



Happy Mother's Day!

COMING UP:

04 MAY 2024



MOTHER'S DAY & VOLUNTEER WEEK CELEBRATION

慶祝母親節及義工週午餐

13 JULY 2024

CHRISTMAS IN JULY GATHERING

「聖誕在七月」慶祝聚會

14 SEPT 2024

FATHER'S DAY & MID-AUTUMN FESTIVAL CELEBRATION

慶祝父親節及中秋佳節聚餐

28-30 SEPT 2024

CANBERRA & PERISHER VALLEY FAMILY TRIP

堪培拉 & 雪山之遊

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

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ARTICLE
CONTRIBUTION
歡迎來稿

CPA NEWSLETTER IS OUR
QUARTERLY PUBLICATION. WE SHARE
COMMUNITY NEWS WITH OUR
MEMBERS AND OTHER COMMUNITY
ORGANISATIONS. WE WELCOME
YOUR CONTRIBUTIONS OF ARTICLES.
歡迎會員朋友來稿, 在「會訊」發表, 使能
與其他會員朋友分享, 響應本會的「互助友
愛」的宗旨。

OUR MISSION
我們的使命

To provide a range of
services and support to
people with disabilities, as
well as to promote a caring
community for the optimal
growth of people with
disabilities.

致力為弱能人士提供一系列
服務, 尤其是華裔人士, 使
他們能夠得到適當的照顧,
及推廣一個對弱能人士關懷
備至的社會。

OUR BELIEF
我們的信念

That people with
disabilities irrespective of
colour, race or creed
should be treated equally
and to enjoy a rich and
meaningful life as far as
possible.

弱能人士, 無論是何種膚
色, 種族或信仰, 皆應獲得平
等對待及享受豐盛而有意義
的人生。



PRESIDENT MESSAGE 會長感言

Dear CPA families,

I am delighted to welcome you to the late Autumn edition of CPA news. Hope you had a good autumn and are looking forward to winter.

We had a busy start of the year with several activities planned, from January we started the year with a fun Dressup party, Lunar new year celebration lunch, family camp at The Tops and family picnic at the Kokoda Track in April. It was great to see many of our CPA families and new members joined our social events, seeing everyone enjoyed a good time and the joy from our children makes it all worth it! This is the primary goal of CPA, to promote social activities, provides opportunities for practice, varied learning, enhancing communication and sensory integration in a real-life setting. Please keep an eye on the CPA chat group, as more events are coming.

Our snowy trip is returning in September due to popular demand. In less than three hours, we filled one 53-seater coach. To avoid disappointment, we have extended the capacity to one more coach, if you haven't registered yet, I encourage to

book now, as we only have a small number of seats left, come along to experience the difference with us!

Some community events to share. Every year we were delighted to be invited by the NSW Multicultural to attend the Lunar New Year launch. Sylvia and I attended the event, it was a good opportunity to form connection, partnership with the community and promote our work at CPA, potentially it will lead to funding opportunities and other supports for CPA. In March, Sylvia and I were invited by the Lions Club of Sydney Waratah for the celebration of the International Women's Day. Ivy and I also joined their 'Stride For Diabetes' awareness walk in April.

Our committees are constantly working for improvements for our programs and events. If you have any suggestion or idea, we would love to hear from you, drop by for a chat with us on Saturday afternoon.

Miranda Chau



PRESIDENT MESSAGE 會長感言



親愛的協康會會員和家人，

歡迎您們閱覽遲來的協康會秋季會訊。希望您們歡渡了一個美好的秋天，也期待即將來臨的冬天。

年初至今，協康會活動緊湊，從一月份開始，已展開了幾項活動，包括化妝舞會、慶祝農曆新年自助午餐、The Tops 家庭營以及四月份在 Kokoda Track 舉行的復活節家庭野餐。很高興看到許多的協康會家庭成員和新會員加入我們的各項活動，各人都渡過了愉快的時光，看到孩子們的快樂參與，讓這一切都成為值得的！促進社交技能和聯誼、提供實踐和多樣化學習的機會、增強生活中的溝通和感官處理及協調，是協康會的首要目標。協康會即將推出更多活動，請留意我們在媒體群組的通訊。

由於雪山之旅非常受歡迎，我們將於九月再次舉辦這活動。這個活動通告發出後不到三小時，報名人數已經滿了一輛 53 座位的旅遊巴士。為了避免失望，我們多訂了一輛巴士，

如果您還沒有報名，我建議您盡快行動，因為我們只剩下少量座位，希望您們一齊來體驗不一樣的雪山之旅！

在此也分享一些社區活動回饋。每年我們都很榮幸收到新南威爾斯多元文化協會的邀請參加農曆新年活動啟動儀式。今年我和 Sylvia 參與了這次活動，這是一個與社區建立聯繫、建立夥伴關係並推廣本會工作的好機會，也增加為本會帶來資助機會和其他支持的可能性。在三月，我和 Sylvia 應悉尼女獅會的邀請參加了國際婦女節慶祝活動。而 Ivy 和我亦參加了四月的「Stride For Diabetes」糖尿病意識醒覺步行活動。

我們的委員會正不斷地在活動和籌劃方面努力改進。如果您有任何建議或想法，我們很樂意聽取您的意見，歡迎您在周六活動時與我們詳談。

周潤梅



JUNIOR GROUP PROGRAM

小組節目

音樂治療 Music Therapy

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

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

跆拳道 Taekwondo

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

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

唱遊活動 Fun with Music

Time 時間: Saturdays 星期六下午 3:00pm – 4:30 pm

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

森巴舞 Zumba

Time 時間: Saturdays 星期六下午 2:30pm – 4:00 pm

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

有趣烹飪 Fun with Cooking – Independent Living Skills!

Time 時間: Saturdays 星期六下午 3:00pm – 4:30 pm

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

Community Participation Activities

Time 時間: Saturdays 星期六下午 2:00pm – 4:00pm or School Holidays

YOUTH GROUP PROGRAM

大組節目

音樂治療 Music Therapy

Time 時間: Saturdays 星期六下午 2:30pm – 4:00pm

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

跆拳道 Taekwondo

Time 時間: Saturdays 星期六下午 2:30pm – 4:00pm

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

椅子瑜伽 & 普拉提 Chair Yoga & Pilates

Time 時間: Saturdays 星期六下午 2:30pm – 4:00pm

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

戲劇課 Drama Class

Time 時間: Saturdays 星期六下午 2:30pm – 4:00pm

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

保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10:30am 開始

Venue地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe,
(Parking at rooftop)空中運動班 Aerial Circus

Time 時間: Fridays 星期五, 下午 4:30pm 至 5:30pm

Venue地點: Aerialize, 7-9 Close Street, Canterbury

COMMUNITY ACTIVITIES
社區活動

Sleepless Tonight 2024 Australian Chinese New Year Gala 10 Feb 2024

CPA members were invited to the 2024 Australian Chinese New Year Gala at the Star City and more than 30 members received the donated tickets by the organizer Swan Culture and Media and attended the concert on the night. \$10,000 was raised for CPA from auction of the painting by Alice Gu at the Gala.



Tenpin Bowling at Tenpin City Lidcombe on 10 Feb 2024

CPA members were presented with Red Packet by our President Ms Miranda Chau on the Chinese New Year Day bringing blessings and good luck to all. Thank you Miranda for your kindness and generosity!

COMMUNITY ACTIVITIES
社區活動CPA Chinese New Year Celebration Lunch at Ashfield RSL Club
17/02/2024

We were delighted to have the presence of Ms Alice Gu and Wendy Mao at our CNY Celebration Lunch on 17/02 and presented the auction-raised \$10,000 to CPA on the day. We would like to thank Alice and Wendy for their continuous support to our services and programs.



OUR STORIES 我們的故事

ADE'S WOMEN IN STEM (SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS)

Little have we known women have played a critical role in Science, Technology, Engineering, and Mathematics (STEM) and helped to address the female disparities that always exist in these fields.

On the International Day of Women and Girls in Science the 11th of February, female's roles and achievements in the science-related disciplines were commemorated. Miranda Chau, CPA's President and one of the four remarkable female team members from ADE Consulting Group, shared her unique journeys in the field and also as a volunteer serving the wider community and how these experiences contribute to both the STEM discipline and volunteerism.

Here is a snapshot of Miranda's inspiring words:

"Science is important in our daily life. There are so many aspects of life that are impacted and defined by scientific knowledge. This was one of the reasons that drove me to pursue a career in STEM. I've never looked at a career in STEM as a gendered job."

"Everyone has the opportunity to reach their full potential. If you are passionate about learning and working in the STEM field, do not let gender stereotypes prevent you from doing anything you are passionate about. You should first decide what you want, understand how you want to progress in your career, and then find a company that helps you do it."

For more details on Miranda and her fellow team members' inspiring stories and achievements you can access the full article through this link:

<https://ade.group/spotlight-women-in-stem/>



OUR STORIES 我們的故事

2023 CANTERBURY BANKSTOWN CLUBGRANTS - THE ESP PROJECT JUNIOR GROUP

12 members attended this Bricks4Kids Party. This was a great experience where children explored through sense of touch, smell, sight, movement, hearing and even taste (pizza 🍕), through interaction with materials, the environment and their friends and in turn led to a greater sense of self and emotions validation.





2 great days together with friends at Bricks4Kids! Love! Love! by @bricks4kids



Kids Pottery Workshop
3 February 2024
1pm-2:30pm




Twelve eager potters

Emotional Support Program (ESP) through Music/Art/Play Therapies
- for CALD young children with ASD

KIDS CIRCUS & AERIAL WORKSHOP @ AERIALIZE
Saturday
27 April 2024 9:00am - 10am




Thanks to the 2023 Canterbury Bankstown ClubGRANTS, the Emotional Support Program (ESP) through Music/Art/Play Therapies offered to the Junior Group was successfully delivered throughout the period from last September to April 2024.

The ESP project enabled our target group with ASD to participate in a variety of activities which were designed to address their social and emotional needs. They were happy to explore music, arts, dance and simple cooking which provided ample learning opportunities and experiences within a developmentally and culturally appropriate and accessible environment. The community-based activities provided social enjoyment and improved community participation, which were important to enhance their emotional regulation and social competency.

OUR STORIES 我們的故事

FAMILY CAMP AT THE TOPS 22-24 MARCH 2024



28 families of CPA attended the 3-day Family Camp at the Tops. Members participated in a variety of activities such as Archery, Car Racing, Climbing Tower and Speed Stacks plus disco (on the first night). We could tell the camp was greatly enjoyed as we received a lot of positive feedback from the participating families.



EASTER FAMILY PICNIC AT KOKODA TRACK MEMORIAL WALKWAY, CONCORD WEST 06 APRIL 2024

A day blessed with unexpected sunshine and dry weather for our members to explore the walkway and the history of the Kokoda Track battle in Papua New Guinea during the 2nd World War.



SWEET MEMORIES 甜蜜的回憶

EXPRESSIVE ART (DRAMA)



CHAIR YOGA/PILATE/DANCE



MUSIC THERAPY



YOUTH
GROUP
WEEKEND
PROGRAMS

SWEET MEMORIES 甜蜜的回憶



MUSIC THERAPY



FUN WITH MUSIC

JUNIOR GROUP WEEKEND PROGRAMS



EXPRESSIVE ART THERAPY



TAEKWONDO

BIRTHDAY BOYS & GIRLS
生日**HAPPY BIRTHDAY****May**

ALAN WALLACE
CARMEN MARTIN
DENNIS OU
JAMES MARTIN
JULIAN LESNIE
KA CHUN TSE
KAREN LEUNG
LAUREEN POON
MADELEINE CH'NG
NICK WANG
PATRICK CHOW
SAMUEL POON
VICTOR LI
WILSON TRANG

June

ALORIA ZHANG
COLIN SU
DARREN MA
FELIX WONG
GORDON DING
LEON CAO
MICHAEL LEE
PATON SU
QUEENIE TUNG
ROBBIE LEONG
SUNNY LUM
YASMIN CHEUK

July

ANDERSON YANG
BENJAMIN MO
HANLIN TAN
JACKSON YUNG
JERRY CHEN
JOANNE PANG
JOHNNY LI
LINTOM LIN
MATTHEW SIN
SHOKO YAMAGUCHI
STANLEY AU





ACKNOWLEDGEMENT
致謝

DONORS

DONATIONS \$100 OR ABOVE

ALICE IN WENDYLAND CHARITY LTD
AUSTRALIAN ONLINE GIVING
FOUNDATION
BEE LEONG AILEEN PANG
ELENA LAU
MIRANDA CHAU
YING KAI CHUANG

DONATIONS IN KIND

ALICE GU & WENDY MAO
AUSTRALASIAN ART & STAGEWORKS INC
JESSICA MU





ACKNOWLEDGEMENT
致謝

VOLUNTEERS

Thank you

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

How can you help ? 請給我們支持
Postal Address 郵址 : PO Box 345 Campsie, NSW

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

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

本人願意參加為貴會 I would like to become:

- 會員 Member
- 附屬會員 Affiliated member
- 義工 Volunteer

名字 Name: _____

姓氏 Family Name: _____

地址 Address: _____

Suburb: _____ Post Code: _____

電話 Tel: _____

電郵 Email: _____

請將支票抬頭 Please make cheque payable to:

" Chinese Parents Association-Children with Disabilities Inc"

DGR # 900 487 253. 亦可直接存款于以下帳戶 Payment could also be made by direct deposit to the Association's bank:

A/C: BSB 082080, Account No. 86 208 5669 or by PayPal via www.chineseparents.org.au

PROGRAM TIMETABLE 活動時間表

MAY-JULY 2024 週末活動時間表

Activity Venues

- ☑ Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- ☑ Saturday afternoon at Belmore Senior Citizens Centre 38 Redman Parade Belmore / Ashbury Senior Citizens Centre 66 Princess Street Canterbury
- ☑ Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury
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WEEKEND PROGRAM

	Junior Group 幼兒組	Youth Group 青年組	
	Afternoon 3:00pm to 4:30pm	Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
MAY			
04/05	Mother's Day Lunch at Central Park Chinese Restaurant, Thornleigh 慶祝母親節及義工週午餐**		
11/05	Music Therapy 音樂治療	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
18/05	Creative Art & Craft 創意手工藝	Tenpin Bowling	Creative Art 創意藝術
25/05	Fun Cooking 有趣烹飪	Tenpin Bowling	Taekwondo 跆拳道
JUNE			
01/06	Zumba 森巴舞 at Belmore 2:30-4:pm*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
08/06	Taekwondo 跆拳道	Tenpin Bowling	Creative Art 創意藝術
15/06	Fun Cooking 有趣烹飪	Tenpin Bowling	Music with RMT 音樂課
22/06	Fun with Music 唱遊活動	Tenpin Bowling	Taekwondo 跆拳道
29/06	Music Therapy 音樂治療	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
JULY			
06/07	Zumba 森巴舞 at Belmore 2:30-4:pm*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
13/07	School Holiday 學校假期		
20/07	School Holiday 學校假期		
27/07	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽

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

*Combined class for both the Junior and Youth groups held at Belmore Senior Citizens Centre followed by the monthly Birthday Party. 每月的合併班及生日會在 Belmore 中心舉行

** Refer to activity flyer for details