

CPA 協康會會訊

NEWSLETTER

NOVEMBER 2022 TO JANUARY 2023 ISSUE
二零二二年十一月版

INSIDE THIS ISSUE

PG. 1

Mission & Belief

PG. 2

President message

PG.5-9

Programs & activities

PG.10-12

Our Story

PG.13-17

Our Achievements / memory lane

PG.18-19

Sweet Memories



“Wishing you
Happy Holidays!
聖誕快樂 &
新年快樂”



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc.

Office closure for Christmas break and New Year

23/12/2022 to 09/01/2023

Office re-open on 10/01/2023



Chinese Parents Association –
Children With Disabilities Inc.

澳洲弱能兒童協康會

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Article Contribution
歡迎來稿

CPA Newsletter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

Our Mission

我們的信念

To provide a range of services and support to people with disabilities, as well as to promote a caring community for the optimal growth of people with disabilities. 弱能人士，無論是何種膚色，種族或信仰，皆應獲得平等對待及享受豐盛而有意義的人生。

Our Belief

我們的使命

That people with disabilities irrespective of colour, race or creed should be treated equally and to enjoy a rich and meaningful life as far as possible. 致力為弱能人士提供一系列服務，尤其是華裔人士，使他們能夠得到適當的照顧，及推廣一個對弱能人十關懷備至的社會。

President Message

The end of the year is just about there, and we have many people to thank for the successful year we have had at CPA in 2022.

As President this year I have had the privilege of working with a fantastic group of people all dedicated to making our CPA a great place for our members and families.



Firstly, I'd like to mention the wonderful treasurer Maria Lee who has done an outstanding job from accounts to activity booking, responding to messages, emails, coordinating the office daily routine. A big thank you to Rachal Lo, who not only keeping the office operating but has been a great support to me and the committee members throughout the year.

I would also like to take this opportunity to thank all the MC who volunteered their time and worked hard to make sure CPA runs smoothly, whilst also making improvements to the way we do things. Josh Lee joined our committee members in May this year and has coordinated our Sib-Connect program which was inactive for a long time. It was so grateful that we can continue to provide support to our sibling group. Great to welcome Josh on board.

Here are some highlights of the year:

- Wollongong Surf Leisure Report family trip
- Family picnic at Nurragingy Reserve
- Alice in Wendyland fundraising concert
- Australian Fujian Association 'Sharing the Same Moon' art exhibition
- Perisher Snowy family trip

Thank you to all the parents who assisted CPA in other ways during the year. Your contributions towards things like helping to look out for each other in social outings. It was impressed that your punctuality and co-operation had made our community outings very successful, have all benefited everyone in the group.

It is a rewarding experience that CPA simply could not exist without the efforts of volunteers. This year CPA was awarded 'Local Volunteer Award 2022' by the Parliament of Australia House of Representatives in recognition of the outstanding service to our local community. Thanks to the committee members, all our parents, teachers who volunteered your time to serve CPA in 2022. Thanks for your support and friendship throughout the year, I really enjoyed my term as your President.

Look forward to another great year ahead, I wish you and your families all the best for the festive season, a safe and happy Christmas and prosperous New Year.

Miranda Chau – President



2022 年快將結束，協康會在這一年有很大的成果，要感謝很多人。

作為協康會的會長，今年我很幸運能夠再次與一群出色的團隊一起工作，齊力使協康會成為各會員及其家人的一個美好去處。

首先，我要讚揚義務財政 Maria Lee 傑出的工作，她除了從事財務工作外，還有幫忙登記活動參與者的資料、回覆信息和電子郵件、協調辦公室的日常工作等等。亦非常感謝 Rachel Lo，她不僅保持辦公室的正常運作，也為我和委員會成員提供了極大的支援。

我也藉此機會感謝所有委員，他們不但付出時間並努力確保協康會運作順利，同時也改善了本會的運作方式。Josh Lee 於今年 5 月加入成為我們的委員會成員，並負責統籌 Sib-Connect 這個活動計劃，此項目已停頓了一段長時間，現在我們能夠繼續為協康會的兄弟姐妹群體提供聯繫平台，感到非常欣喜。在此再次歡迎 Josh 加入我們的團隊。

以下是協康會這一年的活動亮點：

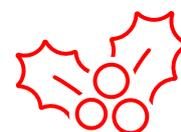
- 臥龍崗海濱家庭渡假營
- Nurragingy 保護區昌萊園公園野餐家庭樂
- Alice in Wendyland 籌款音樂會
- AFA「千里共嬋娟」藝術展
- 堪培拉及雪山三天遊

感謝所有在這一年裏以各種方式幫助協康會的家長們，諸如在活動中互相照應等等的幫忙，都是給我們莫大的貢獻。您的準時和配合令我深感欣慰，也是團體出外活動時取得成功的要素，令到每位參與者都能得益。

令我最感恩的是義工們的努力，沒有他們的參與，協康會根本不可能存在。今年協康會被澳大利亞眾議院授予「2022 年地區義工獎」，以表彰義工們對社區的出色服務。最後感謝委員會成員、我們所有的家長、義工和老師，他們在 2022 年為協康會所作的服務和貢獻，感謝你們一年來的支持和友誼，我真的很高興擔任你們這年度的會長。

在這普世歡騰的日子，我祝您和您的家人萬事如意，享受平安快樂的聖誕佳節和繁榮充裕的新的一年！

周潤梅
會長



小組節目 Junior Group Program



Rhythm & Motion 唱遊活動

Instructor 導師: By Christine

Time 時間: Saturdays 星期六, 4:00pm — 5:00 pm

Venue 地點: Belmore Youth Centre, 38 Redman Pde, Belmore



Fun to Learn! Independent Living Skills!

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

Venue 地點: Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore



Community Outdoor Activities

Time 時間: Saturdays 星期六, 2:00 - 4:00pm or School Holidays

大組節目 Youth Group Program



藝術課 Art Programs

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



音樂課 Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



椅子瑜伽 & 普拉提 Chair Yoga & Pilates

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午 11am 開始

Venue 地點: Tenpin City Lidcombe, 92 Parramatta Road
Lidcombe, (Parking at rooftop)



網課 On-line Activities

Announcement through Wechat & email



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc



Date	日期 :	12 November 2022 (Saturday)
Place	地點 :	Bankstown Steam Locomotive Society 48 Hoskins Ave, Bankstown
Time	時間 :	1:30pm—3:30pm (meet at the entrance from Hoskins Ave at 1:15pm)
Fee	費用 :	PWD NDIS participant \$25 Others \$20 Unlimited rides and picnic included

Registration deadline: 29/10/22 截止報名
* for members under 16 years of age only

Enquiries 查詢: text 0406 233 222 Tues & Thurs 週二, 週四 10am - 3pm

PWD* refers to the children with disabilities of ordinary members of the Chinese Parents Association - Children with Disabilities Inc.

Badminton family day 羽毛球家庭日

Robyn Webster Sports Centre
Holbeach Avenue, Tempe

- Saturday 19/11, 2:30-4:30pm
- Saturday 26/11, 2:30-4:30pm
- Sunday 27/11, 3:00-5:00pm



Register through wechat or email admin@chineseparents.org.au

RULES:

- Stay in your own court
- Wear non-marking rubber sole shoes
- Wear sport attire T-shirt, short, NO Jeans please
- Bring a badminton racquet if you have one
- Bring water, towel

This Program is proudly sponsored by Inner West Council



澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Sib-Connect

Gathering is back!

兄弟姐妹連結小組 再次重會!

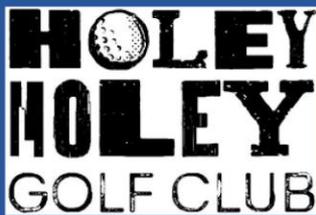


Connect
with others

Mini-Golf & Lunch, \$10 pp (for siblings who can travel independently)

Saturday 26th November 2022, 12:00pm

Holey Moley Mini-Golf Club Newtown
387 King Street, Newtown



Supporting siblings of children with a disability

It's only natural that siblings will experience many new and mixed emotions about their brother or sister's disability. It is a long-term mental, physical health impacts and stress that siblings may experience from both outside and family. The intention of **Sib-Connect** (previously called Sib-Space) program is to run regularly, where siblings can meet socialising with other siblings in a similar situation, share, learn about disability. This is a space where siblings can vent without disapproval and feel less isolated.



Register through wechat or email admin@chineseparents.org.au

This event is for siblings of PWD*, hosted by Josh Lee

This Program is proudly sponsored by ACCF

* PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association-Children With Disabilities Inc.



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

AGM

2022 General Meeting 2022 週年大會

You are cordially invited to attend our Annual General Meeting
誠邀您出席我們的週年大會
Saturday 10th December 2022, 11:30am

Dooleys Regents Park Sports Club
Terrene Street, Regents Park
RSVP to Maria or email admin@chineseparents.org.au

Celebrate

the holiday cheers. come join us for Christmas Buffet Lunch
慶祝聖誕節自助午餐

Saturday 10th December 2022
12:30pm
Dooleys Regents Park Sports Club
Terrene Street, Regents Park

\$25 12yrs & under
\$35 adult
\$55 PWD (NDIS)
\$55 non-member

Register through wechat or email
admin@chineseparents.org.au by 26/11/2022



澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Canberra & Snowy Trip

DAY 1:

I woke up at ~~6:50~~ ^{7:00am} ~~7:00~~ & I got so excited because I knew I am gonna touch snow for the first time and I am excited to see my friends Michelle, Betina, ^{Anny} ~~Anne~~ & Kelly. After a long drive, we arrived at the Floriole Tulip Festival to see such pretty flowers and eat food!! When we finished looking and enjoying the fun, we went to this restaurant named Jimmy's place at Dickson. When I saw the food there, I was so happy and just want to gobble it up!! After the yummy food and long drive, we arrived at our inn and went to sleep.

DAY 2:

At the second day of our trip, is my most favourite one. I get to touch, what I never touched. I was so excited that I kept forcing my dad to sleep in the bus. When I saw snow face to face,

I just wanna get out of the bus first. ~~At~~ My friends and I, walked in the Perisher Gates and started skiing. Step by step, I was getting used to skiing and going fast down the hill. After that, we went back to our cabins & did some karaoke together. I find it very boring because I hate singing and I was tired, so I left early and watched TV.



By Emily Rong



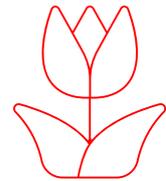
DAY 3:

This is the day we leave. I would see Betina or Michelle about years later which is depressing. The girls (Anny, Me, Kelly, Betina & Michelle) really want the back seat. The seat is for 5 people!! but the boys (Andy and Chen) got the seat first. After all that fighting, I really want to eat. At Dickson Chinabun, Me, Betina & Michelle ate delicious, juicy Chonging Noodles. Me & Betina ate the same ones which is Dry Kung Pao chicken noodles!! We got on the bus for a long time then we finally arrived at Belmore. It was so fun and I hope I can come next year!!

Canberra & Snowy Trip

By Chen Rong

Day 1: The first day of Canberra trip was to visit Floriade at Commonwealth Park in Canberra. This is one of the biggest flower exhibition events in the world. We have seen different colours amazing. We took in front of the colour of It also has kids bands and also that, we went on the coach to Chinatown for dinner. I really like the Chinese dishes, my friends Andy, Thomas, Duo sat together with me. We had a lot of fun. After dinner, we hop on the coach to the Southern Cross Motor Inn. After 2 hours drive, we've finally arrived at the Hotel. Luckily, we have a big cabin with 4 families together. After we took our break, everyone went to the Ski equipment hire to collect all the equipment for tomorrow. I had a great sleep in my cabin.



Day 2: I woke up early for breakfast and get ready for skiing. It was a bright sunny day but the temperature was very low. It is perfect for the ~~sking~~ skiing activity. About half an hour drive, we reached to Perisher Valley skiing resort. This is my first time see the real snow and I was really excited. I can't wait to put my ski shoes on and tried on the snow. I fell down a few times but I learnt how to balance quickly. We got a lift pass and I can take the lift to the top and ski down. It is more efficient and I tried many many times. During the breaktime, my friends Daniel, Duo and Thomas made some snowballs with me together. It seems pretty fun, I told my parents that I would like to go again next year with CPA if possible. After a day at Perisher valley, we went back to motor inn for rest. For dinner, we have a lovely warm hot pot with veggies and meat, that was my favourite.



Day 3: It time to go back home. We packed our suitcase and the coach driver took us to cockington green for visit. I have been there once since I was a kid. I saw a lot of mini created different countries. I also took old train inside the park. The train took a circle to give us a nice view of the park, including a bridge, of buildings. After lunch at Chinatown, we went to Goulburn to see the big sheep. I even went up inside the Sheep to its eyes to see the view. This was the last stop of our trip. I really enjoyed the trip with all my friends from CPA. Thank you for organising the trip and I look forward to having another one next year!



Chen Rong

1/10 Saturday

We gathered at Belmore Senior Centre, 38-40 Redman Parade at 9am. We stopped at Hungry Jack's in Marulan for lunch. And then, we visited Floriade 2022 at Commonwealth Park. Over 300,000 bulbs and annuals have been distributed to community groups, schools and organisations of colour to the whole city. We stopped for half an hour sightseeing at Mount Ainslie Lookout. We stayed 2 nights in Southern Cross Motor Inn. I needed to hire some ski equipments for skiing.

2/10 Sunday

On Sunday morning, after breakfast, we went to Perisher Blue for skiing. I made a snowman with mum. Mum hired a snow sled board for me. Mum and I took a lot of nice photos. After 5pm, we went back to the Inn. We had a hot pot for dinner. I ate corn, carrot, shrimp, rice, beef, vegetable and fish ball. It was yummy. After dinner, our group had a karaoke night. I sang a song "under a vast sky" from Beyond. I had a wonderful day.

3/10 Monday

On Monday, after breakfast, we went to Cockington Green and stayed for 2 hours. We took a steam train. We had a Chinese lunch at Dickson Chinatown. I ordered a chicken Ramen and mum ordered a chicken salad with rice. After lunch, we stopped the Merino Goulburn and coffee break. We went back to Sydney.

Thank you to CPA for organising this trip. I was happy to have a snowy trip this holiday.

Jason Chen



Canberra & Snowy Family Trip

It was Saturday 1st October. we went to floriade In Canberra with CPA friends. Mum took a lot of beautiful photos over there.

On the next day, we got special dressed for ski. When we arrived snow mountain, I can take Lift up to small hill and I can ski down by myself. But I can't stop so I fell down and hurt my leg I can try next year. At night, we eat hotpot for dinner. We had vegetable, beef, meat balls and little eggs. I love hotpot.

Lost day of camp, After breakfast we went to cockington green. We saw mini trains and mini palaces. We also took steam train.

It was a lovely day! I can't wait for another camp with my family.

From Jasper



Sharing The Same Moon 千里共嬋娟 - Art Exhibition at Australian Fujian Association

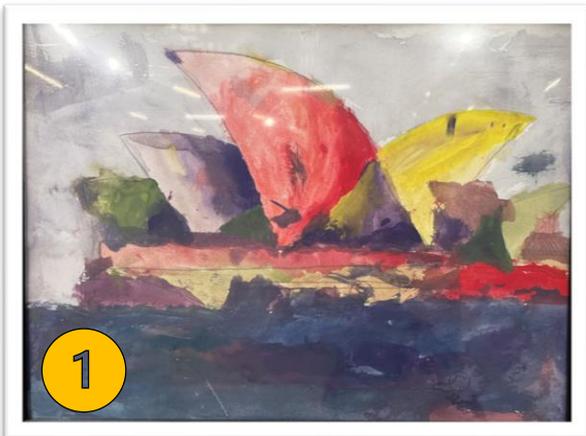
Congratulation to our Award Winners !

'What a great honour to receive first prize in the art competition last month. I still can't believe mine was chosen out of all the wonderful artworks on display.

Thank you to Australian Fujian Association Inc. for giving us this opportunity to display our talents.

Stephanie Mu'

'Opera House' by Stephanie Mu



'Red & Blue Orchid' by Vincent Blackwell



'My Name is Victor Wu, and I won the 3rd Prize award at the Fujian Association Art Competition 2022.

I painted a picture of a red blossom flower. I used watercolor paint color.

The title of my artwork is "Red Blossom". I would like to thank you so much for giving me this award. It is my honor to receive this 3rd place award for the first time.

I feel extremely proud of myself because I worked really hard to achieve this. I also feel thankful that I can continue to join art and craft class of AFA.

I would like to thank all those people who help and encouraged me to become the artist I am.

*I would also like to thank teacher **Peter Li** who taught me how to paint.*

In the future, I would like to continue to paint even better next time. I would like to landscapes full of animals or street full of cars.

I look forward to participating in future art competition.

Thank you very much

Victor Wu'

'Red Blossom' by Victor Wu



'Lotus' by Wen Jin Huang



'Gold Fish' by Stanley Au



获奖感言
 是一位自闭症学员 今次
 我 Stanley Au 参加 CPA 和 福建同乡情联谊会
 举办的绘画比赛 我的作品 金鱼 (效) 获
 得二等金奖和礼物
 我心情非常 高兴 开心 在 我们十几个
 同学 老师的 画笔和颜料 自由选画作画
 老师知道热情指导 讲了画画常识还有
 中英翻译 让我感到不会害怕 十几个小
 朋友一起作画 有种群体交流和大家开
 心 弄个大合照 感谢举办方的为我们这些
 弱小 来自星星的孩子 感到人间有真情 有爱
 希望大家一起参加有意义的活动

National Carers Week

16-22 October 2022



CARERS ARE AN INTEGRAL PART OF OUR HEALTH SYSTEM. THEY ARE THE FOUNDATION OF OUR AGED, DISABILITY, PALLIATIVE, AND COMMUNITY CARE SYSTEMS. CARERS WEEK WE ACKNOWLEDGE THEIR WORK AND CELEBRATE THEIR CONTRIBUTION TO OUR COMMUNITY.

Let take a trip down memory lane 2010 to 2018 at the CPA history for those members who are the winners for The NSW Carers Award since Carers Recognition introduced in 2010.

2010 – Chinese Parents Association-Children With Disabilities received the first local Carers Awards by the NSW Government.

協康會榮獲第一屆社區照顧者獎項
表彰照顧弱能子女成果顯著



Dear friends and supporters of the Chinese Parents Association (CPA),
I wish to advise that the Chinese Parents Association Children with

「社區照顧者獎」是紐省政府於今年特別設立的弱能社區獎項，目的是確認和獎勵社區內眾多照顧年老體弱和弱能人士的照顧者，他們為家人和社區所造的重大貢獻。

2012 – Maria Lee

auburnreview.com.au

Champion carers win accolades

CARERS within the Auburn Local Government Area were recognised for their tireless work and dedication at a barbecue on Wednesday as part of National Carers Week (October 14-20).

Among those nominated for a 2012 Auburn Carers Week Award, were Salma Abdo, who is legally blind and aided by her guide dog Claire and is the primary carer of her frail 75-year-old mother; and Teresa Chrzysyk, who for the past six years has cared for her mother while battling cancer herself.

The recipient of the 2012 Award was Maria Lee, who is the primary carer of her son Samson who has a mild intellectual disability.

As well as caring for her son, who is now in his 30s and attends a sheltered workshop, Mrs Lee has served as an honorary treasurer of the Chinese Parents Association - Children with Disabilities Inc for



more than 20 years. She is also involved in the association's weekend programs and has been instrumental in creating a 'mother to mother' group.

Held at the Auburn Centre for Community, the awards celebrate the contribution of carers, not just to the individuals they care for, but to the entire community.

Advocacy group, 'The Council of the Aged', also presented a seminar on the importance of being healthy and positive, while Lifelong Learning Program instructor Michelle Klintworth gave a Zumba workshop.

According to Auburn City Council, an estimated 9.2 per cent of the local population has a form of disability.



Carers have fun at the barbecue, above, held at Auburn Centre for Community as part of National Carers Week this month. Salma Abdo, left, and Maria Lee, right, receive awards.

2011 – Elena Lau

say thank you

Being a mother of a child with autism, Elena has played various roles including carer, facilitator and educator to ensure Jonathan has the opportunity to grow and develop in the community. Although he doesn't read music, Jonathan has learned to play the piano, and participates in the Special Olympics.

Jonathan and Elena

One in 10 people in NSW dedicate their time to caring for someone who needs care because of a disability, mental illness, chronic health condition, dementia or ageing.

The NSW Carers Awards acknowledge and celebrate the enormous contribution carers make to the people for whom they care, and the community.

Nominate someone you know for a 2012 NSW Carers Award. The categories are:

- Individual Carer
- Carer Support Group
- Supporting Working Carers
- Supporting Young Carers.

Nominations open Friday 1 June.

NSW CARERS AWARDS 2012

Nominate by Friday 13 July www.adhc.nsw.gov.au

National Carers Week

16-22 October 2022

2012 – Maria Lee

2012 – Ping Mu 'Carer of the Year'



2014 – Elly Li

Congratulation to Elly - 2014 NSW Carers Award

Mrs Elly Li, the vice president of Chinese Parents Association - Children with Disabilities Inc, has won the 2014 NSW Carers Award. Congratulation!

During the past years, Elly has been looking after her son with a disability and her elderly mother who is residing with her. She has been a full-time carer, trying every possible way to provide her son and her mother the appropriate physical, medical, educational, social and emotional support.

Despite her haul caring for her son and her mother, Elly has been an active member working as volunteer, since 1999, for the "Chinese Parents Association - Children with Disabilities Inc" (CPA), a non-profit charitable organisation. She was elected as a committee member in 2004, and became the president in 2010-2012, and thereafter she has been the vice president until now.

In 2012, Elly and her husband made a great effort in making the costumes and preparation for the parade. CPA won the Award for outstanding performance in City of Sydney 2012 Chinese New Year Parade.

恭賀協康會副會長李羅艷娟女士 (Elly Li) 榮獲2014 NSW照顧者獎。過去多年, Elly 以耐心及努力來照顧她的兒子及年邁母親, 並主理家務。與此同時, Elly亦利用她的餘暇去進修及參與協康會的服務。在2010-2012, 被選為協康會會長。2012年在她和協康會的幹事帶領合作下, 為協康會贏得2012年悉尼市農曆新年遊行的傑出演藝獎。



2015 – Miranda Chau



2018 – Ivy Lau 'NSW Carer of The Year'

2018年10月27/28日 星期六/日 華商新聞 華人動態/華南新聞 Community News/South C...

紐省華裔獲頒年度照顧者獎

近30年悉心照顧唐氏綜合症女兒

【本報訊】維疾人士服務部部長 Ray Williams日前宣佈將2018年紐省年度照顧者獎 (2018 NSW Carer of the Year) 授予一名居住於Caringford區、擔當照顧者工作已近30年的澳洲華人。Ivy Lau的女兒今年28歲, 患有先天性唐氏綜合症, 出生後一直由母親精心照顧。Ivy Lau的丈夫對十多年前被診斷患有帕金森氏症, 也由她親自照顧。Williams部長說:「宣佈Ivy成為紐省年度最佳照顧者, 我深感榮幸。當許多照顧者一樣, Ivy是一個鼓舞人心的典範, 她幫助的不僅僅是一個人, 她承擔了照顧兩個家庭成員的重擔, 從中照顧者擔負在紐省所有照顧者的無盡工作, 以及她作為個人和當地社區所作出的卓越貢獻。」

Ivy除了是一名照顧者, 還是一名全職IT應用專家, 作為中國城區區家協會 (Chinese Parents Association for Children with Disabilities) 的成員, 她以積極的活動支持社區中的殘疾人士。她說:「我始終是一名樂觀的人, 總是看到積極的一面, 相信山窮水盡疑無路, 柳暗花明又一村。這僅僅是社會對我的辛勤工作和所有照顧者的付出的認可, 我為此高興。」

Williams部長表示, 每個人都應該在全國照顧者禮讚期間向照顧者致敬或寫一封信, 讓照顧者知道社會對他們的感謝和認可, 讓照顧者感受社會的認可、關懷與支持, 這至關重要。

在紐省, 每十人中就有一人是照顧者, 在全國共有964,408多人擔當這一幫助與支持社區成員的無償工作。





<https://fb.watch/gMDqep4laD/>

Volunteer Week

16-22 May 2022

We are,
Better
Together.

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

National Volunteer Week 2022 Sponsors



Join the celebration of volunteering
We are, **Better Together**

“National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. Together through volunteering, we are changing communities for the better. We are, **Better Together.**”

Congratulation to CPA awarded ‘Local Volunteer Award 2022’ in November. A great work team for such wonderful volunteering. Thank you to the Committee Members your generous contribution of time and energy to this volunteer work was incredible. Keep up this fantastic work!



甜蜜的回憶 Sweet Memories



Father's Day celebration lunch



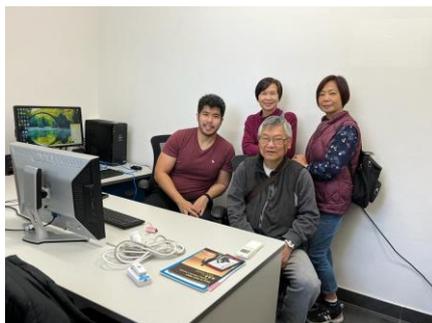
Father's Day celebration lunch



Father's Day celebration lunch



CPA new office at Summer Hill



CPA new office at Summer Hill



Art Exhibition at AFA



Art Exhibition at AFA



Snowy family trip @ Perisher



Cocking Green



Snowy Trip steam boat dinner



Perisher Valley



Snowy trip evening karaoke



Junior Group activity with OT students



Youth Group activity with OT students



OT students end of work placement meeting

甜蜜的回憶 Sweet Memories



Carers week celebration lunch



Carers week celebration lunch



Table tennis @ PCYC Marrickville

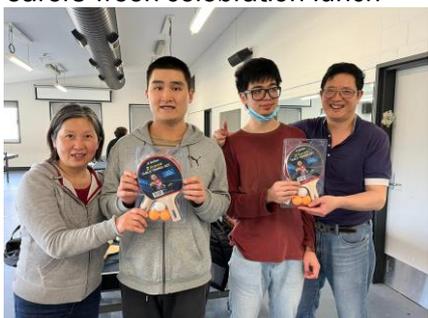


Table tennis winners Wen-Jin & Victor



At ACCF annual dinner



ACCF grant presentation



Taekwondo at Belmore



Volunteer week award ceremony



Volunteer training



Family Badminton @ Tempe



Family Badminton @ Tempe



Taekwondo at Belmore



Lions Club of Syd Waratah @ Pre-Melbourne Cup dinner



With president Anita Un of Lions Club of Syd Waratah @ Pre-Melbourne Cup dinner



With Monica Chu OAM at Lions Club of Syd Waratah @ Melbourne Cup dinner

November

Annie Zhuang
Bowman Yu
Eric Lo
Jodie Tan
Katherine Cai
Laurence Trieu
Lawrence Li
Owen Januar
Sandra Wang

December

Andrian Chau
Chen Rong
Daniel Li
Isaac Liew
James Huang
Jasper Zhang
Jimmy Kong
Justin Li
Katie Liu
Louisa Tong
Lucas Hu
Samson Yuen
Timothy Yau

January

Barry Mak
Benjamin Dinh
Edmund Su
Jason Chen
Julia Teng
Katie Chen
Thomas Huang
Thuman Ha
Tiffany Tan



致謝 Acknowledgement

Donors (cash donations \$100 or above)

Yu Lun Sie
Kevin Du

Volunteers

Winda Mok
Darby Mu
Mario Yuen
Harry Tinyow
Khon Chau
Management Committee members

How can you help ? 請給我們支持 郵址 Postal Address : PO Box 345 Campsie, NSW

捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會會員 : I would like to become :

會員 Member

附屬會員 Affiliated member

義工 Volunteer

會員年費 \$10
Membership Fee \$10 p.a.
(From 1 July – 30 June)

名字 Name: _____ 姓氏 Family

Name: _____

地址 Address: _____ Suburb: _____ Post

Code: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: "Chinese Parents Association-Children with Disabilities Inc"

DGR # 900 487 253. 亦可直接存款于以下帳戶 Payment could also be made by direct deposit to the Association's bank:

A/C: BSB 082080, Account No. 86 208 5669 or by PayPal via www.chineseparents.org.au

NOVEMBER 2022

Activity Venues (Activity fees applied refer to current fees schedule)

-  Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
-  Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
-  PCYC Auburn, Wyatt Park, Church Street, Lidcombe
-  Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

Monday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 4:30/5:00pm	Morning	Afternoon 2:30pm to 4:00/4:30pm
05/11	Music Therapy by Christine 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Badminton Family Day at Robyn Webster Sports Centre, Holbeach Ave, Tempe * 2:30-4:30
12/11	Mini-train rides & Picnic at Bankstown Steam Locomotive Society * 1:30-3:30	Tenpin Bowling 11am – 12:30pm	Taekwondo with Khon 2:30-4:00
19/11	Exercise Physiology 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Badminton Family Day at Robyn Webster Sports Centre, Holbeach Ave, Tempe * 2:30-4:30
26/11	Zumba with Norma 3:00-4:00 Taekwondo with Khon 4:00-5:00	Tenpin Bowling 11am – 12:30pm	Badminton Family Day at Robyn Webster Sports Centre, Holbeach Ave, Tempe * 2:30-4:30
27/11 Sun	-	-	Badminton Family Day at Robyn Webster Sports Centre, Holbeach Ave, Tempe * 2:30-4:30

The above programs may be changed without prior notice due to unforeseen reasons.