素和毀滅有害細菌。



活之水棒

專利技術可將一般潔淨的食水變成帶有抗氧化功能及鹼性的優質礦泉水，可有助平衡身體的酸鹼度，延緩退化性疾及提升免疫力。



健康第1步 排毒加活肝



活肝
456



奶薊草

含水飛蓟素(Silymarin)，具抗氧化功能，並有助阻止毒素進入肝細胞，同時幫助肝臟排毒。



蒲公英

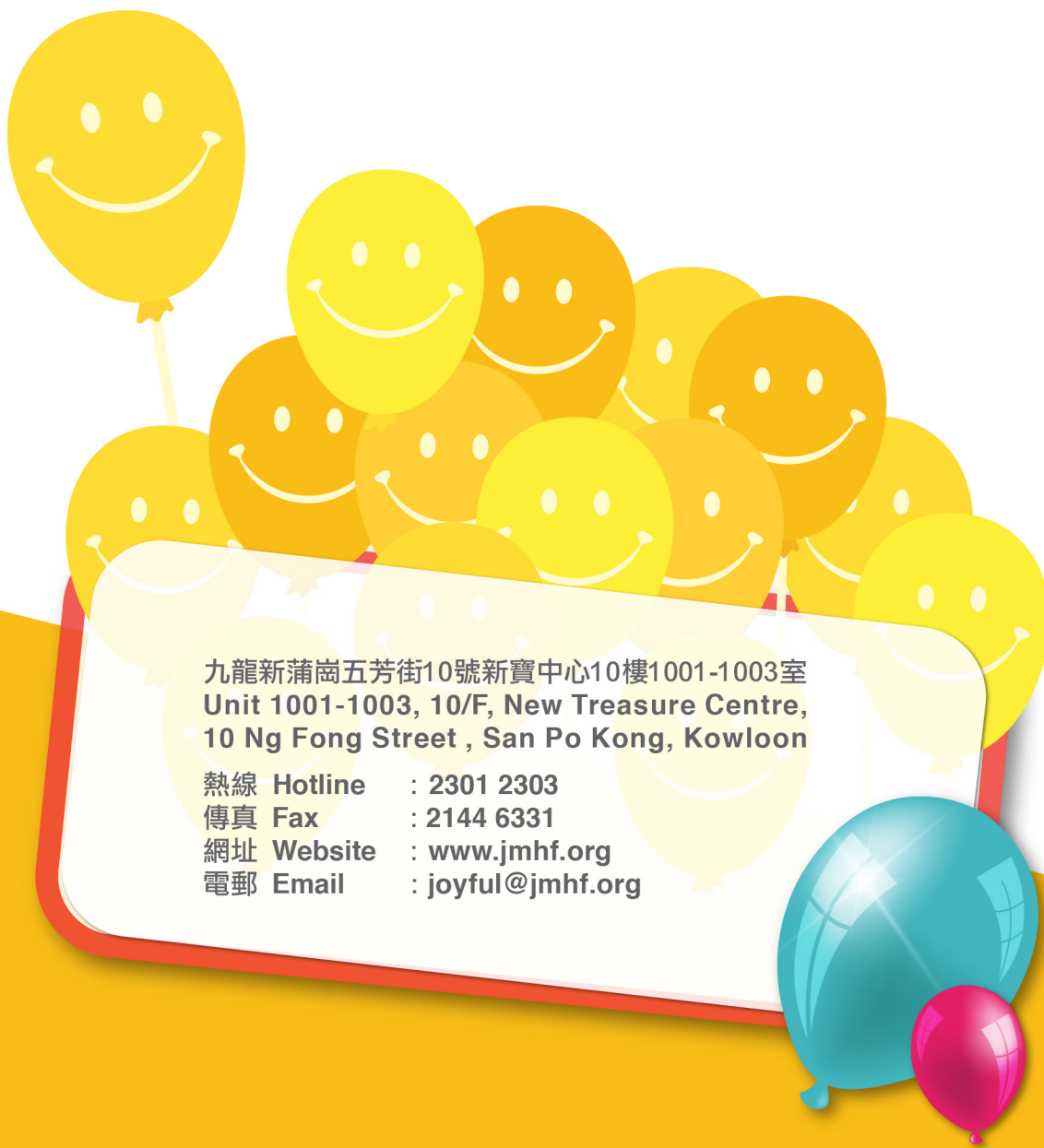
除了具抗氧化功能外，還齊集了豐富及天然的蛋白質、維生素和礦物質，支持肝臟排毒時所需的營養素之餘，還能夠助膽汁分泌及加強排毒功能。



薑黃

具天然及強效抗炎功能，是一種高抗氧化量的天然肝臟排毒劑。





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出版日期：2017年12月