



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

MAY TO JULY 2026 ISSUE
二零二六年五月版

www.chineseparents.org.au

會訊

News Letter

Happy Mother's Day & Volunteer Week !



National Volunteer Week 2026

Your Year to Volunteer (NVW2026)

The National Volunteer week acknowledges millions of volunteers, highlighting their role in building connections and community resilience. The week focuses on encouraging people to make 2026 a year of meaningful involvement, sparking joy and creating change.

Aligning to the 2026 UN International Year of Volunteers for Sustainable Development, NVW2026 invites you to make Your Year to Volunteer and help create lasting and positive change.

Coming up

- Mother's Day & Volunteer Week Celebration at Bankstown
09/05/2026
- Road Safety Program (RSP) Workshop and Road Trip (1)
13/06 and 04/07/2026
- Christmas in July at Belmore Senior Citizens Centre (BSCC)
11/07/2026
- Supported Decision Making Workshop at BSCC
18/07/2026

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。



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Summer Hill NSW 2130

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

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admin@chineseparents.org.au
Website 網址:
www.chineseparents.org.au

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

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。



Article Contribution

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。

Dear Members,

Welcome to the May newsletter. After our busy term 1 has finished so quickly, we couldn't wait to start term 2 with a lot of activities planned ahead.

To recap what we had done in Term 1, we had held several family get together events such as the popular summer camp in Wollongong Surf Leisure Resort, the Lunar New Year Celebration buffet lunch at Bankstown RSL Club and the Easter picnic at Fairfield Adventure Park. Everyone had a wonderful time socializing with friends and having fun.

Other than the social events, a workshop on Supported Decision Making by Council for Intellectual Disability was held for our parents/carers in March. The purpose of the workshop was to explain what supported decision making was and how it could be an alternative to guardianship. This was well received by the parents/carers. Another hands-on workshop will be held in July where our kids will learn how to make decisions with the help of different tools and ideas. You are encouraged to book a place for your kids if you haven't done so.

For upcoming events, the Road Safety Project will be kicked off in June. A series of workshops and road trips will be held to promote the awareness of road safety. They aim at building basic knowledge of safe and legal road rules; building good habits and behavior while travelling on the road. Please check our program calendar for the activity dates and bring your kids to join these educational and meaningful activities.

Last but not least, Mother's Day and Volunteer's Week Celebration lunch and Christmas in July Party are also coming up in later months. Please come and join us. Hope to see you in these events.

Ivy Lau



親愛的會員：

歡迎閱讀五月份會訊。第一學期在忙碌中轉眼結束，我們即將展開第二學期，並為大家安排了多項精彩活動。

回顧第一個學期，我們舉辦了多項家庭聯誼活動，包括廣受歡迎的 Wollongong Surf Leisure Resort 家庭營、於 Bankstown RSL Club 舉行的新春團拜自助午餐，以及在 Fairfield Adventure Park 舉辦的復活節家庭野餐。大家都在這些活動中與朋友歡聚交流，度過了愉快的時光。

除了社交聯誼活動之外，我們亦於三月份為家長及照顧者舉辦了一場由 Council for Intellectual Disability 主持的「支援決策」(Supported Decision Making) 工作坊。這個工作坊的目的是解釋什麼是「支援決策」以及它如何能成為「監護權」(guardianship) 的另一種替代方案。家長/照顧者對此反應良好，給予好評。另一個為孩子而設的實踐工作坊將於七月舉行，讓孩子們學習透過不同工具和方法來作出決定。如果你尚未報名，鼓勵大家為孩子預留參加名額。

展望未來，我們將於六月啟動「道路安全計劃」，並舉辦一系列工作坊及實習活動，以提升兒童和青少年對道路安全的認識，活動內容包括建立基本的安全及合法道路規則知識，以及良好的出行習慣與行為。請留意活動時間表，並帶同孩子一起參與這些具教育意義的活動。

最後，慶祝母親節及義工週午餐，以及「七月聖誕」派對亦將於稍後舉行，誠邀大家踴躍參加。期待在這些活動中與大家見面。

劉陳愛虹



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



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



音樂治療 Music Therapy



椅子瑜伽及健體課 Chair Yoga & Fitness Class

BSCC
YOUTH GROUP PROGRAM
大組節目



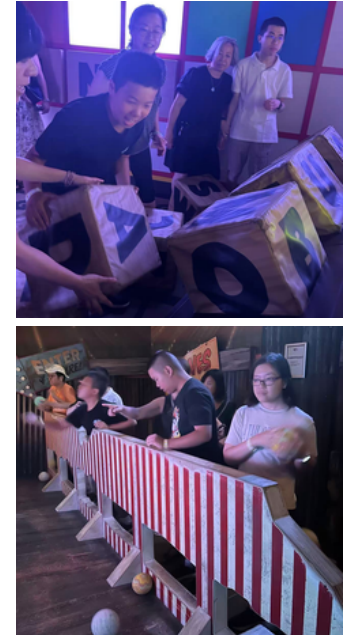
保齡球課 Ten Pin Bowling Lessons

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



**Project SAILS - Hijinx Hotel
Thrilling Team challenges
on 07/02/2026
at Hinjinx Alexandria**

Hijinx Alexandria, Challenge Rooms

07 Feb 2026 by Anderson Yang

I enjoyed today's activity. I did ten rooms with different themes. On one we did a ship sinking activity where we had to press lit up blue buttons to get points. On another room we played tetris with the kids. On another room we played guess the song. On ANOTHER room we had to press buttons that lit up. My favourite was the rooms where we did some fun challenges and scored lots of points. My favorite was the 2 ball pools activity where we

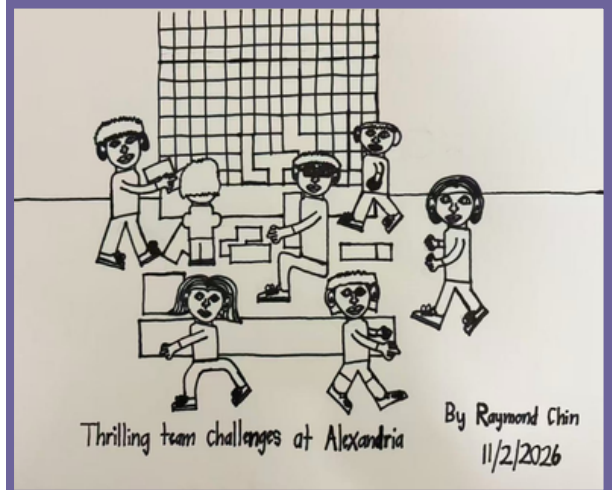
collected the balls and that we had to throw them into a hole. It was so funny and I was laughing really hard. At the end, the food and the drinks was soooooo good, especially the burger, fries, the chicken wings, and the juice. Thank you so much for inviting me to this activity.

**Much love from
Anderson Yang xoxo**

P.S. I'm looking forward to go to your next activity

**Project SAILS received funding
through Canterbury
Bankstown ClubGRANTS
scheme - Revesby Workers'
Club**

Thrilling team challenges at Alexandria - By Raymond Chin



Project SAILS - Creative Reuse Workshop on 18/04/2026 at Reverse Garbage, Marrickville

On 18th of April 2026, we went to a Creative Reuse Workshop at Reverse Garbage in Marrickville.

The Educator Louie, she taught us how to use waste materials to create flowers.

There were many different materials there, such as strings, fabrics, straws and buttons etc. Everybody in the workshop really enjoyed making their own flowers which are very beautiful.

It was a fun and enjoyable experience, and everyone felt happy.

Thank you Rachel , Sylvia and CPA for organised the wonderful work shop.

Katie Liu



Project SAILS received funding through
Canterbury Bankstown Club GRANTS scheme -
Revesby Workers' Club



Lunar New Year Celebration Buffet Lunch at Bankstown RSL Club on 28 February 2026

150 members and their families attended the annual Lunar New Year Celebration this year. The event was filled with Chinese festive spirits with members dressing up in red and Chinese costume. The atmosphere was further lifted by the lucky draws, giving out of the Year of the Horse mouse pad/calendar and of course the red packets donated by Aileen.



Every participant received a red packet on the day which symbolised blessings, good luck, prosperity and protection.

The red packets represent CPA's love, care and bonds to each member.





Easter Family Picnic at Fairfield Adventure Park on 04/04/2026, members enjoying each other's company with picnic food, games and fellowship!





Junior Group's Money Management Workshop (2) held at Ashbury Senior Citizens Centre on 28/03/2026

Group Music Therapy Program for CALD Participants at Belmore Senior Citizens Centre

Collaborating with Resourced Music Therapy (RMT) & the University of Western Sydney, a special Music Therapy program was inaugurated on 11/04/2026 during the Easter school holidays.

The program comprises a series of 8 music sessions,

facilitated by registered music therapists and Master music therapy students. The program aims to encourage communication and connection, provide songwriting and creative expression sessions to support emotional regulation and identity.



May

**Carmen Martin
Dennis Ou
James Martin
Julian Lesnie
Ka Chun Tse
Karen Leung**

**Laureen Poon
Madeleine Ch'ng
Nick Wang
Samuel Poon
Victor Li
Wilson Trang**



June

**Aloria Zhang
Colin Su
Darren Ma
Felix Wong
Gordon Ding**

**Leon Cao
Michael Lee
Queenie Tung
Robbie Leong
Yasmin Cheuk**

July

**Alan Ngo
Anderson Yang
Benjamin Mo
Hanlin Tan
Jackson Yung**

**Jerry Chen
Joanne Pang
Lintom Lin
Matthew Sin
Stanley Au**

DONORS

(CASH DONATIONS \$100 OR ABOVE)

AILEEN PANG

GOOD 2 GIVE

JIAN ZHONG WANG

DONATIONS IN KIND

IVY LAU

JESSIE XIAO

MAJORIA LIANG

MIRANDA CHAU

PING MU



VOLUNTEERS

DARBY MU

HARRY TINYOW

MARIO YUEN

WINDA MOK

MANAGEMENT COMMITTEE MEMBERS

HOW CAN YOU HELP?
請給我們支持

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

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:

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)

May-July 2026
週末活動時間表

Activity Venues

- 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 Afternoon 2:30pm to 4:00pm	Youth Group 青年組 Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
MAY 五月			
02/05	Chair Yoga & Fitness Class 椅子瑜伽及健體課 at Belmore*	Tenpin Bowling	Chair Yoga & Fitness Class 椅子瑜伽及健體課
Birthday Party 生日會 4:00pm - 4:30pm			
09/05	Mother's Day Celebration Lunch at Liberty Palace, Bankstown 11:30am – 2:00pm **		
16/05	Fun Cooking 有趣烹飪	Tenpin Bowling	Music Project 音樂課 1.5 hrs
23/05	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞
30/05	Music Project 音樂課 at Belmore* 2 hrs (2:30-4:30pm)	Tenpin Bowling	Music Project 音樂課 2 hrs (2:30-4:30pm)
JUNE 六月			
06/06	Art Class 藝術課 at Belmore*	No Bowling due to Tournament	Art Class 藝術課
Birthday Party 生日會 4:00pm - 4:30pm			
13/06	Road Safety Program (RSP) Workshop (1) at Belmore**	Tenpin Bowling	Road Safety Program (RSP) Workshop (1)**
20/06	Chair Yoga & Fitness Class 椅子瑜伽及健體課 at Belmore*	Tenpin Bowling	Chair Yoga & Fitness Class 椅子瑜伽及健體課
27/06	Music Project 音樂課 at Belmore* 2 hrs (2:30-4:30pm)	Tenpin Bowling	Music Project 音樂課 2hrs (2:30-4:30pm)
JULY 七月			
04/07	RSP Road Trip (1) in Campsie/Yum Cha**		
11/07	Christmas in July Disco Party, BSCC **		
18/07	I can Decide in my Language – Supported Decision-Making Workshop BSCC 2:30pm-4:30pm**		
25/07	Chair Yoga & Fitness Class 椅子瑜伽及健體課 at Belmore*	Tenpin Bowling	Chair Yoga & Fitness Class 椅子瑜伽及健體課

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