



會訊 NEWSLETTER

AUGUST - OCTOBER

AUGUST TO OCTOBER 2025 ISSUE | 二零二五年八月版 |
WWW.CHINESEPARENTS.ORG.AU

2025



Coming up:

- FATHER'S DAY FAMILY DAY OUT 父親節家庭樂
13 SEPT 2025
- MOON FESTIVAL CELEBRATION LUNCH
慶祝中秋節午餐
27 SEPT 2025

父親節及中秋節快樂!

HAPPY FATHER'S DAY
& MOON FESTIVAL!

澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc.

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。

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

Postal 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

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。



Dear CPA families,

As the cooler months settle in, I'd like to extend a warm welcome to the winter edition of our CPA newsletter. This season brings not only a change in weather but also a chance to reflect on the work we've done and look ahead to what's coming next.

Over the past quarter, we have completed the Triple R (Refresh-Recharge-Reconnect) project for mental health essentials for CALD carers and families of PWD last month. The project has received positive feedback from the survey with 86% overall satisfaction and finding the workshops helpful. Thank you, parents and carers, for joining the workshop. I hope you find it valuable.

'Christmas in July' celebration social event was back by popular demand. It was attended by a full house; everyone was into the festive spirit dressed up your best Christmas outfits. It was a great way to bring everyone together and provide an opportunity to learn, network, and have fun.

As routinely, this year the second year Occupational Therapy students from the Western Sydney University will again be participating in project based professional practice placements at CPA. Project placements are a great opportunity for the students to recognise and look beyond direct work with clients and explore how their skillset and an occupational focus. Four students ad started their placement last Saturday; the placement will be completed in early October. This partnership program not only sharpen-up and test students' developing skills but also an opportunity to bring new teaching resources to CPA as well as management and mentoring skills.

In celebrating Father's Day, we will be having a family day trip to the Illawarra Fly TreeTop Walk and Kangaroo Valley in September. We have a fast response to the trip registration, that filled one coach in a couple of hours. If you haven't register for the trip, there are still seats available on the other coach. Do not miss out a fun family day out connecting with nature!

The last event for this quarter is the Mid-Autumn festival celebrations lunch at Bankstown RSL club. Can't wait to see you all!

We are looking forward to more meaningful programs in the months ahead. Thank you to Rachel, committee members who continue to make these moments possible for our members.

To our CPA families, thank you for your continued trust and partnership. Your kind messages and support mean so much to us. As always, my door is open for feedback, ideas, and collaboration. Let's keep working together to ensure CPA remains not just a place of care, but a true home. Wishing you all warmth, wellness, and wonderful moments this Winter.

Miranda Chau



親愛的協康會成員：

隨著天氣轉涼，我想向大家送上最溫暖的問候，並歡迎閱讀我們協康會冬季版的會訊。本季不僅帶來了氣候的變化，也是一個回顧我們所完成的工作、並展望未來計劃的好時機。

在過去這一季度，我們完成了「Triple R」（Refresh-Recharge-Reconnect重整、充電、再聯繫）項目，為文化和語言多樣性（CALD）照顧者和身心障礙人士（PWD）的家屬提供心理健康講座及活動。該項目於上月結束，並在問卷調查中獲得了 86% 的整體滿意度與「課程實用」的正面回饋。感謝各位家長與照顧者參加這些活動，我希望這次的內容對您有所幫助。

由於廣受歡迎，慶祝「聖誕在七月」活動今年再度舉辦，活動當天座無虛設，大家都穿上了最亮眼的聖誕裝扮，充滿節日氣氛。這是一個讓大家歡聚一堂、同時兼具學習、交流與娛樂的好機會。

按照慣例，今年協康會再次迎來西雪梨大學（Western Sydney University）職業治療系二年級學生，參與以職業治療為基礎的實習。實習能讓學生的視野超越直接與客戶工作的層面，並探索如何應用他們的技能與專業。四位學生已於上週六展開實習，並將於十月初完成。這項合作不僅能讓學生檢討與提升專業能力，也為協康會帶來新的教學資源、管理經驗與指導技巧。

為慶祝父親節，我們將於九月舉辦父親節家庭樂一日遊，前往 Illawarra Fly TreeTop 及袋鼠谷（Kangaroo Valley）旅行。該活動的報名反應迅速，一輛旅遊車的座位在短短數小時內已被填滿了。如果您尚未報名，另一輛旅遊車還有空缺。不要錯過這個親近大自然、全家同樂的美好時光！

本季度的最後一項活動是於 Bankstown RSL 俱樂部舉行的慶祝中秋節自助午餐。期待到時與大家見面！

我們亦期待在未來的日子裡推出更多有意義的活動。感謝 Rachel 以及委員會成員持續為會員們創造這些美好時刻。

致我們所有的協康會大家庭成員，感謝您們一直以來的信任與陪同。您的鼓勵與支持對我們意義重大。如往常一樣，我隨時歡迎您的回饋、意見與合作。讓我們繼續攜手努力，確保協康會不僅是關懷之地，更是一個真正的家。祝大家在這個冬季充滿溫暖、健康與美好的時刻。

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



健體運動課 Movements, Dance & Games

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

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 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



有趣烹飪 Fun with Cooking - Independent Living Skills!

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



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



森巴舞 Zumba

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



藝術課 Art 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



Lions Club of Sydney Waratah 2025-2026 Changeover Dinner 2nd June 2025



On the 2nd June 2025, Ping and Jennifer attended the Changeover Dinner of Lions Club of Sydney Waratah on behalf of CPA. Being the mission of the Lions Club “to serve their communities, meet humanitarian needs, encourage peace and promote international understanding...”, CPA was grateful enough to have received a donation on the night. Ping and Jennifer were presented with a cheque of \$2,000 from Lions Club of Sydney Waratah.



The ACCF Community Projects Grant 2024/25

Project Triple R - Refresh, Recharge and Reconnect - mental health essentials for CALD carers/families of PWD



Pasta Making Master Class 意大利麵製作班 at "Euroquip" Padstow

The first community workshop where carers experienced the fun of making pasta from scratch and shared the joy with fellow parent-carers.

10 April 2025



Persimmons Picking 採摘柿子 Cedar Creek Orchard, Pictou

The fruit picking activity not only provided a chance for fresh tasting of persimmons right from the branches but also learning more of the fruit and the routines in the orchard.

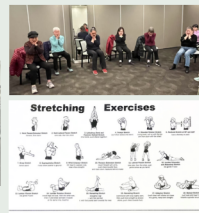
09 May 2025



Fitness Class 健身課 for Carers Merrylands Bowling Club, Merrylands

Parent-carers enjoyed working out together especially with a professional instructor, learning how to relax with chair yoga while benefiting their overall wellbeing.

17 July 2025



Mental Health Workshops held at Cabra-Vale Diggers



06 March 2025

"Are you OK?"
心理健康失衡的警號



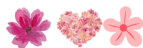
01 May 2025

Workshop II
"I'm not alone"
社交聯繫不可或缺



03 July 2025

Workshop III
Food & Mood
食物與心理健康的關係



Mother's day & Volunteer's week

CELEBRATION LUNCH
3 MAY 2025 CLUB AUBURN





CHRISTMAS IN JULY

disco party

5 JULY 2025
BSCC



Being one of the CPA's favourite annual events – celebrating Christmas in July, families gathered together to feel the festive Christmas spirit in the cold weather, while being warmed by the fever of disco dance and party food!





7 JUNE 2025 AT BELMORE
SENIOR CITIZENS CENTRE

*Taekwondo
Reunion with Khon*



7 JUNE 2025 AT BELMORE
SENIOR CITIZENS CENTRE

June Birthday Party



21 JUNE 2025 AT ASHBURY
SENIOR CITIZENS CENTRE

Junior Fitness Class

26 JULY 2025 AT ASHBURY
SENIOR CITIZENS CENTRE

Fun Cooking





AUGUST

Cecilia Yu
Duo Xu
Eric Ng
Jack Zhou
Jackie Zhang
Jarren Dang
Martin Su
Queenie Lai
Stephanie Mu
Tony Dong
Yufei Xie

OCTOBER

James Liang
Ju Huang
Kevin Ka Yin Lee
Reuben Vuong
Shaun Cao
Yiteng Yu

SEPTEMBER

Andrew Li
Auden Cheung
Benjamin Chong
Clara Li
Evan Chen
Kenton Lieu
Willis Li
Yin Soon Tan
Yuan Sheng Shi



Donors

(FOR CASH DONATIONS \$100 OR ABOVE)

Alex & Nancy Ma

Good 2 Give

Lions Club of Sydney Waratah

LogicWise P/L

Donations in Kind

Ettason P/L

THANK YOU 

Volunteers

Darby Mu

Harry Tinyow

Mario Yuen

Winda Mok

Management Committee Members



How can you help ?
請給我們支持



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

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)

Weekend Program Timetable

August-October 2025 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
--------	------------------	---------------	-----------------------

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
AUGUST 八月			
02/08	Zumba 森巴舞 at Belmore*	TenpinBowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
09/08	Fun with Music 趣味音樂	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
16/08	Art Class 藝術課 at Belmore	Tenpin Bowling	Art Class 藝術課
23/08	Fun Cooking 有趣烹飪	Tenpin Bowling	Music class 音樂課
30/08	Social skills Trainingt Session 社交技能訓練活動	Tenpin Bowling	Social Skills Training Session 社交技能訓練活動
SEPTEMBER 九月			
06/09	Zumba 森巴舞 at Belmore*	TenpinBowling	Zumba 森巴舞
	BirthdayParty生日會4:00pm-4:30pm		
13/09	Father's Day Family Day Out, The Illawarra Fly, Knights Hill ** 13/09/2025		
20/09	Money Management Workshop 金錢管理工作坊	Tenpin Bowling	Music class 音樂課
27/09	Mid-Autumn Festival Celebration at Bankstown RSL Club **		
OCTOBER 十月			
04/10	Community outing - Tenpin Bowling at Villawood Zone Bowling 社區活動－保齡球	School Holiday	Money Management Workshop 金錢管理工作坊
11/10	School Holiday		
18/10	Art Class 藝術課 at Belmore	Tenpin Bowling	Art Class藝術課
25/10	Movement, Dance & Games – Junior fitness class 健體運動課	No Bowling dueto tournament	Music class 音樂課

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