



Bishop Ho Ming Wah Association & Community Centre

Registered Charity No.290398

To enhance & improve the quality of life of all residents, particularly Chinese, in London

October 2021

Dear BHMWA Members & Friends

We're so happy to see familiar faces as well as new ones taking part in activities in the past two months. The trip to The Friars in Aylesford attracted 25 people raising a sum of £1372 (after expenses). A big thank you to the participants and their sponsors.



There is uncertainty about what winter will bring, and whether Covid cases will rise in the colder months. That's why the Centre will keep its opening hours on Thursdays and Fridays only between 11am and 4.00pm until further notice. In addition to regular physical exercises, special events will be organised to cater for different interests.

While waiting for things to resume to more familiar patterns, we hope you will join us in the "Going Digital" programme. Its aim is to build a stronger online community so that more can benefit from using technology to support their daily living and wellbeing. If you are interested in learning how to access digital platforms, training is available one-on-one or in small groups.

An opportunity has presented itself for the Association to provide support to the new arrivals from Hong Kong. Over the summer we ran some online events offering practical advice about "Living in the UK". This was hard work for everyone involved given the fact that we did everything in a remote working environment, yet we found the experience very rewarding. We have plans to expand this work through the Welcome Project. Please contact us if you know someone who may need support with integrating into their new communities.

As ever, we rely on your generosity to drive successful social integration programmes to benefit those who are in need. Your contributions are vital to make this happen fast.

We're saddened by the news that Canon Stephen Sidebotham passed away in July. Our thoughts and prayers go to his wife, Peggy (also long-term supporter of BHMWA) and family.

Very best wishes

Alice Chan, Chair of BHMWA Council

Canon Stephen Sidebotham (1935 – 2021)



Former Dean of Hong Kong, Stephen was deeply committed to the Association for over 20 years. He was a member of the BHMWA Council from 1995 until 2016, became a co-chair from 2001-2003 and vice-chair from 2012-2016.

Throughout the St Martins' Renewal Project, Stephen was involved with planning the temporary operation from St Annes at Soho as well as fundraising for the renewed premises. The refurbished Centre opened in 2009 to the delight of the friends and members of the Association.

Stephen was instrumental in bringing a holistic approach to the development of BHMWA services – seeking to build harmonious relationships; with compassionate and relevant care for those in need. Linking to the befriending service, Stephen always wanted to do more to support the Chinese-speaking carers, who often feel isolated, not knowing how to access the carer support resources.

For many, Stephen was both a dear friend and a wise teacher. He brought not only a calming influence but also a human warmth to everyone.

Fundraising Walk Chartham to Canterbury



Bring friends and family for a leisure walk along the Great Stour Way. Enjoy beautiful views of marshes and meadows filled with wildlife along the banks of River Stour.

Date: Wednesday, 20 October

Meeting Point: 10:00am Victoria train station

Walk begins from Chartham station will take about 2 hours to complete. Return trip to London is by train from Canterbury East.

Contact Edith Lau to register



Celebrate Christmas with delicious Chinese style lunch served by the Centre staff. Have fun and play quiz games and bingo.

Date: Friday, 3 December

Time: 12:30 pm

Charges: £12.00 per person



**We welcome
early
reservation**

WELCOME PROJECT

Building stronger communities

Aiming to facilitate new arrivals from Hong Kong to successfully integrating into their new communities while retaining their own culture, the project covers:

- Developing professional networks; gaining skills and knowledge relevant to the UK work environment.
- Learning about the British society; making positive connection with the new communities.

Please contact us to find out more.

We welcome your contributions in any kind or form!



Community Centre

Opening hours: 11am to 4pm, Thursdays and Fridays only

Associate Membership Renewal

To update membership record, please bring along the documents showing your personal details in English if you need help with form filling. **Membership fee is £12.**

As a token of appreciation to our devoted supporters, the 2021 fee for current members will cover from 1 August 2021 to 31 December 2022. This does not apply to new members.

Introduction to Digital Skills



Learn how to use mobile phone and digital media to access information important in your daily life.

Tutor: Mr. William Lee

Contact us to arrange date & time

Tai Chi (18 & 24 styles)

Tutor: Ms. S C Wong

Date: Thursdays & Fridays

Time: 11:00am - 12:00pm

Fee: £2.00 each session



Line Dance is suspended until further notice due to insufficient numbers. Sorry for any inconvenience so caused.

How to contact us?

Phone: 020 7766 1141

Mobile: 078346 11610 Edith Lau

WhatsApp: +44 78346 11610

Email: enquiry@bhmwa.com

Online Activities (on Zoom)

Advanced booking is essential



Chinese Painting (online class)



Tutor: Mr. William Cai

Dates: Tuesdays, from 26 Oct to 7 Dec

Time: 1:00pm - 2:00pm

Fee: £70.00 per 7 sessions

Chinese Mandarin (online class)



Tutor: Edith Lau

Dates: Fridays, from 1 Oct to 22 Oct,
5 Nov to 26 Nov, 10 Dec to 17 Dec

Time: 1:00pm -2:00pm

Fee: £25.00 per 10 sessions

Health & wellbeing activities are held on Zoom and are free of charge.

We welcome donations in support of their ongoing development.



Chats-after-lunch (online)

Topic: Under the pandemic

Hosts: Dr Ronald Lo & Revd Paul Lau

Date: Monday, 18 October

Time: 2:00pm

TCM Health Talk by Dr Qikan Yin

Topic: Autumn in Chinese medicine

Date: Wednesday, 27 October

Time: 2:00pm

Health Talk by Dr Ronald Lo

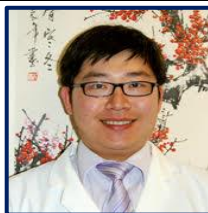
Topic: About COVID-19

Date: Monday, 1 November

Time: 2:00pm

TCM Q & A

by Dr Qikan Yin



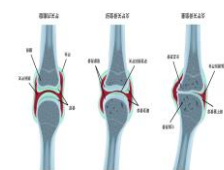
Date: Wednesday, 17 November

Time: 2:00pm – 3:00pm

Please book in advance for a 20 min session.

TCM Health Talk

by Dr Qikan Yin



Topic: Arthritis self-care

Date: Wednesday, 8 December

Time: 2:00pm