



華康會

CHINESE COMMUNITY WELLBEING SOCIETY

COMMUNITY'S
VOICE
社區快訊

December 2024
2024年12月

Front page 封面	P.1
Health Check Day 6th September 9月6日社區健康檢查日	P.1-2
Annual General Meeting 周年大會	P.3-4
NIHR BAME Dementia Research Project and Launch NIHR BAME 腦退化症研究項目及啟動禮	P.5-6
Health Inequalities Project 促進健康平等計劃	P.7-8
Carers Support Services 陪護服務	P.9
Wellbeing Services Project 心理健康計劃	P.10-11
Staff Changes and Others 員工動向及其他	P.12



Chinese Lantern Helpline
明燈熱線
0808 802 0012



COMMUNITY
FUND

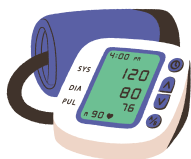


VASSALL CENTRE CLOSURE

Please note that the Vassall Centre will be closed from 23rd December 2024 to 3rd January 2025. The centre will reopen on 6th January 2025. The helpline service will be available starting 2nd Jan 2025.

華素中心暫停開放

請注意，華素中心將於2024年12月23日至2025年1月3日暫停開放，並於2025年1月6日重新開放。
華康會明燈熱線將於2025年1月2日重新提供服務。



Health Check Day 6th September 9月6日社區健康檢查日

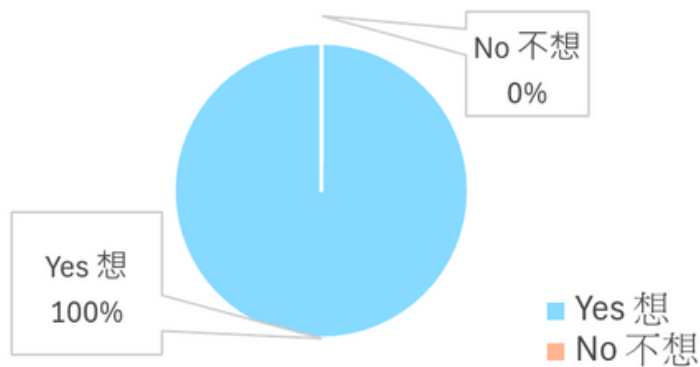


We arranged a Healthcheck day for our community in partnership with NHS North Bristol Trust and supported by Sirona. The event was planned over a 6 month period, 12 stall holders providing information on various health topics with some offering health checks and tests. It was very important to bring together our community and our health partners to learn more about the services and health checks available from NHS. It was also an opportunity for our health partners to learn more about the Chinese speaking community. By understanding our community more they can tailor and improve their services for us. We wanted our community to help improve their health and wellbeing by learning more about the health services available.

我們與 NHS North Bristol Trust 合作，並在 Sirona 的支持下，為社區安排了一次健康檢查日。該活動籌備為期 6 個月，有 12 個醫療合作機構提供各式各樣的健康信息，其中一些合作機構還提供健康檢查。將我們的社區和健康夥伴聚集在一起，並了解 NHS 提供的服務和健康檢查是非常重要的。這次是一個很好的機會，讓健康合作夥伴更了解華語社區。透過更了解我們的社區，他們可以為我們定制和改進服務。我們希望社區可以透過了解健康服務來改善他們的健康和福祉。



Would you like to take part in a similar event in the future?
你想再參加類似的活動嗎?



Sixty members of the community attended the event. When asked if they would like to participate in a similar event in the future, 100% of the participants said yes.

有六十位社區成員參加了這次活動。當被問及會否願意再參加類似的活動時，所有參加者都表示願意。



We received a very positive feedback from stallholders, volunteers and community people who attended. They also told us they would like us to organise another event in the future.

我們收到了合作機構、義工和社區成員的正面反饋。他們還告訴我們，希望我們未來能再舉辦類似的活動。

Participants 參與者

"I've never had the chance to attend something like this before. It's amazing to have all these services in one place. I hope it happens more often!"

我從來沒有機會參加這樣的活動。能夠在一個地方提供這麼多服務，真是太棒了。我希望這些活動可以經常舉辦！

"I learned so much today about my health, and I feel encouraged to take better care of myself."

今天我學到了很多健康知識，讓我更有動力去好好照顧自己。

"Thanks to the immediate interpretation service, I was able to access the health check today without any barriers."

多虧了即時的翻譯服務，今天我能夠無障礙地進行健康檢查。



Volunteers 義工

"The event was well-organised with relevant health information and helpful professionals. It provided valuable opportunities for the community to better understand their health, and I was pleased to be part of the volunteer team!"

這次活動安排得很好，提供了相關的健康資訊，和樂於幫助我們的專業人士。活動提供了寶貴的機會，令社區更好地了解健康資訊，我很高興成為義工團隊的一員！



Stallholders 合作機構

"What a wonderful day! We all really enjoyed getting to know the community a bit better and being able to help with some of their issues." 多麼美好的一天啊！我們都非常高興能夠更好地了解社區的需要，並能夠幫助解決他們的一些問題。

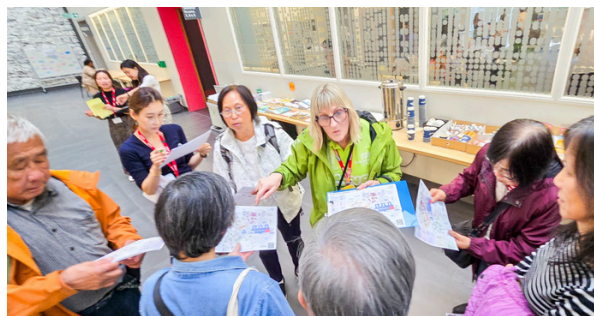
"Many thanks for organising this and to the interpreting team that supported our work, it was very busy and great to see this level of engagement from the community." 非常感謝華康會舉辦這次活動，也感謝幫助我們翻譯的人士，當日非常忙碌，能看到如此踴躍的參與，我們真的很高興。

Scan our QR code to access video on Health Check Day
掃描右邊的二維碼以觀看社區健康檢查日的影片



A hospital tour was also arranged that day. A dedicated hospital volunteer guided us through the hospital's operations, architectural features, and provided an overview of various departments. Participants were fully engaged and found it highly beneficial!

當天還安排了參觀醫院的行程，院方專人為我們介紹醫院的運作，建築特色，及各個部門的簡介等，參加者都投入其中，獲益匪淺！



Annual General Meeting 周年大會



Our Annual General Meeting was held on 30 September with an update from Joe our CEO on some of the plans for our future health and wellbeing work for our community and feedback from the Health Check day at Southmead Hospital.

We welcomed Chris Ross and Dr Zheng Ma to our Board of Trustees. Members re-elected to the Board of Trustees Poh Hooi Teoh, Amy Lo, Lisa Wan, Pauline Winn and Maria Choi to serve another term.

Our guest speakers were Dr Richard Cheston from University West of England to talk about the launch of the NIHR BAME Dementia Research Project Launch Event, a Dementia research collaboration between UWE and CCWS (see below) and Dr Charlie Kenward, Interim Deputy Medical Director for SevernSide Integrated Urgent Care from BrisDoc Healthcare Services to give a talk on urgent/emergency care of frail people.

We introduced our two new staff members Helen Yang (Community Development Worker for Devon and Cornwall) and Elita Li (Trainee Caseworker) to our member.



我們的周年大會於 9 月 30 日舉行，由行政總裁 Joe 介紹了我們未來在社區健康和福祉方面的一些計劃。他還報告了於 Southmead Hospital 舉辦的健康檢查日所收到的正面反饋。

我們歡迎 Chris Ross 和 Zheng Ma 博士加入我們的理事會。經會員選舉，Poh Hooi Teoh、Amy Lo、Lisa Wan、Pauline Winn 和 Maria Choi 連任理事會成員。

來自西英格蘭大學的 Richard Cheston 博士為我們講解 NIHR BAME 腦退化症研究項目啟動禮，這是西英格蘭大學和華康會合作的腦退化症研究項目(見下文)；來自 BrisDoc Healthcare Services 的 SevernSide Integrated Urgent Care 的臨時副醫療總監 Charlie Kenward 博士講解體弱人士的緊急/急症護理。

我們向會員介紹了本會的兩位新員工 Helen Yang (Devon 和 Cornwall 的社區發展工作者) 和 Elita Li (個案工作小組見習生)。

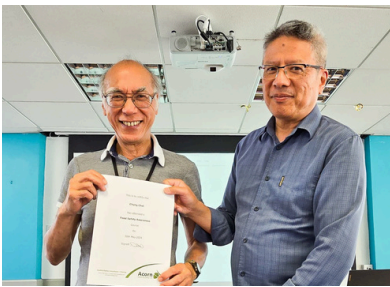


During AGM, we held a special volunteer appreciation to acknowledge the invaluable contributions our volunteers made to CCWS over the past year. We invited them to join the AGM, where they received certificates in recognition of their efforts. Every hour our volunteers gave has made a meaningful difference, and we could not have achieved our goals without their support. We would like to extend a heartfelt thank you to the following volunteers who supported CCWS last year.

在周年大會上，我們舉辦了義工感謝活動，以表彰過去一年義工們對華康會的貢獻。我們邀請了義工參加周年大會，並於會上頒發證書，以感謝他們的付出。義工們奉獻出寶貴時間，為社區帶來改變。在他們的支持下，華康會的工作得以順利完成。以下是去年支持華康會的義工們，我們藉此機會向他們表示衷心感謝。



Ka Hei Cheung, Tiffany



Poon Chung Choi



Maria Choi



Yee Kwan Lo, Amy



Nok Yan Li, Elita



Lisa Wan

CCWS wishes all the best to our volunteers and their families.
華康會衷心祝福所有義工及他們的家人健康快樂、萬事如意。



Dementia Research Project and Launch

NIHR BAME 腦退化症研究項目及啟動禮

CCWS, Bristol Black Carers, Dhek Bhal, UWE, Bristol Dementia Wellbeing Service, Black South West Network and BNSSG ICB are working on an 18-month research project, funded by the National Institute for Health and Care Research (NIHR) which aims to transform assessment and diagnosis of dementia in Bristol for people from Chinese, Caribbean and South Asian communities.

This research project will see community organisations working together with the NHS to improve the current dementia assessment process. We will do this by helping people in the community to recognise the symptoms of dementia better; working together with the NHS and GPs to create alternative sustainable pathways to diagnosis; and by identifying clear standards for assessment, diagnosis and treatment that will mean that people understand what they can ask for from services. We hope that this will improve the way in which people from Chinese, Caribbean and South Asian communities are assessed, diagnosed and supported after a dementia diagnosis.

To help kickstart the research project, a launch event was held on the 2nd October at City Hall. The event was opened by Lord Lieutenant Peaches Golding OBE with attendees including a mixture of community leaders and members; researchers and academics; local dementia organisations and leads as well as local government representatives.

Presentations and breakout discussion groups dominated the event with the theme being to raise awareness about dementia work being done within Bristol as well as to identify the dementia research priorities that most urgently need to be addressed.

Thank you to the NIHR for funding this research project and to Alzheimer's Research UK, Dementia HIT and Bristol City Council for helping to fund and support the launch event.



Dementia Research Project and Launch NIHR BAME 腦退化症研究項目及啟動禮

華康會、Bristol Black Carers、Dhek Bhal、西英格蘭大學、Bristol Dementia Wellbeing Service、Black South West Network 和 BNSSG ICB 正在開展一個為期18個月的研究項目，這個研究項目由 National Institute for Health and Care Research (NIHR) 資助，項目目的旨在改善布里斯托華人、加勒比及南亞裔社群，在腦退化症的評估和診斷服務。

在本研究項目中，社區組織將與 NHS 合作，改善現有腦退化症的評估服務。我們會幫助社區人士更好地認識腦退化症的癥狀；與 NHS 和 GP 合作，創建可持續的診斷途徑；並制定清晰的評估、診斷和治療，讓人們了解自己可以從服務中得到什麼。我們希望這能夠改善華人、加勒比及南亞裔社群在腦退化症診斷後接受評估、治療和支援的方式。

10 月 2 日，我們於市政廳舉行了本研究項目的啟動禮。啟動禮由布里斯托 Lord Lieutenant Peaches Golding OBE 主持，參加者包括社區領袖、社區成員、研究人員、學者、本地腦退化症機構負責人、以及本地政府代表。活動內容包括演講和分組討論，旨在提高對布里斯托腦退化工作的認知，並確定最適切需要解決的腦退化症研究重點。

感謝 NIHR 資助本研究項目，並感謝 Alzheimer's Research UK、Dementia HIT 和布里斯托市政府的資助和支持，促成了啟動活動的順利進行。



Health Inequalities Project – Chinese Carers Support session

促進健康平等計劃 – 華人照顧者支援小組



On August 28, 2024, 10 dementia carers and 7 general carers, together with their care receivers, participated in our "Power of Music" session. This event was designed to promote socialisation among unpaid carers and support the brain health of our service users. The participants thoroughly enjoyed the experience of coming together to appreciate traditional Cantonese and Mandarin music and songs. The session proved to be highly effective in reducing feelings of isolation and evoking cherished memories from their golden years. The positive feedback indicates that everyone is eager to see more sessions like this organised by CCWS in the future.

2024年8月28日，10位腦退化症照顧者與7位一般照顧者及其受照顧者一同參加了我們的「音樂的力量」活動。本次活動旨在促進無償照顧者之間的社交互動，同時支持我們服務使用者的腦部健康。參加者非常享受一起欣賞傳統粵語和普通話音樂及歌曲的體驗。這次活動有效地減輕了他們的孤立感，並喚起了他們黃金歲月中珍貴的回憶。正面的反饋表明，大家都非常希望華康會未來能舉辦更多類似的活動。



The Health Inequalities Project is funded by BNSSG ICB Health Inequalities Fund and South Gloucestershire Council VCSE Fund.
該促進健康平等計劃由 BNSSG ICB 促進健康平等基金和 South Gloucestershire Council VCSE 基金贊助。



Bristol, North Somerset
and South Gloucestershire
Integrated Care Board

Health Inequalities Project –

South Asian Carers Support session

促進健康平等計劃 – 南亞照顧者支援小組



Delivering for you

On October 22, 2024, CCWS and Dhek Bhal collaborated to deliver a flower planting session at the Wellbeing Settlement Community Centre for unpaid carers from the South Asian community. The session aimed to enhance the quality of life for carers while fostering stronger relationships between carers and their care receivers. A total of 14 carers and service users participated in the activity, expressing their gratitude for the enjoyable experience and the beautiful outcomes of their efforts. A heartfelt thank you goes to Dhek Bhal, for their dedicated support throughout the session.

2024年10月22日，華康會與 Dhek Bhal合作，在 Wellbeing Settlement Community Centre 為南亞社區的無償照顧者舉辦了一個花卉種植活動。此活動旨在提升照顧者的生活質素，同時促進照顧者與受照顧者之間的關係。共有14位照顧者和服務使用者參加了此次活動，大家對這個愉快的活動及其美麗的成果表達了感謝。衷心感謝 Dhek Bhal 在活動中提供的細心支持。



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。



UWE – Eat Well, Live Well Focus Group Sessions

探索健康飲食 創造美好生活

Working closely with Dr Ma, the senior lecturer from University of West England, CCWS Dementia team delivered three focus group sessions regarding 'Eating Well, Living Well' within the Chinese community. 26 older Chinese community members participated in the 3 sessions for discussing about Mindful Eating and the possible barriers as well as the practical ways to maintain healthy eating and well-being.

The overall outcome assisted us to learn more about the actual needs to support the community members to maintain the healthy eating habits on daily basis. And all the participants expressed that they would be interested to participate in further discussions in the future.

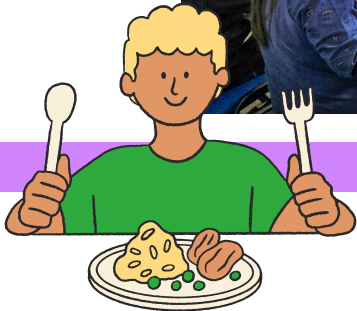
A big thankyou to Dr Zheng Ma for leading the discussion and many thanks for all the contribution from the participants.



華康會腦退化症團隊與西英格蘭大學資深講師馬博士緊密合作，在華人社區舉辦了三場關於「探索健康飲食，創造美好生活」的焦點小組討論。共有26位華人長者參加了這三場小組討論，討論正念飲食及其可能遇到的障礙，以及維持健康飲食和福祉的實際方法。

討論結果有助我們了解社區成員日常保持健康飲食習慣的實際需求。所有與會者都表示很樂意亦參與未來的進一步討論。

衷心感謝馬博士熱心帶領討論，同時感謝與會者的投入和貢獻。



Stay Healthy for Longer 持續保持健康



On Friday 12th July 2024, CCWS Dementia Team attended 'Stay Healthy for Longer' event hosted by BRACE Dementia Research, Bristol of University and Bristol Dementia Wellbeing Services in Fishponds Old Library. Many local participants, especially people from the Chinese community, turned up to our stall for the dedicated and fun Dementia games and information leaflets of CCWS services. Likewise, we treasured the opportunity to link up with broader service providers and researchers for potential collaboration. Thank you to the organisers and Councilor for helping to arrange this valuable event for the local community!



在2024年7月12日星期五，華康會腦退化症小組參加了由 BRACE Dementia Research、布里斯托大學和 Dementia Wellbeing Services 在 Fishpond Old Library 聯合主辦的“持續保持健康”活動。許多本地參與者，尤其是華人社區的人士，來到我們的攤位參與專門針對腦健康的遊戲和領取華康會各項服務的傳單。同時，我們非常珍惜與服務提供者和研究人員建立合作的機會。非常感謝主辦單位和議員的幫助，為當地社區安排了這次寶貴的活動！



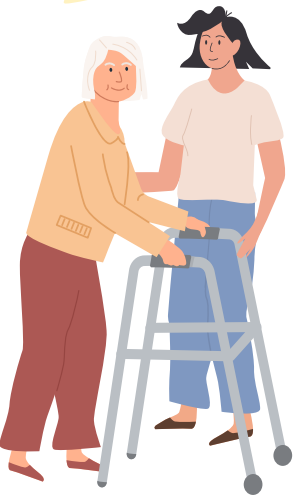
Carers Support Services 陪護服務

Cares Focus Group Discussion

照顧者休息討論小組

Bristol City Council is working with carers support organisations to create a “Directory of Carers Breaks”. As one of the carers support organisations in Bristol, CCWS was pleased to host a Carers Focus Group Discussion on 30th September at the Vassall Centre.

Twenty carers participated, divided into four small groups, to share their experiences with accessing breaks in Bristol and offer suggestions for improving the information available on carers breaks. It's a pleasure to include our community's voice in the design of the carers' breaks directory.



布里斯托市議會正與支援照顧者的機構合作，設計編寫「照顧者休息指南」。作為布里斯托其中一個支援照顧者的機構，華康會很高興於9月30日在華素中心舉辦了關於「照顧者休息」的小組討論會。

當日共有二十名照顧者參與討論，他們被分為四個小組，分享了作為照顧者獲得休息機會的經驗，並提供了改善照顧者休息訊息的建議。我們很榮幸能將我們社區的聲音納入「照顧者休息指南」的設計中。



Wellbeing Services Project 心理健康計劃

The Wellbeing Services Project has expanded its scope to encompass not only students but also young adults and broader communities, such as Hong Kong British National (Overseas) new migrants. The service areas have been extended beyond Bristol to include Exeter and Cornwall.

We were delighted to initiate a series of collaborative events with universities in Bristol, Exeter, and Cornwall. Additionally, we partnered with The Avon and Somerset Police Force, The Home Office, and the national On-Your-Side project to promote wellbeing services and awareness among students. Key student events included an anti-fraud workshop and get-together at the University of the West of England (18/9 & 16/10), a welcome workshop for new students at the University of Bristol Students' Union (24/9), and a Wellbeing and Inclusion Fair at the Penryn Campus of the University of Exeter (23/10).

We were honoured to be invited by the Southwest Council to participate in the HK BNO Hub to promote our projects, including wellbeing services and support (25/9). We anticipate delivering our services to a wider range of communities to meet the growing demand.



心理健康服務計劃現已擴展服務範圍，不僅包括學生，還包括年輕成人和更廣泛的社區，例如香港 BNO 新移民。服務範圍現包括 Bristol, Exeter 和 Cornwall。

我們很高興能夠與 Bristol, Exeter 和 Cornwall 的大學合作，共同啟動一系列的學生活動。此外，我們還與 The Avon and Somerset Police Force、內政部和全國性的 On-Your-Side 項目合作，舉辦交流講座促進學生對心理健康服務的認識及了解其重要性。主要的學生活動包括在西英格蘭大學舉行的反欺詐工作坊和聚會 (9月18日和 10月16日)、在布里斯托大學學生會舉辦的新生歡迎工作坊 (9月24日) 以及在 University of Exeter 的 Penryn Campus 舉辦有關身心健康的博覽會 (10月23日)。

我們很榮幸受邀參加西南議會的香港 BNO Hub 的會議，藉此機會推廣我們的項目，包括心理健康服務和相應的支援 (9月25日)。期望不久的將來，我們的服務能推廣至更廣泛的社區，以滿足社會上日益增長的需求。





We were happy to assist students at the Penryn Campus and answer their inquiries on 23/10.
學生們很高興向我們尋求幫助，我們也很高興能夠在Penryn校園解答他們的查詢 (23/10)。

On 23rd October, we concluded our participation in the Wellbeing event held at the University of Exeter's Penryn Campus. We are grateful to the university for their invitation. The CCWS stall was positioned favourably, adjacent to the Devon and Cornwall Police's stand. Throughout the day, we engaged with numerous students seeking information, including international students from Hong Kong, mainland China, Thailand, and Pakistan. During these interactions, they learned about the range of services provided by CCWS, our helpline, workshops and shared their contact details with us. The event was well-received, with enthusiastic support from the students.



10月23日，我們結束了在 University of Exeter Penryn 校區舉辦的心理健康活動。我們感謝大學的邀請。華康會攤位位置優越，毗鄰The Devon and Cornwall Police的攤位。這一天，我們接觸到眾多尋求資訊的學生，其中包括來自香港、中國內地、泰國和巴基斯坦的國際學生。在這次互動中，他們了解到華康會提供的服務範圍、我們的求助專線、工作坊，並與我們分享了他們的聯絡方式。這次活動反應熱烈，得到了同學們的熱情支持。



STAFF CHANGES 員工動向



Hello, I am Elita Li, your new CCWS trainee caseworker.
大家好！我是華康會新員工李小姐 Elita，是個案工作小組的見習生。

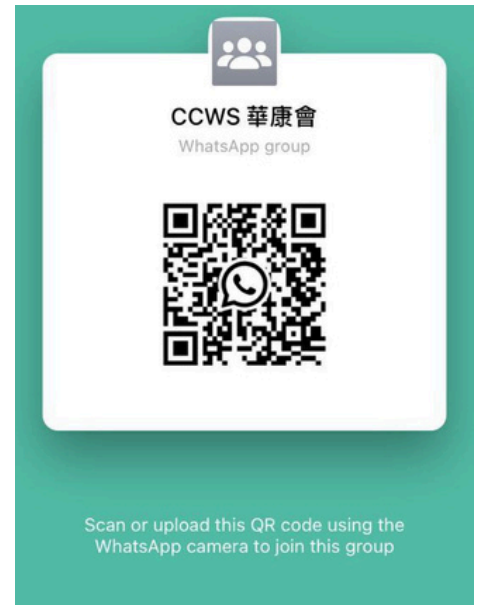


WhatsApp Community Group :

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!

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。我們同事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



Email 電郵: admin@chineseccws.org.uk



Facebook 臉書:
www.facebook.com/ChineseCWS



Website 網頁:
www.chineseccws.org.uk



Instagram:
www.instagram.com/chineseccws



Wechat 微信:
ChineseCWS89

