



**Chinese Parents Association—
Children with Disabilities Inc**

澳洲弱能兒童協康會-會訊

CPA Newsletter

澳洲弱能兒童協康會會訊

五月號

MAY 2008

President's Message

會長通訊

Dear Members,

Mothers Day bears a special meaning at CPA, as we are a group of mothers who have children with special needs. We need to often spend extra time and effort in looking after our children; let alone the duty of taking care with all the household work.

In order to show our appreciation to all the Mums, this year we shall celebrate Mothers Day at Belmore RSL Club. On top of the program we have already prepared, there will be a gift presentation to all Mums on the day. More importantly, all CPA kids will present hand crafted 'Thank You' cards to their mothers expressing their love and affection for mums.

We will also be celebrating the "National Volunteers' Week" on the day. Certificates will be presented to all volunteers showing our utmost gratitude towards their great effort in supporting CPA throughout the year. We sincerely wish that more volunteers would join in our working team.

I look forward to seeing you there.

Best regards,
Elena Lau
CPA President



親愛的會員，

每一年的母親節對協康會有著很重大的意義，因為我們是一群有特別需要的孩子的母親。除了要打理日常家務之外；我們要比一般的母親付出更多的努力，花更多的時間去照顧我們的孩子。

為了向這班默默耕耘的母親致敬，今年我們會假座 BELMORE RSL CLUB 舉辦母親節聯歡會。當日除了有豐富的節目外，我們會致送禮物給所有母親以表揚她們過去一年的辛勞，我們的孩子更會致送他們親手做的母親節賀卡給他們的母親。

當日我們亦會一起慶祝國際義工週以表揚所有義工於過去一年為協康會所付出的努力。

我期待與妳們共渡一個愉快的母親節。

會長

劉敏兒敬上

Contact us

CPA Newsletter is our quarterly publication. We share community news with our members, and we welcome your contributions.

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。

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Website 網址:

www.communilink.org.au/
chineseparents

ABN 63 938 108 704

How can you help? 請給我們支持:

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

本人願意參加為貴會: I would like to become:

- | | |
|------------------------|--------------------------|
| 會員 Member | <input type="checkbox"/> |
| 附屬會員 Affiliated member | <input type="checkbox"/> |
| 義工 Volunteer | <input type="checkbox"/> |

Membership fee:

年費 \$10 p.a.

(From 1 July)

名字 Name: _____ 姓氏 Family Name: _____

地址 Address: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to:

"Chinese Parents Association-Children with Disabilities Inc"

Postal address 郵址: PO Box 345, Campsie, NSW 2194

DGR #900 487 253

澳洲弱能兒童協康會二零零八年五月至六月週末活動項目表

Date日期	Venue活動場地	Address地址	Time時間	Program活動項目	Remarks備註
3/05/08 Saturday	AMF-Enfield	546 Liverpool St S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:45pm	Parent Forum 家長坐談會	Parents
			2:30-3:45pm	EI Activities 兒童啟蒙活動	Junior Group
10/05/08	Belmore RSL Club	Burwood Road, Belmore	11:30-3:30pm	Mother's Day Celebration & National Volun- teers Week 母親節 / 全國義工通慶祝會	
17/05/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	EI Activities 兒童啟蒙活動	Junior Group
			3.45-4.30pm	Music Therapy 音樂治療組	Junior Group
			2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
24/05/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	EI Activities 兒童啟蒙活動	Junior Group
			3.45-4.30pm	Music Therapy 音樂治療組	Junior Group
			2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
31/05/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
			3.45-4.45pm	Birthday Party & Karaoke	All members
7/06/08 Saturday	AMF-Enfield	546 Liverpool St S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	EI Activities 兒童啟蒙活動	Junior Group
			2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
14/06/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	EI Activities 兒童啟蒙活動	Junior Group
			3.45-4.30pm	Music Therapy 音樂治療組	Junior Group
			2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
21/06/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	EI Activities 兒童啟蒙活動	Junior Group
			3.45-4.30pm	Music Therapy 音樂治療組	Junior Group
			2.30-3.30pm	Performance Team活躍舞蹈組	Youth Group
28/06/08 Saturday	Hurstville Aquatic Centre	Crn Forest Rd & King Georges Rd	12:00-1:00pm	Badminton 羽毛球學習課	Youth Group
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2.30-3.30pm	Performance Team活躍舞蹈組	Junior Group
			3.45-4.45pm	Birthday Party & Karaoke	All members

Upcoming Activities:



Kids Chat Room

談天說笑兒童坊



這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，以遊戲小組的方式進行，給二至七歲小孩提供早期訓練。整個活動內容有唱歌，遊戲，說故事，玩具，舞蹈等有趣的項目。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互適應和交往的能力；家長亦能參與，好能認識和建立更多與孩子溝通的渠道。

日期： 2008年 3/5， 17/5， 24/5， 7/6， 14/6， 21/6， 逢星期六舉行，共六節。

時間： 下午2:30 至 3:30

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

音樂治療班

Music Therapy Program

A music therapy program for children with special needs



Music Therapy aims to encourage participants to speak up, express their feelings and gain confidence; it may also strengthen oneself communicative, motor, emotional, social and leisure skills.

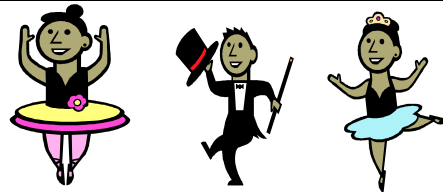
音樂治療法是由音樂治療師利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言，由於智能不足而導致各種社會適應問題，若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感、感知肌能和認知能力等，這便是治療概念的實踐了。

日期： 2008年 17/5， 24/5， 14/6， 21/6， 逢星期六舉行，共四節。

時間： 下午 3:45 至 4:30

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

活躍舞蹈組 Performance Team



由專業舞蹈教師 Veronica 姐姐指導及教授小朋友組員一些簡易的舞步，配合音樂及歌曲，組員們能隨著樂曲的節奏，載歌載舞，跳出他們熟悉的步伐來。這個活動，既可提供他們學習舞步的機會外，又可訓練他們的節奏感，體能和合拍精神，以便鼓勵他們作舞台演出的預習。而且，又能給他們一個方法去發洩/表達情緒。

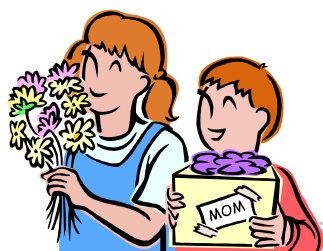
日期： 2008年 17/5， 24/5， 31/5， 7/6， 14/6， 21/6， 逢星期六舉行，共六節。

時間： 下午 2:30 至 3:30 pm

地點： **Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore**

CPA Celebration Party in May

You Are Cordially Invited To Our



Mother's Day Celebration & National Volunteers' Week



Date 日期: 10 / 5 / 2008 Saturday 星期六
Time 時間: 10.30 am to 2.30pm
Venue 地點: Belmore RSL Club, Burwood Road, Belmore
Cost 費用: Adult Member 成人會員 \$10
Children under 12 十二歲以下兒童 \$5
Youth Member & Children under 5 Free
本會青少年會員及五歲以下兒童 免費



Enquiry 查詢詳情: CPA office辦事處 9784 8120 Tues & Thurs 週二, 四 10am—4pm
Mobile: 0406 233 222 Elly

Youth Group Activities:

Badminton 羽毛球學習課

為少年會員提供羽毛球學習堂，以鼓勵他們能有多些運動，互相溝通與交流。

日期 Date: 17/5, 24/5, 31/5, 14/6, 21/6, 28/6,
逢星期六舉行，共6節。

時間 Time: 中午 12:00 至 1:00

地點 Venue: Hurstville Aquatic Centre,
Cornor of Forest Road and King Georges Road

查詢詳情 Enquiry: 9784 8120 , 0406 233 222



Ten Pin Bowling:



Ten Pins Bowling 保齡球賽

In participation with RSAC

日期 Date: 3/05/08, 7/06/08 Saturday

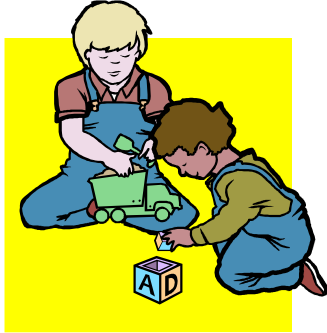
時間 Time: 11.30 am —1.00 pm

地點 Venue: 546 Liverpool Road, South Strathfield

查詢詳情 Enquiry: 9784 8120 , 0406 233 222



「弱能子女和兄弟姊妹相處和共同成長」家長座談會



對很多有弱能子女的家庭來說，幫助其子女正常成長，實在面對不少的挑戰。而其中主要的挑戰之一是如何妥善處理好弱能子女與兄弟姊妹之間的關係。

而處理好這些關係，對每一個子女在青少年期間的社交能力，心理和情緒發展，都會有重要的影響。

協康會五月份家長座談會，將會就上述問題作出討論。

今次主題是「弱能子女和兄弟姊妹相處和共同成長」。

座談會將會邀請到社工，家長，弱能子女的兄弟姊妹與參加者分享彼此之間的經驗。

Seminar on Children with disabilities and their siblings

For many families, raising a child with a disability in a normal circumstance poses many challenges. One challenge focuses on the relationship between the siblings in the family which influences the social, psychological, and emotional development of each child. The relationship between brothers and sisters in families that have a child with a disability is examined in the forthcoming CPA Parents' Forum and will be the theme for discussion and sharing. In this forum, we will have a social worker, a parent who has a child with disability and a sibling to attend to share their experiences. All parents who have a child with disability or chronic illness are welcome. This seminar will be conducted in Cantonese.



日期 Date: 二零零八年五月三日 星期六 3 May 2008 Saturday

時間 Time: 下午二時三十分至四時 2.30—4.00pm

地點 Place: Belmore Senior Citizens Centre, Redman Parade Belmore

費用 Fee: 免費 Free

查詢及報名 9784 8120 星期二，四 上午十時至下午四時

For enquiry : 9784 8120 Tuesday & Thursday 10 am -24pm

Mobile 手機: 0406233222 Elly

也可留意 澳洲弱能兒童協康會 網站的資料

<http://www.communilink.org.au/chineseparents>



As a sibling of someone with a disability it is rare to be in the literature spotlight. Most studies and articles relate to the issues and needs of the person with the disability. So what was it like growing up with a brother with a disability? What emotions do I feel? To be honest I was not sure where to start. I mean, to me, it is innately who I am...I know of nothing else. So funnily enough I turned to some articles written about 'siblings' for some pointers. The following are the emotions that were commonly mentioned:

~ **Loneliness and isolation** ~

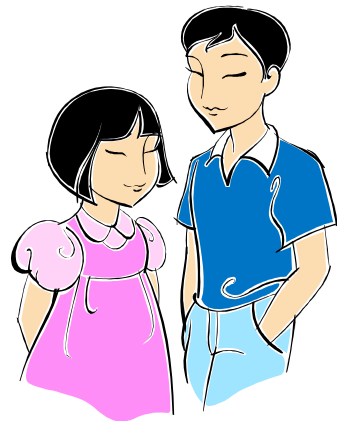
Not many people understand the mixture or depth of emotions I feel about my brother and his behaviour. Because of this, for the longest time I found it extremely difficult to speak openly about my brother. He was and still remains a sensitive subject.

~ **Embarrassment, anger, frustration and protectiveness** ~

I have always known that my older brother was unlike other people's older brothers. His behaviour often causes him to draw attention to himself whilst in public. Every now and then I would have friends telling me that they saw my brother walking around singing loudly to himself. It is difficult not to feel embarrassed sometimes - to wish he could be 'normal'.

I am often angered and frustrated by my brother's behaviours. How he shows little respect to my parents. How he causes them to worry. How he does not care about their feelings or how his behaviour affects them. He throws tantrums at a whim. He rarely learns from his mistakes. He does not appreciate what he has and takes much more than he gives. Growing up, I honestly cannot recall receiving anything from him for my birthdays, for Christmas or for any occasion.

It is difficult to see and hear about your older brother being teased by kids half his age. To see relatives ignore him. To hear your friends and colleagues casually use the word 'retard' to ridicule each other. To watch your parents being judged because of his behaviour. And it does anger me. Part of me wants to tell them all off...to fight all his battles. Because despite the hurt and anger he causes me he is my brother...my flesh and blood.



~ **Sadness, loss and injustice** ~

I feel sadness for everything my brother misses out on. He is unable to achieve true independence. The career opportunities available to him are limited. He experiences difficulty understanding complex emotions and abiding to endless social norms and expectations. He is unable to form deep friendships. He is also often frustrated by his own inability.

I feel sadness for my parents who constantly place my brother's wants and needs above their own. My parents endure so much emotional hardship because of my brother. Yet they remain so strong and loving. It saddens me to think that they somehow blame themselves for my brother's disability and behaviour. My parents deserve all the happiness in the world...yet sometimes life is just unfair.

I feel sadness for myself. I worry and am fearful about what the future holds. I know one day I will be the one responsible for my brother. There were times when I was younger when I would cry myself to sleep just thinking about it.

~ **Guilt** ~

I feel guilty over my ability. How do you justify to my brother my ability to drive? And why I am allowed to go out with friends until midnight when he is expected home before sunset?

I feel guilty that I am not as involved with my brother as my parents are. My parents deserve a break once in while. Yet I want my own life too.

Though the articles that I read tended to focus on all the negative experiences and emotions, there are also positives to being a 'sibling'. For one, being a sibling of someone with a disability opened my eyes to a different world. You witness first hand how ignorant and harsh some people can be. But you also witness the strength and unconditional love others possess.

I know that because of my brother, I appreciate my own abilities. I always strive to do well at whatever I set my mind on. I have the drive to make my time here and my life count. I tend to celebrate people who are 'different'. I am immensely close to my parents and I am more aware of how my actions may affect other people.

So in a sense, I owe my brother a great deal – it was him who helped mould me into the person that I am today.

Reports on Activities

Our Movie day 電影欣賞日

Reported by Monica



Date : 22 April, 2008
Venue : Burwood Greater Union Cinema
Time : 12:00 noon to 4:00pm
Attendance : 12 kids plus 11 carers

It was a fun day with all kids enjoying very much the exciting movie -- Nim's Island. There were one leader and two volunteer-parents to go inside the cinema with kids and watch the movie. While the rest of the parents/ carers went to have an afternoon tea, a chit chat or shopping at the centre. It was a good respite for the mums.

It was the first time we arranged this day activity during school term break. Both the leaders and the volunteer-parents were encouraged by the positive responses from kids and other parents. We shall try to arrange similar kind of day program in the next school term break.

當我們發現大人和小朋友都感覺開心和滿意的時候，電影日的確是一個快樂日。我們有三位家長陪同十二位闖少年進入戲院觀看電影，他們都很喜歡那刺激的電影 -- Nim's Island. 其餘的家長便在商場中享受下午茶、閒談或購物。

這次電影日是協康會第一次嘗試在學校假期中舉辦，活動的成功確實令我們非常鼓舞，希望能在下一個學校假期再辦同類活動。

A visit to 'Pixel and Colour' show — Powerhouse Museum

By Anna & Mandy

On 22nd of April, the children from CPA junior group, their families and volunteers, 13 people, (4 children, 2 siblings, 4 parents and 3 volunteers) in total, arrived at the Powerhouse Museum to watch the "Pixel and friends" colour show.

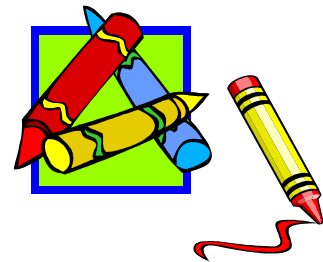
The show was very popular. A long queue for the tickets appeared at the entrance of Powerhouse Museum an hour prior the show time. We were glad that we had already made the booking in advance, it saved us a lot of time in lining up for the tickets.

The show was a live show with actors and animation as background. The story was about a girl who was brought to the Pixel land which was full of colours, shapes, numbers and many beautiful things.

At the end of show, the actors came down from the stage and invited all the children to dance with them. It was fun.

After the show, we had our lunch at McDonald -- a suggestion by our children. We all enjoyed the meal.

This was the first outing organised for CPA junior group by CPA Management Committee during the term break. It was such a happy and unforgettable experience for all of us. We are looking forward to have some more outings similar to this one in future.



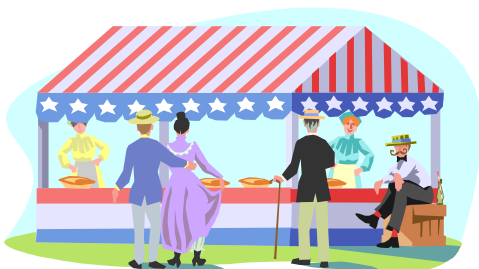
Feedback on Youth 'X' Festival 2008 Stall

By Maria Lee

Sponsored by Canterbury Youth Council - at Wiley Park on 12/4/08

- ◆ Ping Mu – "It was a good experience. I had never minded a stall before. It was great fun even though we did not raise much money. Everyone from CPA co-operated well."
- ◆ Elly Li – "I was glad to see the youth group members like Brian, Samson and Victor all helped out in setting up the stall, transporting the merchandises from the cars to the stall and back, promoting the goods and minding the stall. I am so impressed by Ping Mu who spent time on making beautiful ear rings for sale. Everyone worked hard on the day and co-operated very well."
- ◆ Sylvia Tinyow – "I was so glad that I could sell the big toys which my children no longer played with and raised money for CPA."

- ◆ Mario Yuen – "Everyone from CPA tried their best to sell the goods even though not many people buying stuff on the day."
- ◆ Brian Su – "Yes, I had fun."
- ◆ Samson Yuen – "It's something different. I had great fun."
- ◆ Maria Lee – The park was beautiful. I had never been there before. Our stall was under shade and close to the stage which had entertainment the whole afternoon. I would like to thank Sylvia and Elly for providing loads of merchandises for sale. It was fun."



Winners of the Quiz On Outing Activities



Two day-trips had been organized as part of the Youth Friendship Program. For the first one, participants set off from Hurstville Station, taking the train to Sydney Botanic Garden. The second one was Movie at Burwood Greater Union. Young participants were encouraged to write down what they were most interested in during the trip and joined the Quiz.

CPA Parents have nominated four winners for their detailed descriptions.

澳洲弱能兒童協康會的「青少年友誼小組」舉行了二次週日活動。第一個節目是參加者在 Hurstville 火車站集合出發，一同乘火車到雪梨植物公園遊覽。沿途父母親們都鼓勵青少年朋友把有趣的事和物記錄下來。第二個節目是到Burwood Greater Union欣賞電影，他們把一些需要注意的細節寫下來，作為練習日常生活技巧。由父母小組作評判，選出四位優秀者，以作勉勵。

Day Trip Quiz	
Your name	Andrew
The date of the trip	24.11.07
What is the departure station?	Hurstville
How much is your train ticket?	\$2.60
When does your train depart?	1:46pm
What is the arrival station?	Circular Quay
When does your train arrive?	1:48pm
How many minutes is your train trip?	40 min
Name at least 3 people on the same trip.	Clayton, Tom, Harry, Victor, Willis, Andrew, Chris, Clara, Lisa, Jonathan, Jennifer
What is the name of the garden you visited?	Royal Botanic Garden
What is your favourite plant in the garden?	Dioscorea Robinsoniana
Describe or draw your favourite plant below. (Or take a photo of it and attach it here.)	
<p>Lord Howe Island - Genus otherwise only from Southern Africa. Introduced by the Moors in 1864 or 1870 it first flowered in these gardens in 1871. Moore noted in his 1869 report on the vegetation of Lord Howe Island that it was recorded from only 2 or 3 sites where its occurrence was infrequent.</p>	

Day Trip Quiz	
Your name	Victor Li
The date of the trip	24 November
What is the departure station?	Hurstville
How much is your train ticket?	2.50
When does your train depart?	1:46pm
What is the arrival station?	Circular Quay
When does your train arrive?	1:48pm
How many minutes is your train trip?	40 mins
Name at least 3 people on the same trip.	Eliza, Elly, Brau
What is the name of the garden you visited?	Royal Botanic Garden
What is your favourite plant in the garden?	Norfolk Island
Describe or draw your favourite plant below. (Or take a photo of it and attach it here.)	
<p>Accacia by Captain James Cook In 1774, Norfolk Island and since have a history of use for land mark and commercial plantings around Sydney!</p>	

Movie Day Program Quiz	
Your Name:	Brian Su
Date of program:	22/4/08
Where is the cinema:	Burwood Greater Union
How much is the movie ticket?	\$8.00
Name of movie:	Nim's Island
Movie start time:	1:50 pm
Movie finish time:	3:40 pm
Name at least 3 people participated on the day:	Chris, Victor, Andrew, Willis
What did you have for lunch (Food & Drink)?	Roya pasta, did not buy
How much is your lunch?	\$7.45

Movie Day Program Quiz	
Your Name:	Chris Lin
Date of program:	22/4/08
Where is the cinema:	Burwood Greater Union
How much is the movie ticket?	\$8
Name of movie:	Nim's Island
Movie start time:	13:50
Movie finish time:	15:41
Name at least 3 people participated on the day:	Jong, Victor, and Andrew
What did you have for lunch (Food & Drink)?	Indian Meat, and rice, water
How much is your lunch?	\$9.20

孩子鼻敏感怎麼辦？

「只要鼻子一吸，北歐的冬季便會立刻變成西班牙的夏季。」這是北歐名醫N.G. Toremalin 說的。這話的用意在於解釋鼻子是人體的「加熱器」，會先將冷空氣加熱才放它進氣管。鼻子除了加熱空氣，也把空氣過濾和變得濕潤。它有這關多功能，因此也容易受到刺激而變得敏感。

「流鼻涕是小朋友的權利。」這則是另一北歐醫生Neils Mygind 說的。意思是：鼻塞、流鼻涕，甚至或輕或重的鼻敏感，其實是兒童成長的必經階段。小朋友的鼻敏感假若發作，並沒有太多工夫需要做，最好給他服食普通的感冒藥。感冒藥只能減輕症狀，而不會治好鼻敏感，事實上亦沒有什麼方法能根治鼻敏感的。

對於小朋友的鼻敏感，最重要的是留意家居環境，防止發作。以下幾點是應注意的：

- 一、家中若有人吸煙，那些二手煙會刺激小朋友的鼻子，引起過敏反應。根據統計，一個吸煙母親的孩子，鼻敏感機會比非吸煙母親的孩子高一倍。
- 二、父母若是做制衣業的，應盡量不要在家中堆存毛織品，以免飛揚的毛絲干擾孩子的鼻。
- 三、家中不要養有毛的寵物，特別是貓、狗和小鳥。牠們的毛屑會經常飄散在家居的空氣中，是兒童主要的「過敏原」。
- 四、這也是最多家長疏忽的：毛公仔。近年流行一些小朋友的遊戲中心，可供換取的獎品有部份便是毛公仔。另外，小朋友生日也常會收到毛公仔作禮物，於是睡房內便有很多這種玩具。但有人試過把一個毛公仔拆開來在顯微鏡下逐吋檢查，共找到超過一百隻「蟎」(mite) ---肉眼看不見，但會鑽進人的鼻子搗亂的微生物。從今天起丟掉家中的毛公仔吧。

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