



協康會35週年 1988 – 2023



Coming up activities

- Mother's Day Celebration lunch
- Putt Putt Golf @Milperra
- Community outing & Picnic lunch @Lambeth Reserve
- CPA 35th Anniversary



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

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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。

Vice President Message 副會長感言



Dear Members,

Welcome to this belated Autumn Newsletter. Term 1 had been very busy with our calendar packed with lots of activities, fun and happiness.

As part of the ACAP (Artistic & Creative Arts Program), three trips were organized to have a cultural walking tour to learn the historical background of Canterbury Bankstown suburb; to visit churches with different architectural design and religious beliefs; to visit Powerhouse Museum to explore and learn more about digital technologies. These visits have helped to improve the youth's connection to the local community and cultural diversity. The youth will then be encouraged to present what they have seen and experienced from the visits in the follow-up art lessons planned in Term 2.

During the Easter Break, we enjoyed our Easter Family Picnic at Bicentennial Park. There were lots of food, games and laughter throughout the event. All the kids were extremely happy taking their Easter bunnies and eggs home. A BIG thank you to Ping for preparing all the yummy food and gifts.

We also had a relaxing Seaside Family Weekend Getaway in Central Coast during the Easter holidays. There were various activities such as Table Tennis, Billiards, Tennis, Badminton, Karaoke, Disco, Movies, Bingo, leisure walk to the beachside and visit to local attractions. On top of these, we filled our tummies with all the delicious food prepared and served by the host. Everyone had a wonderful time during the stay and went home with big grin on the face.

Last but not least, we held a huge Mother's Day and Volunteer Week celebration buffet lunch with over 120 people at Bankstown RSL club. All mothers deserved to have a break and enjoy a delicious lunch with their loved ones.

As CPA has reached the milestone of 35 years, a big dinner party will be held on 19th August this year to celebrate our 35th Anniversary. I encourage everyone to save this date. More details will be announced later. Stay tuned.

Looking forward to seeing you in the dinner party.

Ivy Lau

Vice President Message 副會長感言



親愛的會員，

歡迎閱覽這遲來的秋季通訊。協康會剛度過了一個非常忙碌的學期，我們的日誌上填滿了各種的活動、樂趣和歡欣。

作為青少年組 ACAP（藝術與創意計劃）的一部分，本會籌辦了三次文化活動之旅，以了解 Canterbury 和 Bankstown 區的歷史文化背景；參觀了不同宗教信仰的教堂和其建築設計特色；也到訪了動力博物館，探索和了解更多關於電子科技的發展和貢獻。這些活動有助於提昇青少年組的會員與當地社區和多元文化的聯繫。作為跟進的學習，我們將鼓勵青少年組在第二學期的藝術與創意工作坊，以藝術創作表達他們在這些探索旅程中的獨有體驗。

復活節假期期間，我們在 Bicentennial Park 享受了復活節家庭野餐。當天不但有很多美食也有遊戲，整個活動充滿笑聲。孩子都非常高興地把他們的復活兔和彩蛋帶回家。非常感謝 Ping 為我們預備了所有美味的食物和禮物。

這個假期期間，我們還在中海岸度過了輕鬆的海濱家庭週末假期。度假酒店提供各種各樣的娛樂設施，如乒乓球、桌球、網球、羽毛球、卡拉OK、的士高、電影、Bingo等，大家也可悠閒散步到海邊和參觀當地景點。最重要的是，酒店提供了各種美味佳餚，讓大家盡情享用。各人度過了美好的週末假期，也帶着滿臉笑容地回家。

最後而且同樣重要的是，我們在 Bankstown RSL 俱樂部與 120 多位會員和親友舉行了盛大的母親節和義工周慶祝自助午餐。所有的母親與她們所愛的人一起享用了美味的午餐，也同時享受她們應有的休閒時刻。

正值協康會邁進35週年的里程碑，本會將於今年8月19日舉辦聯歡晚宴，慶祝協康會成立35週年。我鼓勵大家預留這個日子。慶祝晚宴的詳情將稍後公佈。敬請關注。

期待在晚宴上見到您。

劉陳愛虹

小組節目 Junior Group Program



音樂治療 Music Therapy

Time 時間: Saturdays 星期六, 3:00pm – 4:00 pm

Venue地點: Belmore Youth Resource Centre, 38 Redman Pde, Belmore



跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 4:00pm 至 5:00pm

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



唱遊活動 Fun with Music

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

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



森巴舞 Zumba

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

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



有趣烹飪 Fun with Cooking – Independent Living Skills!

Time 時間: 逢星期六下午 3:00pm 至 4:30 pm

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



Community Outdoor Activities

Time 時間: Saturdays 星期六, 2:00 – 4:00pm or School Holidays

大組節目 Youth Group Program



藝術課 Art Programs

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

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



健身課 Fitness Gym Class

Time 時間: Mondays 星期一, 下午 4:00pm 至 5:00pm

Venue地點: PCYC Auburn, Wyatt Park, Church Street, Lidcombe



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午 11am 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

PLAY THERAPY

Play therapy is a form of therapy that provides a safe and inclusive environment for children between the ages of 3–16 to express their thoughts and emotions using toys and play. Play therapists utilize the language of play to observe the needs of children and gain insight into their world. By identifying recurring themes in a child's play, the therapist can develop targeted interventions that enable the child to better process their experiences and develop effective strategies for coping with their surroundings. Play therapists work collaboratively with both the child and their parents, communicating with parents to deepen their understanding of their child's emotional world.

Allow me to provide an example of how play therapy works in practice. A few years ago, a 7-year-old girl was referred to me by her grandmother, who was concerned about her emotional well-being. The grandmother mentioned that her granddaughter had some unique qualities and was hoping that I could offer some assistance. Although she was unfamiliar with the concept of play therapy, she brought her granddaughter to see me based on a recommendation from someone else.

I assured the grandmother that I was honored to work with her granddaughter and grateful for her trust. With the limited information provided by the grandmother, I began the first session by visiting their home to establish a rapport with Kelly and build her trust. Kelly, who I called by her pseudonym, was reserved and hesitant to engage with me. She spoke very little and avoided eye contact. I attempted to connect with Kelly by greeting her warmly and expressing my interest in getting to know her. However, she was not yet comfortable with my presence and retreated to her bedroom. I reassured her that I understood and would wait patiently for her outside until she was ready to engage. The grandmother expressed concern about wasting my time and money on waiting without any active engagement, but I assured her that building trust is an essential component of the therapy process and that we would progress at Kelly's pace.

It was crucial for Kelly's therapy to give her the space to make choices and show respect for her needs. I made a deliberate effort to demonstrate that I accepted and valued her as a whole person. This included acknowledging her decision to retreat to her bedroom and giving her time to feel comfortable with my presence. I explained to the grandmother that while it might appear that we were wasting time, it was important to be empathetic to what Kelly was experiencing. She was likely feeling anxious and frustrated, knowing that a stranger was coming to do something with her but not yet being in a condition to handle it. I also pointed out to the grandmother that Kelly had chosen to place herself in her room, indicating that she had found a safe space to regulate her strong and negative emotions. Although the grandmother did not fully understand at the time, she appreciated in retrospect that I remained calm and professional in this situation.

After waiting for about 30 minutes, Kelly finally asked me to join her in her room, which was a surprising and positive development. The grandmother was visibly relieved and proud of Kelly. When I entered the room, I expressed my pleasure and surprise to be asked to join her. Kelly was lying on her bed, and I took a seat next to her, acknowledging that she looked very comfortable.

Kelly got up and went to the bathroom to turn on the faucet. However, her grandmother quickly stopped her from playing with the water. Meanwhile, I was standing next to Kelly, observing her movements. Her hands were moving under the water in a caterpillar-like motion, shivering and moving up and down suddenly. I was intrigued and wondered what this gesture meant and what Kelly was trying to express. Although I knew that the grandmother was concerned about wasting water, I wanted to understand Kelly's behaviour better. So, I turned to the grandmother and pointed out that Kelly was doing something interesting. I hoped to encourage the grandmother to allow Kelly some freedom in her play. The grandmother explained to me that Kelly often made these movements when she was excited or frustrated.

Kelly's grandmother shared with me that Kelly would tear off tissues or roll them into a ball and hide them under the drawer, which frustrated her. She saw this behavior as "useless" and wanted to stop it. I explained to her after a few sessions that Kelly engaged in this behavior as a way to gain a sense of security through sensory touching.

On the first day, Kelly and I did not do what the grandmother had expected. Instead, Kelly was focused on playing with her fingers. I sat beside her and responded with affirmations like "I saw it," "I understand," "I am with you," and "you are safe."

The initial session may have appeared to lack coherence, but it was the crucial foundation for establishing a therapeutic alliance that persisted throughout our long-term work together.

社區活動 Community Activity

(cont'd)

Later, Kelly came to my playroom and showed me how her mother had mistreated her while she played with a barbie. In this session, she was able to release her pent-up emotions of anger, shame, and sadness. After this, I spoke to Kelly's grandmother and gained more information about Kelly's background, which helped me understand why she was under her grandmother's care. It was revealed that Kelly had not only autism but also had been traumatized by her mother, who did not accept Kelly's needs. Kelly's mother had ignored her and physically abused her when Kelly expressed her needs. Upon learning this, I felt great sadness. Kelly's grandmother tearfully recounted their history and explained that she did not want to send Kelly to a special needs school. Instead, she wanted Kelly to receive a regular education. However, Kelly's academic results were poor, and she was at risk of repeating a year.

Kelly had developed a compulsive behaviour of hiding her Barbie dolls in a box and checking on it every time she entered the playroom. To address her issues with security and self-esteem, I utilized various therapeutic techniques including drawing, colouring, singing, and sensory play with water, rice, and beans. During her sensory play sessions, Kelly focused on regulating her emotions and rarely spoke, often using tactile stimulation by pouring rice from the air to listen to the sound it made. Despite not engaging in symbolic imagery, she exhibited a sense of calm after each play session.

Kelly displayed an affinity for drawing and frequently drew her environment, including buildings, bridges, her grandmother, and even self-portraits. Over time, she began to sing while drawing and eventually began sharing her school experiences, such as her favourite subjects, teachers, and even those who laughed at her. Kelly made it a point to caption each of her drawings. It appeared that drawing served as Kelly's means of connecting with the world and expressing her perspective on various matters.

Several times I would actively listen to Kelly's grandmother as she shared the challenges she faced in taking care of Kelly. During phone conversations, I empathized with her and provided support by reinforcing Kelly's needs and ensuring her safety and acceptance.

After a year of play therapy, Kelly began to verbalize her emotions to her grandmother, expressing how people treated her each day. The grandmother was grateful for this development and also became more accepting of Kelly's so-called "useless behaviour" such as her penchant for rolling up and throwing around tissues, as long as it did not spill-over to their neighbour's balcony. By the end of our almost three-year journey together, Kelly had developed her own self-regulation techniques and was able to communicate her feelings to her father and grandmother. Drawing became a primary medium of expression for her, and eventually, the play therapy sessions were successfully concluded.

After a couple of years, Kelly, now a 14-year-old girl, attends a special secondary school instead of a regular school, as her grandmother has decided not to push her academically. However, Kelly excels in her artistic endeavours, particularly in music and drawing. She has a strong drive to learn and often relies on resources such as YouTube to do so. She frequently shares her artwork with me to keep me updated on her life.

Empathy is a crucial concept in our approach to working with children, parents, and caregivers. In the case of Kelly, her grandmother demonstrated empathy by understanding Kelly's sensory needs and accepting her way of expressing emotions. At the same time, Kelly also showed empathy towards her grandmother, recognizing that she is a loving and caring figure in her life who helps regulate her fear and trauma responses. By building a safe and supportive relationship with her grandmother, Kelly was able to better cope with her experiences and find comfort in the presence of her caregiver.

Empathy is cultivated through the acceptance and understanding of others. Inclusive environments provide a safe and caring atmosphere for children to thrive in. With the love and support of their caregivers and those around them, children are empowered to be true to themselves and develop confidence. By fostering an environment of inclusion, we can promote the growth of empathy and create a positive and supportive atmosphere for all.

"In play therapy, the most troubling problem can be confronted and lasting resolutions can be discovered, rehearsed, mastered and become lifelong strategies." Sandra Russ, PhD.

遊戲治療

遊戲治療是一種治療，為3-16歲兒童提供安全和包容的環境，讓他們通過玩具和遊戲表達他們的想法和感受。遊戲治療師利用遊戲語言來觀察兒童的需要並深入了解他們的世界。通過確定兒童遊戲中反復出現的主題，治療師可以製定有針對性的介入手法，使兒童能夠更好地處理他們的經歷並製定有效策略來應對周圍的環境。遊戲治療師與孩子和他們的父母合作，與父母交流以加深他們對孩子情感世界的理解。

請容許我提供一個遊戲療法在實踐中如何運作的例子。幾年前，一位7歲的女孩被她的祖母轉介紹給我，她的祖母很關心她的情緒健康。祖母提到她的孫女有一些獨特的品質，希望我能提供一些幫助。雖然她對遊戲治療的概念並不熟悉，但在別人的推薦下，她帶著她的孫女來看我。

我向祖母表示我很榮幸能和她的孫女一起工作，感謝她的信任。祖母提供的信息有限下，我開始了第一節遊戲治療，拜訪了他們的家，與凱利建立了融洽的關係並建立了她的信任。凱莉，我用她的偽名稱呼她，性格內向，不願與我交往。她說話很少，避免目光接觸。我試圖通過熱情地問候她並表達我了解她的興趣來與凱利建立聯繫。然而，她對我的存在還不太舒服，於是退回了她的臥室。我向她保證我理解並會耐心地在外邊等她，直到她準備好參與。祖母表示擔心在沒有任何積極參與的情況下等待會浪費我的時間和金錢，但我向她保證，建立信任是治療過程的重要組成部分，我們會按照凱利的步伐前進。

對於凱利的治療來說，給予她做出選擇的空間並尊重她的需要是至關重要的。我刻意努力證明我接受並重視她作為一個完整的人。這包括承認她決定回到自己的臥室，並給她時間讓她對我的存在感到舒服。我向祖母解釋說，雖然看起來我們是在浪費時間，但重要的是要對凱利的經歷產生同理心。她可能感到焦慮和沮喪，雖然知道一個陌生人要來對她做某些治療，但還沒有條件處理情緒。我還向祖母指出，凱莉選擇把自己安置在她的房間裡，表明她找到了一個安全的空間來調節自己強烈的負面情緒。奶奶當時雖然不是很理解，但回想起來還是很欣賞我在這種情況下保持冷靜和專業。

大約30分鐘的等待，凱莉終於讓我去她的房間，這是一個令人驚訝和積極的進展。祖母明顯鬆了一口氣，為凱利感到驕傲。當我進入房間時，我對被她邀請加入感到高興和驚訝。凱莉躺在床上，我在她旁邊坐下，回應她看起來很舒服，很自在。

凱莉起身去洗手間打開水龍頭。然而，她的祖母很快就阻止了她玩水。與此同時，我站在凱莉身邊，觀察著她的一舉一動。她的手在水下像毛毛蟲一樣移動，顫抖著，突然上下移動。我很好奇，想知道這個手勢是甚麼意思，凱利想表達的是甚麼。

雖然我知道祖母擔心浪費水，但我還是想更好地理解凱利的行為。於是，我轉向祖母，指出凱利正在做一些有趣的事情。我希望鼓勵祖母讓凱莉在遊戲中有一些自由。祖母向我解釋說，凱利經常在興奮或沮喪時做出這些動作。

凱利的祖母告訴我，凱利會撕下紙巾或將它們捲成一團，然後藏在抽屜下面，甚至掉到出露台外影響鄰居，這讓她很沮喪。她認為這種行為“毫無用處”，想要制止。幾次遊戲治療後，在一次面談中我向她解釋說，凱利從事這種行為是為了通過感官接觸獲得安全感。

第一天的遊戲治療，凱利和我沒有按照祖母的預期去做。相反，凱利專注於玩弄她的手指。我坐在她旁邊，用“我看到了”、“我明白了”、“我和你在一起”和“你很安全”這樣的肯定來回應和見證。

最初的遊戲治療會面可能看起來缺乏連貫性又不太順利，但它是建立治療連結的重要基礎，這種連結在我們的長期合作中一直存在。

社區活動 Community Activity

(續上)

後來，凱莉來到我的遊戲室，在她玩芭比娃娃時，向我展示了她媽媽是如何虐待她的。在這節治療中，她能夠釋放壓抑的憤怒、羞愧和悲傷的情緒。之後，我和凱莉的祖母會談，了解了更多關於凱莉的背景信息，這讓我明白了為甚麼她會與她祖母一起住，受祖母的照顧。祖母透露，凱莉不僅患有自閉症，還受到不接受凱莉需要的母親的心理創傷。當凱利表達她的需要時，凱利的母親不理會她並虐待她。得知此事，我感到無比的悲痛。凱利的祖母含淚講述了他們的歷史，並解釋說她不想把凱利送到特殊需要學校。相反，她希望凱利接受正規教育。即使，凱莉的學習成績很差，有留級的風險。

凱利養成了一種強迫行為，她會把她的芭比娃娃藏在一個盒子裡，每次進入遊戲室時都要檢查一下。為了解決她的安全感和自尊心問題，我使用了各種介入手法，包括繪畫、著色、唱歌以及玩水、大米和豆子的感官遊戲。在她的感官遊戲中，凱利專注於調節自己的情緒，很少說話，經常通過從空中倒出米粒來聆聽米粒發出的聲音來進行觸覺刺激。儘管沒有參與象徵性的意象，但她在每次遊戲後都表現出平靜的感覺。

凱利表現出對繪畫的熱愛，並經常畫出她的周圍環境，包括建築物、大橋、她的祖母，甚至是自畫像。隨著時間的推移，她開始一邊唱歌一邊畫畫，並最終開始分享她的學校經歷，比如她最喜歡的科目、老師，甚至那些嘲笑她的人。凱利特意为她的每幅畫加上標題。繪畫似乎是凱利與世界聯繫並表達她對各種事物的看法的方式。

她喜歡畫畫，主要圍繞着她的四周去畫下來，如：大樓，大橋，她媽媽，她自己。之後，她開始一邊畫畫一邊唱歌，還有之後她更分享有關她校內的生活，如：她最喜歡的老師，科目，那位同學笑她最大聲。所有她畫的圖畫都會有注明她畫的是甚麼。有時圖文不符但我接納和聆聽她。對她來說，畫畫是她與外界溝通的工具，她用畫畫展示她角度看的世界。

有好幾次，當凱莉的祖母分享她在照顧凱莉時所面臨的挑戰時，我會積極傾聽她的聲音。在電話交談中，我同理她並通過強調凱莉的需求並確保她的安全和接受來提供支持。

經過一年的遊戲治療，凱利開始向她的祖母訴說她的情緒，表達周遭的人們每天如何對待她。祖母對這些發展表示感謝，也越來越接受凱利所謂的“無用行為”，例如她喜歡捲起紙巾並四處亂扔，只要紙巾不會溢出到鄰居的陽台即可。在我們將近三年的旅程結束時，凱利已經發展出自己的自我調節技巧，並且能夠將自己的感受傳達給她的父親和祖母。繪畫成為她的主要表達方式，最終，遊戲治療課程圓滿結束。

幾年後，現年 14 歲的凱莉沒有上普通學校，而是上了一所特殊中學，因為她的祖母決定不再對她進行學業上的督促。然而，凱利在她的藝術努力方面表現出色，尤其是在音樂和繪畫方面。她有很強的學習動力，並且經常依賴 YouTube 等資源來學習。她經常與我分享她的作品，讓我了解她的生活。

在我們與兒童、父母和看護人打交道的的方法中，同理心是一個至關重要的概念。就凱利而言，她的祖母通過了解凱利的感官需求並接受她表達情感的方式來表現出同理心。與此同時，凱利也對她的祖母表現出同理，認為她是她生活中充滿愛心和關懷的人物，有助於調節她的恐懼和創傷反應。通過與祖母建立安全和支持的關係，凱利能夠更好地應對她的經歷，並在照顧者在場的情況下找到安慰。

同理心是通過接受和理解他人來培養的。包容的環境為孩子們的成長提供了安全和關愛的氛圍。在他們的照顧者和周圍人的愛和支持下，孩子們能夠做真實的自己並建立自信。通過營造包容的環境，我們可以促進同理心的發展，並為所有人營造積極和支持的氛圍。

「在遊戲治療中，可以直面最棘手的問題，並可以發現、排練、掌握持久的解決方案，並成為終身策略。」
Sandra Russ, PhD.

我們的故事 Our Stories

Seaside Family Weekend Getaway

海濱度假家庭休閒遊

Wamberal Getaway- Yin Soon Tan

During the weekend from Friday 21/4- Sunday 22/4, I went to a getaway with the Chinese Parents Association families in Wamberal at the Central Coast. This was an approximately an 1.5 hours drive from Sydney. We stayed at the Seaside Garden Retreat. When my family arrived late afternoon on Friday, the place was already buzzing with other Chinese Parents Association families. I was excited to get myself settled in quickly and spend some quality time with my friends.

The place was awesome with many comfortable sitting areas to relax. There was also a ping pong table and a pool table which everyone loves. You could also take a stroll in their nice small garden if you were up for it. My favourite was the recreational room. Every night, it was always buzzing with activities. I love the karaoke, disco and the movies played. A big thank you to all the organisers and mothers out there who worked really hard to bring out the fun and enjoyment! Aunty Miranda sure got a few great dance moves there. The energy she had was truly impressive. She brought lots of excitement in the air, which I truly enjoyed being surrounded by.

The food was really good. I always looked forward to meal times whilst I was there. There were many varieties of food during each meal, and I never got hungry. I may even have brought home a couple of kilos. I also liked the independence to sit and eat together with my friends. I was proud to be able to look after myself- I lined up and got my own food and also able to help myself to seconds when I was finished. Throughout the day, the mothers prepared many snacks and desserts for us too. There were fruits, sweet dessert soup, asian rice cake etc. I love them all!

The 3 days passed really quickly. I had a very good time and definitely hope to be back again. It was a very successful trip and once again a big thank you to all mothers who have made this possible.



兄弟姐妹連結小組 SibConnect

*HyperKarting at Moore
Park on 1 April 2023*

Social and Emotional Support program for CALD Youth with Disabilities and their Siblings/Families



The SibConnect recent event was held at HyperKarting at Moore Park – although it was a wet day, it was held indoors so the event managed to go ahead. The PWD siblings had an enjoyable day at HyperKarting with many being their first-time karting. The day was held over two 15-minute karting sessions with a break in-between to allow members to recover from posting their enduring lap-times. Within each 15-minute stint, each sibling posted the fastest lap possible and the fastest lap in the session was ranked to determine who was fastest. This was a good bonding event for the SibConnect members as everyone had an enjoyable time and, for many, had enjoyed this new and thrilling experience. After the event, we all had a short walk nearby for drinks and food at El Camino Cantina where we enjoyed Mexican food and drinks – we even tried on the Mexican hats! We had some good talks about getting to know each other about our daily lives and experiences. We look forward to seeing more siblings at the upcoming SibConnect events! By Josh



This program is proudly sponsored by the ACCF
Community Project Funding Programme 2022-2023

兄弟姐妹連結小組 SibConnect

Sib-Connect - Treetop Adventure 兄弟姐妹連結小組 再次重合!

SibConnect-Social & Emotional Support Program for CALD Youth with Disabilities and their Siblings/Families

This program is proudly sponsored by the ACCF Community Project Funding Programme 2022-2023

WHEN: Saturday 3rd June 2023, 11am - 1:30pm

WHERE: Treetop Adventure - The Hills

\$10PP - Standard Session + Snacks/Drinks

(for siblings who can travel independently)

Supporting siblings of children with a disability

It's only natural that siblings will experience many new and mixed emotions about their brother or sister's disability. It is a long-term mental, physical health impacts and stress that siblings may experience from both outside and family.

The intention of Sib-Connect (previously called Sib-Space) program is to run regularly, where siblings can meet socialising with other siblings in a similar situation, share, learn about disability. This is a space where siblings can vent without disapproval and feel less isolated.

Register through wechat or email
admin@chineseparents.org.au

This event is for siblings of PWD*

REGISTRATION CLOSE 26 MAY 2023

Hosted by Josh Lee

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



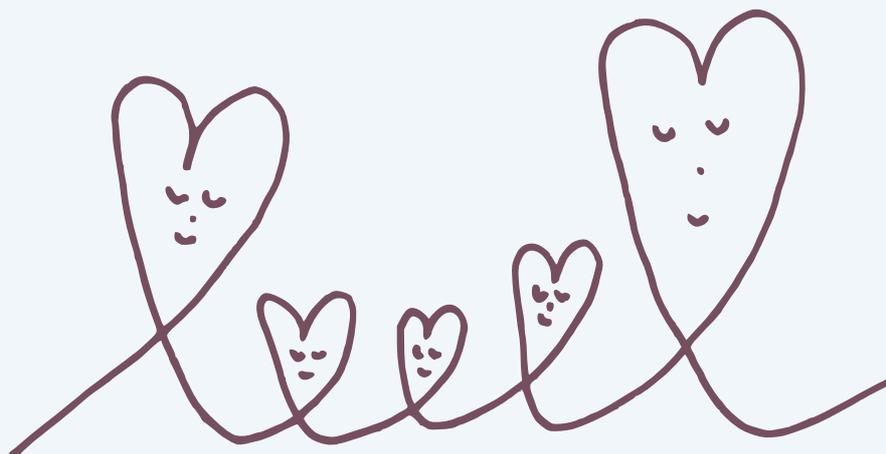
澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



澳洲華人公益金

Australian Chinese Charity Foundation Inc.



ACAP PROJECT - Cultural Trip Belmore

Artistic & Creative Arts Program (ACAP) - for CALD Youth with Autism



Cultural Walking Trip at Belmore

On Saturday 25th March 2023, CPA had a cultural trip at Belmore. First, we went to the All Saints Greek Orthodox Church. When we entered the church, everyone was asked to light a yellow, long and thin candle and put in a big round pan. When all the candles were lit, it looked like a birthday cake. We walked inside the hall, it was big and the ceiling was high with a big chandelier hanging from above. The wall was full of colorful portraits of men from many years ago, they didn't wear pants but robes. There were writings on the wall but I can't read them because they were in Greek. At the back of the hall, there was a painting with 13 men sitting around a table, they named it the last supper but I didn't see any food on the table. After we looked around, Harald, the man in charge, gave us a piece of bread and patted our head gently said bless you.

Later, we walked all the way to the Crn of Canterbury Rd and Victor St, Belmore and visited the St Albans Anglican Church. It was a smaller church with no portraits, but some colorful paintings on the wall. The reverend told us that each paintings had a different story. Three big flags were hanged on the wall, an Australian flag, an Aboriginal flag and a green flag which I didn't know what it represents. Next to the flags, there was a pipe organ. It was a group of thick, long metal pipes put next to each other. The man playing the organ had to sit inside a room and operated on a keyboard, he had to look through the window to see when to start and stop playing. They were a big metal cloche put on a stand, it was empty. The reverend said it was used for baptism.

When finished looking around, we all went to McDonald's for afternoon tea.

By Barry Mak



This Program is proudly sponsored by the 2022-23 Canterbury Bankstown Community Grants & Event Sponsorship Program

ACAP PROJECT

Artistic & Creative Arts Program (ACAP)
- for CALD Youth with Autism

COMMUNITY OUTING & PICNIC LUNCH 叢林漫步和野餐

Lambeth Reserve, Picnic Point
Henry Lawson Dr & Lambeth Street, Picnic Point

01 JULY 2023 11:00AM-3:30PM

JOIN US

A community outing program to enhancing independency, encouraging public awareness and promoting community cohesion and resilience.

Fees: \$40 PWD *(NDIS claimable participants)
\$10 Others

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

ITINERARY

1. Meet at 11:00am at Lambeth Reserve
2. Picnic Lunch
3. Bush walk / board walk

This Program is proudly sponsored by the 2022-23 Canterbury Bankstown Community Grants & Event Sponsorship Program

REGISTER BY 24 JUN 2023

MARIA 0402941090 / MIRANDA 0412536633



Artistic & Creative Arts Program (ACAP) - for CALD Youth with Autism

Artistic & Creative Art Workshops

08 & 29 JULY; 12 & 26 AUGUST
SATURDAY 2:30 PM TO 4 PM
BSCC 38-40 REDMAN PARADE BELMORE

This Program is proudly sponsored by the 2022-23 Canterbury Bankstown Community Grants & Event Sponsorship Program



甜蜜的回憶 Sweet Memories



Seaside Family Weekend Getaway 21-23 April 2023



Belmore Weekend Programs



甜蜜的回憶 Sweet Memories



Belmore Monthly Birthday Party



Easter Family Picnic



ACAP Project Cultural trips and Powerhouse Museum visit



生日 Birthday Boys & Girls

MAY

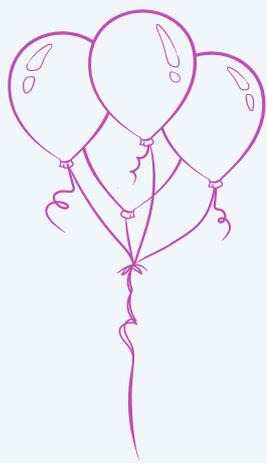
Dennis Ou
Julian Lesnie
Ka Chun Tse
Laureen Poon
Patrick Chow
Samuel Poon
Victor Li
Wilson Trang



JUNE

Catherine Lu
Colin Su
Darren Ma
Gordon Ding
Kathy Li
Leon Cao
Michael Lee
Queenie Tung
Robbie Leong

Happy
Birthdays



JULY

Alan Ngo
Anderson Yang
Benjamin Mo
Jackson Yung
Jerry Chen
Joanne Pang
Lintom Lin
Matthew Sin



致謝 Acknowledgement



Donors (\$100 or above)

Ying Kai Chuang
Anita Un
Betty Pang
Lions Club of Sydney Waratah

Volunteers

Management Committee Members
Alex Ma
Nancy Ma
April Sia
Khon Chau
Darby Mu
Lian Chin
Mario Yuen
Winda Mok



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 : \$ _____

會員年費 \$10

Membership Fee \$10 p.a.

(From 1 July – 30 June)

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 p.a.

(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. 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

週末活動時間表 Program Timetable

MAY-JULY 2023



Activity Venues

- 📍 Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- 📍 Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
- 📍 PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- 📍 Aerialize, 7-9 Close Street, Canterbury
- 📍 (Activity fees applied refer to current fees schedule)

WEEKDAY AFTERNOON PROGRAM

Monday	4:00pm to 5:00pm	Fitness Gym Class	PCYC Auburn
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 4:30/5:00pm	Morning	Afternoon 2:30pm to 4:00pm
May			
06/05	Mother's Day Lunch 11:30am to 2:00pm, Bankstown RSL Club 1 Meredith St, Bankstown		
13/05	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am – 12:30pm	Taekwondo by Khon 2:30-4:00
20/05	Sensory Play (TBC) 3:00-4:00 OT Group Exercise 4:00-5:00	Putt Putt Golf * Milperra 11:00am starts	Active Living Community OT Group 2:30-4:00
27/05	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	Chair Yoga/Pilates/Dance by Monica 2:30-4:00
June			
03/06	Music Therapy by Christine 3:00-4:30	Tenpin Bowling 11am-12:30pm	Chair Yoga/Pilates/Dance by Monica 2:30-4:00
10/06	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am-12:30pm	Taekwondo by Khon 2:30-4:00
17/06	Zumba with Norma 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling 11am-12:30pm	Active Living Community OT Group 2:30-4:00
24/06	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	Zumba with Norma 2:30-4:00
July			
01/07	Community Outing & Picnic Lunch * Lambeth Reserve, Picnic Point 11:00am - 3:30pm		
08/07	School Holidays		ACAP Arts Program 2:30-4:00
15/07	School Holidays		Chair Yoga/Pilates/Dance by Monica 2:30-4:00
22/07	Music Therapy by Christine 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am-12:30pm	Taekwondo by Khon 2:30-4:00
29/07	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	ACAP Arts Program 2:30-4:00

The above programs may be changed without prior notice due to unforeseen reasons.
*Refer to program flyers for activity details.