



Early Psychosis Foundation  
思覺基金

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**Early Psychosis Foundation**  
**(EPISO)**

報告年份  
**Year of Report**  
(二零二二至二零二三年度)  
**(2022 – 2023)**

編號 No.	資料名稱 Field Name	內容 Contents	填寫資料提示 Explanatory Notes
<b>1. 基本資料 Basic Information</b>			
1.1	成立年份 Year of Establishment	2007	須根據正式註冊文件的紀錄 Should be based on records in official registration document(s)
1.2	註冊類別 Registration Type (註冊證書編號 Reference Number of the Certificate)	Registry under Companies Ordinance (No.: 38375342)	請註明註冊登記的性質，例如「公司註冊」或「社團註冊」等 Please specify the nature of registration, e.g., Registered under Companies Ordinance or Societies Ordinance
1.3	是否獲豁免繳稅的慈善團體? Tax Exempted Charitable Institute?	Yes	依據香港稅務條例第 88 段，獲稅務局認可的慈善團體 Charitable institutes exempted from taxes under Section 88 of the Inland Revenue Ordinance
1.4	機構地址 Organization address	Unit 820, Youth Square, 238 Chai Wan Road, Chai Wan	機構常用之通訊地址 Organization address for general correspondence.
1.5	電話 Telephone No.	60756504	請選擇機構接受公眾查詢的最常用電話號碼 Please select the most commonly used phone number for public enquiries.
1.6	傳真 Fax	35855622	請選擇最常用的傳真號碼 Please select the most commonly used Fax number
1.7	電郵 Email	enquiry@episo.org	請選擇最常用的電郵地址 Please select the most commonly used Email address.
1.8	機構網址 Organization's Website	www.episo.org	如有，請提供 Please provide if available
1.9	服務中心/單位總數 No. of Service Centers/Units		如有；不包括總辦事處/總部 If any; excluding Head Office/Headquarter
1.10	員工總數 No. of Staff	10	如有；包括非受薪及兼職員工 If any; Paid & Unpaid / Full-time & Part-time to be included

## 2. 機構管治 Corporate Governance

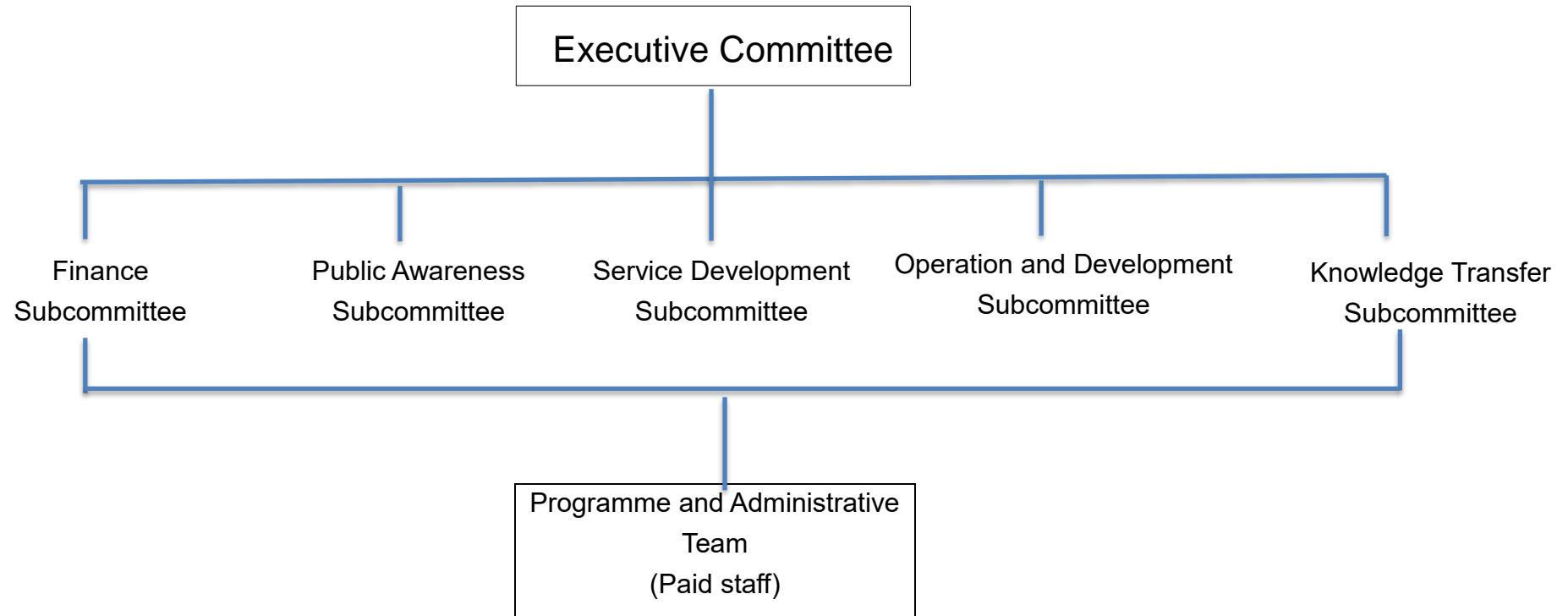
2.1	願景、使命、價值觀 Vision, Mission and Values	<p>1) Foster destigmatization of psychosis and related disorders by providing educational and mental health promotional activities;</p> <p>2) Promote channels for timely help-seeking and early diagnosis of psychosis and related disorders;</p> <p>3) Facilitate the translation of scientific and clinical knowledge into educational information and effective intervention practices;</p> <p>4) Provide training and consultation services to allow clinical and research findings to inform relevant professional workers in Hong Kong.</p>		
2.2	董事局成員之姓名及其職銜 Name and Title of Members of Board of Directors	姓名 Name	職銜 Title	提供機構董事局成員資料有助讀者增進對機構背景及管治的瞭解 Provision of information of Members of Board of Directors/Executive Committee enhances readers' understanding of the background and governance of the organization
Professor CHEN Yu Hai, Eric		Chairperson		
Dr. HUI Lai Ming, Christy		Secretary		
Dr. C. W. LAW		Treasurer, and Chairperson of Finance Subcommittee		
Ms. KOK Chui Lai, Joy		Chairperson of Public Awareness Subcommittee		
Dr. LEE Ho Ming, Edwin		Chairperson of Service Development Subcommittee		
Dr. WONG Hoi Yan, Gloria		Chairperson of Operation and Development Subcommittee		
Dr. CHANG Wing Chung		Chairperson of Knowledge Transfer Subcommittee		
Ms. AU YANG Wai Sze		Executive Committee Member		
Dr. CHAN Kit Wa, Sherry		Executive Committee Member		
Dr. CHIU Pui Yu, Cindy		Executive Committee Member		
Dr. CHUNG Wai Sau,		Executive Committee Member		

		Dicky	
		Ms. HWANG Chin Amanda	Executive Committee Member
		Mr. KOK Tak Chiu, Vincent	Executive Committee Member
		Ms. KUK Cho Lam, Jolane	Executive Committee Member
		Ms. KUK Mei Lai, Linda	Executive Committee Member
		Dr. LAM Mei Ling, May	Executive Committee Member
		Ms. LEUNG Shui Chi	Executive Committee Member
		Ms. LI Suk Man, Connie	Executive Committee Member
		Dr. LIN Jingxia	Executive Committee Member
		Dr. TAM Yee Ki, Fiona	Executive Committee Member
		Dr. TANG Yee Man, Jennifer	Executive Committee Member
		Dr. XU Jiaqi	Executive Committee Member
		Dr. YEUNG Wai Song	Executive Committee Member
		(如行數不敷，請自行加行) (Please add row if not enough space)	
2.3	機構主管姓名及職銜 Name and Title of Agency Head	Ms. Christina LAM, Senior Manager	

組織架構 (可插入組織架構圖)

Organization Chart (you may insert the organization chart)

2.8



### 3. 年度主要會務及活動報告 Annual Report on Major Businesses & Activities

請簡述機構過去一年所提供的服務或完成的工作 (包括活動名稱、目的、內容簡介及參與人數)

Please briefly describe the services provided or activities completed by the organization in past 1 year. (e.g name of the events/activities, objective, content, No. of Service Recipients)

3.1	主席及/或機構主管工作報告 Report from Chairperson and/or Head of Organization	Major service review of the year: 1. Provided support to patients, caregivers and health professionals 2. Provided training to volunteers 3. Provided FitMind exercise to patients and caregivers 4. Public education for public and students 5. Promoted the importance of mental health to public and schools 6. Promote channels for timely help-seeking Future Development 1. Fund-raising 2. Public education in public and schools 3. Promotion on importance of exercise and relationship with patients and caregivers 4. Enhancement of the organization's governance	選填，建議提供 Optional. Supply of information advisable 在主席/機構主管的報提供年度內的主要會務簡介、服務回顧及機構發展前瞻有助讀者明瞭機構在有關年度內的主要工作及未來發展的展望 Chairperson/Head's Report on major business and service review of the year, with an outlook of the organization's future development helps readers know more about the works and missions of the organization
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#### 3.2 主要服務、計劃及活動簡報 Brief Description on Major Service, Events and Projects

活動名稱 Name of the events/ activities	活動目的 Objective	活動內容簡介 Content	主要對象 Major Targets	參與人數 No. of Service Recipients
iPEP online platform	1. Service	1. online resources for psychosis patients and caregivers	1. Patients 2. Caregivers 3. Case managers 4. Public	N/A
FitMind exercise	1. Service	1. FitMind TEN 2. Yoga class	1. Patients 2. Caregivers	Every week 50
FitMind Run (Every week)	1. Service	1. Running class	1. Patients 2. Caregivers 3. Volunteers	10

Mindshift Ceremony	1. Public awareness	1. Opening Ceremony 2. Sharing	1. Secondary School Teachers 2. Social workers	37
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Mindshift teacher training workshops	1. Public awareness 2. Mental health education	1. Health talk 2. Workshops	1. Secondary School Teachers 2. Social workers	523
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Mindshift student workshops	1. Public awareness 2. Mental health education	1. Workshops	1. secondary school students & teachers	837
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Mindshift school-based talk	<ol style="list-style-type: none"> <li>1. Public awareness</li> <li>2. Mental health education</li> </ol>	<ol style="list-style-type: none"> <li>1. Talk</li> </ol>	<ol style="list-style-type: none"> <li>1. secondary school students &amp; teachers</li> </ol>	1891
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META X EPISO	<ol style="list-style-type: none"> <li>1. Public Education</li> </ol>	<ol style="list-style-type: none"> <li>1. Talk</li> <li>2. Introduce Kadoorie project</li> </ol>	<ol style="list-style-type: none"> <li>1. Students</li> <li>2. Teachers</li> <li>3. Volunteers</li> </ol>	137
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Parent-child yoga classes for primary school students	<ol style="list-style-type: none"> <li>1. Mental Health Education</li> </ol>	<ol style="list-style-type: none"> <li>1. Fitmind 10 exercise</li> <li>2. Yoga practices</li> </ol>	<ol style="list-style-type: none"> <li>1. primary school</li> </ol>	375
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	2. Fitmind 10		students & teachers 2. Patients 3. Caregivers 4. Volunteers 5. Staff	
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Yoga classes for Secondary school students	1. Mental Health Education 2. Fitmind 10	1. Fitmind 10 exercise 2. Yoga practices	1. secondary school students & teachers 2. Patients 3. Caregivers 4. Volunteers 5. Staff	888
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Mindshift parent-child music workshops	1. Mental health education	1. Workshops	1. primary school students &	51
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			their parent 2. teachers	
LevelMind@JC Mental Health Conference 2023	<ol style="list-style-type: none"> <li>1. Public awareness</li> <li>2. Mental Health Education</li> </ol>	<ol style="list-style-type: none"> <li>1. Poster session</li> <li>2. Booth</li> <li>3. Yoga sessions</li> </ol>	<ol style="list-style-type: none"> <li>1. Public</li> <li>2. NGOs staff</li> </ol>	765



Collaboration with TWGHs Wong Fung Ling College	<ol style="list-style-type: none"> <li>1. Public awareness</li> <li>2. Engagement of staff, patients, caregivers, and volunteers</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduce EPISO</li> <li>2. Yoga Class</li> </ol>	<ol style="list-style-type: none"> <li>1. Secondary school students</li> <li>2. Volunteers</li> <li>3. Staff</li> </ol>	17
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Community Yoga Class @Hikari, @Causeway Bay	<ol style="list-style-type: none"> <li>1. Public awareness</li> <li>2. Promote Fitmind Yoga</li> <li>3. Engagement of staff, patients, caregivers, and volunteers</li> </ol>	<ol style="list-style-type: none"> <li>1. Gathering</li> <li>2. Sharing</li> <li>3. Yoga practices</li> </ol>	<ol style="list-style-type: none"> <li>1. Patients</li> <li>2. Caregivers</li> <li>3. Volunteers</li> <li>4. Staff</li> </ol>	46
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Collaboration with Pooi To Middle School	<ol style="list-style-type: none"> <li>1. Public awareness</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduce EPISO</li> <li>2. Yoga Class</li> </ol>	<ol style="list-style-type: none"> <li>1. All Form 6 school</li> </ol>	126
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students



<p>iPEP online workshop 慈心導向小組(八節)</p>	<ol style="list-style-type: none"> <li>Public awareness</li> <li>Mental health workshop</li> </ol>	<ol style="list-style-type: none"> <li>Workshop</li> </ol>	<ol style="list-style-type: none"> <li>Caregivers</li> </ol>	<p>25</p>
<p>Mindshift experience sharing cum award presentation ceremony</p>	<ol style="list-style-type: none"> <li>Public education</li> </ol>	<ol style="list-style-type: none"> <li>Gathering</li> <li>Sharing</li> </ol>	<ol style="list-style-type: none"> <li>Secondary school students</li> <li>Teachers</li> <li>Social Workers</li> </ol>	<p>138</p>



## 「機構財務資料」提供說明

為讓公眾進一步瞭解本機構的會務及服務營運情況，本機構謹提供以下資料，以增進讀者對本機構財務狀況的認識。

### Note on provision of Financial information



To enable readers to better understand the service and operation of this Organization, the below information is provided for easy access to disclosed financial information of this Organization.

#### 4. 財務狀況 Finance Situation

參考可提供的最近年度之經核實的周年帳目/財務報告。(Attached)

Refer to latest available audited Annual Accounts/Financial Statements

4.1	周年帳目/財務報告覆蓋的財政年度 Financial year covered by the above Annual Accounts/ Financial Statements	<u>2022</u> 年(year)_ <u>7</u> 月(month) 至 to <u>2023</u> 年(year)_ <u>6</u> 月(month)
4.2	本機構同意將上述周年帳目/財務報告向公眾披露 We agree to disclose the above Annual Accounts/Financial Statements to the public	<input checked="" type="checkbox"/> 是 Yes      · 否 No
4.3	如本機構同意將上述周年帳目/財務報告向公眾披露，有關資料可透過以下途徑獲取： If this organization agrees to disclose the above Annual Accounts/Financial Statements to the public, the information is available via: <input type="checkbox"/> 周年帳目/財務報告機構已上載本會網頁 (連結 Link _____ ) Annual accounts/financial statements uploaded to organization website <input checked="" type="checkbox"/> 周年帳目/財務報告機構存放於香港社會服務聯會參考圖書館 Annual Accounts/Financial Statements available in the Reference Library of the Hong Kong Council of Social Service <input type="checkbox"/> 周年帳目/財務報告機構存放本機構辦事處，可致電 _____ 預約親臨閱覽 Annual Accounts/Financial Statements available in the office of the organization. Appointment for perusal can be made by calling phone no. _____ <input type="checkbox"/> 其他途徑 Others _____	

機構主管姓名 Name of Head of Organization	Christina Lam	
機構名稱 Name of Organization	Early Psychosis Foundation	
職位: Position:	Senior Manager	 機構印章 Organization Chop
簽署: Signature:		
日期: Date:	28 Dec 2024	

(完結 End)