



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

2018-2019

Annual Report 年報

朋輩支援 PEER SUPPORT
專業評估 Professional Assessment 愉悅 Joyful 專家分享 Focus Group
宣傳推廣 Promotion Anti-discrimination
心晴行動 JMHF 反歧視 預防及治療 Prevention and Treatment
情緒病 Mood Disorders 研究及發展 Research and Development
快樂 Happiness 笑容 Smile
身心靈健康 Well-being 義工服務 Volunteer 同理心 Empathy
宣傳推廣 Promotion **15th Anniversary**
同理心 Empathy 運動 Exercise 專業 Professional 公眾教育 Public Education
專業評估 溝通 慈善跑 Charity Run 情緒健康 Happiness
Communication 復元 Recovery Mental Wellness
運動 Exercise 預防及治療 Prevention and Treatment 放鬆 Relax 支持 Support 運動 Exercise 笑容 Smile 教育 Education
情緒病 Mood Disorders 以人為本 Care for people 互助 Mutual Help 關懷 Care
愉悅 Joyful 預防及治療 Prevention and Treatment 情緒病 Mood Disorders 專業評估 Professional Assessment
聆聽 Listen 慢活 Slow Living 校園計劃 School Programme 專業評估 Professional Assessment
公眾教育 Public Education 尊重 Respect 研究及發展 Research and Development
笑容 Smile 運動 Exercise 慈善跑 Charity Run 互助 Mutual Help



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成立背景

「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。

Background

Joyful (Mental Health) Foundation (JMHF) is a registered non-profit-making charitable organization established in 2004 by Ms. Victoria Lam and a group of enthusiastic volunteers. Ms. Lam was once a victim of mood disorder. According to a 2001 report by the World Health Organization (WHO), about a quarter of the world's population suffers from mood disorders of 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 the year 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 commit suicide. Therefore, JMHF endeavors to promote public understanding of mood disorders, reduce discrimination, and provide counselling services, resources and assistance to patients and their families.

年度重點

本年度為心晴行動成立十五週年，本會以「沿路有您十五載」為主題舉辦慈善晚宴，旨在回顧心晴行動在過去十五年的邁進歷程，並鳴謝在過去十五年為本會出心、出力、出錢的朋友。晚宴籌得的善款，將全數用作本會推廣情緒健康，為有需要人士提供更優質的服務。

Highlight

The year 2019 marked our 15th Anniversary. Our annual charity dinner was organized under the theme "All the Way Through 15 Years" which paid tribute to our works and to express gratitude to friends and volunteers who supported us financially together with their heart-felt efforts. All donations collected in the dinner will serve to promote mental health programs which provide quality services for those in need.



名譽會長 Honourary President



杜振源先生
Mr. Simon C. Y. TO

國際文具集團有限公司 集團主席兼行政總裁
Chairman & CEO of World Wide Stationery Holdings Co., Ltd.

信託人 Trustees



林建明女士
Ms. Victoria K.M. LAM

心晴行動慈善基金
創辦人
Founder,
Joyful (Mental Health)
Foundation



康寶駒先生
Mr. Martin Po Kui, HONG

劉陳高律師事務所
資深合夥人
Senior Partner,
Lau, Chan & Ko,
Solicitors & Notaries



黃綺雯博士
Dr. Alice Y. M. WONG

心晴行動慈善基金
主席
Chairperson,
Joyful (Mental Health)
Foundation

信託人獻辭 Trustee's Message

轉眼間，心晴行動慈善基金踏入十五周年。從一張枱、一個電話，到今天擁有自己的中心，發展出多元化的服務及活動，這十五年來，心晴行動在推廣情緒健康的路上手胥足胝，令社會上更多人認識及關注情緒病，破除偏見及忌諱，認同及早接受治療及輔導的重要。

心晴行動能茁壯成長，有賴一班熱心義工、捐贈者及專業人士，獻出時間、金錢和知識，與心晴行動一起探索方向及前路。沒有他們熱忱無私的支持，推廣情緒健康的工作肯定更舉步為艱，也不可能有今天的「心晴行動」。

「沿路有您十五載」慈善晚宴把心晴行動十五周年紀念活動推向高潮，也標誌着我們正邁進另一新階段。在未來的日子，心晴行動在優化原有項目之餘，將注入更多新元素，以更豐富及深入的方式，令更多人瞭解情緒健康。謹希望大家能夠繼續支持心晴行動，一起砥礪前行，為香港人的情緒健康而努力。

Times flies as JMHF was established 15 years ago. We started with a desk and a telephone and since then we have moved to our new office in San Po Kong where a wide range of services and activities were organized to promote emotional health. We have reduced public's stigma and discrimination against mood disorder and asserted the importance of seeking early treatment and counselling in time.

We owe our success to a group of enthusiastic volunteers, donors and professionals who have contributed whole-heartedly with their efforts, knowledge as well as financial support. Our success in promoting emotional health would not have been materialized without the generous support from all members.

The charity Gala Dinner turned out to be the highlight of our 15th anniversary celebration activities, thus marking JMHF enter into a new era. In future, apart from optimizing our present programs and activities in promoting emotional health, we will try to inject new elements in order to review our works in a more in-depth and inclusive perspective. Let us strive together to promote emotional health and make Hong Kong a better society!

執行委員獻辭 Message from the Executive Committees

這是我們成立15週年的歡欣時刻。傳播這消息時，我們收到充滿鼓勵的祝福。作為一個非政府慈善團體，我們是從一個簡陋的共用房間開始，但那無阻基金會創辦人堅持不懈地實現使命：促進心理健康；糾正錯誤觀念和歧視；向情緒病患者提供資訊和服務。其後我們搬遷至慈正村的資助辦事處擴展對公眾的服務。2011年，我們在新蒲崗區擁有自己的辦公室。由於該建築物已十分老化，我們決定在2017年搬到現址。

在慶祝週年之時，我們不會忘記背後的無名英雄。多年來，我們已經向許多贊助商和支持者鳴謝，但那永遠不會全面，我們的使命是經過無數人士的幫助才實現，有不少保持匿名默默支持，其中包括在最前線為日常營運做出貢獻的員工隊伍。對於這15年中遇到的每一個人，無論是否還在身邊，我們都非常感謝你們的貢獻和批評。我們需要你或你的繼任者關注我們，如果可能的話，我們更希望你成為我們的一分子。

願歡欣心晴每日與你同在！

It is a great moment of joy for our Foundation to reach its 15th anniversary. We received encouraging greetings when we spread the news around. It is hardly imaginable that we have come this far as a non-government charity group. Not a lot of people knows that we had a humble start from a shared room. But, our founders were adamant in realizing the mission: Promoting mental health; rectifying misconceptions and discrimination; offering information and services to the people with mental disorder. Later, we moved to a subsidised office in Tsz Ching Estate to expand our services to the public. By 2011, we were in our own premises in San Po Kong. Because of the building's ageing conditions, we decided to move to the present location in 2017.

While celebrating our anniversary, we must not forget the 'unsung heroes' behind. Along the years, we already named many sponsors and supporters, but it is never complete with so many that helped or shared to make our mission possible and still rather remain anonymous for their good faith. And at the fore front is a staff force that contributed to the day-to-day operation. To each and everyone we encountered through these 15 years, whether you are still with us or not, we owe a big thank you to your contributions and criticism. We certainly need you or your successors to attend to us and if possible be part of us in improving mental health.

May Joyful be with you all the days!

李偉成先生 (副主席)

Mr. Jackson W.S. LI (Vice-Chairperson)

我與心晴行動結緣於其2017年的辦公室喬遷之喜，透過心晴行動對新會址裝修工程的高效執行及對成本的合理控制，我深深佩服心晴行動執委和職員們那份真摯的使命感，亦對心晴行動的各種服務及團隊運作有更深的瞭解。

今年我有幸成為執委之一，同時亦見證心晴行動成立十五周年。在過去的十五年裡，心晴行動透過教育、服務及推廣工作，使大眾認識情緒病，減少誤解、歧視及偏見，並提供專業的熱線及輔導服務，成效得到社會各界認可。從零開始到今日碩果累累，是各心晴之友過去努力的成果。未來的日子，我期望能承接過去成功的步伐，以我微薄的力量，將情緒健康推廣到全港千家萬戶，令我們的社會更美好。

在此，我謹代表心晴行動感謝各界善長在這十五年來的支持及扶助。我衷心希望能繼續與大家並肩同行，見證一個充滿愛的香港！

I got acquainted with JMHF in 2017 when it moved to its new office in San Po Kong. I was much appreciated with its efficiency in renovation works under a tight budget control. I was grateful to the executive committees and staff whose commitment and dedication had led me to understand JMHF in a proper perspective.

I was honored to be invited to join the executive committee, witnessing its 15th anniversary celebration. Through educational and promotional works, together with its services, JMHF has been promoting public awareness of mood disorder over the last 15 years. Our hotlines and counselling services have gained wide public support since then. We started from scratch but thanks to the combined efforts of all members, JMHF has grown sturdily in the community. I sincerely hope that JMHF will carry on with its successful experiences, together with my humble contributions, to promote emotional health to each and every family, thus making a better society to live in.

On behalf of JMHF, I would express gratitude to all those who have been lending support to us over the past 15 years. Let us stand together to strive for a loving and better Hong Kong!

王秉怡先生 (執行委員)

Mr. Natalis P.Y. WONG (Executive Committee Member)

執行委員會成員 Executive Committees

黃綺雯博士 (主席)

Dr. Alice Y. M. WONG (Chairperson)

資深市場策劃人

Senior Marketing Consultant & Strategic Planner

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

董鳳濤先生 (副主席)

Mr. Nicholas F. T. TUNG (Vice Chairperson)

公司總經理

General Manager

柳發文博士 (秘書長)

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大學講師

Lecturer

余慧文女士 (執委) (於2019年3月31日離任)

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Director

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傳媒工作者

Media Practitioner

趙美仙女士 (副主席)

Ms. Cecilia M. S. CHIU (Vice Chairperson)

資深採購顧問

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曹鈞傑先生 (司庫)

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專業會計師

Certified Public Accountant

李國芬先生 (執委) (於2019年3月31日離任)

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公司總經理

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梁淑茗女士 (執委)

Ms. Ming S. M. LEUNG (Executive Committee Member)

營運經理

Operation Manager

王藹慈博士 (執委) (於2019年4月1日上任)

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臨床心理學家

Clinical Psychologist

義務公司秘書 Honourary Company Secretary

麥美娟女士 (義務公司秘書) (於2019年1月25日上任)

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特許秘書

Chartered Secretary

顧問團 Consultants

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Mr. Senta WONG

商家
Merchant

李誠教授
Prof. Sing LEE

資深精神科專科醫生
Honorary Clinical Professor in Psychiatry

趙雨龍博士
Dr. Marcus Y. L. CHIU

伍懷璞教授
Prof. Wai Pok NG

香港大學中文學會名譽會長
Honorary President,
The Chinese Society of HKU

馮康教授
Prof. Hong FUNG

香港中文大學醫院執行董事及行政總裁
Executive Director and Chief Executive Officer
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(於2019年4月1日上任)

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張力智醫生
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苗延琮醫生
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麥永接醫生
Dr. Ivan W.C. MAK

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Specialist in Psychiatry

周鳳美醫生
Dr. Bernie CHOW

醫生
Doctor

王譚慈博士
Dr. Gloria WONG

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Doctor of Psychology in Clinical Psychology
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黃蔚澄博士
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Prof. C. K. CHO

大律師 / 本基金義務法律顧問
Barrister / Honourary Legal Consultant, JMHF

陳啟鴻律師
Mr. Alfred CHAN

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

李少峰律師
Mr. Andrew S. F. LI

侯劉李楊律師行合伙人
Partner, Hau, Lau, Li & Yeung

盧維幹律師
Mr. Stephen W.K. LO

盧王徐律師事務所顧問律師 /
本基金義務法律顧問
Consultant, LO, WONG & TSUI Solicitors &
Notaries / Honourary Legal Consultant, JMHF
(於2018年4月1日上任)

黃錫源先生
Mr. Peter WONG

鄭鄭會計師事務所有限公司顧問
Consultant, Cheng & Cheng Limited

郭偉健先生
Mr. Ken KWOK

港駿會計師行有限公司 - 資深管理顧問
Senior Management Consultant,
FTW & Partners CPA Limited

曾展章先生
Mr. Samuel TSANG

傳媒工作者
Media Practitioner

曾智華先生
Mr. Luke TSANG

著名廣播人
Radio Broadcaster

潘啟迪先生
Mr. Kai Tik POON

醫療拓展基金總監
Director of Medical Development
Foundation

顏聯武先生
Mr. Luen Mo NGAN

著名廣播人
Radio Broadcaster

水禾田先生
Mr. Water POON

藝術家 / 本基金義務美術指導
Artist / Honourary Art Director, JMHF

梁李少霞女士
Ms. Shiu Ha LEE LEUNG

傳媒工作者
Media Practitioner

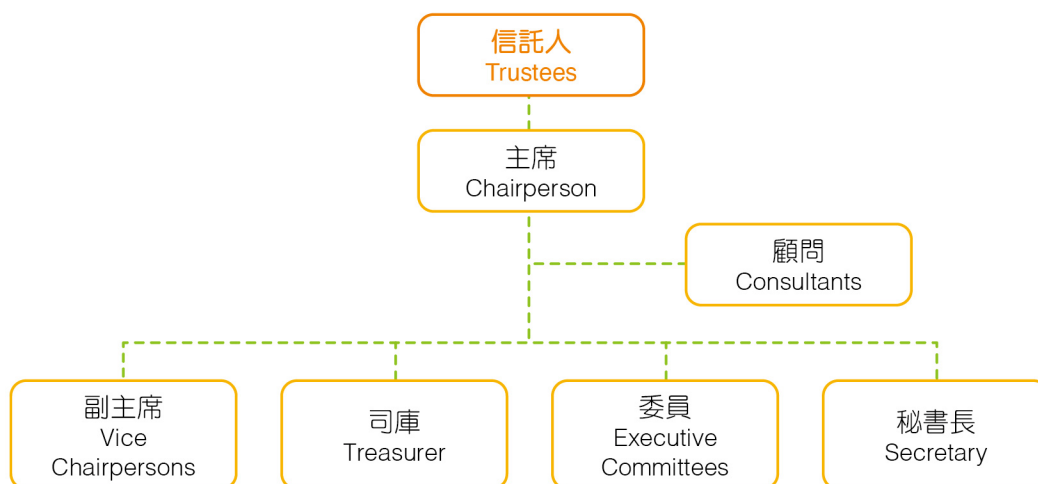
劉月明女士
Ms. Marianne LAU

畫家
Artist

徐雅各先生
Mr. James TSUI

退休校長
Retired School Principal

組織架構 Organisational Structure

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

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。

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

黃大仙區快樂人生社區健康推廣計劃 2018-2019 Wong Tai Sin Happy Living Community Health Promotion Programme 2018-2019

舉辦日期 Date: 07-09/2018

本年度快樂人生社區健康推廣計劃以「共建快樂關懷社區2018-2019」-「總有晴天照顧者減壓小組」為主題，通過多元活動，旨在為社區人士帶來正向信息，認識快樂的人生秘訣。計劃內容如下：

The theme for this year's Community Health Promotion Program was "A Happy and Caring Community 2018-2019" -- Support Groups For Mentally Disturbed Patients and Carers. The programme aimed to convey positive thinking which held the key to a successful happy life. The programmes were as follows:

日期 Date	主題 Theme	講者 Speakers
14/07/2018	「活出好身心 — 及早識別和處理情緒困擾」講座 Live a Good Life — Early Detection and Prevention of Mental Disturbances	苗延琮醫生、譚志強先生 Dr. MIAO Yin King, May & Mr. TAM Chi Keung
10/08/2018 & 07/09/2018	「總有晴天照顧者減壓小組」— 大笑瑜珈小組 Laughter Yoga Support Groups For Carers	朱紅小姐 Ms. Viola CHU
15/09/2018	「養生養心 — 及早識別和處理情緒困擾」 Of Mind and Body — Early Detection and Prevention of Mental Disturbances	岑康遠中醫師 Dr. SHUM Hong Yuen

▼「快樂人生」嘉年華會
Happy Living Carnival



▲總有晴天照顧者減壓小組
Laughter Yoga Support Groups



▲「活出好身心」講座
Seminar on "Live a Good Life"

更多精彩照片 More Joyful Moments

黃大仙區快樂人生社區健康推廣計劃 2018-2019

Wong Tai Sin Happy Living Community Health Promotion Programme 2018-2019



◀ 活動引發參加者反思生命價值
Participants Reflected on the Value of Life via Diversified Activities

「感恩·生命」體驗營以「生命教育」為主題
The Experience Camp was Themed with "Life Education"



◀ 製作蒜頭燈活動
The Making of Garlic Lamp



《心得》雙月刊（免費贈閱） “HeartWorks” Bimonthly Free Magazine

舉辦日期：年度項目

Date: All Year Round

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，讓讀者關注情緒健康的重要性，並提升社會大眾在這方面的知識，減少對患者的歧視及偏見，破除標籤效應。

We continued to publish the HeartWorks, a bi-monthly magazine, written by professionals in an in-depth but easy to understand style, explaining the importance of mental health. The magazine also serves to promote better understanding and reduce discrimination and labelling effect against mood disorders.

NU LIFE「心」層挖掘 - 驚恐療「源」情緒健康講座 Nu Life Mental Health Talk On “Discovering the Root and Cure for Panic Disorder”

舉辦日期 Date: 16/06/2018

安永國際（亞洲）有限公司邀請本會為其參加者介紹焦慮症及驚恐症，由本會輔導員黃玉英小姐擔任講座嘉賓。講座除了探討焦慮及驚恐的成因，亦介紹了預防方法，鼓勵參加者培養健康身心。

Nu Life International (Asia) Limited invited JMHF to organize a talk on anxiety disorder and panic disorder, lectured by our counsellor Miss Elaine WONG. Participants were introduced to the cause, prevention and cure of the problem and ways to maintain emotional wellness.



▲ 安永國際頒發感謝狀予本會輔導員黃玉英小姐
Nu Life Presented the Certificate of Appreciation to JMHF's Counsellor Miss Elaine WONG

東區醫院精神健康日 Pamela Youde Nethersole Eastern Hospital Mental Health Day

舉辦日期 Date: 06/07/2018



▲ 心晴行動情緒健康攤位
JMHF's Booth on Mental Health

本會獲尤德夫人那打素醫院邀請舉辦情緒健康攤位，透過情緒健康遊戲讓病患者及照顧者認識情緒病、學習抗壓方法及如何正確地回應受情緒困擾人士的說話。是次活動除了遊戲，亦有情緒健康測試部份，讓參加者即時體察自己的身心狀況及了解不同的求助途徑。

JMHF was invited to host a booth in PYNEH Mental Health Day. Through games playing exercises, both patients and carers could learn to release pressure and enhance their communication and understanding. We also conducted mental health assessments on the spot through which participants could seek for help if necessary.



▲ 本會輔導員呂靜瑩小姐分享情緒健康資訊
JMHF's Counsellor Miss Octavia LUI Shared Mental Health Information

NU LIFE掌握情緒資訊日 Nu Life Mental Health Information Day

舉辦日期 Date: 06/10/2018

安永國際（亞洲）有限公司邀請本會舉辦「Nulife掌握情緒資訊日」，再度支持本會在情緒健康方面的教育及推廣工作。本會輔導員呂靜瑩小姐擔任是次講座嘉賓，以深入淺出的方法向參加者講解情緒及壓力的成因。

Nu life International (Asia) Limited has again lent their support by inviting us to organize the Nu Life Mental Health Information Day. Miss Octavia LUI, our counsellor, gave a talk on mental stress and ways for prevention and cure.

嶺南大學情緒健康攤位 Lingnan University Mental Health Booth

舉辦日期 Date: 15/10/2018

本會獲嶺南大學邀請舉辦情緒健康攤位，為來訪者提供情緒測試，並通過與輔導員的即場交談，令來訪者對負面情緒有更清晰的認知，同時學習如何用更健康的方法來處理負面情緒。

JMHF was invited by Lingnan University to host a booth where mental health tests were conducted on spot. Our counsellor gave advice to visitors on how to prevent negative emotions and treatment for mental disturbance.



▲ 心晴行動於嶺南大學擺設情緒健康攤位
JMHF's Booth on Mental Health at Lingnan University

自資高等教育聯盟 - 身心靈好心情 - 情緒健康嘉年華 2019 Promoting Emotional Wellness and Resilience in the Self-financing Tertiary Education Sector

舉辦日期 Date: 08/03/2019

本會獲自資高等教育聯盟邀請，在理工大學香港專上學院舉辦一系列情緒健康活動，包括大笑瑜伽及攤位活動，讓大家能獲得放鬆心情及紓緩日常壓力的效果，予參加者體驗如何透過活動身體以釋放情緒。

JMHF was invited by the Federation for Self-financing Tertiary Education (FSTE) to host a series of activities in the Polytechnic University Hong Kong Community College campus. Activities included laughter yoga and interactive booth through which visitors could learn ways to relax and release pressure and eventually ease stress.



▲ 參加者全心投入攤位遊戲
Participants Joining Activities at the Interactive Booth

情緒工作坊系列 Mental Health Workshops Series

舉辦日期 Date: 03-04/2019

日期 Date	主題 Theme
12/2018-01/2019	靜觀與放鬆初探 Mindfulness and Relaxation Exercises
03-04/2019	畫出心中情：認識情緒及情緒管理小組 Inner-self Portrait: Emotional Health Assessment and Stress Management
04/09/2019 & 11/09/2019	情緒健康舒緩小型工作坊2019 Workshops on Alleviating Mental Stress 2019



本會本年度舉辦多個情緒工作坊，教導參加者通過靜觀及各種藝術治療，包括繪畫、蝶古巴特拼貼及禪繞畫等，學習放鬆及舒緩情緒，並提升對自身的覺察及自我接受程度等。

A series of workshops on mindfulness and art therapy including drawing, Decoupage Art and Zentangle were organized to promote participants techniques for relaxation and emotions management. Participants might also learn how to increase their awareness of both physical and mental wellness, and enhance their level of self-acceptancy.

◀ 參加者在活動中學習放鬆情緒
Participants Learned How to Enhance Mental Wellness in the Workshops

保良局陳維周夫人紀念學校「快樂方程式」嘉年華情緒健康攤位 Emotional Health Carnival organized by Po Leung Kuk Madam Chan Wai Chow Memorial School

舉辦日期 Date: 13/04/2019



▲「快樂方程式」嘉年華情緒健康攤位
JMHF's Mental Health Booth at the Emotional Health Carnival

本會應保良局陳維周夫人紀念學校邀請到該校舉辦「快樂方程式」嘉年華情緒健康攤位，讓小學生及其家長認識情緒，包括如何健康地抒發負面情緒，及如何令自己更快樂，期望參加者開心地以遊戲形式學習情緒知識。

The Po Leung Kuk Madam Chan Wai Chow Memorial School invited JMHF to participate in their Emotional Health Carnival entitled "The Secret Formula of Happiness". Through games and interactive activities, students and parents alike learnt how to avoid negative emotions and attain peace of mind and happiness.

「孩子心情好」家長情緒健康講座 Talk on “Emotional Well-being of Small Kids”

舉辦日期 Date: 15/07/2019

「孩子心情好」講座嘉賓合照 ▼
Guests of “Emotional Well-Being of Small Kids”

慈雲山綜合家庭服務中心邀請本會舉辦「孩子心情好」家長情緒健康講座，以深入淺出的方法向參加者講解家長在面對孩子成長時不同行為的教養方式以及處理子女行為和情緒的方法。



Invited by Tsz Wan Shan Integrated Family Service Centre, JMHF held a talk entitled “Emotional Well-being of Small Kids”. Parents were explained children’s behavioral patterns in different stages of growing up and ways to deal with them in order to achieve emotional well-being.

社署慈雲山綜合家庭服務中心探訪 Visit to Tsz Wan Shan Integrated Family Service Centre

舉辦日期 Date: 13/09/2019

心晴行動探訪社會福利署慈雲山綜合家庭服務中心，進一步了解其社區推廣及社區支援服務，令本會熱線義工、輔導員及職員更熟悉區內機構的運作，以提升日後轉介工作的效率。

JMHF paid visit to Tsz Wan Shan Integrated Family Service Centre for a better understanding of their promotional and supporting services in the community. By doing so, we fostered our cooperation with local community centers so that our staff, counsellors and volunteers could perform more effectively with their referral cases.

香港婦女基金會何郭佩珍耆康中心情緒健康講座 Emotional Health Talk in Hong Kong Women Foundation Limited Ho Kwok Pui Chun Neighborhood Elderly Center

舉辦日期 Date: 20/09/2019



▲ 本會顧問黃秀真博士為長者介紹情緒健康知識
Dr Christine WONG, JMHF’s Advisor, Introduced Mental Health Information to the Elderly

本會受邀舉辦「晴心款款面面談」情緒健康講座，支持長者及其照顧者在情緒健康方面的教育及推廣工作，由本會顧問臨床心理學家黃秀真博士擔任講師，講解長者及其照顧者面對的各方面轉變，以及照顧者的技能需求。

JMHF was invited by the center to hold a talk for their elderly members and carers under the theme “Face to Face with Your Heart and Mind”. Dr. Christine WONG, clinical psychologist and our advisor, lectured on the psychological needs and changes of elderly people and the necessary skills for the carers to cope with them.

服務

Service



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

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

專業面談輔導服務 Professional Counselling Services

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. We aim to find suitable help and treatment to those in need as soon as possible to facilitate early recovery. The counselling services are led by a group of professional clinical psychologists and counsellors, through psychological theories and principles to assist patients in soothing their emotional, cognitive and behavioral problems. The services include anger management, coping skills on life and work, counselling on interpersonal, family relations and mood disorders.



▲ 本會提供專業面談輔導服務
JMHF Provides Professional Counselling Services

熱線服務：2301 2303 Hotline Services: 2301 2303

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。

JMHF has been providing "Emotion Support Hotline Services" since 2004, rendering emotional support, information on mood disorder and referral services, so that callers can receive adequate support when in need. Our hotline volunteers have gone through systematic and professional training, passing through a strict selection process in order to provide better professional and caring hotline services to the public.

24小時情緒健康電話資訊系統：3188 4500 24-hour Mental Health Information System: 3188 4500

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。

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

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

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、義工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。

舉行日期 Date	分享嘉賓 Speaker
24/04/2018	林中鍵醫生 Dr. LUM Choong Kein
15/05/2018	曾韋僑醫生 Dr. TSANG Wai Kiu
07/08/2018	劉慧儀醫生 Dr. LAU Wai Yee, Aster
30/11/2018	護士曾志遠先生 Mr. TSANG Chi Yuen
24/01/2019	林智良醫生 Dr. LAM Chi Leung
15/03/2019	朱立新醫生 Dr. CHU Lap Sun, Patrick
08/05/2019	方日旭醫生 Dr. FONG Yat Yuk, Samson
09/07/2019	張漢奇醫生 Dr. CHEUNG Hon Kee, Henry
27/09/2019	陳飛醫生 Dr. CHAN Fei, Charles



▲ 本會代表致送感謝狀予講者朱立新醫生(中)
JMHF Presented the Certificate of Appreciation to
Dr CHU Lap Sun, Patrick (Middle)

Psychiatrists were invited to have **interactive sharing on the treatments of mood disorder with patients, family members and volunteers**. During the gatherings, participants shared their experiences and encouraged each other to fight against mood disorders with confidence. Acknowledgement to Mental Health Foundation which supported us in liaising various psychiatrists as guest speakers.



心晴行動熱線義工歡聚一堂 ▲
JMHF's Hotline Volunteers Gathering

熱線義工聚會

Hotline Volunteers Gathering

舉行日期 Date: 12/07/2018 及 21/05/2019

聚會讓熱線義工互相認識，並藉此回饋義工付出的寶貴時間，主題環繞積極聆聽、溝通、觀察力、語言描述能力等等。是次活動亦有香港大學及嶺南大學的心理學學士實習生協助策劃。

The gathering was planned as a **luncheon and team building game activity to let volunteers to get to know each other**. The theme focused on active listening, communication, observation and verbal description skills. It was assisted by interns from the University of Hong Kong, Department of Psychology and Ling Nan University, Department of Applied Psychology.

熱線義工基礎訓練課程 Hotline Volunteers Basic Training Course

舉行日期 Date: 13/09 - 15/11/2018

今年度經挑選後共有17名義工參加，本會很榮幸邀請到精神科專科陳蔓蕾醫生，聯同本會輔導員辛志雄、呂靜瑩、朱紅和教育及服務部經理黃永泰講授共八節的課程，內容不單包涵情緒病的認知，亦有介紹基本情緒輔導技巧及教授危機處理，透過理論課程及模擬練習，學員更能掌握接聽熱線的技巧。



▲ 課程講者與參加者合照
Course Speakers and Participants in Class

17 volunteers were selected to participate in this year's course. JMHF was honored to invite psychiatry specialist Dr. Doris CHAN together with our counsellor Joseph SING, Octavia LUI, Viola CHU and our Education & Services Manager Ted WONG to conduct the 8-session training. The course not only included understanding of mood disorders, but also introduced basic counselling and crisis handling skills. Through theory and mock scenario practice, participants were able to master hotline answering techniques.

熱線義工進階訓練課程 第一期 Hotline Volunteer Advanced Training Course I

舉行日期 Date: 18/03/2019

熱線義工進階訓練課程第一期「熱線義工的自我修養」系列 - 「處理來電的必須技巧」，邀請了臨床心理學博士兼本會輔導員何堃嘉主講，課程除提升義工接聽熱線時的電話技巧外，還能提升服務質素及令熱線義工更有效地面對不同的來電，最終達成本會長遠的既定方針。



輔導員與熱線義工分享熱線接聽技巧 ▼
JMHF's Counsellors Shared the Hotline Techniques with Volunteers

The theme for the Hotline Volunteer Advanced Training Course I was "Personal Qualities for Hotline Volunteers" Series - "Techniques for Engaging Phone-in Callers". Our counsellor Dr. Pauline HO, clinical psychologist, conducted lectures which introduced techniques to engage phone-in callers and enable volunteers to deal with different callers effectively.

熱線義工進階訓練課程 第二期 Hotline Volunteer Advanced Training Course II

舉行日期 Date: 22/03/2019

熱線義工進階訓練課程第二期「熱線義工的自我修養」系列 - 「反移情」，邀請了本會輔導員辛志雄主講，內容包括投射、移情、反移情、生命自覺練習、保持自我察覺的重要性的方法、熱線義工的相關工作守則、「心流」情況下的反應等。

The theme for the Hotline Volunteer Advanced Training Course II was "Personal Qualities for Hotline Volunteers" Series - "Counter Transference". Our counsellor Mr. Joseph SING conducted lectures on psychological projection, transference and counter transference, self-awareness and moral guidelines for hotline volunteers.

新春團拜暨義工嘉許禮 2018/19

Lunar New Year Gathering cum Volunteers Recognition Ceremony

舉行日期 Date: 02/03/2019

在2018年，心晴行動的義工參與活動時數合共6,308小時，並獲社會福利署「義工運動」頒發的義務工作嘉許狀（團體）金獎。為感謝一眾義工積極參與本會的義務工作，本會舉辦了義工嘉許禮，藉此感謝各義工的支持，肯定他們對推動情緒健康工作的貢獻。

In 2018, JMHF volunteers have contributed a total of 6,308 hours and received a Gold Certificate (Organisation) from the Social Welfare Department for the accumulated service hours of the members to the organisation. To thank volunteers actively participating in our events, we hosted the Volunteers Recognition Ceremony through which we acknowledge their support in promoting mental health.



▲ 一眾義工出席嘉許禮
Volunteers Gathered Joyfully at the Recognition Ceremony

輔導員督導會議

Supervisory Meetings for JMHF Counsellors

舉行日期 Date: 23/04/2019, 16/05/2019, 14/08/2019

心晴行動定期為輔導員舉辦督導會議，輔以日常的行政管理，以**提升本會輔導質素**。內容包括倫理指引、尊重及保護自己及他人生命安全、輔導員與個案避免多重關係、尊重各方差異、及確保在有需要時提供合適轉介等。



▲ 輔導員通過督導會議提升輔導質素
Counsellors Upkeep Their Service Quality via the Supervisory Meetings

Supervisory meetings were held periodically for our counsellors to **upkeep our service qualities**. Highlights of the meetings were focused on ethical guidelines with special emphasis on the self-protection and respect of human lives. Our counsellors should uphold our impartiality towards clients and respect individual differences, and timely referrals should be made when needed.

更多精彩照片 More Joyful Moments

新春團拜暨義工嘉許禮 2018/19 Lunar New Year Gathering cum Volunteers Recognition Ceremony



▲ 嘉許禮感謝義工在過去一年的義務工作
The Recognition Ceremony Appreciated the Volunteers' Hard Work in the Past Year

熱線義工訓練課程 Hotline Volunteer Training Course



訓練課程大大提升熱線義工的服務質素及接聽技巧
The Hotline Volunteer Training Courses Enhanced the
Service Quality and Enable Volunteers to Deal With
Different Callers Effectively

專業 面談

治療團隊：本會輔導服務的治療團隊均為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，及擁有超過200小時或以上受督導的輔導經驗，並經嚴格甄選。

輔導 服務

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，一起從不同角度瞭解產生困擾的心理因素，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，從而重整生命，建立正面而健康的生活。

登記輔導及查詢
2301 2303



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。

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）

時間

輔導面談時間：

星期一至五 下午2:00至晚上9:00

星期二及四 上午10:00至下午12:30

星期六 上午9:00至下午1:00

星期日及公眾假期休息

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

範疇

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。

地點

本會地址：
九龍新蒲崗五芳街
10號新寶中心10樓
1001-1003室

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 holding different promotional activities, JMHF calls for public concern for mood disorders sufferers, hoping to eliminate public misunderstanding and discrimination against the sufferers.

網站（桌面版及手機版）全新面貌 New JMHF Website Launched

推出日期 Date: 06/2019

心晴行動新網站正式投入使用，新網站主要改善了整體的導覽及搜索功能，並增設手機版，以令瀏覽者更容易尋找所需的資訊。

JMHF has launched the new website! The new website is designed to provide the ultimate user-friendly experience with improved navigation and search functionality throughout the site.

網站新面貌
New JMHF Website Launched



2018 精神健康月「家・力量十分滿FUN」 Mental Health Month 2018 “Power of the Family”

舉行日期：年度項目

Date: All Year Round

「精神健康月」由勞工及福利局聯同多個政府部門、公共機構和非政府機構聯合舉辦，本會亦是主辦機構之一，並協助統籌「我心中的包剪揀家庭攝影比賽」及「最窩心的一句話」創作比賽，以促進及宣揚家庭精神健康的訊息。在「家・力量滿FUN」嘉年華中，本會負責攤位遊戲「齊心射走負面情緒」。

“Mental Health Month 2018” was initiated by the Labour and Welfare Bureau, together with various governmental departments, public utilities and NGOs. JMHF was one of the main organizers. We hosted a booth in the “Power of the Family Carnival” in which we demonstrated a game-playing exercise of “shooting away negative emotions”.



▲ 一眾嘉賓齊參與「家・力量滿FUN」嘉年華
Guests at the “Power of the Family” Carnival

更多精彩照片 More Joyful Moments

2018 精神健康月「家·力量十分滿FUN」 Mental Health Month 2018 "Power of the Family"

推廣



◀ 本會的攤位遊戲「齊心射走負面情緒」
JMHF's Game Booth "Shooting Away Negative Emotions"



▲「智Fit精神健康計劃2018」嘉賓合影
"Mental Health Month 2018" Guests Group Photo

國際青年高峰會交流會 2018 Youth to Sustainability Summit (YS) 2018

舉行日期 Date: 14/06/2018 & 14/08/2018

AIESEC國際青年高峰會（YS）邀請本會成為實地考察的合作夥伴，並藉着香港科技大學國際青年高峰新生營之際，組織一班科大學生到本會交流，讓他們更了解香港情緒健康的推廣工作及本會的理念與服務。

AIESEC Youth to Sustainability Summit (YS) has invited JMHF to be a local visiting partner through which freshmen from YS O Camp of the Hong Kong Science and Technology University would visit us, enabling them to understand our services and goal in promoting mental health in Hong Kong.



▲ 科大學生與本會交流
Visit of the YS O Camp of HKUST

花旗集團 — 社聯大學生社責實踐 2018及2019 Citi-HKCSS Community Intern Program 2018 & 2019

舉行日期 Date: 07-08/2018 & 07-08/2019

在2018及2019年的計劃中，本會共成功錄取了四位學生，於暑期到本會實習。計劃旨在加強工商管理系學生對企業社會責任的意識，促進機構的業務發展。2018年的兩位實習生更因其優秀表現獲頒卓越大獎。

A total of four students were enrolled in our summer intern programme in 2018 and 2019. The aim of the programme was to promote awareness of corporate social responsibility through local business administration undergraduates. The two internship students in 2018 were presented Award for Excellence because of their outstanding performance.

兩位實習生獲頒卓越大獎 ▼
Two Internship Students were Presented Award for Excellence



▲ 花旗集團 - 社聯大學生社責實踐計劃 2019 啟動儀式
The Kick Off Ceremony of Citi-HKCSS Community Intern Program 2019

觸動社會慈善嘉許大獎 2017 Touching CSR Award 2017

舉行日期 Date: 01/11/2018

由傑出公民協會主辦，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，透過得獎的機構，影響更多機構參與並認同社會責任。今屆本會再度榮獲「觸動社會慈善嘉許大獎2017」，獎項由香港通用公證行及一眾社會賢達一同認證。

Organized by The Association of Distinguished Corporation, the Award aims to recognize corporations and social welfare organisations for their outstanding achievement in corporate social responsibility. Through this, it is hoped that more corporations and organisations may join the award winners in realizing CSR. JMHF was awarded as one of the "Touching CSR Award 2017". The Award was judged by a group of community leaders and assessed by SGS Hong Kong Limited.



▲「觸動社會慈善嘉許大獎 2017」頒獎典禮
Recognition Ceremony of "Touching CSR Award 2017"

商界展關懷 2019 Caring Company 2019

舉行日期 Date: 20/05/2019

「商界展關懷」旨在促進商界與社會伙伴合作，推動企業履行社會責任，並鼓勵工商及公共機構關懷社群、關心員工及愛護環境，攜手建設共融社會。今年本會繼續參與「商界展關懷」計劃，提名合作伙伴獲嘉許。

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



地區宣傳活動 District Promotion Campaigns

舉行日期：年度項目

Date: All Year Round

本會於黃大仙、樂富等社區設置攤位，通過展覽及遊戲等，令更多區內人士認識情緒病及本會服務。

We had set up booths in Wong Tai Sin and Lok Fu periodically to promote community awareness of mental health through exhibitions and interactive games.



▲ 竹園攤位
Promotion Booth at Chuk Yuen



▲ 黃大仙攤位
Promotion Booth at Wong Tai Sin



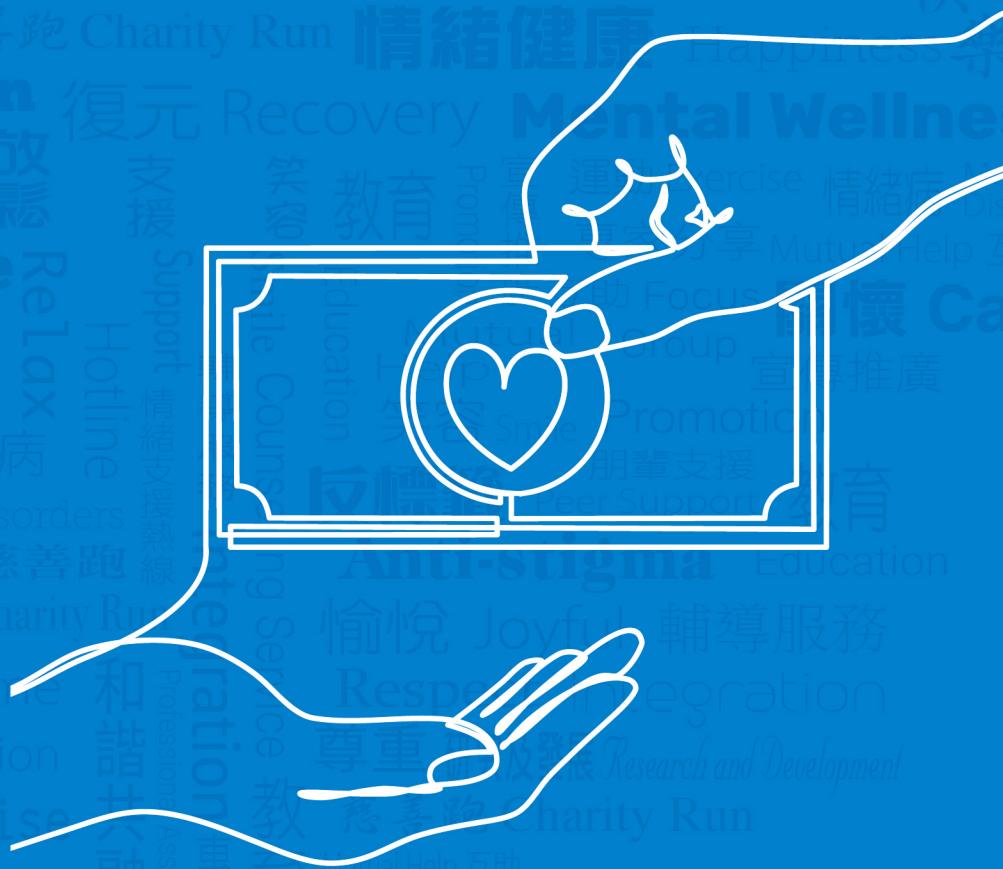
◀ ▲ 坪石攤位
Promotion Booth at Ping Shek



◀ 樂富攤位
Promotion Booth at Lok Fu

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於慈善活動擔任受惠機構、義賣籌款活動及於各大機構及商戶內擺放捐款箱等。

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

心晴行動「沿路有您十五載」慈善晚宴 JMHF 15th Anniversary Dinner

舉行日期 Date: 13/04/2019

心晴行動已成立十五載，城中名人賢達藉十五週年晚宴聚首一堂，場面熱鬧。晚宴上播放「十五週年短片」，回顧心晴行動在過去十五年的邁進歷程，及鳴謝一直以來為心晴行動出心、出力、出錢的朋友。席間更設拍賣環節，各嘉賓踴躍行善，掀起整晚高潮。

JMHF hosted a dinner party to celebrate our 15th anniversary in which celebrities and socialites were invited to enjoy a splendid evening. A short video was shown depicting our past efforts for 15 years as well as to acknowledge our friends and supporters who have been with us all the way. The evening highlight came when guests raised their hands enthusiastically in the auction of charitable gifts to show their support.

本會榮譽會長杜振源先生致送紀念品予關景鴻博士，太平紳士
Mr Simon TO, JMHF's Honourary President Presented Souvenir to
Dr. Eddie KWAN, JP



拍賣環節由本會創辦人林建明女士及著名主持人陳百祥先生主持
The Auction was Hosted by Ms Victoria LAM, Founder of JMHF
and Mr CHAN Pak Cheung, Renowned Host



贊助商及支持機構聚首同慶心晴行動十五載
Sponsors and Supporters Gathered to Celebrate JMHF's
15th Anniversary



更多精彩照片

More Joyful Moments

心晴行動「沿路有您十五載」慈善晚宴 JMHF 15th Anniversary Dinner

籌款



鄭敬基為晚宴唱歌助興
Mr Joe Tay Attended the Dinner and Performed on Stage



城名人賢達聚首一堂
Celebrities and Socialites were Invited to Enjoy A Splendid Evening



心晴行動「沿路有您十五載」慈善晚宴
JMHF 15th Anniversary Dinner



▲ 晚宴現場氣氛熱鬧，嘉賓舉手競拍
Guests Raised Their Hands Enthusiastically in the Auction of Charitable Gifts to Show Their Support



「奇華八十周年 x 心晴行動」慈善活動

Kee Wah Bakery 80th Anniversary X JMHF Charity Event

舉行日期 Date: 06-07/2018

奇華餅家慶祝成立八十周年，邀請本會成為受惠機構，一起合辦慈善餅食工作坊及蝴蝶酥義賣活動，系列活動邀請到劉心悠小姐及鄭秀文小姐出席，鼓勵公眾人士及情緒病患者以餅點製作去紓緩情緒，學習以正向方式對待生活。活動詳情如下：

In commemorating its 80th Anniversary, Kee Wah Bakery invited JMHF to be its beneficiary of the charity sale of palmier and proceeds from bakery workshops. Both Annie Liu and Sammi Cheng, were invited to participate in those events to encourage people with emotional disorders to enjoy while baking with a positive attitude. The programmes were as follows:

日期 Date	主題 Theme
20/06/2018	奇華餅家以禮傳情八十年啟動禮 Kee Wah 80th Anniversary Launch Event
24/06/2018, 26/06/2018, 30/06/2018	「心晴行動 x 奇華八十周年」慈善餅食工作坊（共三場） Kee Wah x JMHF Charity Workshop (3 sessions)
06-07/2018	蝴蝶酥義賣及籌款 Palmier Charity Sale and Fund Raising



▲ 劉心悠小姐與本會副主席董鳳濤先生一起為「奇華八十周年 x 心晴行動」慈善活動揭開序幕
Miss Annie LIU and Mr Nicholas TUNG, JMHF Vice Chairperson
Participated in the Kee Wah 80th Anniversary Launch Event



▲ 鄭秀文小姐出席慈善餅食工作坊，支持以餅點製作紓緩情緒
Miss Sammi CHENG Joined and Supported the Charity Workshop

SSC x Capsubeans 夏日「鬆鬆」遊樂園
SSC X Capsubeans Summer Fun Fair

舉行日期 Date: 20/07- 20/8/2018

恒基陽光物業管理有限公司於上水中心購物商場及新都城中心一期舉辦「SSC・MCP1 x Capsubeans 夏日『鬆鬆』遊樂園」，邀請本會成為受惠機構。活動設減壓遊戲區，讓市民放鬆心情，輕鬆減壓。

Henderson Sunlight Property Management Limited invited JMHF to be the beneficiary of the "SSC X Capsubeans Summer Fun Fair" which took part in Sheung Shui Centre and Metrocity One. The event staged games playing which allowed participants to enjoy and release their daily pressure.

心晴行動成為「夏日『鬆鬆』遊樂園」受惠機構
JMHF was the Beneficiary of "SSC X Capsubeans Summer Fun Fair"



更多精彩照片 More Joyful Moments

「奇華八十周年 x 心晴行動」慈善活動 Kee Wah Bakery 80th Anniversary X JMHF Charity Event



嘉賓鄭秀文出席慈善餅食工作坊 ▲
Miss Sammi CHENG Supported the Charity Workshop



參加者在工作坊中製作蝴蝶酥 ▲
Participants Baked Their Own Palmier During the Charity Workshops



▲ 奇華餅家以禮傳情八十週年啟動禮上本會副主席董鳳濤先生（右三）與一眾嘉賓合影
Mr. Nicholas TUNG, JMHF Vice Chairperson (3rd From Right) at the Kee Wah 80th Anniversary Launch Event

「心晴影薈展笑容」慈善攝影展 2018 及 2019 JMHF X MHPS Charitable Photo Exhibition 2018 / 2019

舉行日期 Date: 24-27/09/2018 & 27-29/08/2019

心晴行動慈善基金與心影薈攜手連續三年合辦「心晴影薈展笑容慈善攝影展」，2018及2019年之展覽均於尖沙咀文化中心舉行，分別以「天上人間」及「開心放暑假」為主題，合共展出近200幅以「笑容」為主題的照片。

作品主要來自醫護人員、情緒病患者、攝影愛好者及公眾人士。活動鼓勵大家多利用攝影及不同渠道去抒發情緒，改善情緒健康，並促進社會對情緒病患者的關懷。

JMHF has joined hands with Mental Health Photographic Society (MHPS) for three consecutive years to organize the "Smile" Photo Exhibition held in Hong Kong Cultural Center. Nearly 200 photos with smiling faces were displayed under the themes of "Wonderful Moments" and "Happy Summer Vacation".

The photos were mainly taken by medical workers, patients, photographic enthusiasts and the general public. By taking photos of smiling faces, participants were encouraged to address emotional health in a positive manner and arouse public concern on the issue.



▲ 本會主席黃綺雯博士（左三）、心影薈創會會長麥永接醫生（右三）聯同鄭子誠先生（左一）、劉倩怡女士（左二）、李明蔚小姐（右二）及白倩蘭小姐（右一）為「心晴影薈展笑容慈善攝影展」揭幕
Officiating Guests of the Photo Exhibition (From Left): Mr Timothy CHENG, Ms Claudia LAU, Dr Alice WONG (JMHF's Chairperson), Dr Ivan MAK (Founding Chairman of MHPS), Miss Sarena LI and Miss Pricilla PAK.

安永國際 27 週年慈善晚宴 Nu Life International 27th Anniversary Charity Gala Dinner

舉行日期 Date: 19/11/2018



▲ 安永國際頒贈捐款支票予心晴行動
JMHF Accepted the Donation Cheque from Nu Life

安永國際（亞洲）有限公司是長期支持心晴行動的企業之一，每年都會為本會籌款。在其27週年慈善晚宴期間，安永國際向員工介紹本會的理念及服務，當晚更舉辦籌款活動，善款將用於本會的教育工作及服務。

Nu Life International (Asia) Limited has been our staunch supporter for the past years. During their 27th anniversary dinner, Nu Life again showed their support to JMHF by promoting our mission to their guests and raised funds for our works in education and services.

Affordable Art Fair 2018

舉行日期 Date: 18-20/05/2018

心晴行動獲 Affordable Art Fair 邀請成為其展覽活動的受惠機構。展覽為藝術愛好者提供藝術教育之餘，亦提倡以藝術放鬆心情、正面思考及建立適應能力。

JMHF was honored to be invited by Affordable Art Fair to be its beneficiary of its exhibition activities. Art lovers who paid visit to the exhibition not only enjoyed artistic education, but could also *learn to relax with an artistic manner, together with positive thinking to cope with daily life problems.*



更多精彩照片 More Joyful Moments

「心晴影善展笑容」慈善攝影展 2018 及 2019 JMHF X MHPS Charitable Photo Exhibition 2018 / 2019



▲ 一眾嘉賓以行動支持情緒健康
Guests Supported Mental Wellness at the Photo Exhibition



「心晴跑·跑傳情」慈善跑 18/19 Joyful Charity Run 18/19

舉行日期 Date: 20/01/2019

本年度慈善跑於大嶼山欣澳海濱長廊舉行，活動透過運動引起公眾人士對情緒健康的關注，呼籲港人多做運動，經常保持身心健康。活動幫助本會籌募經費，以推廣情緒健康教育。

愛心大使劉心悠小姐在新聞發佈會上呼籲愛運動人士踴躍參與。活動當日愛心大使萬綺雯小姐更參與起步禮，與一眾參加者同樂。是次活動除了鼓勵市民強身健體外，亦希望參加者通過欣賞沿途之優美景色，關注環境保護的重要性。



▲ 愛心大使劉心悠小姐與本會創辦人林建明女士於記者會呼籲公眾參加慈善跑

Miss Annie LIU, Caring Ambassador and Ms Victoria LAM, Founder of JMHF Encouraged the Public to Support Joyful Charity Run at the Press Conference

Our annual charity run was held in Sunny Bay Waterfront Promenade in Lantau Island. By calling on the public to exercise more, our charity run served to **promote a balance between physical and mental health as well as to raise funds for our services.**

Annie Liu, our caring ambassador, called for public support for the run in a press conference. Joey Meng, another caring ambassador, started the run with the participants. Besides calling for participants to exercise more often, the event also aimed to raise public awareness of environmental protection by enjoying the spectacular views of the Waterfront Promenade.



▲ 愛心大使萬綺雯小姐、林建明女士與一眾嘉賓參加起步禮

Our Caring Ambassador Miss Joey MENG, Ms Victoria LAM and the Guests Officiating the Ceremony

更多精彩照片 More Joyful Moments

《心晴跑·跑傳情》慈善跑 2018 / 2019 Joyful Charity Run 2018 / 2019



▲ 嘉賓為賽事鳴槍起步
Guests Sounded the Starting Horn to Set Off the Runners



更多精彩照片 More Joyful Moments

《心晴跑·跑傳情》慈善跑 2018 / 2019 Joyful Charity Run 2018 / 2019

籌款



區瑞強名曲巨星真經典演唱會 2019

Albert Au's Favorite Songs Superstar Classic Concert 2019

舉行日期 Date: 03-05/05/2019

本會獲紫銀星音樂出版有限公司邀請，成為「區瑞強名曲巨星真經典演唱會2019」的受惠機構之一。區瑞強先生在活動中將金唱片頒給心晴行動，以支持本會的情緒健康服務及教育工作。

Purple Star Music Publishing Limited invited us to be one of the beneficiaries of "Albert Au's Favorite Songs Superstar Classic Concert 2019". Albert Au awarded us with a golden disc to support our education work and services.



▲嘉賓向鄭國江老師致敬。圖中左起：關景鴻博士，太平紳士，林建明女士，鄭國江老師及區瑞強先生
Salute to Mr CHENG Kwok Kong. Guests From Left: Dr Eddie KWAN, JP, Ms Victoria LAM, Mr CHEUNG Kwok Kong and Mr Albert AU.

《華夏歷史年表筆記》新書出版

"A Chinese Civilization Historical Chronicle" Book Launch

舉行日期 Date: 18/05/2019

香港傳媒工作者及知名作家曾展章先生將其歷史鉅著《華夏歷史年表筆記》捐給心晴行動作義賣籌款。出版得到景鴻環球集團有限公司董事長關景鴻博士•太平紳士慷慨解囊，將著作贈送給全港學府。是次出版亦得到眾多善長出錢出力支持，所籌得善款將用於推廣和宣傳情緒健康。

Renowned media socialite and author Samuel TSANG donated his monumental work "A Chinese Civilization Historical Chronicle" to JMHF for charity fund raising. Mr. Eddie KWAN, J.P., founder of EK Immigration Consulting Limited, has generously lent his support by donating the book to local schools and universities. Thanks to other donors as well,

proceeds from the book sale will be used to fund our promotion of mental health.



▲曾展章先生（左二）將《華夏歷史年表筆記》捐給心晴行動義賣籌款
Mr Samuel TSANG (2nd From Left) Donated His Work to JMHF for Charity Fundraising

心晴吉祥人物

Joyful Lucky Icons

有時候一個笑容，一點鼓勵已經能夠改變我們對一些事情的看法，因此本會於2005年特別創造了「笑爺仔、笑奶妹」這對吉祥人物，提醒我們在生活中遇到任何挫折，也必須抱着樂觀的心情，以積極的態度去面對。

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



每個吉祥物之捐款額由HK\$2,388起，而吉祥物會印上善長或贊助公司的名字。所認購的吉祥物將會擺放在心晴會址內，以示謝意。
The price of the lucky icon model figure starts from HK\$2,388. The name of the donor / sponsor will be printed on the model figure. With respect to the donors / sponsors, the model figures will be placed at the office of JMHF.

《羅霖凍齡美魔法》新書發佈會

“Candy Lo’s Timeless Forever Young Magic Formula” Book Launch

舉行日期 Date: 10/07/2019

本會獲藝人羅霖小姐邀請，成為《羅霖凍齡美魔法》新書出版的受惠機構之一。活動所籌得的善款，將用於情緒健康的服務及教育工作。

JMHF was invited by Candy Lo to be the beneficiary of her new book entitled “Candy Lo’s Timeless Forever Young Magic Formula”. Proceeds from the project will be used to [promote our educational works and services](#).



▲ 羅霖小姐頒贈捐款支票於心晴行動
JMHF Accepted the Donation Cheque from Miss Candy Lo



更多精彩照片 More Joyful Moments

《華夏歷史年表筆記》新書出版 “A Chinese Civilization Historical Chronicle” Book Launch



▲ 曾展章先生將新書送贈心晴行動作籌款用途
Mr Samuel TSANG donated His Book to JMHF for Charity Fund Raising



▲ 嘉賓出席新書發佈會
Guests at the Book Launch Event



「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。

所有捐款將用於教育及推廣。

**笑爺笑奶
祝福您
天天好心情！**

認捐笑爺笑奶表格



<http://www.jmhf.org/jmhf-web/images/donate2.jpg>

查詢電話：3690 1000

研究及發展

Research and Development



自 2018 年開始，本會正式成立研究及發展小組，通過積極探討新項目及研究，將本會的教育、服務、推廣及籌款活動多角度、多層面發展，同時建立更廣泛的網絡，以促進情緒健康得到社會不同階層及範疇人士的支持及認同。

From 2018 onwards, research and development has been adopted as one of our development goals. When initiating new projects and researches, we will access our works in education, services, promotions and fund raising in a multi-layer and multi-perspective approach, aiming at developing a more extensive network in order to rally support from different sectors of the community.

《天天心晴小飛俠》學校音樂劇巡迴演計劃 2018 Peter Pen the Musical in schools 2018

舉行日期 Date: 26/03 – 09/07/2018

由本會主辦，咪嚟劇團籌劃及主演的《天天心晴小飛俠》兒童音樂劇於全港30間小學巡迴演出，希望通過音樂劇讓大家反思如何才能令孩子真正快樂地成長。項目亦進行了問卷調查，調查結果將用於推動本會情緒健康的推廣及教育。

Organized by JMHF, staged by Me More Theatre, "Peter Pen the Musical" gave performance in 30 primary schools in the territory. The musical provided a perspective for viewers to reflect on how children should grow up happily. We had also conducted a survey which induced a better understanding of our educational services and promotions.



其中一間參與小學啟基學校校長（左四）致送感謝狀予本會主席黃綺雯博士
Principle of the Chan's Creative School Presented the Certificate of Appreciation to JMHF's Chairperson Dr Alice WONG

「晴心大使樂傳承」長者項目 "Peaceful Mind Ambassador in Action" Project for the Elderly

舉辦日期 Date: 08/2018 – 01/2019

該項目是社會福利署「老有所為活動計劃」資助的項目，希望提升黃大仙區內長者及家人的情緒健康知識，並促進鄰里間的情緒支援，讓有情緒需要的長者及早得到幫助。項目內容如下：

The project was sponsored by the Social Welfare Department under the umbrella of the "Opportunities for the Elderly Project". It aimed at facilitating neighborhood support for the elderly and their family members in Wong Tai Sin where emotional assistance for the elderly could be rendered promptly when needed. The programs were as follows:



▲「晴心款款面面談」講座
Talk on Mental Health for the Elderly

日期 Date	主題 Theme	講者 Speakers
26/08/2018	「晴心款款面面談」講座 – 長者身心健康篇 Talk on Mental Health for the Elderly	黃秀真博士 Dr. Christine WONG
28/10/2018	「晴心款款面面談」講座 – 新世代長者身心健康要訣 Talk on the Tips for Healthy Minds for the Elderly in a New Era	黃玉英小姐 Miss. Elaine WONG
09/2018 & 11/2018	「樂樂無窮」工作坊 (共 12 節) "Stay Happy Forever" Workshop (12 sessions)	廖家寶博士、霍麗娟小姐 Dr. Polly LIU & Miss. Donna FOK
27/01/2019	開心嘉年華會 Fun Fair Carnival	黃玉英小姐 Miss. Elaine WONG

《天天心晴小飛俠》學校音樂劇巡迴演計劃 2018 Peter Pen the Musical in schools 2018

參與學校名單 List of Participated Schools

大埔官立小學	Tai Po Government Primary School
大埔浸信會公立學校	Tai Po Baptist Public School
中華基督教會方潤華小學	The Church of Christ in China (C.C.C.) Fong Yun Wah Primary School
丹拿山道循道學校	Chinese Methodist School, Tanner Hill
仁愛堂劉皇發夫人小學	Yan Oi Tong Madam Lau Wong Fat Primary School
仁濟醫院陳耀星小學	Yan Chai Hospital Chan Lu Seng Primary School
石籬天主教小學	Shek Lei Catholic Primary School
東華三院李賜豪小學	Tung Wah Group of Hospitals Li Chi Ho Primary School
青山天主教小學	Castle Peak Catholic Primary School
保良局馮晴紀念小學	Po Leung Kuk Fung Ching Memorial Primary School
保良局黃永樹小學	Po Leung Kuk Wong Wing Shu Primary School
胡素貞博士紀念學校	Dr. Catherine F. Woo Memorial School
香島道官立小學	Island Road Government Primary School
荃灣天主教小學	Tsuen Wan Catholic Primary School
軒尼詩道官立小學	Hennessy Road Government Primary School
啟基學校	Chan's Creative School
順德聯誼總會何日東小學	Shun Tak Fraternal Association Ho Yat Tung Primary School
順德聯誼總會李金小學	Shun Tak Fraternal Association Lee Kam Primary School
薈色園主辦可銘學校	Ho Ming Primary School (Sponsored by Sik Sik Yuen)
塘尾道官立小學	Tong Mei Road Government Primary School
慈航學校	Chi Hong Primary School
聖士提反女子中學附屬小學	Saint Stephen's Girls' Primary School and Kindergarten
聖公會仁立紀念小學	S.K.H. Yan Laap Memorial Primary School
聖公會基愛小學	S.K.H. Kei Oi Primary School
聖公會聖十架小學	S.K.H. Holy Cross Primary School
聖若瑟小學	St. Joseph's Primary School
聖馬可小學	St. Mark's Primary School
樂善堂梁黃蕙芳紀念學校	Lok Sin Tong Leung Wong Wai Fong Memorial School
寶血會嘉靈小學	Ka Ling School Of The Precious Blood
耀山學校	Iu Shan School



更多精彩照片
More Joyful Moments

《天天心晴小飛俠》學校音樂劇巡迴演計劃 2018
Peter Pen the Musical in schools 2018



▲「《天天心晴小飛俠》兒童音樂劇於全港 30 間小學巡迴演出
"Peter Pen the Musical" gave performance in 30 primary schools in the territory



更多精彩照片

More Joyful Moments

「晴心大使樂傳承」長者項目
 “Peaceful Mind Ambassador in Action”
 Project for the Elderly



▲ 嘉年華會氣氛熱鬧
 A Carnival was Organized for the Elderly



▲ 長者在講座中學習健康要訣
 The Elderly Learned About Healthy Tips in the Seminars





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



捐助機構：
Funded by:



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

由香港賽馬會慈善信託基金捐助的「心晴賽馬會喜動校園計劃」透過專業輔導員帶領的講座及工作坊，深度的大使培訓，以及肩付承傳精神的傳送火炬學校活動，在學校、家庭及社區全方位推廣情緒健康教育，宣揚接納及關心情緒病患者。計劃進入最後一年，參加的學校累積達 300 間，受惠人次超過 9 萬，包括學生、老師、家長及社區長者。

The Programme, funded by the Hong Kong Jockey Club Charities Trust, which consisted of a series of talks and workshops led by our professional counselling workers, aimed at training community volunteers. Moreover, torch-passing ceremonies were initiated in schools where we aimed at promoting community acceptance for mental health patients in schools and families. A total of 300 schools participated in the programme which benefitted over 90,000 people, including students, teachers, parents and elderly in the community.

閉幕禮及成效新聞發佈會 Closing Ceremony and Press Conference

本計劃的閉幕禮及成效新聞發佈會於2019年5月4日假灣仔修頓場館舉行，出席人數接近1,300人。閉幕禮透過活力操表演、話劇等帶出情緒健康的重要信息。喜動大使石修先生和徐子珊小姐更與全場來賓齊跳心晴喜步活力操。隨之而進行的承傳儀式掀起高潮，閉幕禮後設有攤位遊戲，家長和學生都全程投入，氣氛熾熱。

The closing ceremony and press conference for "Love to Move" programme was held on May 5, 2019 at Southern Stadium in Wanchai where 1,300 participants took part. Spectacular shows were staged which included Joyful Steps and drama, led by our ambassadors Mr. Shek Sau and Miss Kate Tsui. Highlight of the event came when a passing down ceremony was held which signified social awareness of the mental well-being was gradually recognized in the community. The closing ceremony was followed by a fun fair which was greatly enjoyed by parents and students alike.



▲ 小飛俠話劇表演
Peter Pan the Musical



▲ 代表計劃理念的氣球從台上傳遍會場
The Joyful Balloons Signified the Program Mission Spread Across the Venue



▲ 心晴喜動活力操
Joyful Steps



▲ 活動大使與嘉賓及學生互動
The Ambassador Interacted with Guests and Students



▲ 嘉賓在台上見證承傳儀式
Witness of the Passing-Down Ceremony

2018年4月-2019年9月推廣工作： Promotion Activities from April 2018 to September 2019:

- 校園講座：**在全港中小學舉辦共120場，共37,985位同學參加。
School Seminars: A total of 120 sessions were organized, with 37,985 students participated in this year.
- 火炬傳送計劃：**每年共有6間學校，獲選成為「火炬傳送學校」，除大使培訓外，學生大使更要協助編訂校內推廣「心晴喜步」活力操及探訪長者中心，提升朋輩及社區人士對運動的興趣，加強情緒健康意識。
Passing-the-Torch Programme: Six schools are selected each year to be the "Passing-the-torch Schools". On top of the basic training, ambassadors also helped to organise their own school-based "Joyful Steps" activities and elderly community outreach programme, so as to promote mental health well-being and develop their peers and communities' interest in exercising regularly.
- 學生大使培訓：**本年度共於25間學校舉行89場大使活力操培訓，每間學校約有15-20位學生大使，他們接受情緒健康工作坊及活力操培訓，並肩負起推廣情緒健康的使命。
Ambassador Programme: In this year, there are 25 schools joining the programme, with a total of 89 workshops organized. About 15 to 20 ambassadors are trained in each individual school, with the mission to promote mental health in their peers and communities.
- 大使情緒健康工作坊：**本年度共舉辦46場，共21間學校，315位學生大使參加。
Ambassadors Workshop: A total of 46 workshops were organized, with 315 ambassadors from 21 schools participated in this year.
- 教師工作坊：**本年度共舉辦30場，共1,446位老師參加。
Teachers Workshop: A total of 30 workshops were organised, with 1,446 teachers participated in this year.



▲ 校園講座
School Seminars



▲ 火炬傳送計劃
Passing-the-Torch Programme



▲ 學生大使培訓
Ambassador Programme



▲ 公眾教育
Public Education

- **家長工作坊：**本年度共舉行48場，共2,127位家長參加。

Parents Workshop: A total of 48 workshops were organized, with 2,127 parents participated in this year.

- **長者服務：**本年度共舉行13場，共900位長者參加。

Elderly Services: A total of 13 visits, with 900 older adults participated in this year.

- **機構探訪：**心晴學生大使獲安排探訪機構，以了解社區對情緒健康的支援。本年度共進行28場機構探訪，共402位學生參加。

Visits: Mental rehabilitation organisations visits were arranged for school ambassadors to help them gain a better understanding of community support services in mental health. A total of 28 visits were organized, with 402 students participated in this year.

- **第二年活動禮及新聞發佈會：**第二年活動禮及年度新聞發佈會於2018年6月23日假保良局黃永樹小學禮堂舉行，出席的學校有20多間，參加者多達700多人，一眾嘉賓、校長、老師、家長和學生，再加上社區長者聚首一堂，同慶本計劃的成效。

Programme for the Following Year and Press Conference: The press conference which announced programmes for the following year was held in Po Leung Kuk Wong Wing Shu Primary School on June 23, 2018. More than 20 schools participated in the event which was attended by over 700 people, including guests, principals, teachers, parents, students and elderly alike.

- **公眾教育：**透過定期刊物《喜動情報》、網頁、傳媒發佈及《心晴喜步情緒教材套》，向社會大眾宣揚情緒健康教育、關懷情緒病患者、破除標籤情緒病等訊息。

Public Education: Through regular newsletter "Love to Move News", web pages, media releases and "Love to Move" Education game sets, the messages about mental well-being, anti-stigma and caring for mental illness patients were conveyed to the general public.



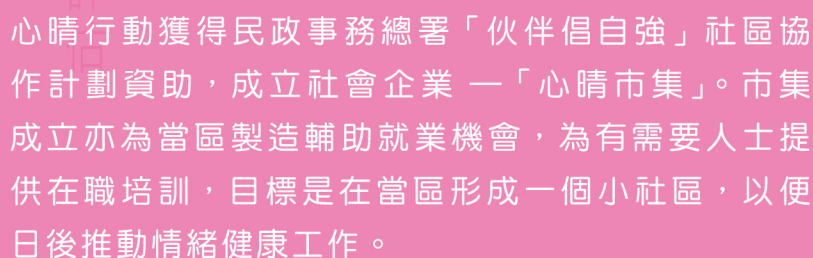
▲ 第二年活動禮及新聞發佈會
Programme for the Following Year and Press Conference

更多精彩照片
More Joyful Moments

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



Social Enterprise: Joyful Market



神秘顧客店鋪安全管理評核優異商鋪 (2018)

Mystery Checking on Station Shop Safety Management Award 2018

舉辦日期 Date: 28/03/2019

心晴市集在港鐵「神秘顧客店鋪安全管理評核優異商鋪」的評核中獲得滿分。評核旨在為一眾商戶設定一系列可量化之服務指標，藉以提升整體服務質素，最終達致提升商戶形象及顧客滿意度的目標。心晴市集會再接再厲，不斷提升服務質素。



▲「神秘顧客店鋪安全管理評核優異商鋪」頒獎典禮
"Mystery Checking on Station Safety Management Award" Recognition Ceremony

Joyful Market was rated full score by MTR's "Mystery Checking on Station Safety Management Award". The award rated the shops with a number of quantifiable service indexes with an aim to improve services, upgrade shops' images and satisfy customers' demands. Joyful Market has pledged to improve our service constantly.

東華三院天秀墟展銷

Promotional Activities in Tung Wah's Tin Sau Bazaar

舉辦日期 Date: 04/08/2018

心晴市集在天水圍區內舉行展銷攤位，並推出特別優惠，透過店外銷活動，增強心晴市集在區內的宣傳。

Joyful Market held promotional activities in Tin Sau Bazaar in Tin Shui Wai. By reaching out into the community, Joyful Market has successfully impressed the public of its communal presence.



▲心晴市集在天秀墟舉行展銷
Joyful Market's Promotional Activities in Tin Sau Bazaar



▲心晴市集參加工展會展銷
Joyful Market's Charity Sale at the HKBFE

第53屆工展會展銷活動

Promotional Activities in the 53rd Hong Kong Brands and Products Expo (HKBPE)

舉辦日期 Date: 04-07/01/2019

心晴市集獲得民政事務總署-社會企業宣傳小組協助，成為第53屆工展會參展社企之一。活動以優惠價作慈善促銷，宣傳心晴市集社會共融的理念，藉以推廣現有銷售平台。

With the help from the Social Enterprise Promotion Unit of the Home Affairs Department, Joyful Market was invited to be one of the social enterprises in the Expo. Through our charity sale in the Expo, we were able to demonstrate social inclusion of the mentally disturbed patients in the community.

List of Activities & Statistics



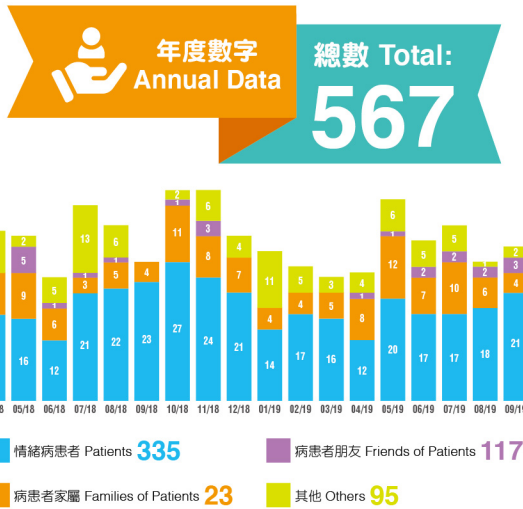
活動列表 List of Activities (01/04/2018 - 30/09/2019)

舉行日期 Date	類別	活動名稱	Activity
26/03 - 09/07/2018	研究及發展	《天天心晴小飛俠》學校音樂劇巡迴演計劃 2018	Peter Pen the Musical in schools 2018
20/04/2018 07/06/2018 23/08/2018 02/10/2018 08/01/2019 15/02/2019 29/03/2019 26/04/2019 10/06/2019 16/08/2019	服務	朋輩支援聚會	Peer Support Group
24/04/2018 15/05/2018 07/08/2018 30/11/2018 24/01/2019 15/03/2019 08/05/2019 09/07/2019 27/09/2019	服務	專家分享會	Focus Group between Professionals, Patients & Families
18 - 20/05/2018	籌款	藝術節	Affordable Art Fair 2018
06 - 07/2018	籌款	「奇華八十周年 x 心晴行動」慈善活動	Kee Wah Bakery 80th Anniversary x JMHF Charity Event
14/06/2018 14/08/2018	推廣	國際青年高峰交流會 2018	Youth to Sustainability Summit (YS) 2018
16/06/2018	教育	NU LIFE 「心」層挖掘 - 驚恐癥「源」情緒健康講座	Nu Life Mental Health Talk on "Discovering the Root and Cure for Panic Disorder"
06/07/2018	教育	東區醫院精神健康日	Pamela Youde Nethersole Eastern Hospital Mental Health Day
07 - 08/2018	推廣	花旗集團 - 社聯大學生社責實踐 2018	Citi-HKCSS Community Intern Program 2018
12/07/2018	服務	熱線義工聚會 2018	Hotline Volunteers Gathering 2018
14/07/2018	教育	黃大仙區快樂人生社區健康推廣計劃 2018-2019 「活出好身心及早識別和處理情緒困擾」講座	Wong Tai Sin Happily Living Community Health Promotion Programme 2018-2019: Of Mind and Body - Early Detection and Prevention of Mental Disturbances
20/07 - 20/8/2018	籌款	SSC x Capsbeans 夏日「鬆鬆」遊樂園	SSC x Capsbeans Summer Fun Fair
08 - 11/2018	研究及發展	「晴心大使樂傳承」長者項目 「樂樂無窮」工作坊 (共 12 節)	"Peaceful Mind Ambassador in Action" Project for the Elderly: "Stay Happy Forever" Workshop (12 sessions)
04/08/2018	心晴市集	東華三院天秀墟展銷	Promotional Activities in Tung Wah's Tin Sau Bazaar
10/08/2018 07/09/2018	教育	黃大仙區快樂人生社區健康推廣計劃 2018-2019 「總有晴天照顧者減壓小組」- 大笑瑜珈小組	Wong Tai Sin Happily Living Community Health Promotion Programme 2018-2019: Laughter Yoga Support Groups For Carers
26/08/2018	研究及發展	「晴心大使樂傳承」長者項目 「晴心款款面面談」講座：長者身心健康篇	"Peaceful Mind Ambassador in Action" Project for the Elderly: Talk on Mental Health for the Elderly
13/09 - 15/11/2018	服務	熱線義工基礎訓練課程	Hotline Volunteers Basic Training Course
15/09/2018	教育	黃大仙區快樂人生社區健康推廣計劃 2018-2019 「養生養心 - 及早識別和處理情緒困擾」講座	Wong Tai Sin Happily Living Community Health Promotion Programme 2018-2019: Live a Good Life - Early Detection and Prevention of Mental Disturbances
24 - 27/09/2018	籌款	「心晴影畫展笑容」慈善攝影展 2018	JMHF x MHPS Charitable Photo Exhibition 2018
06/10/2018	教育	NU LIFE 掌握情緒資訊日	Nu Life Mental Health Information Day
15/10/2018	教育	嶺南大學情緒健康攤位	Lingnan University Mental Health Booth
28/10/2018	研究及發展	「晴心大使樂傳承」長者項目 「晴心款款面面談」講座：新世代長者身心健康要訣	"Peaceful Mind Ambassador in Action" Project for the Elderly: Talk on the Tips for Healthy Minds for the Elderly in a New Era
01/11/2018	推廣	觸動社會慈善嘉許大獎 2017	Touching CSR Award 2017
19/11/2018	籌款	安永國際 27 週年慈善晚宴	Nu Life International 27th Anniversary Charity Gala Dinner

舉行日期 Date	類別	活動名稱	Activity
12/2018 - 01/2019	教育	靜觀與放鬆初探	Mindfulness and Relaxation Exercise
04 - 07/01/2019	心晴市集	第 53 屆工展會展銷活動	Promotional Activities in the 53rd Hong Kong Brands and Products Expo (HKBPE)
20/01/2019	籌款	「心晴跑•跑傳情」慈善跑 18/19	Joyful Charity Run 18/19
27/01/2019	研究及發展	「晴心大使樂傳承」長者項目 開心嘉年華會	"Peaceful Mind Ambassador in Action" Project for the Elderly: Fun Fair Carnival
02/03/2019	服務	新春團拜暨義工嘉許禮 2018/19	Lunar New Year Gathering cum Volunteers Recognition Ceremony
08/03/2019	教育	自資高等教育聯盟「身心靈好心情」情緒健康嘉年華 2019	Promoting Emotional Wellness and Resilience in the Self-financing Tertiary Education Sector
18/03/2019	服務	熱線義工進階訓練課程 第一期	Hotline Volunteer Advanced Training Course I
22/03/2019	服務	熱線義工進階訓練課程 第二期	Hotline Volunteer Advanced Training Course II
28/03/2019	心晴市集	神秘顧客店舖安全管理評核優異商舖 (2018)	Mystery Checking on Station Shop Safety Management Award 2018
03/04/2019 10/04/2019	教育	畫出心中情：認識情緒及情緒管理小組	Inner-self Portrait: Emotional Health Assessment and Stress Management
13/04/2019	教育	保良局陳維周夫人紀念學校「快樂方程式」嘉年華 情緒健康攤位	Emotional Health Carnival organized by Po Leung Kuk Madam Chan Wai Chow Memorial School
13/04/2019	籌款	心晴行動「沿路有您十五載」慈善晚宴	JMHF 15th Anniversary Dinner
23/04/2019 16/05/2019 14/08/2019	服務	輔導員督導會議	Supervisory Meetings for JMHF Counsellors
03 - 05/05/2019	籌款	區瑞強名曲巨星真經典演唱會 2019	Albert Au's Favourite Songs Superstar Classic Concert 2019
18/05/2019	籌款	《華夏歷史年表筆記》新書出版	"A Chinese Civilization Historical Chronicle" Book Launch
20/05/2019	推廣	商界展關懷 2019	Caring Company 2019
21/05/2019 30/08/2019	服務	熱線義工聚會 2019	Hotline Volunteers Gathering 2019
01/06/2019	推廣	網站（桌面版及手機版）全新面貌	New JMHF Website Launched
07-08/2019	推廣	花旗集團 - 社聯大學生社責實踐 2019	Citi-HKCSS Community Intern Program 2019
10/07/2019	籌款	《羅霖凍齡魔法》新書發佈會	"Candy Lo's Timeless Forever Young Magic Formula" Book Launch
15/07/2019	教育	「孩子心情好」家長情緒健康講座	Talk on "Emotional Well-being of Small Kids"
23/07/2019	研究及發展	機構情緒輔導工作坊	Counselling Workshops for Institutions
27 - 29/08/2019	籌款	「心晴影善展笑容」慈善攝影展 2019	JMHF x MHPS Charitable Photo Exhibition 2019
04/09/2019 11/09/2019	教育	情緒健康舒緩小型工作坊 2019	Workshops on Alleviating Mental Stress 2019
13/09/2019	服務	社署慈雲山綜合家庭服務中心探訪活動	Visit to Tsz Wan Shan Integrated Family Service Centre
20/09/2019	教育	香港婦女基金會何郭佩珍耆康中心情緒健康講座	Emotional Health Talk in Hong Kong Women Foundation Limited Ho Kwok Pui Chun Neighborhood Elderly Center
年度項目	服務	專業面談輔導服務	Professional Counselling Services
年度項目	服務	熱線服務	Hotline Services
年度項目	服務	24 小時情緒健康電話資訊系統	24-hour Mental Health Information System
年度項目	推廣	《心得》雙月刊（免費贈閱）	"HeartWorks" Bimonthly Complimentary Magazine
年度項目	推廣	2018 精神健康月「家・力量」	Mental Health Month 2018 "Power of Family"
年度項目	社企	心晴市集	Joyful Market
年度項目	喜動校園計劃	心晴賽馬會喜動校園計劃	Joyful Jockey Club Love to Move Programme
年度項目	服務	招募友情人	Recruitment of Friends of Mental Health
年度項目	推廣	地區宣傳活動	District Promotion Campaigns
年度項目	籌款	心晴吉祥人物	Joyful Lucky Icons

統計數據 Statistics (01/04/2018 - 30/09/2019)

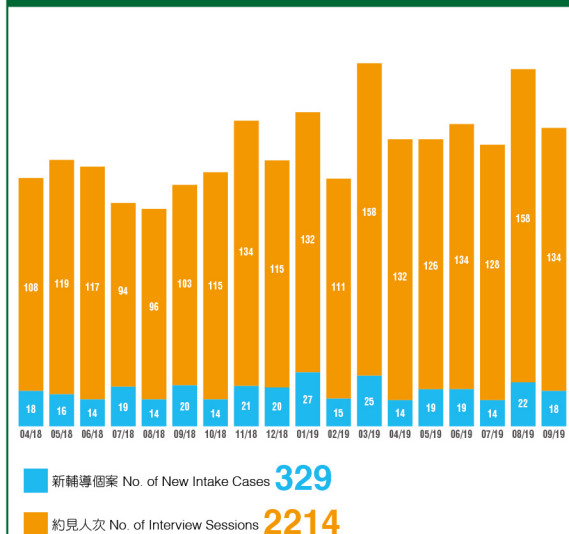
深入來電個案 Hotline Cases



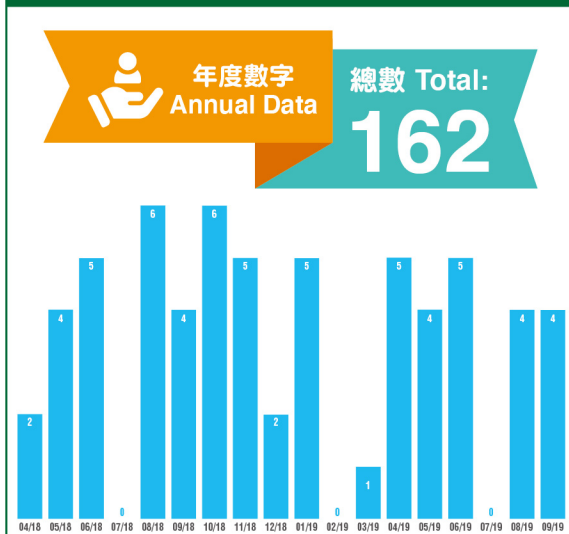
24小時熱線資訊系統 24 Hours Mental Health Information System



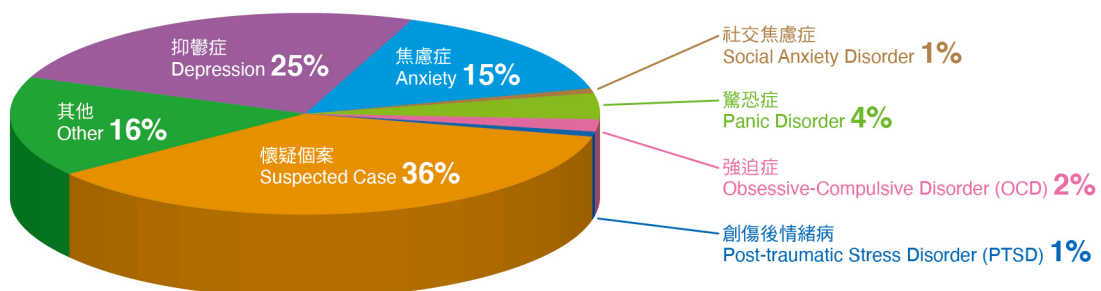
輔導個案 Professional Counselling Service Statistics



電郵個案 Email Cases



求助病患者情況 Patients Condition



主要服務數字 Key Service Figures



教育講座及演出 共 **38** 場
Total Seminars **38** sessions

參與 / 接觸人次 共 **12,550** 人
Participate / Contact persons



分享會及聚會 共 **16** 場
Total Sharing and Gatherings **16** sessions

參與 / 接觸人次 共 **175** 人
Participate / Contact persons



培訓/工作坊及攤位活動 共 **20** 場
Total Trainings, Workshops and Carnival / Booth **20** sessions

參與 / 接觸人次 共 **4,106** 人
Participate / Contact persons



籌款活動 共 **10** 場
Total Fundraising Events **10** sessions

參與 / 接觸人次 共 **32,560** 人
Participate / Contact persons



喜動校園計劃
Joyful Jockey Club "Love to Move" Programme

參與學校：超過 **300** 間 活動次數：共 **376** 場
Participate Schools: Over Total sessions

參與 / 接觸人次 共 **46,955** 人
Participate / Contact persons



火炬傳送計劃
Passing-the-Torch Programme



校園講座
School Seminars



學生大使培訓
Ambassador Programme



大使情緒健康工作坊
Ambassadors Workshop



教師工作
Teachers Workshop



家長工作坊
Parents Workshop



長者服務
Elderly Services



機構探訪
Visits



活動禮及新聞發佈會
Ceremonies and Press Conference



公眾教育
Public Education

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Platinum 2000 Limited

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Charitable Fund Ltd.

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Department of Health and Physical Education-
The Education University of Hong Kong

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Fung Yiu King Charitable Foundation

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Agency for Volunteer Service

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Longbow Charity Foundation Ltd.

社職
Social Career

興茂實業有限公司
Helms-Man Industrial Company Ltd.

The Family of the late Madam Pau Siu Cho Wah

力申創作有限公司
Alex Fong Art Production Ltd.

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

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 黃志深 HUANG Chih Shen
 劉國權 LAU Kwok Kuen, Peter
 梁天富 LEUNG Tin Fu, Eddie
 藍國慶太平紳士 LAM Kwok Hing, MH, JP
 王庭聰 WONG Ting Chung
 王道源 WONG Toe Yeung, Chambers
 伍兆佳醫生及夫人 Dr. & Mrs. NG Siu Kai
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 劉倩怡 LAU Sin Yi, Claudia
 鄭子誠 CHENG Tse Sing, Timothy
 鄭秀文 CHENG Sau Man, Sammi
 鄭國江 CHENG Kwok Kong
 鄭敬基 CHENG King Kei, Joe
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 羅霖 LO Lam, Candy
 寶珮如 BO Pui Yue, Baby

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吳慧婷	馬麗娜	陳建雄	黃湛彬	賴美琪	LAM Ka Yan	YIP Sin Man

財政報告 Financial Statements

JOYFUL (MENTAL HEALTH) FOUNDATION
心晴行動慈善基金
REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

**JOYFUL (MENTAL HEALTH) FOUNDATION
REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

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**JOYFUL (MENTAL HEALTH) FOUNDATION
REPORT OF THE EXECUTIVE COMMITTEE**

The Executive Committee submits herewith its report together with the audited financial statements of Joyful (Mental Health) Foundation (the “Foundation”) for the year ended 31 March 2019.

PRINCIPAL ACTIVITIES

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

FINANCIAL STATEMENTS

The deficit of the Foundation for the year ended 31 March 2019 and the Foundation’s financial position as at the date are exhibited in the annexed audited financial statements.

FUNDS

Details of movements in funds during the year ended 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.

PERMITTED INDEMNITY PROVISION

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

JOYFUL (MENTAL HEALTH) FOUNDATION REPORT OF THE EXECUTIVE COMMITTEE

MEMBERS OF THE EXECUTIVE COMMITTEE

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

WONG Yee Man (Chairperson)
CHIU Mei Zin, Cecilia
FOK Chak Kee (Resigned on 1 April 2019)
LI Wai Shing, Jackson (Resigned on 1 April 2019)
LI Kwok Fun (Resigned on 1 April 2019)
LAU Fat Man
YU Wai Man (Resigned on 1 April 2019)
TSAO Kwan Kit
TUNG Fung Tao, Nicholas
LEUNG Shuk Ming
WONG Ping Yee, Natalis
WONG Oi Chi (Appointed on 1 April 2019)

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

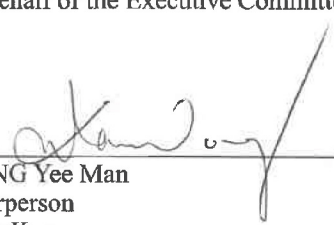
REPORTING EXEMPTION

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

AUDITOR

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

On behalf of the Executive Committee



WONG Yee Man
Chairperson
Hong Kong,

- 6 DEC 2019



**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF EXECUTIVE
COMMITTEE OF JOYFUL (MENTAL HEALTH) FOUNDATION**
(Incorporated in Hong Kong with limited liability by guarantee)

REPORT ON THE AUDIT OF THE FINANCIAL STATEMENTS

Opinion

We have audited the financial statements of Joyful (Mental Health) Foundation (the "Foundation") set out on pages 6 to 22, which comprise the statement of financial position as at 31 March 2019, 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 2019, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards (the "HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants (the "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 (the "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 all information included in the report of Executive Committee, but does not include the financial statements and our auditor's report thereon.

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

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

continued/...



MCI CPA Limited
天昊會計師事務所有限公司

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF EXECUTIVE COMMITTEE OF JOYFUL (MENTAL HEALTH) FOUNDATION

(Incorporated in Hong Kong with limited liability by guarantee)

Responsibilities of Members of Executive Committee and Those Charged with Governance for the Financial Statements

The Executive Committee of the Foundation are 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 are 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.

Those charged with governance are responsible for overseeing the Foundation's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

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

continued/...



MCI CPA Limited
天昊會計師事務所有限公司

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF EXECUTIVE COMMITTEE OF JOYFUL (MENTAL HEALTH) FOUNDATION
(Incorporated in Hong Kong with limited liability by guarantee)

Auditor's Responsibilities for the Audit of the Financial Statements (continued)

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

We communicate with those charged with governance 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.

MCI CPA Limited
Certified Public Accountants
Hong Kong, - 6 DEC 2019

Chan Yee Ping, Michael
Practising Certificate Number: P05491

**JOYFUL (MENTAL HEALTH) FOUNDATION
STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2019**

	Notes	2019 HK\$	2018 HK\$
Income			
Donation received	4	590,721	302,785
Project income	4	10,381,439	9,878,148
		<u>10,972,160</u>	<u>10,180,933</u>
Less: Cost of income			
Project expenses	5	9,805,043	8,479,680
		<u>1,167,117</u>	<u>1,701,253</u>
Add: Other income			
Government grants	6	-	202,168
Interest income		2,471	4,168
Net foreign exchange gains		-	110
Gain on disposal of property, plant and equipment	8	-	12,777,639
Sundry income		-	1,392
		<u>2,471</u>	<u>12,985,477</u>
Less: Administrative expenses			
Auditor's remuneration		25,000	25,000
Bank charges		5,199	3,461
Cleaning expenses		-	3,000
Depreciation		1,022,536	623,192
Electricity, tele-communication and water		32,724	41,337
Hire of land and building under operating leases		-	135,167
Insurance		14,874	14,130
Legal and professional fees		-	20,980
Moving expenses		8,600	28,145
Net foreign exchange losses		75	-
Office supplies		17,201	14,369
Postage, printing and stationery		2,242	2,572
Provident fund expenses		78,165	81,168
Rates and building management fee		65,264	63,553
Recruitment expenses		-	1,752
Registration fee		3,405	3,405
Repairs and maintenance		7,896	13,070
Salaries and allowances		142,470	203,270
Sundries		21,919	22,804
Travelling expenses		6,349	3,780
		<u>1,453,919</u>	<u>1,304,155</u>
(Deficit) / Surplus for the year		<u>(284,331)</u>	<u>13,382,575</u>

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

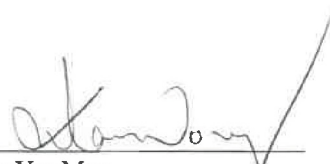
The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

**JOYFUL (MENTAL HEALTH) FOUNDATION
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2019**

	Notes	2019 HK\$	2018 HK\$
Non-current asset			
Property, plant and equipment	8	<u>19,740,322</u>	<u>20,749,325</u>
Current assets			
Project income and other receivables	9	3,805,210	3,087,712
Cash and bank balances	10	<u>8,841,664</u>	<u>9,122,345</u>
		<u>12,646,874</u>	<u>12,210,057</u>
Current liability			
Sundry payables		<u>109,956</u>	<u>397,811</u>
Net current assets		<u>12,536,918</u>	<u>11,812,246</u>
Net assets		<u>32,277,240</u>	<u>32,561,571</u>
Funds			
Education development fund	11	4,600,000	4,600,000
Fundraising and promotion fund	11	2,075,000	2,075,000
Research and community development fund	11	2,400,000	2,400,000
Services fund	11	2,638,100	2,638,100
Operation fund	11	<u>20,564,140</u>	<u>20,848,471</u>
		<u>32,277,240</u>	<u>32,561,571</u>

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

Signed on behalf of the Board of Executive Committee by:- **- 6 DEC 2019**


Wong Yee Man
Member of Executive Committee


Tsao Kwan Kit
Member of Executive Committee

JOYFUL (MENTAL HEALTH) FOUNDATION
STATEMENT OF CHANGES IN FUNDS
FOR THE YEAR ENDED 31 MARCH 2019

	Education development fund HK\$	Fundraising and promotion fund HK\$	Research and community development fund HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
Balance at 31 March 2017	4,600,000	2,075,000	2,400,000	2,638,100	7,465,896	19,178,996
Total comprehensive expenditure	-	-	-	-	13,382,575	13,382,575
Balance at 31 March 2018	4,600,000	2,075,000	2,400,000	2,638,100	20,848,471	32,561,571
Total comprehensive expenditure	-	-	-	-	(284,331)	(284,331)
Balance at 31 March 2019	4,600,000	2,075,000	2,400,000	2,638,100	20,564,140	32,277,240

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2019**

	2019 HK\$	2018 HK\$
Operating activities		
(Deficit) / Surplus for the year	(284,331)	13,382,575
Adjustments for:		
Depreciation	1,022,536	623,192
Interest income	(2,471)	(4,168)
Gain on disposal of property, plant and equipment	<u>-</u>	<u>(12,777,639)</u>
Operating surplus before changes in working capital	735,753	1,223,960
Increase in project income and other receivables	(717,498)	(979,452)
Decrease in sundry payables	<u>(287,855)</u>	<u>(2,067,398)</u>
Cash used in operations	(269,619)	(1,822,890)
Interest received	<u>2,471</u>	<u>4,168</u>
Net cash used in operating activities	<u>(267,148)</u>	<u>(1,818,722)</u>
Investing activities		
Purchase of property, plant and equipment	(13,533)	(21,236,724)
Proceed on disposal of property, plant and equipment	<u>-</u>	<u>19,351,527</u>
Net cash used in investing activities	<u>(13,533)</u>	<u>(1,885,197)</u>
Net decrease in cash and cash equivalents	(280,681)	(3,703,919)
Cash and cash equivalents at the beginning of the year	<u>9,122,345</u>	<u>12,826,264</u>
Cash and cash equivalents at the end of the year	<u><u>8,841,664</u></u>	<u><u>9,122,345</u></u>

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

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 Unit 01-03, 10th Floor of New Treasure Centre, 10 Ng Fong Street, San Po Kong, Kowloon, Hong Kong.

2. APPLICATION OF NEW AND REVISED HONG KONG FINANCIAL REPORTING STANDARDS

These financial statements have been prepared in accordance with all applicable Hong Kong Financial Reporting Standards (“HKFRSs”), which collectively 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.

The HKICPA has issued certain new, revised and amendments to HKFRSs that are first effective for the current accounting period of the Foundation. Of these, the following developments are relevant to the Foundation’s financial statements.

- HKFRS 9, Financial instruments

The impact of the adoption of HKFRS 9 is discussed below. The application of the amendments to the other standard(s) listed above in the current year has had no material effect on the Foundation’s financial performance and positions for the current and prior year and on the disclosures set out in these financial statements.

Impact of amendments to HKFRS 9 Financial Instruments

HKFRS 9, Financial Instruments replaces HKAS 39, Financial instruments: recognition and measurement and introduces changes to the classification and measurement of financial instruments as well as a new impairment loss model.

Change to classification of financial instruments

HKFRS 9 categorises financial assets into three new classification categories: measured at amortised cost, at fair value through other comprehensive income and at fair value through profit or loss (FVPL), superseding HKAS 39’s categories of held-to-maturity investments, loans and receivables, available-for-sale financial assets and financial assets measured at FVPL. The measurement categories for all financial liabilities remain the same.

The classification of financial assets under HKFRS 9 is based on the business model under which the financial asset is managed and its contractual cash flow characteristics.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

2. APPLICATION OF NEW AND REVISED HONG KONG FINANCIAL REPORTING STANDARDS (continued)

The Foundation has performed an assessment on the impact of the adoption of HKFRS 9 and concluded that all financial assets and financial liabilities will continue to be measured on the same bases as are currently measured under HKFRS 39. There is no material financial impact due to the classification or measurement of financial instruments in prior or current periods.

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

3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES

(a) 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 expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgments about the carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(b) Revenue recognition

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

- Donation received is recognised whenever it is received or receivable;
- Bank interest income is recognised using the effective interest method;
- Project income is recognised whenever it is received or receivable; and
- Government grants from Joyful Market ("JM Project") and Joyful Market -Tin Shui Wai ("JM-TSW Project") that compensate JM Project and JM-TSW Project for expenses incurred are recognised as income in the statement of income and expenditure on a systematic basis in the same period in which the expenses are incurred. Grants that compensate JM Project and JM-TSW Project for the cost of an asset are recognised in the statement of income and expenditure as income on a systematic basis over the useful life of the asset.

(c) Financial instruments

Financial assets and financial liabilities are recognised when a Foundation becomes a party to the contractual provisions of the instrument.

Financial assets and financial liability are initially measured at fair value. Transaction costs that are directly attributable to the acquisition or issue of financial assets and financial liabilities (other than financial assets or financial liabilities at fair value through profit or loss) are added to or deducted from the fair value of the financial assets or financial liabilities, as appropriate, on initial recognition.

Financial assets

Financial assets are classified as loans and receivables. The classification depends on the nature and purpose of the financial assets and is determined at the time of initial recognition.

Effective interest method

The effective interest method is a method of calculating the amortised cost of a debt instrument and of allocating interest income over the relevant period. The effective interest rate is the rate that exactly discounts estimated future cash receipts (including all fees and points paid or received that form an integral part of the effective interest rate, transaction costs and other premiums or discounts) through the expected life of the debt instrument, or, where appropriate, a shorter period, to the net carrying amount on initial recognition.

Interest income is recognised on an effective interest basis for debt instruments.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(c) Financial instruments (continued)

Financial assets (continued)

Loans and receivables

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market. Subsequent to initial recognition, loans and receivables (including amount due from a fellow subsidiary and bank balances and cash) are measured at amortised cost using the effective interest method, less any impairment.

Interest income is recognised by applying the effective interest rate, except for short-term receivables where the recognition of interest would be immaterial.

Impairment of financial assets

Financial assets are assessed for indicators of impairment at the end of each reporting period. Financial asset is considered to be impaired when there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows of the financial assets have been affected.

Objective evidence of impairment could include:

- significant financial difficulty of the issuer or counterparty; or
- breach of contract, such as default or delinquency in interest or principal payments; or
- it becoming probable that the borrower will enter bankruptcy or financial re-organisation.

The amount of the impairment loss recognised is the difference between the asset's carrying amount and the present value of the estimated future cash flows discounted at the financial asset's original effective interest rate.

The carrying amount of the financial assets is reduced by the impairment loss directly for all financial assets. Changes in the carrying amount of the allowance account are recognised in profit or loss.

If, in a subsequent period, the amount of the impairment loss decreases and the decrease can be related objectively to an event occurring after the impairment was recognised, the previously recognised impairment loss is reversed through profit or loss to the extent that the carrying amount of the investment at the date the impairment is reversed does not exceed what the amortised cost would have been had the impairment not been recognised.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(c) Financial instruments (continued)

Financial liability and equity instruments

Debt and equity instruments issued by a Foundation entity are classified as either financial liabilities or as equity in accordance with the substance of the contractual arrangements and the definitions of a financial liability and an equity instrument

Equity instruments

An equity instrument is any contract that evidences a residual interest in the assets of an entity after deducting all of its liabilities. Equity instruments issued by the Foundation are recognised at the proceeds received, net of direct issue costs.

Repurchase of the Foundation's own equity instruments is recognised and deducted directly in equity. No gain or loss is recognised in profit or loss on the purchase, sale, issue or cancellation of the Foundation's own equity instruments.

Effective interest method

The effective interest method is a method of calculating the amortised cost of a financial liability and of allocating interest expense over the relevant period. The effective interest rate is the rate that exactly discounts estimated future cash payments (including all fees and points paid or received that form an integral part of the effective interest rate, transaction costs and other premiums or discounts) through the expected life of the financial liability, or, where appropriate, a shorter period, to the net carrying amount on initial recognition.

Interest expense is recognised on an effective interest basis.

Financial liability at amortised cost

Financial liability is subsequently measured at amortised cost, using the effective interest method.

Derecognition

The Foundation derecognises a financial asset only when the contractual rights to the cash flows from the asset expire, or when it transfers the financial asset and substantially all the risks and rewards of ownership of the asset to another entity.

On derecognition of a financial asset, the difference between the asset's carrying amount and the sum of the consideration received and receivable is recognised in profit or loss.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(c) Financial instruments (continued)

Derecognition (continued)

The Foundation derecognises financial liabilities when, and only when, the Foundation's obligations are discharged, cancelled or have expired. The difference between the carrying amount of the financial liability derecognised and the consideration paid and payable is recognised in profit or loss.

(d) Property, plant and equipment

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

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

Building situated on leasehold land	over the shorter of the unexpired term of lease and their estimated useful lives
Leasehold improvement	20%
Furniture and fixtures	20%
Equipment	20%

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

(e) Impairment of assets

An assessment is made at each reporting period to determine whether there is any indication of impairment or reversal of previous impairment, including items of property, plant and equipment, intangible assets and long-term investments. In the event that an asset's carrying amount exceeds its recoverable amount, the carrying amount is reduced to recoverable amounts and an impairment loss is recognised in the statement of income and expenditure.

A previously recognised impairment loss is reversed only if there has been a change in the estimates used to determine the recoverable amount, however not to an amount higher than the carrying amount that would have been determined (net of amortisation or depreciation), had no impairment losses been recognised for the asset in prior periods.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(f) Employee benefits

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

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

(g) Income tax

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

(h) Cash and cash equivalents

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

(i) Leased assets

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

Classification of assets leased to the Foundation

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

Operating lease charges

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

**3. BASIS OF PREPARATION AND SIGNIFICANT ACCOUNTING POLICIES
(continued)**

(j) Related parties

Parties are considered to be related if one party has the liability, directly or indirectly, to control the other party or exercise significant influence over the other party in making financial and operating decisions. Parties are also considered to be related if they are subject to common control or common significant influence.

- (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 of a parent of the Foundation .
- (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 (a).
 - (vii) A person identified in (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.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

4. 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:

	2019 HK\$	2018 HK\$
Project income		
Education	8,750	20,230
Fund raising activities		
Joyful Charity Run	823,700	852,059
笑爺笑奶認捐計劃	5,000	37,928
中大醫學院醫學生節	-	47,243
心晴影薈展笑容	49,000	134,867
商業電台《有誰共鳴》節目	1,437	5,052
第六屆國際發呆比賽	-	50,755
聲願音樂會	-	41,080
奇華八十周年	605,700	-
華夏歷史年表筆記	300,000	-
沿途有你15載慈善晚宴	2,520,000	-
Capsabeans夏日鬆鬆遊樂園	10,000	-
晴心大使樂傳承	22,300	-
天天心晴小飛俠	156,000	-
Others	27,418	100
	<u>4,520,555</u>	<u>1,169,084</u>
Promotion	3,000	3,600
Services	150,600	193,600
Joyful Market*	-	44,224
Joyful Market (Tin Shui Wai)	481,424	273,537
Jockey Club Mental Health School Programme**	-	810,644
Joyful Jockey Club 'Love to Move' Programme**	<u>5,217,110</u>	<u>7,363,229</u>
	10,381,439	9,878,148
Donation received	<u>590,721</u>	<u>302,785</u>
	<u><u>10,972,160</u></u>	<u><u>10,180,933</u></u>

* Joyful Market has ceased business since 1 April 2018.

** Project fundings were donated by The Hong Kong Jockey Club Charities Trust.

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

5. PROJECT EXPENSES

	2019 HK\$	2018 HK\$
Education	1,101,550	1,715,877
Fund raising activities		
Joyful Charity Run	485,945	461,139
心晴影薈展笑容	54,217	157,116
第六屆國際發呆比賽	-	1,647
奇華八十周年	14,400	-
天天心晴小飛俠	499,632	-
晴心大使樂傳承	10,358	-
Others	74,791	42,673
	<u>1,139,343</u>	<u>662,575</u>
Promotion	247,203	331,163
Services	1,185,752	989,040
Joyful Market	-	68,543
Joyful Market (Tin Shui Wai)	582,804	397,739
Jockey Club Mental Health School Programme	-	6,250
Joyful Jockey Club 'Love to Move' Programme	5,234,525	4,253,183
Others	313,866	55,310
	<u>9,805,043</u>	<u>8,479,680</u>

6. OTHER INCOME

	2019 HK\$	2018 HK\$
Government grants	<u>-</u>	<u>202,168</u>

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 HKSAR to obtain government grants under the ESR Programme on 10 February 2017, the JM-TSW Project.

7. INCOME TAX

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

8. PROPERTY, PLANT AND EQUIPMENT

	Land and buildings HK\$	Leasehold improvement HK\$	Furniture and fixtures HK\$	Equipment HK\$	Total HK\$
At cost:					
At 1 April 2017	7,718,850	1,187,248	64,285	353,400	9,323,783
Additions	19,491,244	1,432,720	84,000	228,760	21,236,724
Disposal	(7,718,850)	(1,187,248)	-	-	(8,906,098)
At 31 March 2018	19,491,244	1,432,720	148,285	582,160	21,654,409
Additions	-	-	-	13,533	13,533
At 31 March 2019	19,491,244	1,432,720	148,285	595,693	21,667,942
Accumulated depreciation:					
At 1 April 2017	1,080,639	1,187,248	61,285	284,930	2,614,102
Charge for the year	389,178	162,485	14,833	56,696	623,192
Disposal	(1,144,962)	(1,187,248)	-	-	(2,332,210)
At 31 March 2018	324,855	162,485	76,118	341,626	905,084
Charge for the year	649,708	286,544	16,800	69,484	1,022,536
At 31 March 2019	974,563	449,029	92,918	411,110	1,927,620
Net book value:					
At 31 March 2019	18,516,681	983,691	55,367	184,583	19,740,322
At 31 March 2018	19,166,389	1,270,235	72,167	240,534	20,749,325

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

8. PROPERTY, PLANT AND EQUIPMENT (continued)

Gain on disposal of property, plant and equipment for the year ended 31 March 2018 was arising from disposal of land and building of Unit C and D, 9/F., Van Fat Building, Nos. 20-22A Ng Fong Street, Kowloon.

9. PROJECT INCOME AND OTHER RECEIVABLES

	2019 HK\$	2018 HK\$
Project income receivables	3,572,020	2,738,060
Other debtors and receivables	<u>233,190</u>	<u>349,652</u>
	<u>3,805,210</u>	<u>3,087,712</u>

10. CASH AND BANK BALANCES

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

	2019 HK\$	2018 HK\$
Cash at bank and on hand	8,328,740	8,609,763
Fixed deposit	<u>512,924</u>	<u>512,582</u>
	<u>8,841,664</u>	<u>9,122,345</u>

11. FUNDS

The Foundation was incorporated under the Hong Kong Company Ordinance as a Foundation limited by guarantee. The liability of each member is limited to contributing the assets of the Foundation to the extent of HK\$100 each in the event that the Foundation is wound up.

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

Education Development Fund

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

**JOYFUL (MENTAL HEALTH) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

11. FUNDS (continued)

Fundraising and Promotion Fund

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

Research and Community Development Fund

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

Services Fund

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

Operation Fund

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

12. OPERATING LEASE COMMITMENTS

The Foundation leases certain of its properties under operating lease arrangements. The leases are negotiated for terms ranging from one to two years. None of the leases includes contingent rentals.

At 31 March 2019, the Foundation's total future minimum lease payments under non-cancellable operating leases are payable as follows:

	2019 HK\$	2018 HK\$
Within one year	46,124	104,124
In the second to fifth years, inclusive	<u>2,177</u>	<u>58,301</u>
	<u>48,301</u>	<u>162,425</u>

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● 新實中心10樓1001-1003室
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JOYFUL (MENTAL HEALTH) FOUNDATION

服務時間：

星期一至五 上午10時至下午1時及下午2時至5時

星期六 上午10時至下午1時

非服務時間及公眾假期設留言服務

此年報為印刷版本，詳細內容請參閱網上版本。

This annual report is a print version, more details are published online.

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