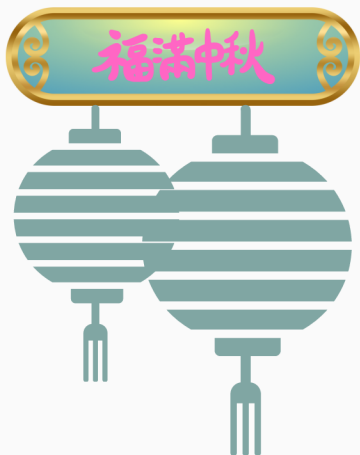


# 會訊 Newsletter



澳洲弱能兒童協會

Chinese Parents Association – Children With Disabilities Inc.



## Coming up

- *Lambeth Reserve Community Outing & Picnic Lunch*  
叢林漫步和野餐  
07/09/2024
- *Father's Day & Mid-Autumn Festival Celebration*  
慶祝父親節及中秋節午餐  
14/09/2024
- *Hands-on Healthy Diet Workshop (Junior Program)*  
健康飲食互動工作坊(幼兒組)  
21/09/2024
- *Canberra & Perisher Valley Family Trip*  
堪培拉 & 雪山之旅  
28-30/09/2024
- *National Carers Week Celebration Yum-Cha*  
照顧者週慶祝午餐  
17/10/2024

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

### 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。



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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

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Websites 網址: [www.chineseparents.org.au](http://www.chineseparents.org.au)



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。

## President Message 會長感言

MIRANDA CHAU

Dear CPA families,

Welcome to the winter-spring late edition of our newsletter. I hope you are enjoying our cooler weather, and cheers to spring, the rising energy helps us feel more optimistic and driven to make the most out of our days. Let us share with you some exciting updates and news.

In July, Mrs Wah the president of the Cantonese Opera social club donated over 20 show tickets to CPA in the celebration of their club 25th anniversary. CPA thank Mrs Wah for her generosity, help our families, to connect and unwind with a great show.

The annual OT placement program is up and running again to provide opportunity for students to transfer theory into practice and build hands-on-skills. We had four OT students from the Western Sydney University doing their placement at CPA from August. Under the supervision of the teachers and coaches, two students are working with the junior group and two with the youth group. The students can benefit at the CPA facility by developing and updating resources,



gaining exposure and having opportunity to observe and reflect on occupational therapy practice with some self-directed learning. Their placement will be completed in early October.

We will have a busy September, a few exciting events lining up, first up is the family picnic at Lambeth Reserve, followed by the joined celebration of mid-Autumn festival and Father's Day lunch in mid-September. How exciting our family snowy trip is getting closer to the date! Perisher valley please hold on to the snow for CPA! We are on our way soon! We had filled almost two coaches with nearly 100 members joining the trip. I hope everyone has gathered all those snow essentials, if not, it is time to snatching those sale items from the stores. Thank you everyone for your devotion to the trip and paid in advance. I am looking forward to our trip – it's going to be epic!



**“I look forward to sharing updates with you the initiatives we'll be working on, Stay tuned.”**

## President Message 會長感言

MIRANDA CHAU

親愛的協康會會員和家人：

歡迎瀏覽我們遲來的冬末春初會訊。相信大家正享受八月清涼的天氣，也同時為春天的來臨而歡呼，暖和的天氣所帶來的正能量讓我們更加積極樂觀，每一天都充滿動力。在此，我同大家分享一些協康會最近的動向和即將舉行的活動資料。

在七月份，「友誼開敘」粵劇社社長華太向本會捐贈了二十多張演出門票，觀賞粵劇社二十五週年銀禧誌慶的妙韻聲藝匯演。協康會感謝華太的慷慨，幫助我們的會員及家人與社區聯系，並透過精彩的表演得到舒緩和放鬆。

今年與西悉尼大學合作的學生實習計劃再次展開，為職業治療學生提供理論實踐並培育技能的機會。我們有四名職業治療學系的學生自八月開始在協康會進行實習。他們在老師和指導員的協助下，分別在幼兒組和青年組展開實習工作。學生藉著實踐和配合自主學習，在協康會活動中得以觀察和接觸



不同需要的對象，來反映職業治療的作用，他們並需要參與開發和更新資源，讓學習更全面受益。學生的實習工作將於十月初完成。

九月將會是忙碌的一個月，一連串的精彩活動即將陸續展開，首先是 **Lambeth Reserve** 的家庭野餐，然後是九月中旬慶祝中秋節暨父親節的聯歡活動，而期待已久的雪山之旅也即將來臨，與家人一起參與雪地旅行是多麼令人興奮啊！**Perisher Valley** 請為協康會保持積雪！我們很快就啟程了！我們收到了接近100名成員的報名，參加這次旅行，名額幾乎坐滿了兩輛旅遊大巴。我希望你們已經開始準備雪山旅遊的必需品，如果沒有的話，是時候趁商店減價促銷購買這些用品了。感謝大家對這次旅行的投入並且預繳所需費用。非常期待我們的雪山旅行—這將是一個令人難忘的旅程！



「我期待與您分享  
我們將要開展的各項  
新嘗試和活動策劃，  
敬請關注。」



**JUNIOR GROUP PROGRAM**  
 小組節目

**音樂治療 Music Therapy**

Time 時間: Saturdays 星期六, 3:00pm - 4:30 pm

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


**跆拳道 Taekwondo**

Time 時間: Saturdays 星期六, 下午 3:00pm - 4:30pm

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 3:00pm - 4:30 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 3:00pm - 4:30 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


**跆拳道 Taekwondo**

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


**戲劇課 Drama 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

## Community Activities

### 社區活動



## Mother's Day & Volunteer Week Celebration

4TH MAY 2024 AT CENTRAL PAK  
CHINESE RESTAURANT, THORNLEIGH

The month of May reminds us the unconditional love of all mothers and their dedication to their families. It is a time to acknowledge their great work and show our gratitude.

Together with the Mother's Day celebration, it is also time to celebrate the contribution and the invaluable work of all volunteers.

On the 4th of May, 130 members came together to celebrate the big occasion. On top of the yummy food and special gifts for all the mothers, the joyous atmosphere was highlighted by the performance of Joanne. On behalf of all the children, Joanne sang a beautiful song to all the beloved mothers representing the love and gratitude from their children.



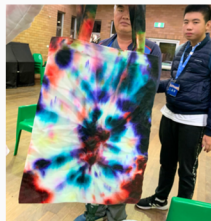
### Happy Mother's Day

"4th May 2024 we are very happy to attend the mother's day event. Rich lunch and mother's day gift with the atmosphere joy leave good memories for every mother."

- Helen Zhao

## *Our Stories*

我們的故事



*Junior Group Saturday program on 18/05/2024*

**TIE-DYEING ON TOTE BAGS**

*Youth Group Saturday program on 08/06/2024*

**EXPRESSIVE ART**



*Sweet Memories*  
甜蜜的回憶

*Christmas in July*

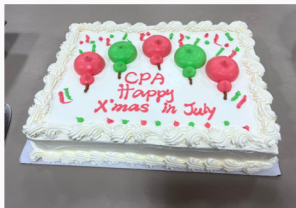
DISCO PARTY  
聖誕在7月的士高派對



The best  
Dressed-up  
prize goes to  
>>>  
**BARRY**



**Congratulations!**



## Sweet Memories

甜蜜的回憶

### Christmas in July

#### Mums the winners!

“Thank you all for making an effort dress up for the Christmas in July. We have such a fun afternoon. If I have a chance to vote for the best dress, the winner should be our Mums!”

- Miranda





## *Birthday Boys & Girls*

生日祝福

### *August*

Cecilia Yu  
Duo Xu  
Emily Mueller  
Eric Ng  
Jack Zhou  
Jackie Zhang  
Jarren Dang

Martin Su  
Michael Chan  
Queenie Lai  
Stephanie Mu  
Tony Dong  
Yufei Xie

# *Happy Birthday*

### *September*

Andrew Li  
Auden Cheung  
Clara Li  
Jessica Zhuang  
Kenton Lieu

Lydia Kong  
Willis Li  
Yin Soon Tan  
Yuan Sheng Shi

### *October*

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



## *Acknowledgement*

致謝



# Thank You

## *Volunteers*

ARIEL GUIA  
DARBY MU  
HARRY TINYOW  
MARIO YUEN  
SUE GAY  
WINDA MOK  
MANAGEMENT COMMITTEE MEMBERS



## *Donors*

(FOR CASH DONATIONS \$100 OR ABOVE)

Anthony Lu  
Anonymous  
Nancy Ma  
Patrick Chow  
The Australian Online Giving Foundation

(FOR DONATIONS IN KIND)

友誼閒敘

*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:

A/C: BSB 082080, Account No. 86 208 5669

or by PayPal via [www.chineseparents.org.au](http://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)



## AUG-OCT 2024 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
AUGUST 八月			
03/08	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
10/08	Fun Cooking 有趣烹飪	Tenpin Bowling	Expressive Art 繪畫班
17/08	Taekwondo 跆拳道 at Belmore*	Tenpin Bowling	Taekwondo 跆拳道*
24/08	Creative Art & Craft 創意手工藝	Tenpin Bowling	Music Therapy 音樂課
31/08	Music Therapy 音樂治療	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
SEPTEMBER 九月			
07/09	Community Outing & Picnic Lunch at Lambeth Reserve, Picnic Point 叢林漫步和野餐 **		
14/09	Father's Day & Mid-Autumn Festival Celebration 慶祝父親節及中秋佳節聚餐 Golden Palace Seafood Restaurant 天天漁村海鮮酒樓, Cabramatta**		
21/09	Hands-on Healthy Diet Workshop 健康飲食互動工作坊	Tenpin Bowling	Music Therapy 音樂課
28/09	Canberra & Perisher Valley Family Trip 堪培拉 & 雪山之遊** 28-30 September 2024		
OCTOBER 十月			
05/10	Money Handling workshop at Belmore Centre 金錢處理工作坊	Art & Craft Workshop at Belmore Centre 手工藝工作坊	
12/10	Meal Planning & Breakfast Making 餐單設計和早餐製作	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
19/10	Shopping Trip to Campsie 實習購物日	Tenpin Bowling	Music Therapy 音樂課
26/10	Taekwondo 跆拳道 at Belmore*	Tenpin Bowling	Taekwondo 跆拳道*

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

\*Combined class for both the Junior and Youth groups 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