



Chinese Parents Association-Children With Disabilities Inc



澳洲弱能兒童協康會

CPA NewsLetter 協康會 會訊

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**Chinese Parents Association -
Children With Disabilities Inc**
澳洲弱能兒童協康會

Office Address 辦事處:
Suite 4, Level 2,
59 Evaline Street
Campsie NSW 2194

Post Address 郵址:
PO Box 345
Campsie NSW 2194

Office Hours 辦公時間:
Tues to Thurs 週二至週四
10am—3pm 十時至三時

Phone 電話: (02) 9784 8120
Fax 傳真: (02) 9718 0236
Mobile 手機: 0406 233 222

Email 電郵:
admin@chineseparents.org.au

Websites 網址:
www.chineseparents.org.au

ABN: 63 938 108 704
DGR : 900 487 253

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。

會長通訊

親愛的會員:

新年快樂！我在此謹祝大家闔家歡樂，馬年行好運，財運亨通，身體健康！

首先我要代表協康會感謝您們過去對本會的支持，讓我們繼續攜手合作，共同努力，創造美好的一年。我很榮幸可以再次為這個多樣化和充滿活力的機構擔任會長一職，這代表著許多偉大的父母，為著孩子的將來，無償的付出。

去年是卓越非凡的一年。協康會銀禧紀念見證著一個歷史的里程碑，我們由一小撮會員發展成為今天超過200名會員的慈善團體。我恭賀協康會過去的成就，並祝願各位會員有美好的將來。在這重大的銀禧晚宴上，協康會也推出了首隻DVD“和諧之旅”。DVD內收錄了我們在協康會的活動片段和會員們的心聲。

去年一連串的藝術活動已把我們帶到一個新水平，我們分別在Ultimo的Muse畫廊、Hurstville圖書館、Bankstown藝術中心及西悉尼大學舉行了四次畫展。這些畫展不僅展示了美麗的藝術作品，更表達了發自我們孩子的思想和感情。協康會首本畫冊“色彩世界”亦已於去年七月隆重推出。

協康會很榮幸能夠成為悉尼市政府2014年農曆新年慶典活動的慈善合作夥伴。這個合作夥伴的關係為我們開闢了一條新途徑，並為我們的會員和他們的家人提供了一個探索新體驗的好機會。請大家踴躍參加慶典活動，並享受節日的氣氛，成為悉尼市的一份子。這是一個非常難能可貴的經驗，在此我要衷心感謝悉尼市政府的大力支持。協康會亦有幸可以參與多個在Belmore Park舉行的慶典活動，其中包括農曆新年慶典活動的發佈會，CPAKIDz的歌唱表演，年宵攤位，和在二月初舉行的花燈大巡遊及龍舟競賽等，我們從中亦得以推廣及促進本會的服務。有關龍舟競賽的詳情，請收聽新聞報導及親臨現場為我們助威吶慶。

最後，我要感謝我們的會員和管理委員會為協康會作出巨大的貢獻，特別為籌備農曆新年慶典活動慷慨地付出了他們寶貴的時間和精力。我預祝協康會在新的一年百尺竿頭，更進一步。

協康會會長
王周潤梅

A Message from CPA President

Dear Members,

Happy New Year! Welcome to the Year of the Horse! I wish the year of the Horse will bring you and your family joy, Good Wealth and Fortune, Good Health and Great Prosperity.

Firstly, I would like to thank you for being a part of Chinese Parents Association – Children with Disabilities (CPA). This support – exhibited in so many ways by CPA members and supporters – is very much appreciated, and so it is important that we work to continue to build our association. It is a huge honour to be the President again of such a diverse and vibrant organisation, representing the interests of many remarkable parents who are making a positive difference to the lives of our children every day.

Last year was an exceptional year. CPA celebrated its Silver Jubilee a milestone in the history. It had been an extraordinary journey for the organisation. CPA has grown from strength to strength, from a small group of members to over 200 members today. I congratulate CPA on this auspicious occasion, and wish even more prosperous future for our members. At this special and memorable evening, CPA also launched the first ever DVD 'Our Way to Harmony'. This DVD captured the memory of our lives at CPA and the voices of our members.

The focus in Art programs last year had brought us to the next level. Other highlights throughout the year were four Art exhibitions held respectively at "The Muse" Gallery Ultimo early in the year, at Hurstville Library in April, Bankstown Art Centre in June, and the final one in December was at University of Western Sydney. These exhibitions not only displayed the beautiful art works but the feelings and thoughts from our children. The first Art book "Our World of Colour" was launched in July.



Our organisation is honoured to be the Charity Partner of the City of Sydney for the 2014 Sydney Chinese New Year Festival. This charity partnership will open up a path and a great opportunity for our members and their families to explore new activities and new experiences. It is great to participate, enjoy the festival, get connected and be part of the city.

I would like to send my sincere thanks to the City of Sydney for their great support. CPA will be excited to be involved in several festival events at Belmore Park Central, such as: the Chinese New Year Festival Launch, CPAKIDz performance, market stall, Twilight Parade for the 5th consecutive year, and the Dragon Boat Races at Cockle Bay in February. These are great opportunities to promote our work at CPA. Please tune in the news and come to cheer the team at the races.

Lastly, I like to thank our members and MCs for their generosity, time and energy contributed in CPA, particularly for organising the Chinese New Year festival events. I wish you Good luck and great success in the New Year.

**Miranda Vuong
President**

Christmas Party 2013

The 2013 CPA Christmas Party had been organised at Pastow RSL Club on 14th December 2013. The attendance was encouraging, over 120 members and guests showed their presences. Prior the start of the party, there was the Annual General Meeting. CPA President, Miranda Vuong and Treasurer, Maria Lee, had given full reports on the CPA work/services, and financial statement respectfully during year 2012-2013.

Even more encouraging is that CPA has been chosen as Partnership with City of Sydney in the 2014 Chinese New Year Celebration. The hard work and contribution by the CPA Management Committee, the parents, the volunteers and the young people with disabilities, throughout these years, has been truly recognised and valued.

At the AGM, a new Management Committee had been elected and formed for the design, planning and implementation of the service for the upcoming year!

Mr Fan Chun Wing, Master of Ceremony, declared the kick-off of the party. CPA presented the trophies to the young members, acknowledging their achievement and improvement in various aspects in sport, music, art and social behaviours.

We were pleased to have Vivian, Albert & their partners demonstrating various kinds of dances to our audience, and in addition, there was the dancing lesson for all the participants at the party. It not only eliminated the social isolation, it brought everyone together and danced happily to the music. The "Gangan Style" dance was the climax of the party.

Christmas party would not be completed without "Santa Claus is Coming to Town". Young members were so excited at seeing Santa Claus arriving at the door step of the Party room. Presents were distributed to each young member and they would like to have photos with Santa.

Chloe

It was an enjoyable lunch allowing members a nice break and to meet together after a year of hard work. We are looking forward to another fruitful year of 2014!

2013年12月14日, 澳洲弱能兒童協康會假座 Padstow RSL CLUB 舉辦一年一度的會員周年大會暨聖誕新年慶祝會。

大會由協康會主席周王潤梅的講話拉開了序幕。她向大家報告了協康會於2013年取得的各項成績。其中, 該協會獲悉尼市政府指定為農曆新年慶典之慈善合作伙伴, 該任命足以證實協康會對社區的貢獻獲得社會人士的認可, 協會各同寅可喜之餘也亦深感任重而道遠。接著, 新一屆籌委會選舉即時接受提名, 共有十一人士被提名, 並順利當選。新的領導班子將在未來一年竭盡所能, 為弱能兒童及其家庭服務。

午餐隨即開始, 大家歡聚一堂, 共話家常, 氣氛十分和睦溫馨。其後, 在義工范鎮榮先生的主持下, 協康會為過去一年積極參與、表現優異的孩子頒發獎座。接過獎項的孩子們都興高彩烈, 信心倍增。

為了助興, 大會特別安排了嘉賓為大家現場教授各式宮庭舞, 不少孩子和家長們一同走進舞池, 跟隨著音樂翩翩起舞, 互相牽手, 體現了協康會互助互愛的精神, 氣氛漸趨熱熾。聖誕節當然少不了禮物, 緊張刺激的抽獎和聖誕老人贈送禮物的時候又到了, 孩子們一個個接過神秘禮物, 興奮地與聖誕老人拍影留念, 笑逐顏開。

慶祝會在下午兩時左右圓滿結束, 大家期待在新一年的再相聚、共扶持。

愛與餽贈的聖誕精神

梁綺雲
華文寫作人

歲聿云暮，新年快到，大家都快添一歲了。每見購物商場掛起聖誕裝飾，筆者便找出支票簿，寄出支票給澳洲慈善機構。我最支持「澳洲盲人協會」VISION AUSTRALIA(前身是 ROYAL BLIND SOCIETY)和「皇家飛行醫生」(ROYAL FLYING DOCTOR)。

盲人是最值得同情的人，即使失意窮困，仍可以欣賞春花秋月，但盲人活在黑暗中，連自己兒女的臉容也看不到。

而澳洲是世上唯一有飛行醫療隊的國家。醫療隊服務廣大荒涼的澳洲內陸，救死扶傷，又定時探訪土著社區，替兒童和成人注射疫苗。他們是礦工，農牧人士，土著，和內陸旅客的好朋友。

悠揚的聖誕歌聲迴盪在購物商場裡，雪梨市的DOMAIN 中心每年有「聖誕匯演」。筆者喜歡在家烹煮聖誕餐，聖誕前夕留在家，欣賞在墨爾本皇家植物園內的音樂杯 MUSIC BOWL 舉行的「聖誕匯演 CAROLS BY CANDLE LIGHT」。

這個匯演專為「澳洲盲人協會」VISION AUSTRALIA 籌款，只要\$250，便可以買一套凸字書給盲眼兒童學習，\$500便可以支持訓練「導盲犬GUIDE DOGS」。

狗忠心又聰明，但只有14年命，所以要不停訓練導盲犬，請大家多多支持，善款可以報稅。

華人支持社區的慈善機構，是應該的。筆者在年初觀賞過澳洲弱能兒童協康會舉辦的「弱能兒童畫展」後，得到協康會送畫冊，並邀我去看小孩畫畫和參加聖誕聚餐。在活動中心與家長聊天時，父母都說「學習班讓孩子能坐下來，專心畫一幅畫，由頭到尾做好一件事，已是走進一步。」看到孩子專心地畫畫，筆者對協康會義務工作的幹事十分感佩，他們沒有政府經費來源，主要靠捐助來辦繪畫班、音樂治療班，定期帶小孩去戶外活動和藝術館。請大家捐款支持(可以報稅)。

基督徒深信，上帝讓祂的獨生子耶穌，捨生為世人贖罪，聖誕節是體現「愛與餽贈」的時刻。不論您是否基督徒，在這一年將盡，佳節來臨，可以從繁忙的工作中喘息休憩，享受假期之時，請您環顧一下社會，對弱者，殘疾人士，或身陷困境者，給于一點關愛。

節錄「新報」 2013.12.21

Chinese New Year charity provides positive lives for children in need



The City of Sydney's Chinese New Year celebrations will bring some added cheer to the lives of children living with a disability as the Year of the Horse unfolds.

The official charity partner of Chinese New Year 2014 is the Chinese Parents Association, a non-profit group that provides services and support to children living with a disability and their families.

Lord Mayor Clover Moore said the partnership was an excellent way to support a worthwhile cause while getting the community involved in one of Sydney's biggest annual festivals.

"We are delighted to join forces with the Chinese Parents Association to support their work in the community for children living with a disability and their families," the Lord Mayor said.

"Sydney's Chinese New Year Festival is a wonderful time to partner with such a community-oriented charity, as both are about bringing people together in a warm and welcoming way.

"As Sydneysiders and visitors immerse themselves in next year's Chinese New Year celebrations, I encourage them to support the invaluable work of the Chinese Parents Association."

As the charity partner for the 2014 Chinese New Year Festival, the association will be part of Sydney's famous Chinese New Year Markets in Belmore Park, Twilight Parade, Dragon Boat Races and more.

Established in 1988, the association's management committee is made up of local parents with children living with a disability. A team of volunteers assist with administrative duties and run programs and activities for the children and the wider community.

The organisation helps provide families with culturally and linguistically-accessible programs and services, promotes awareness of these families' needs, and runs regular events for members such as picnics, festivals, seminars and information sessions.

The association is delighted to be the official charity partner of this Chinese New Year celebration. It is a great opportunity for our people with disabilities and their families to participate in, to enjoy the festival event, to get connected and be part of the City.

The City has appointed charity partners for the Chinese New Year Festival since 2006, with past partners including the Taronga Foundation in 2012-2013 and the Fred Hollows [Foundation in 2011](#).

悉尼中國農曆新年慶典輔助殘障兒童面向美好生活

<http://waiwai.com.au/2013/10/29/chinese-new-year-charity-provides-positive-lives-for-children-in-need/>



2014年悉尼中國農曆新年慶典精華

- 中國農曆新年市場(Chinese New Year Markets)——2014年1月24日至26日
- 花燈大巡遊(Twilight Parade)——2014年2月2日
- 金龍舞會(Dragon Ball)——2014年2月8日
- 龍舟競渡(Dragon Boat Races)——2014年2月8日至9日

馬年將至，悉尼市政府中國農曆新年慶典(City of Sydney's Chinese New Year)將為殘障兒童的生活增添額外的樂趣和生機。

澳大利亞弱能兒童協康會(Chinese Parents Association)現正式成為2014年中國農曆新年慶典的官方慈善夥伴。這一非盈利組織專為殘障兒童及其家屬提供專項扶持與服務。

悉尼市市長Clover Moore表示，中國農曆新年慶典是悉尼市規模最大的活動之一，在此期間促進更多社會人士的參與，同時支持一項有意義的事業，可謂一舉兩得。

她說：「能夠與澳大利亞弱能兒童協康會合作，協助他們在社區的工作，幫助殘障兒童和他們的家人，是我們的榮幸。」

「悉尼中國農曆新年慶典和澳大利亞弱能兒童協康會兩者均通過熱情、誠摯的方式使人們走到一起，因此兩者的結合可謂天造之和。」

「我號召所有在明年的農曆新年期間感受慶典氣息的市民和遊客，支持澳大利亞弱能兒童協康會所做出的寶貴工作與努力。」

作為2014年中國農曆新年慶典慈善合作夥伴，該機構將在2月2日參與花燈大巡遊。該機構成立於1988年，管理委員會成員均為本土殘障兒童家長，還有一支志願者團隊協助行政事務，並為兒童及社會民眾組織活動。

該機構在文化、語言上為殘障兒童家庭提供服務，還促進社會對這些家庭的所需進行幫助，為會員組織定期活動，如：野餐、文化節、公開課、信息諮詢課程等。

澳大利亞弱能兒童協康會負責人Miranda Vuong說：

「能成為2014年中國農曆新年慶典的官方慈善夥伴，是我們的榮耀。」「我們的殘障會員及其家屬可藉此良機真正感受節日的喜慶，融入其中。」

悉尼市政府自2006年開始指認中國農曆新年慶典慈善夥伴，以往慈善夥伴包括2012-2013年塔龍加基金會(Taronga Foundation)和2011年弗雷德·霍洛基金會(Fred Hollows Foundation)等。

欲求更多信息，請登陸：

sydneychinesenewyear.com。

CPA



2014 CPA Mini Calendar



2014



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc.



Suite 4, Level 2, 59 Evaline Street, Camper NSW 2194, PO Box 245, Camper NSW 2194, T: 02 9784 8120 | F: 02 9718 0236 | M: 0406 233 222, admin@chinaparents.org.au | www.chinaparents.org.au

CPA is honoured to be the Charity Partner of the City of Sydney for 2014 Chinese New Year Festival Events. To support the function, CPA has designed and printed a Mini 2014 CPA Calendar as a souvenir to be distributed to the public in the City during the CNY Celebration period.

The Calendar was designed by CPA President, Mrs Miranda Vuong, including a collection of artwork painted by young people with disabilities. We are proud of the work done by these young people and would like to introduce their achievement to the community.

Through the promotion, it is hoped that it would raise the awareness of the community in relation to their CAPABILITIES and their POTENTIALS as well as the work achieved by our Association for people with disabilities and their families.

澳洲弱能兒童協康會很榮幸獲邀為2014中國農曆新年慶典的官方慈善夥伴，與悉尼市政府合作，參與新年慶祝活動。協康會為支持此活動，特別編制了一款2014年年曆咭，送給參與慶典活動的特別嘉賓和社區人士，作為紀念。

這年曆是由協康會會長 Mrs Miranda Vuong負責設計，印存協康會會員的美術畫作，除了用作為紀念外，亦盼望能藉以此畫作，引起社區對弱能人士的技能和潛力有特別認識，了解和關注，日後能給他們提供一點支持，關懷和協助！



2014 CPA CALENDAR

The implementation of Art Program to the young people with disabilities had been one of our Association's service objectives in year 2013.

With the help and the expertise from parents, the art professionals, the volunteers and the community, CPA had accomplished our goal and achieved some very satisfactory outcomes: four Art Exhibitions in 2013 and the publication of our first calendar: 2013 CPA Calendar! With further support from Hurstville City Council ClubGrants, CPA is able to continue the project in the production of the 2014 CPA Calendar

The 2014 CPA Calendar was a collection of the artwork by the CPA young members produced during various weekend art classes and school term holiday art programs. The cover was the collective work done by a group of young artists with disabilities, with more than 40 pictures chosen to be printed for each month.

The printing of this calendar offered an opportunity for people with disabilities to promote and celebrate their ABILITIES in the art arena and be acknowledged by their family, friends, peers and the general public. It not only gives the young people a good means of self-expression and creativity, it displays their artistic abilities and personal achievement which deserve our great applause.

We would like to send our gratitude to the art teachers -Ms Chen Sau Ying & Miss Irene Mok -for their guidance and patience; we were also grateful for the work done by our volunteering parents. They offered their time, emotional support and effort in helping their children to complete their artwork! We would like to extend our thankyou to Eugenia Liang for her time and expertise in graphic designing the calendar within a short time!

We sincerely wish that CPA would be able to continue such meaningful project!!

在2013年, 澳洲弱能兒童協康會其中一項服務工作是開設美術班。很幸運, 得到了美術老師, 家長, 義工, 和社區的支持和贊助, 使協康會可以達成工作目標, 並獲得美好的成果: 進行了四次畫展和製作了2013 協康會年曆。今年, 得到 Hurstville ClubGrants 的資助, 協康會再接再勵, 編制了2014 協康會年曆。

2014 協康會年曆是協康會的年青會員的美術專輯。協康會在過去數年, 舉辦了很多週末美術班, 假期美術班和參觀悉尼美術館。學員們把他們的所學, 所見, 所聞, 再加上他們的想像, 構思, 和創作力, 一一以圖形畫像記錄下來。今年的年曆包括 40 多張畫作, 表達出他們的美術知識, 美術技巧和美術潛能。這個美術活動, 使社區人士, 體會到弱能人士, 就像常人一樣, 存有美術技藝; 在悉心的培育和賦與機會下, 是可以把他們的想法和創作表達出來。

這個美術活動得以成功, 全賴美術老師 -陳老師和莫老師的耐心指導, 協康會向她們送上感謝。家長們的不辭勞苦, 循循善誘, 默默支持, 使學員們有所得益, 畫出一撇彩虹, 協康會也是至心感謝。協康會銘謝 Eugenia Liang, 感謝她為此年曆做圖像設計, 在短暫的時間內完成編印!

但願 協康會 能繼續得到 社區支持, 使美術活動得以延續!

Upcoming Events

Upcoming Events

- **Art Program 2014**
 - **Dragon Boat Race**
8th & 9th February
 - **Cruise—16th February**
 - **Picnic During Easter Holiday**
 - **Mum to Mum**
 - **Dad to Dad**
- (Canterbury Council FAP)**

City of Sydney's Dragon Boat Races –A heart stopping way to celebrate Chinese New Year!

Time: Sat 8 Feb 2014 8:00am- 5:00pm, Sun 9 Feb 2014 9:00am- 3:00pm

Place: Cockle Bay Wharf, 201 Sussex Street, Sydney

Holding a special place in Chinese culture, the dragon rides the clouds in the sky and commands the wind, mist and rain, with the head of an ox, a deer's antlers, the mane of a horse and the body and scales of a snake. The first dragon boat races were held to commemorate Qu Yuan, the great warrior poet, who committed suicide in the river Mi Lo as a protest against the political corruption of the day. Since that time over 2000 years ago, dragon boat racing has become a major part of Chinese culture, representing patriotism and group integrity.

Witness the spirit and power of the dragon come alive in Sydney as 12-metre long boats, large enough to seat up to 20 paddlers, battle it out to the beating of drums!

Young members of CPA will also participate in this event. Please come and join us!

Regular Weekend Activities

兒童組

Junior Group



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
Kindly sponsored by Canterbury Hurlstone Park RSL Club



Fun to Learn! Independent Living Skills!

Instructor 導師: Melissa Cox

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
Kindly sponsored by Canterbury Hurlstone Park RSL Club



Community Outdoor Activities

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



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am

Venue 地點: Canterbury Olympic Ice Rink, Phillips St, Canterbury,



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 3:30pm

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



Art Programs

Time 時間: Saturdays 星期六, 下午 3:30pm 至 4:30pm

Venue 地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by: Hurstville Club GRANTS



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午 10am 開始

Venue 地點: 3 - 5 George St, North Strathfield

Kindly sponsored by: ACCF 華人公益金

青年組

Youth Group



Chinese Parents Association

Junior Group in 2013

The work by the teachers in Junior Group gathered a fruitful return. In year 2013, a number of new families joined in the program.

Thanks to Canterbury Club Grants. This program took up the format of "early Intervention" with the themes and activities targeting the young children from aged 4 years old & above. The activities, in the form of story-telling, singing, dancing, art & craft, were delivered according to the ability of the children.

The teachers, Melissa & Christine, through their thoughtful planning and implementation, brought a lot of new experience, fun, enjoyment and new skills to the young members. Sometimes, we had to repeat the same activities a few more times so to reinforce what the children had learned and practised. It was our pleasure and reward to see the improvement in the children's development of daily social skills.

We have to send our gratefulness to our Co-ordinator: Mandy and volunteers in Junior Group: Dora and Sylvia, for their consistent presence in helping out, looking after the children and tidying up after each session.

The parents in the group, without their support, our work would not have been made possible and smooth running. The friendship, the care and the support exist in the group connect each of them. They offer their help without any hesitation in time of need. The parents deserve our heartfelt thankfulness and respect.

At the end of the Christmas term, we had a small party to conclude our work in 2013. Each parent brought in a dish and we had a good social chat. It was such a joyful occasion that we did enjoy the company of the children, the parents, the volunteers and the workers.

兒童組2013年回顧

感謝協康會的老師及家長的支持，使兒童組在2013年內完成編排了的各項活動，有多個新的家庭參與。

多謝 Canterbury Club Grant 的贊助。兒童組活動是採用「早期干預活動」的方式，為4歲以上的弱能小朋友編排活動。內容包括了：故事講解，唱歌舞蹈，美術勞作，戶外活動和參觀等。活動課程是按小朋友的學習能力和喜好而編纂的。老師 Melissa 每次活動都是有心思的計劃和設計，送上新的經驗和樂趣，間中要重覆一些活動，好以強化小朋友的記憶和能力。音樂老師 Christine 亦受到小朋友和家長的愛戴，孩子們高興參與，樂在其中。

在兒童組內，義工的幫助是非常重要的，對 Dora 和 Sylvia 在她們繁忙生活中也抽空幫忙，我們真的十分感謝。社工 Mandy 每個週末為兒童組主持活動，風雨不改，盡心盡力，協康會亦無言感激。

家長們的支持和參與，是整個課程的支柱。沒有他們的支持，這個活動是不可能進行的。在這些相聚的日子裏，各人也建立了友誼，信任，關懷，和互助。這些都是寶貴和值得珍惜的成果！

在聖誕期間，我們開了一個小小的茶聚，各人帶來了一小碟食物，一起品嚐和享受茶點。氣氛真緻和溫馨，是這個兒童組活動的另一點效應！



Do you wanna dance? If so what'd be your favourite style?

Hip Hop Dancing Class @ PCYC Bankstown

There are plenty of dancing styles such as Ballroom dance, Tango, Cha-Cha, Ballet...and the list goes on and on.

During the time between August 9 to September 20 last year, with great thanks to Benny Ngo at PCYC Bankstown, 13 young members of CPA had the privilege of learning a very different style– Hip Hop Dance!

Created in the 70's, Hip Hop Dance is all about creative dance and focus on free style; and it's not just dance, Hip Hop also acts as a good exercise for dancers and help them improve flexibility, develop body balance and coordinate muscles.

Benny our instructor has vast experience in running dancing programs at Bankstown Art Centre for Junior and Youth Groups. During the program he offered the youth members of CPA a good foundation about Hip Hop – that encompass basic steps and technical movements including jumps, breakages and rotation.

All participants had the chance of creating their own dancing style in front of the group and they all look very confident in completing their own Hip Hop steps.

“HEAD Program” is funded by Bankstown District Sports Club under Bankstown ClubGRANTS.

Elena Lau

WAKLING WITH



DINOSAURS

CPA Movie Outing

Andrew Li

On Friday 10th January 2014 CPA went to watch “Walking with dinosaurs” at Bankstown Hoyts. When everyone arrived we got into the cinemas & found our seats. A few ads played then everyone started watching the movie.

The movie is about different dinosaurs that lived many, many years ago. The prehistoric creatures included Alex (the Alexomis Bird) & the three pachyrhinosaur named Patchi, Juniper and Scowler. At the start of the film Alex tells the story of how dinosaurs came to life. In the film Patchi, Juniper & Scowler go exploring.

They find different types of dinosaurs as they go exploring. Some of them eat big trees, some eat crabs & there were also lizard like dinosaurs that were meat-eaters. All the adult dinosaurs ran as quick as they could including Patchi, Juniper & Scowler when the lizard like dinosaurs were after them. By then when they got even bigger they started having young ones.

It was such a great movie that everyone liked to see it. After the film, we went to have lunch in a Vietnamese restaurant, where we all got to have our own foods. It had been a wonderful day & we hope to see an even better movie.



Photo Gallery



Christmas Party



Christmas Party



Christmas Party



Christmas Party



Christmas Party



Christmas Party

Photo Gallery

CPA



Dad 2 Dad - Bowling



Dad 2 Dad - Lunch Meeting



“HEAD” Dancing Program



“HEAD” Dancing Program



Junior Group Activities



Junior Group Activities



2014 CNY Festival Media Launch



Movie-Walking with Dinosaurs

Article Contribution 會員投稿

My Study of Employment Opportunity for People with Disabilities in Hong Kong in last couple of Months.

After our two tenpin bowling games, we went to have yumchai at Canterbury Leagues Club. While having discussions, I mentioned about my trip to Hong Kong and interest was raised about what I learnt disability policies and activities within NGO's in Hong Kong. I thought it was worthwhile to note below.

During the week I have met a few classmates working in NGO's and Government departments as well as a Special Appointed Director from China Charity Foundation, Mr. Raymond Poon who is also a director in the Hong Kong Rehabilitation Power due to his physical disability. On the third week we went to meet many directors and staff in the Hong Kong Rehabilitation Power (Empowering the Disabled to Develop). They are a major establishment to employ people with physical disability. Showing them our Application and what we are doing in Australia, they will love to get involved except that we should incorporate to form a concrete business proposal in the future. I also went to see Ms Nancy Tsang, the director of Heep Hong Society, a major centre for people with intellectual disability heavily funded by HK government and many charity funds. When I asked her about if they have any programs for people beyond school age, it was not answered but hinting that most of them would stay at home. She would love to do what we are doing if that kind of project falls into her jurisdiction. Discussion with Mr. Raymond Poon and further reading from Hong Kong Department of Labour website, there is a generous incentives for an employer to employ a registered person with disability of up to HK \$35,000 for the first eight months of employment and there is a mechanism to determine a fair hourly rate of labour with a minimum hourly wage of HK\$30. It differs to Australia that the incentive payment covers not only the wage to the person with disability but also includes internal support required for that period.

In the following week I was meeting Hong Kong Polytechnic University Alumina event with about nine other people from Australia, one from New Zealand and one from Los Angeles as overseas visitors sitting in one table. During the speech by Professor Tong, the current Principle, he mentioned that in the coming years a course of social services be a necessary part of requirement before awarding degrees. I had much corporation from Ms Maggie Wong, the secretary to the Principle Prof Tong that she made sure to deliver my introduction to all the relevant professors so that I could get a hearing. I did meet Dr. Zeno Leong, Assistant professor in the Department of Applied Social Sciences. We analysed our Application as a one-stop useful tool for all kinds of disabilities that HK is lacking. He wanted to present to the Hong Kong Council of Social Services straight away to see if he could make appointment for me the next day that there might be special funding the department could give. Unfortunately, I had to leave for Sydney that Sunday as I would have a meeting with Ms. Lynn Bradcor, president of Association of Children with Disability NSW, for a disability application focus meeting as we were the only app available.

On the Friday, I got a call from Dr. Steven Tam who would lead a team of 30 Special Olympics Athletes who would take part in the Special Olympics Australia Asian Games in Newcastle in December. I saw them in the Opening Ceremony in Newcastle for DAPA in the Chairman group. He wanted me to assist when they arrive in Sydney which I promised. I was a bit disappointed when I only saw less than twenty athletes from Chinese team in the opening and even the Indian team having over 400 athletes taking part.

By Vincent Yu



家庭 转介服务

“南东部和北部悉尼家庭转介服务的服务对象是有孩子的家庭和年轻人12-18岁谁住在地方政府区域的下面列出。

“The South Eastern and Northern Sydney Family Referral Service provides services to families with children and young people 12-18yrs who live in the Local Government Area's listed below.

We can take referrals from individuals, government and non-government agencies. We assess the needs of the families and young people and help link them to support services in their local areas. You can call us on **1 800 066 757** if you need support and we can organise a time to meet with you or just offer information about support services over the phone. A free interpreting service is also available to support your home language.

We service the following LGA's: Ashfield, Botany Bay, Burwood, Canada Bay, Canterbury, Hurstville, Kogarah, Leichhardt, Marrickville, Randwick, Rockdale, Strathfield, Sutherland Shire, Sydney, Waverley and Woollahra. If you are unsure if you live in these Local Government Area's just give us a call and we can discuss this with you.

We look forward to hearing from you. “

我们可以采取个人，政府和非政府机构转介。我们评估了家庭和年轻人的需求，并帮助他们联系起来，以支持服务于他们的局部地区。您可以致电**1800 066 757**，如果你需要的支持，我们可以组织一次与大家见面，或只是提供关于通过电话支持服务的信息。免费的口译服务也可用于支持你的家庭语言。

我们服务的下列LGA的：艾士菲，植物学湾，Burwood的，加拿大海湾，坎特伯雷，好市围，高嘉华，莱卡特，Marrickville的，新南威尔斯州，罗克代尔，史卓菲，萨瑟兰郡，悉尼，韦弗利和沃拉拉。如果你，如果你住在不确定这些地方政府的只是给我们打电话，我们可以与您讨论这个问题。

我们期待着您的回音。

Disclaimer:

Any views or information expressed in the articles are those of the individual author/organization; they do not reflect the views of Chinese Parent Association—Children with Disabilities Inc.



Acknowledgement

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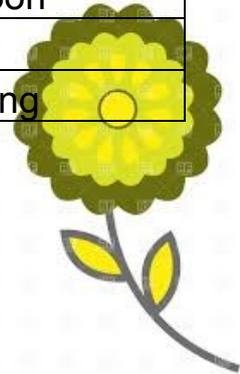
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How can you help? 請給我們支持: 郵址 Postal Address : PO Box 345 Campsie, NSW 2194

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 pa
(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

February - April 2014 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
	3:00pm to 5:00pm	8:45am to 12:00pm	2:30pm to 4:30pm	
February				
1 Feb	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Chinese New Year Pa- rade Rehearsal	Dragon Boat Training 9:45am, Pymont
8 Feb	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Arts Class 2:30 – 4:30 (Nick)	Dragon Boat Launch CPA Eye Dotting Cockle Bay 8:00am
9 Feb (Sun)		Dragon Boat Races 8:00am – 5:00pm, Cockle Bay Darling Harbour		Come to Cheer for CPA
15 Feb	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Dance Class 2:30 – 4:30	Albert Drake
16 Feb (Sun)	Chinese New Year Lunch Cruise and Art			-
22 Feb	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Sailing 10:00 – 2:00pm Bowling 10:15 – 12:00pm	Music 2:30 - 4:30 Birthday Party 4:30	Eleanore & Ernest
March				
1 Mar	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
8 Mar	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Sailing 10:00 – 2:00pm Bowling 10:15 – 12:00pm	Arts Class 2:30 – 4:30	Nick Baldas
15 Mar	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Dance class 2:30 – 4:30	Albert Drake
22 Mar	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Sailing 10:00 – 2:00pm Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Eleanore & Ernest
29 Mar	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Bowling 10:15 – 12:00pm	Dance 2:30 – 4:30 Birthday Party 4:30	Albert Drake
April				
5 Apr	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Sailing 10:00 – 2:00pm Bowling 10:15 – 12:00pm	Music 2:30 – 4:30	Catherine Paix
12 Apr	Easter School Holiday			No Activities
19 Apr	Easter School Holiday			No Activities
20 Apr (Sun)	Family Picnic Day – Homebush Bay			
26 Apr	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 – 9:45am Sailing 10:00 – 2:00pm Bowling 10:15 – 12:00pm	Art Class 2:30 – 4:30	Irene Mok
The above programs may be changed without prior notice due to unforeseen reasons.				