



澳洲弱能兒童協康會

Chinese Parents Association- Children With Disabilities Inc.

CPA Newsletter 協康會會訊

2016 MAY TO JULY ISSUE 二零一六年五月 - 七月版

暖暖春暉 —— 慶祝母親節



MOTHER'S DAY

Upcoming events:

- Mother's Day Celebration
- "Mum to Mum" Evening program
- Day Trip to Canberra
- Behaviour Management Workshop
- Art excursion at Museum of Contemporary Art





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。

President's Message

Welcome to this issue of CPA Newsletter. I hope that you had a very relaxing New Year season, settling in for 2016.

On behalf of the Reaching for the Stars Concert on 13 March, I want to take this opportunity to thank all who helped make the Reaching for the Stars Concert a great success.

Generous funding from our major sponsors The Follow Your Dream Foundation – Australia, and Hurstville City Council enabled us to present this concert. So a big thank you for the significant contributions to our CPAKIDz, our parents, RSAC, Sydney Musicool Ensemble, all our teachers, the volunteers from front desk and other behind the scenes activities, and of course our sponsors, our two beautiful Masters of Ceremony, Miss Sandy Ho and Miss Angela Poon, and all the community supports. The concert had touched the heart of the audiences.

A new talent had been discovered from the CPAKIDz after the concert. Our dance teacher Elizabeth Ramsay has put in a great deal of efforts to keep the CPAKIDz trained up. It was surprised to see many had followed the routines very well. This achievement had become a new item added to the performance program for the community event. On 2 April CPAKIDz was invited to perform at the Eastwood night market, the dance had attracted and impressed many public audiences.

An international festival of contemporary art that held every two years - *the 20th Biennale of Sydney* focus on how the common distinction between the virtual and the philosophical. Both junior and youth groups visited the NSW Art Gallery for this event. Through the workshop we learned to make some creative artworks, it was great to see many parents also had a great time helping their children in the workshop. The day ended with a yummy take away lunch boxes at the park. Thank you Sylvia and Harry for delivering the lunches on time keeping everyone happy! It was an beautiful day!

During the April school holiday, we hosted a Nutrition talk presented by *Healthpointe*, the session introduced every day healthy eating. Thank you to our parents who helped in the kitchen preparing the afternoon tea with the healthy recipes.

Last event of April was an information session on Autism Behaviour management workshop by Jackie Chan who is a Special Education teacher from Aspect, Jackie has over 30 years experiences in this field. CPA was honoured to have Jackie's help, and her works at CPA are voluntary. The session was very detailed planned; parents had taken away many valuable tips from the session. Jackie will be hosting another session in Mandarin in May for our Junior group. This is a session not to be missed!

We had a very busy April; a great deal of our activity in the forthcoming months will be focused on socialisation, leisure, and health. Please keep our communication channel open. In the meantime, stay well and warm!

Miranda Chau



會長感言

歡迎大家閱讀今期協康會會訊。我想大家已歡渡了一個愉快的春節。

3月13日的“星光伴我行”音樂會演出，得到極大的成功，藉此機會，我代表協康會多謝所有協助“星光伴我行”音樂會的人士。這音樂會主要得到 Follow Your Dream Foundation-Australia 的慷慨撥款贊助，和好市圍市政局的支持，大幅度減免場租，並感謝 CPAKIDz、協康會的家長們、RSAC、悉尼小考拉酷樂團、所有老師、臺前幕後協助活動的義工們，當然還有贊助商們，兩位美麗的大會司儀 - Sandy Ho 何詩樺小姐和 Angela Poon 潘瑩小姐，及社區的所有支持，使整個音樂會令人感動和扣人心弦。

音樂會後，發現了 CPAKIDz 新的天份。他們經舞蹈老師 Elizabeth Ramsay 花了很多心血和努力去訓練，驚訝地看到很多成員均能循着規則指導，在舞蹈上有良好的表現。隨後舞蹈成為新項目，被加入 CPAKIDz 在社區活動裏的表演環節。4月2日 CPAKIDz 被邀請到 Eastwood 的夜市表演，其精彩舞蹈吸引了不少觀眾，並給他們留下深刻的印象。

第20屆悉尼雙年展，是每兩年便舉行一次的國際當代藝術節，主要集中在如何分辨藝術之模擬性和哲學性。協康會青年組和幼兒組曾在4月9日參觀新州的藝術館。透過工作坊，他們學習製造有創作性的手工。很高興看到很多父母們，協助他們的兒女，完成他們的創作，並享受這親子活動。最後，大家在公園裏享用美味的午餐飯盒，這當然要多謝 Sylvia 和 Harry 及時送來食物，使大家有一個愉快的時光。

4月份的學校假期，我們舉辦了一個營養講座，由 Healthpointe 講解介紹每日的健康飲食方法。還要多謝家長們在廚房裏幫忙，用上“健康食譜”為大家準備了下午茶點。

4月份最後的活動是一個資訊環節，有關自閉症兒童的行為處理工作坊。講者 Jackie Chan 是一位特殊教育老師，她在 Aspect 任教，在這圈子已有超過30年的經驗。協康會榮幸地得到 Jackie，以義務性質為協康會精心策劃，籌備這講座，使父母們對子女的教導，獲益良多。Jackie 將會於5月份為幼兒組舉辦另一個講座，用普通話講解。有意參加者，請勿錯失良機。

繁忙的4月過後，未來的幾個月我們有大量的活動集中在社交、休閒活動和健康主題上。請大家留意我們的網頁。在此祝君安好！

會長周潤梅

澳洲弱能兒童協康會

「星光伴我行」

幫助弱能人士

發展潛能, 充實生活



「星光伴我行」音樂會是澳洲弱能兒童協康會(簡稱協康會)經過一年來的籌備, 上下一心的合作所獲得的成果。這項大型活動在三月十三日下午二時三十分在好市圍市娛樂中心舉行, 觀眾共有八百多人, 全院滿座。這項活動是協康會首次與悉尼小考拉酷樂團 (Sydney Musicool Ensemble) 和 Recreation, Sports and Aquatic Club (RSAC) 一同合辦。

協康會很感謝 Mr Barry Palmer AM, The Follow Your Dream Foundation - Australia (夢想成真基金會)主席, 給予贊助經費; 與及好市圍市議會的鼎力支持。大會司儀是何詩樺小姐及潘瑩小姐。演出前, 由何沈慧霞博士, 劉娜心市議員和主要贊助機構「夢想成真基金會」代表連素珍太平紳士, 分別致詞, 表揚是次活動的目的和意義, 天生我才, 可以藉此活動, 有機會表達出來, 並增強社區人士對弱智人士的了解和共識。

出席嘉賓包括有: State MP David Coleman, Chris Minns, Brian Robson (Canterbury市長), Mrs Doug Eaton (Wyong市長夫人), Cr Philip Sansom, 澳華文化界傑出貢獻獎得主黃慶輝先生等。同時, 協康會對各贊助人及商界亦深表謝意, 感謝他們慷慨捐贈十五份名貴獎品,

作現場抽獎, 增添熱鬧氣氛。

協康會和RSAC兩機構的當日表演者, 都是有不同程度的智障人士, 來自不同的文化背景, 他們言語表達能力較弱和不善社交, 但演出時都融為一體, 相互支持和合作, 觀眾十分感動。悉尼小考拉酷樂團的樂手們, 年紀輕, 但演奏出色; 對弱能參與者, 悉心照顧與扶持, 配合他們的演出, 獲得觀眾無數的讚賞。演出項目有交響樂曲演奏, 唱歌, 舞蹈, 話劇和兒歌等。當天的表演和才藝, 正顯示弱能人士有能力的一面, 只要給予他們耐心的培育和鼓勵, 他們是有能力融入社會, 成為有貢獻的一份子。他們的表演令臺下觀眾擊節讚嘆, 熱烈拍掌鼓勵。

協康會會長周潤梅女士曾表示:「協康會培養和鼓勵年青弱能會員在音樂和舞蹈方面產生興趣, 幫助他們在成長中發展潛能, 使他們在將來能提昇生活質素, 與其他朋友建立友誼。他們都很期望有機會登臺表演, 這幫助他們在其他事情上增加自信, 讓他們的生命能夠活得更精彩充實。」協康會萬分感謝SallyXiao女士(悉尼小考拉酷樂團的團長), 在籌備此活動的時間上和過程中, 鼎力支持, 鼓勵和幫助, 使協康會家長們感到並不被孤立; 透過互相溝通, 了解和明白, 互相合作, 使這場表演獲得美好的成果。

協康會的工作包括每週六在Belmore社區中心舉辦的週末活動: 為十歲以下弱能兒童提供「早期干預課程活動」; 十歲以上的朋友可參與溜冰, 保齡球, 繪畫班, 唱歌, 舞蹈等活動。也有為支持家庭舉辦的母親小組, 父親小組和其他定期的家庭康樂活動和資訊講座。協康會也為個別家庭提供資訊服務和協調, 鼓勵支持義工參與社區服務。更重要的是這個團體不單只推動目前有弱能子女的家庭互相支持和鼓勵, 更為未來有需要的家庭提供一個重要的社區資源。聯絡或捐助協康會請電

Lilian 0406 233 222.





如果你錯過了陽光的燦爛，
不要沮喪。
因為還會有星光，
在你身邊陪伴。

或許是上天的殘忍，
他們自來到人間的那一刻，
便帶著深深的遺憾。
木訥和憂郁，
寫滿他們幼稚的臉。

但或許也是上天的眷顧，
有了你們，
他們不再孤單。
今天，讓我們用音樂，用舞蹈，
用快樂...
給他們展現的舞台，
用點點星光，
照亮他們的心田。

聽，童稚的聲音，
隨著音樂的流淌在幸福的婉轉。
看，那些並不完美的舞姿，
詮釋著生活的絢爛。

沒有翻不過的山，
沒有越不過的坎。

你們一份小小的愛心，
會給予他們無限的溫暖。

星光伴我行音樂會，
有你，有我，有我們大家，
為他們譜出新的樂篇。
他們是折翼的天使，
也會有幸福的童年。

讓我們盡一份綿薄之力，
讓他們感受到世間的真愛！

By Jane



協康會對各贊助人士及商界亦深表謝意。感謝他慷慨捐贈出十五份獎品，作現場抽獎，增添熱鬧氣氛。贊助人士如下：

- 2CR China Radio Network
- Natonic 佳風禮品世界
- Australian Beckham Trade
- Taronga Zoo
- Scenic World Blue Mountains
- uSmile Dental
- New Land magazine, outdoor
- Omen outdoor furniture



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'The Follow Your Dream Foundation'



With Dr Helen Sham-Ho and Nancy Liu
Councillor of Hurstville City




Miss Sandy Ho & Miss Angela Poon
Masters of Ceremony

Voices from the Concert – “Reaching for the Stars”

「星光伴我行」爱的呼唤！





星光伴我行-支持弱能兒童音樂會在3月13日成功舉辦。很榮幸被邀請觀看這場特殊的演出。台上的兒童們認真用力的表演，以及小考拉樂團的精彩演奏，讓我感動。西人的節目創新，華人小朋友的節目演得用心。一首“明天會更好”和“You raise me up”掀起演出的高潮。小考拉樂團的“茉莉花”合奏更突出了中華文化的精彩。讓我不禁感到擁有健康的幸福。[愛心]讓我們連起手來把愛繼續傳播，為弱能兒童支撐出一片藍天 [愛心]

很榮幸的觀賞了今天這場特別而又有意義的音樂會，從孩子們的精彩表演和歡躍的歌舞聲中，深深體會到孩子們的背後， 繁繁有多少辛勤的園丁，默默用愛，哺育著特殊兒童的成長，以及這場活動台前幕後的義工們的心血付出，真不容易啊，整場演出讓我感動，讓我熱淚盈眶，為你們而驕傲，為你們而喝彩，祝賀特殊兒童音樂會取得圓滿成功！你們的善舉，真的很值得我學習，你們太棒了！

今天的演出非常成功！我是流著淚把全場表演看完。這絕非一場普通的音樂表演，每一個節目都充滿著靈魂的喚呼，真愛的奉獻，絲絲入扣，動人心弦！看著這群弱能兒童，深深感到很多人其實已是如此的幸運，我們應盡已有綿力，去為這群折翼天使做更多有意義的事情！讓這世界每一個人都可感受到愛的存在！

謹以韋唯的《愛的奉獻》這首歌，獻給為今天特殊兒童音樂會奉獻的台前幕後各位朋友和小伙伴們！

是啊，但是看完第一個舞蹈節目，我就眼睛濕漉漉的啦！感慨萬分啊！

看到群裡熱熱鬧鬧的善舉，讓我好感動，深深感受到《特殊兒童音樂會》充滿和諧充滿愛！   

今天演出很成功，很多觀眾都熱淚盈眶，場內氣氛非常好，台上台下也配合默契！

今天的表演太成功了，這是心的喚呼，這是愛的力量……



CNY 2016 DRAGON BOAT RACE

CPA CPA WINNER OF THE DAY!

Sarah Li

On the cold Sunday morning of the 21st of February, the CPA Dragon Boat Racing Team gathered at Cockle Bay Darling Harbour. We were nervous, we were excited. We had invested more than a month of labour intensive training – ten sessions that either ran early on Saturday mornings or Monday afternoons. The first few trainings session were difficult – after some trouble organizing everyone into suitable pairs and getting onto the boat, the team had a lot of difficulty paddling in time to ensure the smoothest travel. Furthermore, our coach, Anthony, had set us a final goal of 75 strokes per minute, which frankly, at the time, seemed near impossible.



However, with the help of the CPA volunteers, we persevered – working hard to perfect our technique and stamina. With such encouraging progress came increased motivation and drive, and the team continuously improved. The members exuded perseverance and our rowing times diminished. Although we wouldn't be able to walk the next day, we could easily hit 50 strokes at a 75RPM speed.

By the final day of the race, we knew that it didn't matter how we placed - we had broken past our personal limitations. However, this changed when we placed in the finals, with a heat time of 1:04.38. We were determined to finish the journey off with a bang, and in the final we ended up with a time of 1:02.19

http://www.dbnsw.org.au/images/documents/entries_results/2015-16/CNY_ResultsSheets_Corp_21Feb2016.pdf

Although it wasn't under a minute like we had hoped, the time broke CPA personal best records over the three years of participation, and our team members couldn't be prouder with ourselves.

This experience offered a great life lesson to me. Not only did I succeed in overcoming mental and physical challenges, I learnt the importance of teamwork and supporting one another. I'd like to congratulate all the members of the rowing team, and to thank CPA for the wonderful opportunity.

NSW Art Gallery Visit - 20th Biennale of Sydney

by Andrew Li

On Saturday 9th April, CPA went to visit the NSW Art Gallery near Domain on a sunny morning. It was such a lovely day that lots of people from CPA decided to visit the Art Gallery. Quite a few of us were already waiting outside the gallery at about 10:15am.

After everyone had arrived, each one of us got put into different groups with different tour guides. Each group saw different sculptures displayed inside the gallery. As we went on looking at the artworks, we also learned to make our own artworks out of different coloured materials. When we had finished our artworks, we had a group photo. It was time to leave and had lunch together.

It was such a wonderful time that we all hoped to come again.



媽媽休閒站

「媽媽休閒站」負責人之一亞萍，安排協康會的母親們在12/2/16在Merrylands RSL Club吃自助午餐，並慶祝新年。是日活動，共有十一位母親參加。財神爺在餐廳入口處歡迎我們，並送贈各人幸運曲奇餅。餐廳提供的食物多元化，使人目不暇給，垂涎欲滴。比較特別的食物包括有芝麻湯丸、鹵水鴨和油炸鬼.....等等。母親們互相拜年，並閒話家常。臨別時，亞萍還送贈自製的精美福祿壽曲奇餅給各母親。大家都期望下次的活動，指日可待。

By Maria Lee



Youth Week Celebration at Belmore

Youth Week Celebration Workshop

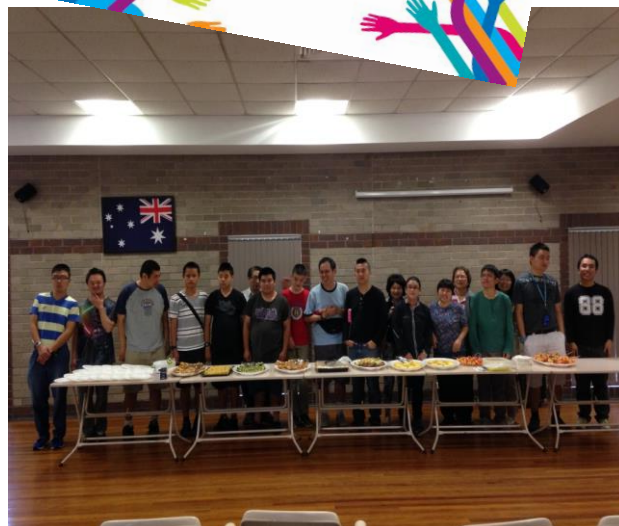
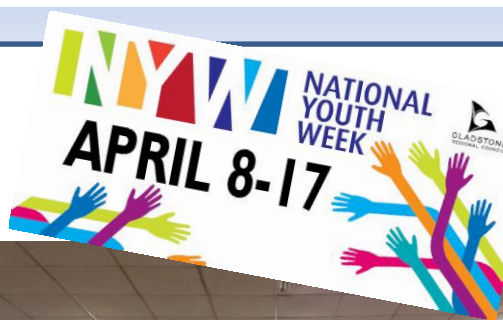
On Saturday April 16, CPA celebrated Youth Week by having a Health Promotion and Nutritious Diet Workshop. Ms. Lee Liu Boon (Registered Nurse) and Ms. Shinyhi Teh (Dietitian) were invited to be the instructors. About 20 youth attended the workshop.

At the start, the youth group was divided into groups of 5. Each group was given some quiz with beautiful pictures of different kinds of food when they go out to eat with their friends or eating at home. They were asked to choose which food on each worksheet was healthier and to give the reasons. When they finished, Shinyhi displayed the quiz on the screen using Power Point and gave them the correct answers. Each person with the most correct answers was awarded with a pack of chips.

After that, the youth had a cloth-folding competition. Miranda demonstrated a few times how to fold a green T-shirt in a proper way. Not everyone knew how to fold the T-shirt properly. At last, Andrew won because he folded the T-shirt perfectly. Everyone received a prize at the end.

While the youth were having activities, parents were busy at the kitchen preparing healthy food. They followed recipes provided by the instructors before-hand. The food included cucumber tuna bites, rainbow fruit skewers, colourful vegetarian pizza toast and fruity infused water. They were all healthy.

By Maria Lee



Dad to Dad Activities

by William Wu

The average dad spends just 56 minutes a day with their son, research shows. With work pressures and financial woes mounting, half of modern dads believe it is difficult to build a stronger father-and-son bond. One in three dads said the pressures of work are greater than ever, and 44 per cent said they were too exhausted from working to spend quality time with their son. (Daily Mail Reporter, 2012)

Most of the CPA dads are busy with their work during weekdays, however, we would still squeeze the time out to play with our children at weekends. Every Saturday morning, our children usually play ten-pin bowling at North Strathfield.

On 02/04/2016, some of our dads came to join in the bowling game with our children.

Mr Chen teamed up with his two daughters, Jan and Katie, and Mr Cao partnered with Leon. While Mr Yung joined up with Jackson, I played with Victor in another team.

The attached photos clearly demonstrated that Dads enjoyed very much the time they shared with their children. Tenpin Bowling is a good father-child bonding activity.



Actually, we all know about the importance of fathers spending time with their children. The relationship a child has with his father greatly shapes the person he will become in future.

In addition, these bonding activities would be very beneficial in reducing the number of outbreaks of challenging behaviour. To avoid our kids behaving in challenging manner, such as self-talking, unceasingly playing Mobile phone, tablets or games, dads can try to occupy our children busy by playing with or talking to them whenever dads' time is available.



The photo showed dads and children playing basketball and soccer on a Saturday during lunch time

Managing Challenging Behaviour in Children With Autism

ABC



CPA would like to send her most gratitude to Ms Jackie Chan, an experienced teacher from Autism Spectrum Australia, for being the speaker of the Parents' Workshop at Revesby Workers Club on Saturday 23 April 2016. It was on the topic of "Challenging Behaviour Management". Jackie had given an interesting, crisp and empathetic presentation, backed by visual aids, graphics and anecdotes. She presented to the parent audience very useful resources and information, engaging the audience and holding their captive. Parents were enjoying the talk, and returned with very positive response/feedback. The suggestions Jackie offered in 'challenging behaviour management' were practical, easy to understand and follow.

Jackie had suggested the "ABC approach" in working on the child's difficult/challenging behaviour. She had shown the audience some practical examples on video, and provided some pragmatic approaches/answers on making the changes:

Studies in Britain and the US indicate that 10-15% of people with an intellectual disability showing challenging behaviour, and most researchers indicate that challenging behaviour is more common among adolescents and young adults, among males, is associated with autism (Borge Holden, Jens Petter Gitlesen 2005). In reality, all children can behave in ways that parents find difficult or challenging to manage. But children with autism spectrum disorder (ASD) are more likely to display so. This often causes parents and the family the most stress and worries.

- Organise predictable routines for the child, may use visual aids such as pictures,
- Prepare the child for changing routine
- Set up gradual introduction to environments that might be overstimulating,
- Communicate clearly with your child, one thing at a time;
- Teach your child how to ask for things he/she wants or needs ,e.g "help",
- Plan for situation you know might be difficult. For example, don't do new things when your child is tired.
- And most important: Parents have to stay CALM.
(Challenging behaviour in children with ASD/Raising Children Network)

In the workshop, Jackie stated that "all children are different, there is no single answer to any of the difficulties or problem parents may face", and "there are often complex reasons behind a child's behaviour." Children behave in a difficult manner because they might:

- Attention seeking
- Frustration, routine broken, tired or stress
- Escape from demands
- Lacking of understanding
- Sensory stimulation
- Loss of control



It had been a very joyful afternoon. Thanks again to Jackie who had put in a lot of effort in this workshop. The parents acknowledged that the talk was beneficial to them and they had taken with them a lot of useful materials/resource in helping their child and themselves.

社區道路教導計劃報告



四月十四日早上，天色昏暗，還下了一陣雨。真教人擔心，因為不希望預定了多時的“社區道路教導計劃 (Community And Road Education Scheme)”會因天氣而取消。這個活動是在學校假期內才舉行，一年祇得三次。每次活動場地都祇是為協康會的兒童開放，主辦單位並專程派出二位交通警司主持，真是非常難得的。

幸好，天公有眼，沒多久天氣便放晴了。陰天沒有太多陽光，但孩子們也不用在戶外活動時給陽光暴曬。

十時許，警司Amanda和她的助手已在中心等候，開門迎接我們。她給孩子們貼上“駕駛執照”，配上適合的頭盔，和配合身型腳長的自行車。孩子們列隊等候聆聽講解交通規則，燈號及路牌，好使駕駛車輛時確保安全。隨後孩子們都急不及待的開車出發了！

今次活動，發覺孩子們信心大增，駕自行車技術猛進。上次活動時，很多媽媽都要從後推車，協助孩子前進，很是勞碌。今次孩子們大都能自行踩動腳踏前行，不用媽媽扶持，還可以讓媽媽站在後座，乘載遨遊場地，媽媽們都驚喜不已，看到孩子們的進步，真的非常開心。

其中也有小插曲：一位孩子不肯戴上頭盔而被不准踏自行車。他因而淘號大哭，媽媽希望二位警司能網開一面，通融一下，讓孩子試不用戴頭盔踏自行車一趟。Amanda說為了安全，孩子一定要學識遵守交通規則。在Amanda和媽媽們耐心引導下，目睹其他小朋友都戴上頭盔，享受騎自行車的樂趣，最終孩子停止哭泣，接受指導，願意配戴頭盔，騎上自行車，歡天喜地，揚長騎車去了。在場各人都鬆了一口氣。孩子的媽媽更是歡喜，孩兒聽教又可以學習新玩兒，這是最滿意的成果啊！

參與這些戶外活動，除了給孩子們提供假期節目，亦是給予他們另類的學習環境。在其他同伴的薰陶下，他們認識一定要遵守遊戲規則，要聆聽別人教導，才能參與羣體活動。通常在此情況下，他們大多都較容易接納別人的指引，比較聽話，容易得益和受惠。家長們也應好好把握參與這些活動的機會。這也是協康會舉辦這些活動的目的和宗旨。



Community And Road Education Scheme

Regular Weekend Activities

Junior Group 兒童組



Rhythm & Motion & Dancing 唱遊活動/舞蹈

Instructor 導師:

Dancing: Elizabeth

Music therapy: Christine

Time 時間: Saturdays 星期六, 3:00pm — 5:00 pm

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



Fun to Learn! Independent Living Skills!

Time 時間: 逢星期六 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

Youth Group 青年組



Art Programs

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

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



Music & Dance Lessons

Time 時間: Saturdays 星期六, 2:30pm- 3:30pm

Venue 地點: Belmore Senior Citizens Centre
38-40 Redman Pde, Belmore



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: Saturdays 星期六, 10am 開始

Venue 地點: 3 - 5 George St, North Strathfield

UP COMING ACTIVITIES



01/05/2016 Mother's Day Celebration at Ken Rosewall Tennis Centre, Peakurst



15/05/2016 Health talk and Dance leisure class At Padstow RSL Club



19/05/2016 "Mum to Mum" Yoga evening class & Berala Community Centre

22/05/2016 Canberra Family Day Trip (TBC)



11/06/2016 Parents workshop on ID & Behaviour Management

03/07/2016 Art Workshop at Museum of Contemporary Art

25/07/2016 to 07/08/2016 Art Exhibition at Kogarah Library

Photo Gallery



Chinese New Year Launch at the Star with Lord Mayor Clover Moore



Junior Group perform at Reaching for the Stars



CPAKIDz Performance at Chinese New Year Chinatown



Rehearsal for Reaching for the Stars Concert



Junior Group in action at Reaching for the Stars



Second place at CNY 2016 festival event – Dragon Boat Race



Dragon boat race in action, our bright colour uniforms stood out in the crowd



Media launch for the 10th Anniversary of Lions of the Waratah, CPA was selected as a charity recipient



Promoting Reaching for the Stars with Pearl Lin at 2ac radio



Rehearsal for Reaching for the Stars



CPAKIDz at Reaching for the Stars



CPAKIDz at Reaching for the Stars

Photo Gallery



CPAKIDz at Eastwood night market performance



CPAKIDz at Eastwood night market performance



NSW Art Gallery Visit



Computer skills Class



NSW Art Gallery Visit



NSW Art Gallery Visit & picnic lunch



Youth Week Skill Test



Healthy Eating workshop



Healthy Eating workshop, mums prepared the healthy foods



Celebration of Youth Week



Junior Group at Craft class



Autism Behaviour Management workshop

NSW set to gain with the NDIS



Today National Disability Services and Every Australian Counts have released a paper showing the potential scale of the economic benefits the NDIS will bring to NSW. New economic modelling forecasts the impact the NDIS will have on NSW Gross State Product when fully implemented and details the potential for increased labour force participation of people with disability and their carers.

In NSW the NDIS will:

- Support between 7,800 and 12,400 people with disability to find work
- Support approximately 10,700 carers to return to the workforce
- Create an employment boom in NSW with 37,400-46,400 jobs created as a consequence
- Create approximately 25,000 jobs in the NSW disability service sector
- Add up to \$7.3B annually to NSW's Gross State Product

Read the article on the report from today's Sydney Morning Herald - [NDIS will pay for itself: new analysis forecasts huge jobs growth](#)

The report uses ABS data on numbers of people with disability who would like to work but because of various restrictions have been unable to. With the NDIS, this is changed as more support becomes available to more people with disability. The report also uses data of carers who desire to return to the workforce but cannot now because of their caring responsibility. The modelling is based on an ABS survey of over 75,000 people with disability and their carers. At about one 300th of the Australian population, this makes it the largest sample survey conducted by the ABS.

Manager of State Operations for National Disability Services, Tony Pooley welcomed the new report: "There are people with disability across Australia eager to work. There are carers who cannot wait for the chance to get back into the workforce. Economic modelling gives voice to their eagerness. What this report tells us is that the NDIS can't come soon enough. Soon enough for people to find work and soon enough for huge economic benefit to be seen in NSW."

Mr Pooley continued: "The NSW Government has been a leader in regard to the NDIS and in investing in a strong disability service sector. Their investment in the NDIS will be rewarded through these terrific gains."



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

"Mum to Mum" Yoga Class 媽媽休閒站 - 瑜珈班



@ Berala Community Centre

Thursday 19 May 2016

6pm – 7:30pm

Class at 地點: Berala Community Centre
Crn Woodburn Road & Tilba Street, Berala
(7min walk from Berala train station)
Parking available on site

Class time 時間: 6pm to 7:30pm

What to bring 帶些什麼: Water, Yoga Mat, comfortable clothes
水, 墊子, 穿舒適的衣服

Dinner at 晚餐在: After class dinner at Dooley Catholic Club
8 Dragon 八龍 Chinese Restaurant,
24 John Street, Lidcombe
(5 min walk from Lidcombe station)

Fee 費用: Members 會員 - \$15
Non-member 非會員 - \$20
Mothers and grandmothers only 報名僅限於媽媽和祖母們

Booking is essential

報名聯絡 Contact Lilian 9784 8120 Tues & Thurs 10am-3pm or 0406 233 222

活動聯絡 Event contact: Miranda 0412 536 633

Birthday Boys and Girls

May

Carmen Martin
Emily Cheng
Eric Luu
James Martin
Julian Lesnie
Ka Chun Tse
Minna Liang
Samuel Poon
Victor Li
Wilson Trang

June

Jan Su
Laureen Poon
Laurence Ye
Leon Cao
Michael Lee
Queenie Tung
Robbie Leong

July

Alan Ngo
Jackson Yung
Joanne Pang
Mathew Lau
Matthew Sin



Acknowledgement

Donors (\$100 & above)

Strathfield Sports Club
 Annie Kwan
 Betty Pang
 Cathy Qiao
 Dianne Xu
 Helen Huang
 Hoa Tran (華藝粵軒曲藝社陳樺)
 Jin Jian Liu
 May Wu
 Monica Chu
 Nathalie Chen
 Pauline Siu
 Rosita Ang
 Sita Leung
 Tianze Yu
 Xue Ao Xiao
 Yannis Chong

Volunteers & Supporters

The Follow Your Dream Foundation – Australia
 Recreation Sports & Aquatics Club (RSAC)
 Sydney Musicool Ensemble
 Albert Suen
 Alex Ma
 Angela Poon
 Anna Yew
 Bruce Poon
 Chun Wing Fan
 Clara Lau
 Crystal Mak
 Darby Mu
 Derek Lau
 Eleanore Vuong
 Harry Tinyow
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 Nathan Tang
 Paul Yau
 Rikkie Wei
 Sally Xiao
 Sandy Ho
 Sarah Li
 Shanon Lee
 Steven 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 p.a.
 (From 1 July –30 June)**

名字 Name: _____
 Name: _____

姓氏 Family

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

May - July 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	
May					
07 May	Fun to Learn 3:00pm Rhythm & Music 4:00pm Behaviour Management Workshop 4:00pm	Jackie C Christine M Jackie C	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:30pm	David L
14 May	Dancing fun Rhythm & Music	Elizabeth R Christine M		Music lesson 2:30-4:30pm	Catherine P
21 May	Rhythm & Music	Christine M		Dance Class 2:30-4:30pm Birthday party 4:30pm (All)	Elizabeth R
28 May	Dancing fun Rhythm & Music	Elizabeth R Christine M		Art Class 2:30 – 4:30pm	Irene M
June					
4 June	Fun to learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:30pm	David L
11 Jun	Dancing fun Rhythm & Music	Elizabeth R Christine M		Music lesson 2:30-4:30pm Behaviour Management Workshop 3pm-5pm	Catherine P Joyce Man
18 Jun	Rhythm & Music	Christine M		Art Class 2:30-4:30pm Birthday party 4:30pm (All)	Nick B
25 Jun	Fun to learn Rhythm & Music	Melissa C Christine M		Art Class 2:30-4:30pm	Irene M
July					
2 Jul	Outdoor activity (TBC)		NO ACTIVITIES at Belmore, centre use for Election		
3 Jul (Sun)	Art Workshop at Museum of Contemporary Art, 140 George Street, The Rocks, 10am				
9 Jul	SCHOOL HOLIDAY NO ACTIVITIES		Ice-Skating* 8:45-9:45am	SCHOOL HOLIDAY NO ACTIVITIES	
16 Jul	SCHOOL HOLIDAY NO ACTIVITIES		NO Bowling	SCHOOL HOLIDAY NO ACTIVITIES	
23 Jul	Fun to Learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am	Dance lesson 2:30-4:30pm Birthday Party 4:30pm (All)	Elizabeth R
30 Jul	Dancing fun Rhythm & Music	Elizabeth R Christine M	Bowling 10:15-12:00pm	Art Class 2:30-4:30pm	Nick B
The above programs may be changed without prior notice due to unforeseen reasons.					

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore

* Ice skating in the school holiday is not funded by CPA