



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

CPA NewsLetter 協康會 會訊

MAY 2018 ISSUE / 二零一八年五月版

Happy

Mother's

Day

Up Coming Events:

- ◆ BEAM Project
- ◆ Mother's Day Celebration
- ◆ Family Camp (Myuna Bay)
- ◆ Cockatoo Day Trip

Community Reports:

- ◆ Chinese New Year Celebration Report
- ◆ CPA Grand Opening Report
- ◆ Report on CPA's New Book—"Every Cloud Has A Silver Lining"
- ◆ Report on Independent Living Skill Program
- ◆ Going Green Recycling Workshops
- ◆ Como Day Trip Report
- ◆ C.A.R.E.S. Program Report



CPA Newsletter MAY 2018 Issue
協康會 會訊 二零一八年五月號

**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 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。

會長感言 - 寫於 2018 年秋天

親愛的會員:

秋天悄然而至，送別炎夏，正是涼風習習精神爽。回頭一看月曆，驚覺下一季度要準備的工作還有很多要完成。我們試圖為您帶來最新的一些活動，希望在下次聚會上能夠見到您，了解更多信息。

在 3 月 12 日，協康會被邀請參與國際澳洲億嘉為慶祝悉尼辦事處開幕的慈善晚宴，我們好榮幸在這慈善活動中被挑選成為慈善受益者。這晚上，億嘉慷慨地捐給協康會兩萬澳元。我要感謝協康會的樂隊 CPAKDZ 參與這次活動，並作出精彩演出。

Nick Baldas 是我們的美術老師，他創作一個名為「輪廓」的項目，這活動包括 12 個系列的工作坊和兩個表演，協康會的幼兒組及青少年組成員受到鼓勵去發掘自我身份。這些工作坊使參與者親身體驗，在社交活動上，以不同的教材、戲劇和音樂來互相切磋創意。工作坊在安全的環境中引發想像，因此可以探索與文化、缺陷、年齡和性別有關的問題，並在舞台上進行表演。第十堂工作坊將繼續在五月份舉行。

協康集之五「雲後驕陽」，經過五個月的忙碌和努力，終於在上月成功出版。這本書是由我們的會員和老師編寫，收集的故事不僅描述有缺陷的孩子們充滿夢想、抱負和成就，還給我們展示了殘疾兒童每日面臨的掙扎和生活挑戰。透過這些故事，我們希望讀者們得到激勵和啟發，盡其所能，保證所有殘疾人士得到社會的認同和接納。我想向所有提供支持、討論、閱讀、寫作、評論並協助編輯、校對和設計的義工表示感謝。這本書將被派發到各圖書館和社區中心。

這個學期，新的每週課程已經開始，每逢星期一和星期二下午在 Campsie 的辦公室開設電腦班，星期四在 Auburn 的 PCYC 有健身班；這些都是全新舉辦的康樂活動，請鼓勵您們的子女齊來參與。

協康會將快慶祝成立 30 週年，請預留今年 9 月 29 日這日子，我們將舉辦晚宴，讚揚所有群策群力、獻出寶貴時間和資源的人士，使協康會走上成功的今天。我期待著大家出席這個慶典。

詢眾要求，摘柿子日將在本週末出發，旅遊車之座位很快爆滿！在 5 月 5 日將有慶祝母親節活動，隨著是 Myuna Bay 的康樂宿營，很多很多……我會再繼續帶給大家更多聚會和家庭的歡樂活動。如果您有任何建議與大家分享，請與我聯絡。祝大家萬事勝意！

協康會會長
周潤梅女士

Presidents message autumn 2018

Dear members

Autumn arrived and I was not too unhappy to kiss summer goodbye. The chill in the air has been invigorating and wow!, look at the calendar – there's so much still to be done preparing for the next quarter. The newsletter is our attempt to bring you up-to-date on some of our activities. We hope to see you at the next gathering to learn more.

On 12 March, our organisation was invited to share the celebration of the Yi Jia International Australia office grand opening. CPA was honoured to be chosen as the charity beneficiary in this charity event, Yi Jia generously donated \$20,000 to CPA that evening. I would like to thank the CPAKIDz for their beautiful performance and the effort of attending the function.

The project 'Contours' created by our Art teacher Nick Baldas is a series of twelve workshops and two performances the children and young people within the Chinese Parents Association - Children with Disabilities will be encouraged to explore their personal identities. These workshops invited the participants to engage physically, socially and creatively with each other and with a variety of art materials and theatre/music. These workshops trigger the imagination in a safe environment, so that questions relating to culture, disability, age and gender can be explored resulting with a performance on stage. Workshop 10 will be continuing in May.

After five busy months of hard work, the CPA Book 5 "Every Cloud Has a Silver Lining" had been successfully published last month. This book was written by our members and teachers, this collection of stories not only illustrate that children with disabilities have dreams, aspirations and achievements but also reveal to us the daily struggles and life challenges children with disabilities face. Through these stories, we hope readers are challenged and inspired to work within their spheres of influence to assure all people with disabilities are included in all aspects of society.



I would like to express my gratitude to all those who provided support, talked things over, read, wrote, offered comments, and assisted in the editing, proof-reading and design. The book will be distributed to libraries and community centres.

New weekly classes had begun this term. Two computer classes run on Monday & Tuesday afternoons at our office at Campsie, and Thursday Gym class at PCYC Auburn; this is a totally new activity, it is healthy and fun. Come along to try it out!

A milestone 30th anniversary celebration is approaching, please pencil in the date 29 September, it will be a great way to honour all of the hard work and dedication that has brought the organisation success. I am looking forward to seeing everyone joining the party!

Back by popular demand - the persimmon picking trip is finally on this weekend. We had a full coach and filling up so fast! The Mother's day celebration party is on 5 May, then the Myuna Bay recreation camp and more.... I will keep trying to bring you more gathering and joy with the families. If you have any thoughts to share, please contact me. Until then I wish everyone have an enjoyable one whatever you choose to do!

Miranda Chau

Chinese New Year 2018



慶祝 2018 年農曆新年

Lilian

今年農曆新年狗旺旺，協康會於 2018 年 2 月 17 日在 Belmore 社區中心舉行的士高慶祝活動。這消息發給會員們後，反應非常熱烈，大家擁躍參加。

在這喜慶的日子，協康會的 CPA KIDz 音樂團隊，成員們各自興奮地將經採排過的樂器渾然表達，使音樂細胞發揮得淋漓盡致。而 karaoke 精神更拉攏著各人展示其繞樑三日的歌喉，當然最鼓舞的，便是的士高音樂催促著人們的身體發揮其肢體語言，自由地手舞足蹈跟著拍子扭動。

說是慶祝中國農曆新年，但各家庭帶來的食物，把幾張長檯擺滿得如國際酒店的自助餐，各色各款，美味精彩。其中最令人歎息的是那私人後園種的無花果，拳頭般的果實，驚鴻一瞥便即逝，無緣品嚐嘆相思。

最後，要多謝的是一位執委，送給每人一個紅包，喻意吉祥。隆情厚意心中暖，人間友愛在協康。



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New Office Address 新辦公室地址:
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會長開幕致辭

下午好，我是澳洲弱能兒童協康會會長周潤梅。

今天協康會新辦公室正式開幕，我很榮幸能代表協康會歡迎大家的來臨。協康會非常感謝這麼多年來，各方面的社區領導人士，朋友和義工們的支持，陪同我們一步步走來，見證今天協康會的成就。

如果沒有你們提供的忠實意見和長期以來的支持，協康會就不會有今天的成就。我想藉此機會，代表協康會向所有支持我們的人士表達衷心的感謝，其中包括今天在場的鄧小穎女士及朱潘敏嘉女士。

我們齊聚在這裡共同見證協康會新辦公室的開幕，同時今年也是協康會成立 30 週年；經過 30 年的努力，我很高興看到協康會成長成為社區裡面歷史悠久，經驗豐富，服務多元的一間針對弱能兒童提供幫助的機構。

今年，協康會成功註冊成為政府認可的 NDIS 殘障人士服務提供商。協康會註冊成功給我們的會員帶來更多新機會，在稍後會陸續推出更多服務給有需要的孩子及其家庭。協康會同時希望透過這些活動和我們的會員建立更良好的關係，進一步了解他們的需求和提供幫助。

協康會目前有超過 200 名會員，其中 50 名是長期參與活動的活躍會員；每週六我們都會在 Belmore Senior Citizens Centre 舉辦活動。在過去 12 個月我們的會員人數激增。我們期待著每週都有新成員加入。

事實證明，協康會的成功在於它提供一個平台給所有參與的會員不斷改善，進步，分享他們生活中的點點滴滴！在此，我祝願協康會的新辦公室成立，在未來進一步服務社區，取得豐碩的成果。謝謝，祝你有美好的一天！

協康會會長
周潤梅女士

澳洲弱能兒童協康會《雲後驕陽》

新書發佈

《雲後驕陽》是我們向各位推薦的澳洲弱能兒童協康會 2018 年度新書，這是敝會經過 30 年的努力耕耘記錄。我們藉此與大家分享協康會大家庭內一些成員的成長和成就的故事。

這本書搜集了 18 個小故事，都是由家長、兄弟姊妹、老師或義工撰寫的。這些故事是有關弱能人士經歷多番努力後而達至結果所感受的成就、驕傲和歡欣。他們可能克服了種種障礙而能夠站立起來，或是接受一個獎項，或在主流社會獲得工作機會，或學曉一種技能和培養到一種興趣。所有上述都將會改善他們的生活質素。此外，兩篇由老師撰寫的文章見證他們的學習過程。

上述種種，體現他們的決心，強毅的適應力和勇氣，克服因弱能帶來的不便，在生命途中繼續向獨立自強的路途邁進。這些故事也反映他們的家人和義工對他們的支援、愛護和永不言棄的精神，一直在路途上默默支援。

弱能人士需要過正常人的生活，近年在國家殘障保險計畫 (NDIS) 的主導下，殘障服務有長遠的改革，也確認所有殘障人士都應有平等的權利過普通人的生活。本書的故事，刻寫了他們可以享受生活，可以駕車，上學，學習音樂和舞蹈，和有一份工作貢獻社會。

在現實生活裡，在達成自立更新的旅途上，一些弱能朋友已有確實的成果，大多數仍在努力奮鬥中。然而，這個時代和人類社會發展的趨勢下，只有向前看。



不能否認，弱能人士的確要面對和克服由於弱能所帶來的障礙，他們需要家庭和社區的支援，說明他們達成獨立的目的，他們需要社會的接納，說明他們發展自己的能力，和啟發他們的潛能。

過去 30 年，協康會很感謝社區對我們的支援，這包括協康會的名譽會長沈慧霞博士，多個市議會、澳洲華人公益金、獅子會和許多其它支援者和友好。這本書是回饋大家多年來的支援，感謝大家的善心、理解、包容和啟發。

最後，我們把這本書獻與所有天下間有弱能子女的父母，希望我們在說明自己子女的艱苦途上，繼續努力，說明他們達成成長自立的目的。

如有興趣閱讀本刊，可到本會辦事處索取；或上網至本會的網址查閱；聯絡 Lilian: 0406 233 222.

澳洲弱能兒童協康會辦事處：Shop 11, 20-22 Anglo Road, Campsie, NSW.

網址: www.chineseparents.org.au



Chinese Parents Association - Children with Disabilities Inc.

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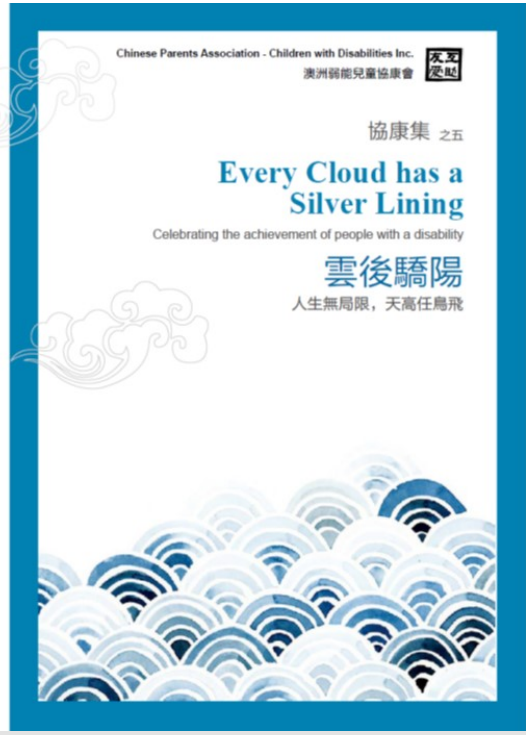


Photo Gallery



Workshop:

Invitation of articles from Parents,
 Carers and volunteers.



學習自我照顧能力

在孩子的成長過程中，學習自我照顧是非常重要的

不少家長溺愛子女，凡事都為子女照顧周到，反而大大降低了孩子的自我照顧能力。時間長了，會使孩子變得非常依賴，日後難以適應不同的社會環境。另一方面，有些孩子可能因為不同程度的發展性障礙，導致動作協調能力和組織能力欠佳，因而削弱了他們的自我照顧能力。

什麼是自我照顧?

自我照顧能力的發展和孩子的心理，生理，體能及智能的發展息息相關。孩子進行自我照顧活動時，可同時提升相關的發展元素，例如：感知肌動發展，小肌肉發展，認知概念發展和情緒行為發展，對孩子的成長十分重要。

感知肌動發展:

- ⇒ 不同感覺刺激的經驗
- ⇒ 基礎動作模式
- ⇒ 動作計劃能力



小肌肉發展:

- ⇒ 手部伸展及抓握
- ⇒ 手眼協調
- ⇒ 雙手協調
- ⇒ 手指靈活性

認知發展:

- ⇒ 身體認知概念
- ⇒ 視覺空間認知障礙
- ⇒ 物件認知概念

情緒行為發展:

- ⇒ 自信心
- ⇒ 責任感
- ⇒ 獨立性

那麼孩子缺乏自我照顧能力的原因有哪些呢?

- ◆ 家長過分照顧孩子：孩子本性是喜歡獨立的，願意自己做自己的事情，但家人或者照顧者若事事照顧周到，孩子沒有自我照顧的需求和機會，時間長了就會養成依賴
- ◆ 家長未能按齡施教
- ◆ 發展性障礙：孩子的自我照顧能力較弱，可能受到某種原因影響

那麼該如何建立孩子的自我照顧能力呢?

- ◆ 及早開始自我照顧訓練
- ◆ 令孩子及早明白原因
- ◆ 按照不同年齡段需求進行培訓
- ◆ 每一次學習一項技巧，一開始的時候要有家長陪同，重複練習
- ◆ 適當的鼓勵和及時獎勵計劃
- ◆ 不要把提醒變成不停的嘮叨

基於以上因素，為了幫助孩子成長，2018年CPA會致力於為不同發展障礙的兒童提供在自己照顧，學習和遊戲方面的訓練。Independent Living Skill Programs 就是其中一個項目，覆蓋金錢管理能力和使用能力，烹飪課程和其他自我照顧能力培訓的課程。如果有興趣的朋友，可以和弱能兒童協康會聯繫，索取更多未來活動和項目的資料。

澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Money-Handling And Independent Living Skills

Training Program for CALD People with Disabilities

COOKING SKILLS—烹飪課程



The MAILES program is kindly sponsored by
Bankstown Canterbury ClubGrants & Bankstown Sports Club

Date 日期: 03/02/2018 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore

Registration is essential
(Closing date for registration is 30/01/2018)
請早報名


Enquiries 查詢:
Contact Lillian on
(02) 9789 1315
or 0406 233 222

澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Money-Handling And Independent Living Skills

Training Program for CALD People with Disabilities

MONEY SKILLS—金錢管理能力培訓



Date 日期: 24/03/2018 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore

Registration is essential
(Closing date for registration is 20/03/2018)
請早報名

Enquiries 查詢:
Contact Lillian on
(02) 9789 1315
or 0406 233 222
Tues & Thurs 週二、週四
10am—3pm

The MAILES program is kindly sponsored by
Bankstown Canterbury ClubGrants & Bankstown Sports Club

澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Money-Handling And Independent Living Skills

Training Program for CALD People with Disabilities

COOKING SESSION—烹飪課程



The MAILES program is kindly sponsored by
Bankstown Canterbury ClubGrants & Bankstown Sports Club

Date 日期: 19/08/2017 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore
Fee 費用: Free 免費

Registration (Closing date for registration is 15/07/2017)
請早報名

Enquiries 查詢:
Contact Lillian on
(02) 9789 1315
or 0406 233 222
Tues & Thurs 週二、週四
10am—3pm

澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

Money-Handling And Independent Living Skills

Training Program for CALD People with Disabilities

COOKING SESSION—烹飪課程



The MAILES program is kindly sponsored by
Bankstown Canterbury ClubGrants & Bankstown Sports Club

Date 日期: 11/11/2017 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore
Fee 費用: Free 免費

Registration is essential
(Closing date for registration is 07/11/2017)
請早報名

Enquiries 查詢:
Contact Lillian on
(02) 9784 8120
or 0406 233 222
Tues & Thurs 週二、週四
10am—3pm

澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

MAILES project

Money-handling And Independent Living Skills

Training program for CALD People with Disabilities

Date 日期: 13/01/2018 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore
費用: Free 免費

The MAILES program is kindly sponsored by
Bankstown Canterbury ClubGrants & Bankstown Sports Club

Date 日期: 13/01/2018 Saturday 星期六
Time 時間: 2.30 pm to 4.30 pm
Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde. Belmore
費用: Free 免費

Registration is essential
(Closing date for registration is 09/01/2018)
請早報名

Enquiries 查詢: Contact Lillian on
(02) 97891315
or 0406 233 222
Tues & Thurs 週二、週四 10am—3pm

RECYCLE YOUR WASTE



Going Green: Environmental Information Workshop and Eco Friendly Practice for CALD People With Disabilities and Their Families

During 2018, CPA started up an innovative project called “Going Green”, which provided environmental information workshops and eco-friendly practices for CALD people with disabilities and their families. Through fun activities, this project aimed to encourage more young people and their family to learn to be more independent in their daily life, to understand how to become more eco-friendly with the environment. All the fun activities were conducted under the care and guidance of professional facilitators. Program content included the following:

1. **Making Less Waste at Home – Can I Recycle This?**

This fun workshop will show you what happens to your old stuff after you close the bin lid. Through insight and hands-on activities, find out what to do with tricky items like takeaway cups, pizza boxes, batteries and fruit nets at home. Learn how to give or find free things in your neighbourhood, or get free repair on things that are too good to throw away.

眼不見為淨，每週被收集的垃圾對你有什麼影響？通過小活動，化解對回收的迷惑。並給大家介紹在悉尼如何獵取和分享有品質的二手貨、上門的家具收集、維修中心等免費服務。歡迎自攜物件到場詢問及分享您的心得。

2. **Essential Food Tips – Save money and reduce food waste**

Come share some simple tricks in making the most out of your grocery. Pick up some useful tips on shopping, cooking, revamping or keeping your veggies fresh - so you don't have to lose all your nutrients to the bin this year. Join us and celebrate good food culture!

怎樣可以善用冰箱、廚櫃來延長食物新鮮？飯菜多了如何活用增值？購買糧食時有什麼辦法減少多餘的開支和浪費？大家來分享巧妙的善食心得，攝取最大營養值。

Revamp leftover

When you aren't sure what to do with leftovers, just remember these four principles to create great Revamps. Remember the Revamps philosophy is all about transforming 'leftovers' from a boring re-run to an exciting sequel by adjusting one or more of the following:

1. Ingredients
2. Flavour
3. Cooking Method
4. Texture

Revamps in Action: Learning what to do with Leftovers

The best way to see how revamps really work is to see them in action! We have used the principles in different ways to come up with easy dinner ideas for leftover chicken

Use Chicken on your:

- Stir fry (adding new flavour, ingredients)
- Chicken and mustard pie (adding flavour, ingredients – with butter puff pastry – less additives, texture – with a creamy sauce via sour cream)

Chicken and cheese pie (new ingredients and cooking method)

- Chicken Pasta (adding new ingredients – tomato based, cream sauce; texture)
- Pizza
- Chicken Fajitas
- Asian Salad (adjust flavour – using fish sauce, lime juice, sweet chilli sauce; and ingredients using coriander, noodles, sprouts and cabbage)
- Chicken Fajitas – Laksa using all the principles: cooking method (simmering using liquid), flavour (using coconut milk and laksa paste), texture (soup and vegetables are tender to bite) and ingredients (noodles, tofu, carrot, prawns) and convert it into a fabulous laksa.
- Chicken Fajitas – Indian Chicken and Rocket Pizza (cooking method (oven baked), flavour (Indian Tomato Chutney/ curry paste for the pizza base) and ingredients (pizza base – watch additives or make your own; cheese then once cooked, dress with rocket and drizzle with yoghurt) to convert it into a fresh and flavoursome gourmet pizza.

These examples help to show just how easy it can be to solve the what's for dinner challenge by converting our next night's meal into an exciting sequel that takes very little time to prepare.

Sourced from: <http://www.mealplanningyourway.com/2012/11/14/what-to-do-with-leftovers-introducing-the-revamps-philosophy/>

Como Day Trip

On Saturday, 14 April 2018, I went to picnic at Como in the morning. I went there by train. First I had to line up for photos. Then I had lunch at the Thai Restaurant. My lunch was fried rice, curry chicken, beef and vegetables, steam rice and fried rice noodles. It was yummy. After that I walked to the bridge and played ball games. Finally I went home by train.



By Raymond Chin

兒童組活動 - 19/4/18 社區及道路教育計劃

By Lily Kwong

「社區及道路教育計劃」是澳洲政府道路交通部及一些道路安全顧問合作商議而舉辦的活動。在偶然的機會下，我參與了協康會這個很有義意的活動。這活動，為協康會的小朋友提供一些交通安全教育，以騎單車的形式來學習一些日常交通規則及標誌。

當日天高氣爽，陽光普照，非常適合戶外活動。我們在早上十時前抵達活動場地(Bass Hill)，看見家長和小朋友們，早已在該處等候。進入場地後，需要提供督導員參與的兒童人數和名單，同時為小朋友點名及把寫上小朋友名字的標籤，貼在他們的手臂上，以便督導員識別。同時督導員很友善地安排挑選一些適合個別小朋友用的單車和頭盔。小朋友也很有耐心地等候活動開始。

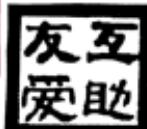
當日有八名兒童參與，各人整裝待發，看到小朋友興奮而投入的表情，可以感受到他們的童真，是由內心發出來的。整個活動過程，由兩位警察交通督導員監督下進行，非常安全。督導員很有耐心和友善地指導小朋友如何認識道路上的標誌及一些交通常識，與此同時，家長們也有參與輔助，發揮互助友愛的精神。

在這充滿愛心的氣氛下，我亦充當攝影師拍下他們喜悅的一刻。小朋友們在學習過程中也有些小插曲，例如入錯車道，不遵守交通規則等等，但這些都不重要，重要的是給他們有學習交通規則的機會。整個活動中，可以看到父母對自己的孩子永不放棄的精神，值得我去學習。

在一片充滿笑聲、愛心的兩小時活動，轉眼間又完結了。看到小朋友們紅紅的臉，非常可愛。

活動後，小朋友們最期待的午餐時間到了，我們一行十多人到了附近的 Hungry Jack 午膳。萍姐很貼心，點了他們最愛的漢堡飽、汽水和雪糕等等，大家都感到很滿足和開心。

雖然是短短三小時的活動，但是我覺得很有意義。與家長們的閒談中，得知小朋友們的生活點滴，真是獲益良多，同時也感受到做父母的偉大，他們對小朋友無私的付出及照顧，比一般父母付出更多。在此希望小朋友們能夠開開心心地成長，家長們健健康康、快快樂樂！期待下一次活動的來臨



澳洲弱能兒童協康會

Chinese Parents Association-Children with Disabilities Inc.

Celebration of Mother's Day & National Volunteer Week

慶祝母親節及全國義工週

Date日期: 05/05/2018, Saturday 星期六

Time時間: 12.00 pm — 2.30 pm

Venue 地點: Padstow RSL Club

24-28 Howard Road, Padstow

Fees費用: \$3 pp (one price)

Snacks will be provided 茶點招待

Registration is essential 請早報名

Closing date for registration:

21/04/2018



Our World of Music - Musical Performance Training for CALD youth with Disabilities

This program is kindly sponsored by

Canterbury Bankstown Community Grants

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays 週二及週四 10am—3pm, 0406233222 (Lilian)

Persimmon Picking + Cataract Dam + Picnic Day Trip

采摘富貴柿 + Cataract 水壩 + 野餐一日遊

Sunday 06 May 2018

費用 Members \$25 pp (all one price 大小同價), Non-members \$35 pp

Cost: Fees include coach, entry fees and tips
費用包括旅遊車、景點入場費及司機小費

出發 8:00am 早上8時正
Depart at: Belmore community Centre, 38-40 Redman Parade, Belmore

摘柿 9:45am – 11:45am
Persimmon picking: Cedar Creek Orchard, 269 Mulhollands Rd Thrilmere 2572
<http://cedarcreekorchards.com.au/persimmons>

午餐 12:30pm – 2:30pm
Lunch at: Mount Annan Bontanic Garden
362 Narellan Road, Mount Annan NSW 2567
<https://www.australianbotanicgarden.com.au/>

參觀水壩 3:15pm – 4:30pm
Visit Cataract Dam, Cataract Dam Road, Appin 2560
<https://www.waternsw.com.au/supply/visit/cataract-dam>

回程 5:45pm 下午5時45分
Arrive at: Belmore community Centre, 38-40 Redman Parade, Belmore

自備
Bring:

- Gloves for fruit picking 手套
- Pack your own lunch 自備午餐
- Drinking water 水
- Sun hat 太陽帽
- Children under 7 years old must wear the appropriate car restraints
7歲以下的兒童必須戴兒童汽車座椅

Please be on Time
bus will not wait
敬請準時, 逾時不候



Limited numbers, only 50 seats, First in first serve
Full payment required to confirm your booking
名額有限, 只限50座位, 報名須付全費作實, 先到先得
Closing date for registration 截止報名日期 20 Apr 2018
If you cannot go to the day tour due to personal reasons, no
refund for cancellation 團友因任何事故不能參團, 一日遊不能退款

Booking/Event contact 報名聯絡/活動聯絡:
Maria 0402 941 090, Miranda 0412 536 633



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc.



Money-handling & Independent Living Skills (MAILS)

Training program for CALD People with Disabilities

Family Camp 家庭營

Myuna Bay Sport & Recreation Centre

11-13 May 2018

21A Wangi Road, Myuna Bay, NSW 2264

<https://sportandrecreation.nsw.gov.au/facilities/myunabay>

費用 Fees:	Adults 成人 - \$260.00 5 to 17 yrs 歲 - \$210.00 Carer* (1:1) with Companion Card - FREE Carer without Companion Card - \$220 有伴隨卡照顧者 - 免費 沒有伴隨卡照顧者 - \$220
費用包括 Fees include:	2x Breakfasts 早餐, 2x Dinners 晚餐 & 2x Lunches 午餐 Independent living skills training 獨立生活技能訓練
交通 Transport:	Own Transport 自己駕車往返 Free parking available on site 免費停車場。 <i>There is no public transport to and from Myuna Bay. However, you can catch a train on the Newcastle and Central Coast line to Morisset Station and then catch a local taxi to the Centre. Check transportnsw.info (link is external) for full timetable information.</i> 往返 Myuna Bay 沒有公共交通。您可乘坐 Newcastle 和 Central Coastline 線的火車到 Morisset 火車站, 然後乘坐計程車到達營地。
自備 Bring:	<ul style="list-style-type: none"> • Toiletries including soap 洗浴用品 • Sunscreen, sunglasses and hat 防曬霜 • Water bottle 水瓶 • Insect repellent 驅蟲劑 • Swimming costume and rash shirt 游泳衣 • Raincoat/umbrella 雨衣/雨傘 • Towels (pool/beach and bath) 毛巾 • Pillow, sleeping bag or doona and single flat sheets 枕套, 睡袋, 被子及牀單。

抵營時間 Arrive at camp:	11/05/2018, 3:30pm 下午 3 時 30 分
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Note: CPA subsidises \$50 per family member with children with disabilities#

This program is kindly sponsored by Canterbury Bankstown ClubGRANTS -
Bankstown Sports Club.

報名聯絡 - Contact Lilian 0406 233 222 or 9789 1315 (Tues & Thurs 10am-3pm)

Numbers are limited. First in First Serve. Please pay in advance to confirm booking.
名額有限, 額滿即止, 請預先付款作實。

Closing date for registration 截止報名日期: 07/04/2018

Note 註: *Carer (1:1) – One people with disability to One carer.

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



UPCOMING EVENTS



**For May—July , there are plenty of FUN activities:
for you and your family to enjoy!**



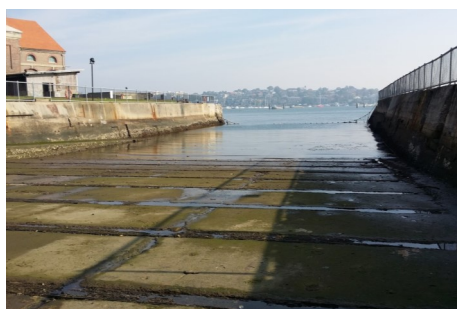
- ◆ Celebration of Mother’s Day & National Volunteer Week: 05/05/2018, Padstow RSL Club

- ◆ Persimmon Picking & Cataract Dam & Picnic Day Trip: 06/05/2018



- ◆ Family Camp at Myuna Bay Sports & Recreation Centre: 11-13/05/2018

- ◆ Visit to Cockatoo Island : 20/05/2018



Regular Weekend Activities

Junior Group 兒童組



Rhythm & Music

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
Strathfield Sports Club



Fun to Learn!

Time 時間: 逢星期六下午
3:00pm 至 4:00 pm
Venue地點: Belmore Youth
Resource Centre,
40 Redman Pde, Belmore

This program is kindly sponsored by
Strathfield Sports Club



BEAM Project

Time 時間: The third Saturday of
each month, 每個月第三個週六,
3pm to 4pm

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

This program is kindly sponsored by
ACCF

Youth Group 青年組



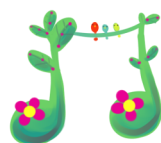
Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am
Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



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: 92 Parramatta Rd, Lidcombe NSW 2141



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
This program is kindly sponsored by Canterbury Bankstown Council



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
Kindly sponsored by Illawarra Catholic Club Ltd
Kindly sponsored by Crown Resorts Foundation & Packer Family Foundation





Dance Lessons

Time 時間: 逢星期六舉行, 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





Week day Afternoon Program May – July 2018

<p>Monday 4:30pm – 6pm</p> 	<p>Intermediate Computer Course <i>(Please bring your own laptop)</i></p> <ul style="list-style-type: none"> • Intermediate Microsoft Office skills (Word, Excel, Powerpoint) • Intermediate Internet searching • File Management
<p>Dates:</p>	<p>30/04, 7/05, 14/05, 21/05, 28/05 4/06, (No class on 11/06), 18/06, 25/06 2/7, 9/7</p>
<p>Where:</p>	<p>CPA office, 20-22 Anglo Road, Campsie</p>
<p>Fees:</p>	<p>\$42.00 per lesson</p>

<p>Tuesday 4:30pm – 6pm</p> 	<p>Basic Computer Course for beginners <i>(Please bring your own laptop)</i></p> <ul style="list-style-type: none"> • Typing • Basic Microsoft skills (Word, Excel, PowerPoint) • Basic presentation skills
<p>Dates:</p>	<p>1/05, 8/05, 15/05, 22/05, 29/05 5/06, 12/06, 19/06, 26/06 3/07</p>
<p>Where:</p>	<p>CPA office, 20-22 Anglo Road, Campsie</p>
<p>Fees:</p>	<p>\$42.00 per lesson</p>



<p>Thursday 5pm – 6pm</p>  	<p>Gym & Fitness class coached by PCYC qualified trainer</p> <p>The class will consist of a 15-minute warmup which will include dynamic and aerobic movements to fire up the CNS and muscles. 30 minutes of the class will include the strength and conditioning portion, which will consist of bodyweight movements incorporating balance, strength and co-ordination. The movements will be broken down into the basics, with progressions when able.</p> <p>15-minute cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting.</p> <ul style="list-style-type: none"> • Please in sports attire, bring water bottle, towel
<p>Dates:</p>	<p>03/5, 10/5, 17/5, 24/5, 31/5, 07/6, 14/6, 21/6, 28/6 05/7, 12/7, 19/7, 26/7</p>
<p>Where:</p>	<p>PCYC Auburn (Formerly Netball Centre) Wyatt Park, 1 Church Street, Lidcombe https://www.pycnsw.org.au/auburn/contact-us/</p>
<p>Fees:</p>	<ul style="list-style-type: none"> • Participants required to join a club Annual membership (Senior membership \$20, Junior membership \$10), https://www.pycnsw.org.au/auburn/membership/# • and a Gym club membership for \$14 per week, which also gives you access to the gym during opening hours outside of the class. • If carer is needed, they must be present at all times during the class or outside the class. Each participant must go through testing prior to accessing the gym without a personal trainer and MUST be with a carer during these times. Carers must sign in at the front desk, if they are attending the club more than once a week, they will also need to become a member of the PCYC.

GALLERY



Yi Jia's visit to CPA



Yi Jia's visit to CPA



Yi Jia's visit to CPA



CPA Office Opening Day



CPA Office Opening Day



CPA Office Opening Day



Trip to Como



Yijia International Charity Dinner – Cheque Presentation



Trip to Como

GALLERY



ACCF cheque presentation



ACCF cheque presentation



Easter Show



Going Green Project



Going Green Project



Youth Group—Dance Class



Youth Group—Dance Class



Environmental Seminar—Recycle



Environmental Seminar—Recycle



Junior Group—BEAM Project



Junior Group—Art Class



Junior Group—Art Class



Thank you!



Donors & Sponsorship (for donations \$100 or above)

ABT Catering Equipment
Good2Give
Klein International P/L
Krasiva Strings
Lions Club of Sydney Waratah
Miranda Chau for Dai Wing Wah Chinese Opera
Miu Yuen Chan
Nathalie Chen
Serkin P/L (Samuel & Monica Chu)
Strathfield Sports Club
The Hon Dr Helen Sham-Ho
Way In Network Inc
Yi Jia International P/L

Volunteers

Anna Yew
Chun Wing Fan
Darby Mu
Harry Tinyow
Jackie Chan
Mario Yuen
Paul Yau
Winda Mok





May:

Carmen Martin, Eric Luu, James Martin, Julian Lesnie, Ka Chun Tse, Laureen Poon,
Leo Lee, Patrick Chow, Samuel Poon, Victor Li, Wilson Trang

June:

Jan Su, Lachlan Nguyen, Leon Cao, Michael Lee, Queenie Tung,
Robbie Leong

July:

Alan Ngo, Anderson Yang, Jackson Yung, Joanne Pang, Lintom Lin,
Matthew Sin, Michael Lu, Stanley Au



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

**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

May - July 2018 Weekend Activities

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 8:45am to 12:00pm	Afternoon 2:30pm to 4:30pm
May			
5 May	Mother's Day Celebration, Padstow RSL Club 12pm – 3pm	Ice-Skating 8:45-9:45am NO Bowling	Mother's Day Celebration, Padstow RSL Club 12pm – 3pm
12 May	Fun to learn Music Therapy	Ice-Skating 8:45-9:45am NO Bowling	Myuna Bay Sport & Recreation Camp 11/05 to 13/05
19 May	BEAM Project Outdoor activity (3 to 4pm, 1 hr) At Aerialize-Canterbury, Join birthday party with youth group	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	ART (Contour Workshop 10) Birthday Party Celebration
20 May Sunday	VISIT COCKATOO ISLAND 21 st Biennale of Sydney "SUPERPOSITION" Community Days At Superposition Studio, 11am-4pm		
26 May	Creative Dance Music Therapy	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Dance class
June			
2 June	Fun to learn Music Therapy	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Music/Drumming
9 June	Creative Dance Music Therapy		Cooking
16 June	BEAM Project		Dance class Birthday Party Celebration
23 June	Creative Dance Music Therapy		Music Rehearsal
30 June	Zumba		ART (Contour workshop 11)
July			
7 July	School Holiday – Movie & Lunch		
14 July	School Holiday		
21 July	School Holiday		
28 July	BEAM Project Outdoor Activity at Club Kids Playhouse & Cafe: Roselands	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Drumming Birthday Party Celebration
The above programs may be changed without prior notice due to unforeseen reasons.			

Activity Venues:

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury

Bowling at Tenpin City Lidcombe, Lidcombe Centre, 92 Parramatta Road, Lidcombe

Saturday afternoon at Belmore Senior Citizen Centre, 38-40 Redman Parade Belmore

Monday to Friday at CPA office, Shop 11, 20-22 Anglo Road, Campsie