



華康會

CHINESE COMMUNITY WELLBEING SOCIETY

COMMUNITY'S
VOICE
社區快訊
April 2025
2025年4月

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**Chinese Lantern Helpline
明燈熱線**
0808 802 0012



For more details about
our upcoming events,
please refer to page 8.

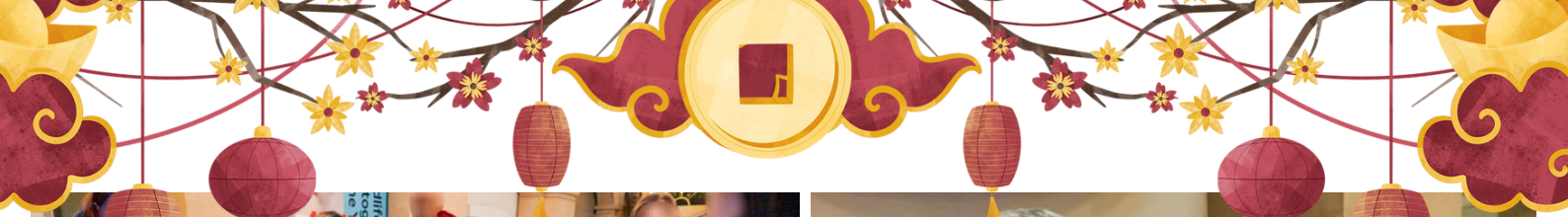
如欲了解更多即將舉行的活動，
敬請參閱第8頁。

Lunar New Year 2025 at Bristol Museum and Art Gallery. 布里斯托博物館與美術館2025賀年活動



We were invited to support Bristol Museum's Lunar New Year Celebration Year of the Snake 2025, held on the weekend of 8 and 9 February. We supported the event by holding our stall with paper folding and games activities for all visitors and their families to enjoy.

As well as staff, our volunteers supported us during the 2 days. Thank you to Amy, Bryan, Cerise, Chung, Ella, Esli, Georgina, Lavender, Lisa, Rachel, Shirley and Tiffany for their time and dedication in supporting our community work.



我們獲邀支持布里斯托博物館 2025 年蛇年農曆新年慶祝活動，該活動於 2 月 8 日和 9 日的周末舉行。我們透過設置攤位，提供摺紙和遊戲活動，讓公眾人士及其家人盡情享受節日的歡樂。

除了我們的員工，義工們在這兩天也給予了大力支持。特別感謝 Amy、Bryan、Cerise、Chung、Ella、Eslie、Georgina、Lavender、Lisa、Rachel、Shirley 和 Tiffany，感謝你們的時間和努力，支持我們的社區工作！



MTM Glittering Gala Awards Night

MTM Awards 慶祝活動



Our organisation joined the MTM Awards celebration event again in November 2024. The event is a celebration of excellence and achievements across a varied and diverse communities in the Southwest. As a previous winner of their awards CCWS has continued to support the MTM Awards for their work in diversity and inclusion in celebrating the work of multicultural communities and businesses.

華康會有幸出席於2024年11月舉辦的 MTM Awards 慶祝活動。這項盛事旨在表彰西南地區多元社群的卓越成就與貢獻。作為該獎項的往屆得主，華康會一直積極支持 MTM Awards 在促進多元與共融方面的努力，並認同表揚多元文化社區及企業的重要性。



Health Inequality Project 健康平等計劃

Over the past few months, we have been delivering a variety of health and well-being sessions for different communities, including Chinese, Afro-Caribbean, and South Asian groups.

過去幾個月，我們一直為不同社群提供多元化的健康與福祉活動，包括華人、非洲加勒比裔及南亞裔群體。



**Bristol, North Somerset
and South Gloucestershire**
Integrated Care Board

Carers Support Group Sessions 照顧者支援小組活動

Carers enjoyed the art sessions and took great pride in their artwork.

Ms. T: "It helped my mother and me focus and relax during the activity!"

參加者非常享受美術創作，並為自己的作品感到自豪。

Ms. T: 「這次活動讓媽媽和我能夠專注和放鬆，真的很好！」



Participants came together to decorate candleholders for their Diwali celebrations, showcasing remarkable creativity. One participant, deeply grateful, shared that she had not felt so active and cheerful in a long time due to depression.

參加者一起裝飾燭台，用於排燈節的慶祝，展現了卓越的創作才能。其中一位參加者表示非常感激，分享中談及她因抑鬱症而長期缺乏活力與動力，但這次活動讓她感受到久違的積極與愉悅。



The Rubber Band Exercise workshop focused on improving physical flexibility and muscle strength. Participants appreciated the opportunity to exercise together, enhancing their balance and reducing the risk of falls.

橡筋伸展運動工作坊旨在增強身體柔韌性及肌肉力量。參加者十分享受與他人一同鍛煉的過程，這項運動不僅幫助提升平衡感，還有助於預防跌倒。



In collaboration with Bristol Women's Voice and Lamplighter Arts, we hosted the 'Shining a Light on Care' lantern-making workshop as part of the Value the Caring Economy campaign, which highlights the importance and value of care. Carers learned how to create illuminated lanterns while connecting with others who share similar experiences. They also reflected on what care means to them.

我們與 Bristol Women's Voice 及 Lamplighter Arts 合作，舉辦了「點亮照顧」燈籠製作工作坊，這是「重視照顧經濟」活動的一部分，旨在提升社會對照顧工作價值的認識。照顧者們不僅學習了製作發光燈籠，還有機會與擁有相似背景的照顧者交流，並分享自己對「照顧」的看法。



Proactive Care Workshop – Strength and Balance Exercise 積極護理工作坊 – 肌力與平衡運動

In collaboration with Wesport, we delivered a series of Strength and Balance exercise sessions. The sessions incorporated cultural elements such as Bollywood music and group walking, evoking fond memories of participants' hometowns and traditions. Participants appreciated the gentle yet effective exercises, which helped them strengthen their core muscles and improve balance. Many expressed interest in attending similar sessions regularly to support their well-being.

We will be hosting a session for the Chinese-speaking community on 23rd April — save the date if you're interested!

我們與 Wesport 合作，舉辦了一系列肌肉與平衡運動工作坊。活動融入了寶萊塢音樂及集體步行等元素，喚起了參加者對家鄉和傳統的美好回憶。

參加者十分欣賞這些溫和但有效的訓練，幫助他們強化核心肌肉並提升平衡能力。許多參加者表示，希望能夠定期參加類似的課程，以維持身心健康。

我們將於2025年4月23日為華語社群舉辦一場專屬活動，歡迎有興趣的朋友預留時間參加！



Healthy Ageing Workshop – Stroke and Hypertension

健康年長化工作坊 – 中風與高血壓



In partnership with Sirona Care & Health's Integrated Community Stroke Service, we delivered a series of stroke and hypertension awareness sessions. Participants not only gained valuable knowledge but also had their blood pressure monitored and received personalised health advice.

They are now more aware of how to maintain a healthier lifestyle, and look forward to participating in similar health workshops.

我們與 Sirona Care & Health 綜合社區中風服務合作，舉辦了一系列關於中風與高血壓的健康講座。參加者不僅學到了寶貴的健康知識，還測量了血壓，並獲得個人化的健康建議。

大家對維持健康生活方式有了更深的認識，並表示希望定期參與此類健康講座。



Dementia & Art 腦退化症與藝術

In collaboration with the Royal West of England Academy (RWA), we explored the themes of 'food' and 'eating together', resulting in a beautiful collective artwork. This project provided a wonderful opportunity for participants to share their favourite foods and cherished memories.

我們與皇家西英格蘭學院 (RWA) 合作，以「食物」和「共進餐點」為主題，創作出一幅美麗的藝術作品。這次活動不僅讓參加者發掘創作潛能，還分享了自己最愛的美食及珍貴的回憶。



The artwork was later exhibited at the Dementia Art Exhibition from February to March 2025. 15 members of our community attended the event at the RWA and were delighted to see their work displayed. They also enjoyed traditional English tea with homemade cakes and had the chance to explore other exhibitions at the museum. Many described it as the highlight of their Chinese New Year celebrations!

這幅作品於2025年2月至3月在腦退化症與藝術展覽中展出，15位來自我們社區的成員親臨 RWA 參觀。他們看到自己的作品被展示出來時感到無比興奮，並在展覽期間享用了傳統英式下午茶及手工蛋糕。此外，他們還參觀了博物館內的其他展覽，度過了愉快的時光。許多參加者表示，這次展覽是他們今年農曆新年慶祝活動中最難忘的部分！



Lunar New Year Celebration 慶祝農曆新年

On 10th February 2025, we held a Lunar New Year celebration while sharing health information. All attendees were highly engaged with the 'Mindful Eating' talk and the gentle Qigong exercise. They also enjoyed practicing traditional calligraphy, tasting delicious Chinese dishes, and taking part in the popular raffle activity. Everyone shared their festive blessings with one another and truly valued the opportunity to socialise with others from the same cultural background.

We deeply appreciate the dedicated support from Dr. Zheng Ma and Dr. Sunny Chan — professionals from the University of the West of England—and look forward to our continued collaboration in the future.



2025年2月10日，華康會舉辦了農曆新年慶祝活動，並同時分享有關健康的訊息。所有參加者都非常投入於「正念飲食」講座，以及溫和氣功運動。參加者亦樂於體驗寫揮春、品嚐美味的中式佳餚，以及參與深受歡迎的新年抽獎活動。大家在活動中互相分享節日祝福，並非常珍惜與同文化人士互相交流的機會。衷心感謝來自西英格蘭大學的馬博士及陳博士的鼎力支持，並期待未來能繼續合作。



Upcoming Events 活動預告

23rd April 2025 – Strength and Balance Exercise Workshop

28th April 2025 – A Guide to Success in NHS Job Applications at Vassall Centre

April/May 2025 – Walk & Talk Group in Nature

May 2025 – Power of Music Workshop

29th May 2025 – Community event with Avon Fire and Rescue Service at Patchway Fire Station

11th June 2025 – Age Without Limits Day: Tea and Tune Together 🍰🎵👯

July 2025 – Health Check Day

Summer 2025 – St. Peter's Hospice Visit

More to come: Tai Chi, Healthy Diet, Diabetes Talk, Dementia Screening...

2025年4月23日 – 肌力與平衡運動工作坊

2025年4月28日 – NHS 求職申請成【工】之道

2025年5月至6月 – 邊走邊談- 在大自然中散步談天

2025年5月 – 音樂的力量工作坊

2025年5月29日 – 在 Patchway 消防局與 Avon Fire and Rescue Service 合作舉辦一場社區活動

2025年6月11日 – 年齡無界限日：茶韻同樂 🍰🎵👯

2025年7月 – 健康檢查日

2025年夏季 – St. Peter's Hospice 寧養關懷院探訪

更多精彩活動即將推出：太極班、健康飲食、糖尿病講座、腦退化症篩查.....



INTO Discovery Day at University of Exeter

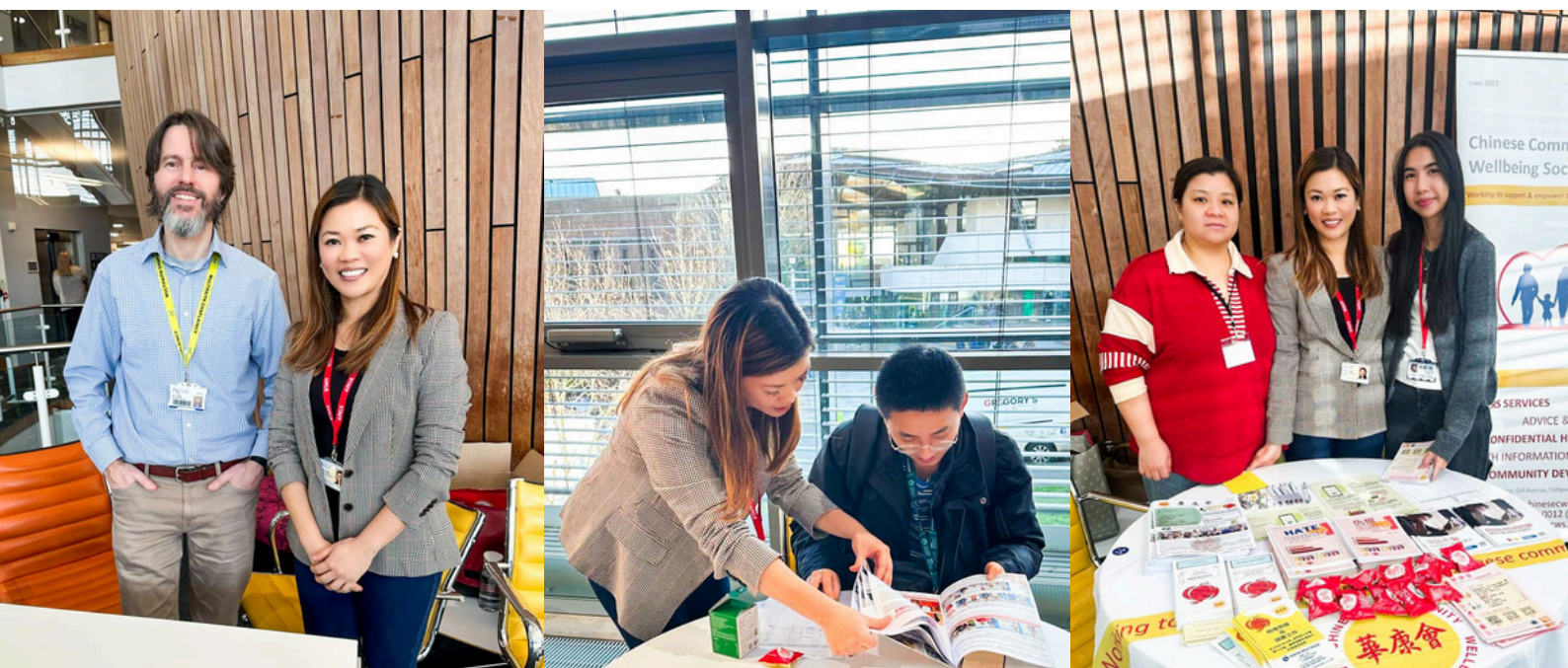
Exeter 大學 INTO 新生活動日



Many thanks to the University of Exeter INTO for inviting CCWS to support their event. On the day of the event, there was a steady stream of students who came to enquire about our organisation. We managed to collect questionnaires and contact details from 16 students. As this event was organised by INTO for new students, many of them had just arrived in the UK to attend university and learn the language. They were excited and interested in how we could help them in the future. We discussed with students our Fraud Prevention advice project with Devon and Cornwall Police and referred to the police some of the students' concerns. Thank you again for the support of the university and the interest of the students, we will see you next year!



非常感謝 Exeter 大學 INTO 邀請華康會支持他們的活動。在活動當天，前來詢問我們機構的學生絡繹不絕，我們收集了16位學生的問卷和聯絡資料。由於這次活動是由 INTO 為新生舉辦的，許多學生剛抵達英國，準備開始大學課程並學習新語言。他們對我們如何在未來幫助他們感到既興奮又期待。我們向學生介紹了與德文郡及康沃爾郡警察局合作的防詐騙建議項目，並將一些學生的擔憂反映給警方。再次感謝大學和同學們的支持，我們明年再見！



Celebrating Lunar New Year at University of Exeter

Exeter 大學農曆新年慶祝活動



A big thank you to the University of Exeter for inviting us to participate in this event celebrating Lunar New Year 2025 – Year of the Snake. Thank you to all the students and staff who made this event possible. It was a pleasure to celebrate Lunar New Year with students from all over the world. We were also included in a news report and interviewed on ITV News West Country.

衷心感謝 University of Exeter 邀請我們參加這次2025年農曆新年——蛇年的慶祝活動。感謝所有師生的參與，讓這次活動得以順利舉行。能夠與來自世界各地的學生一起慶祝農曆新年，實在是一次美好的體驗。我們也很榮幸被 ITV News West Country 採訪並收錄在新聞報導中！





Exeter Lunar New Year Event

Exeter 農曆新年慶祝活動



We would like to extend our sincere thanks to everyone who attended our "Lunar New Year Event for Chinese Families in Exeter". The success of this event would not have been possible without the support and assistance of many individuals. A special thank you goes to Teacher Yao from "Beanstalk Mandarin Kids Exeter" and Teacher LinLin from "Lin Art Studio" for their invaluable help with the promotion and preparation of the event. We would also like to express our gratitude to the volunteer mothers for their enthusiastic support and for sharing the responsibilities of the preparation work. Additionally, our heartfelt thanks go to the mothers who generously provided food sponsorship, adding more variety and richness to the event.

During the event, both parents and children thoroughly enjoyed celebrating this traditional Chinese New Year. Many participants expressed their hope that we will continue to organise similar celebrations every year, allowing us to come together to celebrate the Chinese New Year in the future.



非常感謝大家參加我們的 Exeter “愛村家庭——蛇年農曆新年歡慶活動”！此次活動能夠順利舉行，離不開各方的支持與協助。特別感謝「妙豆中文班」的姚老師和「琳畫室」的琳琳老師，她們在活動的推廣和籌備過程中給予了極大的支持與協助。此外，也要向所有熱心的義工媽媽們表達感謝，分擔了許多籌備工作。更要特別感謝那些為活動提供食物贊助的媽媽們，讓活動更加豐富多彩。

活動當天，家長和孩子們都積極參與，大家都非常享受這項傳統的農曆新年慶祝活動。許多參與者表達了希望我們今後每年都能舉辦這樣的活動，共同歡度農曆新年。



Meet and Greet CCWS

歡迎相聚，認識華康會



In our recent efforts to engage with the local Chinese community in Portishead, CCWS scheduled two meetings to connect with residents in the area. It was a pleasure to meet the community in such beautiful weather, which allowed us to spend time chatting with attendees and introducing them to the services CCWS offers. Many expressed a strong interest in our helpline support, particularly the ability to speak in their native language, which eliminates language barriers and makes seeking support much easier. Additionally, they were keen to learn about our carer support services and the importance of assessments — something they were unaware of before attending the meeting.

Charlotte from North Somerset Council was also invited to attend and provided valuable information about adult social services available in the area. The feedback from the community was very positive, and they appreciated the opportunity to meet with both CCWS and council staff. They are looking forward to future meetings and continued support from CCWS.

華康會在 Portishead 安排了兩場會議，與當地居民見面。天公造美，天朗氣清，很多華人出席會議，聆聽華康會職員的講解。他們對明燈熱線服務感興趣，能夠以母語——廣東話溝通並尋求協助，消除了語言障礙。此外，他們也很想了解我們的照顧者服務以及評估的重要性——這是他們原先不認識的。

來自 North Somerset 市議會的 Charlotte 也應邀參加了會議，並提供了有關該地區的成年人社會服務資訊。大家都很開心，可以參加會議和有機會認識社區服務，並跟華康會，以及市議會的職員見面。他們期待未來能再與華康會再見。



Community Wellbeing Engagement

推廣社區心理健康

During the last few months, we have been promoting health and wellbeing to the Chinese speaking communities including Hong Kong BNO and university students from Bristol, North Somerset and South Gloucestershire (BNSSG) to Exeter during the festive celebrations of Christmas and Lunar New Year. Activities included workshops and presentations, as well as games and activities on the importance and awareness of wellbeing. We participated in events such as 'Vassall Centre Community Hub' on 2 November, 'National Inter Faith and Culture week' held at Southmead Hospital on 14 November, 'Keeping safe as an International Student' and Lunar Year Celebrations at UWE in January, University of Exeter and Bristol Museum in February. The community and university students showed interest in our services and projects.



A spirit of joyful participation filled the Vassall Centre as we engaged in activities with the community.

我們的遊戲活動讓眾人能開心參與，使整個 Vassall Centre 都洋溢著非常愉快的氛圍。



Job fair event poster.
招聘會海報。



The INTO Discovery Day at the University of Exeter was filled with delightful discoveries for our students.

在 Exeter 大學舉辦的 INTO 開放交流日中，學生們都很開心獲得許多實用的資訊。

We collaborated with key partners including Avon and Somerset Police, the Home Office, On Your Side, university student unions, and the UWE Global Centre.

Employment and Training

We believe that securing employment is crucial for enhancing wellbeing, as it alleviates social isolation and financial stress. Therefore, we are exploring partnerships with companies, employers, and training organisations to share job information and provide employability skills development. We attended numerous job fairs to explore partnerships with companies and training organisations, like the Bristol City Council's New Monday Job Fair, Refugee Job Fair, and Seetec Careers Fair in January.

As part of this work to improve the employability of our community people to apply for work, we will be planning a workshop with NHS North Bristol Trust to help people understand how to apply for jobs with NHS. Please see page 8 for more details.



A vibrant LNY celebration fostered community spirit at Exeter University.
 在 Exeter 大學舉辦了一個非常熱鬧的農曆新年慶祝日，促進及增強了在不同文化社區之間的凝聚力。



A heartwarming event alongside Revd. Mark Chaplaincy Team Leader at NBT Southmead Hospital.
 在暖心的信仰和文化交流活動日中，有幸能和 NBT Southmead 醫院牧靈團的團長 Mark 牧師合作。



Portishead Library outreach: Meet and Greet CCWS.
 在 Portishead 圖書館舉辦的外展活動：歡迎相聚，認識華康會。



Festive gathering at the Bristol Museum LNY celebration.
 由布里斯托博物館舉辦的農曆新年慶祝活動，洋溢節日的喜慶及充滿歡樂的氣氛。



於過去幾個月，華康會向華語社群，包括香港BNO和大學生推廣心理健康。服務範圍包括 Bristol, North Somerset 和 South Gloucestershire (BNSSG)，以及 Exeter。推廣活動包括舉辦工作坊，簡報會和一些遊戲活動，以提升心理健康的重要性。例如在11月2日舉辦的「Vassall Centre Community Hub」社區活動、11月14日在 Southmead Hospital 舉辦的「全國信仰和文化交流週」、1月舉辦的「國際學生安全指南」。並於1月至2月在 UWE、Exeter大學、布里斯托博物館的農曆新年慶祝活動。我們的服務和項目也引起了社區和學生的關注。

此外，我們聯同合作夥伴一同工作，包括警察局、內政部、On Your Side、大學學生會和 UWE 的國際學生中心。

就業與培訓

我們相信，就業對於提升心理健康至關重要，因為它能減輕社會上的孤立感和經濟壓力。因此，我們正探索與公司、雇主和培訓機構的合作，以分享就業資訊並提供就業技能發展。我們參與了多個工作招聘會，當中探索了與公司和培訓機構合作的機會，例如布里斯托市政廳舉辦的 New Monday 招聘會、新移民招聘會，以及 Seetec 職業招聘會。作為提升及改進社區就業計劃的其中一部分，我們將與 NHS North Bristol Trust 合作，舉辦一個專為 NHS 求職而設的工作坊。活動詳情請見第8頁。

NHS Cancer Awareness Talk 癌症知多點講座



CCWS were invited to work with NHS SWAG Cancer Alliance Team to deliver a workshop in Bath. We arranged a community workshop for the Bath and North East Somerset Chinese Community. The purpose of the workshop is for the community to learn and have a better understanding of cancer awareness and early diagnosis. The workshop included more than 20 participants, volunteers and various partners from the SWAG Team. It was a very successful workshop, featuring a range of informative talks delivered by an oncologist, pharmacist, patient partners, and members of the SWAG Cancer Alliance Team.

華康會受邀與 NHS SWAG 癌症關注小組合作在巴斯舉辦的工作坊。我們為巴斯和東北薩默塞特華人社區安排了一場社區工作坊。工作坊的目的是讓社區提高對癌症及早期診斷的認知。工作坊有20多名參與者、義工和由 SWAG 小組而來的合作夥伴參加。這是一場非常成功的工作坊，包括了腫瘤科醫生、藥劑師、病人夥伴及 SWAG 癌症聯盟團隊成員進行多場精彩的分享。



Posters for the workshop

當日工作坊的海報



Increasing Cancer Awareness in the Chinese Speaking Community

Participants must live in Bath and North East Somerset and Wiltshire

Date: 10 March 2025 (Monday)
Time: 11:00am-2:30pm
Venue: Percy Community Centre (New King Street, Bath, BA1 2BN)

Lunch Provided



Book on Eventbrite QR code or Call 0808 802 0012 for enquiry and registration





癌症知多點

此活動專為華人而設

參加者必需居住於巴斯和東北森麻實和威爾特郡

日期: 2025年3月10日 (星期一)
時間: 上午11時至下午2:30
地點: Percy Community Centre (New King Street, Bath, BA1 2BN)

提供午餐



請掃描 Eventbrite 二維碼報名或致電 0808 802 0012 登記及查詢



STAFF CHANGES 員工動向



Kelly left CCWS in March. We wish her well and thank you for Kelly's support in the past years.

Kelly於三月離職。我們祝福她一切順利，並感謝她過去對華康會的付出。



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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