



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

CPA NEWSLETTER 協康會會訊

November 2019 ISSUE 二零一九年十一月版



UP-COMING ACTIVITIES:

- ◆ AGM & Christmas Party
- ◆ Aerial Circus Workshop for Junior Group
- ◆ Milson Island Sports & Recreation Camp



REPORTS:

- ◆ Mid Autumn Festival Report
- ◆ Report on Art & Craft for Junior group
- ◆ Carers Week Celebration Report
- ◆ Drawing & Picnic at Variety Levvi's Place
- ◆ Fun Cooking/Dancing Report
- ◆ Tree Top Climbing Report



CPA Newsletter NOV 2019 Issue
協康會 會訊 二零一九年十一月號

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

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20-22 Anglo Road, Campsie, 2194

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Campsie NSW 2194

Office Hours 辦公時間:
Tues & Thurs 週二及週四
10am—3pm 十時至三時

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DGR : 900 487 253

Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organizations. 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。



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

誠意 INVITATION 邀請

Please join us to celebrate our year of achievements



2019 週年會員大會

AGM

ANNUAL GENERAL MEETING

Date 日期: 7 /12 /2019 Saturday 星期六

Time 時間: 11:00 am - 12:00 noon

Venue 地點: Club Central Hurstville
2 Crofts Avenue, Hurstville

RSVP by 28/11/2019

Enquiries 查詢: contact Jane,
on (02) 9789 1315 or 0406 233 222
Tues & Thurs 週二, 週四 10am—3pm



VICE PRESIDENT'S MESSAGE

副會長感言



Dear Members,

Welcome to the last newsletter of 2019. Time has gone so quickly. We have come to the end of the year.

We had a very busy month of August. Three seminars, presented in English, Cantonese and Mandarin were held on a very popular topic: Will & Disabilities Trust. They were very well received by the participants. As the topic is most concerned by the parents, a lot of questions were brought up during the seminars. I hope this had raised the awareness of planning for the uncertain future faced by every parent who has children with disabilities.

Father's Day and Mid-Autumn Festival Celebration were also held in August. Everyone enjoyed the delicious food. Every father was happy with their special Father's day gift. A BIG thank you to Ping who hand-made all the mooncakes, the takeaway gift to each family at the end of the event.

At the beginning of October, we went to Variety Livvi's Place at Bankstown to have picnic as well as outdoor drawing. It was a beautiful day. The kids had a great time playing the equipment in the park. They also drew some lovely pictures of the sceneries. Everyone had a wonderful and relaxing afternoon.

For now, let's enjoy the rest of the year. Hope to see you in our annual Christmas Party and AGM. Wishing you a happy and prosperous year ahead.

Vice President
Ivy Lau

親愛的會員，

時光飛逝，轉眼間就到了2019年底。這是本年最後一期季刊。

在八月份，我們舉辦了三場分別以粵語、國語和英語的講座。講座的主題是：“遺囑與殘疾信託”。這個話題是父母最關心的問題之一，吸引了很多家庭參加這個活動和提出了很多疑問。協康會也希望通過講座，讓每一個有殘疾兒童的父母在規劃未來的時候，能有更多資訊。

在8月31日，我們慶祝中秋節和父親節。我們特意為每位父親準備了禮物，給了他們一個大大的驚喜。同時也要感謝阿萍，親手為所有參與的家庭製作了精美的月餅！

10月初，我們去了Bankstown的Variety Livvi's Place寫生和野餐。那是美好的一天。小朋友們在公園裡的遊樂場玩得很開心。他們畫了一些漂亮的風景畫。大家有一個美好而輕鬆的下午。

希望在12月7日的聖誕聯歡和會員大會上見到您。祝您新年快樂，萬事如意。

協康會副會長
劉陳愛虹女士



CPA與你共聚

慶祝中秋佳節

CPA celebrated Father's Day and Mid-Autumn Festival at the Star Buffet Restaurant on 31/08.

In the morning, I went with Jonathan to the AVO move workshop in Circular Quay. I went to Bankstown with Jonathan by train, and then we walked to Bankstown RSL club.

I invited my parents to have lunch that day. My parents sat with aunties and uncles, and I sat on another table with Samson, Barry and Jonathan.

I ate meatballs, fried rice, ice cream, chips and spaghetti. The food is good.

Victor Li

當天精彩活動回顧



Father's day and moon festival



CPA與你共聚

慶祝中秋佳節

Mid-Autumn Festival Celebration Party
Reported by Jonathan Yung

On 31st of August, we had buffet lunch for celebrating Father's Day and Mid-Autumn Festival at Bankstown RSL Club. We had 106 people in total.

Victor and I went to Australian Chamber Orchestra Move Workshop in Circular Quay in the morning.

After dancing in ACO's move workshop, we caught the train from Circular Quay to Bankstown then we walked to Bankstown RSL Club.

My grandparents joined us, unfortunately, my father had to work, so he can't have lunch with us.

Eating mooncakes is the most common way to celebrate the tradition of the day. During the Mid-Autumn Festival everyone will have mooncake to celebrate.

I like to eat mooncakes, but my mother didn't want me too much because eating too much will make me fat.

I am very grateful to Auntie Ping for making moon cakes for each family and it was so delicious.



By Jonathan Yung





Art & Craft 24/08/2019

Art & Craft offers a range of learning experiences for children. Young children, no matter they are in main-stream or with disabilities, are able to imagine, create and explore in a 2D or 3D art creation. It's all about exploring, trying out and experimenting during the process of the creation. We don't mind being messy and paints all over our hands and sometimes our clothes.

On 24/08/19, the Junior Group members were making a replica on Pete Cromas Budgerigar (Pete Cromas is a renowned Australian Artist). Katrina, the art & craft teacher, showed the children the picture of the artwork, a beautiful yellow budgie on a light blue background and told them they were going to make one for themselves.



So the children started with painting the light blue background with a sponge and acrylic paint by stamping, smudging or smearing, in whatever way they wanted to try. Then they were to cut up the main body parts of the budgie: its head, white cheek, black eye, feathers, the tiny pointy beak, the wing etc. ... The children were encouraged to choose different colours or patterns for decorating the body of the budgie.

Part by part, bit by bit, our junior members drew, cut and pasted different elements onto their own painting and created their individual unique piece of collage. The last bit of the art creation was to put the painting/collage onto a big piece of black cardboard making the art works all ready to be framed.

Behind the seven beautiful Budgies, we could see a lot of skills learning: listen to instructions, decision making, fine motor skills, sharing and team working (thanks to the Mums/Dads). Nice work, guys!



Carers Week Celebration

Each year, we celebrate different occasions such as birthdays and anniversaries and festive seasons such as Christmas and Chinese New Year. But on top of the list, we celebrate Carers Week which has a special meaning to our Association as most of our members are Carer to their loved ones.

This year on 19/10/2019, we took the chance to celebrate the caring roles of all unpaid carers - Mums and Dads, siblings and even Grandparents. We gathered at the Belmore Senior Citizen Centre not only to thank them for their love and support but also their persistence, dedication and advocacy for the ones who require special needs in the community.



The celebration started with the beautiful songs sung by the Youth Group and the joyous atmosphere was highlighted with group photos of all carers and their families. Last but not least, it was the sharing of all the yummy food – cake, pizzas, fried rice and noodles, a variety of healthy salads and fresh fruits.

It was such an occasion for all our carers to come together and take a break, and most of all to be acknowledged of their hard work over the year. Also it was a time for them to meet up with each other and share between themselves their unique and special experiences as carer, no matter success or failure. But there is one thing we know – they all should be proud of themselves.

A big **THANK YOU** to all carers.

By Rachel

DRAWING

& PICNIC AT VARIETY LIVV'S PLACE



On Saturday 5/10 CPA went to Variety Livv's Place in Bankstown for drawing and picnic. It was a sunny day that few of us did drawing & some of us went on the play equipment. A lot of Parents & kids helped cook the barbecue. I had a hot dog and chicken kebab & it was such a great day that we could come again.

Feedback from Andrew Li



The project is funded by Bankstown Club Grant program. The objectives of this project is to educate and guide a group of CALD youth with disabilities to learn to appreciate local environment and community, and explore and develop their artistic concepts, imagination and creativity, through site visits and photography; and also to introduce to them the history, cultures, architectural buildings and facilities in Bankstown city – to be innovative and connected . We hope through conducting programs like this, can foster their access to local area, and at the some time reduce their social isolation and increase community participation.

The project includes more activities, such as:

- * Organized day trip, visiting Bankstown architectural/cultural buildings, places of interest for a group of CALD youth with intellectual disabilities and their families
- * To hold 5 centre-based art workshops
- * Publication of a 2020 Calendar with the artworks by the youth with disabilities, delineating various scenery/landscapes and historical buildings in Bankstown City.
- * Launch of the 2020 Calendar in Nov/Early December 2019
- * An Art exhibition will be organized in Bankstown Library in Feb/March 2020



Cooking & Dancing

Fun Cooking – Junior Group Belmore

Everyone loves cooking!

On 10 August 19, Belmore Youth Resource Centre was packed with our junior members and their parents. We had totally 15 children participating in the Fun Cooking session with Elizabeth, who is one of our beloved program facilitators.

Our junior members were all very excited and attentive to the instructions given by Elizabeth. The very first and utmost important procedure for food handling was to wash their hands. After washing their hands, children put on their aprons and chef hats (they looked more professional than the Master Chefs J) and were all ready for learning to make their own “Sausage Rolls”.

Elizabeth showed the children the step by step procedures where they had a chance to cut the sausage into the right length, placed it onto the pastry and then rolled the pastry around the sausage. They had to make sure the sausage was well tucked in the pastry so that it would come out nice and round after the baking.

While everyone’s sausage rolls were in the oven (thanks to the helpful parents who volunteered to mind the oven for us) Elizabeth told the children to tidy up the table and get ready for the next recipe – making Fairy Biscuits.

First of all, Elizabeth prepared icing sugar and children were to choose the colours for the icing sugar. They finally decided to have pink, yellow, blue and purple icing which they spread onto the Marie biscuits. They then chose their favourite M&Ms and some desiccated coconut to decorate the face of the biscuit. Voila! Here came all the beautiful and unique Fairy Biscuits, all done by the creative hands of our junior members.

When the biscuits were all gobbled up, it was time to check out their sausage rolls. Anna, our long supporting volunteer, finally brought out the freshly baked sausage rolls. They all looked golden-brown and smelled nice. Parents and children were happy to share the “centre-made” sausage rolls and they made sure Elizabeth had a bite as well.

Everyone was happy with the cooking experience. It was a day to explore, create, enjoy and share!

Tree Top Climbing



Fun & Action Adventures

On this last Saturday of the October school holiday, the Junior Group embarked on a new adventure to the TreeTop Adventure Park located in West Pennant Hills.

It was a rainy day but it did not stop the children's enthusiasm to try on this new adventure. Eighteen brave climbers arrived at the course with great anticipation. They were all very excited when they got their purple wrist band on. The wrist band indicated they were approved to climb on the five Children Courses – White 1, White 2, Yellow, Orange and Purple. Each course presented a different level of challenge, with Purple being the highest.

When they gathered up in front of the Children Courses, they were assisted by the instructor to put the harness and helmets on to make sure they were all properly geared. Parents and climbers were briefed by the instructor on the rules and safety procedures to be observed on the courses before the climbers headed off to their first course, the White 1.

On the self-guided rope course, the climbers were hooked onto the guiding wire at all time with a pulling system which they called Kenny the Koala to make sure they were safe and secured even they missed a step and fell.

They were also required to flip “Kenny” across when they entered an intersection between two “paths”. It was quite a challenge already on top of the actual climbing and balancing on those narrow beams and swinging rope bridges. On the last section of each course (except the Whites), they had to go through the “Flying Fox” to finish off the whole course. Although some of them found it a little bit too challenging and required encouragement and assistance from the instructor, most of the children were able to fly through without sweat. They declared themselves “Ninja Warriors” and “Winners”.

After two hours of crazy climbing and flying, the children had tried their best to conquer the bush. Although exhausted and wet through, they loved the special experience. They did not mind climbing in the rain.

It was a day full of fun and excitement, challenges and achievements. Although two younger climbers withdrew at the beginning and preferred to be the onlookers, for the other climbers it was definitely an adventure they wanted to challenge again.



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

This program is proudly sponsored by
Georges River Club Grants - Empowerment of Community Participation

Christmas Celebration Lunch

聖誕聯歡午餐

Fees 費用:

Members 會員:	Adults & children 12+ (成人及 12 歲以上兒童) :	\$25pp
	PWD* & children (aged 4-12)	
	弱能人士及 4-12 歲兒童:	\$15pp
Non-member:	Adults & children 12+ (成人及 12 歲以上兒童) :	\$30pp
非會員	Children (aged 4-12) 4-12 歲兒童 :	\$20pp

Date 日期: 7/12/2019, Saturday 星期六

Time 時間: 12.30 pm — 2.30 pm

Venue 地點: **Club Central Hurstville**
2 Crofts Ave, Hurstville, NSW

Booking is essential. closing date for registration

請早報名, 截止日期: 14/11/2019

Enquiries: contact Jane on 9789 1315 or 0406 233 222

Tues & Thurs 週二及週四 10am-3pm

PWD* refers to the children with disabilities of ordinary members of the Chinese Parents Association - Children with Disabilities Inc.

Up-Coming Activities: Come & Join us!



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

Milson Island Sport & Recreation Camp 2020 Friday 07/02 – Sunday 09/02

<https://sport.nsw.gov.au/facilities/milsonisland>



Fees (member): \$270 Adult

\$145 5yrs-17yrs

\$145 carer with companion card

What to bring: Bed sheet, pillow case, blanket, towels, toiletry, hat, comfortable shoe, swimming costume, sun-screen, drink bottle, insect repellent, snacks.

Camp fee includes:

- 2 nights' accommodations
- 3 meals per day Friday dinner to Sunday lunch
- Return ferry from Brooklyn Wharf (accessible from Hawksbury River station) to Milson Island

Please confirm your booking with Maria asap

Kindly sponsored by Strathfield Sports Club

Instructor-led activities & Program coordinator are funded by Strathfield Sports Club



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

New class in Term 3!

體操**新**班第4學期開始



POLICE CITIZENS
YOUTH CLUBS NSW

Wyatt Park, Church Street, Lidcombe Auburn

Begin Term 4 every Wednesday

16/10/2019 開始每逢星期三 **6pm-7pm**

@ Gymnastics Hall

Coached by Skilled gymnastics coaches

專業體操教練

Fee費用: \$30 per session每課程

What to wear: sportswear

For Registration please complete the membership form and submit to Maria

Weekly Thursday fitness class 5pm-6pm operate as usual

***For athletes using the gym, carers & parents to stay with each athlete at all times**
上課期間或使用健身器材，照顧者或父母需要陪伴及幫助運動員

IMPORTANT MESSAGE to all parents & carers:

Dear parents of the gym goers, please see below message from the Manager of PCYC for your attention:

“In regards to gym usage, we have had many issues with members miss-using equipment due to lack of supervision from carers. If this continues, we will need to cancel access to the gym prior to the class. If you could please speak to the carers it would be much appreciated!”

PLEASE NOTE THAT CARERS AND PARENTS DO NOT USE THE GYM EQUIPMENTS WHILE YOU ARE ON DUTY FOR YOUR CLIENTS OR CHILD. THE GYM SESSION IS ONLY FOR THE PCYC AFFILIATE MEMBERS.

Regular week day programs

Week Day Program 1: POLICE CITIZENS YOUTH CLUBS

Gym & Fitness class: Coached by PCYC qualified trainer


The class will consist of a 15 mins warmup which will include dynamic and aerobic movements to fire up the CNS and the muscles. 30 mins of class include strength and conditioning portion. The movements will be broken down into the basics, with progressions when able. 15 mins cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting. (please in sports attire, bring water bottle, towel)

Dates: Every Wednesday 6-7pm, Every Thursday 5-6pm

Address: PCYC Auburn (Formerly Netball Centre) - Wyatt Park, 1 Church Street, Lidcombe

Fee: \$30 per session

Week Day Program 2:

<p>Monday 4:30pm – 6pm</p> 	<p><u>Intermediate Computer Course</u> (Please bring your own laptop)</p> <ul style="list-style-type: none"> • Intermediate Microsoft Office skills (Word, Excel, PowerPoint) • Intermediate Internet searching • File Management
<p>Dates & Time:</p>	<p>Every Monday, 4.30pm—6pm</p>
<p>Where:</p>	<p>CPA office, 20-22 Anglo Road, Campsie</p>
<p>Fees:</p>	<p>\$45 per session</p>

** For more information, please kindly contact our office staffs

Week Day Program 3:



Circus Workshop:

juggling, prop manipulation, hula hoops & much more!

For children with disabilities

Dates: Every Friday, 5-6pm

Address: Unit 2, 7-9 Close Street, Canterbury NSW 2194

Fee: \$30 per session



For NOV 2019—JAN 2020, there are plenty of FUN activities:
for you and your family to enjoy!



- ◇ Birthday Party:
16/11/2019



- ◇ Release of CPA new Calendar
2020 Bankstown



- ◇ AGM & Christmas Party:
07/12/2019

Regular Weekend Activities

Junior Group 兒童組



Music Therapy

唱遊活動

Instructor : By Christine
Time 時間: Saturdays 星期六,
4:00pm — 5:00 pm
Venue地點: Belmore Youth Centre,
38 Redman Pde, Belmore
This program is kindly sponsored by
Earlwood Bardwell Park RSL Club



Fun to Learn!

Time 時間: 星期六下午
3:00pm 至 4:00 pm
Venue地點: Belmore Youth
Resource Centre,
40 Redman Pde, Belmore

This program is kindly sponsored by
Earlwood Bardwell Park RSL Club

Youth Group 青年組



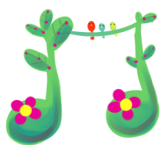
Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am
Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



保齡球課 Ten Pin Bowling Lessons

Time 時間: Saturday 星期六, 上午10:15 am 開始
Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



Music Lessons

Time 時間: Saturday 星期六, 下午 2:30pm 至4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
This program is kindly sponsored by Strathfield Sports Club



Art Programs

Time 時間: Saturday 星期六, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Bankstown Sports Club



Dance Lessons

Time 時間: Saturday 星期六, 下午 2:30pm 至4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Canterbury Bankstown FAP
This program is kindly sponsored by Strathfield Sports Club

PHOTO GALLERY



Dance & Cooking Fun Class



Art & Craft



Music Therapy



Fun to Learn



Drumming & Dancing



Wills Seminar



Mum to Mum Activity



Moon Festival & Father's Day Celebration



Cooking & Music Fun

PHOTO GALLERY



Fun to Learn Activity



Belmore Dance Class



PCYC GYM Activity



Picnic at Variety Levvi's Place



TreeTop Activity



Makeup Workshop



Carers Week Celebration



Gardening Workshop



HAPPY



BIRTHDAY

NOVEMBER

Bowman Yu
Joshna Wang
Laurence Trieu
Lawrence Li
Livana Li
Sandra Wang
Xuxin Ye

DECEMBER

Adrian Chau
Bryan Lim
Chen Rong
Daniel Li
Jasper Zhang
Jeremy Wang
Jimmy Kong
Justin Li
Louisa Tong
Samson Yuen
Timothy Yau

JANUARY

Barry Mak
Christopher Lin
Edmund Su
Hanna Sun
Jason Chen
Katie Chen
Michael Lu
Samuel Zhong
Teresa Wong
Thuman Ha
Tiffany Tan





Acknowledgement:

Thank you for your help!

Volunteers

Anna Yew

Jackie Chan

Jacinta Poon

Ju Lan Ha

Lian Chin

Mario Yuen

Winda Mok

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

附屬會員 Affiliated member

義工 Volunteer

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: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: " Chinese Parents Association-Children with Disabilities Inc"
DGR # 900 487 253

Nov 2019-Jan 2020

Activity Venues

- Ice-Skating, Canterbury Ice Rink, Phillips Avenue Canterbury
 - Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
 - Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
 - Campsie office, shop 11, 20-22 Anglo Road, Campsie
 - PCYC Auburn, Wyatt Park, Church Street, Lidcombe
 - Aerialize, 7-9 Close Street, Canterbury
- Activity fees applied (refer to current fees schedule)

WEEKDAY PROGRAM

Monday	4:30pm to 6:00pm	Computer Class	CPA Campsie Office
Wednesday	6:00pm to 7pm	Gymnastic Class	PCYC Auburn
Thursday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday	5:00pm to 6:00pm	Aerial Circus	Aerialize Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 8:45am to 12:00pm	Afternoon 2:30pm to 4:30pm
November			
02/11	Fun Learning (Jackie) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Exercise Physio (FHC)
09/11	Art & Craft (Katrina) Wiggles with Music (Pam)		Music Lesson (Bonnie)
16/11	Zumba (Norma) Birthday Party		Dance (Liliana) Birthday party
23/11	Fun Learning (Jackie) Music Therapy (Christine)		Music/Drumming (Elizabeth)
30/11	Creative Dance (Elizabeth) Fun Cooking (Elizabeth)		Art (Fanny)
December			
07/12	AGM & Christmas Celebration Lunch, Club Central Hurstville		
14/12	CAREFLIGHT'S Christmas MAGIC MANIA Quaycentre (Sydney Olympic Park Sports Centre), Homebush 12:30pm / 2:30pm / 4:30pm		
21/12	School Holiday		
28/12	School Holiday		
January			
04/01	School Holiday		
11/01	Circus Workshop for Junior Group Aerialize Canterbury 2:30pm – 3:30pm		
18/01	School Holiday – Family Movie Day (TBC)		
25/01	School Holiday - Chinese New Year		
The above programs may be changed without prior notice due to unforeseen reasons.			