



[FOR IMMEDIATE RELEASE]

KELY Support Group's "Juggling for Joy 2026" Concludes with Great Success

Blending Juggling Arts with Mental Wellness: Empowering Youth to Find Balance and Shine

(Hong Kong – March 19, 2026) – KELY Support Group (“KELY”) successfully hosted the “Juggling for Joy 2026” Juggling Challenge Finals and Mental Health Carnival last Sunday. The event attracted **over 800 attendees**, more than half of whom were young people. The initiative **raised over HK\$200,000** to support KELY’s local youth services and established a meaningful platform for exploring mental wellness, showcasing the psychological resilience and achievements of youth through the art of juggling.

Juggling as a Symbol of Life Balance: Empowering Youth to Overcome Challenges

The opening ceremony featured a prestigious lineup of officiating guests, including Ms. ZHAN Baoyu, member of the Kwun Tong District Council and member of the Youth Development Commission; actress Ms. Kit Cheung and actor Mr. Vernon Fong; KELY Co-Chairs Ms. Debbie Mannas and Ms. Benita Chick; Executive Director Mr. Louis Hou; and the judging panel consisting of juggling expert Mr. Ng Wei-chit (Chit Sir), KELY Ambassador Mr. Vivek Mahbubani, and Ms. Moraine Chan, representative of the Laureus Sport For Good Foundation.

In their opening remarks, Co-Chairs Ms. Debbie Mannas and Ms. Benita Chick stated: "Juggling symbolises the balance and challenges we face in life. Young people today manage immense pressure across academics, social circles, and personal growth. Much like juggling, with practice, support, and confidence, they can find their own rhythm amidst the pressure and find joy in the process." The funds raised will enable



KELY's professional teams to enter schools and provide workshops on mental health, drug and alcohol awareness, and positive youth development.

Cross-sector Sharing and Creative Carnival: A Holistic Approach to Wellness

A key highlight of the event was the “Everyday Pathways to Mental Wellbeing” Sharing Session. The panel featured diverse perspectives from Mr. Vincent Yeung, Psychotherapist, Psychological First Aider, Mental Health First Aid Instructor and KELY Support Group Board Member; Ms. Kit Cheung, Actress and Model; Ms. Charis Ma, Senior Practice Associate at Akin Gump Strauss Hauer & Feld and Ms. Eunice Wong, Youth Representative of The Torch. The session explored the stressors faced by today's youth and stakeholders, encouraging the public to face mental health challenges bravely and discover positive lifestyles.

The carnival atmosphere was vibrant, featuring five booths that combined mental health elements with juggling experiences, attracting **nearly 300 participants**. The event also spotlighted youth-led initiatives, such as "Better Days" and "MellowMallow," which sold original bracelet and crochet dolls, perfectly demonstrating the creativity and self-actualisation of the new generation.

Artistic Power and Peer Support in Action

The finals showcased remarkable performances by contestants, alongside a breathtaking demonstration by juggling expert Mr. Ng Wei-chit (Chit Sir) and students from Victoria Shanghai Academy and POH Chan Kai Memorial College, blending art with physical strength. Additionally, The Centre on Health & Wellness, The Hong Kong Society for Rehabilitation demonstrated "Flexi-bar" exercises, guiding the audience to relieve negative emotions through rhythmic movement. The event was **supported by**



28 volunteers (including 25 student volunteers), accumulating 200 hours of community service and embodying the spirit of peer support.

KELY Towards its 35th Anniversary: Guiding Youth Growth

Closing the event, KELY's Executive Director Mr. Louis Hou expressed his gratitude to all supporters and officially announced that KELY is entering its 35th Anniversary. Louis previewed a series of upcoming celebratory activities for the year ahead, looking forward to continued collaboration with all sectors of society to support the holistic growth and mental health of Hong Kong's youth.



【Juggling For Joy 2026】Juggling Challenge Finals & Mental Health Carnival

(From left) Ms. Kathy Kendall, Ms. Fern Ngai, and Mr. Andrew Jones, KELY Board Members; Ms. Moraine Chan, Representative of the Laureus Sport For Good Foundation and Event Judge; Mr. Vivek Mahbubani, KELY Ambassador; Mr. Ng Wei-chit, Professional Juggling Expert; Mr. Louis Hou, Executive Director of KELY Support Group; Ms. Debbie Mannas and Ms. Benita Chick, Co-Chairs of KELY Support Group; Ms. ZHAN Baoyu, Member of the Kwun Tong District



Council and the Youth Development Commission; Ms. Kit Cheung, Actress; Mr. Vernon Fong, Actor; Mr. Paul Tchen, Mr. Vincent Yeung, and Ms. Sherry Liu, KELY Board Members.



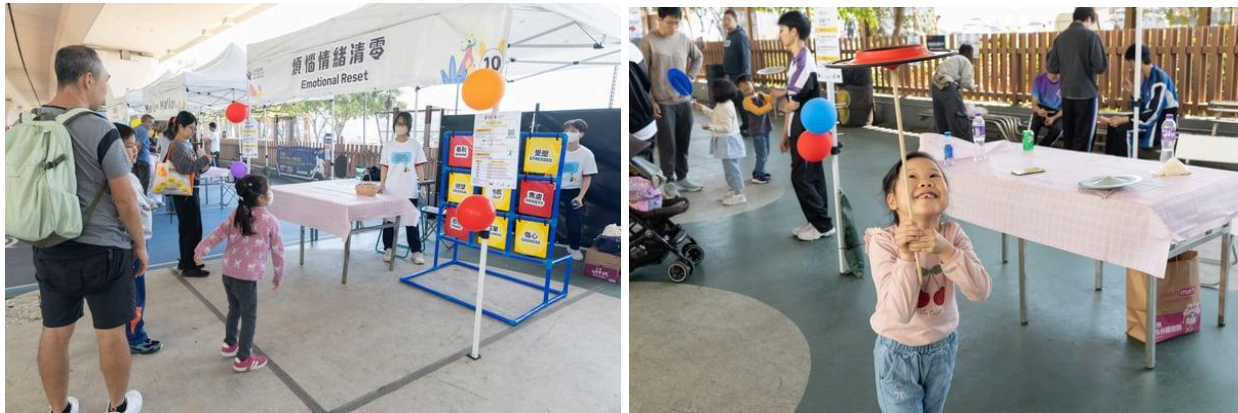
KELY Support Group Co-Chairs Ms. Debbie Mannas (left) and Ms. Benita Chick (right) inspire young people to find their own balance in life.



Honorable guests, the judging panel, and KELY Support Group representatives officiate the launch ceremony of the【Juggling for Joy 2026】Carnival.



Juggling expert Mr. Ng Wei-chit (Chit Sir) delivers a stunning performance, earning a thunderous round of applause from the crowd.



The public actively participates in on-site juggling challenges and emotional awareness games, learning about mental health through fun and laughter.



Guest speakers at the "Everyday Pathways to Mental Wellbeing" Sharing Session engage in a relaxed discussion on modern stress management.





Contestants and guest performers showcase their dedication and exquisite juggling techniques on stage.



Led by fitness instructor from The Centre on Health & Wellness, The Hong Kong Society for Rehabilitation, the audience experiences the mental health benefits of exercise through Flexi-bar demonstrations.



Guests, event judging panel and representatives of KELY Support Group join all Juggling Challenge winners for a celebratory group photo.



Mr. Louis Hou, Executive Director of KELY Support Group, expresses his gratitude to all guests, supporting organizations, and participants, while previewing the upcoming KELY 35th Anniversary celebrations.



Please find and download high-resolution photos at: <https://bit.ly/4IEDpYj>

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About KELY Support Group

KELY Support Group is a Hong Kong-based non-profit organisation established in 1991. Our mission is to empower youth with the knowledge, skills and opportunities they need to reach their full potential. Collaborating with schools and partners, KELY provides three core services, Mental Health and Wellbeing , Drug & Alcohol Awareness, and Positive Youth Development, to Chinese-speaking, Ethnic Minority, and English-speaking youth aged 14-24. For more details, visit kely.org.

Media Contact and Enquiries

Wendy Cheng

Assistant Manager, Communications and Development

Tel: +852 2521 6890 | +852 6302 6672 |

Email: wendycheng@kely.org