



華康會

Chinese Community
Wellbeing Society

快訊 MESSENGER

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Chinese Lantern Project
明燈計劃
0808 802 0012



King Charles III
慶祝英王查理斯



Coronation Party
三世登基聯歡派對



Casework
個案服務

English Conversation
Club
英語會話班



5 月 18 日星期四，CCWS 在 華素中心舉行了加冕

On Thursday 18th May, CCWS held a Coronation Party at the Vassall Centre to celebrate the coronation of King Charles III. Forty community members came out to join the celebration which involved games, arts and crafts and a raffle. Lots of laughter and fun was had on the day and it was a wonderful opportunity to bring the community together after a long time.

Thank you to all who came and shared in the fun and for St Monica Trust for funding the event. Finally, thank you to all staff and volunteers who helped make the celebration a memorable and enjoyable day for everyone.

派對，慶祝查理斯三世國王的加冕典禮。四十名社區成員參加慶祝活

動，其中包括遊戲、藝術和手工以及抽獎。那天充滿了歡笑和樂趣，經過漫長的封閉時間後這是一個很好的機會讓社區成員能聚在一起聯歡。感謝所有前來分享樂趣的人，感謝 St. Monica Trust 為此次活動提供贊助。最後，感謝所有的工作人員和志願者，他們的幫助讓慶祝活動成為每個人難忘和愉快的一天。

Quiz

Q: Bristol is twinned with which city in China?

- a. Beijing b. Hong Kong c. Guangzhou

Sudoku

The rules are simple. A 4x4 square must be filled in with numbers from 1-4 with no repeated numbers in each line, horizontally or vertically.

			3
	4		
		3	2

(answers at the back page)

考考你

問：布里斯托與中國那一個城市是姐妹城市？

- a. 北京 b. 香港 c. 廣州

數獨

數獨的規則很簡單。一個 4x4 的正方形必須填滿 1-4 的數字，每行橫豎數字不得重複。

	1	4	
	3		2
		3	

(答案在封底)

Chinese Lantern Project 明燈計劃

Torbay Multicultural Network

CLP team was invited by Torbay Multicultural Network to join the Paignton Community Hub at the Paignton Library on 6 June. Torbay Multicultural Network is a voluntary group working with different organisations within Torbay to support the local ethnic minority community to tackle social inequalities triggered by racial and ethnic prejudice and discrimination. Our work with the network is to support the Chinese speaking community.

Stall holders in the Paignton Community Hub included Healthwatch, Digital Health Devon, Age UK, Eat That Frog, What's your problem, Samaritans, Exeter Community Energy, Torbay Community Helpline, Devon Clinic CIC, Citizens Advice, South Devon College, Volunteer Torbay and more. We introduced them to our CLP Helpline service and On-Your-Side – Hate Crime Reporting Service and established contacts with some of these organisations. A new community member visited us at the event, became a member and applied to be a volunteer. She was highly interested in having the opportunity to support the Chinese community in the area. Thank you to Torbay Multicultural Network for supporting our organisation at this event.



Torbay 多元文化網絡



明燈計劃獲 Torbay Multicultural Network 邀請參與他們在 6 月 6 日在 Paignton 圖書館舉行的 Paignton Community Hub。

Torbay Multicultural Network 是一個支持 Torbay 當地少數族群社區的志願組織。他們跟區內的不同組織合作，幫助少數族群社區應對由種族或民族偏見和歧視引發的社會不平等問題。而明燈計劃團隊跟 Torbay Multicultural Network 一起合作支持 Torbay 區內的華人社區成員。

參與是次 Paignton Community Hub 活動的包括：Healthwatch、Digital Health Devon、Age UK、Eat That Frog、What's your problem、Samaritans、Exeter Community Energy、Torbay Community Helpline、Devon Clinic CIC、Citizens Advice、South Devon College 和 Volunteer Torbay 等等。我們向這些組織介紹明燈熱線服務和 On-Your-Side 仇恨犯罪舉報服務，並與各組織建立交流和連繫網絡，方便日後更好為區內人士服務。我們亦很高興在活動中認識一位社區成員，她更主動地即場登記成為我們明燈計劃的義工及華康會的會員。她非常熱心並高興能有機會為區內華人服務。最後，再次多謝 Torbay Multicultural Network 在活動中對我們的所有支持和幫助。



Liz Bayram, Chief Executive of Advice UK, visited our office in Fishponds to meet our staff.

Advice UK 總裁 Liz Bayram 親臨我們在 Fishponds 的辦公室並與我們的員工會面。

Food and Nutrition Project

國際美食烹飪班

On 26th April, Bristol Meets the World project organized a diversity Eid Party at St. Paul's learning Centre. Eid in Arabic means 'Feast, festival, holiday.' Eid is a worldwide festival and celebration for Muslims. During the calendar year there are two Eids that are celebrated by Muslims. Eid ul Fitr, which means "festival to break the fast", is at the end of the holy month of Ramadan in which Muslims fast for a whole month.

BMTW's Eid party features 20 participants from China, India, Pakistan, Bangladesh, and Jamaica. Everybody enjoyed the meals and the gathering.

Asma from Bangladesh Bristol Women's group cooked a dish, Ilish macher patur, which is the national dish of Bangladesh. It is made with ilish fish which is marinated with ground spices and then wrapped in banana leaves. It is then either steamed or roasted. Participants used one word to summarise the event: **connection**. Although it was a Muslims' event, participants especially older people, can learn and gain something new. This was a chance for them to go out and helped with reducing loneliness and isolation.

BMTW's next special cultural event – Dragon Boat Festivals at Colliers Gardens on 29th June 2023. Through working collaboratively with Colliers Gardens, the features will be a series of cultural and special events: singing performances, traditional dumpling taster session as well as making dumplings workshop and jewellery making workshop alongside with a vegetarian Chinese/Western buffet. We hope that we can bring along lots of love and happiness to either the Chinese elderly or the local elderly so that we have a good time celebrating the special day together.



4月26日，國際美食烹飪班在 St. Paul's 中心組織了一場多元化的開齋節派對。開齋節在阿拉伯語中的意思是“盛宴、節日、假期”。開齋節是全球穆斯林慶祝的節日和活動。每年穆斯林慶祝兩個開齋節。Eid ul Fitr，意思是“慶祝齋戒結束的節日”，是穆斯林齋戒整整一個月之後，在齋戒月結束時舉行的盛宴。

國際美食烹飪班的開齋節的特點是 20 多名參與者是來自中國、印度、巴基斯坦、孟加拉和牙買加等各不同的地區。每個人都喜歡當天食物和聚會。

來自孟加拉婦女團體的 Asma 烹製了一道名為 Ilish macher patur 的菜餚。這是孟加拉國的國菜。主要的材料是魚，用磨碎的香料醃製後再用香蕉葉包裹，以蒸或烤的方式煮熟。參與者用同一個詞來概括此次活動：社區之間的緊密聯繫。雖然這是一次穆斯林活動，但參與者來自不同社區，尤其是常長者們可以從中學習新的東西，同時減少孤獨感和孤立感。

國際美食烹飪班的下一個特別文化活動——6月29日在高麗花園舉行的端午節聯歡會。透過與高麗花園合作這將是一系列的文化和特別活動：歌唱表演、傳統粽子品嚐會、包糰工作坊、珠寶製作及中/西式素食自助餐。我們希望為華人和當地長者帶來更多的愛和歡樂，讓我們與參與的長者一起度過這個特別的日子。



An updated news from BMTW team – Anne Su project lead of Bristol Meets the World project attended a 5-weeks Food & Cookery Programme for older people experiencing food insecurity and/or social isolation.

“I am pleased to have this opportunity to upskill my ability to explore the positive impact of inter-generational cooking and learn about older people's friendly diets, inc. nutrition, texture and cost. During the programme, I worked with Bristol's top food educators and chefs e.g. Mr. Barny Haughton, funder and director of Square Food school and Mr. Josh Eggleston who was famous for the 'Restaurant goes all wrong' programme leader and owner of 5 restaurants.

Once I am successfully accredited at the end of programme, I will be a confident 'food leader with the skills and knowledge to deliver food and cookery sessions for members of the Chinese Community Wellbeing Society and the Chinese community.”

In July and August, there will be a few food and nutrition cookery sessions on the topic of 'Cultural food on Budget'. These sessions are co-designed with Dementia and Winter Glow projects. Exact details will be posted in our social media and broadcasted to members.



來自國際美食烹飪班的最新消息 – 該項目的負責人 Anne Su（蘇小姐）參加了為期 5 週的烹飪學習提升班。該課程是針對來自不同社區經歷糧食不安和/或社交孤立的長者而設。

「我很高興有這個機會提高我的能力，探索隔代烹飪的積極影響，並了解與長者健康飲食有關的食譜設計，包括營養、食材和成本。在學習期間，我與布里斯托的頂級食品教育家和廚師合作，例如 Barny Haughton 先生是 Square Food 學校總裁和創立人，還有著名腦退化症節目「餐廳全都出錯」項目負責人- Josh Eggleston 先生。他也是 5 間高檔連鎖餐廳的老闆。

我期望在成功獲得認證後，我將成為一名自信的

的，具備技能和知識的「營養美食項目的領導人」，能為華人社區和華康會會員提供食物和烹飪課程。」

在 7 月和 8 月期間，我們將與華康會的 Dementia 和 Winter Glow 項目共同設計一些以“低廉的文化美食”為主題的食品和營養

烹飪活動。詳情將通過華康會的社交媒體和會員廣播發佈。

Dementia Library 腦退化圖書館

CCWS has set up a library at Vassall Centre that is dedicated to people living with dementia and their carers in the Chinese community. This library has books, games and resources in traditional Chinese. Our community is welcome to visit the library and it is open every Monday from 10 am – 2 pm. Please contact Kelly or our staff if you are interested.

華康會在華素中心設立了一個專為華人社區腦退化症人士和照顧者而設的圖書館。內有中文書籍，中文遊戲和資訊。歡迎你來使用。圖書館的開放時間為逢周一上午十點至下午兩點。

查詢請聯絡 Kelly 或華康會職員。



Dementia Projects 腦退化症項目

CCWS has been working in partnership with various organisation to provide a series of workshop on dementia for our members and people living with Dementia, and their carers. Below are some of them.

NHS CT IA – funded by Dementia HIT



This is a pilot project to deliver a series of physical activities dedicated to better support people living with dementia (PWD) and their carers. Four types of exercise are provided including Qigong sessions; Pelvic Floor Muscles Exercises; Group Walking sessions; Gentle Dance sessions. We aim to build up a Dementia friendly environment and a healthier lifestyle for our service users in the Chinese community. Please contact us for an initial assessment and we will try our best to tailor our service to suit your individual needs and support you.

ESEA DaSH – The funding for the ESEA DaSH pilot project has been extended for another 6 months, thanks to our management team and the Dementia team. We work hard to deliver four information workshops for dementia carers as well as setting up the new Dementia library – a resource for the public and the Chinese community with books and games in traditional Chinese. If you wish to learn more about the library or the dementia projects, please contact CLP helpline or Kelly on 07726 938394.



Let's work together for living well with Dementia!

華康會一直在與合作夥伴一起為會員、腦退化人士和他們的照顧者提供一連串有關腦退化症的工作坊。下面是其中一些。

NHS CT IA (國民醫療社區機構參與的介入活動)

– 由 DEMENTIA HIT 贊助



這是我們開展的一個試點項目，專為腦退化症患者 (PWD) 及其照顧者提供更好的支持而開展的一系列體育活動。項目提供了四種不同的活動，包括氣功；骨盆底肌肉鍛煉；集體步行；輕柔舞蹈。我們的目標是為華人社區的服務使用者營造腦退化症友好環境，從而建立更健康的生活方式。請聯絡我們以進行初步評估，我們將盡力為你度身定制合適的支持。

ESEA DaSH (東亞、東南亞護理人員支援小組) 在管理層和腦退化症團隊的努力下，東亞、東南亞護理人員支援小組試點項目的贊助獲得延長 6 個月。因此我們可以為腦退化症護理人員舉辦四次的信息研討會及設立新的腦退化症圖書館——一個專門為公眾和華人社區而設的圖書館，提供繁體中文的書籍和遊戲。如果你了解有關圖書館或腦退化症項目，請致電明燈熱線或 07726 938394 聯繫 Kelly。

讓我們一起努力幫助腦退化症患者創造更美好的生活！

Care Support Services 陪護服務



In May and June, we worked in partnership with Carers Support Centre and organised a series of 'Walk and Talk' activity at Eastville Park. Stacey, our support worker led the walks and showed us a lot of different trees, flowers and birds. We discussed different recipes of wild garlic and in the meantime, we offered a listening ear and provided information to support them in their caring role. We received very positive feedback from the carers who joined the walks. They had very a great experience and really enjoyed the time together with other carers. Some of them didn't visit the park before even they have been living in the area for years and just realised how big and nice the park is through our activity.

於 5 及 6 月份, 我們與 Carers Support Centre 合作在 Eastville Park 舉辦了一系列的「邊走邊說」活動。



Stacey, 我們的支援人員帶領步行, 沿途向我們講解了不同的樹木、花卉 和鳥類。我們討論了各種野蒜的烹調方法, 與此同時細心聆聽及為照顧者提供了有用的資訊, 以支援他們作為照顧者的角色。我們獲得參加者們非常正面的反饋。他們與同行照顧者享受了美好的時光, 以及獲得了很好的體驗。部份參加者雖然在這地區住了很久, 但也是透過今次活動才知道原來這裡有一個又大又美的公園。



Casework 個案服務

We bid farewell to our colleague, Heriaty Holt, in January 2023 after being with us for over 12 years. We are sure the whole community will join us in showing our appreciation for her effort and dedication. We wish her all the best for the future. Frida has been appointed as the Senior Caseworker and is being ably supported by Qianyi as the new Trainee Caseworker. We do not expect any disruption to our Casework Surgery provision, which successfully completed its latest AQS inspection in March 2023, again demonstrating our commitment to providing a high-quality service.

在與我們共事 12 年多之後, Heriaty Holt (高級個案工作員) 於 2023 年 1 月與我們告別。我們相信整個社區都會和我們一起, 對她為華康會所作的努力和貢獻表示感謝。我們祝願她未來一切順利。Frida 已獲升任為高級個案工作員, 並有滿有才幹的 Qianyi (新的見習個案工作員) 協助。預料我們的個案工作服務不會受到任何影響。此服務已於 2023 年 3 月成功地通過了 AQS 檢測, 再次證明我們對提供高質服務的承擔。

Party on the Green 綠地聯歡派對



The Right Honourable Lord Mayor of Bristol Paul Coggin and his Lady Mayoress Deborah visited our stall.



布里斯托市市長 Paul Coggin 閣下和妻子 Deborah 到我們的攤位參觀

Bristol Cathedral invited our organisation to participate in 'Party on the Green' on Sunday 18 June, a day of free live music and festivities on Bristol's College Green. As a community organisation which has been established in Bristol for 33 years, we were asked to represent the Chinese speaking community in the city. It was a great fun day for all the Bristol communities who visited our stall and got involved in our activities including a quiz about the history of CCWS in Bristol and the art of Chinese calligraphy writing. Our thanks to Wai Yee Hong Oriental supermarket for donating 2 Chinese tea sets to us for a prize draw for those who completed the quiz with all 6 questions correctly.

The Right Honourable Lord Mayor of Bristol Paul Coggin and his Lady Mayoress Deborah visited our stall to welcome and thanked us for participating. They were welcomed by our staff and volunteers by breaking Chinese fortune cookies.



Martha of Bristol Cathedral did the lucky draw for us.
布里斯托大教堂的代表 Martha 為我們主持抽獎。

布里斯托大教堂邀請我們參加 6 月 18 日星期日在 College Green 的“綠地聯歡派對”，一天包括免費現場音樂和慶祝活動的日子。作為在布里斯托成立已 33 年的社區組織，我們被邀代表本市的華人社區。對參觀我們攤位和參與我們的活動的所有布里斯托社區來說，這是非常有趣的一天。當日的活動包括考考你關於布里斯托文化歷史的小測驗和中國書法藝術。感謝偉義行東方超市捐贈兩套中國茶具給我們，讓在小測驗中答對 6 題問題的人都可參加抽獎。

布里斯托市市長 Paul Coggin 閣下和妻子 Deborah 到我們的攤位歡迎並感謝我們的參與。我們的工作人員和義工送他們幸運餅來歡迎他們。



Tea sets donated by Wai Yi Hong
偉義行送出的精美茶具



Answer to Quiz 考考你答案: c

Sudoku

數獨答案

1	2	4	3
3	4	2	1
4	1	3	2
2	3	1	4

2	1	4	3
4	3	1	2
1	2	3	4
3	4	2	1

Address 地址: **Spur 8, The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ**

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