



# 華康會

CHINESE COMMUNITY WELLBEING SOCIETY

社區快訊  
COMMUNITY'S  
VOICE

09/2023

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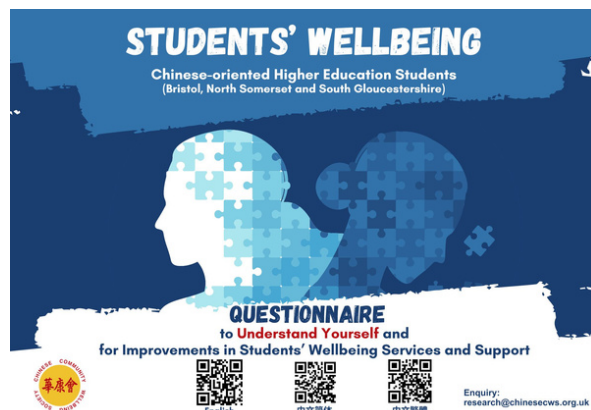
Chinese Lantern Project  
明燈熱綫  
0808 802 0012



COMMUNITY  
FUND

## STUDENTS' WELLBEING RESEARCH PROJECT 大專學生心理健康研究計劃

CCWS is delivering a project for higher education Mandarin and Cantonese speaking students in Bristol, North Somerset and South Gloucestershire to understand their state of wellbeing and what coping methods would be most suitable for them. Questionnaires in English, Simplified and Traditional Chinese versions are applied and available online for their easy access of filling the form. This survey will be conducted in the utmost of confidentiality and that any information will be kept private. The collected responses will be aggregated and anonymised that the data will only be accessible to the research team for further use of planning and to offer student wellbeing services and support. Please refer to poster for details.



華康會現正進行一項新計劃，是有關華裔大專學生的心理健康，服務地區包括

Bristol, North Somerset 及 South Gloucestershire。

有關調查將以問卷形式進行，設有中文和英文版本，並支援網上平台，更方便學生填寫。是次調查的有關問題均以匿名形式

作答，資料絕對保密，及只供學術研究小組，作規劃大專學生心理健康更佳的服務和支援之用。詳情請參閱宣傳海報，或掃描以下的二維碼。



English



中文簡體



中文繁體

## Our Services / 我們的服務



ENGLISH  
CONVERSATION  
CLUB  
英語會話班

STUDENTS'  
WELLBEING  
PROJECT  
大專生心理健康服務

DEMENTIA  
PROJECT  
腦退化症服務計劃

CASEWORK  
個案服務



# WINTER GLOW PROJECT

## 「冬之暖」計劃



We are thrilled to announce our successful funding partnership with the Quartet Foundation, which will enable us to offer essential support for our elderly community members and empower them to live independently in their own homes over the winter months. This support will encompass a diverse range of activities aimed at enhancing their wellbeing. On June 27th, we celebrated Dragon Boat Festival with our community members. We played quizzes and brain games and engaged in conversations that allowed us to build stronger relationships; and of course, we enjoyed the tasty traditional rice dumplings! On July 17th, we hosted a Fall Prevention Workshop to safeguard the elderly from falls and their potential consequences. The event covered key areas such as understanding risk factors, exercise, home safety, assistive devices and communication. Attendees received practical guidance to enhance safety and well-being, fostering a healthier and safer environment for our senior community members.

我們很高興宣佈與Quartet Foundation建立資助夥伴關係，使我們能為社區長者成員提供必要的支援，讓他們能夠於冬天提高自己在家中獨立生活的能力。這種支援將包括各種為提高他們整體福祉的活動。6月27日，我們舉辦了端午節聯歡會，跟參加者玩各種有趣的猜謎和激活腦力的遊戲，參加者都玩得很開心，亦拉近大家之間的距離。期間我們跟參加者作交流，以了解他們的情況，使我們跟他們建立鞏固的關係。當然為紀念端午節，我們也嚐了美味的傳統粽子！7月17日，我們舉辦了



「防跌工作坊」。工作坊的重點是為教導如何預防長者跌倒及其潛在影響。內容包括了解風險因素、運動和家居安全的重要、介紹輔助設施和溝通技巧。工作坊提供增強安全和福祉的實用指導，為我們的長者社區成員創造更健康、更安全的環境。

## CARE SUPPORT SERVICES (CSS) 陪護服務

In June and July, we provided counselling services to some carers who need emotional support through our Carers Fund Project. The service was one-off project funded by the Bristol Charities and provided by a counsellor who can speak Chinese and English. Most carers found the service very useful which helped them to reduce the stress and felt more positive about being a carer. The carers think that the counsellor being able to speak to them in their native tongue was very important, and a culturally sensitive counselling was a valuable service to them.



六、七月，本會透過照顧者基金計劃為有情緒支援需要的照顧者提供輔導服務。服務是Bristol Charities 資助的一次性項目，由一位能講中英文的輔導員主講。能以母語跟輔導員溝通，照顧者認為更能符合他們的文化需求。大部份的照顧者均認為，是次服務能減輕他們在提供照顧時遇上的壓力，並促進他們對要成為照顧者抱有正面積極的態度。

## CHINESE LANTERN PROJECT 明燈熱綫

### Silvertime Legal

CLP team worked with Silvertime Legal to organise a workshop on Inheritance Tax, Long Term Care Fees and Wills. Attendees gave overwhelmingly positive feedback that the workshop was informative and helpful. They learned various aspects of inheritance Tax, Long Term Care Fees and Wills. They reflected the Q&A session could be longer. Many expressed keen interest in delving deeper into these topics and enquired the possibility of having another workshop soon.



### 法律講座

華康會與Silvertime 法律事務所合辦講座，講解關於遺產稅、長期照護費和遺囑等議題。參加者表示講座提供內容充實並加深他們對遺產稅、長期照護費和遺囑等的認識。參加者反映，是次講座發問時間過短，希望下次問答環節能提供充足時間。最後，參加者均希望日後能舉辦更多類似講座，並期望內容更豐富詳細。



## Fire Safety talk in Weston-Super-Mare

CLP team invited the Avon Fire and Rescue Services to host a home fire safety talk for our community members in Weston-Super-Mare. Participants better understood fire safety practices and showed their keen interest in free home fire safety visits and the dementia wristband. The warmth and kindness displayed by the attendees were remarkable. Many suggested CCWS to organise more events in the Weston area and assured us of their full support.



## 濱海韋斯頓-講座

華康會邀請 Avon Fire and Rescue Services 在濱海韋斯頓舉辦家居消防安全講座。

參加者認為講座增進了他們對家居消防安全的了解。他們對免費家居消防安全檢查和腦退化腕帶均感興趣。講座後與會者留下來跟講者和本會工作人員交流。他們表現熱情友善，更希望華康會在韋斯頓地區組織更多活動，並表示將全力支持華康會。



## Torquay Energy Saving Workshop

As part of our Energy Awareness work CLP team had a workshop in Torquay with Exeter Community Energy(ECOE) and Torbay Citizens Advice Bureau(TCAB) for the Torbay community. Sarah from ECOE (left) shared useful energy saving tips such as switching off all sockets if no electric devices are used; putting foam strips into leaky areas along doors and windows to prevent heat loss; using LED bulb etc. She also displayed various energy saving devices and, with Naomi from TCAB, shared where to get energy saving advice. They introduced their services as well. Participants shared their energy-saving practices that impressed the speakers. Both participants and speakers suggested we could hold the workshop again in wintertime.

## Torquay 節約能源講座

讓大眾認識節能的重要是明燈熱綫團隊的工作之一。早前我們與Exeter Community Energy(ECOE) and Torbay Citizens Advice Bureau(TCAB)在Torquay為社區人士舉辦節能講座。ECOE的Sarah（圖左）分享節能貼士，包括不使用電器時要把插座關掉、門窗漏風處塞上海棉條、使用節能燈膽等。她還介紹各類的家用節能小裝置，並與TCAB的Naomi分享在哪裡可獲節能建議及介紹他們的服務。參與者積極分享在家的節能方法，令講者驚訝他們的節能知識如此豐富。大家還建議本會冬天時再辦類似講座。



## FOOD AND NUTRITION PROJECT

### 國際美食烹飪班

'Bristol Meets the World' project has entered its 4th phase. On 25th July and 3rd August, we collaborated with Feeding Bristol, our Dementia Project and nutritionist to deliver Chinese elderly members two special sessions: 'Cultural Meals on Budget' and 'Cultural Dementia Nutrition Workshop'. Two special recipes were introduced. One is lentil soup made with frozen vegetables/tin tomatoes; another is tuna fish pie with mixed



spices and sweet potatoes. Lentil is a very common ingredient in India, Pakistan, and other Asian countries but not in Chinese traditional cuisine. Chinese elderly had previously wondered whether lentil soup was good for them but they found in the sessions that lentil was nutritious: rich in mineral and protein, low in fat, high in fibre and good for digestive health. One participant said, "I have been diagnosed with lung cancer and sometimes lose my appetite. My taste bud has been dysfunctional caused by my illness and meditation. I have been finding an affordable and nutritious ingredient to meet my dietary requirements, and have now learnt of lentil nutrition. Thanks BMTW project and the guest speakers." BMTW will liaise with nutritionists and professionals to support Chinese, Bangladeshi, Pakistani and Sikh older communities with tailor-made recipes.

「Bristol Meets the World」項目已踏入第四個階段。我們於7月25日和8月3日與Feeding Bristol、華康會的BAME腦退化症計劃團隊和營養師合作，為華人長者舉辦兩場講座，主題為「經濟文化餐」和「具文化特色的腦退化症營養工作坊」。講座中我們介紹了兩款食譜，包括用冷凍蔬菜/罐裝番茄跟扁豆煮湯；另一款是吞拿魚跟番薯和香料混合製作而成的魚餅。扁豆是印度、巴基斯坦和一些亞洲國家的常見食材，但在中國傳統烹飪中並不常見。曾有華裔長者想知道扁豆湯是否適合他們食用。不過，來參加我們舉辦的講座後，長者們發現扁豆營養價值豐富，含豐富礦物質、蛋白質且低脂，尤其扁豆纖維含量高，對消化健康有幫助。



一名參加講座的長者說：「我最近被診斷患有肺癌。由於病情和藥物影響關係，我有時會食慾不振，味蕾失去功能。我不斷尋找負擔得起而又營養價值豐富的食材，以滿足我的飲食需要。很高興參加今次的講座，感謝 BMTW 項目和嘉賓講者讓我學到很多，特別是有關扁豆的營養價值和食譜。」

BMTW 還將與營養師和專業人士聯絡，在不久將來為孟加拉、巴基斯坦和錫克教社區的長者提供量身定制的食譜。



# DEMENTIA NUTRITION

## 腦退化症營食篇

On 3rd August, the BAME Dementia project and Bristol Meets the World (BMTW) project held a joint workshop 'Cultural Dementia Nutrition Workshop' at the Vassall Centre. The session which involved an informative talk from a nutritionist about what foods help to keep your brain healthy and how to still enjoy healthy cultural foods on a budget. This workshop, helped to promote dementia prevention and informed participants of how they could continue to enjoy tasty foods whilst living a healthy and sustainable lifestyle (during this cost-of-living crisis).

In the second half of the session, Anne Su, Project Lead of the BMTW project led a session on how to make tuna and sweet potato fishcakes. Participants were invited to make their own fishcakes with an assortment of healthy herbs and spices. During the sessions, tasters of a berry smoothie were also given out for participants to try.

"I really enjoyed the session as I have learned valuable information from the Nutritionist regarding the healthy eating for prevention dementia; and most importantly after the theory part, we have had a chance to make tuna fish cake(fish is one of the ingredients good for preventions dementia). It's really different from others who organised similar workshops which we were just passive to absorb the theory tips/information but never had an opportunity to have a go, especially we can share the dishes with other participants at the class. Thanks to BAME Dementia project and Bristol Meets the World project."



8月3日，BAME（黑人、亞裔和少數族裔）腦退化症計劃與「Bristol Meets the World (BMTW)」項目在 Vassall 中心合辦「具文化特色的腦退化症營養工作坊」。營養師的演講內容非常豐富實用，包括有哪些食物可助保持大腦健康、如何在預算內仍可享用健康而地道的美食。工作坊除了推動如何預防腦退化症，更告訴參加者享用美食的同時，亦可過健康而可持續的生活（尤其在現今生活成本高漲的時期）。工作坊的下半場，BMTW項目負責人Anne Su主持製作吞拿魚番薯魚餅環節。參加者用各種健康的香草和香料製作自己的魚餅，他們更有機會試飲漿果沙冰。一名參加者說：「我真的很喜歡這工作坊。從營養師處我學會關於預防腦退化症的健康飲食貼士。最重要是理論部份後，我們有機會製作吞拿魚魚餅（魚是預防腦退化症的有益食物之一）。工作坊跟其他機構舉辦的類似工作坊不同，在別的工作坊我們只能被動吸收理論知識，從無機會參與製作和試食，尤其我們可以與課堂上的其他參加者分享美食。感謝 BAME 腦退化症計劃和Bristol Meets the World項目。」

## STAFF NEWS

### 員工動向



I believe a lot of you might have already know that I had resigned in early August and I am now in Hong Kong. To resign was a difficult decision to make but my elderly mother certainly takes priority over my other commitments. I am proud to be part of the CLP team and CCWS. I thank CCWS for giving me the opportunity, challenges and training in the past five years of service which have greatly enriched my life. No doubt, learning and growing is a life-long process and the older we get, the wiser we become. I have learned more than I have

hoped for. I sincerely thank the management and all my colleagues in the past years for helping me to grow to be the person I am now. I am more confident, experienced, and knowledgeable than I was five years ago. Your passion in serving the Chinese community has inspired and encouraged me to go beyond just doing a job. Thank you for all the support that have been extended to you. These five years has been a very special phase of my life. It has given me a great opportunity to know many of our lovely members, partners and friends. Getting to know each and every one of you is a bonus for me. It was a pleasure knowing you all and this has widened my horizon. I have learned a lot and gained lots of experience through my encounters with you and I deeply felt the support you had for CCWS and me. Nevertheless, I believe the friendship we have established will not stop here. I will surely remember the times when we had workshops, chats/laughter and food together. These will be sweet memories for me even if I might be living with dementia at my later years. I would truly cherish these memories. It has been a wonderful, satisfying and rewarding experience working with you and serving the Chinese community. I miss you all. I wish you all the best.

相信很多人都已經知道我已在八月初離職，現在身在香港。辭職是一個艱難的決定，但我年邁的母親無疑是需要我多些時間在她身邊。能夠在華康會工作和成為明燈熱綫團隊的一員是我的榮幸。感謝華康會在過去五年中給予我的機會、



挑戰和訓練，大大地豐富了我的人生。毫無疑問，學習和成長是個終生的過程，我們年紀越大，就越有智慧。我學到的東西比我期望的要多。我衷心感謝管理層和所有同事在過去幾年給我的幫助和支持，使我成為現在的我。與五年前相比，我是更自信；經驗更豐富；知道的更多。同事們對服務華人社區的熱情激勵並鼓勵我超越僅僅是把一份工作做好。感謝你們的包容和支持。這五年是我人生中一個非常特別的階段。我有機會認識各位華康會的會員，合作夥伴和其他的朋友們。很高興能認識你們大家。認識你們每一個對我來說都是一種收穫，令我的視野更闊更廣。透過與你們接觸和相處我感受到你們對華康會和我的支持，我學到了很多，也積累了不少的經驗。不但如此，我相信我們所建立的感情和友誼是不會停止的。我一定不會忘記我們一起參與研討會、聊天、歡笑和一起吃的時光。我珍惜這些回憶。我想即使我晚年可能患上腦退化，我將不會忘記這些甜蜜的回憶。與你們一起工作並為華人社區服務是一個難忘和有意義的經歷。祝你們一切順利，期待與大家再見。

Anna Leung left our organisation in August. She had been working in the CLP helpline team since October 2018. As a team member Anna helped us through the Covid pandemic and together with Kelly had to adapt to working from home during the lockdown period at very short notice. She helped the community and supported us at our events including on some weekends, outside of her usual work hours. I'd like to thank her for all her work, support and dedication. From myself and all her colleagues in our organisation, we wish her the best for the future. (by Joe)

今年8月，Anna離職了。自2018年10月起，她一直服務於明燈計劃熱線團隊。作為團隊一員的Anna，竭盡所能協助華康會渡過新冠疫情那段艱難歲月。她和Kelly要在很短的時間內適應封鎖期間在家工作的日子。她工作不辭勞苦，熱心幫助社區人士，樂於支持會內活動，包括在她非上班時間即周末也工作。我非常感謝她為華康會所做的一切，以及她對會務的支持和奉獻。我和華康會內所有同事，祝福她未來一切順利。(by Joe)

Our volunteer Elita graduated on 26th July in Bristol Cathedral. She graduated from the Certificate of Health and Social Studies at University of the West of England Bristol. Her parents attended her graduation ceremony and celebrated this incredible moment with her.

我們的義工 Elita 於 7 月 26 日在布里斯托爾大教堂畢業。她畢業於西英格蘭布里斯托大學健康與社會研究證書。她的父母出席了畢業典禮，與她一起慶祝這歡樂日子。



## REMINDERS

### 啟事

#### New annual membership fee

starting from 1st January 2024 will be £20 for those aged 60 or above; £40 for those from 18 to 59.

**會員費用更新** 由2024年1月1日起，60歲或以上人士入會費為£20；18歲至59歲人士為£40。

**CLP Conference** will held on Monday, 13th November 2023, from 11am to 3pm, at the Vassall Centre. CCWS members can register by calling 0808 802 0012. Further information will be shared in the next two weeks.

**明燈計劃總結會議** 將於2023年11月13日（周一）早上11時至下午3時於Vassall Centre舉行。

**New WhatsApp Community Group** : We will be using a new WhatsApp community group - **CCWS** to replace our old broadcast group which will stop to be used from September. All our project leads will share information and event posters in the new group. Please scan the QR code below to join the new community group. Any questions, please call us on 0808 802 0012. Thank you!

**最新WhatsApp通訊方法**：我們已啟用新WhatsApp社群「CCWS」，以取代舊的通訊發放群組。我們所有同事都會在新群組發放資訊和活動海報。請掃描右邊的二維碼以加入新WhatsApp社群**CCWS**。有任何疑問，請致電0808 802 0012與我們查詢，謝謝。



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



Free Helpline 免費電話熱線: 0808 802 0012  
Office辦公室電話: (0117) 935 1462



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