



# 華康會

CHINESE COMMUNITY WELLBEING SOCIETY

COMMUNITY'S  
VOICE  
社區快訊  
August 2026  
2026年8月

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Chinese Lantern Helpline  
明燈熱線  
0808 802 0012



Annual General Meeting  
will be on  
19th October 2026 (Monday).  
Please register your attendance  
by telephone 0808 802 0012.

周年大會  
將於2026年10月19日(星期一)舉行。  
請致電 0808 802 0012 報名參加。

## Community Health Check Event 2026 社區健康檢查活動 2026



CCWS would like to invite you to our next Community Health Check Event this October, where you can access a range of health checks and useful health information!

Come along to find out more about your health, check for any potential concerns early, and learn about local health and wellbeing services. Our friendly staff and volunteers will be available to offer language support where possible.

華康會誠意邀請您參加今年十月舉行的社區健康檢查活動，活動將為您提供一系列健康檢查及實用的健康資訊！歡迎您前來了解自己的健康狀況，及早發現潛在的健康問題，並認識本地的健康及福祉服務。我們友善的職員及義工會儘可能提供語言支援。



# Community Health Check Event 2026

## 社區健康檢查活動 2026



**Date:** Tuesday, 13 October 2026



**Time:** 10:00am – 1:00pm



**Venue:** Spur 10, The Vassall Centre, BS16 2QQ



**日期:** 2026年10月13日 (星期二)



**時間:** 上午10時至下午1時



**地點:** 華素中心10號房, BS16 2QQ

### Services available will include:

- 1-to-1 conversations with GPs
- Pharmacist consultations
- Liver Screening (if eligible)
- Blood pressure checks
- Diabetes risk assessments
- Cancer awareness information
- Introduction to the NHS App
- And more health and wellbeing support

### 活動當日將提供以下服務:

- 與家庭醫生一對一交流
- 藥劑師諮詢
- 肝臟檢查 (符合資格人士)
- 血壓檢查
- 糖尿病風險評估
- 癌症資訊
- NHS App 簡介
- 其他健康及福祉支援

**Registration details will be announced soon.**

**We look forward to seeing you there!**

**報名詳情將於稍後公布, 期待您的參與!**

★ **Funded By 資助機構** ★



Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board



Somerset, Wiltshire,  
Avon and Gloucestershire  
Cancer Alliance



## Exciting News: Cancer CARE Project

### 全新癌症支援計劃

We're delighted to announce that CCWS has been awarded funding for a new project to improve access to person-centred cancer care for the Chinese community across Bristol, North Somerset and South Gloucestershire (BNSSG).

We know that language, cultural and practical barriers can sometimes make it harder for people from Chinese communities to access cancer information and support. Through this project, we aim to raise awareness of cancer, improve understanding of screening and early diagnosis, and ensure people affected by cancer can access the support they need with confidence.

Over the next two years, we'll be working closely with community members, healthcare professionals and local organisations to:

- Improve access to culturally and linguistically appropriate cancer information.
- Deliver cancer awareness talks and community events.
- Listen to the experiences of people affected by cancer and use their feedback to help shape future services.
- Strengthen partnerships with health services to improve cancer support for the Chinese community.

We're excited to get started, and most importantly, to work with our community to help make cancer care more accessible, inclusive and responsive to the needs of Chinese-speaking communities.

Would you like to get involved? If you or someone you know has been affected by cancer, or if you're interested in volunteering with the project, we'd love to hear from you. There are different ways you can get involved, whether you'd like to share your experiences, support our community activities or help us reach more people. Please get in touch with the CCWS team to find out more.



我們很高興宣布，華康會成功獲得資助，推行一項全新計劃，旨在改善布里斯托、北薩默塞特及南告羅士打郡 (BNSSG) 華人社區，以人為本的癌症照顧及支援的可及性。

我們明白到，語言、文化及實際生活上的障礙，有時會令華人較難獲取癌症資訊及支援。透過這項計劃，我們希望提高社區對癌症的認知，加深大家對癌症篩查及及早診斷的了解，並確保受癌症影響的人士能夠有信心獲得所需的支援。

在未來兩年，我們將與社區、醫護人員及本地機構緊密合作，致力：

- 讓華人社區獲取切合文化及語言需要的癌症資訊。
- 舉辦癌症資訊講座及社區活動。
- 聆聽受癌症影響人士的經歷及意見，並用以協助改善未來的服務。
- 加強與醫療機構的合作，改善為華人社區提供的癌症支援。

我們很期待展開這項新計劃，更希望與社區攜手合作，讓癌症支援變得可及、更具包容性，並更能回應華人的需要。

您有興趣參與嗎？如果您或您認識的人曾受癌症影響，或者您有興趣成為本計劃的義工，我們都非常歡迎您與我們聯絡。計劃有不同方式可供參與，包括分享自己的經歷、協助舉辦社區活動，或幫助我們接觸更多社區人士。請聯絡華康會團隊了解更多。

★ Funded By 資助機構 ★

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Somerset, Wiltshire,  
Avon and Gloucestershire  
Cancer Alliance

**pink ribbon**  
Foundation

## Health Inequality Project 健康平等計劃

Funded By 資助機構

**Inner City and East Bristol**  
Locality Partnership

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

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。

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



On 1 July, we collaborated with Bristol Black Carers to organise a fun and engaging activity for the African and Caribbean community.

At the beginning of the session, we started with some deep-breathing exercises to help participants relax and take a break from the stresses of everyday life. We then arranged colouring activities and a dominoes game to give everyone a chance to exercise their minds.

Everyone had a wonderful time and thoroughly enjoyed the activities. They were so engaged that they did not want the session to end, and many were already looking forward to our next activity!



7月1日, 我們與 Bristol Black Carers 合作, 為非洲加勒比社群舉辦了一場滿有趣味的活動。

活動開始時, 先以深呼吸練習讓參加者從沉重的日常生活中放鬆, 然後又安排了填色冊和骨牌接龍遊戲, 讓各位活動腦筋。

大家當天都玩得非常盡興, 樂而忘返, 並十分期待著下一場活動!



## Dementia Projects – Power of Music Session

### 腦退化症服務項目 – 音樂的力量

On 22 June, although the weather was hot, our participants still came along to take part in our 'Power of Music' event.

As the month's theme is 'Live a Healthy Life', we began by sharing health information, including what cancer screening services are currently available, the eligibility criteria, and how participants could join. We hope to spread the message that 'Prevention is Better Than Cure' to everyone. After that, it was time for our mini-game session. We started with a numbers game to give everyone's brain a workout. Then, we played a 'Ball Throwing Battle' to test our participants' hand-eye coordination. The game was very exciting, and everyone really got involved! We also sang some classic nostalgic songs together and had a wonderful time.

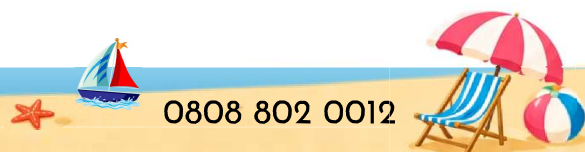
At the end, our volunteers led our participants through some simple stretches and reminded everyone to exercise within their own limits during the hot summer weather.



6月22日, 雖然天氣開始炎熱, 但仍無阻一眾會員前來參加我們「音樂的力量」活動。

該月主題為健康人生, 我們首先分享一些健康小資訊, 包括介紹現時英國的癌症篩查、參加資格及途徑, 向大家宣揚「預防勝於治療」的觀念。

小遊戲環節, 先以簡單的數字遊戲和各位一起活動腦筋, 然後再來一場投球大戰, 考驗大家的手眼協調! 過程相當刺激, 人人都非常投入! 然後又合唱經典金曲, 藉著悅耳歌聲為大家喚回平靜, 消暑降溫。最後由義工帶領大家做一些簡單的拉筋練習, 並提醒各位在炎夏中運動時要量力而為。



# The Royal West of England Academy Gallery Visit 皇家西英格蘭學院美術館探訪活動

Funded By 資助機構

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

National  
Academy  
for Social  
Prescribing



We were delighted to receive an invitation from RWA again this year. They organised for the Chinese community to visit their 'Dance Out' exhibition on the 10 June.

In addition to the exhibition, the Academy invited a ballerina to give a live performance. She also led everyone in a gentle dance session. After the dance session, two members of the RWA team stepped up to be our models. Our participants then attempted to express their feelings through abstract lines and drawing, mimicking the movements and lines of the models. This was a fresh and fun experience for all of us.

At the end of the event, we enjoyed a tea party together. Everyone had fun enjoying each other's company and eating delicious snacks.



我們很高興再次收到 RWA 美術館的邀請，於6月10日舉辦了一場專屬華人社群的參觀活動。

活動除了一般展覽參觀外，亦邀請到芭蕾舞者現場表演，並帶領大家大展舞功。

一番舞動之後，有兩位來自美術館的職員負責擔當起模特兒的角色，然後由大家在畫紙上運用線條抽象創作，表達感受，新奇之餘又十分有趣。

活動尾聲，館方特意安排了茶敘環節，在用茶點的同時讓大家互相分享活動中的喜悅。

# Cotswold Day Trip

## Cotswold 夏季一日遊

Funded By 資助機構



Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board



Our Cotswolds day trip was successfully held on 29 July. We would like to once again thank all participants for their support. The trip was met with great enthusiasm, despite the warm summer weather. Many participants shared that they had been looking forward to the return of day trips organised by CCWS and were delighted to join the event.

Our first stop was the Broadway Lavender Field. As soon as we entered the field, we were greeted by the lovely scent of lavender. Everyone took out their phones to capture photos and memories together. We also took the opportunity to gather for a group photo in front of the beautiful scenery. Participants enjoyed a leisurely stroll through the vast purple fields, chatting with friends, and relaxing with a simple picnic while soaking in the peaceful atmosphere.

After spending time at the lavender field, we headed to Broadway High Street, which is well known for its traditional architecture. Everyone enjoyed a relaxing afternoon exploring the area, and some purchased local souvenirs to bring home for their family and friends.



Cotswolds 一日遊活動已於7月29日順利舉行，再次感謝各位參加者的支持！今次活動反應非常熱烈，炎炎夏日仍無阻大家的興致，不少參加者都表示十分期待再次參加由華康會舉辦的一日遊活動，心情格外興奮！

我們首先前往 Broadway 薰衣草園。甫踏進園區，陣陣濃郁的薰衣草香氣迎面而來，大家亦紛紛拿出手機互相拍照留念。我們當然也把握機會，在美景前拍一張大合照，為這次旅程留下珍貴回憶。大家一邊漫步園內，欣賞大片紫色花海，一邊與同行朋友輕鬆閒談，或坐下來享受簡單的野餐，在悠閒的氛圍中度過愉快時光。

離開薰衣草園後，我們前往以傳統建築聞名的 Broadway 大街，讓大家悠閒地享受愜意的下午。有參加者更選購了當地特色手信帶回去送給親友，收穫滿滿。

At the end of the trip, we returned to the Vassall Centre. After a fulfilling day, everyone left with smiles on their faces and wonderful memories to cherish. Beyond enjoying the beautiful scenery, the day trip also provided an opportunity for participants to spend quality time with friends, reconnect with old friends, and enjoy meaningful social interactions. Some participants shared that they usually spend most of their time working, and this was a valuable opportunity for them to take a break from their busy routines and simply relax. We sincerely hope that everyone enjoyed the trip and look forward to organising similar events in the near future.





旅程最後，我們返回華素中心解散。經過一天充實的行程，大家臉上都流露著滿足的笑容。除了欣賞美景外，今次一日遊亦讓大家有機會與朋友結伴出遊，愉快相聚。有參加者在活動中重遇久未見面的舊朋友，老友相逢份外驚喜。

有參加者分享，平日大部分時間都忙於工作，難得有機會放下忙碌，感到十分放鬆，也讓這趟旅程變得更有意義。我們衷心希望大家享受今次的活動安排，亦期待日後有機會再次與大家一同出遊。



Supported By 支持機構

**Carers Support**  
Bristol and  
South Gloucestershire

## Carers Week Event 照顧者週活動

We were delighted to return to the Carers Week Event on 11 June 2026 at the Greenway Centre. This year's theme, "Caring Matters," highlighted the importance of recognising and supporting carers in our communities. As one of the stalls, we enjoyed connecting with carers as well as professionals and organisations from across Bristol and South Gloucestershire.

The event offered a wide range of information on health and wellbeing. We also learned more about how GP practices operate and the types of support available to help carers get the most out of their appointments.

Despite the rainy weather, it was wonderful to see such a strong turnout. Everyone who attended was eager to learn about the support available to them. We look forward to seeing you again next year!



我們很高興於 2026 年 6 月 11 日重返在 Greenway Centre 舉辦的「照顧者週活動」。今年的主題是 Caring Matters，認識並支持照顧者的重要性。作為其中一個攤位，我們很開心能與來自布里斯托及南告士羅打郡的照顧者、專業人士及各個組織交流互動。

活動中提供了多元而豐富的健康與身心福祉資訊。我們也進一步了解了家庭醫生 (GP) 診所的運作方式，以及照顧者在就診時可獲得的各類支援。

儘管當天細雨綿綿，但仍然看到許多人前來參與，氣氛十分熱鬧。大家都非常積極，希望了解更多可獲得的支援服務。我們期待明年再見！



# Walk and Talk Sessions 2026

## 邊走邊談 – 2026

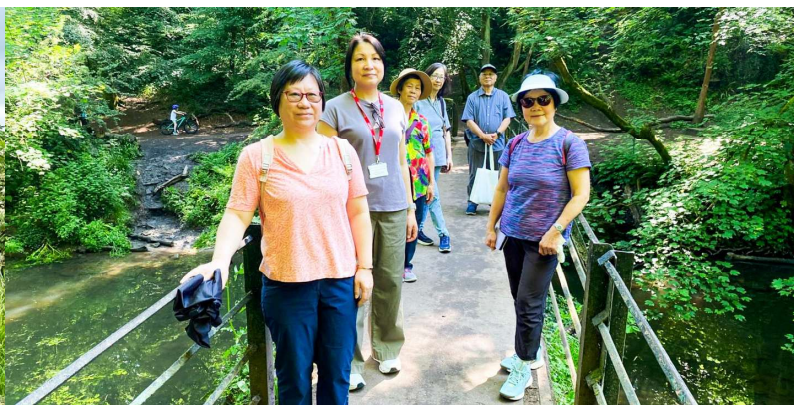


On 26 May and 16 June, the Carers Support Service organised Walk and Talk sessions for carers, providing them with an opportunity to take a break from their caring role and relax.

The session on 26 May took place on one of the hottest days of the year, so we changed our planned route from Stoke Park to the scenic trails of Snuff Mills. Walking along the shaded woodland paths, we listened to the cheerful songs of birds while enjoying friendly conversations. The cooling presence of the stream running alongside the trail and the refreshing surroundings helped us forget the heat entirely. The two-hour walk passed quickly in a relaxed and enjoyable atmosphere, and everyone agreed to meet again in mid-June.

Our second Walk and Talk session introduced a new route and welcomed many new participants. Special thanks go to Lisa for planning the route and leading the walk. She guided us along the trails of Stoke Park, where we enjoyed the beautiful scenery, learned about various plants, and shared stories and laughter along the way. Once again, the two hours flew by.

Of course, spending some time together at the end is a cherished tradition of our Walk and Talk sessions. Participants enjoyed a drink, ice cream, or dessert while chatting and unwinding. It was a wonderful way to conclude this year's sessions, and we look forward to meeting again for Walk and Talk next year!



在5月26日及6月16日，陪護小組為照顧者舉辦了邊走邊談活動，讓他們可以暫時從照顧者的角色中稍事休息，放鬆心情。

5月26日是今年最熱的日子之一，所以我們改變路線由 Stoke Park 改行 Snuff Mills 郊野小徑，沿著樹蔭小徑，一路聽著小鳥吱喳鳴唱，一邊談談說說，還有清涼的小河流，頓時感到暑氣全消。兩小時就在大家輕鬆愉快的邊走邊談中過去，大家約定六月中再會。

第二次邊走邊談的活動迎來了新的路線和更多新朋友的加入。特別感謝 Lisa 為我們籌劃路線及充當領隊。她帶領我們沿著 Stoke Park 小徑，一路欣賞沿途風景，一邊認識各種植物，參加者又一邊說說笑笑，互相分享身邊故事，兩小時轉眼過去。

活動尾聲當然少不了一起稍事休息，悠閒地喝杯咖啡或小食雪糕甜點，放鬆心情聊聊天，為今年的活動畫上完美句號。我們約定明年邊走邊談再見。



# Dragon Boat Festival Community Celebration

## 端午節社區慶祝活動 – Exeter

Funded By 資助機構

Devon  
County Council



On 10 June 2026, CCWS was delighted to host our Dragon Boat Festival Community Celebration at Mint Methodist Church, Exeter, bringing together local residents for a day of cultural celebration, community connection, and wellbeing.

It was wonderful to meet members of the local community, spend time chatting with attendees, and introduce them to the services and support available through the Chinese Community Wellbeing Society. Everyone also enjoyed celebrating together while sharing cultural snacks and refreshments.

We were pleased to welcome two representatives from the Migration & Resettlement Team at Devon County Council and John from the Devon and Cornwall Police Diverse Community Team, who shared valuable information and practical advice on scam prevention and fraud awareness. The community greatly appreciated the opportunity to speak directly with representatives from CCWS, the council, and the police. The feedback was overwhelmingly positive, and we look forward to continuing to support the community through future events and activities.

A heartfelt thank you also goes to our amazing volunteers, Xue Yi, Judy, and Lynn, for generously giving their time and support, and helping to make the event such a success. Thank you to everyone who joined us — we look forward to seeing you again at our future community events!



2026年6月10日，華康會很榮幸於 Exeter 的 Mint Methodist Church 舉辦了端午節社區慶祝活動，與當地居民歡聚一堂，共度端午佳節，促進社區聯繫，並推廣身心健康。

當天，很高興能與當地社區成員見面交流，與參加者親切交談，並向大家介紹華康會提供的各項服務與支援。大家亦一同享用富有節日特色的小食與茶點，共度歡樂時光。

我們很榮幸邀請到 Devon County Council Migration & Resettlement Team 的兩位代表，以及 Devon and Cornwall Police Diverse Community Team 的 John 出席活動，為大家分享有關防範詐騙及提升警覺的重要資訊與實用建議。社區居民非常珍惜這次能夠與華康會、郡議會及警方代表直接交流的機會，活動獲得一致好評。我們亦期待透過未來更多活動，繼續為社區提供支援與服務。

同時衷心感謝我們的義工 — Xue Yi、Judy 及 Lynn 付出寶貴的時間和支持，協助活動順利舉行，讓今次活動圓滿成功。感謝所有參與是次活動的朋友！期待在未來的社區活動中再次與大家相聚！



# Casework Service and Casework Surgery

## 個案支援服務 以及 個案專題一對一

Funded By 資助機構



### Casework Service

Our Casework Service is funded by Independent Age and supports people living in South West England, including Bristol, Cornwall, Devon, Dorset, Gloucestershire, Wiltshire and Somerset.

We provide advice and casework support on benefits, social care, housing, and discrimination. The service particularly supports women aged 65+ experiencing financial hardship.

We also offer one-to-one information sessions for Cantonese and Mandarin speaking communities of all ages.

Please note that we cannot provide legal or debt advice. All services are confidential.

For support, contact [casework@chineseccws.org.uk](mailto:casework@chineseccws.org.uk) or call 0808 802 0012.



### 個案服務

我們的個案服務由 Independent Age 資助, 服務範圍為英國西南部, 包括布里斯托 (Bristol)、康沃爾 (Cornwall)、德文郡 (Devon)、多塞特郡 (Dorset)、格洛斯特郡 (Gloucestershire)、威爾特郡 (Wiltshire) 及薩默塞特郡 (Somerset)。

我們就福利、社會照顧服務、房屋事宜及歧視問題提供資訊、建議及個案支援服務。本服務尤其為面對經濟困難的 65 歲或以上女性提供支援。我們亦為不同年齡的粵語及普通話社群人士提供一對一資訊服務。

請注意, 我們未能提供法律或債務諮詢服務。所有服務均保密。

如需查詢或尋求協助, 請電郵至 [casework@chineseccws.org.uk](mailto:casework@chineseccws.org.uk) 或致電 0808 802 0012 與我們聯絡。

### Casework Surgery

We also run occasional Casework Surgery sessions, offering one-to-one support on specific topics. Previous themes have included Travel Costs For Older People, Digital Skills, State Pension, Pension Credit, and Winter Fuel Payments.

To hear about upcoming sessions, look out for our posters or join our WhatsApp Community via the QR code on the last page of this newsletter.

### 個案專題一對一

我們亦會不定期舉辦個案專題一對一, 就特定主題提供一對一支援。過往主題包括長者交通費支援、數碼技能、國家退休金、退休金補助及冬季燃料補貼等。

如欲了解最新活動資訊, 請留意我們的宣傳海報, 或掃描本期通訊最後一頁的二維碼加入 WhatsApp 社群。



# Round Two of the BNSSG Community Against Cancer Grant Programme Opens Soon BNSSG「社區對抗癌症」計劃第二輪申請即將展開

Funded By 資助機構



The BNSSG Community Against Cancer Grant Programme provides funding to voluntary, community and social enterprise (VCSE) organisations to deliver projects that promote cancer prevention and early diagnosis.

Launched in November 2025, the programme successfully supported eight community organisations through its first round of funding.

Round Two will continue to offer grants ranging from £500 to £10,000 to community organisations based in Bristol, North Somerset and South Gloucestershire (BNSSG).

Applications for Round Two will open on 8 September 2026 and close on 5 October 2026. For more information, please visit: [chineseccws.org.uk/our-support/bnssg-cac](http://chineseccws.org.uk/our-support/bnssg-cac) or email: [cac@chineseccws.org.uk](mailto:cac@chineseccws.org.uk)

The programme is delivered by the Chinese Community Wellbeing Society (CCWS) and is supported by the BNSSG Integrated Care Board (ICB) and the Somerset, Wiltshire, Avon and Gloucestershire (SWAG) Cancer Alliance.



## Communities Against Cancer Funding Opportunities



**Round 2 opens on 8 September**

**Apply by 5 October 2026**

- Do you want to tackle cancer inequality?
- Do you know a community group that would like to boost cancer awareness?
- Could your organisation inspire people to take part in screening and make healthier choices?



Grants of **£500 to £10,000**  
available for projects delivered in  
BNSSG (excluding Inner City and  
East Bristol area)



SCAN FOR INFO



### Contact us

Email: [cac@chineseccws.org.uk](mailto:cac@chineseccws.org.uk)

Published by the Chinese Community Wellbeing Society, which is delivering the Communities Against Cancer (CAC) programme supported by Bristol, North Somerset and South Gloucestershire Integrated Care Board and Somerset, Wiltshire, Avon and Gloucestershire Cancer Alliance.

BNSSG「社區對抗癌症」計劃為志願、社區及社會企業組織提供資助，以推行癌症預防及早期診斷相關項目。

本計劃於 2025 年 11 月推出，並於首輪資助中成功支持八個社區組織開展相關工作。

第二輪資助將繼續向位於布里斯托 (Bristol)、北薩默塞特 (North Somerset) 及南告羅士打郡 (South Gloucestershire)，統稱 BNSSG 地區的社區組織提供 £500 至 £10,000 的資助。

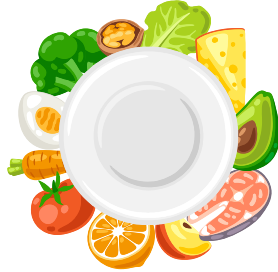
第二輪申請將於 2026 年 9 月 8 日正式開始接受申請，並於 2026 年 10 月 5 日截止。如欲了解更多詳情，請瀏覽: [chineseccws.org.uk/our-support/bnssg-cac](http://chineseccws.org.uk/our-support/bnssg-cac) 或電郵至: [cac@chineseccws.org.uk](mailto:cac@chineseccws.org.uk)

本計劃由華康會負責推行，並獲 BNSSG 綜合護理委員會及 Somerset, Wiltshire, Avon and Gloucestershire (SWAG) 癌症聯盟支持。



# Upcoming Events 活動預告

16th Sep 2026 – Mid-Autumn Celebration  
30th Sep 2026 – Healthy Living Workshop  
13th Oct 2026 – Community Health Check Event  
19th Oct 2026 – Annual General Meeting  
26th Oct 2026 – Power of Music Workshop



2026年09月16日 – 中秋節慶祝活動  
2026年09月30日 – 健康生活工作坊  
2026年10月13日 – 社區健康檢查活動  
2026年10月19日 – 周年大會  
2026年10月26日 – 「音樂的力量」工作坊



## 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」，以取代過去的通訊發放群組。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:  
admin@chineseccws.org.uk



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www.chineseccws.org.uk



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Wechat 微信:  
ChineseCWS89

