

會訊 Newsletter



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc.

MAY TO JULY 2025 ISSUE

二零二五年五月版

www.chineseparents.org.au

HAPPY MOTHER'S DAY & Volunteer Week

母親節
及義工週快樂！

SAVE THE DATE

01 MAY 2025

05 MAY 2025

09 MAY 2025

03 JULY 2025

05 JULY 2025

01 May 2025

Mental Health Workshop II - I'm not alone,
Cabra-Vale Diggers, Canley Vale

03 May 2025

Mother's Day & Volunteer's Week Celebration
Lunch at the Lucky Chinese Seafood
Restaurant, Club Auburn

09 May 2025

Persimmons Picking for CALD carers, Cedar
Creek Orchard, Picton

03 July 2025

Mental Health Workshop III- Food & Mood,
Cabra-Vale Diggers, Canley Vale

05 July 2025

Christmas in July Party at Belmore Senior
Citizens Centre, Belmore



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士關懷備至的社會。

VICE PRESIDENT MESSAGE

副會長感言

DEAR MEMBERS,

Welcome to this Autumn Newsletter. Term 1 had been very busy with our calendar packed with lots of activities, fun and happiness.

As the continuation of the SCEP (Social & Communication Empowerment Program) which started from November last year, two more workshops were held for the kids to practice what they have learnt in playing instruments, singing and dancing. It's so glad to see them showcase their hard work and dedication in the final performance in front of their parents and carers. We are so proud of them and a BIG thank you to Rachael from RMT for facilitating these workshops.

In March, we have launched the Triple R (Refresh - Recharge - Reconnect) project which aims at raising the awareness of mental health issues associated with caring for PWD. As a parent/carer, we do need to look after ourselves to sustain the capacity to care for our loved ones. A series of mental health workshops have been organized to help us understand the mental



health issues and symptoms, the importance of being socially connected and the correlation between mental health and food. The first one has already been delivered and it was very well received with a lot of positive feedback from the parents. I encourage you to register the rest of the workshops if you haven't done so.

Last but not least, we had our popular family get together events, the Lunar New Year Celebration in February and the Easter Picnic in April. Everyone had a wonderful time enjoying lots of yummy food, games and laughter. It's great to see more and more new members joining these events. It's good opportunities for families to meet new friends, socialize, share experiences and fun. Our next event will be the Mother's Day and Volunteer's Week Celebration lunch and Christmas in July Party. Please come and join us. Hope to see you in these events.

Ivy Lau

VICE PRESIDENT MESSAGE

副會長感言

親愛的會員，

歡迎閱讀本期秋季會訊。剛過去的一個學期，協康會安排了各種活動，忙碌的日程卻充滿樂趣和喜悅。

作為去年11月啟動的SCEP（社交與溝通賦能計畫）的延續，我們又舉辦了兩場工作坊，讓孩子們練習在樂器演奏、唱歌和舞蹈方面所學到的技能。很高興看到他們在 05/04 的表演中，在父母和照顧者面前展示他們的勤奮和努力的成果。我們為他們感到驕傲，並非常感謝 RMT 的 Rachael 帶領這些工作坊。

三月份，我們展開了 Triple R（Refresh-Recharge-Reconnect）項目，旨在提高對照顧者相關的心理健康問題的認知。作為父母/照顧者，我們確實需要照顧好自己，以保持照顧親人的能力。我們籌備了一系列心理健康工作坊，幫助我們了解心理健康



問題和症狀、社會連結的重要性以及心理健康與食物之間的關係。第一個工作坊已經完成，並得到了參加者的正面回饋。如果您還沒有報名，我鼓勵您不要錯過其餘的工作坊，盡快報名。

最後但也是最重要的，是我們舉辦了非常受歡迎的家庭聚會活動，包括二月的農曆新年慶祝活動和四月的復活節野餐。每個人都渡過了一段美好的時光，享受著美味的食物、遊戲和歡笑。很高興看到越來越多的新成員加入這些活動。這是家庭之間彼此認識、結交新朋友、聯誼、以及分享經驗和樂趣的好機會。我們的下一個活動將是母親節和義工週慶祝午餐和「聖誕在七月」派對。請大家一起參與。希望在這些活動中見到您們。

劉陳愛虹

REGULAR PROGRAMS

活動項目

Junior Group Program

幼兒組節目



趣味音樂 Fun with Music

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

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury



創意手工藝 Creative Art & Craft

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

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury



康體活動 Movements, Dance and Games

Time 時間: Saturdays 星期六下午 2:30pm - 4:00 pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury



森巴舞 Zumba

Time 時間: Saturdays 星期六下午 2:30pm - 4:00 pm

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



有趣烹飪 Fun with Cooking - Independent Living Skills!

Time 時間: Saturdays 星期六下午 2:30pm - 4:00 pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury



Community Participation Activities

Time 時間: Saturdays 星期六下午 2:00pm - 4:00pm or School Holidays

Youth Group Program

青少年組節目



音樂課 Music Programs

Time 時間: Saturdays 星期六下午 2:30pm - 4:00pm

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



表達藝術課 Expressive Art Sessions

Time 時間: Saturdays 星期六下午 2:30pm - 4:00pm

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 - 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10:30am 開始

Venue地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe,



空中運動班 Aerial Circus

Time 時間: Fridays 星期五, 下午 4:30pm 至 5:30pm

Venue地點: Aerialize, 7-9 Close Street, Canterbury

COMMUNITY ACTIVITY

社區活動

Welcome Year of the Snake Celebration Lunch 08 Feb 2025



Thank you all for being a companion in CPA mission and supporting us as we continue to journey together. We are thrilled to celebrate every precious moments with all of you!



COMMUNITY ACTIVITY

社區活動



**Opera performance by the
Hong Kong Cantonese
Children Opera , Marana
Auditorium, Hurstville
18/04 2025**

Special thanks to 李鳳聲 (香姐) and
Sing Fai Cantonese Opera for
donating the opera tickets to our
members.



「粵劇翔翔 南北交響」聲輝悉尼首演

2025年4月18日 中午十一時正 及 下午二時四十五分
澳洲悉尼好市圖市政廳大劇院 Marana Auditorium



由26位5歲至20歲的兒童/青少年傾力演出

OUR STORIES

我們的故事

Junior Group Program

Shopping trip to Macquarie Shopping Centre 08 March 2025

On 8th of March morning, I went to Macquarie centre for bowling and have lunch with CPA group. My dad took me to catch a bus to Sydenham and we got together with CPA friends. We took a metro rail to Macquarie and stopped at Macquarie University. It was close to the Strike bowling. I rolled the ball and hit the pins. I am a beginner so I need bumpers when bowling. After bowling we had lunch at Hungry Jacks and I ordered a cheeseburger meal. I enjoyed it very much and had a great day with friends. - Daniel



Junior Group Program

Junior Fitness Class - movements, dance & games 29 March 2025



OUR STORIES

我們的故事

Youth Group Program

SCEP Project Performance at Belmore Senior Citizens Centre on 05 april 2025



Joanne Pang

5th April 2025

Dance and performance day at Belmore Centre



Everyone was excited looking forward for today's performance. They knew they have been practising hard for the last few weeks. Today is the day they are going to put them into actions. Some of our friends helped to set up the chairs into three rows in the centre hall. They then sat on the chairs waiting patiently for the music teacher, Rachael to set up the musical instruments and slide screen. Volunteers and carers were helping them to put on their name tags so that it will be easier for everyone to remember each other's names better.

The performance began with the first song: What A Wonderful World. Everyone was given a bell or drum for this song. Rachael played the keyboard piano and everyone taking turns in shaking the bells and sing along as instructed by the teacher. Then followed by the second song: Inna-nay, a very well-known Aborigines song. Everyone sang along and played the drums following the beats and raising their hands and shouting "Choo" cheerfully at the end of the song. The third song was a lively and happy song: She'll be coming round the mountain. Everyone gets a cowboy hat. It was led by me singing this song, but everyone was encouraging to sing along with me. Then comes a popular Wiggles song: Hot Potato. I was excited to lead the group again holding a coloured scarf in front of everyone so that they can use their scarf waving to the rhythm of this lively song. The next song: Agadoo, it was an action and body movement song. Led by Samson and

myself. Everyone stood up and followed our actions. It was a completely body movement action song for everyone to enjoy and laugh.

The sixth song: Country Roads. We sang along this calming and peaceful song together without musical instruments. But we were still moving our body side to side following the rhythms of the song. Again, we continued to move on with another country song: Boot Scooting Boogie. Everyone putting on cowboy hat with country scarf on the neck area. We all stood up and lined up facing the audience and began the dancing to the music. Our audiences were the parents and carers. They were so excited and proud of our performance and gave us encouraging applauses. The last song: Our Song, it was a song written by Rachael describing we met every Saturday to sing and dance, sharing information and feel relaxing. We played together not afraid of making mistakes. If we do, we will try again and learn. We share and listen to each other's comments and feelings too. Through playing and working together every Saturday helped us to develop good friendship and working closely as a group.

Finally, the performance concluded and followed by a monthly birthday party celebration. Everyone got their delicious food to sit and eat together with their carers or parents. Another happy moment for everyone to continue building up friendship at this celebration. It was completely a happy day for everyone to have fun.

SWEET MEMORIES

甜蜜的回憶

Easter Family Picnic Day

Bicentennial Park, Homebush Bay 12 April 2025

Jason Chen

On Saturday, April 12, a sunny day, my mother drove me to Bicentennial Park. We went on a picnic with our CPA friends. Monica led us in playing games and three-legged races. We had hot dogs, pasta, potatoes, salad, grilled chicken, Singapore rice noodles, fish balls, guava, dessert, apples,



bananas, and juice for lunch. We took a walk in the wetlands. We saw black swans, ducks, pelicans and egrets. My mother drove me home at 5 pm. I felt very happy and had a great day.



SWEET MEMORIES

甜蜜的回憶

ACCF Project Triple R for CALD Carers

Mental Health Workshop I, Cabra-Vale Diggers 06 March 2025



Thank you Maria & Noris organised the workshop for us. 🙏🌸

- 雪梨粥

Hi Noris and Maria, thank you so much for the workshop. See you all in the next workshops. 🙏🙏🙏😊

- Helen

感恩 CPA 和Noris 昨天成立的講座, 收穫滿滿 😊🌸🌸🌸🌸🌸

- Majoria

ACCF Project Triple R for CALD Carers

Pasta Making Master Class at The Italian Table (Euroquip), Padstow 10 April 2025



Apart from learning something different, we got to relax, have fun and work as a team. Well done everyone. - Maria

Thanks CPA for organizing this event. I really enjoyed all aspects of it :)
- Tracey Dinh

BIRTHDAY BOYS & GIRLS

生日祝福

Happy
Birthday!

May

CARMEN MARTIN
DENNIS OU
JAMES MARTIN
JULIAN LESNIE
KA CHUN TSE
KAREN LEUNG

LAUREEN POON
MADELEINE CH'NG
NICK WANG
PATRICK CHOW
SAMUEL POON
VICTOR LI
WILSON TRANG

June

ALORIA ZHANG
COLIN SU
DARREN MA
FELIX WONG
GORDON DING
LEON CAO

MICHAEL LEE
PATON SU
QUEENIE TUNG
ROBBIE LEONG
SUNNY LUM
YASMIN CHEUK

July

ALAN NGO
ANDERSON YANG
BENJAMIN MO
HANLIN TAN
JACKSON YUNG
JERRY CHEN

JOANNE PANG
JOHNNY LI
LINTOM LIN
MATTHEW SIN
STANLEY AU

ACKNOWLEDGEMENT

致謝

DONORS

(FOR CASH DONATIONS \$100 OR ABOVE)

ANTHONY LU

GOOD 2 GIVE

DONATIONS IN KIND

博愛之家

李鳳聲

SING FAI CANTONESE OPERA

VOLUNTEERS

DARBY MU

HARRY TINYOW

MARIO YUEN

WINDA MOK

MANAGEMENT COMMITTEE MEMBERS



HOW CAN YOU HELP?

請給我們支持

捐贈 款項 I would like to make a donation of:

\$ _____

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

Postal Address 郵址: PO Box 345 Campsie NSW

本人願意參加為貴會

I would like to become:

會員 Member ☐

附屬會員 Affiliated member ☐

義工 Volunteer ☐

名字 Name:

姓氏 Family Name:

地址 Address:

電話 Tel:

電郵 Email:

會員年費 Membership Fee \$10 p.a

(7月1日至6月30日 From 1 July – 30 June)

May-July 2025 週末活動時間表

Activity Venues

- Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- Saturday afternoon at Belmore Senior Citizens Centre 38 Redman Parade Belmore / Ashbury Senior Citizens Centre 66 Princess Street Canterbury
- Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

| | | | |
|--------|------------------|---------------|-----------------------|
| Friday | 4:30pm to 5:30pm | Aerial Circus | Aerialize, Canterbury |
|--------|------------------|---------------|-----------------------|

WEEKEND PROGRAM

| | Junior Group 幼兒組 | Youth Group 青年組 | |
|---------|---|---------------------------------|-------------------------------------|
| | Afternoon 2:30pm to 4:00pm | Morning 10:30am-12:00pm | Afternoon 2:30pm to 4:00pm |
| MAY 五月 | | | |
| 03/05 | Mother's Day and Volunteer's Week Celebration Lunch ** The Lucky Chinese Seafood Restaurant. Club Auburn | | |
| 10/05 | Fun Cooking 有趣烹飪 | Tenpin Bowling | Chair Yoga / Pilate / Dance 椅子瑜伽 |
| 17/05 | Zumba 森巴舞 at Belmore* | Tenpin Bowling | Zumba 森巴舞* |
| 24/05 | Movement, Dance & Games – Junior fitness class 健體運動課 | Tenpin Bowling | Music class 音樂課 |
| 31/05 | Fun with Music 趣味音樂 | No Bowling due to tournament | Art Class 藝術課 |
| JUNE 六月 | | | |
| 07/06 | Taekwondo 跆拳道 at Belmore* | Tenpin Bowling | Taekwondo 跆拳道* |
| | Birthday Party 生日會 4:00pm - 4:30pm | | |
| 14/06 | Fun with Music 趣味音樂 | Tenpin Bowling | Chair Yoga / Pilate / Dance 椅子瑜伽 |
| 21/06 | Movement, Dance & Games – Junior fitness class 健體運動課 | Tenpin Bowling | Music class 音樂課 |
| 28/06 | Zumba 森巴舞 at Belmore* | Tenpin Bowling | Zumba 森巴舞* |
| JULY 七月 | | | |
| 05/07 | Christmas in July Party ** | | |
| 12/07 | School Holiday | | |
| 19/07 | School Holiday | | |
| 26/07 | Fun Cooking 有趣烹飪 | Tenpin Bowling | Chair Yoga / Pilate / Dance 椅子瑜伽 |

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

*Junior-Youth transitional class and the monthly Birthday Party are held at Belmore Senior Citizens Centre.

每月的合併班及生日會在 Belmore 中心舉行

** Refer to activity flyer for details