



# Happy New Year!



# 2026 恭賀新禧!

May the year of the horse bring you  
peace and abundant blessings!



## Coming Up:

30 Jan 2026 Family Team Building Camp, Fairy Meadow  
- 01 Feb 26

07 Feb 2026 Challenge Rooms, Hijinx Alexandria (Junior Group)

28 Feb 2026 Lunar New Year Celebration Buffet Lunch, Bankstown RSL Club

04 Apr 2026 Easter Family Picnic (venue tbc)

18 Apr 2026 Creative Reuse Workshop, Marrickville (Junior Group)



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

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

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

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。





It is our belief that people with disabilities, irrespective of colour, race or creed should be treated equally and enjoy a rich and meaningful life as far as possible.

## OUR BELIEF 我們的信念

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有豐富及多姿多彩的生活。

## OUR MISSION 我們的使命

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。

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





**The Hon. Dr Helen Sham-Ho OAM**  
何沈慧霞博士, Hon. President

**Miranda Chau** 周潤梅  
**Sylvia Tinyow** 陳劉秀蓉  
**Ivy Lau** 劉陳愛虹  
**Maria Lee** 阮李麗萍  
**Aileen Pang** 馮美良  
**Professor Jennifer Chan** 陳素娟博士  
**Ping Mu** 繆桂萍  
**William Wu** 吳光偉

## COMMITTEE MEMBERS 2026

**President**  
**Vice President**  
**Vice President**  
**Treasurer**  
**Vice Treasurer**  
**Secretary**  
**Committee member**  
**Committee member**



### Management Committee Year-Planning Meeting on 03 January 2026





## Dear CPA Families,

With gratitude, I once again accept the role of President of CPA. Your trust motivates me to serve our mission with energy, dedication, and purpose.

As we welcome the new year, I would like to extend my heartfelt thanks for your continued support of CPA. We are delighted to have you with us and look forward to working together to achieve our shared goals. CPA is committed to providing a wide range of services and support for people with disabilities (PWD), while fostering a caring and inclusive community that promotes their optimal growth and wellbeing.

As an active member of our program, you now have the opportunity to make a meaningful difference within CPA – and that is certainly something to celebrate.

**Mark your calendars!** We will be in touch throughout the year with details about various involvement opportunities. To get started, we are excited to share the following upcoming events:

- Family Team Building Project at Wollongong Surf Leisure Resort: 30 January – 1 February
- Lunar New Year Celebration Buffet Lunch: 28 February
- Road Safety Program for CALD PWD: commencing 13 June (first of four activities including workshops and outings)



And the fun doesn't stop there! As a CPA member, you will enjoy access to all our programs, workshops, and social events, as well as opportunities to connect with like-minded individuals and families through support groups and autism- and disability-friendly activities.

I strongly encourage parents to attend our Saturday programs – whether by observing or joining in activities alongside your child. Active engagement enhances children's learning experiences and helps foster strong, collaborative relationships between families and educators.

My focus this year will be on expanding our reach, improving service delivery systems, and building stronger partnerships with local businesses and community groups. Your dedication makes our work possible, and together we can support even more families.

Please feel free to share your ideas on how CPA can continue to grow. Your voice matters, and my role is to help turn our shared vision into reality. Let's continue building a welcoming community where everyone feels at home.

I look forward to meeting you at our upcoming events. Wishing you and your family a healthy, happy, and prosperous New Year.

**Miranda Chau**





## 親愛的協康會會員：

我懷著感恩的心情，再次接受擔任協康會會長的職務。你們的信任是支持我繼續前行的最大動力，也激勵我以更熱誠、投入與使命感，繼續為協康會服務。

新的一年已然展開，在此我衷心感謝大家一直以來對協康會的支持與同行。我們非常高興能與各位並肩合作，並期待在未來的日子裡，一起攜手實現共同的目標。協康會一直致力於為有特殊需要的人士 (PWD) 提供多元化的服務與支援，同時建立一個充滿關懷與包容的社群，讓每一位成員都能在其中全面成長、發揮潛能、提升身心福祉。

作為協康會活躍的一分子，您不僅是服務的參與者，更是社群的重要力量。您所付出的時間、關心與支持，都為協康會帶來深具意義的影響 - 這正是我們值得一同慶祝與珍惜的地方。

在未來的一年我們將保持聯繫，為大家分享各種活動的詳情。首先請大家預留以下即將舉行的活動日子：

- 團隊建立計劃家庭營 (Wollongong Surf Leisure Resort)：1月 30 日至 2 月 1 日
- 新春團拜自助午餐：2 月 28 日
- CALD PWD 道路安全學習計劃：6 月 13 日  
開始(四次活動，包括工作坊及外出實習)

吉祥



精彩活動遠不止於此！作為協康會會員，您可參與我們各類的學習項目、工作坊及社交活動，這些對自閉症和有特殊需要的人士而設的活動，讓家庭建立聯繫，彼此透過支援，共同成長。

我特別鼓勵家長參與週六的定期活動，無論是在旁鼓勵，或與孩子一同投入其中，家長的積極參與不僅能提升孩子的學習體驗，也有助於建立家庭與導師之間互信、合作的關係，為孩子營造更全面而正向的學習環境。

今年，我的工作重點將投放在擴展協康會的服務範圍、優化服務流程，以及加強與本地商戶和社區團體的合作。你們的支持與投入，使這一切得以實現；也正因為你們的參與，我們才能共同支援更多有需要的家庭。

歡迎大家隨時分享寶貴意見，讓協康會持續成長。你們的聲音十分重要，而我的角色，正是與大家一同把這份共同的願景一步步實現。我們將繼續努力，建立一個溫馨、開放、讓每個人都感到被接納的社群。

期待在即將舉行的活動中與大家見面。祝願您和家人在新的一年身體健康、生活愉快、萬事如意。

周潤梅



# Weekend Programs 週末活動

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

Venue 地點\* Ashbury Senior Citizens Centre (ASCC) 66 Princess Street, Canterbury

- Belmore Senior Citizens Centre (BSCC) 38-40 Redman Pde, Belmore

ASCC  
JUNIOR GROUP PROGRAM  
小組節目

## 音樂治療 Music Therapy

## 健體運動課 Movements, Dance & Games

## 有趣烹飪 Fun with Cooking

## Community Participation Activities

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

BSCC  
JUNIOR-YOUTH  
COMBINED CLASS  
合併活動

## 藝術課 Art Class

## 森巴舞 Zumba

BSCC  
YOUTH GROUP PROGRAM  
大組節目

## 音樂治療 Music Therapy

## 椅子瑜伽 & 普拉提 Chair Yoga & Pilates

## 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

## 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





## I Can Decide in My Language – a workshop on decision making

In partnership with the Council for Intellectual Disability, a free workshop titled "I Can Decide in My Language" was organised for CPA members on 9 December 2025 at Fairfield City HQ, Fairfield. A total of 30 participants attended the session.

The workshop provided an introductory overview of Supported Decision Making, a relatively new approach aimed at assisting people with disabilities (PWD) in making decisions and receiving the appropriate support they need when navigating everyday choices.



The decision-making spectrum includes independent decision making, supported decision making, and substitute decision making. Due to the nature of their disabilities, PWD may often require either supported or substitute decision-making arrangements. The key distinction between the two lies in who ultimately makes the decision. Guardianship -whether public or private - is an example of substitute decision making, where decisions are made on behalf of

the PWD by an appointed guardian. On the other hand, supported decision making enables the PWD to make their own decisions, with assistance from a trusted network such as parents, carers, relatives, or friends.

While guardianship is a legally binding arrangement, supported decision making is not. Supported decision making is considered a more flexible approach for managing day-to-day decisions, allowing PWD to exercise their autonomy. With a trusted support network and appropriate tools that help them understand the options available or express preferences, supported decision making is believed to enhance decision-making capacity.

However, as some participants noted, the choice between supported and substitute decision-making approaches ultimately depends on the individual's needs, level of support required, and circumstances. Both models should aim to protect the long-term wellbeing of the PWD and prevent situations in which they may be placed at a disadvantage.

As this workshop served as an introduction to this decision-making approach, the Council for Intellectual Disability will be organising follow-up workshops to explore supported decision making in greater depth, including its advantages and limitations when compared with other formal or legal arrangements.





## 「我能用自己的語言作決定」- 資訊交流會

協康會早前與 Council for Intellectual Disability 合作，於 2025 年 12 月 9 日在 Fairfield City HQ, Fairfield 為會員舉辦免費資訊交流會《I Can Decide in My Language》。當日共有 30 位會員參加。

交流會概述了「支援/輔助性決策」，這是一種較新的概念，旨在協助有特殊需要的人士(PWD)在面對日常選擇時作出決定，並獲得適當的支援。



決策類型通常指向獨立決策、支援性決策及代替性決策。由於特殊需要，許多 PWD 在不同程度上可能需要支援性或代替性的決策安排。兩者的主要分別在於最終由誰作出決定。監護制度(無論是公立或私立監護)便屬於代替性決策，而支援性決策則讓 PWD 本人，在可信賴的支援網絡，例如父母、照顧者、親戚及朋友的協助下作出決定。



監護制度具有法律約束力，而支援性決策則並非法律安排。支援性決策常被視為更具彈性的方式，讓 PWD 能在生活中行使其自主選擇的能力。在可信賴的支援網絡及合適工具的協助下去幫助 PWD 理解情況或表達意願，支援性決策被認為有助提升其決策能力。

然而，正如部分參加者指出，選擇支援性或代替性決策主要取決於個別人士的需要、所需協助程度及具體情況。兩種方式的最終目的均應是保障 PWD 的長遠福祉，並避免他們在任何情況下利益被侵奪。

由於本次交流會旨在初步介紹這種較新的決策概念，Council for Intellectual Disability 將舉辦後續工作坊，進一步探討支援性決策的內容，以及與其他正式或法律安排相比的優點與限制。





## CPA 2025 AGM & election of Committee Members on 13 December 2025

Presentation of Financial Report by Maria



Elected Committee Members with Returning Office Ms Anita Un



Nominations of committee members



Elected committee members with special guests





Christmas Celebration Buffet Lunch held at Merrylands RSL Club on 13 December 2025





Junior Group  
Community  
Outing - Mini Golf  
at Entertainment  
Park, Bankstown  
on 20 Dec 2025





Music Therapy sessions on 08 & 22 November 2025 at Belmore Centre



Art Class on 29 November 2025  
at Belmore Centre





## February

Edward Chu  
 Jason Leung  
 Jason Wang  
 Jonathan Yung  
 Matthew Lo  
 Nancy Wang  
 Raymond Chin  
 Sophia Tan  
 Tony Soo  
 Wing Lim Tang

## March

Aliza Tam  
 Anthony Liang  
 Capstone Lee  
 Christopher Yeung  
 Davey Chan  
 Difei Sun  
 Henry Trieu  
 Isaac Wang  
 Ivan Li  
 Karen Lau  
 Marcus Fung  
 Oliver Tian  
 Richard Zhang  
 Sarah Yim  
 Surayya Jamil  
 Wen Jin Huang

## April

Annelise Fung  
 Claudia Ho  
 Jason Huang  
 Harry Chen  
 Samuel Huang  
 Victor Wu  
 Vincent Blackwell





## Volunteers

Darby Mu  
Harry Tinyow  
Mario Yuen  
Winda Mok  
Management Committee Members

## Donations in Kind

Ettason P/L  
iPlay Tenpin City Bowling  
Ivy Lau  
Jessie Xiao  
Ping Mu  
Sylvia Tinyow  
Way In Network

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

Anita Un  
Betty Pang  
Good 2 Give  
Lee Hoi  
Selwyn Chong



*Thank you*





*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 :**

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

**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:**

**BSB: 082080**

**Account No: 86 208 5669**

**or by PayPal via**

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

**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)**





# Feb-Apr 2026

## 週末活動時間表

- Bowling, TenpinCity 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 2:30pm to 4:00pm	Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
<b>FEBRUARY 二月</b>			
07/02	Junior Group Community Outing 幼兒組社區活動 - Challenge Rooms Hijinx Alexandria** 1:30-4pm	Tenpin Bowling	Zumba 森巴舞 Birthday Party 生日會 4:00pm - 4:30pm
14/02	Fun Cooking 有趣烹飪	Tenpin Bowling	Music Class 音樂課
21/02	Art Class 藝術課 at Belmore*	Tenpin Bowling	Art Class 藝術課
28/02	Lunar New Year Celebration Buffet Lunch 新春團拜自助午餐 at Bankstown RSL Club, 1 Meredith St, Bankstown**		
<b>MARCH 三月</b>			
07/03	Chair Yoga / Pilate / Dance 椅子瑜伽 at Belmore*	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽 Birthday Party 生日會 4:00pm - 4:30pm
14/03	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞
21/03	Junior Fitness Class 健體運動課	Tenpin Bowling	Music Class 音樂課
28/03	Money Management Workshop (2) 金錢管理工作坊 (2)	Tenpin Bowling	Art Class 藝術課
<b>APRIL 四月</b>			
04/04	Easter Family Picnic 復活節家庭野餐, venue to be confirmed**		
11/04	Music Therapy Program 音樂治療活動 at Belmore 2:30-4:30pm (2 hrs)		
18/04	Junior Group Community Outing 幼兒組 社區活動 - Creative Reuse Workshop at Reverse Garbage, Marrickville** 2-4pm		School Holiday
25/04	Public Holiday		

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

\*Junior-Youth transitional class 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