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## Chinese Lantern Project

明燈熱線

0808 802 0012



## Foreword

As we come towards the end of another year, the team from Chinese Lantern Project and the whole team from Chinese Community Wellbeing Society would like to thank all of our members, our community and all our partners with whom we have worked with in the last 12 months for their support and participation in our group's work. We would like to wish all our community and partners Merry Christmas and Happy New Year for 2024.

## 前言

在新的一年即將結束之際，明燈計劃團隊和華康會全人衷心感謝過去12年裡與我們合作的所有會員、社區人士和合作夥伴，感謝他們對我們工作的支持和參與。我們祝福所有社區人士和合作夥伴聖誕快樂和2024年新年快樂。



Chinese Community Wellbeing Society was presented **MTM Peaches Golding OBE Community Group Award** at MTM Awards Season 11 on 25th November, 2023. MTM Awards has been pioneeringly promoting and honouring diverse business, community groups and individuals who have excelled since its inception in 2012.



華康會獲選為 **MTM Peaches Golding OBE 最佳社區組合**。MTM 頒獎禮於11月25日在 Marriott, Bristol 舉行，今年已是第11屆。MTM 頒獎禮自2012年舉辦以來，致力帶領推動和讚揚傑出多元文化的商業單位、社區組織和個別人士。



## Our Services / 我們的服務



ENGLISH  
CONVERSATION  
CLUB  
英語會話班

STUDENTS'  
WELLBEING  
PROJECT  
大專學生心理健康計劃

DEMENTIA  
PROJECTS  
腦退化症服務項目

CASEWORK  
個案服務





# Annual General Meeting / 年度週年大會



We held our Annual General Meeting on 2 October. There was an update of the group's work and changes to the future.

Presentations were provided by Guest speakers Inspector Chris Green from Avon and Somerset Police and Karen McKenzie from Lloyds Bank .

2 new members were voted on to the Board of Trustees. Dr. Sunny Chan who is a Senior Lecturer at the University of the West of England and Alderman Royston Griffey, former Lord Mayor and retired Labour Councillor.

我們於 10 月 2 日舉行了年度週年大會。當天發佈並更新小組的工作進度及未來的改變。我們很高興邀請了演講嘉賓 —— Avon 和 Somerset 警察局的 Christ Green 督察和 Lloyds 銀行的 Karen McKenzie，來給我們的會員作主題講座。

大會上，更投票選出了 2 位新信託會成員，他們是西英格蘭大學資深講師陳浩雲博士和 前市長兼退休工黨議員 Alderman Royston Griffey 先生。



# Chinese Lantern Project 明燈熱線計劃



In November we held our Chinese Lantern Conference in the Vassall Centre with guest partners and speakers; Avon and Somerset Police Fraud team; Avon Fire and Rescue Service; UK Government Home Office; NHS Mass Vaccination Team and NHS Liver Service and Sirona Care and Health providing talks, information, support and health checks to our community members who attended the conference.

Also invited were the VIP guests: Acting Lord Mayor of Bristol- Councillor Steve Pearce; High Sheriff of Bristol - Sharon Foster JP; Anndeloris Chacon from Bristol Black Carers; Junior and Q Sheikh from MTM Awards; Michelle Meredith from Black South West Network.

We would like to say a big thankyou to all the partners and the VIPs who supported our conference with their contribution and volunteers from our community including university students who have supported us at our events, workshops and the conference throughout the year.

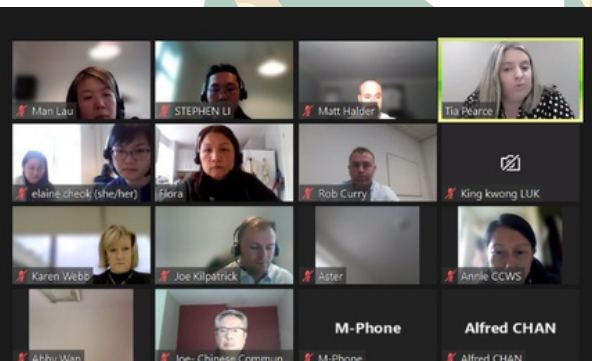
11 月，我們在華素中心與合作夥伴和演講者一起舉辦明燈計劃會議 2023。Avon and Somerset Police 防詐騙小組、Avon 消防救援服務、英國政府內政部、NHS 疫苗接種小組和 NHS 肝臟服務小組，以及 Sirona 護理與健康，為參加會議的社區成員提供講座、資訊、支援和健康檢查。

受邀出席的還有重量級嘉賓，包括布里斯托代理市長兼議員 Steve Pearce、布里斯托 High Sheriff Sharon Foster JP、Bristol Black Carers 的 Anndeloris Chacon、MTM Awards 的 Junior 和 Q Sheikh、Black South West Network 的 Michelle Meredith。

我們要向所有為我們的會議作出貢獻的合作夥伴和貴賓，以及我們社區義工（包括全年在我們的活動、研討會和會議上支持我們的大學生）表示衷心感謝。



## Taylor Wimpey Online Workshop / 線上工作坊



Our team worked with Taylor Wimpey the housebuilders to deliver an online workshop to the community. The Taylor Wimpey team provided a talk and information session on understanding the legal processes and financial requirements of buying a new home in the UK. The workshop was very well received with the potential for our organisation to deliver further workshops in the future.

我們團隊與建築商 Taylor Wimpey 合作舉辦線上研討會。Taylor Wimpey 團隊提供給我們社區成員在英購買房屋的實用資訊，包括所需的法律程序和財務要求等。研討會甚獲歡迎，足證我們有潛力在未來舉辦更多類似的活動。



## Events at University of Exeter 埃克塞特大學的活動

Our Volunteer (right) with INTO UOE Student Engagement Advisor  
我們的義工（右）跟埃克塞特大學 INTO 的 Student Engagement Advisor



CLP team was invited by University of Exeter (UOE) to join their three events - respectively, Welcome Week for international students at INTO of Streatham campus on 22nd September; Wellbeing Fair at Streatham again on 3rd October; and Wellbeing and Inclusive Fair at Penryn campus on 25th October. In these events, we approached more than 80 students from various Asian countries including China, Taiwan, Hong Kong, Macau, Thailand, Malaysia and Vietnam. Some of them had been studying at UOE for two or three years; some were postgraduate students recently arrived in the UK. Those new to the country said they encountered language and cultural barriers.

Students were very happy and excited to see a Chinese society - Chinese Community Wellbeing Society - providing help. They requested us to share more useful information about life in the UK especially for culture and language. Special thanks to students at Penryn. Most of them came to visit our stall and said it was difficult to find Chinese supermarkets or restaurants nearby. They hoped to

have more connections with CCWS and left us their contacts. We shared our helpline leaflets, Hate Crime booklets and On-Your-Side Reporting Service poster with all the students.

Special thanks to our volunteer in Exeter who helped at our stalls and accompanied us to visit Chinese supermarkets, shops and restaurants at Exeter where we left our helpline leaflets in three-different-language version. A few student applied for our volunteering work on the spot. It proved that volunteers have always been our most important support, and we are grateful to have their help.



Sue (left) from UOE Student Support: Transition and Integration Team introducing CCWS helpline service at their anti fraud session.

Student Support: Transition and Integration of Sue (左)在預防詐騙講座裡介紹華康會的服務。



CLP 團隊很高興獲邀參加 University of Exeter (UOE) 三個校園推廣活動：分別是 9 月 22 日在 Streatham 校園給國際學生舉辦的歡迎活動；10 月 3 日同在 Streatham 校園舉辦的 Wellbeing Fair；以及，10 月 25 日在 Penryn 校園舉辦的 Wellbeing and Inclusive Fair。

團隊在三個活動中接觸超過 80 名學生，他們來自亞洲不同國家和地區包括中國、台灣、香港、澳門、泰國、馬來西亞和越南等。他們有些來了兩、三年；部分為新來英的碩士生。對於初來埗到的學生，他們均感到有語言和文化差異。

但所有學生知道華康會這華人慈善組織在幫忙華人包括學生，都感到高興，更希望我們能多跟他們分享有用的英國生活資訊，尤其是文化和語言上的。特別多謝 Penryn 校園的中國學生，他們

大多來了探訪我們的攤位，並分享很難在學校附近找到中國餐廳和超市，希望跟華康會有更多聯繫和接觸。我們給所有學生派發明燈熱線單張、反仇恨小冊子和 On-Your-Side 單張。

我們亦要特別多謝我們 Exeter 的義工。她百忙中抽時間陪伴我們探訪在 Exeter 的華人超市、商家和餐廳。我們都在商家食肆留下明燈熱線單張。她亦兩次在 UOE Sharnham 校園的活動中幫忙。由於義工積極解答學生的疑問，有些學生受到影響即場報名成為我們的義工。所以說：義工從來都是我們華康會最重要的支援，很感恩有大家的幫忙。

UOE Equality, Diversity and Inclusion Advisor (Cornwall) Rae Preston



## Global Café Morning

CLP team was invited to join the international student orientation event "Global Coffee Morning" at University of West of England with Fraud Protect Officer Claire Bounds (right) from Avon and Somerset Police. Claire spoke to the Chinese students, highlighting the police's dedicated efforts to combat fraud, especially in cases where Chinese students have been targeted and suffered significant financial losses. We introduced our helpline service, shared resources and extended a warm welcome to students.

## 全球咖啡茶座

華康會很榮幸獲邀參加在西英格蘭大學內舉行的國際學生迎新活動——全球咖啡茶座。Avon 和 Somerset 警方代表 Claire Bounds 也一同出席活動，直接與學生溝通。特別是在中國學生成為詐騙目標並遭受重大經濟損失的情況下，她強調警方在打擊欺詐方面不遺餘力。

此外，我們介紹了我們的明燈熱線服務、分享我們的資料和歡迎學生們來到 Bristol。

A student was receiving our helpline leaflet and Fraud prevention booklet. 學生拿了我們的熱線單張和預防詐騙小冊子。



(from left) CLP team Joe, UWE Police Officer PC Simon Topps and Claire Bounds.  
(圖左起) CLP Joe, 學校巡警 Simon Topps 和 Claire Bounds。





# Students' Wellbeing project

## 大專學生心理健康計劃



CCWS's students' wellbeing project for higher education Chinese-oriented students in Bristol, North Somerset and South Gloucestershire has been launched and receiving good responses from the students. We have been working with University of West of England (UWE) and the Student Union in promoting students' wellbeing in their student events. A joint-organised event of 'Students' Wellbeing Get-2gether' will be held at UWE in January 2024 and we expect to collaborate with more functions in the future.

We are also working in good progress with the University of Bristol and other higher education institutes for promoting students' wellbeing. Apart from academic sector, we strive to explore every opportunity to get in touch with the students. We have successfully lined up with some popular bakery and cafe shops where we could set up the promotion stall. Students could obtain a coupon after completing a questionnaire.

華康會「華裔大專學生心理健康計劃」現已正式啟動，並獲大專學生廣泛支持。計劃服務範圍包括有 Bristol, North Somerset 及 South Gloucestershire。

我們現已與西英格蘭大學 (University of West of England, 簡稱 UWE) 及其學生聯會，在系列校園活動中推廣關注學生心理健康需要。來年 (2024年) 一月，還會聯同 UWE 在校園內合辦一個名為「學生心理聯誼」的聚會，期望將來會有更多跟大學合作舉辦活動的機會。我們也在努力尋求跟布理斯托大學及其他大專院校合作，一同推廣關注學生的心理健康需要，並很高興取得良好進展。

除學術機構外，我們亦致力開拓可直接跟學生接觸的機遇。我們正與商界合作，在廣受學生歡迎的烘焙及咖啡店設置專屬推廣攤位。學生在填妥問卷調查後，經抽獎有機會贏得免費現金券購買店內食品。參與的學生都非常踴躍；在提供寶貴意見的同時，他們亦因意外獲獎而高興！



STUDENTWELLBEING.CCWS





# Anticipatory Care Project



## 華人出院計劃護理服務

Anticipatory Care project supports discharged patients from East and Southeast Asian community in their recovery, by relieving pressure on them to understand and plan for self-care on discharge and to increase the availability of resources to them.

This project started in February 2023, we have arranged for our fully-trained care support workers to visit patient and provide short-term funded culturally sensitive care. Our workers will monitor their psychical and mental wellbeing and report to us for prompt following up.

Through our advocacy work, patients and carers reported feeling less stressed as their needs were communicated effectively and understood by hospital staff and having someone to explain the care plan in simpler terms. They are now able to recover and live independently at home, and do not need to be readmitted to hospital due to a reoccurrence of their conditions or new issues flaring up due to inadequate care.

We have also provided a range of training and support to carers, including recognising illnesses, falls prevention and manual handling etc, so that they are properly equipped to care for someone at home.

If you have family members or friends who are preparing to be discharged from the hospital and would like assistance during the process, please contact Chinese Community Wellbeing Society.

「華人出院計劃護理服務」幫助來自東亞和東南亞社群的康復者，在他們出院期間提供支援，減輕他們在了解和計劃出院護理時所面對的壓力，並增加他們獲得可用資源的機會。

項目於 2023 年 2 月推行至今，我們曾為出院康復者曾安排專業培訓護理支援人員到家探訪，並為他們提供切合文化需要的短期護理服務。護理支援人員密切留意康復者的身心健康情況，並向我們提交報告以便作出即時跟進。

通過我們的倡導工作，康復者和他們的照顧者均表示，感到所要面對的壓力減輕了。因為同事將他們的需要有效轉述予醫護人員，並用最顯淺、簡單的術語來向他們解釋他們的護理計劃。他們現在能夠在家中慢慢康復過來，並不再因問題再出現或出現新的問題而再度入院。

我們還為照顧者提供一系列的培訓和支援，包括對疾病的認識、如何預防跌倒、病人扶抱技巧等，使他們具備適當的能力照顧家中康復者。

如果你有家人或朋友準備出院，又希望在過程中得到協助，請與華康會聯絡。



## Care Support Services 陪護服務



On 27th November, we have organised Home Exercise Workshop for the carers and the person they are caring for to learn easy exercise to stay active and healthy in the cold winter. Our guest speaker Ms Lit (circle) who is Hong Kong registered Physiotherapist gave an informative and interactive session. Most of the participants commented the activity was excellent and would like more similar workshops in the future.

11 月 27 日，我們為照顧者及其所照顧的人舉辦了在家運動工作坊，讓他們學習簡單的運動，以便在寒冷的冬天保持活力和健康。我們的主講嘉賓是香港註冊物理治療師列姑娘（圓圈），她提供了一個內容豐富和互動的環節。大部份的參加者都認為是次活動非常出色，並希望將來有更多類似的工作坊。



# Dementia Projects 腦退化症服務項目



## **09/10 Workshop – Advanced Care Statement and Making Greeting Cards**

On the 9th October, CCWS held a workshop on 'how to create your own advanced statement'. This session helped raise awareness about potential care options and the importance and use of long term planning. Participants were encouraged to think about how they would like to be cared for in the future and what is important/a priority for them in order to make sure they can live long well and with dignity.

During the second half of the session, participants got involved in a more relaxing activity, making greeting cards. Participants thoroughly enjoyed the session and were able to tap into their creative sides!

A big thank you to all who came along and to Nilaari for helping to deliver the arts and crafts session.



## **30/10 Workshop – Male Dementia Carers Group and Empathy Suit Training**

On the 30th October, CCWS, joined with Bristol Dementia Wellbeing Service, to hold a male dementia carers group to provide information and support to male carers. The session helped the male carers to break down the culture and language barriers, so they were able to share experiences and advice with each other as well as gain some respite from their loved ones. We also linked up with Carers Support Centre who introduced their 'Walk & Talk' sessions to the

group with the potential for collaboration with CCWS in the New Year. A big thank you to the advisors from BDWS for the focus group session delivered.

In the afternoon, CCWS also arranged for Bristol Dementia Wellbeing Service to come and help deliver an 'empathy suit' training session. Designed to help people understand what it is like to walk in a patient/loved ones shoes, the empathy suit, through weights, restraints, goggles etc., taught our carers and care workers to be more empathetic and how to best support individuals facing physical, hearing and visual impairments. A valuable session for all involved!



## **20/11 – Lasting Power of Attorney Workshop**

On the 20th November, CCWS arranged a legal workshop open to all members on Wills, Inheritance Tax and Lasting Power of Attorney. Although, a taboo subject, participants were encouraged to join the session with an open mind. During the workshop, there was wide interest in this topic and participants were able to ask many questions and engage in lively discussion. Due to good feedback and high demand, CCWS will arrange a follow up session to this workshop sometime in the New Year. A special thank you to Wards Solicitors for delivering the talk.

If you would like further information on the dementia team or are interested in taking our dementia symptom checker or visiting our dementia library, please contact Kelly on: 07726 938394



## **30/11 – Dementia Awareness Session in South Gloucestershire**

On Thursday 30th November, CCWS collaborated with South Gloucestershire Chinese Association to deliver a dementia awareness and intervention session to the Chinese community in South Gloucestershire. A talk was delivered on understanding dementia, available support services provided by CCWS and an introduction to the CCWS dementia library. It was wonderful



to see participants engaged with the topic - with a majority of them willing to complete a brief initial dementia symptom checklist. Later in the session, participants also enjoyed a variety of activities including aromatherapy, making greeting cards and brain health games. It was a lively and enjoyable workshop with positive feedback from participants. Thank you to all who attended!



## 預先護理聲明和賀卡製作 工作坊（10月9日）

華康會舉辦「如何創建自己的預先護理聲明」工作坊，旨在協助提高認識潛在護理需求選擇和提前規劃的重要性的用途，鼓勵參與者思考他們未來希望得到怎樣的護理服務，以及對他們來說甚麼是重要的或優先的考量，以幫助他們能夠健康、有尊嚴地生活著。

課程後半段，進行了輕鬆而富創意的賀卡製作活動。參與者十分喜歡這環節，認為能激發他們的創造力！

非常感謝所有到場參與人士，以及 Nilaari 協助舉辦如此富趣味又輕鬆的藝術和手工藝活動。



## 持久授權書 研討會 （11月20日）

華康會安排了一場向所有會員開放的有關於訂立遺囑、遺產稅和持久授權書的法律研討會。儘管這是一個中國文化中的禁忌話題，但我們仍鼓勵參與者以開放心態參與。

研討會期間，與會者對此主題產生廣泛興趣，提出了許多問題並進行了熱烈討論。由於會議反饋良好且需求熱熾，華康會將在新的一年安排研討會後續會議。特別感謝 Wards Solicitors 的解說。



## 男士腦退化症護理人支援小組和「感受患者體驗」培訓（10月30日）



華康會與布里斯托腦退化症健康服務中心 (BDWS) 合辦男士腦退化症護理人討論小組，為男性護理人提供資訊和支援。這次會議幫助男性護理人打破文化和語言障礙，使他們能夠彼此分享經驗和建議，並從長照親人那裡獲得喘

息機會。我們還與護理人支援中心建立聯繫，向小組介紹了他們舉辦的「步行與交談」活動，並期待在新的一年可以共同合作為男性照顧者的身心健康提供支援。非常感謝 BDWS 顧問舉辦的焦點小組會議。

下午時段，華康會邀請布里斯托腦退化症健康服務中心幫忙舉辦「患者感受體驗」培訓課程，幫助參與者了解從患者角度出發，設身處地感受他們所感。透過重物、約束裝置、護目鏡等，教導護理人和護理工作人員更具同理心，以及如何更好地支持身體、聽力和視力有障礙的患者。對於所有參與者來說都是一次很有價值的學習！



## 南格洛斯特郡提高腦退化意識會議 （11月30日）

華康會與南格洛斯特郡華人協會合作，為南格洛斯特郡華人社區舉辦提高腦退化症意識和介入活動。

演講內容包括了解腦退化症、華康會提供的腦退化症支援服務，以及介紹華康會提供給腦退化症患者及其護理人員的圖書館。很高興看到參與者踴躍參與是次會議——他們中大多數人完成了簡短的初始腦退化癥狀評估。

隨後參與者也享受芳香療法、製作賀卡和大腦健康遊戲等活動。這是一次生動而有趣的研討會，得到了參與者的正面回饋。感謝所有出席人士！

如果您想了解更多華康會有關腦退化症團隊的資訊；或有興趣使用我們的腦退化症癥狀檢查器；或參觀和使用我們的腦退化症圖書館，請聯絡 Kelly：07726 938 394。



## Bristol Meets the World / 國際美食項目



In addition to the continued running of Bristol Meets the World, we also proposed to provide support to increase the digital inclusion of our partner's respective communities: Chinese, Pakistani, Sikh and Bangladeshi. Further to this, we had also reached out to a 5th community partner – the Afro-Caribbean community. From between April - November, we have organised 1 focus group discussion, 4 pilot digital inclusion workshops for the above communities respectively and set up 3 WhatsApp elderly e-support groups for the Bangladeshi, Sikh and Pakistani communities.

We prepared a few topics for them to select as priorities for their elderly members. We tried to identify the 'new skills' which can be basic skills e.g. accessing online resources, online feedback forms and cookery sessions for BMTW project or skills they use in their everyday life such as connecting with younger generations and the future needs of staying in touch with family overseas. Finally, the importance of online scams/risk awareness.

Having considered the limited capacity of the above communities, we agreed to not only provide taster sessions for the elderly (which would cover the above topics as much as possible), but we would also work collaboratively with key workers/volunteers from the above communities to set up e-learning support WhatsApp groups, which allow the elderly to ask questions when they try to access online resources. We have also linked up with the Age UK information team and Robot for Good C.I.C to provide a few tailor-made sessions: Are you AI ready? And Online Scam advice for older people.

'It was a very informative workshop and I enjoyed it as it's the first time for me to learn AI. Before I joined the workshop, I had not got any ideas in fact, AI has been applied to our daily life e.g. google assistant, Siri responds to voice commands and google maps and web chat etc. so I felt more confident with this technology (AI) and look forward to its future development for the elderly people' from Sikh community. 'I enjoyed the 'Are you AI ready' workshop today as it was organised at an accessible venue (City Centre) and worked collaboratively with Bristol Black Carers who have arranged a carer to assist me to join the discussion.' From Black Carer.

除繼續舉辦「國際美食烹飪班」，我們更致力提高我們合作夥伴在各自社區裡——包括中國、巴基斯坦、印度和孟加拉——的數位包容性。我們甚至聯繫了第五個社區合作夥伴——非裔和加勒比海社區。

4 月至 11 月期間，我們分別為上述社區人士組織了 1 次焦點小組討論、4 次數位包容試點工作坊，並為孟加拉、印度和巴基斯坦社區建立了 3 個 WhatsApp 長者電子支援小組。

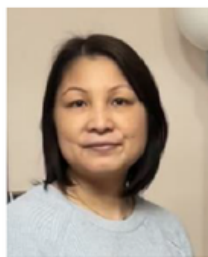
我們更為長者選擇了一些主題作為他們優先學習項目。這些主題都是有關於數碼基本技能，但對他們來說可能是「新技能」。例如存取「國際美食烹飪班」計劃的線上資源、線上回饋表和烹飪課程；或他們在日常生活中使用的技能，像與年輕一代和海外家人保持聯繫的方法。最後，是講解網路詐騙和風險意識的重要。

除了讓長者親自參與外，我們更與接觸上述社區的主要工作人員和義工合作，共同為長者提供體驗活動。例如建立電子學習支援 WhatsApp 群組，讓長者在嘗試存取線上資源時可提出疑問。我們也與 Age UK 資訊團隊和 Robot for Good C.I.C 合作，提供一些量身定制的研討會，題為「你準備好人工智能了嗎？」，以及針對長者的網路詐騙建議。

來自錫克社區的回饋：「我很喜歡這研討會，內容豐富，是我第一次學習人工智能。參與研討會前，我對人工智能沒有認識；事實上，人工智慧已應用到我們日常生活中，例如 google assistant、Siri 和網上聊天等，讓我對這項技術更有信心，期待它未來對錫克教社區長者的發展。」一名非裔護理人員說：「我很喜歡今天的『你準備好人工智能了嗎？』研討會，因為在一個無障礙場地（市中心）內舉行，並與 Bristol Black Carers 合作，他們安排了一名護理人員協助我參加。」



## NEW STAFF 新同事



Hi, I am Flora, I used to work on CCWS's CLP Project and now I am working for the Carer Team. 你好，我是Flora，我曾經在華康的明燈計劃工作，現在我是陪護服務小組一員。

Hello, this is new CCWS helpline assistant Man Lau.

大家好！我是華康會新員工 Man Lau，負責接聽熱線電話。



## REMINDERS 啟事



### Free Forgotten Songs and Stories concert tickets for our members

During the pandemic we collaborated with musician, composer and educator Daphna Sadeh to offer our members free tickets for concert of Lockdown Stories.

This time she invited Chinese community members to participate in another concert. The concert of Forgotten Songs and Stories originates from a workshop formed by an inspiring group of 15 South Asian, East Asian, African, Middle Eastern, South American, Jewish, Irish and Refugee women telling about migrants' stories of sense of belonging, love and marriage, from darkness and trauma to moments of hope and joy.

Priority for CCWS members. For registration and enquiry, please call CLP helpline 0808 802 0012. Show date and time: 31/1/2024 (Wed) 07:30pm Venue: Lantern Hall, Bristol Beacon, Trenchard Street, Bristol, BS1 5AR



### 華康會會員可免費獲取 <<被遺忘的歌曲和故事>>門票

華康會與 Daphna Sadeh 合作，邀請華人觀賞不同的音樂節目。疫情期間，我們曾合作邀請華人往觀賞<<封城故事>>音樂會，反應理想，今次我們再度合作的是<<被遺忘的歌曲和故事>>。這是一部原創新作品，由 15 位南亞、東亞、非洲、中東、南美、猶太、愛爾蘭和難民婦女組成的工作坊創作而成。音樂會內容豐富，記錄了移民到新家園和歸屬感的故事：從愛情和婚姻，從黑暗和創傷到希望和歡樂的時刻。

Daphna Sadeh 將會提供 **\*免費\*** 音樂會門票。如有查詢，請致電 0808 802 0012 與我們聯絡。

日期：31/1/2024 (星期三)

時間：晚上07:30

地點：Lantern Hall,

Bristol Beacon,

Trenchard Street,

Bristol, BS1 5AR

華康會會員優先報名。





**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.



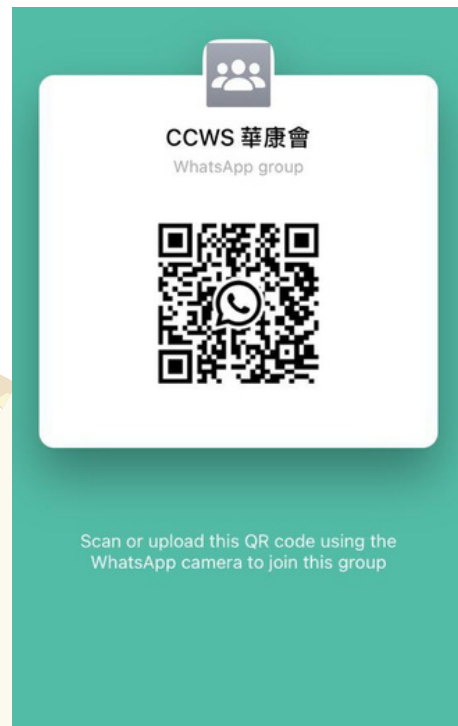
**會員費用更新** 由 2024 年 1 月 1 日起, 60 歲或以上人士入會費為 £20; 18 歲至 59 歲人士為 £40。



**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 leaders 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 查詢, 謝謝。



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



Email 電郵: [admin@chineseccws.org.uk](mailto:admin@chineseccws.org.uk)



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



Website 網頁: [www.chineseccws.org.uk](http://www.chineseccws.org.uk)



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