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Chinese Lantern Helpline
明燈熱線
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COMMUNITY
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SAVE THE DATE!

CCWS Health Check Day

6th September 2024 at Southmead Hospital

Please refer to Poster for more details

請預留時間!

華康會社區健康檢查日

9月6日在 Southmead 醫院舉行

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On Wednesday 24 July 2024, in a ceremony at the Bristol Beacon, our previous CEO and founder of this organisation was awarded an Honorary Doctor of Science by University of the West of England (UWE) for her work and contribution in supporting the Chinese speaking community in the Bristol, West and Southwest of England.

Rosa started helping women and their families from the Chinese community in the mid 1980s. She worked during the evenings and weekends, going out to support community members, many of whom were new families from Hong Kong who had migrated to the Bristol area in the previous years. She did this whilst still working full time and raising her own family. She helped many women and their families in gaining access to services in their local area and supporting them to overcome the language and cultural barriers. After several years in applying for some financial support for the community, she was successful in applying for a small grant to establish the organisation Bristol and Avon Chinese Women's Group in 1989. During the next few years as her workload to support the community increased, she had to give up her own job and dedicate her work to the Group. (Continued page 2)

Our Services / 我們的服務



CONVERSATION
CLUB
聊天茶聚

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



During the last 35 years Rosa has had to deal with the changing landscape of charity work; deal with the challenges of changing national and local governments and their policies; the uncertainties of world politics and the rise of new economic powers, which has influenced the changes in the different types of Chinese communities migrating from East and Southeast Asia, more than once.

These changes can affect funders and grant providers both in national and local levels. She has challenged service providers and authorities to understand and recognise the difficulties some of our community people have to deal with on a daily basis. Her influence with the work of service providers breaking down language and cultural barriers and improving the Health and Wellbeing of our community is ongoing.

35 years later, after changing our name to Chinese Community Wellbeing Society in 2022, our charity still continues with the work Rosa started. The Honorary Doctorate award from UWE was a big surprise but it is a recognition of all her work and the challenges she has had to overcome to ensure the Chinese speaking community are heard and supported. It was well deserved for all her dedication.

Rosa's award is also a testament to our community members past and present, some of whom have been our loyal members for most of the 35 years and she is very grateful to them for their loyalty. The Trustees and Steering Group for all their support and guidance, and the staff, especially Kevin who has worked with and supported Rosa for more than 20 years.



2024年7月24日星期三，在Bristol Beacon舉行的典禮上，我們的前任CEO兼創始人獲得了西英格蘭大學(UWE)頒發榮譽理學博士學位，以表彰她在支持布里斯托、西部和西南部華人社區方面的貢獻和努力。

Rosa自1980年代中期開始幫助華人社區的婦女及其家庭。她利用晚上和週末的時間外出支援社區成員，其中許多是當時從香港遷移到布里斯托地區的新移民家庭。她在做這些工作的同時，還要全職工作和照顧自己的家庭。她幫助許多婦女及其家人獲得當地的服務，並協助他們克服語言和文化障礙。經過多年努力申請，終於在1989年成功獲得資助，成立了布里斯托及愛文華人婦女會。在接下來的幾年裏，隨著她支援社區的工作量不斷增加，她不得不放棄自己的事業，全心投入婦女會的工作。

在過去的35年中，Rosa要應對慈善工作環境的不斷變化；應對國家和地方政府政策所帶來的挑戰；更要應對世界政治的不確定性以及新經濟力量的崛起，這些不止一次影響了來自東亞和東南亞的華人社區移民的類型。

這些變化影響到國家和地方層面的資助者和資金提供。她一直在面對服務提供者和當局，希望他們能夠理解和認同我們社區成員日常面臨的困難。她在打破語言和文化障礙、改善社區健康和福祉的工作持續發揮影響力。

35年後的今天，我們的慈善機構在2022年改名為華康會，依然秉持Rosa的精神並延續她的工作。UWE授予榮譽博士學位給她讓大家十分驚喜，這是對她所有工作奉獻和克服挑戰的認可，這份認可實至名歸。

Rosa的獲獎也是對我們過去和現在的社區成員的見證，當中有些會員已經忠誠地支持我們35年，她非常感謝他們的支持。感謝所有信託人和指導小組的支持和指導，以及工作人員，尤其是與Rosa共事並給予支持超過20年的Kevin。

Bristol Meets The World - Food and Nutrition, Summer Celebration

國際美食烹飪班項目 - 夏日慶典



Funded by



St Monica Trust

On Friday 28th June at the Vassall Centre, the BMTW project hosted a summer celebration event to mark the end of the project. Participants from the BAME communities attended the event which focused on health and wellbeing. The event included a talk on fall prevention, activity stalls (icing healthy cupcakes), a multicultural lunch buffet as well as a volunteer award ceremony to show our thanks and gratitude to all who dedicated their time to supporting the project. Thank you to all those who attended and helped out on the day! Thank you to our project funders St Monica's Trust.

6月28日星期五，國際美食烹飪計劃在華素中心舉辦了一場夏日慶祝活動，以慶祝該計劃圓滿結束。來自BAME社區的參與者參加了這次以健康和福祉為主題的活動。活動包括預防跌倒講座、健康甜點攤位（推薦健康紙杯蛋糕加羊奶糖霜）、多元文化自助午餐以及義工頒獎儀式，藉以向所有付出時間支持該項目的人們表達感激和謝意。感謝當天所有到場並提供幫助的人們！感謝我們是次計劃的資助者St Monica's Trust。



Bristol Meets the World Project 國際美食項目

Digital Skills Sessions 數碼技能課程

BMTW delivered three digital skills sessions with members of the BAME community, with the session with the Chinese community being co-delivered with the CLP team. Participants were taught skills including how to download and use Google Translate, how to scan QR codes, how to use WhatsApp, how to navigate social media and much more! Community members started the session lacking confidence in how to navigate technology but after careful teaching and support from our volunteers by the end of the session they had begun to master their newfound skills!

Participants rated the session as being valuable and mentioned that they would like to have further sessions to learn more.

Feedback included: "The session was excellent. I enjoyed the workshop and am happy with the new information that I have learnt."

"I thoroughly enjoyed the workshop and the patience of the tutors."

Thank you to all the volunteers who helped at the sessions – your patience and knowledge were much appreciated by all those who attended!

國際美食烹飪班計劃與BAME社區成員舉辦了三場數碼技能課程，其中針對華人社群的課程是與明燈熱線團隊共同舉辦的。參與者學習的技能包括：如何下載和使用Google翻譯、如何掃描二維碼、如何使用WhatsApp、如何瀏覽社群媒體等等！社區成員在活動開始時對如何駕馭技術缺乏信心，但在工作坊結束時，經過我們義工的細心教學和支援，他們已經開始掌握新發現的技能！與會者認為本次活動很有價值，並表示他們希望舉辦更多類似活動以了解更多資訊。

回饋包括：「活動非常好。我真的很喜歡這個工作坊，對我學到的新信息感到滿意。」「我非常享受這個工作坊和感謝導師的耐心指導。」

感謝所有在活動上提供幫助的義工—所有參與者都非常感謝你們的耐心和知識！



Food Safety Awareness Training 食品安全意識培訓

CCWS worked with Acorn Health and Safety and Saleh Ahmed to deliver two Food Safety Awareness Training sessions to the Chinese and South Asian communities respectively. The training sessions taught participants how to handle food safely, how to store and prepare food, high-risk foods etc.

Community members and volunteers who attended found in particular that they enjoyed the session because they could learn some really valuable worthwhile information. Participants also took an exam on the day of which all passed and received a certificate for their achievement.

Some feedback: 'It was good to have information about how to store the food properly and how to handle food properly. In particular, it was useful to know that you need to leave leftover food out for at least 2hrs before putting it in the fridge – I think this is particularly useful for our community as we are always reusing leftovers! It was also really nice to have the opportunity to gain a certificate which reflects the knowledge we learnt.'

華康會與Acorn Health and Safety和Saleh Ahmed合作，分別向華人和南亞社區舉辦了兩期食品安全意識培訓課程。培訓課程教導參與者如何安全處理食品、如何儲存和準備食品、認識高風險食品等。

參加的社區成員和義工特別喜歡這次活動，因為他們可以學到一些非常有價值的資訊。參與者還在當天參加了考試，並全部合格和獲頒發證書。當天的回饋：「很高興獲得有關如何正確儲存食物以及如何正確處理食物的資訊。特別是，我們學習到需要將剩餘食物放置至少2小時，然後將才其放入冰箱，這一點很有用 – 我認為這對我們的社區特別有用，因為我們總是重複食用剩菜！與會者很高興測試合格並獲得證書，證書反映了我們的學習內容。」

Dementia Projects 腦退化症服務項目

Dementia Power of Music Session 腦退化症小組：音樂力量活動



Since April, the CCWS Dementia Team has delivered monthly 'Power of Music' sessions for people living with dementia and their carers. Held in our dementia library, participants were introduced to the project before engaging in a discussion about what music meant to them. During the sessions, participants were given a chance to reminisce through listening to old Chinese music before engaging in a lively sing-a-long to their favourite Chinese songs! Attendees left the session feeling uplifted and happy after reminiscing about memories and music. Thank you to all who attended on the day and to The Power of Music Fund for funding these sessions.



自4月以來，華康會腦退化症團隊每月為腦退化症患者及其照顧者舉辦「音樂的力量」課程。活動在我們的腦退化症圖書館舉行，參與者先了解這個項目，然後討論了音樂對他們的意義。在活動期間，參與者有機會透過聆聽中國古老音樂來回憶過去，然後愉快地唱出他們最喜歡的中國歌曲！與會者回憶過去和聆聽音樂後，都感到振奮和快樂。感謝當天所有參加者以及音樂力量基金對這些活動的資助。

Bones and Joints Session 骨骼和關節健康小組討論



On Thursday 20th June, CCWS partnered with Catherine Jameson from the University of Bristol and Dr Flossie Carpenter, clinical lecturer, to deliver a session to the community on bones and joints. Members were able to ask questions about the bones and joint issues that affected them in their daily lives and get advice from Dr Flossie. The session received overwhelmingly positive feedback from participants who found the session informative, useful and engaging with the session being dominated by lively discussion. Feedback from the participants includes: 'This is a really helpful session since I could meet up with an expert to talk about my bone and joint problems.' 'Very informative and lively session of which I felt very comfortable and relaxed. Many thanks!' Due to the positive feedback and high interest in the topic, we hope to arrange another follow-up session in the future. Thank you to all those who attended and to Catherine and Dr Flossie for being wonderful guest speakers.

6月20日星期四，華康會與布里斯托大學的Catherine Jameson和臨床講師Flossie Carpenter博士合作，為社區舉辦了關於骨骼和關節的講座。成員們能夠詢問有關日常生活中影響他們的骨骼和關節問題，並從Flossie醫生那裡獲得建議。講座得到了與會者的正面回饋，他們認為資訊豐富、有用且引人入勝，討論氣氛熱烈。參與者的回饋包括：「這是一次非常有幫助的會議，因為我可以與專家會面，討論我的骨骼和關節問題。」內容豐富、生動活潑的講座，讓我感到非常舒適和放鬆。非常感謝！由於對主題的正面回饋和高度興趣，我們希望將來再安排一次後續會議。感謝所有出席的人以及出色的演講嘉賓Catherine和Flossie博士。

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

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症狀檢查表；或參觀和使用我們的腦退化症圖書館，請聯絡 Kelly：07726 938 394。

Care Support Services 陪護服務

Sirona Diversi-Tea Event 多元文化活動

We're thrilled to have participated in the Sirona Diversi-Tea event on 1st May at City Hall, highlighting Equality, Diversity & Inclusion Engagement. It was an absolute pleasure meeting various partners and engaging in conversations about our work within the community. Supporting such an essential initiative fills us with pride! Together, we can make a difference!

我們非常高興能參加Sirona於5月1日在市政廳舉辦的Diversi-Tea活動，是次活動強調平等、種族多元化和包容性。我們很榮幸結識了不同的工作夥伴，並就我們在社區內的工作進行對話交流。支持這樣一項重要的舉措讓我們感到自豪！齊心協力，我們可以帶來改變！



Older People's Community Fayre 長者社區資訊日

On the 7th June our team joined the Older People's Community Fayre at the Vassall Centre organised by Bristol Charities, we held a stall to showcase how we support the older community. It was lovely to see a lot of our community members visiting the event to find out what's on in the local area. We also brought two brain health games to engage with the attendees, they were popular although some people found them challenging. All the players enjoyed the fortune cookie as a reward for their hard work.

於6月7日，我們參加了Bristol Charities在華素中心舉辦的老年人社區活動，我們的攤位展示了我們如何支援社區的長者。很高興看到許多我們的社區成員到來參與活動，瞭解本地的情況。我們還帶來了兩個有助大腦健康的遊戲與參加者互動，儘管有些人覺得它們具有挑戰性，但遊戲非常受歡迎。參加者玩完遊戲後都得到幸運曲奇作為獎勵。



Carers Week Event 照顧者周

On 13th June, we attended the Carers Week Event organised by the Carers Support Centre at BAWA. The information we gained from the event will enable us to support the carers in our community better. Additionally, we had the opportunity to network with other participating organizations, and we hope to collaborate with them in the future to better serve our community. We were also delighted to see participants from our community, who left their contact information and expressed interest in volunteering with our society.

6月13日，我們參加了由Carers Support Centre在BAWA舉辦的Carers Week Event活動。我們在活動中獲得的資訊，可以幫助我們更好地支援我們社群的照顧者。此外，在活動中我們有機會與其他參加機構互相認識交流，期望將來能與他們合作，更好地服務我們的社群。我們也很高興見到來自我們社群的參與者，她們更留下了聯絡方法，並表示有興趣參與我們會的義工服務。



Students' Wellbeing Project 大專學生心理健康計劃



CCWS's Students' Wellbeing Project for Higher Education Chinese-oriented students has received wide acclaim among students and academic institutions including the University of West of England (UWE) and the student unions since its official launch in September 2023. We have collaborated with academic and commercial sectors in many activities and workshops. For instance, the 'Students' Wellbeing Get-2gether' held in UWE was a great success as the students improved their awareness of wellbeing and health through the fun games, personal sharing and tasting of Hong Kong-styled crusty buns.

Data collected from students will be analysed by relevant bodies and research teams. The results will be used to improve student wellbeing services and support. All student data will be anonymised and remain confidential and no personal information will be shared.

華康會「華裔大專學生心理健康調查項目」自2023年9月開始以來，得到了大專學生及學生機構的廣泛支持，包括西英格蘭大學 (University of West of England, 簡稱UWE)及大學的學生聯會等。期間與各大學機構共同協辦了十多項活動及工作坊，及與烘焙及咖啡店作了多次專屬攤位的推廣，例如在UWE校園內合辦的「學生心理聯誼」聚會，學生們在一系列的遊戲和聯誼活動中，加上港式美食的菠蘿包，同學們共渡開心時光的同時，更能關注及提升個人的心理健康素質。

本調查項目收集學生的資訊後，會進行深入的數據分析，是次調查的問題均以匿名形式作答，資料絕對保密。有關數據分析只供學術研究小組，作規劃大專學生心理健康更佳的服務和支援之用。



Hong Kong 'British National Overseas' Visa Holder Wellbeing Project 在英港人心理健康調查計劃

CCWS is conducting an online survey for the Hong Kong community with British National (Overseas) VISA in the UK to understand their state of wellbeing and what coping methods would be most suitable for them. All the responses will be aggregated and anonymised and kept strictly confidential. The data collected will be used exclusively to help improve wellbeing services and support to the Hong Kong BNO communities. Please refer to the attached QR code for more details and reference.

華康會現正舉行一個專為移英港人心理健康而設的網上問卷調查，目的是了解港人移英後的心理質素，與及相關最適合自己的舒緩方法。問卷結果將一切保密，及只反映給有關英國醫療機構，以改進及提升特別為移英港人而設的心理健康服務和支援配套。請參考附圖的二維碼作進一步參考及了解詳情。



Online questionnaire of new migrant of Hong Kong British National Overseas community wellbeing
網上心理健康問卷調查

NHS Cancer Awareness Focus Group

NHS 癌症意識座談會



As part of our Health and Wellbeing work, our community members were involved in providing information and feedback during a cancer awareness focus group talk session with the Patient and Public Engagement Lead from the NHS SWAG Cancer Alliance team. Our members who participated in the discussions found the talk and the information provided by the SWAG team very useful, enabling them to have a better understanding of the benefits of early diagnosis and how modern treatment and medication can improve the lives of people living with cancer.

We are very grateful to the NHS SWAG Cancer Alliance team on choosing our organisation to work with them on such a very important health topic which affects many of our community people. It is very important to know that our community is represented and our input to the talk sessions will help provide awareness and influence to the NHS about our community's health needs.

作為我們健康和福利工作的一部分，我們的社區成員參與由NHS SWAG Cancer Alliance團隊的Patient and Public Engagement Lead舉辦的癌症意識座談會，並提供了相關資訊和回饋。參與討論的成員認為講座和SWAG團隊提供的資訊非常有用，使他們能夠更好地了解早期診斷的好處及現代治療和藥物如何改善癌症患者的生活。我們非常感謝NHS SWAG Cancer Alliance團隊選擇我們的組織與他們合作，共同探討這樣一個影響許多社區居民的重要健康主題。知道我們的社區有自己的代表是非常重要的，我們在座談會上的意見將有助於提高NHS對我們社區健康需求的認識和影響。

Community Engagement 社區發展

Meet up with North Somerset Chinese community 華人社區見面會 - 北薩默塞特

On 16th April 2024 at Milton Baptist Church. CCWS organised a meet-up with the Chinese community in North Somerset, fostering a sense of unity and understanding. The event provided a valuable platform for community members to share their experiences and discuss their needs.

We were delighted to engage with the Chinese community and listen to their stories. The feedback was positive. Many attendees expressed a desire for future interactions and the establishment of regular meetings and workshops to address their needs.

Shazia and Jack from the Home Office National Community Engagement Team also attended the meet-up, taking the opportunity to converse with community members.

The event was a significant step towards building stronger ties and ensuring that the Chinese community in North Somerset feels heard and supported. We look forward to organising more regular meetings and workshops to continue this important work.

於2024年4月16日在Milton Baptist教堂，華康會在北薩默塞特舉辦了一次華人社區見面會，聆聽該區華人的需要。我們很高興能與華人接觸，聆聽他們的聲音，該次見面會收到他們正面的回饋。許多與會者希望華康會能夠多探訪他們，建議設立定期的見面會和講座。來自內政部全國社區參與團隊的 Shazia和 Jack也出席了此次見面會，並藉此機會與華人交流。這項活動在加強聯繫、確保華人的聲音被聆聽和支持。我們期待安排更多的定期見面會和講座，繼續這項重要的工作。



Meet and Greet in Exeter - Devon and Cornwall 華人社區見面會 - 德文郡和康沃爾郡

On 20th June 2024 at Southernhay United Reformed Church, CCWS organised a surgery in Exeter. We invited the Chinese community from Devon and Cornwall to come and learn about our charity's services. On the day of the meetup, several Chinese residents from Exeter attended and engaged in conversation with our team. They were pleased to learn about our organisation and expressed interest in finding services that suit their needs.

James DIFFEY from the Devon and Cornwall Police Diverse Communities Team also attended, meeting with the community to listen to their experiences with fraud and those of their friends. This first meetup in Exeter marks the beginning of our efforts, and we will continue our outreach work with Chinese communities.

於2024年6月20日在Southernhay United Reformed教會，華康會在德文郡和康沃爾郡舉辦了一場華人見面會。我們邀請華人前來了解我們的服務。當天，幾位來自Exeter的華人居民參加了見面會，並與我們的團隊進行了交流。他們很高興認識華康會的服務，並表示有興趣尋找適合他們需求的服務。警察局的多元化社區團隊的James DIFFEY也出席了見面會，並與社區居民進行了交流，聽取了他們及其朋友受騙的經歷。Exeter的首次見面會標誌著我們工作的開始，我們將繼續在華人社區進行外展工作。



Bristol Museum and Art Gallery Lunar New Year Festival

- Year of the Dragon 17-18 February

布里斯托城市博物館和美術館農曆新年 - 龍年慶祝活動

2月17 - 18日



We were invited again this year by Bristol Museums to join their 2024 Lunar New Year Festival. The museum arranged for many different activities and events for the whole weekend. Our staff and volunteers were involved with the activities by entertaining visitors and families with Chinese Calligraphy and paper folding. Dave arranged for visitors at our stall to have Chinese new year themed backdrop photographs taken. The event was for all community people from Bristol and visitors from outside of Bristol to come and celebrate the culture of Chinese and Lunar New Year. As usual our stall was one of the most popular during the weekend with many children getting involved with calligraphy and paper folding with their parents.

今年我們再次受到布里斯托博物館和美術館的邀請，參加他們2024年的農曆新年節慶活動。整個週末，博物館安排了許多不同的活動和節目。我們的工作人員和義工提供了不同的活動，以中國書法和摺紙的方式來娛樂訪客和家庭。Dave安排了主題拍攝，背景為中國農曆新年，供我們攤位訪客拍照留念。這個活動面向布里斯托所有的社區人士和外地遊客，讓大家能一起慶祝農曆新年和認識中華的文化。如往年一樣，我們的攤位在整個週末都非常受歡迎，許多孩子都和父母一起參與了書法和摺紙活動。

Legal Workshop Inheritance Tax

遺產稅法律研討會



On 26th February, CCWS delivered an information session on 'Inheritance Tax' with Wards Solicitors. Arranged due to high demand following a legal session on 'Lasting Power of Attorney' last Autumn, this session was a brilliant opportunity for attendees to gather information and ask any questions or concerns they had to expert legal advisors. One participant gave the following feedback about the workshop: "Thank you very much for this dedicated session where I could meet legal experts and find answers to my questions". Thank you to Clare from Wards Solicitors for delivering this talk to the community.

2月26日，華康會與Wards Solicitors舉辦了關於「遺產稅」的信息講座。由於去年秋天舉辦的「持久授權書」法律講座反響熱烈，因此安排了這場講座，給與會者提供了一個絕佳機會，瞭解相關資訊並向專家法律顧問提出任何問題或疑慮。一位參與者反饋，“非常感謝我們提供這次專門的會議，我可以在其中與法律專家會面並找到我問題的答案”感謝Wards Solicitors的Clare為我們社區發帶來這次演講。

International Women's Day 2024 國際婦女節



On the 2nd March, CCWS were invited to attend and celebrate this year's International Women's Day Event at City Hall. It was a great opportunity to network with other organisations and to engage with the public, helping to promote the group and to share information on our services.

Thank you to all the volunteers who helped on the day and for those who stopped by to visit our stall.

3月2日，華康會受邀參加並慶祝今年在市政廳舉行的國際婦女節活動。這是與其他組織建立聯繫並與公眾互動的絕佳機會，有助於宣傳該團體並分享我們服務的訊息。感謝當天所有提供幫助的義工以及前來參觀我們攤位的人們！

Warm Space Energy Advice Drop-in Session 能源與溫暖空間會議



Between January and March, CCWS delivered a series of 'energy desk' and 'warm space' sessions as part of the 'Warm Winter Project' funded by the National Grid 'Community Matters' Fund. Information and advice 'drop-in' sessions with the themes of 'energy saving tips', 'how to stay warm in winter' and 'energy myths' were all delivered with joint talks with Centre for Sustainable Energy and Bristol Energy Network also being arranged. A short series of 'warm space' sessions centred around the theme of Lunar New Year were also delivered on the 5th and 13th February, where attendees had fun making paper dragons, 'spring' origami and new year greeting cards to get into the festivities of welcoming the new year. Thank you to all those who helped to support the sessions and to National Grid for funding this project.

一月至三月期間，華康會舉辦了一系列「能源桌」和「溫暖空間」工作坊，作為國家電網「社區事務」基金資助「暖冬工程」的一部分。我們舉辦了以「節能秘訣」、「如何在冬天保暖」和「能源神話」為主題的資訊和建議「臨時」工作坊，並安排了與可持續能源中心和布里斯托爾能源網絡的聯合講座。

2月5日至13日，我們舉辦了一系列以農曆新年為主題的「溫暖空間」系列短會，與會者在製作紙龍、「春天」摺紙和新年賀卡活動中，感受農曆新年的喜慶氣氛，迎接新的一年。

感謝所有幫助支持講座的人以及國家電網為該項目提供的資金。

STAFF CHANGES 同事變動



Hello, I am Helen, your new CCWS Community Development Worker for Devon and Cornwall.
大家好！我是華康會新員工 Helen，負責德文郡和康沃爾郡的發展工作。

Qianyi left in June. We wish her well and thank you for Qianyi's help in the last 2 years.
倩儀於六月離職。我們祝福她一切順利，並感謝她過去兩年對華康會的付出。



New WhatsApp Community Group :

We are now using a new WhatsApp community group - **CCWS**. 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



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



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