



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

CPA NEWSLETTER

協康會會訊

FEB 2020 ISSUE / 二零二零年二月版



UP-COMING ACTIVITIES:

- Independent Living Skills Workshop: 14/03/2020
- Milson Island Recreation Camp: 07-09/02/2020, 10-12/04/2020
- Family Day trip – NSW Rail Museum Thirlmere by coach: 07/04/2020
- Family Day trip – Newcastle Central coast by coach: 18/04/2020

REPORTS:

- CPA committee 2020
- Christmas Celebration 2019
- Cooking Class Report
- Report on CPA Calendar





目錄 content



- P3-P5. President's Message 會長感言
- P6. CPA Committee 2020 管理委員會名單
- P7-10. Reports 活動報告
- P. 11-16 Up coming & Regular Activities
2-4月協康會活動介紹
- P17-20. Photo Gallery 活動相集
- P21. Birthday Boys & Girls
- P22. Acknowledgement & Donation slip
- P23. Program list for February to April
- P24. CPA Contact details 聯係方式



PRESIDENT'S MESSAGE

會長感言 



Dear Members and families

Welcoming the New Year, the New Year is the beginning of new ventures and new projects. Let's continue to see success as we did this year. I wish that all our members and families with good health and a very happy prosperous new year.

It was not pleasant to start the Lunar New Year, when an outbreak of Novel Coronavirus (2019-nCoV) detected in Wuhan City, Hubei Province of China. I like to share some helpful information from the World Health Organisation's standard recommendations for the general public to reduce exposure to and transmission of illnesses.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>, it's important to be a little extra vigilant in our protections.

Once again I am very proud to be in the privileged position to lead CPA in this important work this year. I'm looking forward to working with all the committee members.

Together we can work on the best solutions. CPA has an excellent future and the MCs will do our best to ensure we remain the centre of excellence for the wider community. As part of that we'll be focussing on initiatives, including: Building on the activities.

Ensuring we continue to provide the right services to meet the needs of our members, and to attract and engage new members.


Increasing broadened activities and develop new activities.

Our success is also predicated by our ability to deliver services and programs without compromise on quality and satisfaction. These should always be the outcome which drives us in the long run.

Let's start working to bring out the best of CPA, which looks after the interest of our members and families. I believe we can continue to find motivation from the persistence of the committee members. Together, everyone achieves more!

Miranda Chau
President





親愛的會員：

踏入新年，我謹代表協康會祝大家新一年新開始，闔家安康，萬事如意。期待我們今年繼續獲得成功。協康會也會在今年努力幫助大家及提供更多的服務和項目！

新年開始之際，全球在關注一件不愉快的事，在中國湖北省武漢市檢測到新型冠狀病毒（2019-nCoV）並且有爆發和傳播到全球，影響很多地方，其中包括澳洲。在此，我想分享一些來自世界衛生組織建議的預防措施，以減少公眾接觸疾病的機會。您可以登陸以下網址獲取：

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>。希望協康會會員和家庭提高警惕和做好保護措施，保護自己和家人朋友的健康。

我很榮幸今年能夠再次成為協康會會長，帶領CPA這個重要的工作團隊。我期待著與所有執委會成員的合作。我們會共同努力，尋求最佳解決方案。CPA擁有美好的未來，執委會成員將竭盡所能，以確保我們繼續提供卓越的服務，把協康會的服務惠及更廣泛的社區和人士。今年的發展方向主要包括：

- 改良協康會的活動
- 確保我們繼續提供正確和有需要的服務，以滿足會員的需求，並吸引新會員
- 擴大活動範圍並開展新活動

我們的成功將有賴於我們服務的質素和會員的滿意度，提供富豐的服務項目的能力。從長遠來看，這些應該永遠是驅動我們的動力。

讓我們努力發展協康會，惠及到我們的成員和其家人。我相信我們可以繼續從執委會成員的堅持中找到動力。大家一起在今年取得更豐盛的成果！

會長
周潤梅女士





CPA Committee 2020 管理委員會名單



Hon President 名譽會長 :

The Hon. Dr Helen Sham-Ho OAM 沈慧霞博士

President 會長 :

Ms Miranda Chau

周潤梅女士

Vice President 副會長 :

Mrs Ivy Lau

劉陳愛虹女士

Mrs Sylvia Tinyow

陳劉秀蓉女士

Treasurer 財政 :

Ms Maria Lee

阮李麗萍女士

Vice Treasurer 副財政 :

Mrs Aileen Pang

馮美良女士

Secretary 秘書 :

Dr Jennifer Chan

陳素娟博士

Program Coordinator 活動策劃 : Ms Elena Lau

容劉敏兒女士

Committee Members 常務委員 :

Dr Jeff Li

李雲信博士

Mrs Ping Mu

繆桂萍女士

Mr William Wu

吳光偉先生

Mrs Elly Li

李羅艷媚女士



REPORTS

活動報告

(NOV/2019-JAN 2020)





Celebration of Christmas



On the 7th of December 2019, CPA held its Annual General Meeting (AGM) 2019 and celebrated Christmas with its members in Club Central, Hurstville. Thanks to Georges River Club Grants – Empowerment of Community Participation, more than 110 people, including guests and members, joined the celebration in a joyous and festive atmosphere.

The whole celebration was inaugurated with CPA's AGM where Sylvia, the Vice President of 2018-19 Committee, presented the President's report on behalf of Miranda highlighting the achievements of the work of CPA in 2019 and acknowledging the contributions by sponsors, Committee Members, staff, volunteers and the general members. A new 2019-20 Committee was elected afterwards. Congratulations to the newly elected Committee Members: Sylvia, Maria, Miranda, Aileen, Ivy, William, Elena, Jennifer, Elly, Ping and Jeff.

Christmas celebration continued in high spirit as most members and guests were seen wearing green and red to add on the colours of Christmas. The whole room was filled with heart-warming lighting and theme-dressed participants.

During the celebration, not to mention the variety of yummy food, CPAKIDz again showcased their music talents by performing to the guests and members a string of popular Christmas-themed songs. It was greatly enjoyed by all.

Following the performance, many children from our junior and youth group were awarded with merit certificates for their regular participation to CPA's programs and trophies for excelling in their progress shown in 2019.

Then it came the lucky draw prizes and no matter whether it's big or small, it certainly brought happiness to the lucky ones.

Last but not least, was of course the coming of Santa Claus who gave out Chrissy pressies to each of our youth and junior members. It definitely put a smile on everyone's face. Thank you Santa Claus for coming along and make sure you always have CPA members in your list. Merry Christmas to you all!

Bankstown *Art* Inspiration Project

We are grateful to be able to host an art project for our youth group focusing in Bankstown and Canterbury area. Our program had introduced various art classes to prepare our participants with drawing skills which they can apply to live drawing tours. Our group of CALD youth with intellectual disabilities and their families had enjoyed two day-trips last year, visited places of interest in Bankstown : 5th Oct at Variety Livvi's Place and 14th Oct at Bankstown Square. To showcase their talents,

We published their artworks in a designed 2020 calendar and distributed to members and the local community last December, acknowledging the achievement of the artists and their families. This will be followed by a few days of exhibition at the end of February to raise more public awareness on the services provided by our organization and social recognition of our children and youth with disabilities.

Please stay tuned of the exhibition dates as we will soon provide updated detail information.



FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 初二	27 初三	28 初四	29 初五	30 初六	31 初七	1 初八
2 初九	3 初十	4 十一	5 十二	6 十三	7 十四	8 十五
9 十六	10 十七	11 十八	12 十九	13 二十	14 情人节	15 廿一
16 廿二	17 廿三	18 廿四	19 廿五	20 廿六	21 廿七	22 廿八
23 二月初一	24 初二	25 初三	26 初四	27 初五	28 初六	29 初七

Chinese Parents Association Website 協會網址: www.chineseparents.org.au



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 初八	2 初九	3 初十	4 十一	5 十二	6 十三	7 十四
8 十五	9 十六	10 十七	11 十八	12 十九	13 二十	14 廿一
15 廿二	16 廿三	17 廿四	18 廿五	19 廿六	20 廿七	21 廿八
22 廿九	23 三十	24 三月初一	25 初二	26 初三	27 初四	28 初五
29 初六	30 初七	31 初八	1 初九	2 初十	3 十一	4 十二

Chinese Parents Association Website 協會網址: www.chineseparents.org.au

Cooking Class

Cooking for children with disabilities promotes the lifetime skill of healthy cooking starting at a young age. According to a survey conducted by U.S. California Department of Education, youth who lack healthy cooking knowledge may rely on packaged foods or prepared foods containing questionable nutrition value, which also worsen the health condition of children with disabilities. Introducing healthy cooking class for children with disabilities has many benefits:

- Children may try new and healthy foods. Recent research published in the Journal of the Academy of Nutrition and Dietetics indicates that children engaged in tactile experiences, such as handling foods, have less food neophobia (food fear) and greater acceptance of eating a variety of foods. They are also less reluctant to take in different types of vegetables.
- A kitchen is a learning lab for children that can involve all of their senses. While pouring, smelling, cutting, and feeling foods they have fun and learn important life skills in a safe environment with fun.
- Children who can cook indicate a “sense of accomplishment,” self-confidence, and feeling of contributing to their families.
- They spend time cooking in a group environment, which can strengthen their relationship with the other children.
- Promotion of safety behaviours, and cooking self-efficacy.

Many school faculty are beginning to embrace cooking to teach and promote healthier eating. Chinese parents Association recognised the same concept and plan to provide similar life skills class and include fun activity classes all year round!!!



Youth Group Cooking Class Jan 2020



FUN ACTIVITIES FROM FEBRUARY TO APRIL

2-4月協康會活動介紹 





**For FEBRUARY – APRIL 2020,
there are plenty of FUN activities:
for you and your family to enjoy!**



TreeTops Adventure Park

West Pennant Hills :

Date: 29/02/2020 Time: 2.45pm – 5pm
Address: Cumberland State Forest, 95 Castle Hill
Rd, West Pennant Hills NSW 2126



Independent Living Skills Workshop:

Date: 14/03/2020



Milson Island Recreation Camp:

Dates: 07-09/02/2020, 10-12/04/2020



**Family Day trip –
NSW Rail Museum Thirlmere by coach**

Dates: 07/04/2020



**Family Day trip –
Newcastle Central coast by coach**

Dates: 18/04/2020

Milson Island



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

Recreational And Independent Living Skill Training Program RAIL

for CALD people with Disabilities and their Families



獨立生活技能訓練營
Youth RAIL Camp

Kindly sponsored By Australian Chinese Charity Foundation Inc.

Date 日期: 10 - 12 / 4 / 2020 Fri - Sun

Time 時間: Ferry pick-up at Brooklyn Wharf 3:30pm on 10/4; leaving campsite 3pm on 12/4

Venue 地點: Milson Island Recreational Camp

Short walk to Ferry from Hawkesbury River station
Sport and swim wear 能活動自如的運動衣着, 游泳衣

Fee 費用: Adult 成人 \$280 pp

Children 5-17yrs \$200 pp

Carers with companion cards 持照顧者卡 \$140 pp

Registration closes:
5/3 截止報名

- * vacancies limited, first in first serve 名額有限, 先到先得
- ** priority will be given to PWD and CPA members 弱能人士優先
- *** non refundable deposit \$100 required upon registration
註冊時需要付不退還的按金 \$100
- **** Includes accommodation and all meals 包括住宿和所有餐食

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.

TreeTop



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

Learning, Exercise and Participation Program

Activities for Children with Disabilities and their Parents/Carers



攀爬歷奇 Tree Top Climbing

Kindly sponsored By Canterbury - Bankstown Clubgrants Earlowood Bardwell Park RSL

Date 日期: 29 / 02 / 2020 Sat

Time 時間: 3:30 - 5:00pm (arriving 2:45pm at reception)

Venue 地點: Tree Top Adventure Park- the Hills
95 Castle Hill Rd., West Pennant Hills NSW 2125

Fee 費用: \$15 (under 16, 16 歲以下)

TreeTops terms and conditions apply

<https://www.treetops.com.au/adventures/treetop-adventure-park>

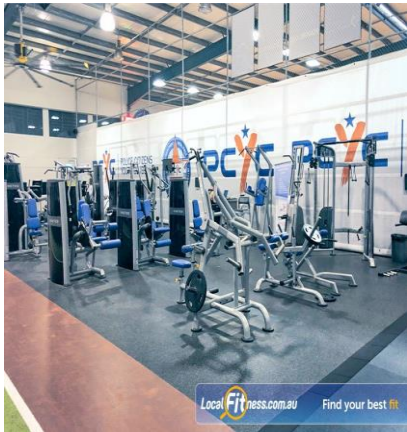
Registration closes: 13/02 截止報名

- * vacancies limited, first in first serve 名額有限，先到先得
 - ** priority will be given to PWD 弱能人士優先
 - *** Please be punctual at the reception 參加者必須準時在接待處集合進場，遲到不候
 - **** Upfront non-refundable payment is required to confirm your booking
需預先付款以確認您的預訂，如退出將不予退還
- Pay by bank transfer: A/C no. (082080-862085669) to Chinese Parents Association

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.

CPA Week Day Activities



Gym & Fitness class: Coached by PCYC qualified trainer

The class will consist of a 15 mins warmup which will include dynamic and aerobic movements to fire up the CNS and the muscles. 30 mins of class include strength and conditioning portion. The movements will be broken down into the basics, with progressions when able. 15 mins cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting. (please in sports attire, bring water bottle, towel)

Dates: Every Wednesday 6-7pm,
Every Thursday 5-6pm

Address: PCYC Auburn (Formerly Netball Centre)
- Wyatt Park, 1 Church Street, Lidcombe

Fee: \$30 per session



Circus Workshop: juggling, prop manipulation, hula hoops & much more!

For children with disabilities

Dates: Every Friday, 5-6pm

Fee: \$30 per session

Address:

Unit 2, 7-9 Close Street, Canterbury NSW 2194





Regular Weekend Activities

Junior Group 兒童組



Fun to Learn!

Time 時間: 星期六下午, 3:00pm 至 4:00 pm

Venue地點: Belmore Youth Resource Centre (40 Redman Pde, Belmore)

This program is kindly sponsored by Earlwood Bardwell Park RSL Club



Music Therapy 唱遊活動

Instructor : By Christine

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

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

This program is kindly sponsored by Earlwood Bardwell Park RSL Club

Youth Group 青年組



Ice-Skating

Time 時間: Saturdays 星期六, 9.15am to 10.15am

Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



保齡球課 Ten Pin Bowling Lessons

Time 時間: Saturday 星期六, 上午10:45am 開始

Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



Music Lessons

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

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

This program is kindly sponsored by Strathfield Sports Club



Art Programs

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

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

Kindly sponsored by Bankstown Sports Club



Dance Lessons

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

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

Kindly sponsored by Canterbury Bankstown FAP

This program is kindly sponsored by Strathfield Sports Club



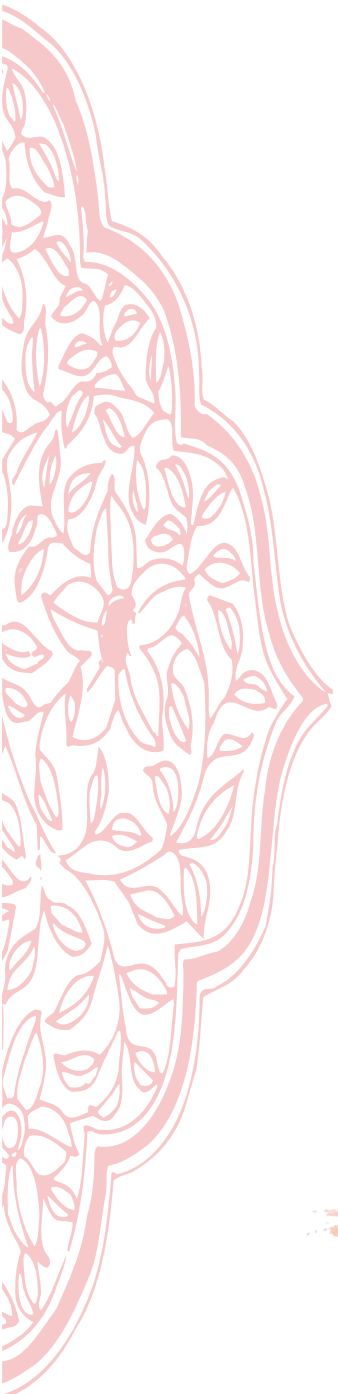


Photo Gallery





Christmas Party Dec 2019



Fun Cooking Class Dec 2019

Creative Dance Class



Aerialised – Junior Group Activity



Live drawing class at Bankstown



Christmas floral decoration
Dec/2019



December PCYC activities



Youth Group Cooking Class



Dragon Boat Training



Dragon Boat Race



Ice Skating Activity



HAPPY BIRTHDAY



FEBRUARY

Brian Su

Leon Huang

Edward Chu

Nancy Wang

Jonathan Yung

Raymond Chin

Justin Tran

Tony Soo

MARCH

Aliza Tam

Henry Trieu

Capstone Lee

Isaac Wang

Dave Sun

Karen Lau

Fiona Zhong

Wen Jin Huang

APRIL

Victor Wu

Vincent Blackwell

Xiao Ming Sheng



Acknowledgement:

Thank you for your help!

Donors

(for donations \$100 or above)

Aileen Pang

Anita Un

Betty Pang

Maria Lee

Rev Gloria Fu

The Hon Dr Helen Sham-Ho

Thomas Un

White Glo Co P/L

Xcent Josh Lee

Vincent Trang

Volunteers

Anna Yew

Jackie Chan

Lian Chin

Mario Yuen

Winda Mok

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 2020

Activity Venues

- Ice-Skating, Canterbury Ice Rink, Phillips Avenue Canterbury
 - Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
 - Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
 - Campsie office, shop 11, 20-22 Anglo Road, Campsie
 - PCYC Auburn, Wyatt Park, Church Street, Lidcombe
 - Aerialize, 7-9 Close Street, Canterbury
- Activity fees applied (refer to current fees schedule)

WEEKDAY PROGRAM

Monday	4:30pm to 6:00pm	Computer Class	CPA Campsie Office
Wednesday	6:00pm to 7:00pm	Gymnastic Class	PCYC Auburn
Thursday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday	5:00pm to 6:00pm	Aerial Circus	Aerialize Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 8:45am to 12:00pm	Afternoon 2:30pm to 4:30pm
February			
01/02	Chinese New Year Celebration Grange Buffet, St George Leagues Club, Beverley Park 11:00 am – 2:00 pm		
	Ice-Skating 8:45-9:30am (Youth Group)		
02/02	Sydney Lunar Festival Dragon Boat Races Darling Harbour from 9am		
08/02	Milson Island Sport & Recreation Camp (07-09 Feb 2020)	Ice-Skating 9:15-10:15am Bowling 10:45-12:15pm	Dance (Liliana)
15/02	Learning is Fun (Jackie) Birthday Party		Music/Drumming (Elizabeth) Birthday Party
22/02	Zumba (Norma) Music Therapy (Christine)		Art
29/02	TreeTops Adventure Park West Pennant Hills (2:45-5:00pm)		Independent Living Skills Workshop
March			
07/03	Zumba (Norma) Music Therapy (Christine)	Ice-Skating 9:15-10:15am Bowling 10:45-12:15pm	Art
14/03	Fun Cooking and Creative Dance (Elizabeth)		Independent Living Skills Workshop
21/03	Zumba (Norma) Birthday Party		Music/Drumming (Elizabeth) Birthday Party
28/03	Fun Learning (Jackie) Wiggles with Music		Art
April			
04/04	Zumba (Norma) Music Therapy (Christine)	Ice-Skating 9:15-10:15am Bowling 10:45-12:15pm	Dance (Liliana)
11/04	School Holiday – Easter Saturday Milson Island Recreation Camp (Youth Group) 10-12 April 2020		
18/04	School Holiday		
25/04	School Holiday – Anzac Day		
The above programs may be changed without prior notice due to unforeseen reasons.			



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

ABN: 63 938 108 704

DGR: 900 487 253

Contact details



聯係方式



CPA NewsLetter is our quarterly publication. We share community news with our members and other community organizations. 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。

Office Address 辦事處:

Shop 11 (Lot 33), 20-22 Anglo Road, Campsie, 2194

Post Address 郵址: PO Box 345, Campsie NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二及週四, 10am—3pm 十時至三時

Phone 電話: (02) 9789 1315

Mobile 手機: 0406 233 222

Email 電郵:

admin@chineseparents.org.au

Websites 網址:

www.chineseparents.org.au



THANK 

YOU!

謝謝

