



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

CPA NewsLetter 協康會 會訊

AUGUST 2016 ISSUE / 二零一六年八月版

中秋快樂

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CPA Newsletter AUGUST 2016 Issue
協康會 會訊 二零壹六年八月 號

Chinese Parents Association - Children With Disabilities Inc

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 & Thurs 週二及週四
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。

Vice President Message

副會長感言:

各位會員大家好！

我感到十分榮幸和高興被選為今年協康會的副會長。成為協康會大家庭的一份子已有六年多，時刻我都享受着參與的各項活動，如社交活動，研討會或講座、一日遊、宿營、畫展、音樂會和龍舟競賽等等…，從中我們可以分享到大家的喜與悲。

過去兩個月我們非常忙碌，首先是協康會的CPAKIDZ被邀請到雪梨女獅會慶祝十週年的籌款晚宴上表演。當晚CPAKIDZ的精彩演出，吸引觀眾踴躍捐款，並籌得可觀善款。在6月11日，CPAKIDZ亦被邀請到Eastwood的夜市開幕禮上表演，有機會在Ryde市政局的市長和大量羣眾面前演繹，我們深感榮幸。

在五、六月份，我們舉辦了兩個工作坊，一個是由Aspect特殊兒童教育的老師Jackie Chan主講“自閉症兒童之行為處理”，另一個是由臨床心理醫生Joyce Man主講“明白問題行為及其處理方法”。參加這兩個工作坊的家長眾多，好評如潮，很多家長發問的問題均獲得解答。講員給予家長們處理問題行為的忠告，可在家試行。除了上述兩個工作坊外，在5月15日，我們邀請了舞蹈老師Elizabeth Ramsay女士去講解“如何增進兒童社交技巧”。她擁有輔導服務和舞蹈治療的碩士學位，能夠給予我們很多概念，如何去改進與有缺陷的孩子們溝通的技巧。講座後的舞會讓父母和子女們一起跳舞，共度一段美好的親子時光，這更可打破障礙，並改善父母和子女們的關係。

除了嚴肅的講座外，我們也有令人感到身心鬆弛的各項活動，例如坎培拉一日遊，大家參觀了國會大廈和Questacon科技中心。還有，在晚上為媽媽們舉辦的瑜珈班和給幼兒們嬉戲的「彈床跳跳樂」。

於7月3日我們還參加了澳洲當代藝術博物館的國家中心所舉辦，富於創作性的“Bella Program”。這個富有教育意義的活動是幫助孩子們去學習創新的技巧。孩子們在博物館職員的安排下，十分喜歡各類不同的活動。在10月份，他們將會舉辦一個類似的活動，希望家長們為你的孩子報名參加。

在未來數月，我們已安排了一連串的活動，把月曆填滿，其中包括慶祝中秋節和父親節的聚會及週末渡假營。請留意本會通訊和積極參與各項活動。

副會長

劉陳愛虹

Vice President Message

Dear Members,

It is with great honour and pleasure to be elected as Vice President of CPA this year. Being part of the CPA family for over 6 years, I enjoyed every single moment in the events I participated: the social gatherings, the seminars and talks, the day trips, the camps, the art exhibitions, the concerts, the dragon boat races This is the family in where we can share our laughter and tears!

We had been very busy in the past two months. CPAKIDz was invited to perform at the Lions Club of Sydney Warath's 10th Anniversary dinner where the kids' outstanding performance attracted and received the most donation for the night. CPAKIDz also performed at the Eastwood Night Market Opening Ceremony in front of the Mayor of the Ryde Council and a big crowd of audience.

There were two workshops on 'Autism Behaviour Management' by Jackie Chan- Special Education Teacher from Aspect and 'Understanding & Managing Challenging Behaviour' by Joyce Man, Clinical Psychologist and PhD Candidate. Both workshops were attended and well received by many parents. Lots of questions were asked and advices were given for the parents to take home. Other than these two workshops, we also had another session on 'How can we improve social skills of our children' facilitated by Elizabeth Ramsay, our dance teacher who held a Master degree in Counselling and Dance Therapy. The session gave us a lot of ideas on how to improve our skills in communicating to our children with disabilities. After the session, we had a wonderful time with parents dancing with their kids. This helped to break the barrier and improve relationship between the parents and their children.

For the relaxation part, we had a Day trip to Canberra visiting the Parliament House and Questacon for the family, evening Yoga class for the mums and the 'Flip out at Punchbowl' for the kids.

Last but not least, we went to the Bella Program in the National Centre for Creative Learning at the Museum of Contemporary Art Australia on 3rd of July. This educational program helps to develop the creativity and innovative skills. The kids enjoyed very much in the various activities organized by the staff. There is one more program booked in October. You are encouraged to register you kids in this coming event.

In the next few months, we have packed our calendar with a lot of activities including Mid-Autumn festival and Fathers' day celebration, a weekend stay away trip. Please stay tuned and enjoy.

**Vice President
Ivy Lau**

中秋佳節

Mid-autumn Festival



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH
DISABILITIES INC.

Mid-Autumn Festival & Father's Day Celebrations

慶祝中秋節和父親節 — 的是高及午餐

Date 日期: 11/9/2016, Sunday

Time 時間: 11:30 am—2:30 pm

Venue 地點: Club Rivers at Riverwood (Disco & Lunch)
32 Littleton Street, Riverwood NSW

Fees 費用: Members 會員:

*PWD 弱能人士: Free 免費

Adult & Children 成人及12歲以上兒童: \$20 pp

Children 兒童 3-12 yrs: \$15 pp

Children 兒童 0-2 yrs: Free 免費

Non-members 非會員:

Adult & Children 成人及12歲以上兒童: \$25 pp

Children 兒童 3-12 yrs: \$20 pp

This program is kindly sponsored by **BANKSTOWN CLUBGRANTS**

Booking is essential 請早報名, Closing date 截止日期: 03/09/2016

Enquiries 查詢: 9784 8120 Tues & Thurs 週二, 週四 10am—3pm / 0406 233 222 Lilian

*PWD refers to the children with disabilities of ordinary members
of the Chinese Parents Association - Children with Disabilities Inc.

母親節快樂！

母親節慶祝活動摘要：

今年協康會的母親節慶祝活動於五月一日快樂登場，那天剛好是勞動節。

早上還是下著秋雨，心中涼了一截。是不是天公又來和我們開個玩笑，戶外活動總是會下雨？誰不知這是老天爺給我們最好的禮物。因為這只是一場早雨，雨停後，天上便蓋著一層厚雲，好一個清涼的早上，沒有酷熱的太陽下，我們大夥兒在最好的天氣下進行網球活動。

發球，接球，你來我往，打得不亦樂乎。大汗加小汗，年青的會員跟年長的家長，沒分你我，大家都盡情地球來球往。

沒參與網球活動的家長則三兩知己在談心、聊天。看著這群活潑的孩子們，著實心得安慰。在西洋人的習慣，母親節是要讓為人母親者感到被重視和被愛的日子。他們要讓母親們躺在床上，安舒地享用兒女為她們預備的早點。

而協康會的委會們則顯出她們為人母親的無私愛心。本是為紀念她們勞苦和大愛的日子，她們卻顯示出勞動節婦女的傳統美德。她們不計辛勞，為我們預備場地，網球用具，還有各種各樣的美食：健康燒三文治，田園沙律，熱狗，壽司，韓式燒牛肉，大蝦沙律，中式煎餃，可口蛋糕，蕃薯糖水，還有專為母親預備的齋滷味。她們還充當待應，將美食端到我們面前。在我們開懷品嚐的同時，千萬別忘了向她們說聲：謝謝。



嚐完美食，好戲還在後頭，那就是母親節抽獎遊戲。母親們都滿懷期待地等待主持人喊出自己手中的號碼，接著興高采烈地接過禮物。有一位母親打開包裝紙一看，高興得立刻跟在旁的朋友說，那是一份最適合她的禮物。原來她抽中的是一個放手飾的盒子，她正需要這樣的盒子。就是這樣，每位母親人人都飽滿豐收而歸。

By Sammy Chan



EASTWOOD NIGHT MARKET OPENING



Ryde City Mayor Clr Laxale officially opened the new season of the Eastwood Night Market on the Plaza at Eastwood last Saturday night. He said the Market brought new life to the plaza in Eastwood and contributed to community life. Entertainment was provided by the All Abilities Band and Choir, pictured. Market convenor Lin Abbott was granted a new lease at the last meeting of Ryde City Council. Also pictured is Clr Justin Li and Hugh Lee OAM and guests. TWT On-the-spot- PHOTO.

Extracted from weeklytimes.com.au

SATURDAY

11 June

- ◆ A festive atmosphere with bright lights
- ◆ Food stalls serving everything from noodles to pop cakes, as well as Turkish delights and Japanese style treats
 - ◆ Plus fashion bargains, jewellery, chips, toys
- ◆ And roving entertainment including children's activities, free face painting and much more!



In June, we hosted a health seminar topic on ID and Behaviour Management. This seminar was presented by Joyce Man who is a PhD candidate from the Department of Psychology Macquarie University.

Joyce presented the session with very detail information. The content was suitable for young children in their early stage of diagnostic. It mainly covers Challenging behaviour, including: why behaviour occur, sensory issue, express feelings, how to cope and manage behaviour & tantrum. The session also emphasised on how to look after ourselves using physical strategies, mental health strategies, action strategies, and get help from community group.

The session was very interesting and fun, there were many questions raised and experience to share from the parents. It was a full house attendant.

Joyce's current study is targeted towards family carers with an adult child with intellectual disabilities. Services to address challenging behaviours and/or mental health concerns via local hospital or community health settings or government or non-government disability services must have been sought within the past two years. The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. Information gathered from this study will assist in the evaluation of current mainstream services and provide suggestions to improve accessibility for families. The study will also provide insight into family carer's knowledge of mental health issues which will inform further education requirements to families. Participation in this study is entirely voluntary.

ONLINE SURVEY



Carers wishing to participate can access the online survey here: https://mq.edu.qualtrics.com/jfe/form/SV_3ZZHluVJTkxxIVv

Consent Participation in this study is entirely voluntary: you are not obliged to participate and if you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence. By opting to complete the online survey, by clicking 'accept' this will be regarded as consent to use the information for research purposes. The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics & Integrity (telephone (02) 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome. If you require further information, please direct any queries to joyce.man@students.mq.edu.au.

Are you a parent/guardian of someone with an intellectual disability?

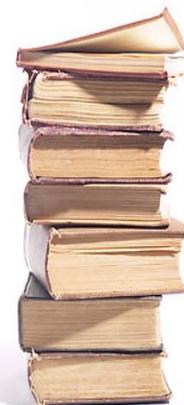
 **MACQUARIE University**
SYDNEY • AUSTRALIA

- **What are your experiences with services addressing your child's mental health/challenging behaviour?**
- **How helpful have these services been?**

You are invited to participate in an online survey to have your say. You must have accessed services for challenging behaviours and/or mental health concerns via hospital or community health settings, government or non-government disability services within the past two years. Information gathered will assist in the evaluation of current mainstream services. Participants will also go in the draw to win 1 of 3 \$50 gift vouchers.

" This study has been approved by the Macquarie University human ethics committee.

Please contact Joyce Man at joyce.man@students.mq.edu.au for more information.



C.A.R.E.S PROGRAM - BICYCLE RIDING

7月的澳洲正處於深冬，夜裡氣溫可降至攝氏幾度。若日間不下雨的話，天氣總是宜人。這一天陽光普照，協康會安排了小朋友參加C.A.R.E.S. 的活動。

C.A.R.E.S. 的全名是COMMUNITY AND ROAD EDUCATION SCHEME (社區及道路教育計劃)，是一個交通安全教育。對於初次讓子女參加這C.A.R.E.S. 活動的家長們，以為這純是一個體能活動，或者是學習騎單車技巧的好機會。其實，在澳洲，每日都有發生頻密的交通意外，生命常受到威脅，令人擔憂。政府有見及此，特別聯同道路交通部和一些道路安全顧問合作，加上警察部門的主導，加強社區之交通規則意識，特別從學童着手，讓其自幼學習如何使用道路，體會到教育性的經驗。

C.A.R.E.S. 的活動場地被安排在Bass Hill, 為了顧及孩子的安全，我們需要預先告知警察部門是次參加活動的人數，以便有足夠警察隊員做監督及引導，並提供足夠的單車和設備給予參加的小孩。活動進行時，大門入口上鎖，以防外人走進來或因小孩貪玩走了出外。活動場地的面積有如半個正規的足球場，四面一片青綠，令人置身其中，感到心曠神怡。是次參加的小朋友有11人，進場後便被派發適合身型高度的單車和頭盔。待每位小朋友均整裝待發，警察姐姐便將他們分組，帶到那社區道路的縮影，那裏被劃分為連貫性而不同的區域，如單線和雙線行車街道、圓型迴旋處、路中加設有減速的路墩、行人斑馬線和交通燈、和不同的路牌指示。小朋友們興奮地踏着單車往前走，部份曾參加這活動的小朋友，已懂得如何沿着路標走，而初次參加的小朋友，會在紅綠燈前停下，猶疑着當往右轉時，應駛入那條行車道。這時警察姐姐便會來引導小朋友走入正確的路線，而不會走向那條迎頭而來的行車道上。其實，我們移居澳洲，真的要明確曉得當地交通規則。例如在中國，行車駕駛軚盤在左面，與澳洲的剛相反。記得多年前，中國移民發生的交通意外特多，行人過馬路亦左右不分，驚險百出，市政局有顧及此，在中國人社區內舉辦交通講座，教導如何行車和如何在綠燈亮着時才過馬路。

道路安全的使用常識應從小灌輸給小朋友，不要以為等到孩子大了便會知曉。小朋友們大都會接受循循善誘的教導，為了他們的安全，我們要耐心教導。澳洲政府在雪梨地區設立很多單車徑，希望小朋友們在活動中，學會了騎單車外，還學懂交通安全意識，與父母齊享親子踏單車的樂趣！

By Lilian Tse



Bicycle riding on 14/07/2016

IMPORTANT DATES:

- ◆ **C.A.R.E.S on
06/10/2016**



Monkey Mania

THE PLACE TO PLAY & PARTY !!!

當我開着車駛進Bankstown Sports Club的停車場，發現它是那麼大，心裡有些茫茫然，要找的Monkey Mania遊樂場不知在那裡。況且，這早上下着毛毛雨，不知家長們會否將孩子們留在家裡看電視而錯過讓孩子們活動身心的好機會。

到了大堂內便遇上部份家長帶着孩子們來，頓覺心中踏實了。他們之前有參加這活動，故很容易在這龐大的Sports Club內找到Monkey Mania之場地。時值學校假期，只見遊樂場內早有孩子們攀高攀低活躍在那些特別設計的兒童遊戲器材。入場後，孩子們已急不及待，將鞋子和外衣脫下來就鑽入到小孩叢中，找尋各式各樣的遊戲建設。大部份的兒童都喜愛戶外活動，尤其是群體活動，參與是治療身心和建立自信的其中方法，切莫低估子女的能力。

我記得雪梨有一間學校的學校格言是“Play the game”，我心中嘀咕，將孩子送到這所嚷着要嬉戲的學校，在中國人眼中真的是開玩笑？其實，兒童在心智發展中，玩遊戲可啟蒙，可打開心窗去接受更多事物。這天，我就看見一位會員的女孩站在小孩中看着他們玩波波遊戲，偶然將拋來的球接着然後擲出去，我看着她的笑臉，她不正是樂在其中嗎？

媽媽們呢？她們坐在幾張合併的枱旁，一邊閒談，一邊用眼睛盯着自己的子女活動，看顧着他們的安全。當我環顧四周，注意到遊樂場內聘用很多職員，那些年青力壯的小伙子們專注地本着職責的看守小孩的安全，使到在場的其他母親們或家長們能好好地鬆弛喝着手中的咖啡。

By Lilian Tse



HAPPY HOLIDAYS

Line Dancing for Carers

LINE DANCING FOR CARERS

CPA organised a line dancing class for carers at Fitzroy Hall, Woodstock Community Centre, Burwood on Thursday 23/6/16. Elaine Martin was the dance teacher.

It was a sunny day. At about 11 am, the carers (basically mums) gathered at the entrance of the hall. The hall was recently built, clean and spacious, good for dancing.

Elaine put the music on and taught us different kinds of dances. She started off with simple ones and let us practise the steps a few times before moving onto harder ones. Queenie Tung loves dancing and acted as Elaine's assistant. They showed us the dance which they performed at public recently. The dance was smooth and excellent.



The class lasted for about one and a half hours. After the exercises, we all felt hot and a bit tired. We went to a nearby Chinese restaurant and enjoyed lunch. Mums were happy for learning the new dances and looking forward to the next dance class.

By Maria Lee



HOW TO COMMUNICATE WITH OUR CPA KIDZ.

What is it like to live with Autism? They experience sensory overload, every time they leave home.

- Their senses are more sensitive than ours. Every sound; lights/ monitors movement; smell; everything they touch or taste is multiplied.
- This means when we want them to pay attention we need to reduce surrounding sounds; flashing lights; TV and computer monitors. So there are no distractions.

They think in a very concrete way – they often don't understand jokes – if you say "get lost" they may do just that.

Instructions: Avoid giving too many instructions at once

"Go to your room; put away your clothes; bring me your dirty washing. Have a shower; its nearly dinner time."

They will often only hear and remember a part of that list.

Scaffold – break tasks into one step at a time:

Instructions:

1. Go to your room;
2. put away your clothes;
3. bring me your dirty washing.
4. Have a shower;
5. its nearly dinner time.

Learning Styles: There are four different ways to learn a new skill.

- Kinaesthetic – doing
- Auditory – listening to instruction
- Visual learner – watching
- Reading instructions

Show him how to do something
(don't just tell him)

Visual prompts

Use Charts or Pictures
Hand signs

Repetition helps with learning

List of tasks

- Clean room
- Set table
- Cups
- Water & Teapot
- After dinner Clear table

Agreements / Contracts

After I do all tasks

Then



Computer games or TV

Calming strategies: there will be times when they will become emotional. Plan ahead and know what will help them calm down: listen to Music; Colouring book; Computer games; Time Out; Take a Walk; Play with a Pet; Read a Book or look at Picture Book /photo album.

By Elizabeth Ramsay

Upcoming Events

Upcoming Events

UPCOMING ACTIVITIES & COMMUNITY PARTICIPATION:

- 11/09/2016 Father Day & Mid Autumn Festival Celebration
- Carers & Mum to Mum Activities
- 02/10/2016 Bella Program
- Day trip on 08/10/2016 (TBC)

The Mid-Autumn Festival

It is held on the 15th day of the eighth month in the Han calendar—essentially the night of a full moon—which falls near the Autumnal Equinox (on a day between September 8 and October 7 in the Gregorian calendar).



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



Fun to Learn! Independent Living Skills!

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



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 Ave., Canterbury



Music Lessons

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

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



Art Programs

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

Venue 地點: Belmore Youth 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 10:15 am 開始

Venue 地點: 3 - 5 George St, North Strathfield

青年組

Youth Group

Photo Gallery



Mum to Mum Activity



Mum to Mum Activity



Lions Club of Sydney Waratah



Mother's Day Celebration



Mother's Day Celebration



Mother's Day Celebration



Mother's Day Celebration



Monkey Mania



Monkey Mania



Yoga Activity



Yoga Activity



Yoga Activity

Photo Gallery



Canberra Day Trip



Canberra Day Trip



Canberra Day Trip



Bella Program



Bella Program



Dad to Dad Activity



Dad to Dad Activity



Dad to Dad Activity



Eastwood Night Market Opening



C.A.R.E.S. Activity



C.A.R.E.S. Activity



C.A.R.E.S. Activity

Information Exchange—Bella Program

Bella Program

By Maria Lee

CPA booked in for the Bella Program held at the National Centre for Creative Learning of the Museum of Contemporary Art Australia (MCA) , The Rocks, on July 3.

Bella is a flexible and free program for children and young people with physical, intellectual, learning and sensory access requirements. It included programs to engage and inspire people with specific needs to explore contemporary art.

On July 3, the CPA group with a total of 41 people gathered on level 3 of the MCA at about 10:30 am. The kids and youths were delighted. Some of them had never been to the MCA before, not knowing there was art exhibition inside the building throughout the year.

As soon as the door of the Centre opened, a few MCA Artist Educators greeted us at the door. The group was led into a bright and colourful room with 3 long tables and chairs.

The CPA group was divided into two groups: one group drew/traced animals, like koala and kangaroo, from paper cut figures. They could also draw whatever they liked on the plain tea towels. Parents and the Artist Educators helped them if needed.

The other group made “fireworks” out of colour art paper and put them up on the wall over the paper-made Sydney Harbour Bridge. The fireworks looked marvelous. Upon completion, we took a group photo in front of the bridge with all those fireworks flying over it.

When the artwork making session was over, the group was divided into two again. They were led downstairs to watch a cartoon video inside a room with a big screen and then visited a humongous artwork. The Artist Educators explained to them what the artwork tried to convey.

When it was about time to leave, the kids and the youths were allowed to go in a koala room at the corner and put on koala costumes for photo-taking. The next Bella program visit was scheduled on October 2. The group looked forward to the visit to make more creative artworks.



Bella Program

Bella Program

The MCA Bella Program was established in 1993 through the generosity of MCApatrons, Dr Edward Jackson AM and Mrs Cynthia Jackson AM, and the Jackson family, in memory of their late daughter and sister Belinda. Bella at the MCA has since grown to include a suite of programs and special events, offering Bella Programs for children and young people with physical, intellectual, learning and sensory access requirements, and Bella Plus Programs for adults with access needs.

Our Bella and Bella Plus Programs engage people with access needs in contemporary art through gallery explorations, include practical creative studio sessions for exploration of art-making processes and ideas, and provide opportunity for skills development. All of our programs are delivered by MCA Artist Educators and are individually tailored and responsive to specific access needs and interests of children, young people and adults participating.

Sitting alongside our Bella and Bella Plus programs is the Bella Room, a unique space located in the National Centre for Creative Learning for Bella participants to connect with the work of contemporary artists through sensory experiences. Now in its fourth year, this commission series invites an artist or artist group each year to realise a multi-sensory and interactive artwork to engage and inspire people with access needs.

“THESE PLACES THAT ARE AVAILABLE NOW, WHEREAS 30 YEARS AGO IT WASN'T AROUND, FOR DISABILITIES AND THAT, IT'S REALLY GOOD TO HAVE ACTIVITIES LIKE THIS TO GO TO.”

Dave, Bella Plus participant, 2015



Discover how dance, music, theatre and visual arts can unlock your students' learning. This two-day forum offers teachers, families and artists practical ways to build creative skills, exchange ideas and share inspiration to embed creative arts learning in classroom practice.

A multi-sensory and interactive artwork commissioned annually to engage and inspire people with access needs to connect with the work of contemporary artists through sensory experiences.

Bella is a flexible and free program for children and young people with physical, intellectual, learning or sensory access requirements.

Acknowledgement

Donors through the Lions Club of Sydney Waratah:

Anita Un
Betty Pang
Bryan Abbott
Cindy Yeung
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August - October 2016 Weekend Activities

	Junior Group		Youth Group		
	Afternoon	Teachers	Morning	Afternoon	Teachers
	3:00pm to 5:00pm		8:45am to 12:00pm	2:30pm to 4:30pm	
August					
6 Aug	Fun to learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Art & Craft 2:30-4:30pm Yoga class for Mums 5:30-7pm	Miranda/Winda Deb C
13 Aug	Dancing fun Rhythm & Music	Elizabeth R Christine M		Art Class 2:30 – 4:30pm	Nick B
20 Aug	Rhythm & Music	Christine M		Dance/Music 2:30-4:30pm Birthday party 4:30pm (All)	Elizabeth R
27 Aug	Fun to learn Rhythm & Music	Melissa C Christine M		Art Class 2:30 – 4:30pm	Irene M
September					
3 Sep	Dancing fun Rhythm & Music	Elizabeth R Christine M	Ice-Skating 8:45-9:45am	Computer Class 2:30-4:30pm Yoga class for Mums 5:30-7pm	David L Deb C
10 Sep	Fun to learn Rhythm & Music	Jackie C Christine M	Bowling 10:15-12:00pm	Art Class 2:30-4:30pm	Nick B
11 Sep (Sun)	Mid-Autumn Festival & Father's Day Celebration – Club Rivers, Riverwood, Disco & Lunch				
17 Sep	Rhythm & Music	Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance/Music 2:30-4:30pm Birthday party 4:30pm (All)	Elizabeth R
24 Sep	TERM 3 SCHOOL HOLIDAY - NO ACTIVITIES				
October					
1 Oct	TERM 3 SCHOOL HOLIDAY - NO ACTIVITIES				
2 Oct (Sun)	Bella Program @ Contemporary Art, 140 George St, The Rocks 10:30am				
8 Oct	TERM 3 SCHOOL HOLIDAY - Overnight camp or Day trip TBC				
15 Oct	Rhythm & Music	Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance/Music 2:30–4:30pm Birthday Party 4:30pm (All)	Elizabeth R
22 Oct	Fun to learn Rhythm & Music	Jackie C Christine M		Computer Class 2:30-4:30pm	David L
29 Oct	Dancing fun Rhythm & Music	Elizabeth R Christine M		Art Class 2:30-4:30pm Yoga class for Mums 5:30-7pm	Nick B Deb C
The above programs may be changed without prior notice due to unforeseen reasons.					