



# 會訊 NEWSLETTER

## CHRISTMAS IS FULL OF JOLLINESS, MERRINESS, AND AWESOMENESS.

Merry Christmas and Happy New Year!

THANK YOU FOR BEING A MEMBER  
OF THE CPA FAMILY.

### Upcoming events:

- SCEP Music project for the Youth Group  
青年組音樂及戲劇表演工作坊
- Hands-on Workshop on Food Handling &  
Hygiene for the Junior Group  
幼兒組食物處理和衛生互動工作坊
- CPA AGM & Christmas Celebration Lunch  
協康會週年大會 & 聖誕聯歡午餐





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

Office Address 辦事處:  
G01/46 Edward Street  
Summer Hill NSW 2130

Post Address 郵址:  
PO Box 345  
Campsie NSW 2194

Office Hours 辦公時間:  
Tues—Thurs 週二至週四  
10am—3pm 十時至三時

Mobile 手機: 0406 233 222

Email 電郵:  
admin@chineseparents.org.au  
Websites 網址:  
www.chineseparents.org.au

### 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 我們的信念

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.

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。



## Our Belief 我們的使命

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.

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。



You are cordially  
invited to attend our  
**Annual General Meeting**

誠邀您出席我們的週年大會

Saturday 14 December 2024  
12:00pm

AT THE LUCKY CHINESE SEAFOOD RESTAURANT  
小廚大宴海鮮酒家  
12-14 NORTHUMBERLAND RD. CLUB AUBURN  
AUBURN

RSVP TO MARIA +6402941090 / WECHAT / EMAIL  
+ADMIN@CHINESEPARENTS.ORG.AU BY 22/11/2024



**CHRISTMAS CELEBRATION LUNCH**  
聖誕聯歡午餐

Saturday 14 December 2024  
12:30pm - 2pm

AT THE LUCKY CHINESE SEAFOOD RESTAURANT  
小廚大宴海鮮酒家  
12-14 NORTHUMBERLAND RD. AUBURN CLUB  
AUBURN

Let's Celebrate the Season with  
Those You Hold Dear

Lots of presents & lucky draws!

SEATS ARE LIMITED 名額有限，額滿即止  
PLEASE REGISTER TO MARIA +6402941090 / WECHAT / EMAIL  
+ADMIN@CHINESEPARENTS.ORG.AU BY 22/11/2024  
\*PWD REFERS TO THE CHILDREN WITH DISABILITIES OF ORDINARY MEMBERS OF  
THE CHINESE PARENTS ASSOCIATION CHILDREN WITH DISABILITIES INC.

PWD\* (NDIA 可申報者 NDIS Claimable) \$50.00  
Others \$30.00  
Members only



澳洲華裔兒童協會  
CHINESE PARENTS ASSOCIATION CHILDREN WITH DISABILITIES INC.

# President Message

## 會長感言

HAPPY NEW YEAR

Dear CPA families,

Welcome to the end of year newsletter edition.

As we approach the end of another remarkable year, I want to take a moment to extend my heartfelt gratitude to each and every one of you for your unwavering commitment to CPA. It has been an honour and privilege to work alongside the dedicated individuals who make up our committee members, and our lovely Rachel from our office, and volunteer members. I would also like to express my gratitude to our Honourable President Dr Helen Sham Ho, for her advice and financial support throughout the year, enabling me to actively contribute to the Association.



Let's recap some highlights from the last season. In August Rachel and Maria represented CPA to attend a special ceremony for the City of Canterbury Bankstown's annual Community Grants and Events Sponsorship Program. Canterbury Bankstown City Council awards more than \$480,000 to 88 different community organisations under its 2024-25 Grants and Program. This was a share funding, including a music therapy group for people with disability. This funding will be useful to strengthen our ongoing music therapy program for our youth. Thank you, Rachel, for keeping us in the loop of the funding opportunities and connect CPA to the community.

Back by popular, last September, we had completed our snowy and Canberra trip with a full house! A three-day and two-night trip enabled us to visit Floriade, Questacon and Thredbo. It was another valuable experience gained for our kids, although we missed out on the best part of our trip 'ski', but we got to see the beauty of other side of the mountain in a different way. The sights were breathtaking, but the memories we

15 Aug 2024



# President Message

## 會長感言



created are what we cherish most. We will ensure that our next trip will not miss the snow!

In mid-October, CPA parents gathered for lunch to celebrate Carers Week. A National event to recognise, celebrate and raise awareness about the 3 million Australians who provide care to a family member or friend. Carers take on an important role and tough work, all of them balance of caring responsibilities with other responsibilities like work, study and their physical and mental health. Thank you, National Carers Week provides us a chance, to show our appreciation and celebrate the great work you contributed.

After many years, it's sad to say goodbye to our dedicated Taekwondo coach Khon. Due to illness, Khon will be leaving us from November. Khon apologises that he missed to say goodbye to everyone in person, "I smile joyfully when I think of the enormous progress everyone has achieved, especially the shy members who came out of their shells. Seeing everyone smile, laughing and enjoying themselves is the reason why I love coaching". We wish Khon getting well soon, and we wish to cross paths in the future again!

Two more events to come before the end of 2024. The next event will be the International Day of People With Disability Family Picnic Day. With the joint effort between government, schools, organisations, community groups, businesses and individuals, the event aims to promote community awareness, understanding and acceptance of people with disability. Please come to support with your family, it will be a fun day!

The last and the major festival event – the CPA Christmas lunch and AGM will be held on 14 December. I am thrilled to see the overwhelming response to this event! I am looking forward to sharing the joy with you all there!

Lastly, as we approach the festive season, I extend my warmest wishes to each of you. May you enjoy this time with family and friends, relishing the holiday break and welcoming a joyful New Year in 2025.

Miranda Chau

# President Message 會長感言

HAPPY NEW YEAR

親愛的協康會會員，

歡迎來到2024年終的會員通訊。

在這特別的一年即將結束之際，我想花一點時間向你們每一位表示衷心的謝意，感謝你們對協康會的堅定承諾。能夠與我們敬業樂業的委員會成員、負責行政的 Rachel 以及義工們一起工作是我的榮幸。我還要感謝榮譽會長何沈慧霞博士的經費支持和這一年來的各方指導，幫助我更積極地為協康會作出貢獻。



讓我們回顧一下上一季的特別事項。在八月份, Rachel和 Maria 代表協康會參加了 Canterbury Bankstown City 年度社區補助和活動贊助計劃的頒授儀式。根據 2024-25 年撥款計劃 Canterbury Bankstown 市政府向 88 個不同的社區組織提供了超過 48 萬澳元的資助。這是一項社區共享資源計劃，其中包括為智障人士安排的音樂治療活動。這項資助將有助於加強我們為青少年組進行的音樂治療計劃。感謝 Rachel 跟進了這個補助計劃並將協康會與社區聯繫起來。

今年九月，我們熱切期待的堪培拉雪山之旅圓滿結束，參加家庭坐滿了兩輛旅遊巴士！三天兩夜的行程，我們參觀了 Floriade、Questacon 和 Thredbo。這對我們的孩子來說又是一次寶貴的經歷，雖然我們錯過了旅行中最美好的「滑雪」部分，但我們卻以不同的角度看到了雪山的另一種

15 Aug 2024



# President Message

## 會長感言



美麗，景色令人嘆為觀止；重要的是，我們共同創造的回憶才是我們最珍惜的。我們保證下次雪山之旅不會錯過期待的雪！

十月中旬，協康會家長聚在一起共進午餐，慶祝照顧者週。這是一項全國性活動，旨在表彰、慶祝並提高對為家人或朋友提供照顧的300萬澳洲照顧者的認識。照顧者承擔著重要的角色和艱鉅的工作，他們需要在照顧責任和工作上、學習和身心健康等各方面取得平衡。全國照顧者週為我們提供了一個機會，表達我們的感謝並慶祝您所做的偉大工作，謝謝您！

今年，我們很遺憾地要告別多年來為我們的孩子全心奉獻的跆拳道老師 Khon。由於健康狀況，Khon 將從11月起不能再為我們授課。Khon 為未能親自與大家告別而深表歉意「當我想到每個人所取得的巨大進步，尤其是那些害羞的成員們走出自己的框框時，我不禁喜悅地笑了。看到每個

人的微笑、歡笑、享受，這就是我熱愛訓練他們的原因。」我們祝福 Khon 早日康復，期望在不久的將來我們再次相遇！

在2024年完結前，協康會還將舉辦兩項重要活動。下一個活動將是國際殘疾人日 - 家庭野餐聚會。該活動旨在透過政府、學校、組織、社區團體、企業和個人的共同努力，提高社區對殘疾人仕的認識、理解和接受。請與家人一起參與和支持，這將是一個充滿樂趣的一天！

最後一項也是最重要的慶祝活動，協康會週年大會暨聖誕聯歡午餐將於12月14日舉行。我很高興看到這次活動得到了熱烈的迴響！我期待與大家分享這慶節的喜悅！

最後，值此佳節來臨之際，我向大家致以最摯誠的祝福。願您與家人和朋友一起享受即將來臨的節日和假期，並迎接2025的歡樂新年。

周潤梅

## JUNIOR GROUP PROGRAM 小組節目



### 音樂治療 Music Therapy

Time 時間: Saturdays 星期六, 2:30pm - 4:00 pm

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



### 有趣烹飪 Fun with Cooking - Independent Living Skills!

Time 時間: Saturdays 星期六, 下午 2:30pm - 4:00pm

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



### 趣味音樂 Fun with Music

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



### Music & Singing 音樂唱遊活動

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



### 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



### Music & Singing 音樂唱遊活動

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



### MARCH ARTS 2024, CANTERBURY HOSPITAL

At this Arts exhibition, we were proud to see the artwork of Miranda, CPA's President and also Emily, a young sibling member of CPA.



#### 'The Escape' - Part 2

Miranda's artwork follows the story from her first painting, 'My Journey' which was part of Tony Armstrong's Extra-Ordinary Things currently on show at the National Museum of Australia in Canberra.



#### Positivity Petals and Fluttering Spirits

Emily's artwork is about having a positive mindset when you are facing difficult times in your life.

## Community Activities 社區活動



### NATIONAL CARERS WEEK 13-19 OCTOBER 2024

National Carers Week recognises, celebrates and raises awareness of the 3 million Australians providing unpaid care and support to their family members or friends. The week shines a light on Australian carers' resilience and sacrifice, and the profound impact they have on our communities.

At some point in every Australian's life, we will either know, be, or need a carer. It's this fundamental truth that underscores the importance of National Carers Week, urging us to show support, extend a helping hand or simply be there for those who tirelessly give of themselves, day in and day out. Today (17/10/2024) CPA families gathering together for lunch to celebrate together ❤️.

Miranda Chau



## Our Stories 我們的故事



### COMMUNITY OUTING & PICNIC LUNCH, LAMBETH RESERVE 07 SEPT 2024

CPA family gathered at Lambeth Reserve, Picnic Point and enjoyed a time sharing fun, food and fellowship.



On 7th of September, Saturday, it was a sunny day, my mum drove me to Picnic Point at Lambeth Reserve. We had Vietnamese bun with meatball and vegetable, KFC fried chicken, croissant and cupcake for lunch. After lunch, we played ball games, a bush walking and I took many nice photos. I met many CPA friends and I enjoyed a great Saturday with my mum. - Jason

### FATHER'S DAY & MID-AUTUMN FESTIVSL CELEBRATION AT GOLDEN PALACE SEAFOOD RESTAURANT ON 14 SEPT 2024



Fatherhood is not a skill inborn but one lived out with trial and error and at the end is the fatherly love that's nurtured.

The beauty of fatherhood can be witnessed from the love of all the Dads in the CPA family.



Father's Day is a time to acknowledge and cherish all the Dad's contribution and dedication in the family.

Thank you!

# Our Stories 我們的故事



## CANBERRA & PERISHER VALLEY FAMILY TRIP 28-30 SEPT 2024



### Canberra & SNOWY

This trip has been amazing so far, packed with lots of awesome memories I'll share on this piece of paper. One of them was sitting on the chairlift in Thredbo. I loved when we went super high, looking at all the beautiful trees, buildings, mountains and snow. The next awesome memory I'll share is going to Queastaco. I learnt lots of things and saw someone create an artwork using metal rod with pens attached, resting on a metal block with dumbbells. The artwork is called a Harmonogram and I took one home and decorated it. The last memory I'll share is when we went to the Floriade flower show. I saw many beautiful flowers and artworks and saw three artists painting. It was a very nice experience. I am very grateful I went on this trip!

Emily Rong 2/10/24

### Canberra & SNOWY

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Emily Rong 2/10/24



# Our Stories 我們的故事



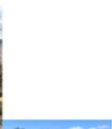
## CANBERRA & PERISHER VALLEY FAMILY TRIP 28-30 SEPT 2024



### Canberra and Snowy

This trip had been amazing so far, there were fun activities, amazing food and also friends that I feel comfortable around. My first favourite memory was sitting next to my friends on the bus. My friends' names are Jerry, Andy, Thomas and Jason. I like to chat with them and I had a really fun time. My second favourite memory was going on rides in Thredbo like the Alpine coaster and the ski lift. I also touched snow which was very nice because in Sydney, we barely even get to see snow. This trip has been the best so far. I wished it lasted longer like 5 or 6 days maximum. This trip was very enjoyable and I would prefer more fun activities like going to the AIS (Australian Institute of Sport), National Zoo and Aquarium, Parliament House and Cockington Green Gardens.

-Chen Bing



member's name

Thank you CPA committee member's hard work n dedication for organising such an amazing holiday; you are so well plan, organised, thoughtful, caring, understanding n helpful to all of us, while you need to care for your own special needs son or daughter! You all are superwomen! I'm so inspired by your spirit n attitude. I n ping kan enjoy lot, also feel so relax! N we feel so grateful!  
RATING : EXCELLENT 🌟🌟🌟

member's name

謝謝CPA 組成此次活動  
Crestone 各位成員熱心之舉 🌟

member's name

謝謝 CPA 組織這次活動 非常  
多位是到這的 leaders 有  
個開心愉快的旅程 🌟

Kitty

感恩 🌟🌟

Doris xix

這次玩和吃開心 🌟

組織活動千辛，感謝你們的付出，你們辛苦了謝謝 🌟感謝大家對我和 Oliver 這一路的照顧 🌟小朋友很開心，旅途雖然很累 🌟

member's name

A big THANK YOU to the organising committee. Judi and I enjoyed the trip very much. We had good food and accommodation. The scenery at Snowy Mountain was breathtaking. The chair lift and the coaster were adventure to us. Above all these, we enjoyed the warmth fellowship with parents 🌟



# Sweet Memories

## 甜蜜的回憶



### WEEKEND PROGRAMS AT BELMORE SENIOR CITIZENS CENTRE



TAEKWONDO



FITNESS CLASS



MUSIC THERAPY



EXPRESSIVE ART

## Sweet Memories 甜蜜的回憶



### WEEKEND PROGRAMS AT BELMORE SENIOR CITIZENS CENTRE



ZUMBA



BIRTHDAY PARTY

### 2024 UWS OCCUPATIONAL THERAPY STUDENT PLACEMENT

UWS OT students:  
Ai Yuen, Tiffany  
(not photoed),  
Kelvin and Larry  
completed their  
placement at  
CPA's weekend  
programs.  
Congratulations!

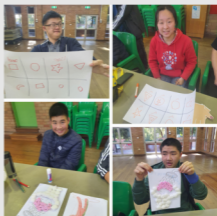


# Sweet Memories

## 甜蜜的回憶



### JUNIOR PROGRAMS AT ASHBURY SENIOR CITIZENS CENTRE



#### PERSONAL HYGIENE FUN ACTIVITIES



#### HANDS-ON HEALTHY DIET WORKSHOP

#### Basic Essential Life Skills (BELS) program – for CALD young children with disabilities and ASD

The BELS project aims to empower young children with ASD by developing their basic life skills at young age and increase their independence and self-confidence while moving through their life stages so that they can lead a more dignified and independent lives in the community. The project also promotes community participation and more day-to-day and functional connection with their community. In the long run, the project helps to minimize target group's dependence and social isolation in their community and thus promoting a more inclusive society.



## Sweet Memories

### 甜蜜的回憶



#### Basic Essential Life Skills (BELS) program – for CALD young children with disabilities and ASD

Implementation of the independent living skills training includes workshops on healthy diet, meal planning and simple cooking and shopping trips to supermarket and retail shops, all to enhance hands-on practices and confidence. The BELS project will continue in the next two terms of the junior weekend programs.



# Birthday Boys & Girls

生日祝福



## November

Annie Zhuang	Katherine Cai
Bowman Yu	Laurence Trieu
Connor Kitagawa	Lawrence Li
Daniel Chan	Livana Li
Eric Lo	Owen Januar
Gavin Liang	Ping Lian Yeak
Jodi Tan	Ryan Tsen
Joshua Wang	Sandra Wang

# Happy Birthday

## December

Adrian Chau	Jackie Li	Justin Li
Cee Horne Tsui	James Huang	Katie Liu
Chen Rong	Jasper Zhang	Louisa Tong
Daniel Li	Jeremy Wang	Samson Yuen
Isaac Liew	Jimmy Kong	Timothy Yau

## January

Barry Mak	Julia Chau
Benjamin Dinh	Julia Teng
Benjamin Lin	Kerry Liu
Derek Su	Michael Lu
Edmund Su	Thomas Huang
Jason Chen	Thuman Ha
Jenny Luo	Tiffany Tan

# Acknowledgement 致謝



## Volunteers

KHON CHAU  
HARRY TINYOW  
MARIO YUEN  
WINDA MOK  
MANAGEMENT COMMITTEE MEMBERS

# grateful

## Donors

(FOR CASH DONATIONS \$100 OR ABOVE)

THE HON. DR HELEN SHAM-HO  
ALAN NAM  
ANONYMOUS  
AUSTRALIA CHINA CHARITABLE FOUNDATION LTD.  
DAISY LUI

How can you help ?  
請給我們支持



Thank you for your support 謝謝!

捐贈 款項 I would like to make a donation of :

\$ \_\_\_\_\_

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](http://www.chineseparents.org.au)

Postal Address 郵址 : PO Box 345 Campsie, NSW

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:

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



## NOV 24 - JAN 25 週末活動時間表

- Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- Saturday afternoon at Belmore Senior Citizens Centre 28 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 2:30pm to 4:00pm	Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
<b>NOVEMBER 十一月</b>			
02/11	Zumba 森巴舞 at Belmore *	Tenpin Bowling	Zumba 森巴舞 *
	Birthday Party 生日會 4:00pm - 4:30pm		
09/11	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈
16/11	Music Therapy 音樂治療	Tenpin Bowling	SCEP Project – music & drama 音樂及戲劇表演課
23/11	Music & Singing 音樂唱遊活動 at Belmore *	Tenpin Bowling	Music & Singing 音樂唱遊活動 *
30/11	Hands-on Workshop Food Handling & Hygiene 食物處理和衛生互動工作坊	Tenpin Bowling	SCEP Project – music & drama 音樂及戲劇表演課
<b>DECEMBER 十二月</b>			
07/12	Zumba 森巴舞 at Belmore *	Tenpin Bowling	Zumba 森巴舞 *
	Birthday Party 生日會 4:00pm - 4:30pm		
14/12	CPA AGM and Christmas Celebration Lunch 協康會週年大會 & 聖誕聯歡午餐** Club Auburn, 12-14 Northumberland Road Auburn 11:30am – 2:00pm		
21/12	School Holiday		
28/12	School Holiday		
<b>JANUARY 一月</b>			
04/01	School Holiday		
11/01	School Holiday	SCEP Project – music & drama 音樂及戲劇表演課	
18/01	School Holiday	SCEP Project – music & drama 音樂及戲劇表演課	
25/01	School Holiday	SCEP Project – music & drama 音樂及戲劇表演課	

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

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

\*\* Refer to activity flyer for details