



Bishop Ho Ming Wah Community Centre

**BHMWA**

# 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

Spring Newsletter

April 2017

## From the Chairman

2017 marks the 30th anniversary of the Community Centre. We shall take this opportunity to celebrate our history and the voluntary, compassionate commitment of the Association's supporters past and present. It is also a time to make connections and build relationships, extending our friendship to many more people, whatever their personal faith, ethnic or cultural background. We would like to seek out your ideas, as well as practical support to make this a meaningful and joyful celebration.

Volunteers have always been an integral part of what we do, and will continue to drive future development of the Association. We are delighted to have over 20 volunteers turning up at the volunteers planning day on January 26th. Besides having a great time meeting and sharing experience with fellow volunteers, everyone had the opportunity to find out more about the organisation and its latest development. Because we value our volunteers, we want to make sure they are well supported and are being listened to. A training day is organised on April 3rd for the existing and prospective befrienders. Other similar events will be planned over the year.

Undoubtedly many of you will agree that it is rewarding in helping out others and the community. If you are interested in helping the cause we believe in and can spare some time, why don't you join our teams of volunteers today? Never underestimate what you can offer. Together we can build a better future.

I look forward to hearing from you as to how we can pave the way for another 10th anniversary.

*Alice Chan*

## 2017 Appeal

Ongoing financial sustainability is always a major concern given that we receive no public resources and increasingly we struggle with grant funding. The successful running of the Community Centre is dependant on us working together, with everyone giving a contribution, in whatever shape and form, however large and small.

Your generous donation will bring warmth, friendship and practical support into the lives of many benefited from our work. Please turn your compassion into action by making a donation to **Bishop Ho Ming Wah Association** today. You can also help by volunteering with us. You might like to let others know about our work, inspiring them to support us.

## \*\*\*Notice Board\*\*\*

### **Cook Wanted for Luncheon Club**

We are still looking to fill the cook position. If you know anyone who may be interested, please contact us soon. A job description is available.

### **Befriending Talk**

3 April (Mon) 1 – 1.45 pm

Come and find out more about how to help support older people in the community through the befriending service.

## Bank Holiday Closure

The centre will be **CLOSED** on Good Friday (**14 Apr**), Easter Monday (**17 Apr**), Early May Bank Holiday (**1 May**) and Spring Bank Holiday (**29 May**).

### Increase in Activity Fees & Charges

Please note that the following new fees and charges will take effect from 1 June 2017.

	Member	Guest
Annual Membership Fee	£12	-
Tai Chi Class	£1.5 per session	£3 per session
Tai Chi Sword Class	£1.5 per session	£3 per session
Line Dance Class	£15 per month	£7 per session
English Class	£25 per 10 session	£4 per session
Mandarin Class	£25 per 10 session	£4 per session
Chinese Painting Class	£110 per 10 session or £14 per session	£17 per session
Chinese Calligraphy Class	£50 per 10 session or £6.5 per session	£9 per session
Monday Lunch (3 dishes 1 soup)	£4.5	£5.5
Tuesday Lunch (2 dishes)	£3.5	£4.5
Friday Lunch(2 dishes)	£3.5	£4.5
Festival Celebration	From £8	From £12

## Forthcoming Activities Highlights (April to June 2017)

### April

10<sup>th</sup> Apr (Mon) 1pm  
**Chat after lunch: Pros and cons of Facebook**  
 Rev. Paul Lau & Dr. Ronald Lo

10<sup>th</sup> Apr (Mon) 12.30pm  
**Birthday Party (for friends having birthday in Apr, May and Jun)**  
 £7 (member), £10 (guest)

24<sup>th</sup> Apr (Mon) 1pm  
**Health talk: How to stay unaffected during hay fever season**  
 Dr. Li from The Institute of Chinese Medicine

### May

8<sup>th</sup> May (Mon) 1pm  
**Health talk: Varicose Veins**  
 Dr. Ronald Lo & Mrs Ruly Tsang

15<sup>th</sup> May (Mon) 1pm  
**Chat after lunch: Industrial Strike: Pros and cons**  
 Rev. Paul Lau & Dr. Ronald Lo

### June

5<sup>th</sup> Jun (Mon) 12.30pm  
**Celebration of Dragon Boat Festival**  
 £8 (member), £12 (guest)

12<sup>th</sup> Jun (Mon) 1pm  
**Chat after lunch: Fee for service in healthcare**  
 Rev. Paul Lau & Dr. Ronald Lo

19<sup>th</sup> Jun (Mon) 12.30pm  
**Health talk: The prevention, treatment and support for cancer**  
 Dr. Li from The Institute of Chinese Medicine

## **Cardiff & Swansea Rhossili Bay**

**31 May (Wed) to 2 Jun (Fri)**

£205 (member) per person or £210 (guest) per person

(The price is for a twin room and includes 2 breakfast, 2 dinner and the coach)

Please contact Edith for registration

Registration will only be confirmed when the fee is paid.

The registration is on a first-come first-serve basis and the space is limited.

Departure with minimum 30 people

Gather at Centre on 31 May at 8.45 am

Back to Centre on 2 Jun at 7 pm

## **Walking Group**

The outing will be on **19 Apr, May (to be confirmed) and 21 Jun.**

Details are available in the Centre.

## **Rice Dumpling**

Rice Dumpling £6 each, Special Rice Dumpling £10 each

Order can be placed from 3<sup>rd</sup> April, Please contact Edith.

## **Fundraising activities (Dec 2016 – Feb 2017)**

### **Haircutting service**

Thanks to Mrs Mak, who volunteers hair cutting service every Tuesday from 1pm at the centre. Suggested fee for hair cut is £3. **£48** has been raised.

### **Computer repair and consultation service**

Thank you volunteers Mr Lee and Mr Tong who are experts in computers and electronic products. **£112** has been raised.

### **Donation box £1020.91**

Donation from members, which include monthly donations, seasonal donations and all regular donations. A total of **£588** has been raised.

**Tai Chi Sword class £94; Tai Chi class £718.5.**

**Thank you for your generosity and support. We will make good use of your donation and hope you will continue to support us.**

## Photo gallery



Walking group gathering



Mr Cai and friend demonstrated Chinese painting art



Volunteer training day



Volunteers finished a puzzle – demonstrated team spirit



Birthday celebration