

Happy Lunar New Year 2024

Year of the Dragon



Coming Up soon:

17 Feb 2024

22-24 March 2024

06 April 2024

Celebrate Lunar New Year Buffet

Family Camp at the Tops

Picnic at Kokoda Track Memorial

Walkway





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。

Committee Members 2024:

The Hon. Dr Helen Sham-Ho OAM 何沈慧霞博士,
Hon. President

Miranda Chau 周潤梅, President

Sylvia Tinyow 陳劉秀蓉, Vice President

Ivy Lau 劉陳愛虹, Vice President

Maria Lee 阮李麗萍, Treasurer

Aileen Pang 馮美良, Vice Treasurer

Dr Jennifer Chan 陳素娟博士, Secretary

Ping Mu 繆桂萍, Committee member

William Wu 吳光偉, Committee member

Josh Lee 李香爵, Sib-Connect Program Coordinator



Dear CPA families,

Welcome to the year of the Dragon 2024! Once again, I am truly honoured and humbled to serve as your president for the 11th year at CPA. I am passionate about

serving CPA. I look forward to continuing to work for you to new growth to our organisation and make it again a place where all can count on.

As we welcome the New Year of 2024 and look forward to the promise and opportunities that lie ahead, I am grateful for the important progress that we have achieved together, thanks to your continued support and the dedicated efforts of our committee members and staff. We are making plans for 2024 with confidence that our initiatives can make an even greater outcome in the new year.

In the year ahead, we will continue the existing initiatives as well as adding new programs, and events, at least one event already planned for the first six months. It is also an opportunity to renew our commitment to CPA. I like to send a warm welcome to the new families signing up for

CPA, and welcome back to many families rejoining the organisation. I would like to encourage more involvement from the parents in our weekly program meeting. CPA is not only a platform to growth for people with disabilities, but it is also a tremendous source of support for parents. Families can often feel overwhelmed and alone when faced with questions that disabilities bring. I encourage parents/carers to come together on a regular basis at our Belmore centre while support your child in the class, you can meet other parents to support one another to share our concerns and our experiences or just there to socialise. CPA is an inclusive environment where you and your children can find acceptance and be your way. I am looking forward to meeting more of you there!

Thank you, members, for your continued participation and enthusiasm in our programs, and sponsors for your incredible support. From all of us at the CPA, warmest wishes to you and yours for a healthy, peaceful year to come. Looking forward to seeing you soon at the Chinese New Year celebration lunch. Happy New Year!

Miranda Chau



親愛的協康會會員和家人，

歡迎來到2024龍年新歲！我再次感到非常榮幸，被選為協康會會長，不覺今年已是我第11個

年頭擔任會長。為協康會服務這份工作，我充滿熱誠，並期待為大家努力工作，讓協康會更進一步，繼續成為一個互助友愛的大家庭。

在展望2024新一年的希望和機會之際，我對大家過去共同取得的重要成果表示感謝，這一切要歸功於你們的持續支持以及我們委員會成員和工作人員的不懈努力。我們正在制定2024年服務計劃，相信我們的計劃能夠在新的一年中取得更大成果。

在未來的一年中，我們除了將繼續現有的各項服務外，並增加新的計劃和活動，委員會已開展其中已落實的活動，並將在未來半年內舉行。這也是我們重申對協康會承諾的機會。

我亦在此熱烈歡迎協康會的新家庭，並歡迎許多重新加入本會的家庭。我鼓勵家長更多參與我們的週末活動。協康會不僅是智障人士成長的平台，也是家長龐大的支援來源。當面對智障孩子帶來的問題時，家庭常常會感到不知所措和孤單。我鼓勵家長/照顧者來Belmore中心參加活動及定期聚會，同時在活動中支持您的孩子，也可以與其他家長交流，相互支持，分享大家的擔憂和經驗，或者純粹作社交聯誼。協康會活動提供一個互相包容的社交環境，大家彼此接納，讓您和孩子可輕鬆的做回自己。我期待在活動中見到你們！

感謝會員踴躍和持續地參與我們的活動，並感謝贊助者的大力支持。協康會全體人員向您和您的家人致以最摯誠的祝福，祝願各位新的一年健康和平安。期待很快在農曆新年慶祝午餐中見到您。新年快樂！

周潤梅

Junior Group Program 小組節目



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音樂治療 Music Therapy

Time 時間: Saturdays 星期六, 3:00pm - 4:30 pm

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



跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 3:00pm - 4:30pm

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



唱遊活動 Fun with Music

Time 時間: Saturdays 星期六下午 3:00pm - 4:30 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 3:00pm - 4:30 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 大組節目



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



跆拳道 Taekwondo

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



戲劇課 Drama Class

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, (Parking at rooftop)



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



AS PART OF OUR EMOTIONAL SUPPORT PROGRAM (ESP) THROUGH MUSIC/ART/PLAY THERAPIES - FOR CALD YOUNG CHILDREN WITH AUTISM SPECTRUM DISORDER, WE HAVE ORGANIZED TWO SPECIAL COMMUNITY OUTINGS FOR OUR JUNIOR GROUP MEMBERS DURING THE SUMMER SCHOOL HOLIDAYS. THE FIRST ONE WAS THE BRICKS4KIDZ PARTY AT LEICHHARDT HELD ON JANUARY 13 AND THE OTHER ONE THE KIDS POTTERY WORKSHOP AT BURWOOD TOMATO ART ON FEBRUARY 03.

THESE TWO COMMUNITY-BASED ACTIVITIES AIM TO COMPLEMENT OUR INNOVATIVE WEEKEND PROGRAMS HELD AT ASHBURY SENIOR CITIZENS CENTRE ON SATURDAY AFTERNOONS DURING SCHOOL TERMS, AND ENRICH THE YOUNG CHILDREN'S EXPERIENCES IN SENSORY AND SPATIAL EXPLORATION WHICH PROVIDE THERAPEUTIC OUTLET FOR EMOTIONS ESPECIALLY WHEN CHILDREN FIND IT HARD TO EXPRESS THEMSELVES VERBALLY.

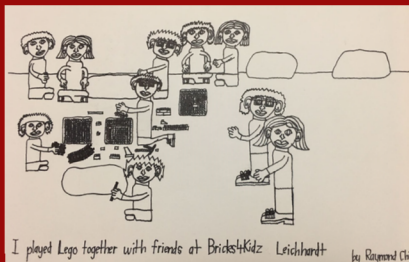
ON 13 JAN 2024, THIRTEEN OF OUR YOUNG "BUILDERS" ATTENDED THE BRICKS4KIDZ PARTY. THE TWO FACILITATORS WENDY AND JUSTIN, WELCOMED THE CHILDREN WITH PREPARED NAME TAGS FOR EACH OF THEM. A PRE-PROGRAM LEGO FREE PLAY KICKED OFF THE CHILDREN'S CREATIVITY. THEY WERE THEN DIVIDED INTO TWO GROUPS TO TEAM-BUILD AN AMUSEMENT PARK COMPOUND, WHICH WAS THE THEME OF THE PARTY OF THE DAY. THEY STARTED WITH THE

STRUCTURE OF THE ENTRANCE GATE OF THE PARK. EVERYONE CONTRIBUTED THEIR IDEAS AND CONSTRUCTED THE GATE TOGETHER. MISHAPS HAPPENED, GATE FELL AND BROKE, BUT THEY PICKED UP FROM THE "RUBBLE" AND STARTED OVER AGAIN. THEY SHOWED GREAT TEAM WORK AND THE POWER OF PERSEVERENCE. WITHIN THE SET TIME LIMIT, THE GROUPS BUILT TWO UNIQUE GATES FOR THEIR AMUSEMENT PARK. EVERYONE WAS HAPPY AND CONTENT.

THEY THEN HAD A CHANCE TO BUILD 3D ROBOTIC CONSTRUCTIONS OR 2D FIGURINES. THESE GAMES PROVIDED THE CHANCE TO TRAIN THEIR SKILLS TO READ AND FOLLOW WRITTEN/VISUAL INSTRUCTIONS. CHILDREN EMPLOYED DIFFERENT STRATEGIES TO TACKLE THEIR RESPECTIVE TASKS, SUCH AS COLLECTING THE REQUIRED TYPES AND NUMBERS OF BRICKS BEFORE BUILDING, OR WORKING WITH PARTNERS AND PROBLEM-SOLVING TOGETHER. IT WAS AMAZING TO SEE THEIR INTERACTION, COLLABORATION AND DISCUSSION ALL THROUGH THE BUILDING PROCESS.

ALL THESE EXPLORATION THROUGH SENSE OF TOUCH, SMELL, SIGHT, MOVEMENT, HEARING AND EVEN TASTE (PIZZA 🍕), IN ADDITION TO THE INTERACTION WITH MATERIALS, THE ENVIRONMENT AND THEIR FRIENDS LEAD TO A GREATER SENSE OF SELF AND EMOTIONS VALIDATION.

WE CAN'T WAIT FOR OUR NEXT EXCITING POTTERY EXPERIENCE WITH CLAY AND USING THROWING MACHINE (WHEEL) TO CREATE CLAY WORKS.





社區活動

作為「透過音樂/藝術/遊戲療法 - 自閉症譜系障礙的幼兒情緒支持計劃」(ESP)的一部分，我們在學校暑假期間為幼兒組成員舉辦了兩次社區活動。第一個是1月13日在 LEICHHARDT 舉行的 BRICKS4KIDZ 派對，另一個將於2月3日在 BURWOOD TOMATO ART 舉辦的兒童陶藝工作坊。

這兩項以社區參與為基礎的活動是幼兒組週末活動計劃的外加項目，旨在豐富幼兒的感官和空間探索經驗，為情緒提供治療性的舒緩，對言語表達有困難的孩子而言尤其重要。

2024年1月13日，我們13位年輕「建築師」參加了 BRICKS4KIDZ 派對。兩位導師 WENDY 和 JUSTIN 為孩子們準備了名牌，歡迎他們的到來。節目開始前各人先以「樂高」自由創作激發孩子們的創造力。然後，他們被分成兩組，每組組員共同建造一個遊樂園，這是當天積木派對的主題。他們從公園入口大門的結構開始。每個人都貢獻自己的想法，共同建造了遊樂園的入口大門。雖然意外發生，建構的大門倒塌、亂成一堆，

但他們從「瓦礫」中撿起並重新開始。他們展現了出色的團隊合作和堅持不懈的力量。在指定的時間內，各小組為他們的遊樂園建造了兩扇獨特的大門。各人都很高興和滿足。

然後他們有機會建造3D機動玩具或2D砌圖。這些遊戲提供了訓練他們閱讀和跟循文字說明或圖像指引技能的機會。孩子們採用不同的策略來幫助完成各自的任務，例如在開始砌積木前，先收集所需的各種類型積木和數量，或與夥伴一起商議及嘗試去解決問題。在整個建造過程中看到他們的互動、協調和討論真是令人欣喜。

當天孩子們除了與積木、環境和朋友的互動之外，所有這些透過觸覺、嗅覺、視覺、動作、聽覺甚至味覺（披薩🍕）的探索，還會幫助他們提升正面的自我意識和情感經驗。

我們非常期待下一次的陶藝體驗，並有機會使用制陶用的轉輪（陶鈞）來製作陶瓷作品。



2023 CPA AGM & Christmas Celebration

Our Association's 2023 Annual General Meeting and Christmas Lunch Celebration was held on 16 December 2023 from 12pm to 2pm at Club Central, Hurstville. 150 members and their families attended the event and enjoyed a delicious banquet style lunch. Thanks to the in-kind ClubGRANTS offered by Club Central, the venue hire fee was waived, making the special event more accessible and affordable to many of our families.

The Christmas celebration has been an excellent opportunity for members to catch up and celebrate the festive seasons. The event was especially meaningful as this year-end gathering is the biggest and most looked-forward



阿英

今天的 Party 很好！又美味又好玩！
感谢各位的辛勤付出！祝你们圣诞节快乐！在新的一年里一切顺利！



感谢 CPA 举办的这场 Xmas 聚餐活动，会员们不仅得以享受了一次丰盛的午餐，且还获得喜出望外的奖品哦，点赞👍！



Elena Lau

Thank you for hosting the Christmas party. The food was delicious and thoroughly enjoyed.



Tkx to all the CPA committee members for organising this year Christmas party . We enjoyed it very much much . Merry Christmas n a Happy new year



celebration for all members and their families. With Club Central's catering arrangement and supporting PA system services, our Management Committee's dedicated organization and program planning and CPAKidz's performances, we had a smooth and successful AGM and a love and fun-filled Christmas gathering. Members and guests had a very joyous festive celebration and brought home with gifts from Santa Claus. The event outcome was very encouraging as the event was successful to increase members' social gathering and community access in an inclusive, welcoming and well-equipped environment. We look forward to the next CPA gathering!





Fancy Dress Disco Party

On Saturday 13th of January 2024, CPA had special costume party at Belmore. There were Samson, Reuben, Karen, Timothy, Wenjing and Shaun. We had Zumba class with Norma, then we started the party. There were disco lights and a loud speaker. I wore a racing car driver costume. I wore a black and white leather jacket, Despicable Me minion helmet, a pair of black gloves and held a checkered flag. Reuben wore a Hawaiian shirt, Karen

wore a beauty dress and Wenjing wore Homer Simpsons mask and a white shirt. We danced together with music. Then we had a parade. We walked around the room, so the parents could see all of us and vote for the best costume. After party has finished, we had beef pies and chicken pies for afternoon tea. Aunty Miranda awarded a present to me because I had the best costume. I felt very happy, excited and proud, like I won a race. Uh oh, but I don't have a driver's licence!

By Barry Mak

FANCY DRESS DISCO PARTY





CPA AGM & Christmas Celebration



Fancy Dress Disco Party



Nurraging Reserve Family Picnic





YOUTH PROGRAMS

Taekwondo/Zumba/Cooking/Birthday party





JUNIOR PROGRAMS

Sensory play/Expressive art/Fun with Music/Cooking



Birthday Boys & Girls 生日



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February

AARON CHENG
EDWARD CHU
JONATHAN YUNG
LEON HUANG
MATTHEW LO
NANCY WANG
RAYMOND CHIN
TONY SOO
WING LIM TANG

March

ADRIAN TANG
ALIZA TAM
CAPSTONE LEE
CHRISTOPHER YEUNG
DIFEI SUN
HENRY TRIEU
ISAAC WANG
KAREN LAU
MARCUS FUNG
OLIVER TIAN
SARAH YIM
SURAYYA JAMIL
WEN JIN HUANG

April

ANNELISE FUNG
CLAUDIA HO
JASON HUANG
VICTOR WU
VINCENT BLACKWELL
WARREN TANG
WING TANG
XIAO MING SHENG

Acknowledgement 致謝



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APRIL SIA
DARBY MU
HARRY TINYOW
KHON CHAU
MARIO YUEN
WINDA MOK
MANAGEMENT COMMITTEE MEMBERS

Volunteers

AMEN LEE
AUSTRALIAN ONLINE GIVING FOUNDATION
BETTY PANG
FORT HEALTHCARE
YING KAI CHUANG

Donors (for cash
donations
\$100 or above)

MAJORIA LIANG
LIONS CLUB OF SYDNEY
WARATAH

Donations
in kind



How can you help ? 請給我們支持

Postal Address 郵址 : PO Box 345 Campsie, NSW

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

會員年費 Membership Fee \$10 p.a
(7月1日至6月30日 From 1 July – 30 June)

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: _____

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



Program Timetable

週末活動時間表



FEB 2024 P.15

FEB-APR 2024

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
- PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

Monday	4:00pm to 5:00pm	Fitness Gym Class	PCYC Auburn (temporarily suspended)
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group		Youth Group	
	Afternoon 3:00pm to 4:30pm		Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
FEBRUARY				
03/02	Kids Pottery Workshop** 1:00-2:30pm	Taekwondo at Belmore 2:30-4:00pm*	Tenpin Bowling	Taekwondo*
	Birthday Party 4:00pm - 4:30pm			
10/02	Expressive Art		Tenpin Bowling	Chair Yoga / Pilate / Dance by Monica
17/02	Chinese New Year Celebration Lunch, Ashfield RSL**			
24/02	Fun with Music		Tenpin Bowling	Expressive Art (Drama)
MARCH				
02/03	Zumba at Belmore 2:30-4pm*		Tenpin Bowling	Zumba*
	Birthday Party 4:00pm - 4:30pm			
09/03	Music Therapy		Tenpin Bowling	Chair Yoga / Pilate / Dance by Monica
16/03	Taekwondo		Tenpin Bowling	Music with RMT
23/03	Family Camp at the Tops, the Tops Conference Centre 22-24/03/2024**			
30/03	Easter Saturday			
APRIL				
06/04	Picnic at Kokoda Track Memorial Walkway, Concord West**			
13/04	Fun Cooking		Tenpin Bowling	Chair Yoga / Pilate / Dance by Monica
20/04	School Holiday			
27/04	School Holiday			

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

*Combined class for both the Junior and Youth groups held at Belmore Senior Citizens Centre followed by the monthly Birthday Party

** Refer to activity flyer for details