



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

## CPA NEWSLETTER 協康會會訊

MAY 2021 ISSUE 二零二一年五月版

Happy  
Mother's Day  
母親節快樂

Website 網址: [www.chineseparents.org.au](http://www.chineseparents.org.au),

Email 郵箱: [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)

# President's message:



Hopefully this newsletter finds everyone well and enjoying a busy autumn season. We are pretty much back to normal and that's a great thing for everyone. This is an amazing achievement from where we were last year, to have the freedoms and the options in picking up social lives again.

Even when society starts up again, there will still be restrictions and we are facing fundamental shifts to our way of life as we coping with the New Normal, such as: The way we live is different, the way we work or study has changed, the way we socialise and connect looks very different, and the hygiene practices ... these are a big adjustment, they can-and should-be carried on throughout the years to come.

It had been over a year that we did not meet, after disappointment due to the postponement of the two events, finally in March, CPA was able to host the first gathering event. The lunch cruise at the Georges River was overwhelming, the attendees reached the maximum capacity of 100. It was great to see everyone enjoyed the trip. Thank you for the sponsorship from the Georges River Council.

In April, our second trip to the Wollongong Surf Leisure Resort was a success. The resort situated by the seaside surrounded by natural reserve and walking distance to the lagoon. The getaway was a great weekend for the families. Being away from home in a different environment is a good learning experience for our children with special needs particularly autism in all aspects. Such activities like food preparation, packing and unpacking their belonging, making bed, cleaning after meals, following daily activities schedules, and socialising with friends. These are few of the skills they need to be independent, this was the project goal supported by ACCF.



I am very happy to announce that our centre at Belmore will be re-open from May. Our Saturday programs will be resumed as normal.

How overwhelmed I felt, introducing a new program add to our Saturday – Drama. We are delighted to have the Sydney Talent Company on-board for this fantastic program. The class will be hosted by world class professionals with multi winning awards. Please do not miss these classes!

It has been a long time, we are looking forward to the re-opening. Remember this will be our New Normal, let's be COVIDSAFE together.

We need to all keep making COVIDSafe choices to help stop the spread, keep physical distancing, wear a mask when needed, practise good hygiene, stay at home if you are unwell, and have the COVIDSafe app.

Until then, I believed everyone is looking forward to our next gathering for the celebration of Mother's day. See you all there!

Miranda Chau

## 會長感言



親愛的協康會成員，願大家都保持身心健康愉快，相信大家都正享受這繁忙的秋季。

自疫情開始至今，我們的日常生活已逐漸恢復正常，對每個人來說都是一件好事，現在我們得以重新享受自由的社交生活和各種的選擇，這都是大家一齊努力的成果。

雖然社會各方面開始重回軌道，但仍然偶有限制，基本生活方式的轉變已成為我們的新常態，比如：我們的工作或學習方式已經改變，我們的社交和聯繫方式也有不同，日常生活以至衛生習慣等等……這是一個很大的適應，並預期在未來的幾年仍然會有繼續的調整。

我們的會員在過去的一年多，沒有機會聚會，亦因兩項大型活動被疫情推遲而感到非常失望，終於在今年三月份，協康會舉辦了第一次會員活動；這個復活節遊輪家庭樂，報名參加人數很快便達到限額的 100 人，大家可以在 Georges River 航行的遊輪上享受午餐巡遊是令人振奮的。很高興看到每個人都享受這次的活動。感謝 Georges River Council 的贊助。

在四月份，我們成功地舉辦了臥龍崗衝浪休閒度假村旅行。度假村坐落在海邊，被周圍的自然生態環繞著，步行即可到達湖邊。參與的家庭和家人朋友渡過了一個很棒的週末假期。

對於有特殊需要，尤其是自閉症的孩子，離開家居及接觸不同的環境是一種很好的學習經歷，諸如準備食物、打開和收拾自己的物品、整理床鋪、飯後打掃衛生、遵循活動時間表以及各種社交活動等。這些經驗都能提升他們的獨立生活技能，這也是 ACCF 支持的項目目標。

我很高興地宣布，Belmore Centres 將於五月初重新開放，我們的週末學習班將恢復正常運作。

我亦感到非常鼓舞得到 Sydney Talent Company 的參與，為我們新學期的學習班，增添了一個新項目 - 戲劇。這個戲劇課將由獲得多項殊榮的世界級專業人士主持。請不要錯過這個新學習班！

雖然我們對 Belmore Centres 的重新開放，期待已久，但請記住，COVIDSafe 將成為我們的新常態，我們都需要繼續作出安全的選擇和措施，以幫助阻止疫情擴散，請繼續保持社交距離，在需要時戴口罩，保持良好的衛生習慣，身體不適時請留在家裡，並下載 COVIDSafe 手機應用軟件。

我們即將慶祝母親節，相信大家都期待著這一次的聚會。期望很快與大家見面！

會長  
周潤梅

## Pandemic Hero Award 2020



It was such an honour to receive the Pandemic Hero award on behalf of CPA on 29 March, Monday afternoon. Mr. Burke graciously acknowledged the respect to the original owner of the land, followed by a very encouraging and comforting speech to everyone who gathered at the forecourt of his office at 1 Broadway, Punchbowl.

Mr. Burke and his team is the hero who fights to get government funding for the general public during the pandemic. He thanks us all who were presented at the award ceremony and reminded us that this award is not only a token of appreciation from the local government, but the Australian government, as the certificate has the imprint of the Australian national emblem.

There were about 20 awards presented by Tony Burke's office to organisations and individuals who contributed selflessly to those who were desperate during pandemic. There were old and young people who helped to pack food and essentials like sanitisers and masks day and night while there were organisations which donate, and care for the families who lost their jobs or in difficult financial situations. Everyone played their parts to ease the urgent needs in the society during the dark pandemic days. CPA has been an organisation caring for the families of children with special needs, providing them with information of government help and funding; offering families free online activities and lessons.

All the unconditional great works of each pandemic hero in this multicultural metropolitan city won my heartfelt applause and I sincerely hope that this great and generous Australian spirit will pass on to many more generations to come.

By Jane Ng



## Pandemic Hero Award 2020

能代表澳洲弱能兒童協康會，於2021年3月29日下午接受聯邦議會成員Tony Burke（Watson區代表）頒發Burke的Pandemic Hero Award是一種榮幸。我們一眾聚集於Tony Burke議員的辦公室前（1 Broadway, Punchbowl）。Tony Burke團隊先誠懇地感謝及表達對這片土地的原住民的尊重，隨後對所有在場人士致以非常鼓舞人心的慰問。

Burke議員和他的團隊在疫情期間絕對是英雄，因為他們努力為澳洲大眾爭取政府資助。他感謝所有出席頒獎典禮的人，並提醒我們該獎項不僅是地區政府對我們的感謝，更是澳大利亞國家政府的加許，因為證書上印有澳大利亞的國徽。

當日Tony Burke議員頒發了約20多個獎項，獎勵那些在疫情中對絕望者作出無私奉獻的各界人士。當中有長者，有年輕人，幫忙包裝食物和必需品，如消毒劑和口罩；還有一些組織籌款捐贈，照顧失業或經濟困難的家庭。

在那黑暗的疫情期間，每個人都發揮了自己的作用，緩解了社會的緊急需要。澳洲弱能兒童協康會，是一家照顧有特殊需要的兒童家庭的組織，向他們提供政府幫助和資助的信息；更在疫情期間為家庭提供免費的在線活動和課程。

在這個多元文化的大都市裡，每位Pandemic Hero所做的無私奉獻，贏盡了我由衷的掌聲，我誠心盼望這種偉大而慷慨的澳大利亞精神一直延續下去，祝福更多的後代。

By Jane Ng



Friday 16/04 — Sunday 18/04/2021

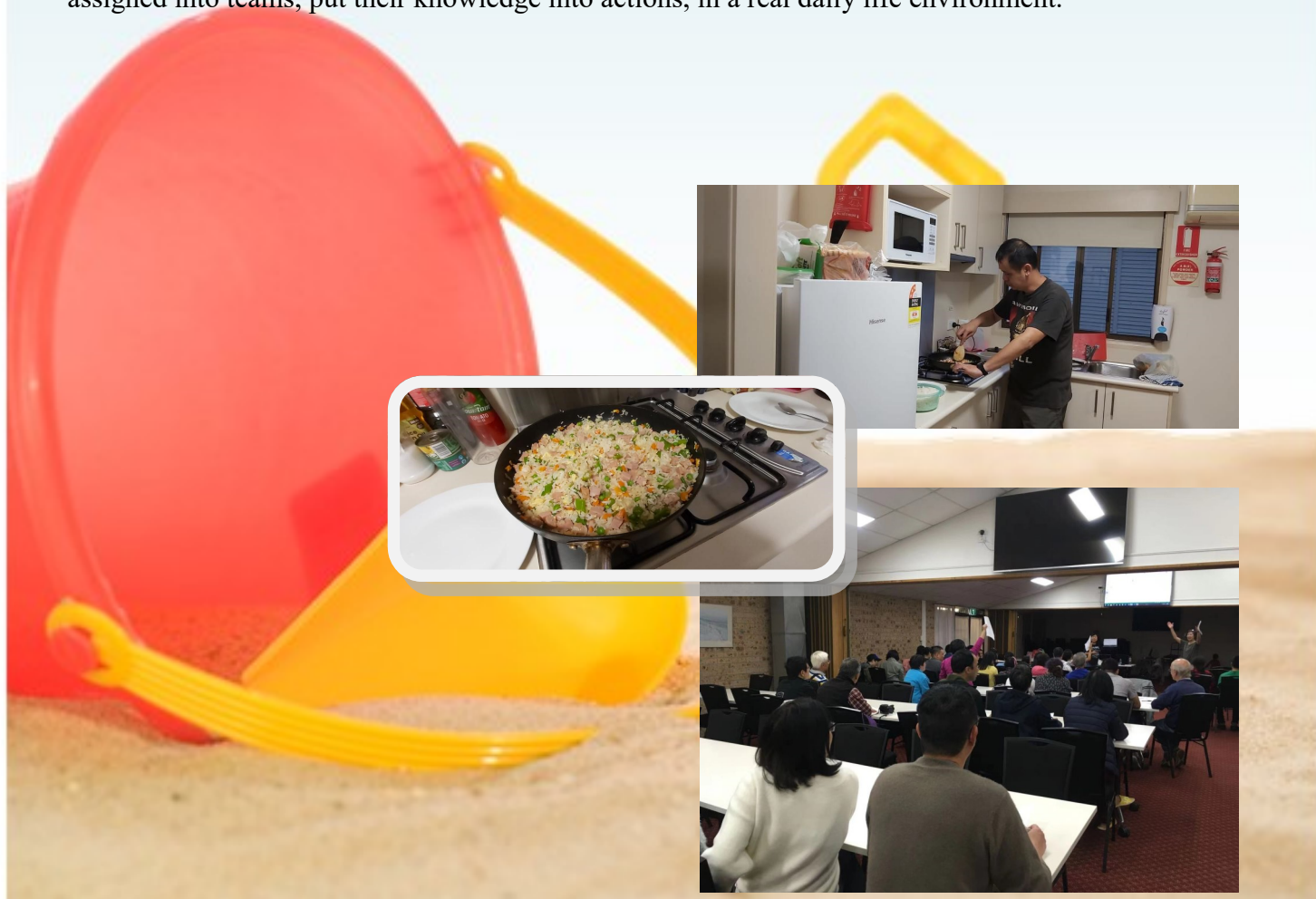
The joy that otherwise immobile children can get from simple physical stimulation should never be underestimated. If you are the parent or carer of a child with special needs, then you probably already know how difficult it can be to get them out and about. But the outdoors is an incredibly important environment for early childhood development. In fact, outdoor play is such an integral part of growing up that it is recommended by almost every expert in the book.

Not only does outdoor play lead to healthier, more active children, it also helps them build key social, creative and problem-solving skills, hence becoming more independent in their lives. Whilst it may be more difficult for children with special needs to involve themselves in outdoor play, but the benefits are also significant. To address this, CPA put up programs to support families to go out and experience new things this Apr 2021:



## *Wollongong surf leisure resort*

This is a project funded by ACCF, aims to provide recreational and independent living skill training program to a group of young people with disabilities, aged from age 8 to adults 25+, coming from culturally and linguistically diverse backgrounds. The major part will be a 3-day camp in a pre-booked camp site, reinforcing and practicing **what they have learnt in the 5 lessons**. Participants will be assigned into teams, put their knowledge into actions, in a real daily life environment.

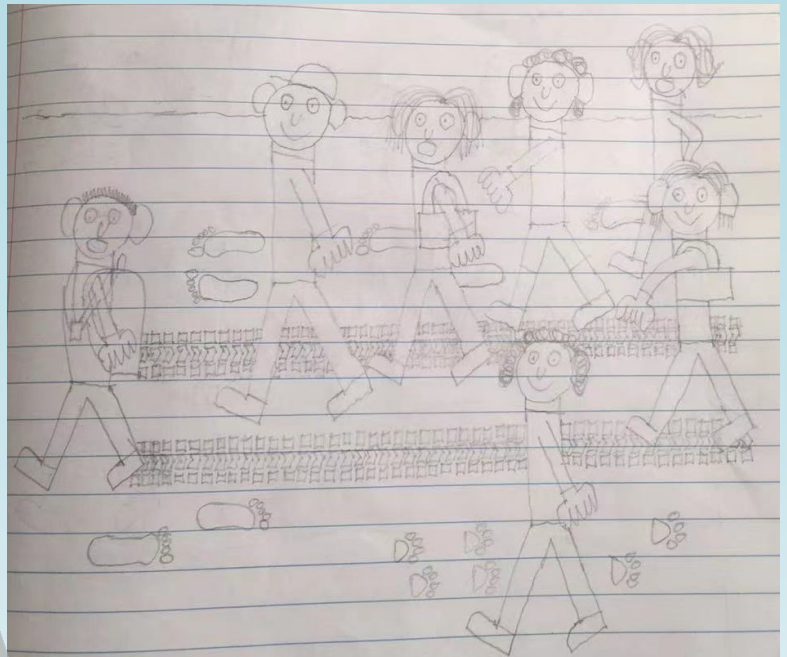


**Saturday, April 17 2021**

I stayed at Wollongong Camp today.

First, I played games, brush teeth, breakfast, morning walk, beach photos, sitting, morning tea, games, lunch, games, swimming, afternoon tea, games, beach, building a sandcastle and shower. I having a good time at Wollongong Camp.

I felt happy.



I had morning walk to the beach together with friends at Wollongong Surf Leisure Resort.

**Sunday, April 18 2021**

I stayed at Wollongong Camp today.

First, I played games, brush teeth, breakfast, washing, cleaning, waiting games, went to Wollongong Botanic Garden. Then Japanese garden, bridge, flowers, statue, maze, trees, bushes, waiting, plants, cactuses, fruit trees, lunch, games. Finally, I went home with mum. I having a good time at Wollongong Camp and Wollongong Botanic Garden.

I felt happy.




I went to Wollongong Botanic Gardens at Wollongong.

Shared by: participant Emily Rong

On Friday afternoon we went to lovely Wollongong resort. We drove 1½ hrs there. When I came there we went to Miranda to get our dusty cabin keys. Miranda is a very nice lady from CPA who plans everything. After I talked to Annie about our cabins. After everyone was there Thomas's dad told us to quickly change into our swimmers and go play at the beach. When we finished we walked there but I was so cold I rapidly catch up with my friends. When we arrived we started playing in the cold water. I was so nervous I don't want to surf but a huge wave washed me up close to my mother. After playing at the cold, windy and wet beach we swam in the warmest pool I ever been. After we took a bath, ate dinner and went to CPA room.

~~On Friday~~ In the CPA room we played bingo but I lost and watched a good movie. Then we went home to our cabins and had a dreamy sleep.



Shared by: participant Jasper Zhang

Our family went to the camp from Friday to Sunday. We lived in Wollongong surf leisure Resort. We went there because it is school holiday. On Friday we went to the beach to practice surfing with the board. After that we watched the movie, which is Kong Fu Panda. On Saturday morning I played mini golf and basketball with My friends. And then we went to swimming pool and playing in the spa because I love the bubble water. On Sunday we visited Botanic garden. After that I went to the restaurant and I ate beef noodle . What a LOVELY CAMP !!

Jasper Zhang



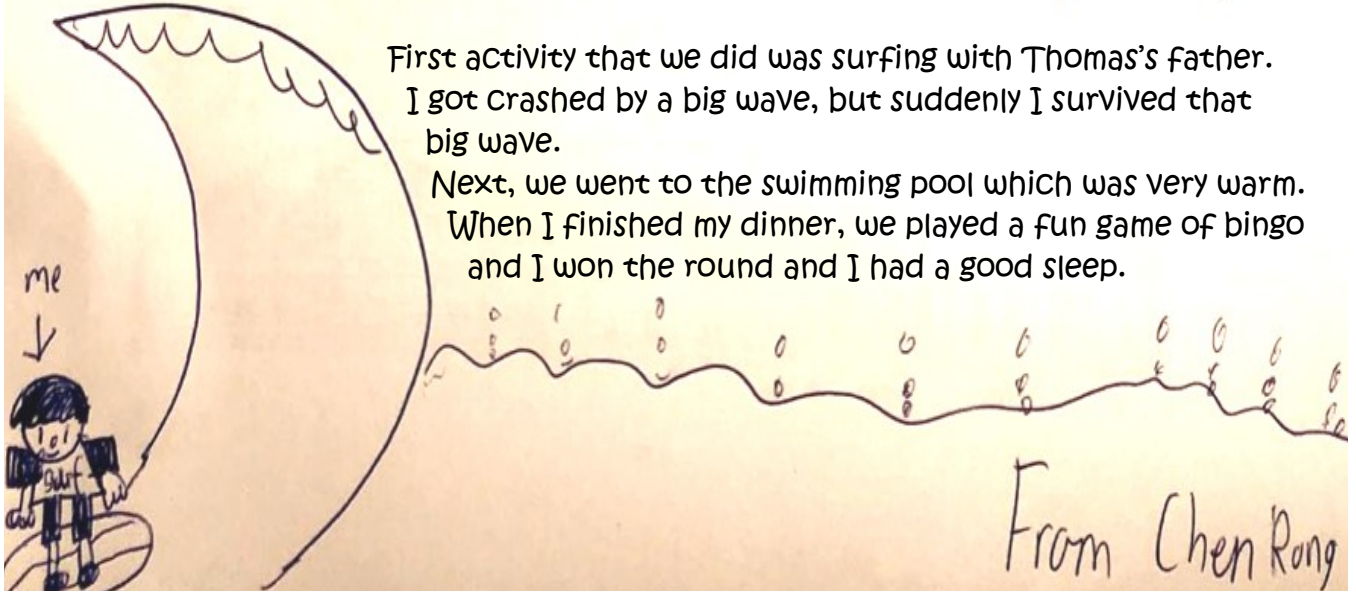
Shared by: participant Chen Rong

### A Trip to Wollongong

On the first day of a lovely trip, we had a 1.5 hours drive to Wollongong Surf Leisure Resort. We got our cabin keys from Miranda, who is a very nice lady from CPA. When we went inside our cabin, it had comfortable beds in it. I saw my CPA friends outside playing together. I played with Duo and Thomas who is sometimes very naughty.

First activity that we did was surfing with Thomas's father. I got crashed by a big wave, but suddenly I survived that big wave.

Next, we went to the swimming pool which was very warm. When I finished my dinner, we played a fun game of bingo and I won the round and I had a good sleep.



From Chen Rong

Shared by: participant Thomas Huang



During April school holiday, we went to a holiday resort. I stayed in a cabin. Other kids also stay in their cabins. I swam on a nearby beach. I had a wet suit on. We played minigolf, swam in the pool, played basketball with other kids. I had a meal in Wollongong with other kids.

I feel very happy staying in the holiday resort.

Tom Huang

# Georges River Cruise (Eco Family Trip)



The whole group was blessed with a wonderful day on Saturday, 27 Mar 2021: warm sun with mild wind after the intense rainfall in the past few days causing lots of flooding damages in Windsor area. We had a COVID record number (99) of junior and youth group family attended this very first CPA event since the pandemic. We had nine tables on the lower deck while there were four tables of junior group families occupied the upper deck, observing all the government COVID requirements for big group gathering.

It was great to greet and spend time with the PWDs and their family in person, in such an enjoyable moment. Each PWDs is unique and interesting. We had fun game spotting some buildings and bridge along the shore while some PWDs enjoy their own games and had lots of laughter. The families also had great chats on the table, exchanging information and cooking recipes. On top of all the funs, we had to give credit to the crews who prepared the wonderful meals and delivered them safely onto our tables. Last but not the least, we had lucky draw as our kids' highlight of the day: a complimentary ticket to the Easter Show! We congratulate the 20 lucky winners while others won special Easter eggs. We hope our kids learn that it is ok to lose and be joyful to those who won prizes.



The trip was well received and families were glad to join this as the timing was good, great facilities and service, most of all, the wonderful friendship in a relaxing setting.

CPA is definitely committed to organise more meaningful and interesting activities for our members in the near future.



# Children's First Aid Course

## 2021年3月20日在BSCC舉行的兒童急救工作坊

由於史無前例的 COVID-19 疫情爆發，協康會不得不在去年三月，暫停 Belmore 週末學習班的活動。轉眼又一年了，當得知可以於 3 月 20 日在 Belmore (BSCC) 舉辦兒童急救工作坊時，我們都感到非常興奮。這是幼兒組自去年三月以來的第一個面對面的學習班，一個期待已久的聚會。

儘管當日天氣非常惡劣，不少地區都下著傾盆大雨，有些地區甚至有洪水氾濫。但是，我們的成員不介意惡劣的天氣，仍有 15 位成員前來參加，學習如何為有需要的人士提供急救。

我們很幸運有來自 First Aid For you 的導師 Jess，她也是兩個小孩的母親，她不僅是一名急救培訓員，而且還具有與智障人士合作的經驗。Jess 首先向孩子們示範如何處理鼻子出血，其後更講解並示範當有人傷口流血時，如何提供幫助。通常我們不會隨身攜帶繃帶，那我們可以使用什麼來止血呢？是的，任何衣物，如外衣，沙灘巾，手帕，甚至臭臭的襪子都可以！您可以將它們直接按在傷口上幫助止血。

隨後，孩子們更學習當被蛇、蜘蛛、狗等咬時，如何處理。他們與朋友合作，互相練習正確的繃帶包紮。他們不單要輪流實習提供急救幫助，也需要耐心地扮演病人角色。Jess 還預設了不同的場景，讓孩子們思考以確定何時需要召喚救護車。當然，他們知道在緊急情況下，他們必須在電話按三個零（請確保是數字的零，而不是英文字母的 O），或者如果有手機，甚至可以在沒有接收信號的地方，撥打 112 尋求幫助。

工作坊上最有趣的環節應該是心肺復甦 (CPR)。儘管我們的年輕勇士沒有學會執行完整的 CPR，但他們都有機會實習在人體模型上進行胸部按壓，這對於為一個沒有呼吸的人施救時，使其能夠繼續保持血液供應 (特別是血液流向大腦)，是一項重要的技能。Jess 很高興看到孩子們的的努力和成就。每位參與者都獲得了證書和帶回家的練習簿，以鼓勵他們的積極參與和學習。

再次感謝我們的急救小英雄，他們學會了在緊急情況下協助挽救生命。請緊記，您們可通過繼續練習來刷新您學到的知識，同時也可以點擊 FAFY 的 YouTube 頻道 <https://youtu.be/Opfuyz0aHWA>，從而觀看您感興趣的急救項目。



## Physical Emotional Art Coordination & Education (PEACE) program

### First Aid Workshop for Kids

When 日期和時間:  
20 March 2021, 3-4pm Saturday

Fee 費用:  
NDIS participants \$30/pp

Venue:  
Belmore Senior Citizens Centre

This program is proudly sponsored  
by Bankstown Sports Club

# Children's First Aid Course

## First Aid for Kids Workshop at BSCC on 20 March 2021

It has been nearly a year since CPA suspended the Belmore Weekend Program due to the unprecedented COVID-19. We were all very excited when we realized we could run our Kids First Aid Workshop at Belmore on 20 March. This was the Junior Group's first face to face program since the suspension – a long-awaited get back together.

15 members joined in on the day although the weather was so discouraging. Rain was pouring and floods were everywhere in different parts of NSW. However, our Junior members did not mind the bad weather and chose to participate in this hands-on experience where they would learn how to give first aid to people in need.

We were very lucky to have Jess, the facilitator from First Aid For You. Not only is she a qualified First Aid trainer, she also has experience working with people with disabilities. She is a mum of two young kids as well. Jess started off showing the children how to manage nose bleeding. Then they were shown how they could help when someone was bleeding with an open wound. While you don't usually have bandage at hand to use to stop bleeding, guess what you can use? Yes, any clothing like your jacket, beach towel, handkerchiefs or even your smelly SOCKS will do! You can press them directly on the wound to stop the bleeding.

Then children were taught how to manage bites by – snakes, spiders, dogs etc. They had the chance to partner with a friend and practise correct bandaging with each other. It was fun role playing as patient and taking turn to be the first aider offering help.

Children were also given different scenarios to determine when to call ambulance. And of course, when they knew it was an emergency, they had to ring triple ZERO (make sure it is not triple O) or if they had a mobile phone at hand, they could call 112 as an alternative even the location did not have reception.

The most interesting part of the workshop should have been the CPR (Cardiopulmonary Resuscitation). Although our young heroes did not learn to perform full CPR, they all had a chance to apply chest compressions on mannequins, which would be an important skill to keep the flow of blood going especially to the brain when a person was not breathing.

Jess was happy to see our members' effort and achievement in the workshop. Each one of the participants was presented with a Certificate acknowledging their active participation and achievements in the covered topics.

Thanks again to our First Aid Superheros who have learnt to save a life in case of emergency. Remember to refresh what you have learnt by working on the Activity Book. Also you can revisit FAFY's YouTube channel and watch the First Aid topics you are interested in.



<https://youtu.be/Opfuyz0aHWA>

# Empowering special education through technology

Digital tools, if chosen carefully, can be very effective in bridging developmental and achievement gaps. Some general-purpose apps or apps for young learners can work wonders for special-needs students. The key is to look for the strengths that balance the challenges of every child.

## Learning with Rufus:



Rufus the Robot was developed by clinical psychologist Dr Holly Gastgeb, who works with children who have autism spectrum disorder. This is a series of tablet apps for young learners and special needs students. “Feelings and Emotions” are very beneficial for ASD children who have difficulties in identifying facial expressions and recognizing emotions. “Boys and Girls” is an app for those who experience difficulties in telling apart male and female faces and get confused by non-typical features. “Categories” introduces shapes, colors, and sizes. “Numbers” teaches counting and comparing quantities. The entertaining and engaging approach, customizability, and friendly in-app character Rufus the dog is what all entries in the series have in common.

Rufus Robot是由擁有多多年臨床經驗的心理學家Holly Gastgeb博士開發的。這是一系列面向年輕學習者和特殊需求學生的平板電腦應用程序。

- ◆ “感覺和情緒” - 對那些難以識別面部表情和情緒的自閉症兒童非常有益。
- ◆ “男孩和女孩” 是一款適用於那些難以分辨男女面孔並因非典型特徵而感到困惑的人的應用程序。
- ◆ “類別” 介紹形狀，顏色和大小。
- ◆ “數字” 教導計數和比較數量。娛樂和引人入勝的方法，及友好的應用內角色Rufus the dog是該系列中所有作品的共同點。



Visuals2Go is founded by a Special Education teacher and developed in collaboration with speech pathologists and parents. This is an accessible tool suitable for all age group and that is user friendly, simple to use and effective in the teaching of Alternative and Augmentative Communication (AAC).

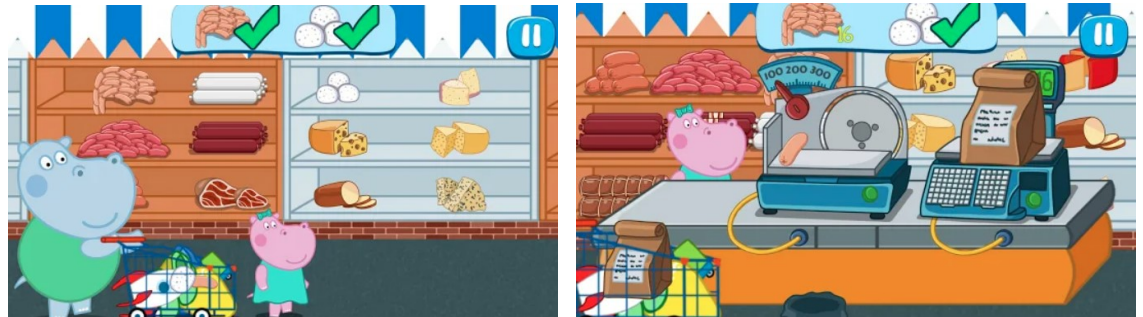
- ⇒ Use it as communication device for those struggling with speech. Users can make choices directly or use the ‘Sentence Strip’ feature to communicate in sentences;
- ⇒ Use it as a lanyard – carrying all your symbols on your device, with an easy SWIPE-TO-SCROLL through cards feature
- ⇒ Create your own card collection & stories for learning – You can use to create stories to learn social skills and step-by-step recipes or procedures.
- ⇒ Or simply use it as a photo album with text and voice. Store albums of family members; friends; favorite toys; characters; etc. Your child will love scrolling to see each Visual!

軟件介紹：

- \* 可以將它用作那些講話不暢的人的通信設備。用戶可以直接進行選擇單詞，在app裏使用“句子條”功能以句子形式進行交流；增強使用者的表達能力
- \* 借助輕鬆的SWIPE-TO-SCROLL卡片功能，將所有生活常見符號和它的意義攜帶在設備上，創建您自己的卡片收藏以供學習
- \* 您可以用來創建故事或者記錄一天發生的事情，來學習社交技能以及逐步的食譜或用作自我能力培訓。
- \* 也可將其用作帶有文字和語音的電子相冊。存放家庭成員的相冊，記錄美好的回憶

<https://www.visuals2go.com/>

# Empowering special education through technology



## Kids Supermarket: Shopping mania

Kids supermarket opens new departments and has a lot of new sales! We will play funny minigames and learn the professions which you could find at the supermarket.

Shopping could be interesting, useful and educational. Visiting new kids supermarket, your child will unobtrusively learn useful skills, which are useful in real life. And adults have the opportunity to spend time with kids and help them with advices and orders. Our shop has opened new departments, where you can weigh products on weighing scales, cut sausages and cheese, pack fruits and vegetables in packets. First of all we need to learn products from the list and play exciting search objects. It is not that easy as it may seem to search objects on shelves and put them to the trolley, especially when a small brother mischief does shopping with you. But it will not prevent Hippo from buying things and at the end of shopping we will get a secret gift! And, of course, at the end of shopping, a polite cashier will be waiting for you, he will teach everybody to count money and pay with a credit card. Our cashier will not only teach to count, but also he will pack fruits, vegetables and other products into brand packets and inform you about sales, prepared for buyers of Kids Supermarket.

兒童超市開設了新的部門，並有很多新的銷售！我們通過有趣的迷你遊戲，向孩子介紹在超級市場中購物技能。

購物是有趣的，有用和有教育意義的。到新的兒童超市逛逛，孩子可以通過影片及軟件互動毫不費力地學習有用的技能，這些技能在現實生活中是有用的。大人有機會與孩子共度時光，並為他們提供建議和命令。這個APP的商店開設了新的部門，您可以在其中稱重產品，切香腸和奶酪，將水果和蔬菜包裝成小包。首先，我們需要從列表中學習產品並播放令人興奮的搜索對象。這並不是一件容易的事，因為看起來似乎是在架子上搜索物品並將它們放到手推車上，尤其是當一個小惡作劇與您一起購物時。但這並不能阻止河馬買東西，購物結束時會得到一份秘密禮物！而且，當然，在購物結束時，有禮貌的收銀員將等您，他將教大家數錢並使用信用卡付款。收銀員不僅會教點票，還會將水果，蔬菜和其他產品包裝到品牌包裝中，並告知您有關銷售的信息，這些信息是為Kids Supermarket的買家準備的。

<https://play.google.com/store/apps/details?id=com.hippo.SupermarketForKids&hl=en&gl=US>

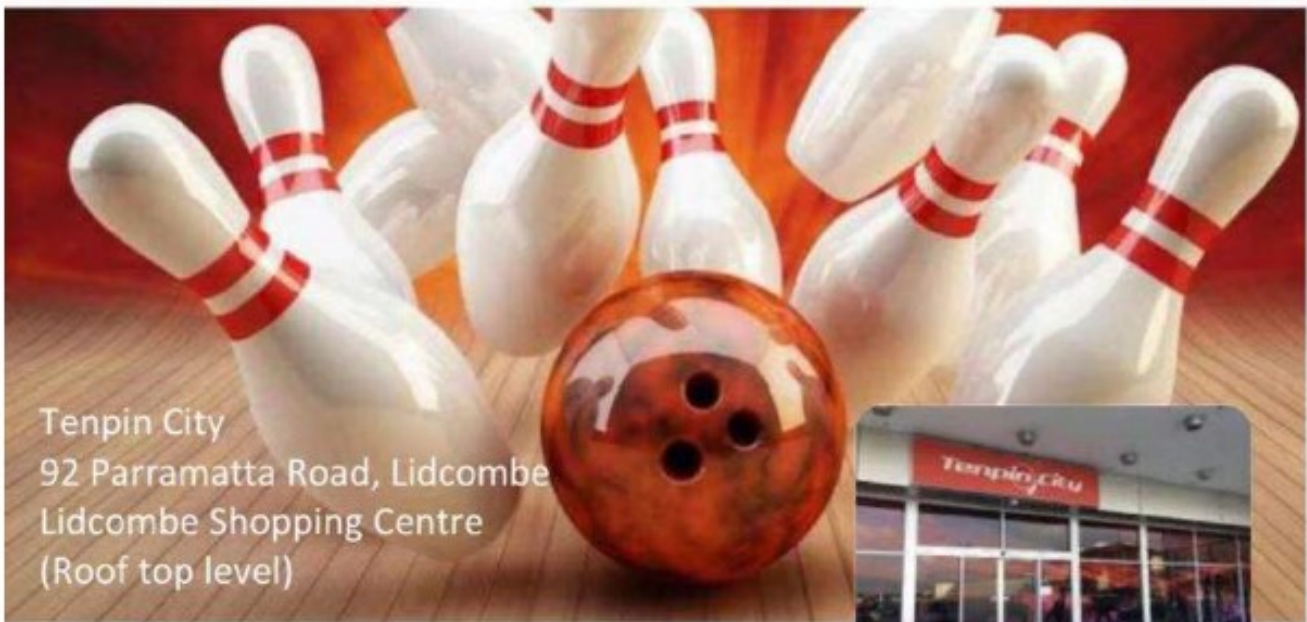
# Up Coming Events



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

## 2021 Tenpin Bowling is back!



Tenpin City  
92 Parramatta Road, Lidcombe  
Lidcombe Shopping Centre  
(Roof top level)

**Every Saturday 11am**

**每逢周六，上午 11 點**

NDIS participants fee 費用: \$30 per session

Booking is essential please contact Maria 0402 941 090 vacancies are limited

請早日向 Maria 報名， 0402 941 090 名額有限

- Carers & parents require to stay with athlete at all times  
照顧者或父母需要全程陪伴及幫助運動員

# Up Coming Events



## **Karate Class** 空手道

*coming to Belmore!*

**Australia's Youth Self Defence Karate**



[www.karate-kids.com.au](http://www.karate-kids.com.au)



**First class starts Saturday 08/05, 3pm**

Come and try! Skilled instructor will guide you through fun karate games and drills, improve concentration, focus and ability to follow directions.



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

## *Drama Class* 戲劇課程

**Sydney Talent Company**

*Hosted by Multi awards winning teacher*



***Coming to Belmore in June!***

<https://sydneytalentcompany.com.au/>

World class skilled professionals – actor, director, producer and award-winning writer

***Do not miss out! Class limit to 15 students***



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



# Up Coming Events



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

## 2021 AERIALIZE class 空中雜技班

Activities for Children with Disabilities



充滿活力和挑戰性的課程—包括雜技、呼啦圈、  
雜耍、平衡、扭曲、靈活性訓練等環節



Date 日期: 23/04 開始, 每逢Fridays 星期五下午  
Time 時間: 5:00 - 6:00 pm  
Venue 地點: Aerialised (Unit 2, 7-9 Close St., Canterbury)  
活動自如的衣着  
NDIS participants fee 費用: \$30 per session

Booking is essential, please contact Maria 0402 941 090 vacancies are limited  
請早日向Maria 報名0402 941 090, 名額有限

# Up Coming Events



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

## Gym/Fitness Class 體操健身班

Activities for Children with Disabilities

19/04/2021 開始



POLICE CITIZENS  
YOUTH CLUBS NSW

Wyatt Park, Church Street, Lidcombe Auburn

**Every Monday (Fun Fitness) 4pm-5pm**

**Every Wednesday (Fitness & workout) 5pm-6pm**

每逢星期一 5時至6時, 星期三 5時至6時

Coached by Skilled gymnastics coaches 專業體操教練

Please complete the PCYC membership form submit to Maria.



NDIS participants fee 費用: \$30 per session

Booking is essential please contact Maria 0402 941 090 vacancies are limited

請早日向 Maria 報名 0402 941 090 名額有限

**\*For athletes using the gym, carers & parents to stay with each athlete at all times  
上課期間或使用健身器材, 照顧者或父母需要陪伴及幫助運動員**

Class will be decided base on the number of enrolments. 課班決定將定于報名人數。



## More Fun Events For You



Time 時間: 28/09-03/10/2021

Fee 費用: \$0-\$37.39

Location 地點: Old Government House Parramatta Park, Pitt Street Entrance, Parramatta, NSW

Booking is essential 請提前預約

<https://www.eventbrite.com.au/e/old-government-house-botanical-pick-press-childrens-activity-tickets-138220757005?aff=ebdssbdestsearch>

### Old Government House – Botanical Pick & Press Children's Activity 老總督府 - 植物採摘和兒童活動

Can you find the same plants as George Caley, the first Colonial Botanist? He collected specimens from the land surrounding Old Government House in the early 1800s and dried them in Old Government House before sending them to England. Volunteers will be on hand to help you identify the various plants in the grounds and to help you select suitable specimens for your flower press. Children can take home their flower press and samples as a memento of their visit.

This event will appeal to families, parents and grandparents in search of a day's outing with a historical twist. Children may take home their flower press as a memento.



Time 時間: 22/05/2021 4pm-8pm

Fee 費用: \$48.62

Location 地點: Carriageworks, 2 45 Wilson Street, Eveleigh, NSW 2015

Booking is essential 請提前預約

<https://www.eventbrite.com.au/e/mould-a-cheese-festival-sydney-2021-tickets-80425927113?aff=erelexpmlt>

### MOULD: A Cheese Festival Sydney 2021

After a sell out 2019 tour, Australia's favorite cheese festival, MOULD, is coming back to Sydney in 2021 (now!) for a mozzare-hella good time! MOULD will bring together the best artisan cheese producers from across the country for a day of cheese, wine, masterclasses and more.

To make sure cheese-crazed fans can access as many dairy delights as possible this year we've added even more session times for you.

More cheese. More producers. More sessions. Alongside the best Australian cheeses, there will also be a full food program featuring dishes from local cheese mongers and to wash down all that delicious cheese, there will be wines, whisky, sake, beer and cider available to purchase.

Come and taste the best cheese from all over Australia in one place.



## More Fun Events For You



Time 時間: 05/05/2021, 10am-12pm; Fee 費用: \$0  
 Location 地點: Randwick Community Centre  
 27 Munda Street, Randwick NSW 2031  
 Bookings will open one month prior to each session.  
 Enquiries: 02 9093 6400

Spark in the Park (for ages 0-5 years)  
IN PERSON—兒童活動  
Provided by Randwick City Council

Join us outdoors for stories, songs and play for children 0-5 years of age on the first Wednesday of each month during school terms. 每個月的第一個星期三在Randwick community centre都會提供有趣的兒童活動，為0-5歲的兒童講故事，唱歌和玩耍。



**SENIORS &  
 DISABILITY  
 EXPO**  
 SYDNEY

### The Sydney Disability Expo is back for 2021!

**SYDNEY SHOWGROUNDS - HALL 4**

**Friday 6<sup>th</sup> & Saturday 7<sup>th</sup> August 2021**

People with Disability are embracing My Future, My Choice as a way to control how they want to live their lives now and plan for the future. The Sydney Disability Expo will link thousands of people with a disability with hundreds of product and service providers as well as presenting a range of informative and interactive presentations delivered by industry experts.

The expo features:

- ◆ FREE ENTRY
- ◆ 100+ exhibiting service and product providers from a variety of categories
- ◆ Presentations and speakers from Government agencies and disability organizations
- ◆ Kids entertainment and live all-ability performances
- ◆ Cafe and break out rooms

There are a range of exhibitors including:

- ◆ Government and advocacy organization
- ◆ Aids and equipment providers
- ◆ Financial and legal services
- ◆ Education, training and employment providers
- ◆ Social and leisure options
- ◆ Transport and vehicles
- ◆ Health and medical products and services
- ◆ Allied health professionals
- ◆ Support services including in home care providers

For more information, please visit: [https://socialimpact.force.com/cpbase\\_\\_form?id=a1T6F00000SrVev](https://socialimpact.force.com/cpbase__form?id=a1T6F00000SrVev)

# PHOTO GALLERY



CPA KIDZ Drawing Class



Kids First Aid Workshop 20 March 2021



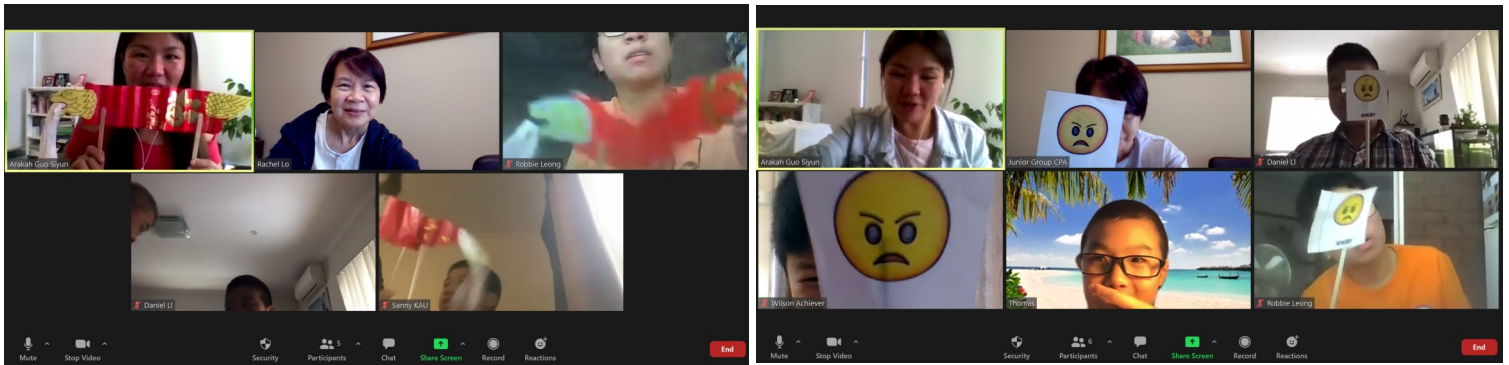
April 24 Taekwondo



Trip to Wollongong Surf Leisure Resort



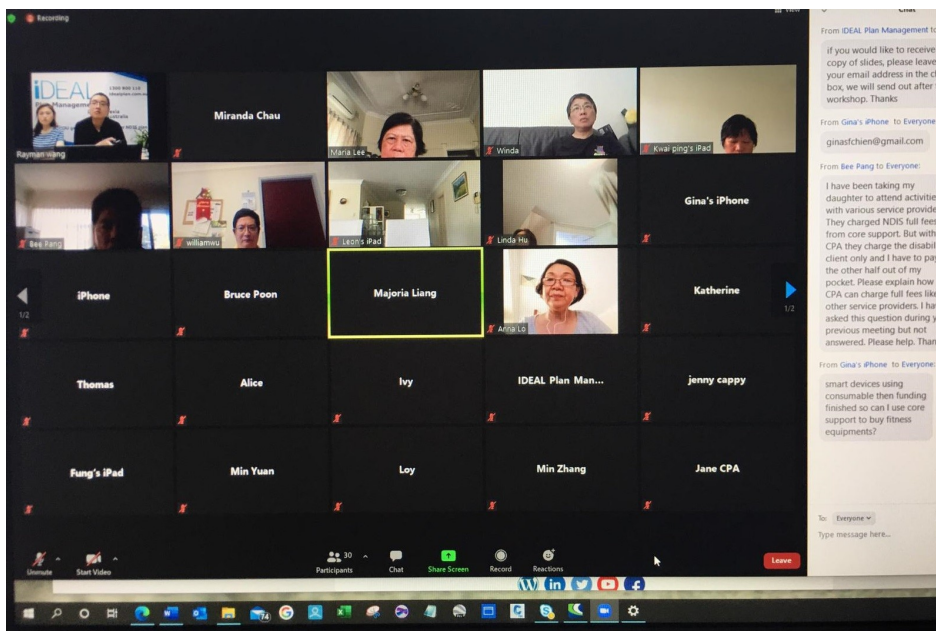
# PHOTO GALLERY



OT Fun Session



2021 March Cruise



NDIS Talk on Zoom hosted by IDEAL Plan Management





# HAPPY BIRTHDAY

---

## **MAY**

Carmen Martin  
James Martin  
Julian Lesnie  
Laureen Poon  
Patrick Chow  
Samuel Poon  
Victor Li  
Wilson Trang

## **JULY**

Alan Ngo  
Anderson Yang  
Jackson Yung  
Jerry Chen  
Joanne Pang  
Lintom Lin  
Matthew Sin  
Nicholas Chi

## **JUNE**

Colin Su  
Gordon Ding  
Jan Su  
Lachlan Nguyen  
Leon Cao  
Michael Lee  
Queenie Tung  
Robbie Leong

# ACKNOWLEDGEMENT

## Donors (for cash donations \$100 or above)

Lisa Ko (Ikon Realty)

Nancy Ma

Willis Li

## Volunteers

Alex & Nancy Ma

Irene Lau

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



# May - July 2021

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

Activity fees applied (refer to current fees schedule)

## WEEKDAY AFTERNOON PROGRAM

|           |                  |                   |                       |
|-----------|------------------|-------------------|-----------------------|
| Monday    | 5:00pm to 6:00pm | Fitness Gym Class | PCYC Auburn           |
| Wednesday | 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<br>3:30pm to 5:30pm                                       | Morning                              | Afternoon<br>3:00pm to approx.5:00pm                 |
| <b>May</b>   |   |                                      |  |
| 01/05  | Mother's Day Celebration lunch @ West Ashfield Leagues Club 10:30am |                                      |  |
| 08/05  | Taekwondo (Khon)<br>Music Therapy (Christine)                       | Bowling 11:00-12:30pm                | Zumba (Norma)<br>Karate (Esther)                     |
| 15/05  | Move & learn (Jackie)<br>Zumba (Norma)                              |                                      | Social Art (SAID) – Workshop 1 (Vincent)             |
| 22/05  | Taekwondo (Khon)<br>Fun with Music (Luke)                           |                                      | Art & Crafts   |
| 29/05  | Move & Learn (Jackie)<br>Music Therapy (Christine)                  | <b>No Bowling</b>                    | Outing (SAID) – Balmain Historical walk              |
| <b>June</b>  |   |                                      |  |
| 05/06  | Creative Arts (tbc)<br>Fun with Music (Luke) (tbc)                  | Bowling 11:00-12:30pm                | Zumba (Norma)<br>Karate (Esther)                     |
| 12/06  | Taekwondo (Khon)<br>Music Therapy (Christine)                       | <b>No Bowling</b>                    | Social Art (SAID) – Workshop 2 (Vincent)             |
| 19/06  | Creative Arts (Ellen)<br>Zumba (Norma)                              | Bowling 11:00-12:30pm                | Art & Crafts   |
| 26/06  | Move & Learn (Jackie)<br>Fun with Music (Luke)                      |                                      | Drama- Sydney Talent Company (TBC)                   |
| <b>July</b>  |   |                                      |  |
| 03/07  | School holiday – Tree Tops<br>Western Sydney (tbc)                  | <b>School Holiday<br/>No Bowling</b> | Drama- Sydney Talent Company (TBC)                   |
| 10/07  | <b>School holiday No activity</b>                                   |                                      | Outing (SAID) - Brunswick Reserve<br>(photo session) |
| 17/07  | Move & Learn (Jackie)<br>Fun with Music (Luke) (tbc)                | Bowling 11:00-12:30pm                | Art & Crafts   |
| 24/07  | Taekwondo (Khon)<br>Music Therapy (Christine)                       |                                      | Social Art (SAID) – Workshop 3 (Vincent)             |
| 31/07  | Creative Arts (Ellen)<br>Zumba (Norma)                              |                                      | Zumba (Norma)<br>Karate (Esther)                     |
| <b>The above programs may be changed without prior notice due to unforeseen reasons.</b> |   |                                      |  |



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

### 聯繫方式

**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