

To: News / Sports Editor

For immediate release

## Walk Up Jardine House 2018 Creating Support for Mental Health

- *HK\$3.3 million raised to help MINDSET to promote mental health in Hong Kong*
- *Friends in recovery joined brand new NGO race and played active roles in the event*
- *Over 600 people joined and participated in family-friendly activities*
- *MINDSET aims to reduce stigma associated with mental illness and provide direct support to those in need*

Hong Kong, 18th March 2018 – In support of mental health, over 600 people, including Jardines' executives, colleagues from Jardine Matheson Group companies, business associates, their families, friends and people recovering from mental illnesses, gathered together on Sunday morning to run or walk up 49 floors to reach the Penthouse of Jardine House at a height of 600 feet.

In its 33rd year, Walk Up Jardine House has raised HK\$3.3 million for MINDSET, a registered charity established by the Jardine Matheson Group that focuses on making a difference in the area of mental health. The funds raised will support the promotion of mental health in the community, help reduce the stigma associated with people suffering from mental illnesses and provide direct services to those in need of help.

Ben Keswick, Chairman of MINDSET, said, "We are excited to see so many of our business partners, colleagues and friends in recovery bring along their friends and families for a fun Sunday morning in support of mental health. We hope this year's theme, 'Colour Up Our Lives', will inspire everyone to bring positive energy into their lives."

A new category to the races has been added this year where friends in recovery are fully included in the event and joined in 6 teams to vie for the NGO race winning title. Over 150 people in recovery and friends from MINDSET's NGO Partners, namely Baptist Oi Kwan Social Service, Caritas, Castle Peak Hospital, Kwai Chung Hospital, New Life, Richmond Fellowship and The Mental Health Association, joined the event to cheer for the runners and perform sand painting, puppetry and music for the audience.

Walk Up Jardine House 2018 featured individual and team races, as well as a mass walk up for people of all ages. This year a total of 75 corporate teams competed, including 38 teams from business associates and 37 teams from Jardine Matheson Group companies, as well as 43 individuals who ran all the way up in the individual races. 20 students from MINDSET's 'Health in Mind' school programme, a community initiative that promotes awareness of mental health issues in secondary schools, also formed four teams to join in the race.

The Fund Raising Awards in recognition of the highest amount of funds raised went to Mercedes-Benz Hong Kong Limited for the Business Associates category, and to Dairy Farm for the Jardines' Business Units category.

Dressing up as Pikotaro, the Hongkong Land team took home the coveted Fancy Dress Award.

In addition to competitive races, a plethora of fun and interactive activities were arranged for all to enjoy and take part in. Creative art workshops, puppet theatre and DIY art and crafts booths resonated with children and adults alike. The free ice-cream and street snacks continued to be the favourite for everyone.

The winners of the races are:

- |                                       |  |       |
|---------------------------------------|--|-------|
| • Women's individual (49th Floor)     | – Cynthia LEUNG                                      | 7'14" |
| • Men's individual (49th Floor)       | – Yui Sheung YEUNG                                   | 5'29" |
| • Women's individual (29th Floor)     | – Janina MOUS  | 4'48" |
| • Team Relay (Jardine Matheson Group) | – Men's: Pizza Hut Hong Kong Management Limited      | 3'38" |
|                                       | – Women's: Dairy Farm – IKEA                         | 4'30" |
|                                       | – Mixed: Pizza Hut Hong Kong Management Limited      | 4'01" |
| • Team Relay (Business Associates)    | – Men's: ATAL Engineering Group                      | 3'46" |
|                                       | – Women's: Mercedes-Benz Hong Kong Limited           | 5'59" |
|                                       | – Mixed: China Construction Bank (Asia)              | 4'02" |
| • Team Relay (Schools)                | – Girl's: CCC Ming Yin College                       | 5'29" |
|                                       | – Mixed: Rhenish Church Pang Hok Ko Memorial College | 5'44" |
| • Team Relay (NGOs)                   | – The Mental Health Association of Hong Kong         | 0'58" |
| • Jardine Ambassadors Rose Bowl       | – Pizza Hut Hong Kong Management Limited             | 3'38" |
| • Barrow Cup* (Men)                   | – Tat Chung CHENG                                    | 6'03" |

\* Barrow Cup, which is for runners of over 40 years old, is awarded to the one with the smallest value of his running time divided by age.

Walk Up Jardine House is organized by the Jardine Ambassadors, young executives from across the Jardine Matheson Group who spearhead the community initiatives under MINDSET. Since 1982, the Jardine Ambassadors programme has raised close to HK\$50 million through this annual event. Launched in 2002, MINDSET is the Jardine Matheson Group's philanthropic initiative in Hong Kong intended to make a difference in the area of mental health. It aims to raise awareness and understanding of mental health issues and to provide practical support for charitable initiatives in the sector ([www.mindset.org.hk](http://www.mindset.org.hk)).

Education is one of the key focuses of the MINDSET programme. As a platform to promote a positive attitude towards mental illness among young people, the Jardine Ambassadors are leading the efforts through the in-school 'Health in Mind' programme, co-organized with the Hong Kong Hospital Authority.

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## Walk Up Jardine House 2018

Photo 1:



Participants run up to the top of Jardine House in support of MINDSET, the Jardine Matheson Group's charity that focuses on mental health.

Photo 2:



Children and families enjoy fun activities and entertainment that revolve around this year's theme, 'Colour Up Our Lives'.

Photo 3:



Dressing up as Pikotaro, the Hongkong Land team wins the Fancy Dress Awards in the 2018 Walk Up Jardine House.

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