



# 華康會

CHINESE COMMUNITY WELLBEING SOCIETY

COMMUNITY'S VOICE  
社區快訊  
September 2025  
2025年9月

Front page 封面	P.1
Annual General Meeting 2025 周年大會 2025	P.1-3
Health Inequality Project 健康平等計劃/	P.4-5
Health and Wellbeing Event 2025 健康與福祉日 2025	
Cultural Training Session 跨文化培訓活動/	P.6
Carers Support Group Sessions 照顧者支援小組活動	
Dementia Projects – Power of Music Session 腦退化症服務項目 – 音樂的力量	P.7
Age Without Limits Day 年齡無界限日	P.8
Stay Strong and Steady Class 保持身體強健與平穩課程	P.9
Walk & Talk 邊走邊談	P.10-11
St Peter's Hospice Community Visit 聖彼德安寧療養院參觀活動	P.11-12
Directory of Carers Breaks 照顧者休息目錄	P.13
Meet and Greet in Paignton, Devon 佩恩頓, 德文郡華人社區見面會	P.14
Upcoming Events 活動預告	P.15
Staff changes 員工動向	P.16

Chinese Lantern Helpline  
明燈熱線

0808 802 0012



For more details about our upcoming events, please refer to page 15.

如欲了解更多即將舉行的活動，敬請參閱第15頁。

## Annual General Meeting 2025 周年大會 2025



## Thank you message from our CEO:

Thank you to all our members who attended our AGM and your support of our work throughout the last 12 months. This year's AGM was about reminding all of our members and our funders of the very important work with our community and why we are involved in our projects and services.

Your participation in our work is important. The UK Government has to reduce the spending on public services and funding is becoming more difficult to secure from our partners. There are now many more organisations and different minority communities competing with us for the same funding.

As our community become older and live longer, we have to think about the core services for our community. Brunelcare spoke about their services and the Chinese residents at their Colliers Gardens Extra Care Housing residential care home. Will you be thinking of using care home services like Brunel? What do you want from the Carer Support Services in the future? These are some of the questions we are asking and we need your feedback to help us.



## 來自行政總裁的感謝訊息:

感謝各位出席我們 2025 年周年大會的會員，並在過去 12 個月對我們的支持。今年的周年大會旨在提醒所有會員及資助者，我們在社區中所從事的重要工作，以及我們為何致力參與這些項目與服務。

您的參與對我們的工作十分重要。由於英國政府削減公共服務的開支，我們從合作夥伴爭取資金的難度日益增加。現時有越來越多的機構及不同少數族裔社群在爭取同樣的資金。

隨著我們的社區人口逐漸老化及壽命延長，我們必須思考社區的核心服務。Brunelcare 在大會上介紹了他們的服務，如高麗花園安老院舍。您會考慮將來使用像 Brunelcare 這樣的護理院服務嗎？您對我們的「照顧者支援服務」有什麼期望呢？這些都是我們希望了解的問題，請您給予我們寶貴的意見。



Early diagnosis and prevention of health issues will become more important to reduce the amount of people waiting to go to hospitals. Our work with NHS SWAG Cancer Alliance focus group workshops enabled our members to gain an understanding of cancer awareness and some cancers can be treatable with early diagnosis.

Dementia is another health topic affecting our community. We are already raising dementia awareness with our community with Power of Music sessions, but do you know our organisation is leading a Dementia Research project working in partnership with the University of the West of England and two other ethnic community organisations?

Now winter is around the corner, the additional costs on our energy in addition to the increasing cost of living will impact our finances. Our Casework team are involved in a project to support older women age 65+ who may experience financial difficulties. They are holding community drop-in surgeries to talk about different financial topics. Lookout for future surgery dates and the topics which they will be discussing so you can book a time with the team.

Elita has included copies of the 'We'd Love Your Feedback Survey' in this newsletter. Please take some time to complete and return the survey to us. We need your information to help us.



及早診斷及預防健康問題，將會變得越來越重要，從而減少醫院的輪候人數。我們與 NHS SWAG 癌症關注小組合作舉辦的焦點小組工作坊，讓會員們更了解癌症及認識到某些癌症在早期診斷下是可以治療的。

腦退化症是另一個影響我們社區的健康議題。我們現正透過「音樂的力量」活動提升社區對腦退化症的認識。此外，您是否知道本會正與西英格蘭大學及另外兩個少數族裔社區機構合作，領導一項腦退化症研究計劃呢？

隨著冬季臨近，能源開支及不斷上升的生活成本將影響我們的經濟狀況。本會的個案工作小組現正參與一個支援 65 歲或以上，可能面臨經濟困難女性的項目。個案工作小組舉辦「個案專題 一對一」工作坊，討論不同的議題。敬請留意日後的諮詢日期及討論主題，並預約與我們的團隊會面。

Elita 李小姐已在本期快訊中附上問卷，煩請花一些時間填寫並交回給我們。我們需要您的意見以改進服務。



# Health Inequalities Project 健康平等計劃

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

Inner City and East Bristol  
Locality Partnership

Over the past few months, we have been delivering a variety of health and wellbeing 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。

## Health and Wellbeing Event 2025 健康與福祉日 2025



Three Health and Wellbeing Events, specially designed for the Chinese-speaking, South Asian, and African-Caribbean communities, were held in June and July with the support of our partner organisations and dedicated volunteers. We would like to extend special thanks to Dhek Bhal and Bristol Black Carers for their continued involvement and support.

The events featured a variety of well-received activities, including on-site consultations with GPs and pharmacists, providing participants with direct access to professional advice. In addition, various health checks and stalls including liver screening, hypertension, diabetes and dementia information, helped participants better understand their current health.

在一眾醫療合作機構及義工的支持下，我們於 6 月及 7 月分別舉辦了 3 場專為華人社區、南亞社區及非洲加勒比社區而設的健康與福祉活動。在此特別鳴謝 Dhek Bhal 及 Bristol Black Carers 的持續參與和支持。

活動內容十分豐富，包括即場全科醫生及藥劑師諮詢，為參加者提供了直接獲取專業意見的機會。此外，各項健康檢查及攤位，例如肝臟篩查，高血壓，糖尿病及腦退化資訊等，幫助大家了解自己的身體狀況。



Interactive talks were also held, covering topics such as breast health awareness, vaccinations, Long COVID, and more. To round off the event, everyone enjoyed a gentle dance session, which was not only fun but also a wonderful way to stretch, move, and relax together.

同場另設有互動講座，涵蓋乳房健康認識、疫苗接種、新冠肺炎後遺症 (Long COVID) 等多個主題。活動尾聲，大家還一同參與了舒緩身心的輕柔舞蹈，既具趣味，又可讓身體得到伸展與放鬆。



Many attendees shared that they gained valuable knowledge about both physical and mental health, and now feel more confident in caring for themselves and their families. Healthcare professionals and partner organisations also expressed their appreciation for the opportunity to engage with different communities and gain a deeper understanding of their needs.

We hope everyone will continue to care for the health and the wellbeing of their own and their loved ones, and we look forward to seeing you again next year!

不少參加者均表示在活動中獲得了有關身心健康的寶貴知識，更明白如何照顧自己和家人的健康。而前來參加的醫護人員及機構均表示，十分感謝這個機會，可以與社區交流，加深了解大家的需要。

我們希望大家在未來的日子，能夠繼續關注自己以及身邊親友的健康與福祉，並期待明年再次與您相見！



## Cultural Training Session – GPs at the Deep End Event 跨文化培訓活動 – GPs at the Deep End 會議



We were honoured to participate in the GPs at the Deep End Event on 4th July. Alongside Dhek Bhal and Bristol Black Carers, we shared insights with over 50 GPs and healthcare providers, introducing the unique cultural needs and lived experiences of the communities we serve, with the aim of addressing health inequalities.

In addition to exploring how social, cultural, and linguistic barriers can impact access to healthcare, we also shared practical ways to improve engagement and build trust. We look forward to further collaboration and conversations, working together to help shape more inclusive and equitable healthcare services, bridge the gap between health services and communities, and continue to advocate for equity in healthcare.

華康會很榮幸於 7 月 4 日參加了 GPs at the Deep End 會議，偕同 Dhek Bhal 和 Bristol Black Carers，向超過 50 位全科醫生及醫護人員作出分享，介紹各自所服務社群的文化需要及生活經驗，務求改善健康不平等問題。我們除了探討社會、文化及語言障礙如何影響社群使用醫療服務，又分享各種實用的方法以改善互動、建立信任。

我們期待進一步的合作與交流，攜手推動更具包容性及公平的醫療服務，拉近醫療服務與社群之間的距離，並繼續為健康平等而發聲。

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



On 20th August, CCWS joined with Bristol Black Carers to deliver a relaxing colouring session. Participants from the Afro Caribbean community enjoyed continuing their specially designed colouring books and meeting friends. It was a great session for participants to unwind and to get their creativity flowing!

在 8 月 20 日，我們偕同 Bristol Black Cares 為非洲加勒比社群，舉辦了一場輕鬆的填色活動。參加者們既享受著填色的樂趣，又可藉機與朋友相聚寒暄。活動在激發創意之餘，同時又放鬆了心情，相當精彩。

# Dementia Projects – Power of Music Session

## 腦退化症服務項目 – 音樂的力量



Our "Power of Music" event continues to be held regularly each month, and we are truly grateful for your ongoing support. The response has been overwhelmingly positive.

Each session features three main segments. We begin with some fun and exciting mini-games, designed to help everyone warm up while revisiting beloved classic songs. Participants are also invited to share personal memories from their past. Following the games, we move into a sing-along segment where everyone can showcase their vocals with classic Cantonese, Mandarin or English tunes. It is a wonderful way to enjoy music together and test our sense of harmony.

我們「音樂的力量」活動，仍舊恆常每月舉行，並幸得各位一直的支持，反應非常熱烈。

每次活動主要有三大環節，首先有緊張刺激的小遊戲讓大家熱身，並且重溫膾炙人口的經典歌曲，我們亦在遊戲當中邀請大家分享過往生活的回憶。接下來，我們又有點歌合唱環節，在經典粵語、國語或英語歌曲的悠揚音樂下一展歌喉，同時考驗各位的默契。



Next, our dedicated volunteers lead the group through a variety of dance routines, bringing the session to a lively close. Faces light up with joy as everyone dances together, creating a vibrant and cheerful atmosphere. Finally, we wind down by enjoying light refreshments and friendly conversations, offering a lovely opportunity to relax and take a breather from the stresses of daily life.

接著，在義工們的專業指導下，帶領一眾參加者以各式舞步，為當日的活動作結。各位參加者在跳舞時，臉上都掛著滿足的笑容，場面非常熱鬧。最後，大家享用著茶點，互相寒暄一番，好從日常生活的壓力中緩下來。

# Age Without Limits Day

## 年齡無界限日



Our Age Without Limits Day event on 11th June was a great success. During the event, we invited a professional instructor for attending and sharing valuable insights on exercise and pain management with the participants. Everyone actively took part in a live demonstration of how to stretch the body through dance, participants were fully engaged—moving with confidence and expressing how much it helped them relax, both physically and emotionally. We also offered delightful refreshments and traditional handmade rice dumplings. The event concluded with an exciting Bingo game.

We hopes that the "Age Without Limits Day" event will inspire all participants to break free from age-related boundaries with confidence and a positive mindset. Through the participation of people across different age groups, we can work together to build a more inclusive and harmonious society.



我們在 6 月 11 日的「年齡無界限日」活動非常成功。活動由專業導師為參加者帶來關於運動、痛症的資訊。大家亦現場實踐如何藉舞蹈舒展身體。大家都非常投入，舉手投足間充滿自信，紛紛表示放鬆了身體和情緒。「熱舞」之餘，我們又提供了精美點心及端午手工糰，最後再以緊張刺激的 Bingo 抽獎作結。

本會冀望是次「年齡無界限」活動，令各位參加者可以憑自信積極的態度跳出年齡框架，活出無限可能，透過不同年齡層的參與，使我們的社會更加和諧共容。

## Stay Strong and Steady Class 保持身體強健與平穩課程



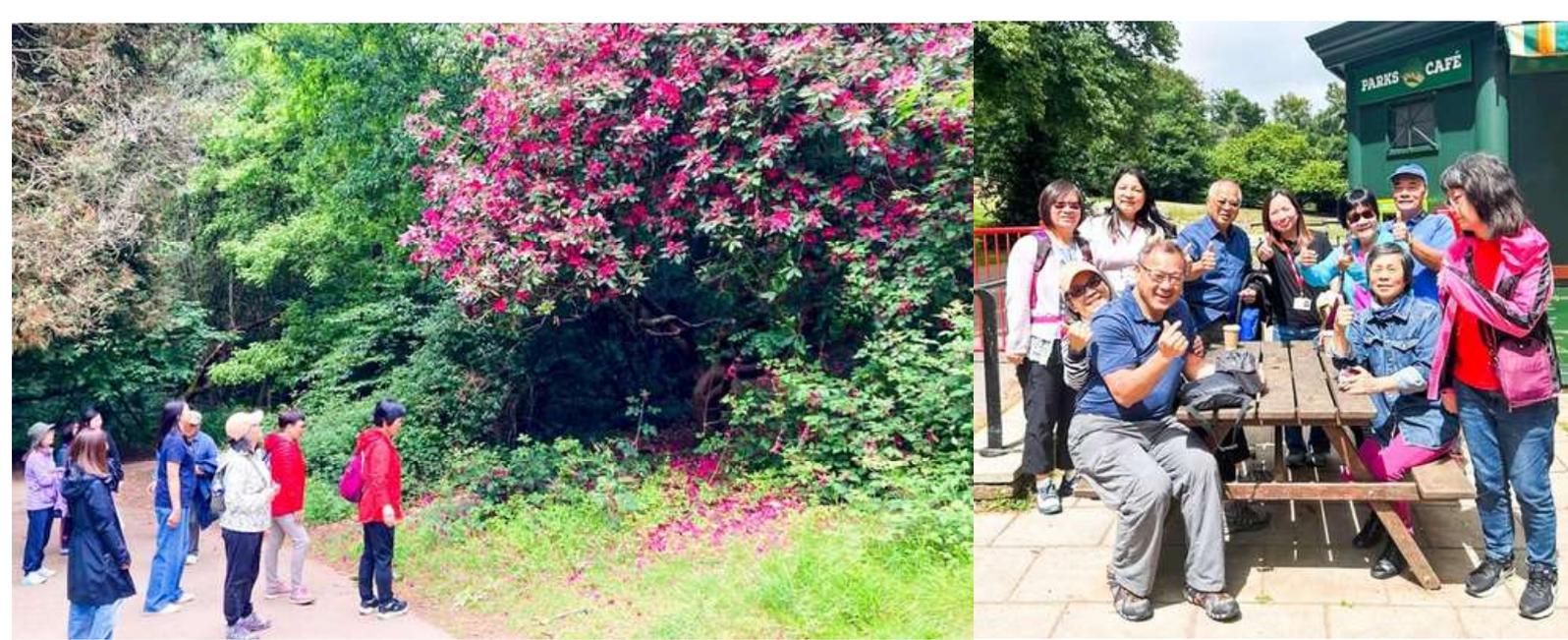
In collaboration with Wesport, CCWS now regularly holds a Stay Strong and Steady class every Wednesday from 12:15pm to 1:15pm. Led by a professional instructor, the class helps participants strengthen frequently used muscles such as the arms, abdomen, and lower limbs to improve balance and prevent falls. While training to maintain physical balance, they are also exercising their brains. Many participants have shared that they have greatly benefited from the sessions.

華康會與 Wesport 合作，恆常在每個星期三下午 12:15 至 1:15 舉行 — 保持身體強健與平穩課程。由專業導師帶領大家鍛鍊手臂、腹部以及下肢等常用肌肉，以增強平衡及防止跌倒，在鍛鍊維持身體平衡的同時，又可鍛鍊腦部，不少參加者都表示獲益良多。



## Walk & Talk

### 邊走邊談



In June, we organised a series of four Walk and Talk sessions. During the sessions, we followed the valley trail with riverside paths, exploring the Begbrook, Snuff Mills, and Oldbury Court areas.

We walked through different weathers, enjoying the refreshing air brought by the drizzle and the beauty of wildflowers swaying under the warm sun.

Throughout the walks, we shared not only laughter and meaningful conversations but also the appreciation for local wildlife — spotting birds like kingfishers, ducks, and even cranes. We also learned a few handy outdoor tips along the way. For example, if you accidentally brush against a stinging nettle, gently rubbing a dock leaf (usually found nearby) on the area may help ease the sting.



After each walk, we gathered at an outdoor café to enjoy a cup of tea or coffee together. This was the most relaxed and cheerful way to round off each session.

At the final session, many participants were reluctant to say goodbye, expressing a strong wish for more sessions. While this session has ended, we encouraged everyone to keep meeting up and enjoying walks together before the summer ends — continuing to experience the joy and peace that nature brings.

我們於六月份舉辦了一連四次的「邊走邊談 Walk and Talk」活動。我們沿著山谷小徑，探索了 Begbrook、Snuff Mills 和 Oldbury Court 一帶的自然風光。

這系列的步行活動，讓我們有機會在不同的天氣之中感受大自然不同的景色。在微雨中前行，讓我們感受到雨中特別清新的空氣、分外翠綠的樹以及鮮艷的花卉；而在陽光普照的日子，又能讓我們欣賞到陽光下搖曳的野花。

在邊走邊談的過程中，除了輕鬆交談，我們還觀察到各種野生動物，例如釣魚郎、野鴨和鷺鳥等。我們亦學習到一些野外小知識，例如若不小心被蕁麻 (Stinging Nettle) 刺到，可以就地摘一片附近生長的 Dock Leaf，輕輕揉搓患處，可有助舒緩刺痛感。

每次行程完結，我們都會在戶外茶座稍事休息，享受一杯茶或咖啡，悠閒地聊聊天，大家總是懷著愉快和放鬆的心情結束每次活動。

在最後一次活動結束時，大家都依依不捨，希望活動可以繼續下去。我們亦鼓勵參加者，雖然這次活動已經完結，但仍可以自行相約，一起多走幾次，在夏季結束前繼續親近大自然，享受那份寧靜與美好！



## St Peter's Hospice Community Visit 聖彼德安寧療養院參觀活動



On September 11<sup>th</sup>, we set off in good spirits from the Vassall Centre by coach to visit St. Peter's Hospice.

9月11日，我們乘搭安排好的旅遊巴士，懷著愉快心情由華素中心出發到聖彼德安寧療養院參觀。

The visit began with a warm welcome and light refreshments provided by the hospice staff, followed by an informative presentation about their services. We learned that the hospice offers a wide range of support, including inpatient and home care, emotional support, and their Hospice Community Hub, which helps connect and engage the wider community. We were especially pleased to learn that their website is available in multiple languages—including both traditional and simplified Chinese—making it more accessible for our community.

After the presentation, we had a guided tour of the hospice. We learned that their restaurant is open to the public, welcoming anyone to drop in for a cup of tea or snack. We also enjoyed a walk around the beautiful, peaceful garden, where we rounded off the visit with a group photo.

Several of our members shared that, prior to the visit, their knowledge of St. Peter's Hospice was mostly limited to its charity shops. This visit gave them a fuller picture of the hospice's work and the care they provide.



到了療養院，活動由茶點招待拉開序幕。我們非常感謝該院的經理及其他服務小組的人員為我們詳盡地介紹了他們提供的各項服務，除了在院或在家的療護服務，還有情緒支援服務及關懷社區的服務等等。值得一提的是他們的網站設有多種語言選擇，其中就有方便我們華人社區的繁體及簡體中文，大家想更清楚他們的服務範疇，可以瀏覽他們的網頁。

講解完他們的服務，我們又參觀了療養院的環境。從他們的介紹中，我們知道療養院的餐廳是對外開放的，歡迎大家去他們餐廳享用茶點小食。他們還有一個環境優美，清幽寧靜的花園，當日的活動隨著我們拍的大合照及參觀花園圓滿結束。

我們一些會員不約而同表示，參觀前他們對聖彼德安寧療護服務的認識大多限於他們的慈善商店，經過今天的活動，讓他們對聖彼德療護服務有更多認識。

# Directory of Carers Breaks

## 照顧者休息目錄



# Give yourself a break

If you have regular caring responsibilities, search for a carers' break at:  
[carersbsg.org.uk/carersbreaks](http://carersbsg.org.uk/carersbreaks)

Since last year, our team have worked with Bristol City Council and organisations that support carers to create a 'Directory of Carers Breaks.'

This includes information about all the carers' breaks available locally, so that carers can have the right information and support when they access breaks from their caring role and do something for themselves.

We are delighted to announce the Carers Breaks Directory is now live! Please visit the link on the poster for more details.



自去年以來，我們的團隊與布里斯托市議會及支援照顧者的組織合作，創建「照顧者休息目錄」。

這包括本地所有的照顧者休息資訊，讓照顧者在暫時脫離照顧角色，並為自己做些事情時能獲得正確的資訊和支援。

我們很高興宣佈，「照顧者休息目錄」現已上線！請參閱海報上的連結以獲取更多詳情。



如果您承擔著日常照顧責任，請瀏覽以下網址，了解照顧者休息服務：  
[carersbsg.org.uk/carersbreaks](http://carersbsg.org.uk/carersbreaks)



# Meet and Greet in Paignton, Devon

## 佩恩頓, 德文郡華人社區見面會



On 15<sup>th</sup> July and 9<sup>th</sup> September, CCWS hosted a gathering for the Chinese community at Paignton Library. The event aimed to bring together Chinese residents from the Torquay area, allowing them to learn about CCWS's services and meet our team members. Attendees included community members from Hong Kong and Mainland China, alongside local British family members.

All participants showed great enthusiasm and expressed a desire for CCWS to continue supporting the Chinese community residing in this region.

Laura Hill, the Partnerships and Inclusion Manager from Torbay Council joined our team and community on 9 September. Laura spoke and listened to our participants to understand some of the issues affecting our Chinese community in Torbay. The information provided by our community will be used to improve support for our community in Torbay.



於 7 月 15 日及 9 月 9 日，華康會在佩恩頓圖書館為華人社群舉辦了一場社區見面會。其活動目的是匯聚居住於托貝區的華人居民，讓他們了解華康會的服務，並與我們的團隊見面。參加者包括來自香港、中國內地的社群，以及當地英國籍的家庭成員。

參加者反應熱烈，紛紛表達希望華康會能繼續支持本地區華人社群。

托貝市議會的夥伴關係與共融經理 Laura Hill 於 9 月 9 日參加了我們的社區見面會。Laura 與我們的參與者互動交流，細心聆聽他們的意見，以掌握托貝華人社區目前所遇到的挑戰。我們社區所提供的資訊將用於改善對托貝華人社區的支援。

# Upcoming Events 活動預告

Wednesday, 5<sup>th</sup> November – Dementia Awareness Talk & Drop In Flu/COVID Vaccination

Monday, 24<sup>th</sup> November – Power of Music Workshop

Monday, 15<sup>th</sup> December – Christmas Celebration



11月5日 (星期三) – 認識腦退化症講座 暨 即場 流感/COVID 疫苗注射

11月24日 (星期一) – 音樂的力量工作坊

12月15日 (星期一) – 聖誕慶祝活動



## Conversation Club:

Wednesday, 12<sup>th</sup> November, 11am – 12pm, Outing

Wednesday, 19<sup>th</sup> November, 11am – 12pm, CCWS office in Vassall Centre

Wednesday, 10<sup>th</sup> December, 11am – 12pm, CCWS office in Vassall Centre

## 聊天茶聚:

11月12日 (星期三) 上午11:00 – 12:00, 戶外

11月19日 (星期三) 上午11:00 – 12:00, 華康會

12月10日 (星期三) 上午11:00 – 12:00, 華康會



# Staff changes 員工動向



Dave left CCWS in mid-August. We wish him well and thank you for Dave's help in the last 3 years.

Dave 於 8 月中離職。我們祝福他一切順利，並感謝他過去 3 年對華康會的付出。



## 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

 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

