



# Chinese Parents Association Children with Disabilities Inc

## 澳洲弱能兒童協康會

August 2010 CPA newsletter

二零一零年八月協康會會訊

### Contact Us

CPA Newsletter is our quarterly publication. We share community news with our members, and we welcome your contributions.

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。

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## Vice President's Message:

### 副會長通訊:

#### 各位會員朋友，

2010年是協康會豐盛的一年，因為協康集(二)在各位義工及家長的協助下經已出版。內容全面地照顧到有需要的人仕，同時亦提供了正面的信息，因而獲得社區積極的回響，更要感謝資助機構 Illawarra Catholic Club Ltd, Hurstville CDSE, 各善長，社區人士和義工的支持和澳洲新報的連載及鼓勵，謝謝！

協康會每個星期也有豐富的活動，包括保齡、音樂、舞蹈、烹飪及講座等，在學校假期也有精彩的活動提供，均有賴不同的機構贊助。

協康會將於 22/8/2010 在富麗宮酒樓舉行籌款晚宴，希望能籌募善款，作為繼續推行對弱能人仕服務的經費。節目中包括有一環節給青少年會員機會去展現他們的技能及嘉賓的精彩歌唱表演。

在此要感謝各界的支持及慷慨捐贈禮物給協康會。

9月份協康會將舉辦父親節慶祝活動，希望各位辛勞的父親能出席渡過快樂的一天。隨著又是中秋節的來臨，是一個家庭團聚賞月的節日，屆時，我們又將會一同歡聚慶祝。願會員及社區人士能參與，共渡美好時光。

以上各種服務都是有賴善心及愛心的人仕幫忙，才能讓協康會的活動更臻完善，他們付出了寶貴的時間及愛心，實在讓人敬佩，在此謹代表協康會向各位衷心感謝。

協康會副會長  
李羅艷媚



CPA Newsletter has been generously sponsored by  
Aspen Pharmacare Australia Pty Ltd  
Sydney Automobile Paint & Equipment Pty Ltd

## Upcoming Function 節目預告

# 「協康樂聚展才能」籌款晚宴

## 2010 FUNDRAISING DINNER

澳洲弱能兒童協康會（協康會）將於 8 月 22 日在富麗宮酒樓舉行「協康樂聚展才能」的籌款晚宴。此活動的目的是希望在各社區善長和熱心人士支持下，籌募善款，作為協康會為華人社區的弱能人士及其家庭，推行各種服務，輔導及活動之經費。屆時有協康會青少年成員的才藝表演及名歌星義助演唱助慶，共享晚膳，以及善心人士和商號，慷慨捐贈名貴禮品，作幸運抽獎。

聆聽協康會會員的心聲：「接受我們的弱能、發展我們的所能、啓發我們的潛能。」我們冀盼各社區人士，對弱能人士，能有進一步的了解。「天生我才必有用」，弱能人士也有他們的才能，但家長或照顧人員可能要透過較長的時間去觀察，給他們耐心的啟導和培訓，方可發展他們的能力。協康會也希望盡量鼓勵各青少年成員去參與本會推行的各種教育，康樂及資訊性的活動，使他們瞭解個人的潛能並加以啓發，去增強他們的獨立生活技能，發揮他們的所長和能力。並能增加與社群朋友接觸的機會，打破隔膜，融入參與社區，共享和諧生活。

協康會是次晚宴，包括一項給青少年會員表演才藝的環節，以便展示他們所擁有的技能，讓到會人士能夠認識及接納他們，給他們送上鼓勵，增加自信。

希望各社區人員善長給我們鼎力支持，踴躍訂座，購買餐券，共襄善舉，並同享一個洋溢愛心和歡愉的晚宴。【完】



On 22<sup>nd</sup> August, the Chinese Parents Association – Children with Disabilities Inc. (CPA) will be hosting the “2010 Fundraising Dinner” at the Marigold Restaurant.

The aim of this event is to raise funds, through the support of members, community leaders and kind donors, for CPA's continuous provision of services, educational and recreational activities to people with disabilities and their families in the community. During the evening, the younger members of CPA will perform in a talent show to celebrate the occasion. It is sure to be a wonderful evening with an excellent meal, singing and lucky draw with prizes generously donated by our kind donors.

Our CPA members would like to express:  
“Accept our disability, develop our ability, and uncover our potentiality.”

They sincerely wish that there will be more awareness and support towards people with disabilities from the community. The Chinese Proverb also stresses: “Born to use my talent”. However, it may take comparatively more time for their parents and carers to find out their talents/ability, they have to be more patient and provide them more appropriate training so to further develop their ability.

CPA strives to provide young members with education, recreational activities and relevant information sessions. Its goal is to allow our young people to recognise their individual abilities, build upon their existing strengths and to increase their independence. By doing this it increases their opportunities to meet new people and make friends, break down barriers, integrate into the community and live in harmony.

The purpose of the performance segment at the CPA fundraising dinner by the younger members is to showcase their talents, not only allowing other members to get to know them but also for our young people to feel accepted and more confident.

We sincerely hope that members of the community can support us generously by way of attendance, enjoying a delicious meal, giving financial support and having a fabulous time at our fundraising dinner! 大大

Translated by Annette Edwards

澳洲弱能兒童協康會  
**Chinese Parents Association -  
Children with Disabilities Inc**



## 「協康樂聚展才能」籌款晚宴

### 2010 FUNDRAISING DINNER

Date 日期: 22/8/10 Sunday 星期日

Time 時間: 5:30 PM—9.30 PM

Venue 地點: Marigold Restaurant 富麗宮酒樓  
683 George Street, Haymarket

Fees 費用:

VIP 貴賓:	\$60
Adults 成人:	\$50
PWD 弱能人士:	\$25
Children 兒童 3-12 yrs:	\$25
Children 小童 0-2 yrs:	免費

**Programs including singing and skill performances**

**RSVP before 8/8/10**

**節目豐富，有歌唱及才藝表演，請於8/8/10 前訂座**

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**Enquiries 查詢:** 9784 8120 Tuesday & Thursday 週二及週四  
10am-3pm / 0406 233 222 Mandy

# 週末活動 Weekend Activities

## \*\*\* Kidz Go Musical \*\*\*

Music Class 音樂班,  
Performance Class 表演班 &  
Dancing Class 舞蹈組

These classes are conducted for children from 9 years old to adults with the aims to encourage participants to speak up, express their feelings and gain confidence through music; it also strengthens one self's communicative, motor, emotional, social and leisure skills.

活動目的: 利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言, 由於智能不足而導致各種社會適應問題, 若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感、感知肌能和認知能力等, 這便是本活動的最終目標。

時間: 星期六舉行 下午 2:30pm 至 4:30pm

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

## Sports for Youth Group



保齡球賽

## Ten Pins Bowling

時間: 逢星期六舉行,  
上午 10am 開始

地點: 3 - 5 George St,  
North Strathfield



## Chinese Dance

To introduce to children with disabilities (aged 9 years old +) the Chinese culture and its various cultural dances, for culture awareness, physical fitness activities and community participation of cultural celebrations.



Time 時間:  
星期六下午 2:30pm 至 3:30 pm

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

## Cooking Workshop



Welcome to CPA  
Cooking Workshop!!!

Exciting Menus!  
Food tasting



Saturdays: 28 Aug 2010  
25 Sept 2010  
30 Oct 2010

Time: 2.30pm-4.30pm

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

# 週末活動 Weekend Activities



## Play & Fun



導師 Instructor: **Melissa Cox**

This Program is specially designed for children aged 2-9 years. Through fun playing, it aims to help them to listen, to understand, to express themselves, and to enhance their communication skills. Melissa Cox will guide the children to learn through stories, games, songs and movements.

這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，以遊戲小組的方式進行，給二至九歲小孩提供早期訓練。整個活動著重提供與小朋友單獨個別溝通的機會。細心聆聽他們要傳達的心意，指導鼓勵他們正確發音及發展說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互照應和交往的能力。整個課程分三部份：自由活動，說話環節及集體遊戲。家長亦能參與，好能建立更多與孩子溝通的渠道。

時間：逢星期六下午 2:30pm 至 3:30 pm

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

## Junior Group Activity:

### *Sing-A-Long With Me*

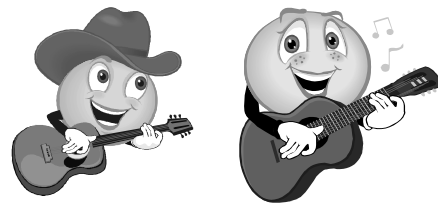
唱遊活動

by Christine

Date: Saturdays 星期六

Time: 3.30pm — 4.30 pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore



## Junior Art Program

兒童組美術活動



by Tracy

Date: Saturdays 星期六

Time: 3.45—4.30 pm

Venue: Belmore Youth Centre  
38 Redman Pde  
Belmore



## Come & Join CPA

### Birthday Party

Dates: \*\* Saturdays \*\*

28 August 2010

25 Sept 2010

30 October 2010

Time: 4.15 pm



Place:

Belmore Senior Citizens Centre  
38 Redman Pde, Belmore

For enquiry please call 查詢請電: Mandy on 0406 233 222 or  
(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

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## Upcoming Activities 節目預告

*Come and Join our picnic for :* 同享野餐 共慶父親節

### Father's Day Celebration



Date: 4 September 2010 Saturday  
Time : 11 am to 2.30pm  
Venue: Homebush Bicentennial Park  
Homebush



*We deliver the best Father's day present:*

*A delicious lunch prepared by Mums and Kids!!*

最佳父親節禮物: 由母親及孩子送上親自烹調的美味午餐!!

Road Safety on Bicycle Riding

Kindly sponsored by



## Mid Autumn Festival Celebration 慶祝中秋節



Date: 18 September 2010 Saturday  
Time : 11.30 am to 2.30pm  
Venue: Belmore RSL Club  
Belmore



輕輕鬆鬆 聚首一堂 同慶一年一度的中秋節

Lunch Buffet 自助午餐

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For enquiry please call 查詢詳情請電 : Mandy on 0406 233 222 or  
(02) 9784 8120 on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

# Upcoming Activities 節目預告

## Women's Health Seminar

### 婦女健康講座

Guest Speaker 主講嘉賓

**Jacqueline Ho 何醫師**

Date 日期: 9 Aug 2010 Monday 星期一

13 Sept 2010 Monday 星期一

18 Oct 2010 Monday 星期一

Time 時間: 10:00am-12:30 pm 上午十時至十二時半

Venue 地點: Function Room  
Suite 4, Level 2,  
59 Evaline Street, Campsie

五臟六腑  
之  
冬季篇

家長座談會：

「家有弱能兒 與  
婚姻關係」

主講者: **李世耀牧師**  
心理及家庭輔導

**7 October 2010**

**Thursday 星期四**

*Details to be announced*

### Mum To Mum :

*A Visit to the Safety Demo  
House*

&

*Lunch Gathering*



*Details to be announced*

### Parent Seminar on:

*“ Individual Funding of  
Disability Support ”*

Guest Speaker: **Karen Fisher**

**11 September 2010 Saturday  
3pm to 4pm**

**Belmore Senior Citizens Centre**

### Road Safety Talk *Rv*

Traffic Officer  
Canterbury City Council



At:  
Belmore Senior Citizens Centre

Date & Time to be announced



### Joint Function with ADHC

In September 2010

On

### Chinese Carers Forum

Introducing the available services provided by ADHC  
for people with disabilities and their families

*Details to be announced*

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**(02) 9784 8120** on Tuesday 星期二 and Thursday 星期四 10am to 3 pm.

## Dad to Dad

Vincent Yu

### Ballroom Dancing Lesson on 28<sup>th</sup> March 2010



A Ballroom Dance was organised by Dad to Dad at the Concord Senior Citizens Centre on 28<sup>th</sup> March to encourage closer relationships between dads with their family members. Our teacher was William Mo with his dancing partner Michelle between them who run public lessons in various suburbs.

We had twenty two people registered to come on that day to enjoy dancing, but instead there were thirty people on the floor. The lesson was supposed to finish at 1:30 pm, however we were so keen we kept on dancing until after 3pm. William was so patient to teach us Cha Cha followed by Waltz. Because many of us were interested to have more lessons which would allow us to relax, Mandy negotiated with William to deliver affordable lessons in the coming months at Belmore Centre. The most wonderful thing happened that day -- a few good dancing members like Albert Suen and his wife, Harry and Sylvia Tinyow



as well as Elaine Martin and her husband, came to help us beginners. We would like to send our gratitude to them and William with his partner Michelle who had to stay back to close the hall for us.

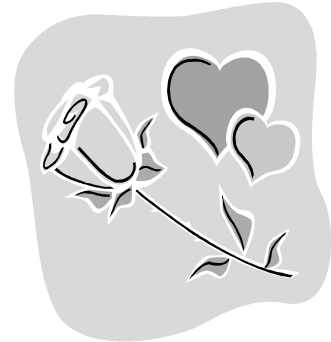
Ballroom dancing is such a relaxing exercise that Jennifer and I went to William's social dancing evening the following Friday. To our surprise, many pairs were at a well advanced age of 70's and 80's and they lifted their feet so lively on the floor. They looked young and energetic and will probably keep it until they are 100. See you all at the dance at Belmore (watch out for the Weekly Programs on our website [www.chineseparents.org.au](http://www.chineseparents.org.au) for details). 🇺🇸





## Activity Report 活動報告

# Mother's Day Celebration 慶祝母親節



Vincent Yu

Our Dads had been invited to organise the best celebration event for their wives as a reward towards their hard work in caring for their family members. After much thought, we changed from outings to an indoor function to save us from the hassle of organising food and beverage. Following the successful ballroom dancing lesson few weeks ago, we invited William and Michelle to give us another lesson to a bigger group this time. With others, who might not be interested in dancing, we asked Tracy Mu to provide video-viewing as entertainment.

We kicked off the program with a dancing lesson from 2:30pm which lasted about one hour and then we had demonstration dances from Sylvia and Harry and other pairs. With everyone already warmed up with music (it proved that Tracy's video was not required), we had some of children showcasing their dancing skills. By then our guest speakers had already arrived. First, was our friend Ms. Mary Ann Fry from Bradfield Park Well Being Centre. She explained what their organisation could do for our carers. She was very touched by our members helping each other so



well in this event functioning like a large family. Before her departure, she left words that she would do anything to bring more funding for us in the new years to come.

The next guest speaker was Mr. Chun Wing Fan. He brought some material from the Family Advocacy to talk about aides and hints for parenting children with intellectual disabilities. At the end of his speech, the food organised by our president Ping and our good helper Hung was ready. The fathers had volunteered to serve the dishes to the mums with their children helping. The kitchen was frantic with men frequently in and out of the door. By 8:30pm many of us finished the dinner and started to pack up but some still wanted to dance with the music. By 9pm many parents helped cleaning up and William and Michelle helped us lock up the place. Thank you to everyone mentioned here and some unsung heroic fathers for their help. 🙏

# Activity Report 活動報告

## Cooking Workshop BRIAN SU 烹飪工作坊

On Saturday the 22nd of May 2010 at 3:30pm, CPA held a cooking workshop at Belmore Senior Citizens Centre. We were making roasted chicken and barbecued pork rice paper rolls. I used the thick rice paper so it would not be torn easily when I rolled it but it took longer time to soften. For the fillings, there were roasted chicken, barbecued pork, vermicelli, carrot, cucumber, lettuce, bean sprouts, spring onions, and coriander to choose from. For the sauces, there were Hoisin sauce (Chinese seafood sauce), Barbecue sauce, Seafood Cocktail sauce and Nuoc Cham (fish sauce) to choose from. The sauces could be added to the fillings or used as a dipping sauce. I showed everyone step by step how to make the rice paper rolls and explained the procedures to them. First I placed one sheet of rice paper in medium bowl of warm water until just softened and place it on a chopping board. I chose roasted chicken, vermicelli, carrot, cucumber and coriander for my fillings and I added Hoisin sauce into my fillings. Then I put a small portion of fillings onto the rice paper. Finally I rolled the rice paper sheet halfway to enclose the fillings, fold in the sides and continue rolling until sealed.



We set up a couple of tables for the kids to work with. We put the ingredients on the tables. We separated our kids into groups, four children in one group. Parents participated with their kids to make the rolls. Parents and volunteers helped us to soften some of the rice paper in lukewarm water and distributed the softened rice paper sheet among the kids. Some children were good at rolling but some needed a lot of help because rolling and portioning the food might not be easy for them for their first attempt. I am learning. Parents are learning and everyone is learning too. I would love to learn how to make good and delicious meals for others to enjoy. I believe the more you practise, the more you will improve your skills. After finishing making the first rice paper roll, everyone ate them straight away. Although our finished products might not look appealing, they tasted good and could stimulate our appetite. We had a positive response. Everyone headed to make the second one. We all enjoyed eating the rolls which were made by ourselves. I thanked everyone for their help and support. 🍴

在二零一零年五月二十二日星期六下午三時半，澳洲弱能兒童協會在 Belmore Senior Citizens Centre 舉行了一個烹飪工作坊。我們準備做一些燒雞和叉燒米紙卷。我使用了厚身的米紙，所以當捲起時，它就不會容易撕裂，不過浸軟它們所需要時間就會耐些。餡料有燒雞、叉燒、米粉、甘筍、青瓜、生菜、芽菜、蔥和茼蒿，可供選擇。醬料有海鮮醬、燒烤醬、海鮮蕃茄醬和魚露，可供選擇。醬料可以直接加在餡料中，或可作為沾汁。我一步一步的示範給他們看和講解如何做米卷的程序。首先將一張米紙浸在一盆暖水中直到軟身，然後小心地將米紙從水取出，再放在砧板上。我選擇了燒雞、米粉、甘筍、青瓜和茼蒿作餡，加海鮮醬在餡中。然後我將一小份量的餡料放在米紙上，捲起米紙摺上蓋過餡料，左右兩邊摺向中間，向外捲收口。

我們預備好幾張桌子，讓孩子工作。我們將材料放在桌子上。我們分組，每四個孩子一組。家長也參與其中，與孩子一起做米紙卷。家長和義工幫助我們用溫水將米紙浸軟，然後分配給各人。有些孩子善長於做卷子，但有些需要別人的幫助，因為第一次嘗試做卷子和使用適當的份量的餡料，並不容易。我在學習中，家長也在學習，每一個人都在學習。我喜歡學習如何去煮一些美味的餐同其他人分享。我相信只要多些練習，我們的技能就會有進步！當我們完成了第一條的米紙卷的時候，我們立即享用。雖然我們的產品，或者並不好看，但是味道不錯和能夠刺激我們的胃口。我們有一個正面的回應：每個人都趕快去捲第二條。我們都享受自己親手做的卷子。最後我要多謝每一個人的幫助和支持。【完】

## RSAC Annual Presentation

by **Elena Lau**

This is the third year our Young Star Performance Team participated in the RSAC Annual Presentation Day. The event was held on 20 June 2010 at Bankstown Sports Club with over 300 people joined together to celebrate another year of great achievement.

The event kicked off by a couple of dance performances by members of RSAC and our Young Star team got on to the stage as Guest Performer after that.

Over the past 2 years our Young Stars prepared different type of performances – with singing in the first year and dancing in the following year. This year our team chose to perform the much beloved song – “We are the World” with live musical instruments.

All participated young members have spent a long time in practising this song. They have done a great job on the day and it was well received by the audiences.

A lovely 3 courses lunch was served after the performance and the kids’ favourite meal was no doubt the 3<sup>rd</sup> course – Chocolate desserts! Thankfully there was a disco session to help the kids to burn off the calorie...

Congratulation to all young members for participating and displaying their improved skills, the ongoing practising throughout the year has certainly paid-off.

Thanks to all parents who assisted during the practising sessions and cheering for the team on the day. 🍷🍷

## SibSpace

**Karen Yuen**

One Winter afternoon on 10 July 2010 a group of six siblings met-up to play a game of ten-pin bowling at AMF North Strathfield. It had been a while since the last SibSpace excursion and we were all excited to catch-up with one another. At first, all the siblings were a bit shaky at bowling...made more challenging without bumper bars. But as the game progressed, everybody's scores improved and there were plenty of strikes scored!

After bowling the siblings visited the Outback Steakhouse. There we tried the restaurant's signature dish - the Bloomin' Onion - a large onion battered and deep-fried and sliced so it looked like a flower in bloom. We also satisfied our sweet-tooths and ordered dessert. Each sibling ordered something different - pavlova, a sinful sundae, cheese cake, creme brulee and chocolate brownie. The siblings chatted happily over dessert and before we knew it - it was time to go home. 🍷🍷



## Holiday Activity: Art Program

The vocational art week project aimed at uncovering people's art talent as well as a respite for carers. However the carers (in this case the mothers) has been working as assistants throughout the week. As a matter of fact, it served more like a kind of therapy for the children as well as teaching the mothers how to guide their child into paintings. On the first day Gaye and Edith of ManyHands Workshop set up the model of the course for us as a guide for the following four days. They implemented a team work called Galaxy Odyssey (this would be the main theme for this course) and a lot of photos were taken to catch each individual artist in action.

The second day involved a lot of cutting and pasting as well as colouring. Ping was busy organizing the lunch as well as looking after Stephanie, Hung was responsible for taking photos, and Jennifer was an assistant to Edith in helping the kids.

Early on the third day, Andrew, Sarah and Chloe were busy laying the protective sheets on the floor, preparing for others' arrival. In fact they helped every morning and each of them should be awarded a medal. As this was the last day for formal lesson with Edith, everyone was so busy to put the final touch to the team product. We wished to leave Edith a good impression and happy memory working with our young people.

The fourth day was our excursion day, we would draw live pictures on to our sketch book. Unfortunately the sky was gray and it was showering most of the morning. As soon as the shower stopped, we set off towards the foreshore on the side of Lunar Park.

Vincent Yu



Every artist was given a piece of sketch paper and a pencil. Sitting down on the bench backing towards Lunar Park, Andrew was busy pacing backwards and forwards catching the view of the scenery.

Bowman had already drawn the big wheel on his paper which the security guide passed a comment of the best wheel he had ever seen. All others had started putting something on paper. We all had our own packed lunch before the shower coming back. Everyone was wet upon the return at the studio, we started packing and cleaning the tables.

On the last day Jennifer examined each one's sketch and requested them to fill in the colour. She continued with our Galaxy Odyssey teamwork to get each one drawing stars and planets. She stressed that drawing various shapes of different sizes would form basic skill of an artist and colour mixing was another skill they have to master. Mothers could make suggestions but action had to come from the artists. Gaye came back to share our lunch and was impressed with their good work. At the end of lesson, each one completed a picture of heavenly body/bodies using their own favourite colours. Before we said farewell, Bradfield Park staff presented each artist a laminated certificate and we expressed our gratitude by giving Mary Ann a painting of telescopic view of a planet with its moons done by Bowman. 🐾



# Activity Report 活動報告

## 假期活動報告:

## 繪畫組



這個「假期繪畫課程」目的是去發掘孩子的繪畫天份，及給他們的父母和照顧人士們一個休閒的時刻。可是這一群照顧人士大都參與此活動，變作義務員，並從中學習如何引導孩子去繪畫。課程首天，從 Manyhands 工作坊來的 **Gaye** 和 **Edith** 安排好場地及介紹這幾天的節目。星際漫遊是這次集體創作的主题，當場每一個小畫家的工作形態都被拍攝下來。

第二天的功課是剪貼。**Ping** 在忙碌地處理午餐同時亦兼顧著 **Stephanie**，**Hung** 拍攝著更多的照片，而 **Jennifer** 則幫助 **Edith** 去指導孩子們。



第三天，**Andrew**，**Sarah** 和 **Chloe** 一大清早來到課堂，幫助鋪排地墊和準備繪畫工具。之後，每天如是，實應獎勵他們。因這是課程最後的一天，大家忙碌著完成他們的集體創作。好讓我們與 **Edith** 話別時，亦給她留下一個美好的印象及回憶。

第四天是戶外寫生日。可惜天不造美，不時洒下一陣雨。等雨勢稍停時，我們終於到達 **Lunar Park** 的前岸。小畫家們拿著鉛筆和畫紙，在岸邊坐下面對著公園忙碌起來了。**Andrew** 在踱著步尋找理想的角度。**Bowman** 已將摩天輪繪下來，保安員叔叔評閱此摩天輪是他看過中繪畫得最好的一個。剛吃罷午餐，天又洒下雨來，回到畫室時，各人都成落湯雞了！大家開始準備收拾現場。



最後的一天，**Jennifer** 審閱每人的作品及著他們上色。她繼續引用星際漫遊的概念，要求大家畫星星及行星，特別指出要不斷練習，畫出大小及不同形狀才會把繪畫的基礎打好，而在塗色上更要多下一番功夫。繪畫時母親們可提出見議，但一定要孩子自行繪畫。**Gaye** 回來與我們共享午餐並對小孩們的成績感到滿意。課程完畢時，每人都完成一幅星際的圖畫，充滿著他們喜愛的顏色。當我們道別時，**Bradfield Park** 職員給每位小畫家一張證書，我們亦把 **Bowman** 畫的一幅星球概覽圖片作為回禮，以示感激。【完】

Terry Li 譯



# Activity Report 活動報告

## Mum 2 Mum 媽媽休閒站

『愛護自己方能更好地愛護我們的孩子 -  
記“MUM 2 MUM 媽媽休閒站”』  
— May Ku

做母親難、做特殊需要孩子的母親難上加難。對於大部分育有殘障孩子的母親而言，其身心的艱辛實非言語或筆墨可表達；只有身處於同路人的群體中，大家一個意會的眼神、一句體己的說話，方感到互相支持、並不獨單。“澳洲弱能兒童協康會”定期舉辦的“MUM 2 MUM 媽媽休閒站”活動為這群不平凡的母親提供了聚會、傾訴和支援的機會。

3月11日早上10時正，在會長阿萍的帶領下，約二十多名母親聚集在EASTWOOD圖書館外，只見許多媽媽面上都流露出難得一見的笑容，她們是前來參加這天舉辦的“媽媽休閒站”活動的。

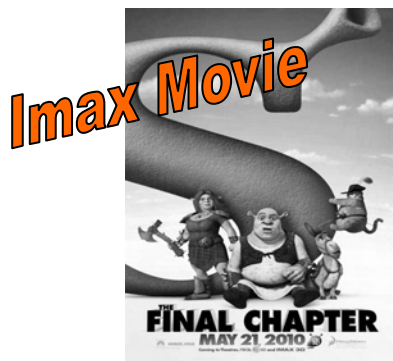
活動的第一節是肢體練習，在一位導師指導下，大伙兒在EASTWOOD一隅公園做起了健身活絡“關節操”。這套柔軟練習可以舒緩媽媽們軀體的疲勞。

約一小時後，媽媽們帶著運動後的輕鬆的心情步行到附近的“金福酒樓”享用粵式飲茶。這是該活動的第二節。兩圍宴席設置幽靜的閣樓，媽媽們在不受其他食客干擾的環境中盡情地享受這段休閒時刻。席間氣氛熱烈而輕快。有些消息靈通的女士向大家傳遞一些政府信息或社區資訊；有些媽媽與大家分享育兒的



心得和方法；有些年青的媽媽忍不住申訴教育孩子的辛酸，獲得在場人仕的支持和鼓勵。

有人說：怎樣才能更好地愛護我們的孩子？答案是父母要先懂得愛護自己。此言不虛，對於這群“特殊”媽媽來說尤為意味深長。看著大家滿足地離開酒樓，我們知道“協康會”這次“MUM 2 MUM”聚會為媽咪們充足了電。【完】



By Clement Wu

On Saturday, CPA children went to the IMAX Theatre at Darling Harbour to watch the movie Shrek – The Final Chapter. We arrived there and found a crowd of people waiting and were urging to enter. Victor was very excited to see his friends Jonathon, Samson, Victor Lee, Andrew, Barry and other CPA children.

We picked the 3D glasses and came in together with parents. Sitting on our seats we waited impatiently for the movie to start. The movie was magnificent especially with 3D glasses. It created a sense of imagery as if you were able to touch it. Sometimes it made me dizzy when moving speedily downwards from the sky.

Everything was going all right of Shrek's family. His wife Fiona had given birth to three babies. However he felt bored with all of it. He wanted a taste of the way things used to be. After a chance meeting with Rumpelstiltskin, he was offered the chance to have one day to be the Shrek of old, without a care in the world other than scaring people. In exchange, he only had to give up a day from his childhood. Seems fair enough, but due to

a sneaky clause in the fine print, everything went to crap and hilarity ensues. Now he was stuck in a world where none of his friends or his wife even know who he was and he had to find a way to get back before his existence was nullified. Shrek helped other ogres and Fiona. They fought with nasty witches, Rumpelstiltskin and the enormous Dragon. After a hard time of the war the ogres won. He returned back to real world after Fiona kissed him. 🍷🍷





## *Heep Hong Society & Sunshine Homes*

### 香港協康會 與 上海陽光之家

Vincent Yu

***I write this article to let all of our members know that we are not alone here. We should encourage ourselves to carry on with our good work and share our experiences with others.***

On the third day after arriving Hong Kong, my old classmate who was a retired government office bearer picked up Jennifer and me for a day visit to Heep Hong Society (協康會). I had rung for an appointment to visit one of the parent centres at Fanling in the New Territory. I also had contacted their Head Office to see if I could pay them a visit. We went to Fanling (粉嶺) together with my friend and his wife who was an active voluntary worker. The centre was well organised with staff and a good library. We were very well received. There are full of books and educational materials for early intervention program. When asked about vocational training and job seeking assistance, we were told that there was another organization called Hong Chi Association (匡智會) which would help adults with intellectual disabilities to job training. From the information they gave me, Hong Chi Association had nine on-job training places (a convenience shop in a hospital, a cafe in a sports centre, an organic farm, a sandwich shop in Shatin and a cake factory etc) and three resident quarters. Unfortunately we did not have time to visit them as we had to make the 5:30pm appointment to meet up with Heep Hong Director, Ms. Nancy Tsang, at the Kowloon head-quarter. Recently she had a trip to Sydney to see some of her clients. We agreed to link our organisations closer together in the future to share our knowledge. Before we left she gave us a lot of their books which contain valuable information.

The next day we left Hong Kong for Shanghai to visit some of the pavilions in the World Expo. While we were there, I had successfully contacted Professor Zeng who would meet us at 8am the next day as we had to rush to the airport before ten o'clock. Professor Zeng has been leading a team of scholars to care for people with intellectual disabilities in China. In 2006 they established over 250 Sunshine Homes (陽光之家) in the locality of Shanghai alone caring for people with disabilities. This was the first organisation to deal with such an ever increasing problem in China.

We were told that those Sunshine Homes are small community-funded units supported by a lot of voluntary workers. Unfortunately we could not stay to see their work and the Sunshine Home model except that he gave us a collection of their work in a book to take home.



到達香港的第三天，我的舊學友，一位退休前香港政務員和他的太太，帶同我及 Jennifer 一起去參觀座落在粉嶺的協康會。我們受到誠懇的接待。整個中心有一個具規模的職員架構和設備完善的資源圖書館，提供早期干預課程的教具資訊。另外有一個機構，匡智會，專為弱能人士提供職業培訓。它們有九個不同的職業培訓中心：醫院內的便利店，體育中心的咖啡室，有機農場，三文治店，糕餅製作工場...還有三個宿舍。隨後在協康會的九龍總部我們接受了 Nancy Tsang 的接待，她剛從澳洲探訪她的學員完畢回港。她給我們送上很多寶貴的文件和書籍，並承諾我們兩會將加緊聯系，分享最新資訊。

到達上海，我們接觸了 Professor Zeng，知悉他帶領一組為弱能人士服務的學者，在 2006 年上海一地，創辦了 250 個陽光之家，全是社區義務人士支持的。他們是國內第一個機構，著先去處理這個日趨嚴重的社會問題。可惜因為要趕機回來悉尼，我們沒有機會去參觀他們的陽光之家。【完】

## Call to support teacher aides

by PAUL BIBBY

May 31, 2010 Sydney Morning Herald



### 呼籲支持輔助教師(助教)方案

Terry Li 譯

Support for NSW school students with special needs and disabilities is being compromised because the government is refusing to give permanent employment to the state's 5000 teacher aides, the Public Service Association says.

The aides, also known as school learning support officers, help special needs students with everything from basic skills and behaviour management to health care procedures.

Research has shown the assistance is crucial both in terms of the development of the student and in allowing the classroom teacher to attend to the needs of the rest of the class.

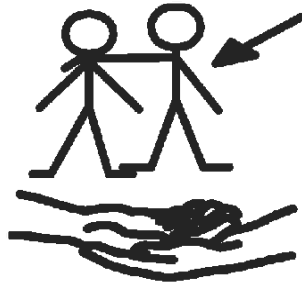
But the aides are only temporary employees, so they are not entitled to regular training and can have their hours reduced or cut completely at the end of a term.

In its submission to the recent Legislative Council inquiry into the provision of education to students with special needs, the union said this disrupted the stable learning environment for those students.

"The support officer and the student they work with don't know from one year to the next, or even one term to the next, how many hours they'll have or even whether they will continue to be employed at all," the submission says. "They should be employed permanently so that even when the students they've been working with leave school their experience ... is not lost to the school."

Elizabeth Gawthorne, a support officer at Marrickville High School, said the employment situation discouraged officers from staying in the job. "Some schools have a large turnover of staff and that's no good for the kids - they need to know the face they're working with," she said.

A spokeswoman for the Education Minister, Verity Firth, said a flexible system was needed so students get help "where and when it is needed".



公務員協會宣稱: 紐省政府拒絕對五千名輔助教師履行提供長期工作的承諾, 因而危及到他們對弱能學童提供的特殊服務和支援。

這組輔助教師, 亦稱為教育支援員工, 幫助需要特殊服務的學童, 包括輔助他們學習基本技能, 行為處理及健康護理。

根據調查報告, 這種輔助對弱能兒童是至關重要的, 尤其是在他們的學習發展期及有助班中的教師可以騰出時間去關顧班內的其他學生。

但這羣「助教」只被聘任為臨時工作人員, 他們沒有參加培訓的權利, 工作時間隨時被遞減, 或在學期結束後完全被取消。

在最近立法院的議程中, 工會指稱這種教育提供措施對有特殊需要的學童, 會產生不良的影響, 他們穩定的學習會因而受到擾亂。

「支援人員與其服務對象對未來能否共同一起工作的時間絕不明朗, 是否按年, 按學期, 按小時被錄用或根本不再被錄用, 一點也不清楚肯定。」工會建議: 「工作人員應被長期僱用, 以致當其所輔助的學生完成學業離校時, 所學的一切知識及技能, 也可保留, 不會浪費」。

Elizabeth Gawthorne, 馬力圍中學的一位教育支援員工指出, 在這種制度下, 員工會對前途感到沮喪和轉職頻繁。「一些學校的人事變更率特別高, 對學童發展非常不利 - 因為他們需要與稔熟的人才能學習和工作。」

教育部長 Verity Firth 的發言人說, 需要一個靈活的系統來解決這問題, 令到學童們能得到及時雨。【完】

Disclaimer: Any views or information expressed in the articles are those of the individual author, they do not reflect the views of CPA



## Disabled children face years in crisis care

By LOUISE HALL

May 28, 2010 Sydney morning herald

CHILDREN and teenagers with disabilities have been stuck in crisis accommodation, some for more than eight years - at a cost of up to \$1.5 million - because the state government has been unable to find them homes.

Although the program is meant to be a stop-gap solution until permanent accommodation is found, documents obtained under freedom of information legislation reveal a 13-year-old forced to live in crisis care in Coffs Harbour since he was four.

Other cases include a 14-year-old who had lived in temporary care in Bexley for five years and a 17-year-old who had spent almost five years in emergency housing in Sylvania. A baby spent nine months in temporary care in the Hills District and a three-year-old lived in emergency housing in Sydney for eight months.

Emergency accommodation typically costs more than \$15,000 a month, or \$180,000 a year, the Department of Ageing, Disability and Home Care says. This is significantly higher than the cost of respite care (\$8800 to \$22,000 a year) or permanent full-time housing (\$130,000 a year).

The documents reveal at least 40 people have been accessing "last resort" funding for more than 12 months after their families or carer could no longer cope or they were in danger of becoming homeless.



The dire shortage of long-term supported accommodation is worsening, with 136 people receiving crisis funding through the department's emergency response program at the end of February, up from 94 in October last year.

A 26-year-old had been in the temporary program for eight years and eight months, a 36-year-old had been in a youth refuge for eight years and nine months, and two 54-year-olds had been in the care of Bega Valley Council for seven years and seven months.

A spokesman for the department said of the six people who had been housed under the program for more than eight years, two have since moved into permanent accommodation. The remaining four are waiting for capital works to be completed for their new homes, he said.

Temporary accommodation includes group homes and nursing homes and foster care. But Mary Lou Carter, the secretary of the Carers Alliance political party, said the department had no plans in place for people with disabilities who suddenly found themselves homeless when their parent died, became ill or broke down under the strain of being a full-time carer. "It really clearly shows the lack of policy in this area at every level," she said.

The opposition spokesman on disabilities, Andrew Constance, called for the second five-year tranche of the government's Stronger Together disability reforms to be fully funded in next month's budget.

However, he said it was unlikely the Minister for Disabilities, Peter Primrose, would have much sway with treasury given that he had been in the job for less than a week. "We've got a minister on L-plates who is clueless about the most important and fundamental issues facing the sector," Mr Constance said.

Disclaimer: Any views or information expressed in the articles are those of the individual author, they do not reflect the views of CPA

# “An Introduction to Autism Spectrum disorder”

## Training Workshop Report

by Y. Lee

報告：介紹認識「自閉症」人士的工作坊

Terry Li 譯

It was a rainy day on 26 May 2010 Wednesday. Despite the continuous rainfall in the morning, the training centre was packed with full attendance.

To begin with, Facilitator Sarah Crook introduced what ‘An Autism Spectrum Disorder (ASD)’ was and clarified some of the myths related to ASD. The facts are:

- For ASD, there is no known cure and no pin-point cause,
- Autism is not language delay, it affects all areas of communication,
- Some children with autism have special skills, other will have difficulties in most areas,
- Children with autism may have an interest in numbers or letters without understanding their meanings.

Other programs included in this workshop were “Supporting Behaviour”, “Communication” and “Sensory Processing”.

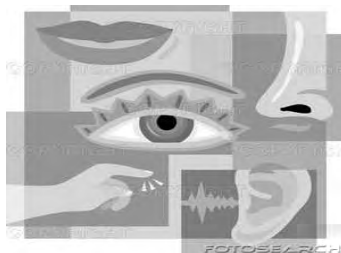
Sensory Processing is the ability to organize and interpret information we receive through the senses from our own bodies and the environment. It is interesting to know that in addition to the normal “Five senses”, there are **two hidden senses**.

### The five senses:

- Visual Processing (seeing)
- Auditory processing (hearing)
- Gustatory processing (taste)
- Olfactory processing (smell)
- Tactile processing (touch)

### The hidden senses:

- **Vestibular processing** - (sense of movement) this sense provides information about head position in relation to our body and the environment.



- **Proprioceptive processing** - (body awareness) this sense provides information about where a body part is and how it is moving in relation to the rest of our body.

Many children with autism have sensory processing issues and the main types of sensory processing difficulties that children have are over-sensitivity and under-sensitivity.

Children who are over sensitive will actively avoid the sensation they can't tolerate (sensory avoidance). These children will run away from the loud vacuum cleaner or resist going outside because the light is too bright. Other children with over-sensitivity in a particular sense will not understand how to get away from the sensation and might just become upset or easily distracted.

When a child is under-sensitive they may have one or two responses. Some children will seek out more of the sensation that they need (sensory seeking). Examples of this include squeezing into tight places, jumping, spinning around or intently watching interesting visually toys. Other children will need much more sensory information than normal to notice the sensation and feel comfortable (poor registration). These children might not notice when they are touched or might not notice a noise until it is really loud.

It is also important to remember that for every child, each sense has a different threshold and pattern of regulation and that sensory processing difficulties change and develop over time.

It had been still raining outside when the workshop came to the end. We, the attendees, all felt that this was a very informative meeting and we had a better understanding towards autism. ☺

在二零一零年五月二十六日星期三的早晨，綿綿冬雨，下個不停，但訓練中心仍擠滿了來參加這次培訓的人群。

開始時，主講者顧莎拉女士介紹有關“自閉症”不實的说法。事實上，自閉症- 是沒有肯定的原因及治療方法；不單是語言有障礙，而且會影響個人所有的通訊系統；雖然有些兒童具有特殊才能，但在其他方面會出現困難；他們可能會對數字及字母感到興趣，但往往不明白其中的意思或含義。

這次培訓班還包括了其他的項目 - 「行為上的輔導」，「溝通能力」，和「感覺的處理流程」。

「感覺的處理流程」是一種分析的能力，藉著身體各種不同的感覺與外界接觸。除了我們所知的五類感覺 - **視覺，聽覺，味覺，嗅覺，和觸覺**以外；還有兩類鮮為人知的隱閉感覺。它們是：

- 六. **內耳前庭平衡覺** - 即(動作感應) 頭部對身體或外界的感覺，給予個體平衡狀態及安全意識；
- 七. **本體感覺** - 藉著肌肉，筋腱及關節周圍的神經接收器，(本能地)對自身的動作協調。有助平靜情緒。

不少自閉兒童對「感覺的處理流程」都出現問題，最常見的是「過度敏感」或「敏感度不足/過低」。

**過度敏感** - 兒童在一個不能忍受的環境中，例如在吸塵機的聲浪下會採取逃避的方式；或對外界的強烈光線感到不適而不外出；有些兒童根本不知如何處理這些感覺而產生不安或無所適從的情況。

「**敏感度不足/過低**」- 兒童通常會出現兩種回應：直覺上他們會尋求較強的感覺-例如擠入狹窄的環境，跳躍，轉動身軀或注視他們有興趣的玩具。有些兒童則需要很強大的訊息才能提升他們的感覺和反應。有時他們的身軀被觸摸也是沒有反應的，或者不能察覺一些聲浪較弱的聲音。

我們要明白每個小孩的感覺都有不同的反應程度及模式。這需要長時間來觀察他們的「感覺的處理流程」，幫助他們去發展和改善。

課程完結時，天仍未放晴。但赴會者都感到充實，對主題有更深入的了解。【完】

# Acknowledgement 感謝

## Acknowledgement

*Special thanks to the following donors , volunteers & in-kind donors during the last three months:*

### Donors

1A communication P/L  
Alex & Nancy Ma  
Anna Yew  
Charles Coomer  
Catherine Lau  
Cham Boon Tang  
Dr Andrew Kam Cheng Li  
Dr Anthony Chan  
Jacqueline Ho  
Jennifer Yu  
Oi Chin Choo  
Peter Wong  
Relastar P/L  
Yim Foon Li

### Volunteers

Angela Poon  
Anna Yew  
Annette Edwards  
Brian Su  
Chun Wing Fan  
Daniel Yung  
Darby Mu  
Dora Li  
Harry Tinyow  
Hung Li  
Jacqueline Ho

Jennifer Yu  
Jessica Mu  
Mandy Yip  
Ming Fan  
Mrs Cheng  
Mrs Wong  
Paula Su  
Peter Wong  
Sam Li  
Sharon Tan  
Winda Mok

### Sponsorship

Aspen Pharmacare  
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Samuel Chu  
Sydney Automotive  
Paints & Equipment P/L



## Birthday Boys and Girls of the Months!!

### August

**Jack Zhou  
Jarren Dang  
Ronnie Cheng  
Stephanie Mu**



### September

**Andrew Li  
Colin Wang  
Edgar Tan  
Kenton Lieu  
Lawrence Trieu  
Tyler Griffiths  
Yin Soon Tan**



### October

**Chloe Mak  
Kenneth Wong  
Kevin Ka Yin Lee  
Reuben Vuong  
Yi Fan Gao**



# Weekend Program 週末活動一覽表

Aug 2010	Junior Group - afternoon	Youth Group - Morning	Youth Group - afternoon	Others
	<b>2.30pm to 4.30pm</b>	<b>10am-12noon</b>	<b>2.30pm-4.30pm</b>	
7-Aug	Fun & Play (Melissa) Sing with me (Christine)	Macarthur Disabled Tenpin Bowling-AMF Bowling Ctr (starts at <b>9.30am</b> )	Music Therapy/Karaoke	
14-Aug	Fun & Play (Melissa) Art (Tracy)	Ten Pin Bowling	Music Therapy/Karaoke	
21-Aug	Outdoor activity TBA	Ten Pin Bowling	Chinese Dance/ Rehearsal	Federal Election Day
22-Aug	Fundraising Dinner at Marigold 5.30pm—9.30pm			
28Aug	Fun & Play (Melissa) Sing with me (Christine)	Ten Pin Bowling	Cooking Workshop	Birthday Party
<b>Sept 2010</b>				
04-Sept	Father's Day Celebration/ Picnic Day at Bicentennial Park/ Road Safety Activity			
11-Sept	Fun & Play (Melissa) Sing with me (Christine)	Ten Pin Bowling	Music Therapy / Karaoke	Talk – Self Directed Funding
18-Sept	Fun & Play (Melissa) Art (Tracy)	—	Chinese Dance/ Rehearsal	Moon Festival Celebration
25-Sept	Fun & Play (Melissa) Sing with me (Christine)	Ten Pin Bowling	Cooking Workshop	Birthday Party
<b>Oct 2010</b>				
Term break activities to be announced				
9-Oct	Fun & Play (Melissa) Sing with me (Christine)	Ten Pin Bowling	Chinese Dance/ Rehearsal	
16-Oct	Fun & Play (Melissa) Art (Tracy)	Ten Pin Bowling	Music Therapy / Karaoke	
23-Oct	Fun & Play (Melissa) Sing with me (Christine)	Ten Pin Bowling	Chinese Dance/Rehearsal	Road Safety Talk By Traffic Officer
30-Oct	Fun & Play (Melissa) Art (Tracy)	Ten Pin Bowling	Cooking Workshop	Birthday Party
<b>"The above programs may be changed without prior notice due to unforeseen reasons."</b>				

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            | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工   | Volunteer         | <input type="checkbox"/> |

**會員年費 \$10**  
**Membership Fee \$10 pa**  
**(From 1 July –30 June)**

名字 Name: \_\_\_\_\_ 姓氏 Family  
Name: \_\_\_\_\_

地址 Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

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