

喜迎新蛇
慶賀新春

Happy Lunar New Year!

Wish you all happiness and prosperity

2025

Coming Up:

- | | |
|--------------|---|
| 08 Feb 2025 | Welcome Year of the Snake Celebration Lunch |
| 15 Feb 2025 | Money Handling Workshop II |
| Feb-Mar 2025 | SCEP Music Project (Youth Group) |
| 06 Mar 2025 | Mental health awareness workshop |
| 10 Apr 2025 | Pasta Making Masterclass workshop |
| 12 Apr 2025 | Easter Picnic |

CHINESE PARENTS
ASSOCIATION -
CHILDREN WITH DISABILITIES INC.

澳洲弱能兒童協康會

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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。

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。

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。



COMMITTEE MEMBERS 2025



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

Miranda Chau 周潤梅, President
Sylvia Tinyow 陳劉秀蓉, Vice President
Ivy Lau 劉陳愛虹, Vice President
Maria Lee 阮李麗萍, Treasurer
Aileen Pang 馮美良, Vice Treasurer
Dr Jennifer Chan 陳素娟博士, Secretary
Ping Mu 繆桂萍, Committee member
William Wu 吳光偉, Committee member



Due to family commitments, it's sad that Josh is unable to continue his role as a Sib-Connect coordinator. I like to take the opportunity to Thank You Josh for his valuable contribution in organising and coordinating the activities for our siblings. We are grateful for everything you did for CPA.

Family will always comes first, enjoy every precious moment with your little one. Our door is always open, please rejoin us when you are ready to come back. It was a great pleasure having you in the team. Thank you Josh!

Miranda
and the CPA Management Committee

Dear CPA families,

Happy New Year, welcome to 2025 the late edition newsletter - I hope your year is off to a flying start! It's hard to believe another year has come and gone, and we are back at the beginning of a new year and getting ready to do it all over again.

I am deeply honoured and enthusiastic to assume the role of President for this year. I want to express my gratitude for your trust and support as we navigate this journey together.

The team at CPA worked incredibly hard over the holidays to prepare an extensive and diverse program for our members to enjoy throughout the course of 2025. We reviewed the performance and achievements. We set new objectives and priorities for the upcoming period and committed ourselves to implement them. We devoted to our mission and continue to maintain our programs, that help build social interactions skills and increase independence. Various community programs offer activities that support participation in the community, including art programs and family trips and more.

Please feel free to share any input or suggestions you may have; it would be highly valuable to us. Until we meet again next time, I wish you again a very happy, peaceful and successful New Year.

Miranda Chau



親愛的協康會會員，

新年快樂，歡迎閱讀 2025 年最新一期的會員通訊 - 希望大家都有一個美好的開始！很難相信一年時間又過去了，我們又踏進了新的一年，再度重新出發。

我非常榮幸擔任今年會長的一職，並對這個崗位充滿熱忱。在這段同行的旅程中，感謝您們對我的信任和支持。

協康會團隊在假期期間一直非常努力地工作，為我們的會員準備了 2025 年度廣泛而多樣化的活動計劃，希望會員能獲益並享受其中。我們檢討過往的活動和成果，亦為未來的服務設定了新的目標和優次，並致力有效地落實執行。我們不忘使命並繼續維護我們活動的宗旨，為會員培養社交互動技能並增強獨立能力；各種社區活動，包括藝術課和家庭旅行等，繼續提供並支持會員的社區參與。

歡迎大家對協康會的各項服務提出任何意見，我們非常重視您的建議。在我們下次見面之前，我再次祝願您們新的一年充滿喜樂、平安和事事順利。

周潤梅

Junior Group Program

幼兒組節目

趣味音樂 Fun with Music

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

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

創意手工藝 Creative Art & Craft

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

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

康體活動 Movements, Dance and Games

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

青少年組節目

音樂戲劇課 Music & drama Programs

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

表達藝術課 Expressive Art Sessions

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

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) Excluding these dates in 2025 due to tournaments: 15/03, 05/04, 12/04, 31/05, 05/07, 13/09, 11/10 & 25/10

空中運動班 Aerial Circus

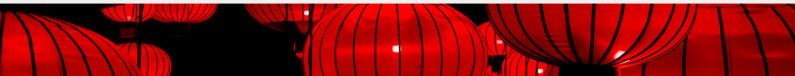
Time 時間: Fridays 星期五, 下午 4:30pm 至 5:30pm

Venue地點: Aerialize, 7-9 Close Street, Canterbury

International Day of People With Disability IDoPWD

FAMILY PICNIC DAY – A PURPLE GET TOGETHER

01 December 2024 (Sunday)
at Tempe Village Green, Tempe



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01 December 2024 (Sunday)
at Tempe Village Green, Tempe



Feedback received from the Google survey:

- Thank you for all the volunteers who work so hard to make this happen.
- Thank you to all the MC in organizing the picnic.
- 謝謝CPA組織此活動 讓我們有個愉快的午餐。
- Very appropriate, the committee's hard work and creative ideas.
- Maria 好棒!
- Thanks for organising the event.
- Good.
- Thank you.

6:44 pm



Hi Maria, 问卷已答，感谢你们CPA今天所有筹备这次活动的会员，你们的辛勤付出，让我们有一个开心快乐的周末🙏

Hi Maria, survey completed. Thank you all CPA members who helped with organizing this event, your hard work allowed us to have a happy and joyous weekend.



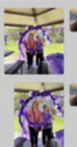
Family Picnic Day - A purple together
by **Daniel Li (12-yr old)**

On a hot Sunday, December 1st. CPA hosted a family picnic at Tempe village Green. I wore a light purple T-shirt. I played bean bags, guess numbers, and took many nice photos with a beautiful purple decorations. I ate KFC chicken, singapore noodles fried rice, sushi rolls and sweets for lunch. I had a lot of fun with my friends and ate a lot of yummy food.

Thank you
for
hosting
the event.
Thank you
for your
hard
work.

Jane Pan

8:04 pm



8:30 pm

謝謝妳，你們活動辦得真好，辛苦妳們了



created by
INNER WEST



CPA AGM & CHRISTMAS CELEBRATION LUNCH

held at Club Auburn on 14
December 2024



**Christmas Lunch on
14/12/2024 by Jason Chen**



On Saturday 14th December my mum drove me to the Revesby Craft Fair. I put some Chinese tea in gift bags to give to people. At lunchtime, we went to the Auburn Club for the CPA Christmas party. I found that there were hundreds of CPA members attending the party. For lunch we had fried rice, shrimp dumplings, broccoli in oyster sauce, stir-fried beef rice noodles, mango pudding, stir-fried egg noodles with shredded pork, ham and rice noodles, free-range chicken, siu mai and sweet and sour pork. After lunch we sang Christmas carols. The most exciting moment was when Santa Claus coming to give us Christmas gifts. I also won a pack of four cupcakes from a raffle ticket. We walked to the Auburn Centre. Mom bought fish, spring water, and Christmas candy and drove to Grace Furniture in Auburn. Mom drove me to Westfield in Hurstville. She bought watermelons, papayas, cucumbers and tomatoes. While my dad was finishing up his work, we visited Aunt Emily. My parents took me to the Riverwood Hotel for dinner. I ordered chicken spaghetti, pineapple juice and a cup of vanilla ice cream. We went home at nine o'clock.



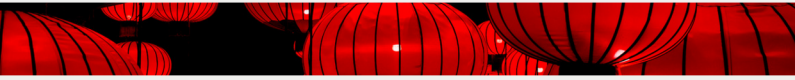
Junior Group's programs



Fun Cooking 09 /11/2024



Food Handling and Hygiene Workshop 09 /11/2024





Youth Group's programs



16 Nov 2024



30 Nov 2024



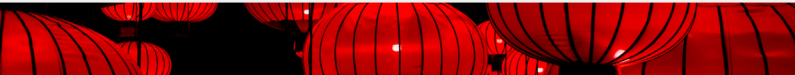
SCEP Music & Drama Project 2024-2025

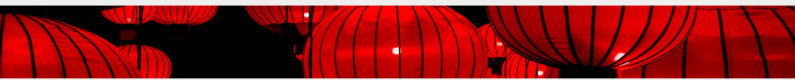
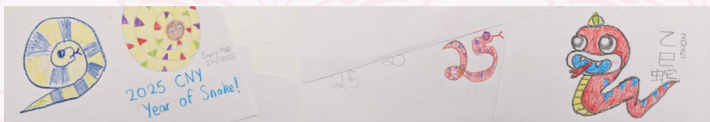


18 Jan 2025



11 Jan 2025



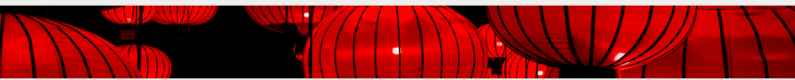


Thank you Khon for being with us all these years



SINCE
2021

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February

EDWARD CHU
 JASON WANG
 JONATHAN YUNG
 MATTHEW LO
 NANCY WANG
 RAYMOND CHIN
 SOPHIA TAN
 TONY SOO
 WING LIM TANG



March

ADRIAN TANG
 ALIZA TAM
 ANTHONY LIANG
 CAPSTONE LEE
 CHRISTOPHER YEUNG
 DIFEI SUN
 HENRY TRIEU
 ISAAC WANG
 KAREN LAU
 MARCUS FUNG
 OLIVER TIAN
 RICHARD ZHANG
 SARAH YIM
 SURAYYA JAMIL
 WEN JIN HUANG



April

ANNELISE FUNG
 CLAUDIA HO
 HARRY CHEN
 JASON HUANG
 SAMUEL HUANG
 VICTOR WU
 VINCENT BLACKWELL
 WARREN TANG
 WING TANG
 XIAO MING SHENG

DONORS

(FOR CASH DONATIONS \$100 OR ABOVE)

ANITA UN

BETTY PANG

DONATIONS IN KIND

HENG FAI TRADING CO. P/L

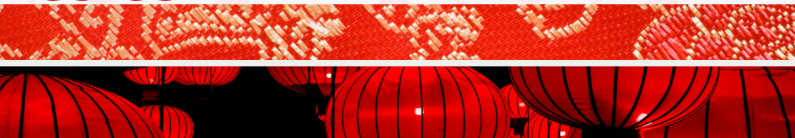
LIAN CHIN'S FRIEND

PING MU

SYLVIA TINYOW



谢谢



VOLUNTEERS

HARRY TINYOW

MARIO YUEN

MIN YUAN & GORDON CHEN

WINDA MOK

MANAGEMENT COMMITTEE MEMBERS





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:

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 2025 週末活動時間表

Activity Venues

- Bowling, Tenpin City 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
FEBRUARY 二月			
01/02	School Holiday		
08/02	Welcome Year of the Snake Celebration Lunch 蛇年迎春團聚午餐 ** Golden Palace Seafood Restaurant, Cabramatta 11:30am – 2:00pm		
15/02	Money Handling workshop (2) 金錢處理工作坊 (2)	Tenpin Bowling	Zumba 森巴舞*
22/02	Meal Planning & Lunch Making 餐單設計和午餐製作	Tenpin Bowling	SCEP Project – music & drama 音樂及戲劇表演課
MARCH 三月			
01/03	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
08/03	Shopping Trip to Macquarie Shopping Centre 實習購物日 (2)	Tenpin Bowling	SCEP Project – music & drama 音樂及戲劇表演課
15/03	Fun with music 趣味音樂	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
22/03	Fun Cooking 有趣烹飪	Tenpin Bowling	Creative art 創意藝術課
29/03	Movement, Dance & Games	Tenpin Bowling	Zumba 森巴舞*
APRIL 四月			
05/04	SCEP Project – performance 音樂及戲劇表演*	Tenpin Bowling	SCEP Project – performance 音樂及戲劇表演*
	Birthday Party 生日會 4:00pm - 4:30pm		
12/04	School Holiday		
19/04	School Holiday		
26/04	School 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