



Annual Report 2018 - 2019

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年度报告

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Bridging Hope Charity Foundation



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Executive Report

The 2018-19 Annual Report captures the second year of the Bridging Hope Charity Foundation's three year strategy which centres our activities across the twin pillars of Mental Health and the Arts. We are pleased at the progress made over this last year by our partners, and their effort to understand community needs and opportunities for social change.

Bridging Hope Charity Foundation's support for Lifeline Australia towards helping build more resilient and suicide-safe communities has gained momentum in the research and development of a culturally appropriate 24/7 crisis support service for Chinese communities in Australia. Over the last year, Lifeline Research Foundation undertook extensive research and delivered a dedicated scoping study for this service.

Equally important is Bridging Hope's partnership with the University of New South Wales, across two main initiatives: The Art & Design Annual, Australia's largest and most diverse national showcase of graduate contemporary art, design and creative media work, and The Big Anxiety Festival, a six week event that developed cultural, participatory arts-based projects, supporting mental and emotional health.

Through our increasing relationships with artists, community groups, other like-minded funders, and government agencies in the Sydney metropolitan area, Bridging Hope has been able to heighten our visibility as a foundation. We have connected with a diverse range of social service providers, arts centres and galleries, and philanthropists from Australia and China, to encourage knowledge exchange and collaboration.

This 2018-19 Annual Report features the initiatives supported this year and we remain deeply appreciative of the skilled and talented people who choose to work at the Foundation and with us as external partners. As we look back at the last months, we acknowledge their dedicated work. One of the most exciting aspects of our development as a philanthropic foundation is the fact that we are able to provide advice and support beyond the monetary means, leveraging our networks and increasing awareness of our partners' innovative approaches and their impact.

The stories and statistics we have encountered over this last year have influenced and continue to inform our work immensely, and we are looking forward to developing more, and better, engaged philanthropy in the future.

Tina Tian
Founder,
Bridging Hope Charity Foundation

Anke Timm
Chief Executive,
Bridging Hope Charity Foundation

执行摘要

本《2018-2019年度报告》为桥爱慈善基金会三年战略规划中第二年的年度报告。根据我们的三年战略规划，基金会的活动主要围绕心理健康与艺术两大支柱展开。我们很高兴地看到合作伙伴们在过去的一年中所取得的进展，以及他们为了解社区需求和社会变革机会所做出的努力。

旨在帮助社区提高适应能力，建立“零自杀”的社区环境，桥爱慈善基金会向生命线 (Lifeline) 提供的支持得到迅速发展：基金会研究并制定了适合澳大利亚华人群体文化背景的全天候全年无休的危机支持服务。在过去的一年里，生命线研究基金会 (Lifeline Research Foundation) 为该服务进行了广泛调研以及专门的范围界定研究。

同样重要的还有桥爱慈善基金会与新南威尔士大学 (UNSW) 围绕两个主要项目进行的合作：一是艺术与设计学院年度毕业展，即澳大利亚规模最大、最多元化的国家级当代艺术、设计和创意媒体作品毕业展；二是为期六周的

“大焦虑节”，旨在发展具有文化特色和参与性的艺术项目，以支持心理和情感健康。

随着桥爱与悉尼市区的艺术家、社区团体、志趣相投的资助者以及政府机构之间的关系日益紧密，桥爱慈善基金会的知名度大幅提升。桥爱慈善基金会与来自中国和澳大利亚的各种社会服务提供者、艺术中心、画廊以及慈善家建立了联系，以鼓励知识交流和合作。

本《2018-2019年度报告》以该年度资助的项目为主。桥爱慈善基金会衷心感谢各位才华横溢的团队成员和外部合作伙伴们。回顾过去的几个月，我们由衷地感谢他们的辛勤工作。作为慈善基金会，桥爱发展中最激动人心的方面之一是：我们能够利

用我们的网络关系，以及增强对合作伙伴创新方法及其影响的认识，来提供超出金钱层面的建议和支持。

我们在过去一年中获得的经历和统计数据对我们影响颇深，这种影响也将延续到我们以后的工作中。未来，我们将更加投入，继续开展更多、更好的慈善活动。

Tina Tian

桥爱慈善基金会始人

Anke Timm

桥爱慈善基金会首席执行官

About Bridging Hope

Art enriches our lives and has the ability to offer insight into mental processes and wellbeing through engaging with creative experiences. Bridging Hope works to support our twin pillars of mental health and the arts to improve the lives of those in our community. We are committed to proactive, preventative resourcing and support to better address mental health and wellbeing in our society.

Parallel to our sister foundation Bridging Hope Charity Foundation in China, which was established in 2013, the Australian Foundation continues to give back to local communities by supporting the twin pillars of mental health and wellbeing initiatives and arts programs. Our particular focus is to encourage innovative approaches in creating culturally relevant mental health initiatives, based on newest research and modern technology.

Our partners are artists, academics, practitioners, as well as leading academic and art institutions, in order to promote art as part of everyday wellbeing, as a vehicle for prevention and intervention in Mental Health.





关于我们

艺术丰富我们的生活，艺术洞见我们的心理。创意性体验能够影响我们的思维过程及心理健康。桥爱慈善基金会旨在通过支持我们的心理健康和艺术两大支柱，以改善社区生活质量。我们致力于积极、预防性的资源和资助，以更好地解决社会中的心理健康问题。

平行于2013年建立的中国桥爱慈善基金会，澳大利亚桥爱慈善基金会继续秉持着回馈当地社区的宗旨，资助澳大利亚当地的心理健康和艺术项目。我们的特别关注点是鼓励创新，在最新研究与现代科技的基础上，探寻与文化相关的心理健康项目。

我们与艺术家、学者、从业者以及领先的学术和艺术机构合作，将艺术作为日常生活福祉的一部分和干预心理健康的一种工具进行大力推广。

Our Vision

Bridging the arts and mental health for improved well-being.

Our Mission

To connect friends, families, colleagues, artists and mental health professionals to provide an opportunity for our community to live in a culturally vibrant and healthy society.

Our Values

Passion

For the support of initiatives that bridge mental health and the arts.

Respect

For each other, our stakeholders and all other associates.

Integrity

We take leadership in saying it as it is and in doing what we say. We are honest, trustworthy, transparent and we communicate openly.

Innovation

We commit to finding smarter ways to do things to produce improved and sustainable results.

Empowerment

We take responsibility and play our part in making Bridging Hope Charity Foundation more enjoyable, successful and rewarding for everyone.





我们的愿景

架起艺术和心理健康的桥梁，提升人们的幸福感。

我们的使命

连结朋友、家人、同事、艺术家、和心理健康专家，打造具有文化活力的、健康的社区。

我们的价值观

热情 资助融合心理健康与艺术的项目。

尊重 尊重彼此、尊重我们的利益相关者以及所有其他伙伴。

诚信 我们坚持坦诚相对、言行合一。我们秉持诚实、可信、透明的原则，我们开诚布公。

创新 我们积极探索创新方式，不断改进可持续成果。

自主 我们尽职尽责，努力让桥爱慈善基金会更有趣、更成功、为每一个人创造价值。

Highlights this year

Lifeline commissioned an independent **Scoping Study into the establishment of a Chinese-language crisis service**, with recommendations for implementation in 2020/21.

UNSW Art & Design's **The Annual** delivered the **2018** exhibition of more than 200 graduate works.

A collaboration between **The Dax Centre, Melbourne**, and artist **Paul McDonald** resulted in 'Resonance', a photographic response to the Dax Centre's extensive collection of artworks, with an exhibition based on the artist's particular focus on Mental Health and masculinity.

Bridging Hope continued to provide significant support to the **second The Big Anxiety Festival in 2019** to further reduce stigma around Mental Health by way of artistic experiences, and encourage more audiences globally to use technology to connect with ground-breaking initiatives.

Across all initiatives, the **Bridging Hope team** helped deliver more than 60 events in **2018-2019**, including funding partner events and networking occasions, arts talks, mental health seminars, and awareness campaign celebrations.





年度摘要

生命热线 (Lifeline) 进行了一项独立的关于设立中文危机服务的概括研究, 并建议在2020-2021年度予以落实。

新南威尔士大学艺术与设计学院2018年度毕业展上共展出200多件毕业生作品。

墨尔本达克斯中心与艺术家保罗·麦克唐纳 (Paul McDonald) 之间的合作产生了“共鸣”, 通过摄影反映了达克斯中心的广泛艺术品收藏, 并且举行了展览, 突出艺术家对心理健康及男子气概的特别关注。

桥爱慈善基金会继续为2019年举行的第二届“大焦虑节”提供重要支持, 以通过艺术体验的方式进一步减少对心理健康的污名化, 并鼓励全球更多的受众利用科技与开拓性项目进行联系。

放眼所有项目, 桥爱慈善基金会在2018-2019年度共协助举办了60多场活动, 包括资助合作伙伴活动、艺术讲座、心理健康研讨会、线上活动和宣传活动等。

Our Partners & Supported Projects

Lifeline

Bridging Hope Charity Foundation partnered with Lifeline in 2017 in a three year partnership, to explore needs within the Chinese Australian community for, and the cultural appropriateness of, delivery of mental health and wellbeing support services and activities, in particular relating to suicide prevention.

In an increasingly culturally diverse population in Australia, challenges are arising to the reliance on mainstream, English-speaking services alone as the provision for population need on mental health support and suicide prevention. On equity and effectiveness grounds, cultural diversity in services is warranted.

This issue is particularly relevant for the Chinese-Australian population which accounts for about one million people, the fastest growing in Australia. Research evidence collected by Lifeline in the “Study into Mental Health needs of Chinese Australians” in 2017/18 shows Chinese-Australians are utilizing mainstream mental health services less than the wider population and when compared with other cultural groups. From ABS data, it is apparent that Chinese-Australians have a lesser command of English than other migrant groups. These factors combined suggested there was a compelling arguments for a specialist language-specific crisis support service.

The overarching aim of the 2018/2019 scoping study was to develop the outline of models for a service to most effectively deliver crisis support to Chinese Australians. The study investigated and reported on the service design parameters

The research study recommended several features that any such model must address: It must be culturally appropriate (including an appreciation of cultural variations within the Chinese Australian community), confidential, anonymous, not depend on human interpreters, easily accessible, and have scope for garnering the trust of potential help seekers.



合作伙伴 与资助项目

生命线

桥爱慈善基金会与生命线在2017年达成了三年合作关系,以探究澳大利亚华人社区对提供心理健康及福祉保障服务和活动的需求以及文化适应性,特别是在自杀预防方面。

在澳大利亚日益多元的文化中,仅依靠主流的英语服务难以满足人们对心理健康支持和自杀预防的需求,挑战随之而来。基于公平性和有效性,保证服务中的文化多样性很有必要。

澳大利亚华人数量约100万,是澳洲人口增长最快的群体,因此这个问题与澳大利亚华人关系重大。生命线在2017-2018年度“澳大利亚华人的心理健康需求研究”中收集的研究证据表明,与大众及其他文化群体相比,澳大利亚华人对主流心理健康服务的使用较少。澳大利亚统计局(ABS)的数据表明,澳大利亚华人的英语掌握率明显低于其他移民群体。这些因素叠加表明了一个有力的论点:针对特定语言的危机支持服务是必要的。

2018-2019年进行的概括研究的首要目标是制定服务模式大纲,从而最有效地向澳大利亚华人提供危机支持。除社会研究之外,该研究还调查和报告了可以满足澳大利亚华人需求和偏好的服务设计参数,从而最有效地吸引潜在的危机支持提供者。该研究还为如何在澳大利亚华人社区内有效地推广每种模式提供了一系列具体建议。最后,该研究推荐了一种特别的模式,概述了指示性成本,并提出了容量有限时可用的试验框架。该研究提出的服务概念设计综合了所有的研究资源,并向社区代表、生命线服务管理人员以及中文专业热线服务人员进行了咨询确认。通过研究活动和调查结果找到了主题的一致性。

该研究提出了此类模式必须拥有的几种特性:必须具有文化适应性(包括适应澳大利亚华人社区内部的文化差异);必须保密、匿名,且不依赖人工翻译;还必须易于获取且足以赢得潜在求助者的信任。



to meet the needs and preferences of Chinese-Australians, using survey research, in addition to social research on means by which potential crisis supporters can most effectively be engaged. It provided a list of specific recommendations for how each model can be effectively promoted within the Chinese Australian community. Finally, it recommended a particular model, outlined indicative costings, and suggested the framework for a limited-capacity trial. The service concept design proposed was drawn on the combination of all sources of research and validated through consultations with community representatives, Lifeline service manager and China-based personnel with expertise in helplines. Consistent themes emerged through the study activities and findings.

The resources and revenues required to enable a modest service to commence should be raised through partnerships to spread the effort and the accumulation of risk. There has been ample demonstration in the Scoping Project of a wide cross section of stakeholder interest in the service

Key Elements of the service concept design

The scoping study identified a dozen detailed key elements of the proposed service, relating to language, delivery technology, promotion, service model, counselling practices, standards, understanding of community dynamics, and potential indirect benefits of a Chinese Australian Support Service.

As resource and revenue requirements to operate a Chinese language telephone helpline as outlined were considered, the indicative

Let's talk
about
Mental
Health

estimates, using Lifeline Australia's cost model, showed that the service would require funding of a minimum of \$3 million per annum. Given current availability of funding sources across government, corporate or philanthropic sectors, the report stated it was unlikely that a commitment to ongoing funding at this level would be given in the short to medium term. Accordingly, considerations were given to more modest and / or incremental steps towards commencing a Chinese-language service, to be developed and grown over time. The following options were put forward:

Option A: Community-Based Listening Service

Option B: Integration to Lifeline 13 11 14

Option C: Discrete Lifeline Service

The resources and revenues required to enable a modest service to commence should be raised through partnerships to spread the effort and the accumulation of risk. There has been ample demonstration in the Scoping Project of a wide cross section of stakeholder interest in the service. This could be harnessed to productive effect with various stakeholders contributing different types of expertise. The partnership already formed between Lifeline Australia and Bridging Hope Charity Foundation could be enlarged with community and business interests, along with Governments to collectively address the challenges of turning concept into reality.



开展适度服务所需的资源和收入应该通过合作关系来增加，从而减少精力消耗，分散积累风险。概括研究项目充分展示了利益相关者对该服务的广泛兴趣。

服务概念设计的关键要素

该概括研究确定了建议服务的十二个详细关键要素，这些要素涉及语言、传达技术、推广、服务模式、咨询实践、标准、对社区动态的理解以及澳大利亚华人支持服务的潜在间接利益。



考虑到运营上述中文电话求助热线所需的资源和收入，并使用澳大利亚生命热线的成本模型进行指示性估算后得出，该服务每年至少需要300万澳元的资金。该报告指出，鉴于当前政府、企业或慈善部门等资金来源的可用性，承诺短期到中期内持续提供此水平的资金是不太可能的。因此，研究考虑以更加适度和/或循序渐进的方式开展中文服务，使其随着时间逐渐发展壮大。并提出了以下三个选项：



选项A：基于社区的听力服务

选项B：整合至生命热线13 11 14

选项C：独立的生命热线服务

开展适度服务所需的资源和收入应该通过合作关系来增加，从而减少精力消耗，分散积累风险。概括研究项目充分展示了利益相关者对该服务的广泛兴趣。因此也可以利用这一点发展生产力，使利益相关者贡献出其不同类型的专业知识。澳大利亚生命热线和桥爱慈善基金会之间的合作关系在社区和商业利益的影响下不断扩大，同时二者与政府共同应对

“将概念转化为现实”的挑战。

Mental Health First Aid workshops for 100 community members

Chinese Australians are a diverse group with widespread range in age, background, social and economic situations. Many of the mental health and wellbeing challenges mirror those of the wider Australian population, including the close interplay between life experiences such as family relationships, financial pressures and employment, but some factors uniquely relate to Chinese migration experiences and Chinese life experiences. With these insights, Lifeline developed a program of four Mental Health First Aid training workshops for bilingual Chinese Australian individuals, each delivered over two days in Lifeline centres across Metropolitan Sydney. 100 participants successfully completed the training course and were awarded Mental Health First Aid certificates. Bridging Hope Charity Foundation and Lifeline hope that in the future, these participants could be supported to become the first cohort of bilingual volunteers for a Chinese-language support service.



Lifeline Chairman's Lunch

Bridging Hope Charity Foundation again supported the Lifeline's annual Chairman's Lunch as Presenting Partner. The success of the event was confirmed in the announcement of an incredible \$680,000 raised on the day, to help Lifeline continue delivering national suicide prevention and crisis support campaigns!



为100名社区成员举办的心理健康急救研讨会

澳大利亚华人群体在年龄、背景、社会状况和经济状况等方面有着较大差异，是一个多元化的群体。很多心理健康和福祉问题反映着澳大利亚大众的生活经历，包括家庭关系、经济压力和就业等生活经历之间密切的相互作用，但有些因素却与华人的移民和生活经历有着独特的联系。基于这些研究，生命热线为使用中英双语的澳大利亚华人制定了专门的方案。该方案由四场心理健康急救培训课组成，所有培训课都在悉尼市区的生命热线中心举办，每场耗时两天以上。共有100名学员顺利完成了培训课程，并获得了心理健康急救证书。桥爱慈善基金会和生命热线希望这些学员未来能够在帮助下成为第一批中文支持服务的双语志愿者。

生命热线慈善午餐

桥爱慈善基金会作为合作伙伴再度支持并参与了生命热线的年度慈善午餐活动。活动成功举办，并宣布当天共筹集善款680000澳元，令人难以置信。这些善款将用于帮助生命热线继续开展全国性危机支持和自杀预防服务！



UNSW Art & Design Annual 2018

For the second time, Bridging Hope Charity Foundation was the Exclusive Supporter of the annual graduate exhibition of UNSW Art & Design, based on a five year commitment until 2021. The ANNUAL 18, Australia's largest and most diverse national showcase of graduate contemporary art, design and creative media, was presented across seven venues at UNSW Art & Design's Paddington campus including UNSW Galleries; Kudos Gallery; AD Space; Black Box; Interactive Media Lab; The Lecture Theatre; and Makerspace: Virtual Reality Lab.

Sydney-based Indigenous artist Carmen Glynn-Braun was awarded the 2018 TWT Excellence Prize, selected from more than 200 graduating students presenting work in the exhibition. Glynn-Braun's work *Untitled 2018* consisted of four flesh-coloured paint skins that imitate the various skin colours of Indigenous Australia today, post-Stolen Generations. The work explored the Indigenous women's experiences with the Assimilation Policy (1951 - 1962), and considered how countless Indigenous women lost their children under the act. The judging panel was particularly impressed with Carmen's ability to engage complex themes of identity and place in such a cohesive body of work.



“ Supporting young and emerging artists and designers is fundamental to our creative cultural ecology. The Bridging Hope Charity Foundation's visionary and generous contribution to our A&D ANNUAL graduate exhibitions and screenings underscores the graduates' achievements and assists to launch the careers of the next generation of contemporary artists, designers and creatives. ”

Ross Harley

Dean of UNSW Art & Design



新南威尔士大学艺术与设计学院2018年度毕业展

基于承诺，桥爱慈善基金会将连续五年作为新南威尔士大学艺术和设计学院年度毕业展的独家支持单位直到2021年。今年是基金会第二次为该展提供支持。2018年度毕业展是澳大利亚规模最大、最多元化的国家级当代艺术、设计和创意媒体作品毕业展。展会在新南威尔士大学艺术与设计学院帕丁顿校区的七个场馆举行，包括新南威尔士大学美术馆、荣誉美术馆、艺术设计空间、黑匣子、互动媒体实验室、演讲厅以及创客空间：虚拟现实实验室。

该奖是从200多名在展会上展示作品的毕业生中选出的。2018年度TWT卓越奖 (TWT Excellence Prize) 由悉尼本土艺术家卡门·格林·布劳恩 (Carmen Glynn Braun) 夺得，她的作品从参展的200多件应届毕业生作品中脱颖而出。卡门·格林·布劳恩的作品《未命名2018》由四种不同肤色的漆皮组成，模仿了如今澳大利亚土著居民的各种肤色，即后失窃世代。她的作品探索了土著妇女在同化政策时期 (1951年至1962年) 的经历，研究了无数土著妇女是怎样在该政策的影响下失去了自己的孩子。卡门能够将复杂的身份和地方主题融入到如此具有凝聚力的作品之中，使得评委会印象颇深。

“支持年轻新晋的艺术家和设计师对于我们的创意文化生态系统十分重要。桥爱慈善基金会的远见以及对艺术与设计学院年度毕业展的慷慨支持，不仅突出了毕业生的成就，还推动了新生代的当代艺术家、设计师和创意人才的职业成长。”

Ross Harley

新南威尔士大学艺术与设计学院院长



China Australia Philanthropy Roundtable, with Philanthropy Australia

The China-Australia Philanthropy Roundtable was held in Melbourne on 13-15 June 2019, co-organised by East-West Philanthropy Forum and Philanthropy Australia, with the support of China Global Philanthropy Institute, and Bridging Hope Charity Foundation as Principal Philanthropic Supporter.

The Roundtable was dedicated to break the ground of philanthropic exchange and cooperation between China and Australia and prepare for the launching of China-Australia Philanthropy Forum in 2020 as a long term mechanism of philanthropic exchange between the countries.

30 representatives from the sectors of philanthropy, politics, business, universities and the Arts from China and Australia gathered in Melbourne to collectively discuss the history, status quo and future of philanthropy in both countries. They also explored the opportunities and challenges of philanthropic collaboration in health, education, senior care, climate change, nature conservation, women leadership, the Arts and culture, family legacies and social innovation.





中澳慈善圆桌会议， 与澳大利亚慈善协会合作

2019年6月13日到15日在墨尔本进行的中澳慈善圆桌会议由东西方慈善论坛和澳大利亚慈善协会联合举办，中国慈善总会协办，桥爱慈善基金会为其提供了主要慈善支持。

本次圆桌会议致力于开创中澳慈善交流与合作的先河，并为2020年中澳慈善论坛的启动做准备，这将成为两国进行慈善交流的长效机制。

来自中澳两国慈善界、政治界、商界、大学和艺术界的30名代表齐聚墨尔本，共同探讨两国慈善事业的历史、现状和未来。他们还探讨了在健康、教育、老年保健、气候变化、自然保护、女性领导力、艺术和文化、家庭遗产及社会创新等领域开展慈善合作可能遇到的机会和挑战。

The Dax Centre & Paul McDonald – ‘Resonance’

Collaboration and Exhibition

Bridging Hope Charity Foundation supported ‘resonance’, a project initiated by The Dax Centre, Melbourne, in collaboration with artist Paul McDonald, curated by Cherie McNair. The Dax Centre is a leader in the use of art to raise awareness and reduce stigma towards mental illness through art. It houses and manages the Cunningham Dax Collection of art which consists of more than 16,000 artworks created by people who have experienced mental illness or psychological trauma. The Collection includes works on paper, canvases, photographs, textiles, sculptures, installations, artists’ books and diaries, digital media and films.

Continuing the legacy of Dr Cunningham Dax, artist Paul McDonald took inspiration from the Collection and his personal practice focused on men’s mental health, to create a suite of new works. McDonald considered a range of perspectives; the individual, their mental health and the role of society in acknowledging and managing mental illness. McDonald drew attention to the unheard voices of the artists and considered his own photographic archive and lived experience of mental health concerns. McDonald was conscious of the sociological, psychological, spiritual, education and medical aspects of the process and production, and the act of exhibiting the final result.

During the exhibition period 6th June - 22nd August 2019 at ContactSheet in St Leonards, a public workshop ‘Masculinity and Mental Health’ with the artist highlighted his research methods and gave insights into his practise. This was conducted in August to a group of 8 participants. In addition, the artist spoke at length to three school groups who visited the gallery, part of the overall attendance of approx. 600 visitors.





达克斯中心和保罗·麦克唐纳 - “共鸣”

合作与展览

桥爱慈善基金会支持的“共鸣”项目，是由切丽·麦克奈尔 (Cherie McNair) 策划，墨尔本达克斯中心与艺术家保罗·麦克唐纳 (Paul McDonald) 合作发起的。达克斯中心通过艺术运用来增强人们对心理疾病认识并减少对心理疾病的误解，是这方面的领导者。中心收藏和管理着坎宁安·达克斯 (Cunningham Dax) 的艺术收藏品，包括由经历过心理疾病或心理创伤的人创作的一万六千余件艺术品。这些收藏品包括纸质作品、油画、照片、纺织品、雕塑、装置、艺术家的书籍和日记，以及数字媒体和电影作品。

艺术家保罗·麦克唐纳延续了坎宁安·达克斯博士的传统，从这些收藏品中汲取灵感，结合自身关注点——男性心理健康，创作了一系列新的作品。麦克唐纳进行了多方面的考量：包括个人情况、他们的心理健康，以及社会在认知和管理心理疾病中扮演的角色。麦克唐纳注意到了艺术家们前所未闻的声音，并结合了他自己的摄影类档案和对心理健康问题的亲身体验。麦克唐纳对准备过程和创作中的社会学、心理学、精神、教育和医学方面内容，以及最终结果的展示方式都有一定认识。

在2019年6月6日至8月22日的展览期间，艺术家麦克唐纳于圣伦纳德 (St Leonards) 的联络表公司 (Contact Sheet) 举办了一场主题为“男子气概与心理健康”的公共研讨会，会上强调了他的研究方法，并对他的实践进行了深入探讨。该研讨会在八月进行，共有8人参与其中。此外，共有约600位参观者到访艺术馆，艺术家麦克唐纳与其中三个学校小组进行了详细的交谈。



UNSW The Big Anxiety Festival 2019

Bridging Hope Charity Foundation was proud to be the Principal Supporter of The Big Anxiety 2019, the festival of People + Arts + Science, for the second time after the inaugural event in 2017. The Big Anxiety developed cultural, participatory arts-based projects, supporting mental and emotional health. The festivals tagline reflected the people-first orientation and commitment to working with (rather than being the subject of) arts and science. The Big Anxiety 2019 facilitated interdisciplinary collaborations with world-leaders in clinical psychology, neuroscience, psychiatry, psychological studies and psychotherapy, but always with a ‘bottom up’ paradigm that put lived experience first. The festival sought to utilise, challenge and add value to scientific inquiry and also to model ways of managing mental and emotional health beyond the health and medical sectors.

130,000 VISITORS
128,927 WEB VIEWERS
72 EVENTS
16 VENUES
100+ MEDIA REPORTS

Bridging Hope also facilitated support from TWT Property Group for a new initiative by The Big Anxiety Festival 2019, which this year concentrated on the theme of empathy. A new public art installation of text-based artworks across the Creative Precinct in St Leonards by Sydney-based artist and UNSW-graduate Cameron Cripps-Kennedy, created in collaboration with poet Omar Sakr and students at Bradfield Senior College through a series of workshops, *These Walls Could Talk* addressed mental health through art and poetry and examined the day-to-day experience of young people living with stress.

There is a figure that is often cited in Mental Health circles, that 65% of people with a mental health issue don't seek help. That tells us that there is issue with communications and engagement – we really need to do those things better. To do that we need the Arts and those disciplines and techniques that are really good at developing engagement in new ways. The other thing that that tells us is that mental health must always operate beyond the health sector, there is only so much that will ever be done in the space of help-seeking and medicine. Most of our lives are spent outside of that sector, even if we are receiving mental health services. So what we look at is how we can use cultural spaces and public spaces for the betterment of our collective mental health and our individual mental health.

Jill Bennett

Founding Director,
The Big Anxiety Festival



新南威尔士大学2019年“大焦虑节”

继2017年首届“大焦虑节”之后，桥爱慈善基金会再次荣幸地成为以人文和科学为主题的2019年“大焦虑节”的主要支持单位。“大焦虑节”推出了文化方面的参与式艺术项目，以支持心理和情感健康。“大焦虑节”的宣传标语反映了以人为本和致力于与艺术和科学合作（而非控制它们）的理念。2019年度“大焦虑节”促进了与世界临床心理学、神经科学、精神病学、心理学研究和心理治疗领域领军人物的跨学科合作，但始终采用“自下而上”的模式，将生活经验放在首位。“大焦虑节”努力寻求应用和挑战科学研究并为其增值，还力求建立健康和医疗部门以外的管理心理和情感健康方式的模型。

130000位观众

128927次网络访问人次

72场活动

16个场所

100多篇媒体报道

此外，桥爱慈善基金会还促使TWT地产集团为“大焦虑节”发起的新项目提供了支持。该项目在2019年集中围绕“感同身受”的主题展开。新南威尔士大学毕业生、悉尼本地艺术家卡梅隆·克里普斯-肯尼迪 (Cameron Cripps-Kennedy) 与诗人奥马尔·萨克 (Omar Sakr) 及布拉德菲尔德学院 (Bradfield Senior College) 的学生们通过一系列研讨会共同打造了一个新的基于文字的公共艺术作品。该作品位于圣伦纳德斯 (St Leonards) 的创意区 (Creative Precinct)，名为《会说话的墙》(These Walls Could Talk)，通过艺术和诗歌强调了心理健康，并对处于压力下的年轻人的日常生活进行了调查。

65%有心理健康问题的人不会寻求帮助，这一数据在心理健康界经常被引用。这一数据表明，在沟通和互动中仍有问题存在，因此我们亟需在这方面进行改善。为此，我们需要艺术以及善于以新方式增强互动的学科和技术。这一数据还告诉我们：心理健康部门必须始终在健康部门之外运作，在寻求帮助和医学方面，我们能做的只有这些。即使我们正在接受心理健康服务，我们的大部分时间还是生活在心理健康部门之外的。因此，我们所关注的是如何能够利用文化空间以及公共空间来改善我们的集体心理健康和个人心理健康。

Jill Bennett

创始董事，
大焦虑节



Mental Health Seminars & Partner Event Support

Workshops

Bridging Hope Charity Foundation supported the delivery of an annual program of mental health seminars to the networks we are part of in the wider Metropolitan Sydney area. Our consultant Melody Qu, highly regarded child counsellor and author, focussed in particular on themes of family and generational mental health challenges and strategies.

Peer Learning and Celebrations

In 2018/19, the Bridging Hope team helped deliver more than 60 events across all supported initiatives, including funding partner events, talks, and awareness campaign celebrations:

Gallery Exhibition Launch Events

Media Launch Events

World Mental Health Day

Suicide Prevention Awareness Day

Biennale of Sydney VIP Events

World Children's Day

International Conferences





心理健康研讨会与合作伙伴活动支持

心理健康研讨会

桥爱慈善基金会每年为合作伙伴群体提供支持, 以在悉尼市区举办心理健康研讨会。我们的顾问曲韵 -- 知名的儿童心理咨询师兼科普作家 -- 尤其关注家庭和世代心理健康的挑战与解决方法。



业界交流和庆祝

2018-2019年,桥爱慈善基金会团队在所有的合作项目中举办了60多场活动,包括资助合作伙伴活动、讲座、及宣传活动协助:

艺术展览开幕

媒体见面会

世界精神卫生日

预防自杀日

悉尼双年展贵宾活动

国际儿童节

国际会议



Understanding and improving our impact

In the second year of our 2018-2020 Strategic Plan, our team and Board have evaluated progress in our second year of funding:

理解、改进我们的影响力

在2018-2020战略计划的第二年, 桥爱慈善基金会团队和董事会考核了这一年的资助进展:

Leadership & Advocacy

In 2018/19, BHCF distinguished BHCF as the preferred partner in bridging Mental Health and Arts initiatives by:

- Enhancing our visibility and broadening the understanding of what BHCF does and the impact
- Forming strategic alliances with peer organisations, to perform research related to key challenges and trends as well as deliver funded projects and programs through our partners
- Provide support and critical resources on the value of philanthropy to key decision makers in all our wider networks

Insight & Commitment

In 2018/19, BHCF increased the knowledge base for the intersection of Mental Health and the Arts by:

- Initiating and supporting academic research through existing and new tertiary education partners
- Encouraging international knowledge exchange between Australia and China by strengthening partnerships and forming new connection
- Providing opportunities for professional and academic leaders to meet and form strategic alliances

领导&倡议

2018-2019年度,桥爱慈善基金会通过以下举措,成功定位基金会为结合心理健康和艺术项目的最佳合作伙伴:

- 提高基金会知名度,加强业界对基金会的了解
- 与同类机构建立战略联盟,针对重要课题和趋势进行研究,并通过我们的合作伙伴资助相关项目
- 在更广泛的领域,对关键决策者提供支持和慈善资源

见解&承诺

2018-2019年度,桥爱慈善基金会通过以下举措,提高了人们对心理健康与艺术之相关性的认知:

- 通过现有和新的高校合作伙伴开发和支持学术研究
- 通过加强和建立合作伙伴关系,鼓励中澳两国国际交流
- 为专业人才和学术领袖提供机会,建立新的战略合作

Help Seeking & Connecting

In 2018/19, BHCF established pathways for individuals and communities to better Mental Health by:

- Forming strategic alliances with peer organisations who commit to best practice in service delivery of mental health and artistic programs, to achieve world class standards that are recognised globally
- Encouraging exploration of innovative approaches and the use of technology in finding new pathways to all age groups
- Helping deliver annual programs of seminars, workshops and talks to connect communities with new knowledge, available services and self-exploration tools, to increase better mental health outcomes in communities

Effectiveness & Impact

In 2018/19, BHCF supported organisational effectiveness of all partners and ensured that long term impact is measured across all funding by:

- Supporting our partners in their organisational journey and building sustainable internal and external capacity in their program delivery
- Identifying key challenges in the mental health and arts sector to target high-impact initiatives in our philanthropic funding
- Exploring opportunities for partnering with donors and funders to increase BHCF's scope and funding base for a diversified funding program over the next years

协助求助&沟通

2018-2019年度,桥爱慈善基金会通过以下举措,为个人和社区达到更好的心理健康状态建立渠道:

- 在心理健康和艺术领域,与致力创优的机构建立战略合作,以国际认可的世界级标准提供服务
- 鼓励探索创新的方法、应用新科技为所有年龄的人群找到合适的渠道
- 资助研讨会、讲座,与社区建立联系,传达新知识、新服务、以及自救工具,促进社区心理健康状况,在社区内部取得更好的心理健康相关的成果

成果&影响

2018-2019年度,桥爱慈善基金会通过以下举措,支持了所有合作伙伴的组织成果并确保所有项目的长期影响力:

- 支持合作伙伴的机构建设,建立可持续的内外机构容量,以保证项目顺利执行
- 找到心理健康和艺术领域的关键课题,以高影响力项目为核心,决定基金会资助方向
- 寻求更多慈善家和慈善机构合作机会,提高桥爱慈善基金会规模,为未来几年多元化的资助框架建立资助基础

Creativity & Artistic Output

In 2018/19, BHCF supported initiatives that promote individual creative expression and professional artistic practice by:

- Supporting and encouraging artists, organisations and institutions to take risks and extend the boundaries of their artforms and practices
- Promoting artistic collaborations across cultural and linguistic diversity
- Supporting international exchanges with residency and internship programs to promote cross-cultural understanding

Early Intervention Programs

In 2018/19, BHCF collaborated and partnered with organisations that promote early intervention and prevention programs to save lives by:

- Investing in infrastructure that will support the creation, curation and delivery of artistic offerings with necessary resources
- Enhancing our visibility by supporting programs, products and services that provide a continuum of artistic and educational offerings that meet the needs of individuals and communities
- Partnering with organisations that develop programs and tools to effectively target the reduction of suicide rates and promote mental and emotional wellbeing across multigenerational demographics

创造力&艺术输出

2018-2019年度,桥爱慈善基金会通过以下举措,支持了促进个人创意表达和专业艺术实践的项目:

- 支持并鼓励艺术家、机构、和学院大胆进行冒险性、突破性尝试
- 促进多元文化、多语言的艺术家之间的合作
- 通过本地和国际驻留工作室项目促进跨文化国际交流

早期干预项目

2018-2019年度,桥爱慈善基金会通过以下举措,与相关机构合作,推进早期干预和预防项目以拯救生命:

- 为艺术创作、策展及艺术元素提供必要的资源和基础设施
- 为能够持续满足个体和社区群体需求的艺术和教育项目、产品和服务提供支持,从而提高基金会曝光率
- 与机构合作,开发能有效降低自杀率的项目和工具,促进各年龄层人群心理健康

Governance

机构监管

Bridging Hope Charity Foundation is a private ancillary fund, endorsed by the Australian Taxation Office in 2015, with a sister foundation in Beijing, China, which was established by Tina Tian in 2013.

桥爱慈善基金会是一家私营的DGR注册基金会,已在2015年获得澳大利亚税务局认可。
其姐妹基金会为北京桥爱慈善基金会,于2013年由Tina Tian创办。

Our Board

- **Director** – Tina Tian
- **Director** – Stephen Fitzpatrick
- **Director/Secretary** – Greg Hammond

Our Advisory Council

- **Chair** – Dr Geoff Raby
- **Member** – Evelyn Chen OAM
- **Member** – Hudson Chen OAM
- **Member** – Keith Drewery
- **Member** – Dr Richard Wu
- **Member** – Tony Leung

Our Team:

- **Chief Executive** – Anke Timm
- **Executive Manager, Special Projects** – Annie Carvajal
- **Arts Initiatives Manager** – Ariel Zhang

董事会

- **董事** – Tina Tian
- **董事** – Stephen Fitzpatrick
- **董事/秘书** – Greg Hammond

咨询委员会

- **主席** – Dr Geoff Raby
- **成员** – Evelyn Chen OAM
- **成员** – Hudson Chen OAM
- **成员** – Keith Drewery
- **成员** – Dr Richard Wu
- **成员** – Tony Leung

团队

- **基金会首席执行官** – Anke Timm
- **特殊项目执行经理** – Annie Carvajal
- **艺术项目经理** – Ariel Zhang

Special Thanks

致谢

Our Supporters

Tina Tian and Family
TWT Property Group
Tony Leung, A+ Design Group

我们的出资人/单位

Tina Tian 家族
TWT 地产集团
Tony Leung A+设计组

Community Partners

TWT Creative Precinct
BrandX
Bradfield Senior College

社区机构合作伙伴

TWT 创意区
BrandX 非营利机构
布拉德菲尔德学院

Mental Health Partners

Lifeline Australia and Lifeline Research Foundation
The Dax Centre, University of Melbourne

心理健康机构合作伙伴

澳大利亚生命热线及生命热线研究基金会
墨尔本大学达克斯中心

Arts Partners

UNSW Art & Design
The Big Anxiety Festival
Vermilion Gallery

艺术合作伙伴

新南威尔士大学艺术与设计学院
大焦虑节
朱雀画廊

Education Partners

University of New South Wales

教育合作伙伴

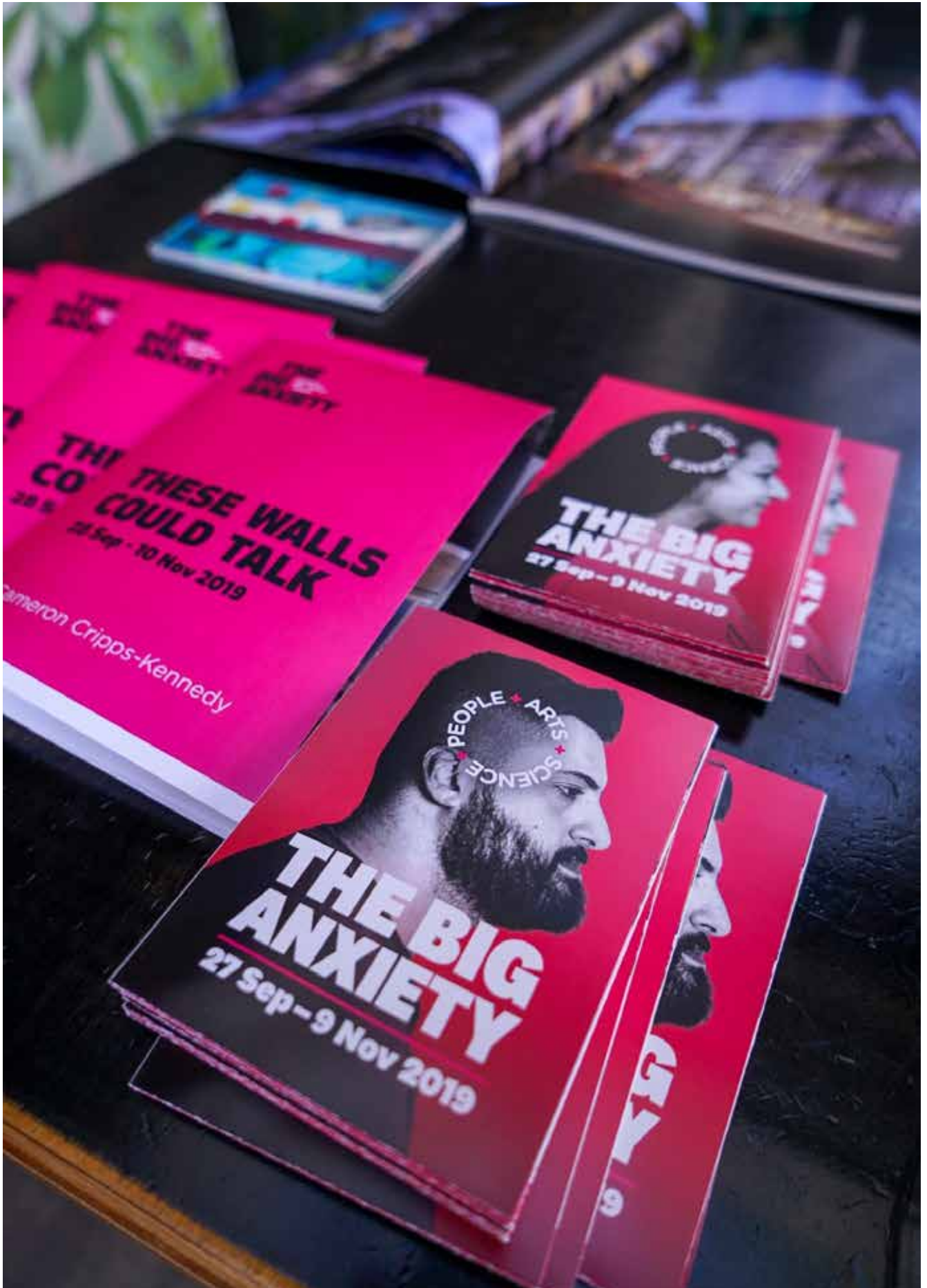
新南威尔士大学

Industry Partners

Philanthropy Australia

行业合作伙伴

澳大利亚慈善协会



Looking into the Future

BHCF has made significant progress towards the goals outlined in our 2018-2020 Strategic Plan.

In particular we have:

- Built increasingly important relationships with trusted partners;
- Contributed to knowledge in the Mental Health and Arts sectors in Australia;
- Invested in our capacity to build sustainable partnerships into the future.

Our assessment and reflections against our performance in 2018/19 inform the priorities for 2020, including:

1. Continuing to deliver funding for high impact engagement and programs with our partners, for the benefit of individuals and communities.
2. Establish new funding partnerships to design new programs across Mental Health and the Arts.
3. Finding ways to give voice to people with lived Mental Health experience and be heard widely.
4. Finding ways to support emerging artists and organisations to increase individuals' and communities' exposure to artistic practice and experiences.
5. Foster collaborative culture between our funding partners to leverage our funding investments.





展望未来

桥爱慈善基金会已就我们在2018-2020年度战略规划中列出的目标取得重大进展。尤其表现在：

- 已经与可靠的合作伙伴建立诸多重要的合作关系；
- 致力于对澳大利亚心理健康和艺术邻域的学识方面做出贡献；
- 不断投资以提升基金会建立未来可持续合作关系的能力。

我们对2018/2019年度之表现的评估与反思,帮助我们确定了2020年度的首要任务,其中包括：

1. 继续以具有影响力的活动和项目为核心,为合作伙伴提供资助,以造福个人和社区；
2. 建立新的资助伙伴关系,以围绕心理健康和艺术设计新的项目；
3. 为给予有心理健康经验的人更多发声的机会并获得更多听众探索新途径；
4. 为支持新兴艺术家和机构探索新途径,帮助个人和社区更多地接触艺术实践和体验；
5. 在资助合作伙伴之间培养协作文化,以便更好地使用我们的资助投入。

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bridginghopecf.org.au



Bridging Hope Charity Foundation