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Chinese Lantern Helpline
明燈熱線
0808 802 0012



Upcoming Events
活動預告 P.8

EMPATHY Project Celebration Event EMPATHY 計劃慶祝活動

NIHR | National Institute for Health and Care Research



Our gratitude to: Christina Gray Director for Communities and Public Health (DPH), Bristol City Council who kindly sponsored the event and contributed towards the costs of EMPATHY report printing.

我們衷心感謝：Christina Gray (布里斯托市議會社區與公共衛生局 (DPH) 局長)，布里斯托市議會慷慨贊助本次活動及印製《EMPATHY》報告費用。



On Monday the 18th of May, the EMPATHY project team made up of CCWS, Bristol Black Carers, Dhek Bhal and UWE held a celebration event to mark the end of the EMPATHY dementia research project. The research which launched in October 2024, set out to develop an intervention, in the form of an EMPATHY support letter, that would help to improve access to the dementia assessment and diagnosis pathway for those from the Caribbean, Chinese and South Asian communities. The celebration event which was opened by Vice Lord Lieutenant Lee Williams, helped launch the EMPATHY report which contained findings and recommendations from the study as well as the EMPATHY film developed by Latent Pictures which showcased the personal stories of those living with dementia in the three communities.

5月18日(星期一)，EMPATHY 項目團隊 - 包括華康會、Bristol Black Carers、Dhek Bhal 及 UWE - 舉辦了一場慶祝活動，為 EMPATHY 腦退化症研究計劃畫下完美句號。本研究於2024年10月正式啟動，旨在開發一項介入措施 - 以「EMPATHY 支持信」的形式 - 協助加勒比裔、華人及南亞裔社群更順利地進入腦退化症評估與診斷流程。慶祝活動由副郡尉 Lee Williams 主持開幕，並正式發布《EMPATHY 研究報告》，該報告收錄了本研究的發現與建議，同時發布由 Latent Pictures 製作的《EMPATHY 紀錄短片》，片中呈現了三個社群腦退化症人士的個人故事。



The event was a wonderful opportunity to raise awareness and increase understanding surrounding the challenges people from minoritised communities face when it comes to getting a diagnosis. We hope that the report and film which have come out of this project can help to create change in the way that dementia assessment is carried out.

We would like to say a special thank you to Dr Rosa Hui MBE DL who helped to initiate the 2017 BAME Dementia Report which kick started our involvement in dementia work leading to the EMPATHY research project. Also, a big thank you to all the community members who took part in this research - the time dedicated to this project as well as the stories shared have been truly invaluable.

是次活動是一個極佳的契機，提高公眾認識和理解少數族裔社群在尋求診斷過程中面對的種種挑戰。我們衷心希望，這份報告與這部影片能夠推動腦退化症評估方式的變革。

我們特別感謝 Rosa Hui MBE DL 博士，她於2017年協助發起《BAME 腦退化症報告》，正是這份報告開啟了我們在腦退化症領域的工作，並最終促成 EMPATHY 研究計劃的誕生。同時，我們亦衷心感謝所有參與本研究的社群成員 - 各位付出的時間，以及分享的故事，對這項計劃而言意義深遠、彌足珍貴。



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.

NHS
Bristol, North Somerset
and South Gloucestershire
Integrated Care Board

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。

Inner City and East Bristol
Locality Partnership

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



On 14 April, we were invited by Dhek Bhal to organise an event together for the South Asian community.

All the participants were still very enthusiastic. It was lovely to see everyone again. For this activity, everyone was encouraged to be creative and use a variety of colours and stencils to decorate their tote bags with different designs. Once the ink had completely dried, everyone could take their one-of-a-kind shopping bags out for some shopping! Afterwards, we also enjoyed lunch together, bringing the day's activities to a perfect close.

4月14日，我們收到 Dhek Bhal 的邀請，一起為南亞社群舉辦活動。

一眾參加者仍舊十分熱情，很高興再次與大家見面。是次活動，要大家發揮創意，以各種繽紛的顏色，為購物袋添上圖案。待顏料乾透後，大家就可以帶著獨一無二的購物袋出外 shopping! 我們隨後共晉午餐，為當日的活動圓滿作結。





On 29 April, CCWS once again partnered with Bristol Black Carers to host a carers' support session for the Caribbean community.

Participants enjoyed a relaxing colouring activity session accompanied by gentle music. The facilitator also taught everyone some simple ways to encourage and motivate themselves each day, helping them to maintain a positive and optimistic mindset when facing everyday challenges.

4月29日，華康會再度和 Bristol Black Carers，一起為加勒比社群舉辦了一場照顧者支援活動。

參加者在柔和的音樂下，享受填色的樂趣，放鬆自己。主持人又帶領大家，如何每天都簡單地為自己打打氣、鼓勵自己，從而抱持樂觀積極的態度，迎接日常生活中的挑戰。



Dementia Projects - Power of Music Session

腦退化症服務項目 - 音樂的力量



On 27 April, CCWS once again organised a 'Power of Music' session.

As the weather grows warmer, we introduced a great hiking spot and shared a few warm-up exercises to help everyone make the most of the pleasant spring season.

We also prepared a ball-toss game to test everyone's coordination, and participants had a wonderful time. This month's theme was 'Warmth of Spring', and of course, it wouldn't be complete without a group singalong of a classic spring-themed song.

The session concluded with a simple yet energetic chair dance. Everyone moved along to the rhythm, enjoying themselves while getting some exercise at the same time.



4月27日，我們華康會又再舉辦了一場的「音樂的力量」活動。

隨著天氣回暖，我們向大家介紹了遠足好去處，以及一些遠足前的熱身運動，讓大家可以好好享受這個溫暖的春天。

我們又準備了拋球小遊戲，考考大家的眼界，參加者們都玩得興高采烈。本月主題為萬水千山，又怎少得了合唱經典金曲 — 萬水千山總是情。

活動尾聲再以簡單又充滿活力的椅子舞作結，大家隨著節奏手舞足蹈，舞蹈之餘同時做運動，不亦樂乎。



Launch of BNSSG Communities Against Cancer

BNSSG 「社區對抗癌症」項目啟動禮



Community partners come together at the Vassall Centre to tackle inequalities in cancer awareness and early diagnosis.

Hosted by CCWS, this initiative supports community organisations across Bristol, North Somerset and South Gloucestershire to reduce inequalities in cancer awareness and encourage earlier diagnosis. It is funded by the SWAG Cancer Alliance through the VCSE Alliance and overseen by the BNSSG Integrated Care Board.

The programme works through trusted local groups to reach people who may face barriers to accessing information, screening and support—whether due to language, culture, disability, confidence, time, transport or past experiences. Each funded project will design activity around the needs of its community, helping people recognise symptoms, take part in screening and feel more confident seeking help early.

We're proud to be supporting eight organisations in this funding round:

- African Voices Forum
- Bread of Life Ministries
- Bristol Muslim Cultural Society
- For All Healthy Living Company
- Knowle West Health Park
- Nilaari Agency
- People First
- The Care Forum



Speakers and partners

Thank you to our speakers, who also represent the programme funders, for sharing their expertise and setting the scene for the months ahead. Glenda Beard, Clinical Lead for Cancer and Specialised Commissioning at the BNSSG Integrated Care Board, spoke about the importance of cancer awareness and the role of communities in encouraging earlier help-seeking. Divya Bassi, Senior Project Manager (Community Outreach and Health Inequalities) at the SWAG Cancer Alliance, highlighted the importance of working with diverse communities to address long-standing inequalities.

We also thank NHS screening teams and InHealth for providing practical guidance on screening pathways, which will support projects as they move into delivery. Special thanks to Trudy Perkins, Kathryn Dicksen, Siny Thankachan and Julie Frost.

What's next

Over the coming weeks, each organisation will refine its plans, connect with local screening and clinical teams, and begin delivering outreach that is accessible, culturally appropriate and community-led.

We look forward to seeing these projects come to life and make a real difference. If you'd like to connect with one of the organisations, collaborate, or share learning and resources, please get in touch.



社區夥伴齊聚華素中心，攜手應對癌症認知及早期診斷方面的不平等

我們於4月28日在華素中心度過了一個愉快而充實的下午，並正式啟動 BNSSG「社區對抗癌症」項目。SWAG 癌症聯盟透過 VCSE 聯盟和 BNSSG 綜合護理委員會資助華康會擔任主辦機構，支援布里斯托、北薩默塞特及南格洛斯特郡的社區組織，致力減少癌症認知及早期診斷方面的不平等。

透過與社區內值得信賴的團體合作，我們希望接觸到在獲取健康資訊、參與篩查或尋求支援時可能面對更多障礙的人士，例如語言、文化、殘疾、信心、時間、交通或過往對服務的經驗等。每個獲資助的項目將按其社區需要設計活動，加深對症狀的認識、推廣篩查，並鼓勵市民及早求醫諮詢。

我們很榮幸在本輪資助中支持以下八個社區組織：

- African Voices Forum
- Bread of Life Ministries
- Bristol Muslim Cultural Society
- For All Healthy Living Company
- Knowle West Health Park
- Nilaari Agency
- People First
- The Care Forum



講者與合作夥伴

衷心感謝各位講者（同時代表本計劃的資助單位）分享專業意見，為項目未來工作奠定基礎。BNSSG 綜合護理委員會癌症及專科委託臨床主管 Glenda Beard 分享了癌症認知的重要見解，以及社區在鼓勵市民及早求醫方面可扮演的角色。SWAG 癌症聯盟社區外展及健康不平等高級專案經理 Divya Bassi 亦強調，若要有效應對長期存在的平不問題，必須與多元社區攜手合作。

我們亦非常感謝 NHS 篩查團隊及 InHealth 的參與，分享有關篩查流程的實務指引，為各項目推展提供了寶貴支援。特別鳴謝 Trudy Perkins、Kathryn Dickson、Siny Thankachan 及 Julie Frost。

下一步

未來數週，各獲資助機構將進一步完善計劃內容，並與本地篩查及臨床團隊建立聯繫，逐步開展具可及性、符合文化需要、並以社區為本的外展工作。我們十分期待看到這些計劃逐步落實，並為社區帶來實質而正面的影響。如希望與獲資助機構建立合作、交流學習或分享資源，歡迎與我們聯絡。

Upcoming Events 活動預告

09th June 2026 – Walk, Talk & Connect (Portishead)

09th June 2026 – Digital Skills

10th June 2026 – Royal West of England Academy
Art Exhibition Visit

10th June 2026 – Dragon Boat Festival Community
Celebration (Exeter)

16th June 2026 – Walk and Talk

22nd June 2026 – Power of Music Workshop

29th July 2026 – Cotswold Day Trip



2026年06月09日 – 社區聚會及短途散步 (Portishead)

2026年06月09日 – 數碼技能

2026年06月10日 – 西英格蘭皇家學院藝術展覽參觀

2026年06月10日 – 端午節社區慶祝活動 (Exeter)

2026年06月16日 – 邊走邊談

2026年06月22日 – 「音樂的力量」工作坊

2026年07月29日 – 夏季一日遊 (Cotswold)



Contact Us 聯絡我們

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。如有任何疑問，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:
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