



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

CPA

NEWSLETTER

協康會會訊

AUGUST 2019 ISSUE

二零一九年八月版

HAPPY MOON FESTIVAL

中秋節快樂

UP-COMING ACTIVITIES:

- ◆ Legal Talk
- ◆ Father's Day & Moon Festival Celebration Party
- ◆ Carer's Week Celebration
- ◆ Grandparents Day Celebration

REPORTS:

- ◆ Report on Mother's Day Celebration
- ◆ Report on Family Picnic Day— Bicentennial Park Picnic
- ◆ Report on Autism Workshop with Positive Partnerships
- ◆ Report on Gardening Workshops
- ◆ Report on Jewellery Making Workshops
- ◆ Report on Family Day Out



CPA Newsletter AUG 2019 Issue
協康會 會訊 二零一九年八月號

**Chinese Parents Association -
Children With Disabilities Inc**

澳洲弱能兒童協康會

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Email 電郵:

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www.chineseparents.org.au

ABN: 63 938 108 704

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。

副會長感言

各位會員

大家好，秋冬季節即將結束，很高興各位沒有在這寒冬躲起來，很踴躍地參加協康會舉辦的多項活動，如在5月4日的母親節慶祝，感謝 Bonnie Ma 送出的精美晚裝手袋及由 Majoria 送出漂亮的心口針，令當日參加的母親們都帶着喜悅的心情回家。5月18日在 Bicentennial Park 舉行的秋季旅行，參加者在和暖的陽光下野餐，輕鬆寫意地渡過一個週末。

室內活動也有多個工作坊，園藝及飾物製作等，在 Club Central 舉行，原來靜態的活動也很受歡迎。在7月13日，也有兩個不同的活動，在 Blacktown RSL 的自助餐及昌萊園的家庭日，而幼兒組也有溜冰活動派對，真是一個特別開心的日子。

這些一系列的活動，多得義工們的幫忙，在這裡我衷心地感謝他們。展望8月份的三個（廣東話、英語和普通話）週六有關遺囑的講座，歡迎會員們踴躍參加。

陳劉秀蓉

協康會副會長



Vice President's Message



Dear members

Hello everyone, the autumn and winter season is about to be overdue. I am very glad that we still received high participation rate in lots of CPA activities in these cold freezing weather, such as the Mother's Day celebration on 04/05/2019.

Thanks to Bonnie Ma for the exquisite evening bag and those beautiful brooches donated by Majoria, as these gifts brought joys to mothers who participated on the day.

In addition, on the autumn trip to Bicentennial Park on 18/05/2019, participants took a picnic in the warm sunshine and spent a happy and relaxing weekend together.

During the past quarter, CPA hosted several workshops, indoor activities, gardening and accessories production workshop, which were mostly held at Club Central. The original static activities were also very popular. On 13/07/2019, there were two different activities, the buffet at Blacktown RSL and the family day out at Chang Lai Yuan Chinese Garden, and the junior group also had an ice skating party, which was a joyful day for all of us.

Looking forward to the upcoming quarter, CPA will provide three (Cantonese, Mandarin, and English) Saturday talks on wills in August, members are welcome to attend this legal talks. These series of activities are the result of hard working volunteers and staff, without their help and dedication to the above activities, these events may not be hosted. I sincerely thank them here.

Mrs Sylvia Tinyow
Vice President

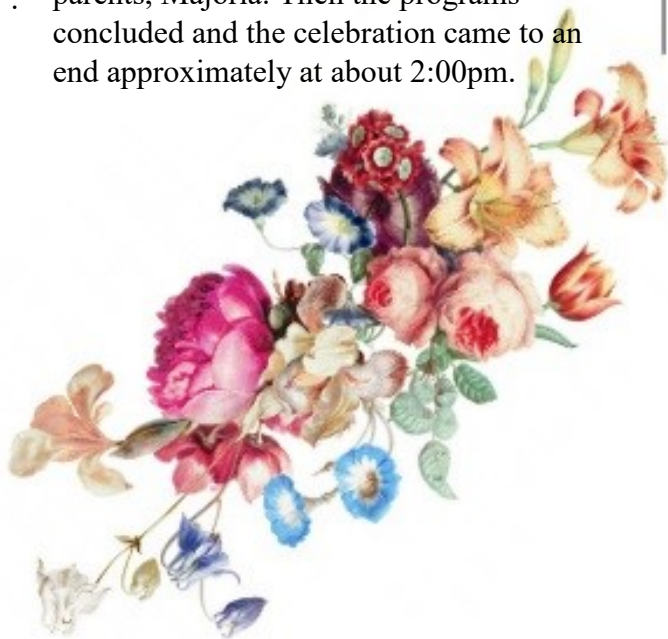


Happy Mother's Day

Celebration Report By Joanne Pang

On the 4/5/19, Saturday we celebrated Mother's Day at Padstow Bowling Club. There were many people who attended the event; there were more than 80 members including family, children and special guests were there. Guests arrived at 11am. We started to play some games led by our volunteer students from the University of Western Sydney. We played some ball games where the winner will get a prize. Jonathan won the game and got a spinning top. We also danced to music and everyone had to freeze when the music stops. Karen won the game and was awarded with a bouncing ball. The last game we played was "Simon Says". Barry won the game and got a handkerchief. Lunch started at about 12.30pm.

There were a wide variety of food such as chicken wings, hot chips, spring rolls, beef with mixed vegetables, prawn wontons, steamed beef balls, fried rice and noodles at the self-serve counter and the people helped themselves. My favourite food was the chicken wings because they were very crispy and tasty. During lunch we heard the welcome message from Dr Helen Sham-Ho and Mrs Bonnie Ma. Then the lucky draw prizes and presents to Mothers were given out. The lucky draw prizes were boxes of chocolates etc. All the mothers received a beautiful little handbag donated by our special guest Mrs Bonnie Ma, and brooches, necklaces donated by one of our parents, Majoria. Then the programs concluded and the celebration came to an end approximately at about 2:00pm.





FAMILY PICNIC DAY—18/05/2019

Bicentennial Park, Victoria Ave Homebush Bay



The 2019 Australian federal election was held on Saturday 18th May. The Belmore senior centre was one of the elections venues , so there was no youth activities on Saturday.

We went to Concord West Playground in Homebush Bay for picnic.

I played basketball with Jonathan and Victor Wu. At lunch, I ate a sausage roll, sandwiches and one chicken kebab. We danced and sang after lunch.

Some people had a bush walk before leaving.

Victor li



AUTISUM WORKSHOP - with Positive Partnerships

19/05/2019, 26/05/2019



Chinese Family Workshops, NSW

The workshop for the Chinese community in NSW was a great outcome following the joint efforts of Positive Partnerships and Chinese Parents Association (CPA). Positive Partnerships and CPA have worked together to plan and organise a -2 day workshop over the last 6 months. A survey sent to Chinese parents was developed in the planning stage to get a better idea of what topics, days and times they preferred. The workshops were held on May 19 and May 26 respectively in Belmore, NSW. We're very thrilled to see families coming along with their kids and grandparents. While the parents were attending the workshop, the children were staying in another room with lots of fun, activities and lollies.

On Day 1, we learned about sensory processing and strategies and tools to enhance learning. On Day 2, we discussed positive behaviour support and working with the child's school. Sensory processing and behaviour support generated a lot of questions. Parents also wanted to know how to help their children improve their communication, social skills and making friends etc. The workshops also provided an opportunity for parents to share their experiences and tips to help and encourage other parents. It is a great place to know that you are not alone on the journey and there are different kinds of support and organisations available in the community such as CPA.

There is no short cut to help enhance the learning outcome of our children but with the dedication, patience and love from our parents and the community and working with your child's school, you'll gradually see changes in your children's life.



华人家庭工作坊-新南威尔士州

我们在新南威尔士州华人社区举办的工作坊是由 Positive Partnerships 与澳洲弱能儿童协康会 (CPA)共同努力的一个理想成果。我们俩家机构在过去六个月合作无间，一起计划和举办了这次连续两个星期天的工作坊。

在筹备期间，我们发出了一份问卷给父母们填写，以便更清楚父母对學習题目、日期、时间的要求，最后工作坊在 5 月 19 日和 5 月 26 日于 Belmore 顺利举行。

我们非常高兴看见一家人，包括祖父母和小孩子一起来参加。当父母们在一边学习时，小孩子就在另一边房间参加一些很有趣的游戏，还有美味的糖果啊！

第一天的工作坊，我们学习了「感观处理」，以及一些「实用的策略和工具」来加强孩子在学习上的效果。第二天的工作坊，我们讨论了「积极的行为支持」，及「如何与学校一起合作」等的知识。參與者在「感观处理」和「行为支持」這兩個題材上發表了很多自己的提問。父母们也很想知道怎样帮助自己的孩子改善沟通，社交和交朋友方面的情形。这次工作坊也提供了一个好的机会，让父母们通过分享自己的经验和心得，来鼓励其他父母。这是一个很好的地方，让大家知道，你在这条路上不会孤单，还有其他同路人，和社区上向你提供不同协助的机构，如澳洲弱能儿童协康会。

我们知道，这条路上是没有捷径的，可是通过社区上和父母们的努力，忍耐和爱心，还有与学校共同合作，大家一定会慢慢见到孩子生命中的改变。

CALLS Program — GARDENING WORKSHOPS

I attended the 2 gardening workshops facilitated by Rev Gloria Fu at Club Central Hurstville on May 11 & 25. There were about 40 people attended each time. Gloria brought some baby cactus, soil and gardening material, already sorted by lots for the participants. She showed us how to grow cactus step by step.

Firstly we filled the flowering pot/cup with soil, put in the cactus in a certain order, then add some colourful sand beads on top. Finally, we decorated the pot/cup with a heart or an angel. They looked beautiful.

Gloria also taught us how to maintain the plants, how often we shall water the plants and put them in the sun after a week or so after they settled.

The workshops were fun. I learnt the Chinese names of the cactus we planted. I think every one enjoyed the workshops.

By Maria Lee



CALLS Program— JEWELLERY MARKING WORKSHOPS

I accompanied my son Samson to attend the jewellery making workshops at Club Central facilitated by Cam on April 14 and June 8.

There were about 40 people attended each workshop. It was nice that morning tea was provided for the second workshop.

That was the first time Samson participated in a jewellery making workshop. In the past, I was under the impression that only females interested in jewellery making. To my surprise, Samson was patient enough to sit down for the whole time, follow the pattern provided by Cam, with some help and trial and error, he was able to put together a beautiful bracket and a necklace for me.

At the end of the second workshop, Miranda presented an appreciation certificate to the Duty Manager of Club Central to thank them for waiving the venue hire.

It was a good experience for Samson. He enjoyed the workshops and learnt something new.

By Maria Lee



FAMILY DAY OUT

Blacktown RSL & the Nurragingy Reserve

The CPA family outing to Blacktown RSL and the Nurragingy Reserve was a fascinating experience of nature's splendour, along with the illustrious Chuang Lai Yuan Gardens capturing a precise image of ancient Chinese culture and its historic value. The lunch buffet at Blacktown RSL was comprised of numerous delectable produce, I was very fulfilled by the vast amounts of excellently cooked dishes. The diverse variety of cuisine ranging from Western to Eastern was a pleasant parallel with the buffet's name 'East West Buffet', it was like a banquet fit for a king with all the sensational food such as pasta, roasted meats, exotic fruits and desserts. After stuffing ourselves with what the buffet could provide, we travelled to the Nurragingy Reserve where the Chuang Lai Yuan Gardens is located, upon walking through the main park area we encountered the pristine limestone bridge and the ornate Chinese gateway.

The atmosphere was absolutely alluring walking through the gateway, it was like a portal leading to another dimension of cerulean blue skies, an endless waterfall leading down to the serene gorge. While strolling along the bridge, I discovered a flock of delightful ducks and many different birds gliding across the tranquil lake, some people were feeding them and they swiftly gathered near the children to snack on the breadcrumbs. We climbed leisurely through the forests of bushes and boulders to the pavilion sitting upon the cascade, up there were a small pool and a balcony displaying a picturesque view of the bridge and most of the reserve. I thoroughly enjoyed the trip to the Western Suburbs to eat the delicious food Blacktown RSL to offer and the amazing exploration of Nurragingy Reserve.

By Tiffany Tan



Junior Group— Ice Skating Party



This July school holiday, CPA organised an Ice Skating Party for the Junior Group members on 13 July 2019. For most of the members, both parents and children, that would be their first experience on the ice rink. All of us were very excited and arrived early to the Canterbury Olympic Ice Rink and could not wait for the party to start.

While the Ice Rink staff was setting up the place, we warmed up by playing in the park next to the Ice Rink. It was a sunny morning and a bit cold and windy, but it didn't lessen their enthusiasm to experience the exciting ice skating.

At last, it was time to enter the ice rink and we were introduced to Hailey and Lara, the two coaches for our group of 12 children. They led the children to the gear room to choose their skates and helmets. Parents were invited to join the game with their children and they got their skates and helmets as well.

For the first-time skaters, it took a while to master the balance. But with the help and instructions of Hailey and Lara, most of the children and parents managed to "skate" on their own after the first 15 minutes. After the half-an-hour official coaching, parent and children were invited to the party table where balloons, sausage rolls, party pies and chips, popper juice and lollies bags were all ready for them.

By the smiles on their faces, I could tell they did enjoy the satisfaction of mastering a new skill (no exception to the participated parents). After the party, they went back to the ice rink and continue to practise their new skills.

It was certainly a special sport activity to experience. For some, it may be a bit challenging to keep balance on the skates and take a longer while to master the skills. But it was very encouraging to see most of our children were enjoying the sports tremendously although we saw a few tears and falls at the beginning and also one of our members suffered a fractured leg.

We do hope, even with the mishap, we are still passionate on exploring new challenges and not to be deterred by setbacks and failures. We wish everyone well and happy and continue to enjoy life without barriers. Let's keep it up!

By Rachel Lo

AUG—OCT ACTIVITIES: Come & Join us!



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-
CHILDREN WITH DISABILITIES INC.

慶祝父親節
及中秋節

*Father's Day/
Moon Festival
Celebration
Party*

Date 日期: 31/08/2019, Saturday 星期六

Time 時間: 11:00am – 2:30pm

Venue 地點: Bankstown RSL Club
1 Meredith Street, Bankstown

Fees 費用: members


PWDs ,adults & children 12+ \$15 pp

dads and grand-dads of PWDs \$10 pp

children aged 12 & under \$10 pp

non members \$20 pp

Closing Date of Registration 報名截止日期: 22/08/2019

This program is kindly sponsored by **STRATHFIELD SPORTS CLUB** 

Booking is essential (請早報名)

Enquiries 查詢 Jane on (02) 9789 1315 or text 0406 233 222,

Tues & Thurs, 週二及週四 10am – 3 pm

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

Week Day Program 1:



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 Thursday, 5-6pm
 Address: PCYC Auburn (Formerly Netball Centre)
 Wyatt Park, 1 Church Street, Lidcombe
 Fee: \$30 per session

Week Day Program 2:

Monday
4:30pm – 6pm



Intermediate Computer Course

(Please bring your own laptop)

- Intermediate Microsoft Office skills (Word, Excel, PowerPoint)
- Intermediate Internet searching
- File Management

Dates & Time:

Every Monday, 4.30pm—6pm

Where:

CPA office, 20-22 Anglo Road, Campsie

Fees:

\$45 per session

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



For AUG—OCT, there are plenty of FUN activities:
for you and your family to enjoy!



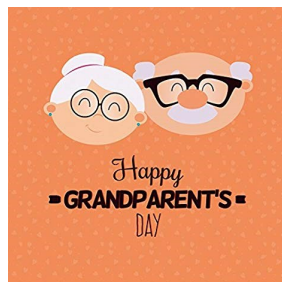
- ◇ Birthday Party:
17/08/2019, 21/09/2019, 19/10/2019



- ◇ Mid-Autumn Festival & Father's Day Celebration:
31/08/2019



- ◇ Carers Week Celebration:
19/10/2019



- ◇ Grandparents Day Celebration:
26/10/2019

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



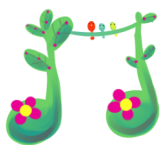
Ice-Skating

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



FLORAL Workshops



Volunteer Week Celebration



MOTHER'S DAY Celebration



Jewellery Making Workshop



Positive Partnerships: Autism Workshop



Birthday Celebration



Dance Class at Belmore



Positive Partnerships: Autism Workshop

PHOTO GALLERY



Ice Skating Activity



Family Day Out



Family Day Out



Music Class



Cooking Class



PCYC gym activity



Dance & Music Therapy



Happy birthday to:

AUG

Cecilia Yu

Martin Su

Duo Xu

Queenie Lai

Eric Chong

Stephanie Mu

Jack Zhou

Thomas Huang

SEP

Andrew Li

Kevin Nguyen

Clara Li

Sophie Lam

Jessica Zhuang

Willis Li

Kenton Lieu

Yin Soon Tan

OCT

Anrui Wang

Kevin Ka Yin Lee

Chloe Mak

Reuben Vuong

Damian Leung

Richard Yu

Joshua Truong

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

Aug-Oct 2019

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
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
August			
03/08	Dance (Liliana) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Art Class (Fanny)
10/08	Fun Cooking / Dance (Elizabeth)		Music Lesson (Bonnie)
17/08	Fun to Learn (Jackie) 3:00 – 4:00 Birthday Party		Music/Drumming (Elizabeth) Birthday party
24/08	Art & Craft (Katrina) Music Therapy (Christine)		Dance (Liliana)
31/08	Mid-Autumn Festival & Father's Day Celebration lunch @ Bankstown RSL Club		
September			
07/09	Fun to Learn (Jackie) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Music/Drumming (Elizabeth)
14/09	Dance (Liliana) Music Therapy (Christine)		Music Lesson (Bonnie)
21/09	Fun to Learn (Jackie) 3:00 – 4:00 Birthday Party		Dance (Liliana) Birthday party
28/09	Fun Cooking / Dancing (Elizabeth)		Art Class (Fanny)
October			
05/10	School holiday	Ice-Skating 8:45-9:30am NO Bowling	School holiday
12/10	School holiday		School holiday
19/10	Gardening (Gloria) 3:00-4:00 tbc Carer's Week & Birthday Celebration	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Music Lesson (Bonnie) Carer's Week & Birthday Celebration
26/10	Celebration Performance (Elizabeth) Grandparent's Day Celebration		Celebration Performance (Elizabeth) Grandparents Day celebration
The above programs may be changed without prior notice due to unforeseen reasons.			