



心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



2023-2024

年報 ANNUAL REPORT



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成立背景 BACKGROUND

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

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，甚至喪失寶貴的生命。因此，本會致力推廣情緒病的知識，減少誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。

本會乃非政府恆常資助機構，所有財政支出主要靠籌募及善長捐助。

The Joyful (Mental Health) Foundation (JMHF) is a registered non-profit charitable organization founded in 2004 by Ms. Victoria Lam and a group of dedicated volunteers. Having personally experienced the challenges of a mood disorder, Ms. Lam was inspired to establish JMHF to address the widespread misconceptions surrounding mental health. Depression, as highlighted by the latest World Health Organization (WHO) estimates, remains a prevalent global health issue, affecting approximately 3.8% of the population—including 5.0% of adults and 5.7% of adults over 60.

Despite its prevalence, mental illness continues to be misunderstood by the public, often leading to delayed treatment and, in tragic cases, loss of life. To combat this, JMHF is committed to raising awareness about mood disorders, reducing stigma, and providing essential counselling services, resources, and support to patients and their families.

As a non-subsidized non-governmental organization, JMHF relies entirely on fundraising initiatives and the generous contributions of compassionate donors to sustain its vital work.



年度重點 HIGHLIGHT

踏入 2024 年，心晴行動慈善基金喜迎 20 週年，重頭戲是「緣路同行二十載」慈善晚宴，並舉辦了疫後首次「心晴跑 • 跑傳情」慈善跑，得到清水灣鄉村俱樂部全力支持，並加入步行籌款，藉此鼓勵更多市民通過運動提升情緒健康。

承先啟後，本年推出了更多新項目，包括「助人自助輔導服務先導計劃」、「心靈成長堡——兒童為本遊戲治療」及「笑爺笑奶四格漫畫」。

有賴各界持續鼎力支持，心晴行動將迎來更多個 20 週年，希望以創新服務與教育，與時並進，陪伴更多人走出情緒低谷，共建晴朗人生。

In 2024, the Joyful (Mental Health) Foundation (JMHF) celebrated its 20th anniversary with a special commemorative event, the JMHF 20th Anniversary Dinner. The year also marked the post-pandemic revival of the Joyful Charity Run, held with the generous support of The Clearwater Bay Golf & Country Club. To broaden participation, the event expanded its format to include a fundraising walk alongside the traditional run, attracting even greater community engagement.

JMHF also introduced several new initiatives aimed at enhancing mental health support, including the Self-Help Counselling Pilot Program, the Joyful Play Healing child-centered play therapy, and the Cheerful Four-Panel Comic Series—a creative approach to raising awareness about emotional well-being.

With the continued backing of the community, JMHF looks forward to achieving further milestones in the years ahead. The Foundation remains dedicated to innovating its services and educational programs, empowering individuals to overcome emotional challenges and build brighter, more resilient lives.



名譽會長及信託人 HONORARY PRESIDENT & TRUSTEES



名譽會長
Honorary President



杜振源先生
MR. SIMON C. Y. TO

國際文具集團有限公司
主席兼行政總裁

Chairman & CEO of World Wide Stationery Holdings Co., Ltd.

信託人
Trustees



林建明女士
MS. VICTORIA K.M. LAM

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



康寶駒先生
MR. MARTIN PO KUI HONG

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



黃綺雯博士
DR. ALICE Y. M. WONG

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

信託人獻辭 TRUSTEES' MESSAGE

衷心感謝董鳳濤先生接任心晴行動慈善基金主席之位，為本會注入新動力，開啟全新篇章。新任主席標誌着心晴行動發展的重要里程碑，讓本會能夠繼續蓬勃發展，為更多受情緒困擾的人士及其家屬提供支持，並在社會各階層推廣情緒健康的重要性。

董主席的接任正值心晴行動成立二十週年，這是一個值得慶祝的時刻。回顧過去二十年，我們通過公眾教育、熱線服務及專業面談輔導等項目，致力減少對情緒病的誤解與歧視，為無數人帶來希望。董主席的願景、豐富經驗及熱忱，將帶領全體團隊繼往開來，應對挑戰，凝聚更多有心人，與受情緒困擾的朋友並肩同行。

在董主席的領導下，我們迎來年青有拼勁有活力的心晴新一代。執委團隊的熱情與創新將推動心晴行動走向新高峰，為情緒健康事業注入新力量。我們深信，憑藉董主席的帶領，心晴行動將繼續深耕心理健康教育與支援服務，締造一個更重視心靈健康、更溫暖的社會。

感謝董鳳濤主席的領導，以及所有支持者、志願者和合作夥伴的參與。你們的支持使我們的工作成為可能。讓我們攜手努力，共同創造一個更健康的香港。

We extend our heartfelt gratitude to Mr. Nicholas TUNG for assuming the role of Chairperson of the Joyful (Mental Health) Foundation, infusing new energy into our organization and opening an exciting new chapter. His appointment marks a significant milestone in our journey, empowering us to continue thriving as we support individuals and families affected by emotional distress and promote mental well-being across all sectors of society.

Mr. Tung's leadership commences as we celebrate the Foundation's 20th anniversary – a momentous occasion. Over the past two decades, we have tirelessly worked to dismantle stigma and misunderstanding around emotional health through public education, helpline services, and professional counselling, bringing hope to countless lives. With his vision, extensive experience, and unwavering dedication, Mr. Tung will guide our team to build on this legacy, confront emerging challenges, unite compassionate allies, and walk alongside those navigating emotional difficulties.

Under Mr. Tung's stewardship, we welcome a new generation of young, driven, and dynamic members to the JMHF's family. Their passion and innovative spirit will propel the Foundation to new heights and invigorate our mission. We are confident that through his guidance, JMHF will deepen its commitment to mental health education and support services, fostering a society that prioritizes emotional well-being and embraces greater compassion.

We express profound appreciation to Mr. Tung for his leadership, and to all our supporters, volunteers, and partners. Your steadfast commitment makes our work possible. Let us unite in purpose to collectively create a healthier Hong Kong.



執行委員獻辭 MESSAGE FROM THE EXECUTIVE COMMITTEES



2024 年，心晴行動迎來意義非凡的 20 週年！我們成功復辦疫情後首個心晴慈善跑，凝聚過千位嘉賓、義工及參加者，攜手為推動香港的情緒健康出一分力。這份團結與熱情，正是驅動心晴行動 20 年來不斷向前的核心力量。

回首這 20 載，一個機構能堅持信念、持續發展，殊不容易。這份堅持，全賴社會各界、有心人及支持者不離不棄的信任與同行。猶記得當初，社會對情緒健康的認識普遍不足，相關服務和關注也相對匱乏。正是創辦人林建明女士帶領一群不畏艱難的有心人，懷抱對情緒健康的熱忱與使命感，勇敢踏出第一步，才有了心晴行動的誕生與成長。

過去 20 年，我們致力於情緒健康教育及服務，幫助受情緒困擾人士走出陰霾，重拾希望。我們留意到，現今兒童同樣面對複雜的情緒困擾，在瞬息萬變的環境下更難適應，加上他們往往難以用言語表達內心感受，使得家長難以洞察孩子的真實心聲。有見及此，心晴行動今年特別增設兒童為本遊戲治療服務，讓年幼的孩子能在安全及有趣的環境中表達內心世界，更好地發展自我。這體現了我們過去 20 年來在探索創新教育項目與服務、拓寬服務對象方面所付出的具體努力，旨在有限資源下惠及更多有需要的人。

今年，我們以「緣路同行」作為 20 週年主題，誠摯感謝一直與我們風雨同路的情緒病患者、廣大公眾及所有支持夥伴。全賴你們的信任、無私的陪伴及堅定的支持，以及當年不畏艱難的開拓者，我們才能共同譜寫這段充滿意義的 20 載歷程。展望未來，懇請各位繼續與心晴行動攜手同行，為推動香港的情緒健康共同努力，創造下一個更美好的 20 年！

柳發文博士（副主席兼秘書長）

2024 marks the profoundly significant 20th anniversary of the Joyful (Mental Health) Foundation! We successfully relaunched our post-pandemic "Joyful Charity Run," uniting over a thousand guests, volunteers, and participants to champion emotional well-being in Hong Kong. This unity and passion are the very core forces that have driven JMHF forward for two decades.

Reflecting on these 20 years, sustaining an organization's vision and growth is no small feat. This enduring commitment has been made possible solely by the unwavering trust and solidarity of our community, dedicated supporters, and partners. We recall the early days when societal understanding of emotional health was limited, and support services scarce. It was the pioneering spirit of our founder, Ms. Victoria LAM, leading a group of determined individuals fueled by passion and mission, that courageously took the first steps, bringing JMHF into existence and nurturing its growth.

For two decades, we have dedicated ourselves to emotional health education and services, helping individuals overcome distress and rediscover hope. We observe that today's children face complex emotional challenges, struggling to adapt in our fast-changing world. Their difficulty in verbalizing inner feelings often leaves parents unable to grasp their true needs. Recognizing this, JMHF has introduced a specialized child-centered play therapy service this year. This allows young children to safely express their inner world through play, fostering better self-development. This initiative exemplifies our ongoing, 20-year commitment to exploring innovative programs and expanding our reach to serve more in need, even within resource constraints.

Our 20th-anniversary theme, "Shared Journey," expresses our deepest gratitude to all who have walked this path with us – individuals facing emotional health challenges, the wider public, and every supporting partner. It is your trust, selfless companionship, steadfast support, alongside the courage of our early pioneers, that has collectively woven this meaningful 20-year story. As we look ahead, we earnestly invite you to continue journeying with JMHF. Together, let us advance emotional well-being in Hong Kong and weave an even brighter next 20 years!

Dr. Peter LAU (Vice Chairperson & Secretary)

隨着疫情陰霾散去，心晴行動今年復辦年度重點活動「心晴慈善跑」，並選址於風景優美的清水灣鄉村俱樂部舉行。衷心感謝清水灣鄉村俱樂部的全力支持，與我們一同為支持情緒健康邁步向前。活動吸引了超過千名參加者，以堅實的步伐傳遞對精神健康的關注與支持。疫後仍見眾多朋友身體力行，這份持續的熱忱，實在令人鼓舞。

作為非政府恒常資助的慈善機構，我們深知每一項服務的推動與延續，都倚賴活動籌募及善長捐款。這條籌款之路並不平坦，每一分善款，皆凝聚着社會的信任與愛心，得來不易，更顯珍貴。正因如此，心晴行動能夠走過二十載風雨，除了一份對推動情緒健康的堅毅信念，更是無數善長和有心人長久以來不離不棄的支持與慷慨解囊。您們每一份心意，都是支持我們持續前行的基石與動力，讓初心得以承傳，使命得以延續。「緣路同行二十載」，作為執委會的一員，我深深感受到這份共同努力的意義，亦感謝能與志同道合的夥伴並肩前行。

展望未來，心晴行動的腳步絕不停歇，將繼續堅定不移地推廣情緒健康，陪伴更多需要支持的人。我們深信，在精神健康的道路上，即使微小的行動，也能匯聚成改變的力量。與此同時，面對資源的挑戰，我們將積極開拓更多具創意及新思維的籌款模式，力求資源穩健。誠盼您們繼續與我們攜手同行，點亮並溫暖更多心靈，共織更美好的「心晴」。

周博軒博士（執委）

As the shadows of the pandemic recede, Joyful (Mental Health) Foundation resumed its flagship annual event, the "Joyful Charity Run," this year. Held at the picturesque The Clearwater Bay Golf & Country Club, we extend our heartfelt gratitude to the Club for its full support, marching forward with us in championing emotional well-being. The event attracted over a thousand participants, whose steadfast strides conveyed profound support and concern for mental health. Witnessing so many friends continuing to take concrete action for mental health post-pandemic, this enduring enthusiasm is truly inspiring.

As a charity without regular government funding, every service depends on event fundraising and donor generosity. This fundraising journey is challenging. Every single dollar received embodies the community's trust and compassion – hard-earned and thus immensely precious. Precisely because of this, JMHF has weathered twenty years of challenges. Beyond our unwavering commitment to promoting emotional well-being, it is the steadfast support and generous contributions from countless benefactors and caring individuals over the long term that have been fundamental. Each gesture of kindness you offer is the cornerstone and driving force sustaining our progress, allowing our founding purpose to be upheld and our mission to endure. "Twenty Years of Shared Journey." As a member of the Executive Committee, I am profoundly moved by the significance of this collective effort and deeply grateful for the opportunity to walk alongside so many like-minded partners.

Looking ahead, JMHF will not pause its steps. We will continue to steadfastly promote emotional well-being and accompany more individuals in need of support. We firmly believe that on the path to mental health, even small actions can converge into a powerful force for change. At the same time, facing resource challenges, we are committed to actively exploring more creative and innovative fundraising models to ensure sustainable resources. We sincerely hope you will continue to join hands with us. Together, let us bring light and warmth to souls awaiting brightness, weaving an even brighter future for all.

Dr. Felix CHOW (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

柳發文博士 (副主席兼秘書長)

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大學講師
Lecturer

董鳳濤先生 (副主席)

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

董事總經理
Managing Director

王秉怡先生 (副主席)

Mr. Natalis P. Y. WONG (Vice Chairperson)

註冊專業測量師
Registered Professional Surveyor

曹鈞傑先生 (司庫)

Mr. Steven K. K. TSAO (Treasurer)

專業會計師
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顧問團 CONSULTANTS



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商家
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趙雨龍博士

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臨床心理學家
Clinical Psychologist

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上市公司執行主席
Executive Chairman

馮德璋先生 (執委)

Mr. Nicholas T. C. FUNG (Executive Committee Member)

公司董事
Director

麥嘉欣先生 (執委)

Mr. Samuel K. Y. MAK (Executive Committee Member)

非牟利機構創辦人
NGO Founder

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Mr. Luke TSANG

著名廣播人
Radio Broadcaster

潘啟迪先生

Mr. Kai Tik POON

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

顏聯武先生

Mr. Luen Mo NGAN

著名廣播人
Radio Broadcaster

水禾田先生

Mr. Water POON

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

梁李少霞女士

Ms. Shiu Ha LEE LEUNG

傳媒工作者
Media Practitioner

劉月明女士

Ms. Marianne LAU

畫家
Artist

徐雅各先生

Mr. James TSUI

退休校長
Retired School Principal

夏月嫻女士

Ms. Josephine Yuet Han HA

公司董事
Company Director

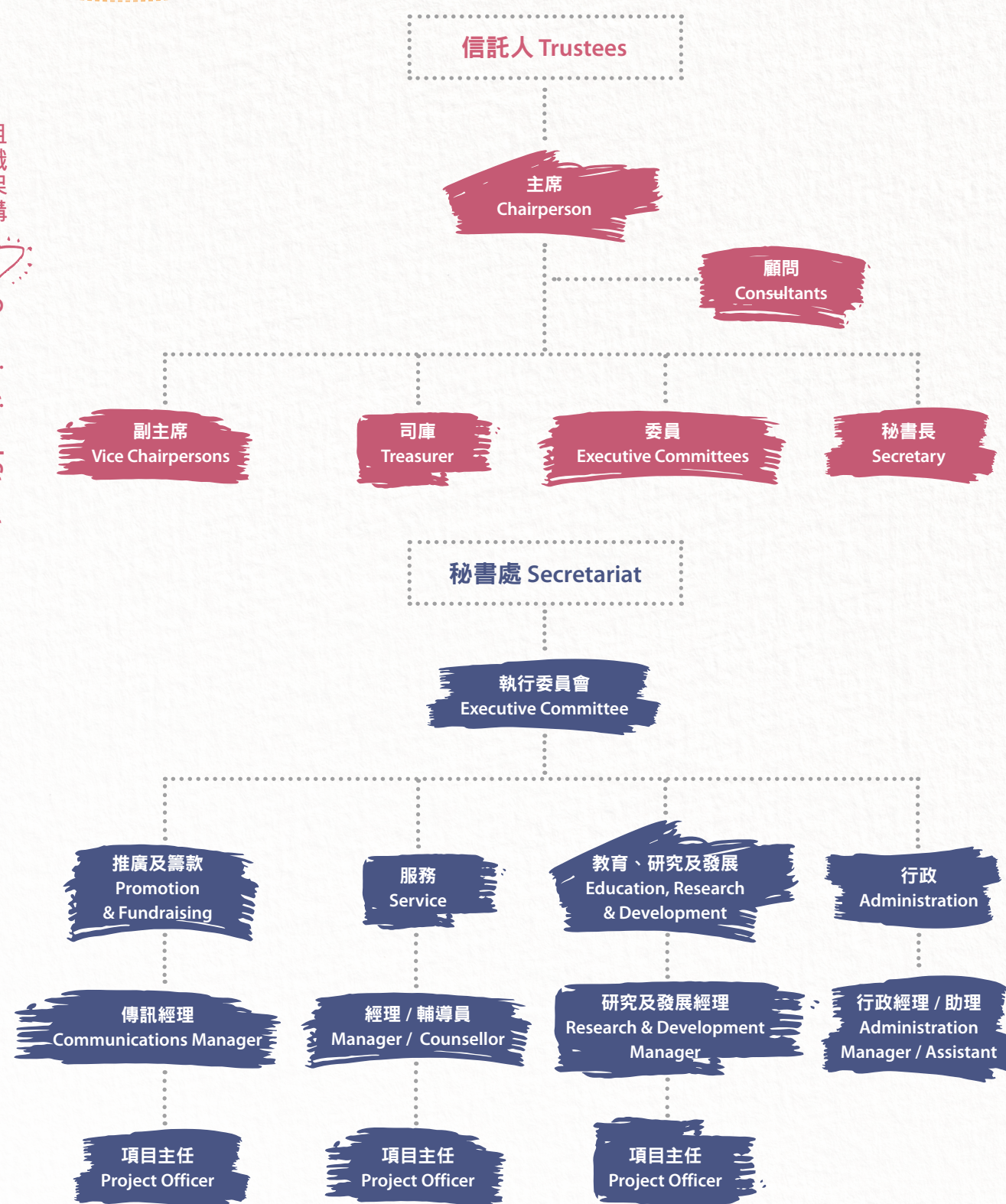


組織架構 ORGANISATIONAL STRUCTURE

組織架構



Organisational Structure



教育 EDUCATION

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

Through diverse educational initiatives, JMHF promotes the importance of mental well-being across all sectors of society. By raising public awareness about mood disorders, we encourage timely help-seeking and proper treatment.

JMHF is committed to collaborating with organizations and professional bodies to combat mood disorders—because no one should face these challenges alone.

笑爺笑奶四格漫畫 CHEERFUL FOUR-PANEL COMIC SERIES

舉辦日期 DATE 04/2024 - 03/2025

此項目為心晴行動慈善基金 20 週年的創新項目。主角包括笑爺仔、笑奶妹，以及新增了笑爺爸爸及笑奶媽媽的角色，以親職及教養子女為主題，講述笑爺笑奶 20 年來成長之故事。

第一部分為 20 幅搞笑四格漫畫，每幅描繪笑爺仔及笑奶妹從 1 歲到 20 歲的搞笑小故事。每幅漫畫主題都不相同，故事之間相互獨立；第二部分則為知識分享，每幅漫畫之外分享與主題相關的精神健康知識。

所有漫畫及知識分享皆會發佈在社交媒體中，並透過廣告貼文加強推廣，成功觸及了目標受眾，並取得穩定的點擊與互動成果，顯示出內容具備一定吸引力與傳播潛力。讓讀者更了解精神健康和心理學的同時，由此漫畫認識笑爺笑奶，從而更了解本會宗旨及服務，促進公眾精神健康。

This is a creative project for JMHF's 20th anniversary, featuring characters Mr and Ms. Cheerful, and new additions, Daddy and Mummy Cheerful, focusing on parenting and family themes, depicting their 20-year growth story.

Part 1 includes 20 humorous four-panel comics, each showing a unique, standalone story of Mr. and Ms. Cheerful from ages 1 to 20. Part 2 provides mental health knowledge related to each comic's theme.

All comics and knowledge-sharing content are posted on social media, amplified through ads, achieving stable engagement and reaching target audiences. This helps readers understand mental health, connect with the characters, and learn about JMHF's mission and services, promoting public mental well-being.



家長講座：精神健康與同學面對的壓力 PARENT SEMINAR: MENTAL HEALTH AND STUDENT STRESS

舉辦日期 DATE 11/05/2024

本會教育及服務部應一所中學的家長教師會邀請，為學生家長進行了題為「精神健康與同學面對的壓力」的講座，內容按家教會的學習目標而設計。是次約有 30 人出席，參加者回饋均對講座感到滿意。

At the invitation of a secondary school's Parent-Teacher Association, JMHF's Education and Services Team held a seminar titled "Mental Health and Student Stress" for parents. The content was tailored to the PTA's learning objectives. Approximately 30 parents attended, and feedback indicated high satisfaction.



情緒支援危機實務技巧課程 PRACTICAL SKILLS PROGRAMME FOR EMOTIONAL SUPPORT IN CRISIS

舉辦日期 DATE 24/05/2024, 31/05/2024

本會於 2022-23 年度與仁濟醫院社會服務部專業培訓中心的成功合作後，本年度再次獲邀合作開設本課程。

課程目標是提升參與者對情緒病的基本認識，並加強他們識別和支援情緒病患者的能力。此次培訓吸引了不同社會服務背景的人士參加，兩天的課程內容豐富，涵蓋了情緒病的基本知識、識別技巧以及實際案例分析。

參與者在課後反饋中表達了對課程內容和教學方法的正面評價，特別讚賞課程在理論與實踐結合方面的效果，認為所學知識對其日常工作的情緒支援工作大有裨益。

Following the successful collaboration between JMHF and Yan Chai Hospital Social Services Department Professional Training Centre in 2022-23, JMHF was invited again this year to co-organize the Practical Skills Programme for Emotional Support in Crisis.

The programme aims to enhance participants' basic understanding of mood disorders and strengthen their ability to identify and support individuals with emotional challenges. The training attracted participants from diverse social service backgrounds. The two-day course was comprehensive, covering fundamental knowledge of mood disorders, identification techniques, and real-case analyses.

According to the course evaluation, participants provided positive feedback on the content and teaching methods. They particularly appreciated the effective integration of theory and practice, noting that the knowledge gained was highly beneficial to their daily emotional support work.



本會認證輔導員黃永泰先生主講
Presented by Mr. Ted WONG, JMHF's Certified Counsellor

香港浸會大學附屬學校王錦輝中小學中學生情緒健康講座 HONG KONG BAPTIST UNIVERSITY AFFILIATED SCHOOL WONG KAM FAI SECONDARY AND PRIMARY SCHOOL EMOTIONAL HEALTH SEMINAR FOR SECONDARY STUDENTS

舉辦日期 DATE 25/10/2024

本會教育及服務部應香港浸會大學附屬學校王錦輝中小學的邀請，為中五學生舉辦了一場情緒健康講座，旨在幫助學生深入了解情緒健康的知識，促進他們在處理壓力的同時，更能在義工活動中察覺服務對象的情緒狀況。講座由本會輔導員陳培恩擔任講者，約有 150 名學生參加。輔導員在演講中融入了多個互動元素，特別設計了一個環節，讓學生們扮演五種不同的情緒，以加強他們對情緒的理解和體驗。

At the invitation of Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School, JMHF's Education and Services Department conducted an emotional health seminar for Form 5 students. The seminar aimed to deepen students' understanding of emotional health, equipping them to manage stress and recognize the emotional states of others during volunteer activities. Delivered by JMHF counselor Ms. Yannis CHAN, the event was attended by approximately 150 students. The counselor incorporated interactive elements, including a segment where students role-played five different emotions to enhance their understanding and experience of emotions.



本會教育及服務部助理經理 / 輔導員譚靜霞小姐（圖左）、本會輔導員陳培恩小姐（圖右）及香港浸會大學附屬學校王錦輝中小學馮老師（圖中）
Assistant Manager/Counsellor of JMHF Education and Services Department, Ms. Beatrice TAM (left), JMHF's Counsellor, Ms. Yannis CHAN (right), and Mr. Andy FUNG, teacher at Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School (center).

企業精神健康工作坊 – 蝶古巴特 CORPORATE MENTAL HEALTH WORKSHOP – DECOUPAGE

舉辦日期 DATE 21/11/2024

本會收到聯昌銀行有限公司香港分行的邀請，為其員工舉辦了一個結合情緒健康與慈善的工作坊。此工作坊透過製作蝶古巴特布袋，讓參加者暫時擺脫繁忙的工作壓力，投入藝術創作。藝術是一種很好的舒緩壓力方法，能幫助大家放鬆心情。參加者所製作的布袋將透過本會贈送給有需要的人士，或用作慈善義賣，傳遞愛與關懷。

At the invitation of CIMB Bank Berhad Hong Kong Branch, JMHF conducted a workshop for its employees, combining emotional health and charity. The workshop involved creating Decoupage tote bags, allowing participants to step away from work stress and engage in artistic creation. Art is an effective way to relieve stress and promote relaxation. The tote bags made by participants will be donated by JMHF to those in need or used for charitable sales, spreading love and care.

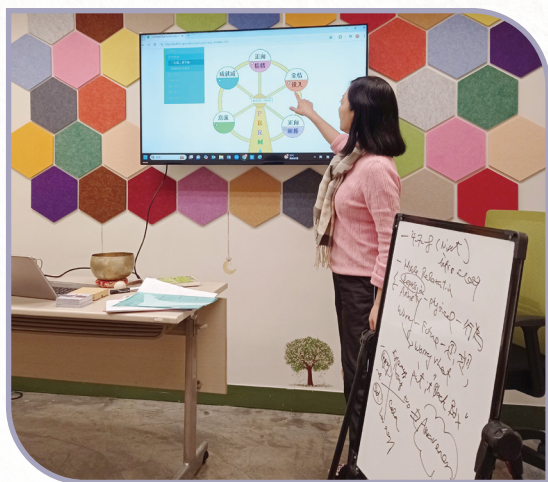


轉化焦慮工作坊 ANXIETY TRANSFORMATION WORKSHOP

舉辦日期 DATE 04/12/2024, 18/12/2024, 30/12/2024, 05/01/2025

由本會臨床心理學家張皓貽博士主講，課程共4節，每節1.5小時，內容深入實用，一大亮點是引入心率變異分析應用，讓參加者通過觀察自己心律變化，從而調節情緒，舒緩焦慮。課程結束後，所有參加者的心率和諧度都有上升，表示焦慮情緒有所舒緩。

Led by JMHF's clinical psychologist, Dr. Ivy CHEUNG, this 4-session course (1.5 hours per session) offers practical, in-depth content. A highlight is the use of heart rate variability analysis, enabling participants to regulate emotions and ease anxiety by observing their heart rate changes. After the course, all participants showed improved heart rate coherence, indicating reduced anxiety.



本會臨床心理學家張皓貽博士
JMHF's clinical psychologist, Dr. Ivy CHEUNG

「身心靈健康親子同樂日」入校精神健康親子攤位服務 “MIND, BODY, AND SPIRIT HEALTH: PARENT-CHILD FUN DAY” SCHOOL-BASED MENTAL HEALTH PARENT-CHILD BOOTH GAMES SERVICE

舉辦日期 DATE 14/12/2024

本會教育及服務部應柴灣灣邨基督教香港信義會信愛學校的邀請，於家長日為該校學生籌辦攤位遊戲活動，名為「身心靈健康親子同樂日」。情緒健康教育應從小做起，是次攤位活動旨在幫助小學生先學習認知和表達自己的情緒，增強家庭內的情感交流，然後學習觀察情緒及管理方式，從而在日常生活中實現更好的情緒管理，此對處於成長階段的兒童尤其重要。

At the invitation of ELCHK Faith Love Lutheran School in Chai Wan's Yue Wan Estate, JMHF's Education and Services Department organized booth games for students on Parent Day, titled “Mind, Body, and Spirit Health: Parent-Child Fun Day.” Emotional health education should start young, and this booth activity aimed to help primary students learn to recognize and express their emotions, strengthen family emotional bonds, and develop skills to observe and manage emotions for better daily emotional regulation, which is crucial for children in their developmental stages.



鳳溪廖潤琛紀念學校 - 情緒健康講座 FUNG KAI LIU YUN SUM MEMORIAL SCHOOL - EMOTIONAL HEALTH SEMINAR

舉辦日期 DATE 19/12/2024

本會教育及服務部應邀前往粉嶺鳳溪廖潤琛紀念學校，為小一及小二學生舉辦了一場情緒健康講座，旨在幫助學生認識自己的情緒並學習有效的應對方法。我們還分享了朋輩相處的技巧，希望孩子們能在相互尊重中建立友誼。小朋友們非常踴躍，積極參與，熱情地舉手回答問題，並在輕鬆愉快的氣氛中圓滿完成此次講座。

At the invitation of Fung Kai Liu Yun Sum Memorial School in Fanling, JMHF's Education and Services Team conducted an emotional health seminar for Primary 1 and 2 students. The seminar aimed to help students recognize their emotions and learn effective coping strategies. We also shared peer interaction skills to encourage children to build friendships based on mutual respect.



鳳溪廖潤琛紀念學校的張老師（左一）、本會教育服務部助理經理／輔導員譚靜霞小姐（中）及心晴行動輔導員／講者陳培恩小姐（右一）
Ms CHEUNG (left) from Fung Kai Liu Yun Sum Memorial School, Assistant Manager/Counsellor of JMHF's Education and Services Team Ms. Beatrice TAM (center) and JMHF's Counsellor/Speaker Ms. Yannis CHAN (right)

研究及發展 RESEARCH AND DEVELOPMENT

自2018年開始，本會正式將研究及發展納入本會的重要策略性發展範疇之一。通過積極推動新項目研究，進一步探討及拓展更多服務，令機構得以持續發展，為紓解香港人的情緒問題提供更多可行方案。

Since 2018, research and development has been a key priority in our strategic growth. By proactively launching new initiatives and conducting studies to explore and expand our services, we aim to ensure sustainable development while delivering practical solutions to address the emotional well-being of Hong Kong's community. Through these efforts, we strive to meet evolving mental health needs with innovation and effectiveness.

香港菁英會 畫出好心情 THE Y. ELITES ASSOCIATION: PAINT A GOOD MOOD

舉辦日期 DATE 16/06/2024

心晴行動慈善基金應香港菁英會的邀請，與新家園協會協辦「香港菁英會 畫出好心情」，活動於荃灣共享空間「融 HUB」舉行，共有約 58 個家庭參與。

活動對象為 4 至 8 歲小孩及其家庭，藉繪畫工作坊及講座教導孩子情緒及家長協調情緒方式的重要性，並強調互動、體驗式以及堂上實習目標，幫助兒童健康成長及促進良好的親子關係。

繪畫課堂由林琮娟小姐導師出任，向孩子及家長教授和諧粉彩與禪繞畫，並從中加入心理學元素，讓孩子專注於繪畫時的情緒及感受。家長講座及工作坊方面則由認證輔導員莫迪瑩小姐擔任講師，藉此讓家長們多了解孩子們的情緒及需求，並改善與孩子們溝通的模式及個人的情緒管理。

At the invitation of the Y. Elites Association, JMHF co-organized "The Y. Elites Association: Paint a Good Mood" event with the New Home Association. The event was held at the Tsuen Wan shared space, Fusion HUB, with approximately 58 families participating.

Targeting families with children aged 4 to 8, the event featured drawing workshops and talks to teach children about emotions and the importance of parental emotional coordination. It emphasized interactive, experiential learning and in-class practice to promote healthy child development and positive parent-child relationships.

The drawing workshop, led by instructor Ms Crystal LAM, taught children and parents harmonious pastels and Zentangle, incorporating psychological elements to help children focus on their emotions and feelings while drawing. The parent talk and workshop, led by certified Counsellor Ms Charmaine MOK, aimed to help parents better understand their children's emotions and needs, improve communication with their children, and enhance personal emotional.



服務 SERVICES

本會致力提供協助促進情緒健康的服務，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。

The Joyful (Mental Health) Foundation (JMHF) is committed to providing comprehensive mental health services, including Emotional Support Hotline Services and Professional Counselling Services. To further support individuals and families affected by mood disorders, JMHF collaborates with mental health professionals—such as psychiatric specialists, clinical psychologists, and counsellors—to host events like the "Focus Group between Professionals, Patients, and Families" and "Peer Support Group." These initiatives foster dialogue, shared understanding, and community-based care.

Additionally, JMHF actively partners with various organizations to promote volunteerism, encouraging society to extend compassion and support to those facing emotional challenges. Through these efforts, JMHF aims to create a more inclusive and empathetic environment for individuals navigating mental health difficulties.

專業面談輔導服務 PROFESSIONAL COUNSELLING SERVICES

舉辦日期 DATE 年度項目 All Year Round

本會自 2006 年開始，向受情緒困擾人士提供專業面談輔導服務，讓有需要人士在及早尋求適當的治療及幫助下，能盡快康復。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 aimed to find suitable help and treatment to those in needs as soon as possible to facilitate early recovery. The counselling services are led by a group of professional clinical psychologists and counsellors, through psychological theories and principles to assist patients in soothing their emotional, cognitive and behavioral problems. The services include anger management, coping skill on life and work, counselling on interpersonal, family relations and mood disorders.



情緒支援熱線服務：2301 2303 HOTLINE SERVICES: 2301 2303

舉辦日期 DATE 年度項目 All Year Round

本會自 2004 年開始提供「情緒支援熱線電話服務」，為受情緒困擾的人士提供情緒支援、情緒病資訊及轉介服務，令來電者可及早找到合適支援途徑。本會的熱線義工均已接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. Volunteers of this hotline have gone through systematic and professional training, passing through a strict selection process in order to provide better professional and caring hotline services to the public.



心靈成長堡：兒童為本遊戲治療 JOYFUL PLAY HEALING – CHILD-CENTERED PLAY THERAPY (CCPT)

舉辦日期 DATE 年度項目 All Year Round

本會推出一項嶄新服務——「心靈成長堡 - 兒童為本遊戲治療」，透過非指導的遊戲方式，讓小朋友表達自己的內心世界，就如成人的輔導一樣，希望藉此幫助他們更好去適應壓力與挑戰，提升抗逆能力，從而茁壯成長。

JMHF is launching a new service — "Joyful Play Healing – Child-centered play therapy (CCPT)" Through non-directive play, this service allows children to express their inner world, similar to adult counselling. We aim to help them better cope with stress and challenges, enhance their resilience, and thrive.



助人自助輔導服務先導計劃 HELPING PEOPLE HELP THEMSELVES COUNSELLING SERVICE PILOT PROGRAM

舉辦日期 DATE 年度項目 All Year Round

「助人自助輔導服務先導計劃」旨在提供不同類型及多元化的輔導服務。計劃的輔導時間、會面次數及服務範圍具彈性，可支援有長期需要之人士。

心晴行動為非政府恆常資助機構，營運經費主要來自籌募及善長捐助。此計劃使用者無需依靠本會補貼，可為經濟不寬裕的人留出更多的資源名額之餘，所繳付的輔導服務費用亦能支持本會繼續這條推動情緒健康之路，幫助更多情緒受困的朋友走出幽谷。

The "Helping People Help Themselves counselling Service Pilot Program" aims to provide diverse types of counselling services. The programme is designed to be flexible in terms of counselling hours, number of sessions and service scope, in order to support people with long-term needs.

Joyful (Mental Health) Foundation is a non-profit organization that relies on fundraising and donations from donors. Users of the programme are not required to rely on our subsidy, which frees up resources for those who are not financially well-off. Furthermore, the fees paid for counselling can also support our continued efforts on promoting emotional health and help more emotionally distressed people to recover.



熱線義工進階訓練課程 2024-2025 HOTLINE VOLUNTEERS ADVANCED TRAINING COURSE 2024-2025

舉辦日期 DATE 17/09/2024

本年度的熱線義工進階訓練已於9月17日圓滿結束。當天的培訓主題為「自我修養—良好的心態」，內容涵蓋了「反移情」及自我覺察的技巧。此次訓練旨在提升熱線人員對自身感受的覺察，幫助他們學習如何避免在熱線互動中預設立場，並防止將主觀情緒和想法投射到來電者身上。講者還介紹了一些自我覺察的練習，讓義工們親自嘗試，並鼓勵每位參與者根據自己的感受選擇合適的練習方式。

This year's Hotline Volunteers Advanced Training Course concluded successfully on September 17. The theme of the training was "Self-Adoption: A Positive Mindset," covering topics such as "countertransference" and self-awareness techniques. The training aimed to enhance volunteers' awareness of their own emotions, helping them learn to avoid preconceived assumptions during hotline interactions and prevent projecting personal emotions and thoughts onto callers. The speaker also introduced self-awareness exercises, allowing volunteers to try them firsthand and encouraging each participant to choose practices that suit their own feelings.



朋輩支援聚會 PEER SUPPORT GROUP

舉辦日期 DATE 18/03/2024, 26/06/2024, 30/10/2024

由情緒病康復者、家屬及對情緒病有認識的人士組成朋輩支援小組，並由心理輔導員帶領，透過分享個人的抗病經驗，為正受情緒困擾的人士給予鼓勵及支持，令他們更有信心對抗情緒病。

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



籌款 FUNDRAISING

本會每年都會舉辦多項籌款活動，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、義賣及慈善跑等。

本年度本會邀請到3位愛心大使，與心晴行動在推廣情緒健康的路上攜手同行。他們是：

Each year, JMHF organizes fundraising initiatives to sustain our vital work in mental health education, services, and public awareness. Our ongoing fundraising efforts include serving as the beneficiary of charitable events, selling tickets for charity concerts, and placing donation boxes in prominent institutions and retail outlets across Hong Kong.

This year, we were privileged to collaborate with three distinguished Charity Ambassadors who shared our commitment to mental health advocacy. Together, we amplified our efforts to foster greater understanding and support for mental well-being throughout the community. They Are:



楊玉梅
STRAWBERRY YEUNG

中國香港女演員
Hong Kong Actress



鄭子誠
TIMOTHY CHENG

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



鄧世文
SIMON TANG

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

「緣路同行二十載」心晴行動慈善晚宴 JMHF 20TH ANNIVERSARY DINNER

舉辦日期 DATE 17/10/2024

為慶祝心晴行動成立 20 週年，本會假尖沙咀美麗華酒店舉行「緣路同行二十載」慈善晚宴。當晚邀得森美先生擔任司儀，由本會創辦人兼信託人林建明女士、候任主席董鳳濤先生、聯同本會執委會、顧問及愛心大使鄭子誠先生、鄧世文先生向在場嘉賓祝酒，為活動揭開序幕。席間除邀請了韋綺珊小姐、李思林小姐及劉智衛先生獻唱，亦進行拍賣、點唱及義賣活動，成功籌募更多善款。

為紀念 20 週年，本會製作了紀念短片，邀請嘉賓分享與本會攜手推動情緒健康教育的點滴，該短片連同演藝界名人的恭賀短片，一起於晚宴上播放。

To celebrate the 20th anniversary of JMHF, a charity gala dinner was held at The Mira Hong Kong in Tsim Sha Tsui. Hosted by Mr. Sammy LEUNG, the event began with a toast by Founder and Trustee Ms. Victoria LAM, incoming Chairperson Mr. Nicholas TUNG, Executive Committee members, Advisors, and Ambassadors Mr. Timothy CHENG and Mr. Simon TANG. Performances by Rita CARPIO, Ms. Nancy LEE, and Mr. Sam LAU, along with auctions, song dedications, and charity sales, raised significant funds.

For the 20th anniversary, JMHF produced a commemorative video featuring guests sharing their efforts in promoting emotional health education alongside the foundation. This video, together with congratulatory messages from celebrities, was screened at the gala.



心晴行動創辦人及執行委員會成員，聯同贊助商及支持機構聚首同慶心晴行動成立二十載
JMHF's founder and Executive Committee members, together with sponsors and supporting organizations gathered to celebrate JMHF's 20th anniversary

心晴行動候任主席董鳳濤先生在晚宴上致辭，感謝 20 年來與心晴行動攜手同行的善長、義工及支持者
Mr. Nicholas TUNG, Incoming Chairperson of JMHF, delivered a speech at the gala, thanking donors, volunteers, and supporters for their 20 years of partnership with JMHF



心晴行動第 21 屆執委會成員合照
The 21st Executive Committee members of JMHF



森美先生擔任晚宴司儀，並主持拍賣環節
Mr. Sammy LEUNG served as the emcee for the gala and hosted the auction segment



碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款 2024 POMELO LEAF PRESENTS: THE CLEARWATER BAY GOLF & COUNTRY CLUB JOYFUL CHARITY RUN & WALK 2024

舉辦日期 DATE 24/02/2024

心晴行動於清水灣鄉村俱樂部舉行「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」，分 10 公里賽跑及 3.5 公里步行活動，吸引逾千人參加。活動當日亦設慈善義賣及攤位遊戲，為教育及服務項目籌募更多經費。

「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」得到勞工及福利局鼎力支持，勞工及福利局局長孫玉菡先生，JP 當日更親臨開幕儀式，呼籲大家通過運動以促進情緒健康。

萬綺雯小姐、鄭子誠先生及楊玉梅小姐成為活動的愛心大使，鄭子誠先生及楊玉梅小姐更到場主持開幕禮，與心晴行動創辦人兼信託人林建明小姐一起為參賽者打氣。

清水灣鄉村俱樂部全力支持今次活動，除贊助活動及場地統籌外，亦贊助當天的活動設置裝配、餐飲及交通費用等。

JMHF held the "Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk" at Clearwater Bay Golf & Country Club, featuring a 10km run and a 3.5km walk, attracting over 1,000 participants. Charity sales and booth games were also organized to raise funds for education and service projects.

The event, strongly supported by the Labour and Welfare Bureau, was attended by Mr. Chris SUN, JP, Secretary for Labour and Welfare, at the opening ceremony, where he urged promoting emotional health through exercise.

Ms. Joey MENG, Mr. Timothy CHENG, and Ms. Strawberry YEUNG served as charity ambassadors, with Mr. Cheng and Ms. Yeung hosting the opening ceremony alongside Ms. Victoria LAM, Founder and Trustee of JMHF, to cheer on participants.

The Clearwater Bay Golf & Country Club fully supported the event, sponsoring event operation, setup expenses, food and beverage and transport fee.



NU LIFE 32 週年慈善午宴 NU LIFE 32nd CHARITY ANNIVERSARY LUNCH

舉辦日期 DATE 20/01/2024

安永國際 (亞洲) 有限公司是長期支持心晴行動的機構之一，每年都會為本會籌款，以支持我們在情緒健康方面的教育及宣傳推廣工作。該公司於 2024 年 1 月 20 日假喜來登酒店舉行第 32 屆慈善週年午宴，本會主席黃綺雯博士及副主席王秉怡先生代表出席，並上台接受支票頒贈。

Nu Life International (Asia) Ltd. is a long-term supporter of JMHF, raising funds annually to support our emotional health education and promotion efforts. On January 20, 2024, the company held its 32nd Anniversary Charity Lunch at the Sheraton Hotel, where JMHF Chairperson Dr. Alice WONG and Vice-Chairperson Mr. Natalis WONG attended and received a donation check on stage.



本會主席黃綺雯博士 (左四) 及副主席王秉怡先生 (右三) 代表心晴行動接受安永國際頒贈捐款支票
JMHF Chairperson Dr. Alice WONG (fourth from left) and Vice-Chairperson Mr. Natalis WONG (third from right) accepted a donation check from Nu Life International on behalf of JMHF.

心晴行動 X CIRCLE K 慈善活動「一杯咖啡 一份支持」 JMHF X CIRCLE K CHARITY PROGRAM "HAVE A CUP OF COFFEE, SHARE YOUR THOUGHTS"

舉辦日期 DATE 28/03/2024-24/04/2024

Circle K 便利店舉行以「一杯咖啡 一份支持」為主題的活動，邀請本會成為受惠機構，希望藉此支持心理健康組織，提高大眾對心理健康的關注，並為社會帶來正面影響。活動內容為每賣出一杯指定咖啡，Circle K 即捐 \$1 予本會，藉此鼓勵大家在享用咖啡之餘，亦不妨多談情緒健康，多向親友表達關懷，陪伴就是最大的支持。

Circle K launched the "Have a cup of coffee, share your thoughts" campaign, inviting JMHF as a beneficiary to support mental health organizations, raise public awareness, and create positive social impact. For each designated coffee sold, Circle K donates \$1 to JMHF, encouraging people to enjoy coffee while discussing mental health, expressing care to loved ones, and offering companionship as the greatest support.



香港情懷藝術展 THE HONG KONG NOSTALGIA ART EXHIBITION

舉辦日期 DATE 28/03/2024 - 01/04/2024

香港情懷藝術展以「特別呈獻 - 寵愛哥哥旅程」，展出崔成安老師筆下的張國榮插畫，希望透過欣賞筆下的「哥哥」，一起沉浸及感受他的歌藝及精湛演技，並藉此呼籲公眾了解及關注情緒健康。展覽假尖沙咀美麗華廣場舉行，作品出售收益扣除成本將撥捐 5% 予心晴行動。

The Hong Kong Nostalgia Art Exhibition, themed "Special Presentation: A Journey of Adoring Leslie," showcases Leslie CHEUNG illustrations by artist Mr. TSUI Shing On. Through these artworks, visitors can immerse themselves in Leslie's musical and acting legacy while raising awareness for mental health. Held at Mira Place in Tsim Sha Tsui, 5% of the proceeds from artwork sales, after costs, will be donated to the JMHF.



GAMAHK 慈善巨 SING 2024 GAMAHK FOUNDATION CHARITY SINGING COMPETITION 2024

舉辦日期 DATE 07/2024 - 09/2024

本會獲邀成為香港人壽保險經理協會慈善基金舉辦之「GAMAHK Foundation 慈善巨 SING」比賽的受惠機構。比賽是讓熱愛音樂及具備歌唱潛質的保險同業及公眾人士展示才華，亦為受惠機構籌款。

初賽於 2024 年 7 月 13 日假九龍城廣場舉行，由本會副主席董鳳瀾先生代表出席，而總決賽則於 2024 年 9 月 25 日假柴灣青年廣場舉行，由本會副主席兼秘書長柳發文博士代表出席，並於台上接受香港人壽保險經理協會慈善基金代表致送支票。

JMHF was invited to be one of the beneficiary organizations of the "GAMAHK Foundation Charity Singing Competition" organized by the GAMAHK Foundation. The competition aimed to allow insurance professionals and the public with a passion for music and singing talent to showcase their abilities, and raise funds for beneficiary organizations.

The preliminary round was held on July 13, 2024, at Kowloon City Plaza, with our Vice Chairperson, Mr. Nicholas TUNG as the representative. The grand finale took place on September 25, 2024, at Chai Wan Youth Square, where our Vice Chairperson & Secretary, Dr. Peter LAU, represented the Foundation and received a donation check on stage from the representative from GAMAHK Foundation.



在「GAMAHK Foundation 慈善巨 SING」總決賽，心晴行動副主席兼秘書長柳發文博士（右三）代表本會接受香港人壽保險經理協會慈善基金代表致送支票。
At the "GAMAHK Foundation Charity Singing Competition" grand finale, Dr. Peter LAU (third from right), JMHF's Vice Chairperson & Secretary, accepted a donation check on behalf of the JMHF from a GAMAHK Foundation representative.

心晴吉祥人物認捐計劃 JOYFUL LUCKY ICONS DONATION PROGRAMME

舉辦日期 DATE 年度項目 All Year Round

有時候一個笑容，一點鼓勵已經能夠改變我們對事情的看法，因此本會於 2005 年特別創造了「笑爺仔、笑奶妹」這對吉祥人物，提醒我們生活當中遇到任何挫折，也必須抱着樂觀心情，以積極態度面對。

只要捐出 HK\$2,388 或以上，便可在吉祥物上印上善長或公司名字。吉祥物會放於心晴會址內，以示謝意。

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

Donate HK\$2,388 or more to have your name or company's name displayed on a lucky icon model figure at the office of JMHF as a token of appreciation.



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

善 JOY 捐款計劃 JOYFUL DONATION SCHEME

舉辦日期 DATE 年度項目 All Year Round

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

We launched the Joyful Scheme for donations which encourages people to donate part of the gifts received or favors returned in money terms on their special occasions. Such donations will commemorate their beloved ones to help others with mental disturbances and their families. Donations above a certain amount can receive a custom e-card from us, printable by the donor.



NAME & NAME
2020 年 10 月 10 日



回禮卡樣本
Sample of the e-cards

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 targeted outreach and public education initiatives, the Joyful (Mental Health) Foundation (JMHF) raises awareness about mood disorders and advocates for greater societal understanding. We strive to eliminate stigma and discrimination while fostering compassion for those affected by mental health challenges. Our efforts aim to create a more supportive and inclusive community where individuals facing emotional difficulties can seek help without fear of judgment.

商界展關懷 2024 CARING COMPANY 2024

舉辦日期 DATE 年度項目 All Year Round

「商界展關懷」Caring Company 旨在促進商界與社會夥伴合作，推動企業履行社會責任，並鼓勵工商及公共機構關懷社群。2023-2024 年度本會成功提名 10 間合作夥伴機構獲得嘉許，而本會亦出席了於 2024 年 5 月 3 日假香港灣仔會議展覽中心舉行的「S+ 高峰會暨博覽 2024」，與合作夥伴機構於現場交流，促進將來更多的合作機遇。



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. In 2023-2024, a total of 10 partner organisations were nominated by JMHF to receive the award. JMHF also attended the "S+ Summit Cum Expo 2024" held on May 3, 2024, at the Hong Kong Convention and Exhibition Centre in Wan Chai, engaging with partner organizations on-site to promote collaboration.

精神健康月 2024 MENTAL HEALTH MONTH 2024

舉辦日期 DATE 年度項目 All Year Round

本會今年繼續是「精神健康月」活動的主辦機構之一，今年主題是「連繫身邊人」，藉此提醒大家多關心自己及身邊人的精神健康。開幕禮於 2024 年 10 月 26 日假新都城中心舉行，而閉幕嘉許禮則於 2025 年 1 月 4 日假東蒲舉行，當日重點項目包括：與勞工及福利局署任局長何啟明，JP 交流會議、「相片心語·連繫身邊人」得獎作品展及同業交流會。



JMHF continues to be one of the organizers of the "Mental Health Month" this year. The "2024 Mental Health Month," themed "Linking Hearts, Bridging Communities," aims to remind everyone to care more about their own and others' mental health. The opening ceremony was held on October 26, 2024, at Metro City Plaza. The closing appreciation ceremony took place on January 4, 2025, at Tung Po, with key highlights including a discussion with the Acting Secretary for Labour and Welfare Bureau, Mr. HO Kai-ming, JP, an exhibition of the award-winning "Photo Heartstrings: Linking Hearts" works, and a professional exchange session.

保單捐贈音樂會 - 「若然世界沒忽略 2024」 POLICY DONATION CONCERT 2024

舉辦日期 DATE 19/03/2024

香港人壽保險從業員協會慈善基金主辦「保單捐贈音樂會 - 若然世界沒忽略 2024」，希望透過音樂向觀眾傳揚保單捐贈文化。本會為保單捐贈計劃的受惠機構之一，在會場外設攤位宣傳及推廣。

The LUA Foundation organized the "Policy Donation Concert 2024" aiming to promote the culture of policy donation through music. JMHF, as one of the beneficiaries of the policy donation program, set up a booth outside the venue for promotion and outreach.

本會副主席王秉怡先生代表出席「保單捐贈音樂會」。
Mr Natalis WONG, Vice Chairperson of JMHF, attended the the "Policy Donation Concert" on behalf of JMHF.



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

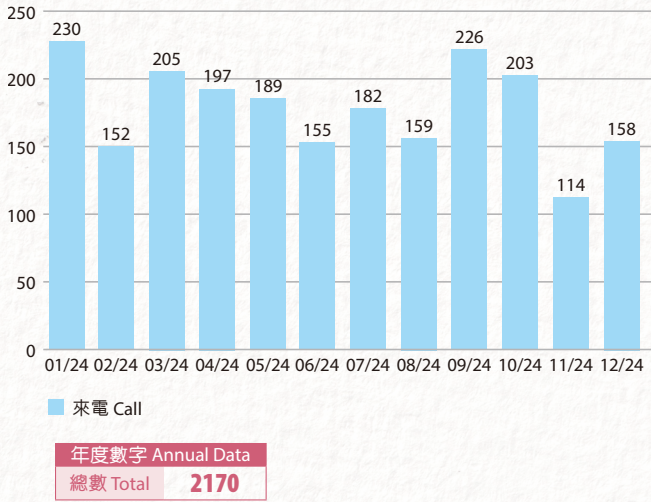


活動列表 LIST OF ACTIVITIES

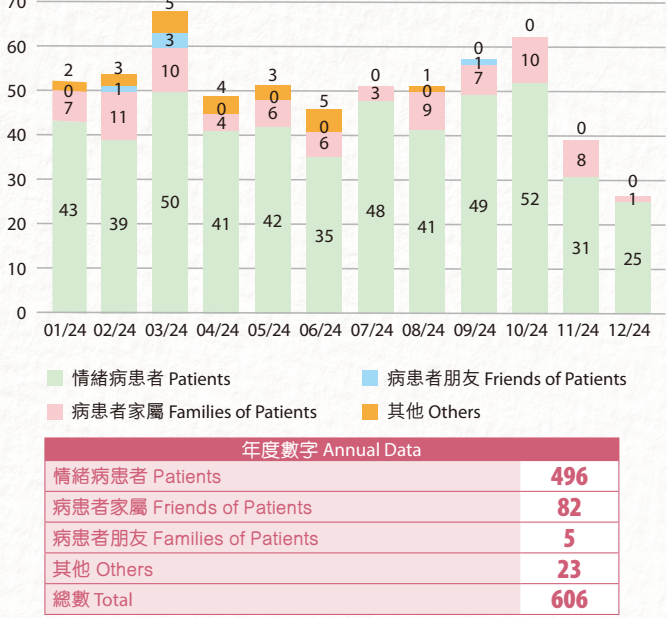
舉行日期 Date (dd/mm/yyyy)	類別	活動名稱	Activity
20/01/2024	籌款	Nu Life 32 週年慈善午宴	Nu Life 32nd Anniversary Charity Lunch
24/02/2024	籌款	碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款 2024	Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk
18/03/2024, 26/06/2024, 30/10/2024	服務	朋輩支援聚會	Peer Support Group
19/03/2024	推廣	保單捐贈音樂會 - 「若然世界沒忽略 2024」	Policy Donation Concert 2024
28/03/2024 - 01/04/2024	籌款	香港情懷藝術展	The Hong Kong Nostalgia Art Exhibition
28/03/2024- 24/04/2024	籌款	Circle K X 心晴行動慈善活動 - 「一杯咖啡 一份支持」	Circle K X JMHF Charity Program - "Have a cup of coffee, share your thoughts"
11/05/2024	教育	家長講座：精神健康與同學面對的壓力	Parent Seminar: Mental Health and Student Stress
24/05/2024, 31/05/2024	教育	情緒支援危機實務技巧課程	Practical Skills Programme for Emotional Support in Crisis
16/06/2024	研究及發展	香港菁英會 畫出好心情	The Y. Elite Association: Paint a Good Mood
07/2024 - 09/2024	籌款	GAMAHK 慈善巨 SING 2024	GAMAHK Foundation Charity Singing Competition 2024
17/09/2024	服務	熱線義工進階訓練課程 2024-2025	Hotline Volunteers Advanced Training Course 2024-2025
17/10/2024	籌款	「緣路同行二十載」心晴行動慈善晚宴	JMHF 20th Anniversary Dinner
25/10/2024	教育	香港浸會大學附屬學校王錦輝中小學 - 中學生情緒健康講座	Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School - Emotional Health Seminar for Secondary Students
21/11/2024	教育	企業精神健康工作坊 – 蝶古巴特	Corporate Mental Health Workshop – Decoupage
04/12/2024, 18/12/2024, 30/12/2024, 05/01/2025	教育	轉化焦慮工作坊	Anxiety Transformation Workshop
14/12/2024	教育	「身心靈健康 親子同樂日」 - 入校精神健康親子攤位服務	"Mind, Body, and Spirit Health: Parent-Child Fun Day"- School-Based Mental Health Parent-Child Booth Games Service
19/12/2024	教育	鳳溪廖潤琛紀念學校 - 情緒健康講座	Fung Kai Liu Yun Sum Memorial School - Emotional Health Seminar
全年項目 All Year Round	教育	笑爺笑奶四格漫畫	Cheerful Four-Panel Comic Series
全年項目 All Year Round	服務	專業面談輔導服務	Professional Counselling Services
全年項目 All Year Round	服務	情緒支援熱線服務：2301 2303	Hotline Services: 2301 2303
全年項目 All Year Round	服務	心靈成長堡：兒童為本遊戲治療	Joyful Play Healing – Child-centered play therapy (CCPT)
全年項目 All Year Round	服務	助人自助輔導服務先導計劃	Helping People Help Themselves Counseling Service Pilot Program
全年項目 All Year Round	推廣	商界展關懷 2024	Caring Company 2024
全年項目 All Year Round	推廣	精神健康月 2024	Mental Health Month 2024
全年項目 All Year Round	籌款	心晴吉祥人物認捐	Joyful Lucky Icons Donation Programme
全年項目 All Year Round	籌款	善 joy 捐款計劃	Joyful Donation Scheme
全年項目 All Year Round	籌款	保單捐贈計劃	Policy Donation

統計數據 STATISTICS

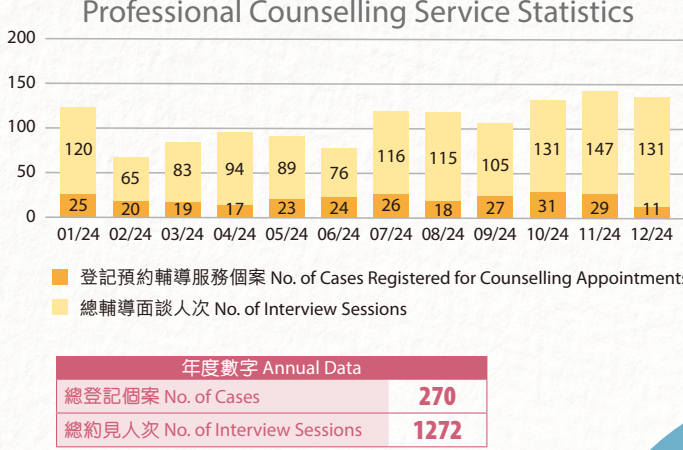
熱線服務統計 Hotline Statistics



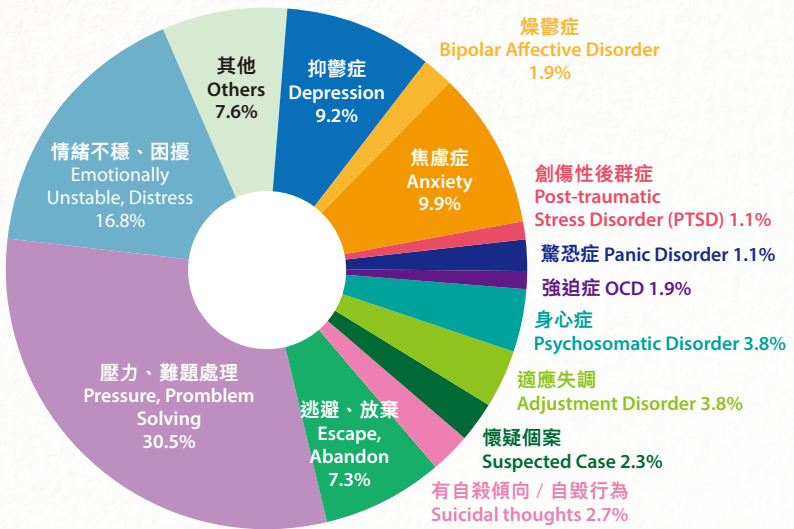
深入來電個案 Hotline Cases



輔導個案 Professional Counselling Service Statistics



求助病患者情況 Patient's Condition



鳴謝名單 ACKNOWLEDGEMENT

特別鳴謝 (公司機構) Special thanks to (Companies & Organisations):



特別鳴謝 (個人) Special thanks to (Individuals):

林建明	萬綺雯	吳旭洋
黃綺雯博士	鄭子誠	林智彬
孫玉菡, JP	楊玉梅	Chiu Wai Tze Wilson Luke
李慧琮, JP	森 美	蘇雅琳
伍懷璞教授	韋綺珊	Lin Pius
李思齊教授	李思林	陳鍾健開
水禾田	劉智衛	Wong King Heng Bernard
夏月嫻	董鳳濤	Kwan Boon Tak Peter
麥永接醫生	王秉怡	蔡金明
郭碧珊	周博軒博士	Kwan Lui Chuen
馮康教授	馮德璋	Luk Tsing Pong Joseph
陳靄華	柳發文博士	林正財醫生, SBS, JP
黃錫源	曾兆祺醫生	鄭泳舜, MH, JP
曾展章	伍文芊醫生	陳向黎
潘啟迪	劉仲恒醫生, MH	許 劍
鄧世文	黃進達, JP	

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

鳴謝名單 ACKNOWLEDGEMENT

20 週年短片拍攝鳴謝 20th Anniversary Film Special Thanks

林建明	鄭子誠	張小倫
郭碧珊	楊玉梅	許家傑
馮康教授	鄧世文	陳展鵬
黃綺雯博士	七仙羽師傅	陳庭欣
董鳳濤	方力申	陳敏之
柳發文博士	石修	陳雅麗
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邱遠強博士	孫慧蓮	寶珮如
麥慶求	孫耀威	蘇恩磁

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公司機構 Companies & Organisations

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中國香港獨木舟總會 Hong Kong China Canoe Union	香港童軍總會—童軍田徑會 Scout Association of Hong Kong - Scout Athletic Club
天昊會計師事務所有限公司 MCI CPA Limited	香港菁英會 The Y.Elites Association
長廊資產管理有限公司 Long Corridor Asset Management	香港郵政 Hong Kong Post
南極星義工團 Octans Volunteers Team	香港經濟日報 Hong Kong Economic Times
恒益物業管理有限公司 Henderson Property Management Department	香港聖約翰救護機構 Hong Kong St. John Ambulance
恆愛義工團 Team of Care	茶之香 Essense Tea
美麗華酒店 The Mira Hong Kong	商業廣播有限公司 Hong Kong Commercial Broadcasting Corporation Limited (24008)
香港人壽保險從業員協會 慈善基金 The Life Underwriters Association of Hong Kong Limited	曼秀雷敦 (亞洲太平洋) 有限公司 Mentholatum (Asia Pacific) Limited
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香港海洋公園 Ocean Park Hong Kong	義務工作發展局 Agency for Volunteer Service
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香港消防處義工隊 Fire Services Department Volunteer Team	萬成實業有限公司 Main Success Industrial Limited
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鴻博科技有限公司 Coresystem Technology Ltd
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Choi Sui Lan	Lau Pui Sum	Poon Yee Wah Maggie
Chow Lam Tai Frances	Lee Alvin	Puen Wing Fai
Chow Marco Hin Yue	Lee Ka Leung	Shek Tsz Yan Tiffany
Chu Oi Yee	Lee Rossanna	So Siu Kit
Chu Wai Kwan	Lee Wing Leung	Soelistioyati Wibisono
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Ip Tsun Yi	Mak Hei Tung Sophia	Wong Winton
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Kwok Ronald	Pang Po Ying	Yip Vanessa
Kwok Shek San	Pang Wai Kwong	Yiu Kit Ngan Isabella
Kwong Fiano Ngar Yee	Paul Rhodes	Yuen Yuk Ki

JOYFUL (MENTAL HEALTH) FOUNDATION
心晴行動慈善基金
REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

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Joyful (Mental Health) Foundation
Reports and financial statements
For the year ended 31 March 2024

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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 2024.

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 2024 and the Foundation's financial position as at the date are set out in the financial statements on pages 6 to 25.

Funds

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

Share capital

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

Permitted indemnity provision

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



Joyful (Mental Health) Foundation Report of the Executive Committee

Members of the Executive Committee

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

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

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

Reporting exemption

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

Auditor

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

On behalf of the Executive Committee

WONG Yee Man
Chairperson

Hong Kong, 21 OCT 2024



MCI CPA Limited
天昊會計師事務所有限公司

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

Opinion

We have audited the financial statements of Joyful (Mental Health) Foundation (the "Foundation") set out on pages 6 to 25, which comprise the statement of financial position as at 31 March 2024, the statement of income and expenditure and other comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including material accounting policy information.

In our opinion, the financial statements give a true and fair view of the financial position of the Foundation as at 31 March 2024, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Companies Ordinance.

Basis for opinion

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

Other information

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

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

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

continued/...



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

Responsibilities of the Executive Committee for the financial statements

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

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

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

Auditor's responsibilities for the audit of the financial statements

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

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAAs 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 HKSAAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

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

continued/...

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

Auditor's responsibilities (continued)

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

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

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

Yip Ka Ki

MCI CPA Limited
Certified Public Accountants
Hong Kong, 21 OCT 2024

Joyful (Mental Health) Foundation
Statement of income and expenditure and other comprehensive income
For the year ended 31 March 2024

	Notes	2024 HK\$	2023 HK\$
Income			
Donation received	5	337,982	615,034
Project income	5	<u>2,327,216</u>	<u>1,634,540</u>
		2,665,198	2,249,574
Less: Cost of income			
Project expenses	6	<u>2,874,383</u>	<u>3,161,704</u>
		(209,185)	(912,130)
Add: Other income			
Government grant under Employment Support Scheme	7	-	168,000
Bank interest income	7	22,481	6,917
Sundry income	7	-	5,000
		22,481	179,917
Less: Administrative expenditure			
Auditor's remuneration		20,000	20,000
Bank charges		3,833	3,769
Cleaning expenses		4,780	6,336
Depreciation		663,507	781,617
Electricity, tele-communication and water		47,761	38,206
Insurance		11,315	15,846
Net foreign exchange loss		52	75
Office supplies		11,255	11,494
Postage, printing and stationery		550	403
Provident fund expenses		8,280	8,366
Rates and building management fee		132,313	109,848
Registration fee		3,945	3,500
Repairs and maintenance		23,883	20,288
Salaries and allowances		183,330	192,058
Sundries		44,438	35,396
Travelling expenses		1,380	1,265
		<u>1,160,622</u>	<u>1,248,494</u>
Deficit and total comprehensive expenditure for the year	8	<u>(1,347,326)</u>	<u>(1,980,707)</u>

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

Joyful (Mental Health) Foundation
Statement of financial position
As at 31 March 2024

	Notes	2024 HK\$	2023 HK\$
Non-current asset			
Property, plant and equipment	10	<u>15,334,844</u>	<u>15,927,257</u>
Current assets			
Project income and other receivables	11	164,403	302,250
Cash and bank balances	12	<u>3,881,759</u>	<u>4,987,302</u>
		<u>4,046,162</u>	<u>5,289,552</u>
Current liability			
Accruals and other payables		<u>313,299</u>	<u>801,776</u>
Net current assets		<u>3,732,863</u>	<u>4,487,776</u>
Net assets		<u>19,067,707</u>	<u>20,415,033</u>
Funds			
Education development fund	13	4,600,000	4,600,000
Fundraising and promotion fund	13	2,075,000	2,075,000
Research and community development fund	13	2,400,000	2,400,000
Services fund	13	2,638,100	2,638,100
Operation fund	13	<u>7,354,607</u>	<u>8,701,933</u>
		<u>19,067,707</u>	<u>20,415,033</u>

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

Approved and authorised for issued by the Executive Committee on 21 OCT 2024

Wong Yee Man
Chairperson

Tsao Kwan Kit
Treasurer



Joyful (Mental Health) Foundation
Statement of changes in funds
For the year ended 31 March 2024

	Education development fund HK\$	Fundraising and promotion fund HK\$	Research and community development fund HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
At 1 April 2022	4,600,000	2,075,000	2,400,000	2,638,100	10,682,640	22,962,793
Deficit and total comprehensive expenditure for the year	-	-	-	-	(1,980,707)	(1,980,707)
At 31 March 2023 and 1 April 2023	4,600,000	2,075,000	2,400,000	2,638,100	8,701,933	20,415,033
Deficit and total comprehensive expenditure for the year	-	-	-	-	(1,347,326)	(1,347,326)
At 31 March 2024	4,600,000	2,075,000	2,400,000	2,638,100	7,354,607	19,067,707

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 2024

	Note	2024 HK\$	2023 HK\$
Operating activities			
Deficit for the year		(1,347,326)	(1,980,707)
Adjustments for:			
Depreciation		663,507	781,617
Interest income		(22,481)	(6,917)
Operating deficit before changes in working capital		(706,300)	(1,206,007)
Decrease / (Increase) in project income and other receivables		137,847	(170,993)
(Decrease) / Increase in accruals and other payables		(488,477)	38,498
Cash used in operations		(1,056,930)	(1,338,502)
Interest received		22,481	6,917
Net cash used in operating activities		(1,034,449)	(1,331,585)
Investing activity			
Purchase of property, plant and equipment		(71,094)	-
Net cash used in investing activity		(71,094)	-
Net decrease in cash and cash equivalents		(1,105,543)	(1,331,585)
Cash and cash equivalents at the beginning of year		4,987,302	6,318,887
Cash and cash equivalents at the end of year	12	3,881,759	4,987,302

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 2024

1. Corporate information

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

2. Statement of compliance and basis of preparation

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

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

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

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

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

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

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

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

4. Basis of preparation and accounting policies

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

(a) Income recognition

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

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



4. Basis of preparation and accounting policies (continued)

(b) Project income receivables

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

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

(c) Other payables

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

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

(d) Property, plant and equipment

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

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

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

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

4. Basis of preparation and accounting policies (continued)

(e) Financial instruments

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

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

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

(f) Impairment of financial assets

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

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

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

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

4. Basis of preparation and accounting policies (continued)

(g) Derecognition of financial assets and financial liabilities

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

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

(h) Impairment of non-financial assets

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

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

(i) Employee benefits

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

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

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

4. Basis of preparation and accounting policies (continued)

(j) Government grants

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

(k) Cash and cash equivalents

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

(l) Provision

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

5. Income

The Foundation is principally engaged in the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families.



Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

5. Income (continued)

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

	2024 HK\$	2023 HK\$
Revenue from contracts with customers <i>Point in time</i>		
Project income		
Education	31,000	-
Fund-raising activities		
笑爺笑奶認捐計劃	8,400	36,292
商業電台《有誰共鳴》節目	601	524
禮品工房e-card及月曆義賣	-	176,550
「正向抗逆情」心理輔導計劃	-	100,000
Happy Run慈善線上跑	-	250,000
心靈抗逆行動贊助計劃	-	58,250
康泰高爾夫球中心慈善賽2023	-	100,000
心晴喜步行大運	-	200,133
慈善跑	1,643,812	-
水禾田慈善畫義賣展	200,000	-
#Happy Xmas Ball Challenge	15,000	-
	<u>1,867,813</u>	<u>921,749</u>
Promotion	3,000	4,000
Services	320,403	289,942
Research & Development		
晴心抗逆計劃	-	292,000
情緒健康講座及工作坊	15,000	22,000
滙豐香港社區夥伴計劃2021	-	104,849
晴心線上行計劃	90,000	-
	<u>105,000</u>	<u>418,849</u>
Sub-total	2,327,216	1,634,540
Donation received	<u>337,982</u>	<u>615,034</u>
	<u>2,665,198</u>	<u>2,249,574</u>

Joyful (Mental Health) Foundation
Notes to the financial statements
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6. Project expenses

	2024 HK\$	2023 HK\$
Education	743,408	554,693
Fund-raising activities		
禮品工房e-card及月曆義賣	-	2,912
「正向抗逆情」心理輔導計劃	-	179,937
心晴喜步行大運	-	72,712
水禾田慈善畫義賣展	107,655	-
「正向抗逆情」心理輔導計劃	696	-
慈善跑	411,770	-
Others	<u>14,050</u>	<u>13,145</u>
	<u>534,171</u>	<u>268,706</u>
Promotion	245,287	217,043
Services	1,255,807	1,047,617
Research & Development		
學校輔導計劃	-	7,140
晴心抗逆計劃	-	292,000
心晴無憂-社區長者情緒健康項目	-	484,356
心聆導航領袖培訓計劃	-	24,410
滙豐香港社區夥伴計劃2021	-	219,315
情緒健康講座及工作坊	4,433	8,400
五感玩遊校園樂	-	34,350
晴心線上行計劃	90,000	-
Others	<u>1,277</u>	<u>3,674</u>
	<u>95,710</u>	<u>1,073,645</u>
	<u>2,874,383</u>	<u>3,161,704</u>

7. Other income

	2024 HK\$	2023 HK\$
Government grant under Employment Support Scheme	-	168,000
Bank interest income	22,481	6,917
Sundry income	-	5,000
	<u>22,481</u>	<u>179,917</u>



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Notes to the financial statements
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8. Deficit and total comprehensive expenditure for the year

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

	2024 HK\$	2023 HK\$
Auditor's remuneration	20,000	20,000
Depreciation	663,507	781,617
Employee benefit costs:		
- Salaries*	2,013,734	1,584,524
- Mandatory Provident Fund contribution#	90,954	69,026
Net foreign exchange loss	<u>52</u>	<u>75</u>

* Amount of HK\$1,830,404 included in project expenses

Amount of HK\$82,674 included in project expenses

9. Income tax

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

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

10. Property, plant and equipment

	Land and buildings HK\$	Leasehold improvements HK\$	Furniture and fixtures HK\$	Equipment HK\$	Total HK\$
Cost:					
At 1 April 2022, 31 March 2023 and 1 April 2023	19,491,244	1,092,790	110,285	606,506	21,300,825
Additions	-	71,094	-	-	71,094
31 March 2024	<u>19,491,244</u>	<u>1,163,884</u>	<u>110,285</u>	<u>606,506</u>	<u>21,371,919</u>
Accumulated depreciation:					
At 1 April 2022	2,923,688	985,727	107,218	575,318	4,591,951
Charge for the year	649,708	107,063	3,067	21,779	781,617
At 31 March 2023 and 1 April 2023	<u>3,573,396</u>	<u>1,092,790</u>	<u>110,285</u>	<u>597,097</u>	<u>5,373,568</u>
Charge for the year	649,708	9,479	-	4,320	663,507
At 31 March 2024	<u>4,223,104</u>	<u>1,102,269</u>	<u>110,285</u>	<u>601,417</u>	<u>6,037,075</u>
Net book value:					
At 31 March 2024	<u>15,268,140</u>	<u>61,615</u>	<u>-</u>	<u>5,089</u>	<u>15,334,844</u>
At 31 March 2023	<u>15,917,848</u>	<u>-</u>	<u>-</u>	<u>9,409</u>	<u>15,927,257</u>

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

11. Project income and other receivables

	2024 HK\$	2023 HK\$
Project income receivable	49,300	179,923
Other debtors and receivables	<u>115,103</u>	<u>122,327</u>
	<u>164,403</u>	<u>302,350</u>

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

	2024 HK\$	2023 HK\$
Less than 1 month past due	<u>49,300</u>	<u>179,923</u>

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

12. Cash and bank balances

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

	2024 HK\$	2023 HK\$
Cash at bank and on hand	3,363,033	4,472,789
Time deposit having maturity of not more than three months at inception	<u>518,726</u>	<u>514,513</u>
	<u>3,881,759</u>	<u>4,987,302</u>

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

13. Funds

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

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

Education Development Fund

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

Fundraising and Promotion Fund

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

Research and Community Development Fund

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

Services Fund

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

Operation Fund

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

14. Financial risk management objectives and policies

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

(a) Foreign currency risk

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

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

Summary quantitative data

	RMB (HK\$)	Total (HK\$)
<u>2024</u>		
Cash and bank balances	<u>829</u>	<u>3,881,759</u>
<u>2023</u>		
Cash and bank balances	<u>825</u>	<u>4,987,302</u>

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

14. Financial risk management objectives and policies (continued)

(b) Credit risk

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

Summary quantitative data

	2024 HK\$	2023 HK\$
Project income receivable (note 11)	49,300	179,923
Other debtors and receivables (note 11)	115,103	122,327
Cash and bank balances (note 12)	3,363,033	4,472,789
Time deposit (note 12)	<u>518,726</u>	<u>514,513</u>
	<u>4,046,162</u>	<u>5,289,552</u>

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

The Foundation's financial assets at amortised cost are subject to the ECL model. While cash at banks and short-term bank deposits are also subject to the impairment requirements of HKFRS 9, the identified loss allowance was immaterial as they are mainly deposited in reputable and creditworthy banks. For other financial assets at amortised cost, no loss allowance is determined as at 31 March 2024 and 2023 as in the opinion of the Executive Committee, the expected credit loss is immaterial.

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

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

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2024

14. Financial risk management objectives and policies (continued)

(c) Liquidity risk

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

Maturity of the financial liabilities of the Foundation is all within one year and amounted to HK\$ 313,299 as at 31 March 2024 (2023: HK\$801,776).

(d) Interest rate risk

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

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

Summary quantitative data

	2024 HK\$	2023 HK\$
<u>Fixed-rate financial assets</u>		
Bank balances	2,156,437	2,476,586
Time deposit	518,726	514,513
Net interest-bearing assets	<u>2,675,163</u>	<u>2,991,099</u>

Joyful (Mental Health) Foundation
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14. Financial risk management objectives and policies (continued)

(d) Interest rate risk (continued)

Sensitivity analysis

At 31 March 2024, if interest rates at that date had been 100 basis points higher with all other variables held constant, the Foundation's deficit for the year would have been HK\$26,752 lower (2023: HK\$29,911) and operation fund would have been HK\$26,752 higher (2023: HK\$29,911).

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

The analysis is performed on the same basis as 2023.

(e) Market price risk

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

The Foundation is not exposed to market price risk.

(f) Fair value

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



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