



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

Winter Newsletter

January 2017

From the Chairman

120 people braved the wet weather to come to the Centre's 29th annual meeting. Seeing everyone smiling and having fun on the day made the hard work all worthwhile. We have encountered many obstacles during the year, but time and time again we saw examples of our staffs, volunteers and trustees working together, pulling off challenges one after another.

As we begin the journey into the 30th year, we seek to build on the compassionate commitment of the Association's founders and people who have supported us along the way. While we have the ambition to reach out to more people in the community, particularly those who need us most, yet we can't do it on our own. We are thinking of people like the elderly who can't make the journey to meet friends and attend activities, and children and young persons who struggle with the new culture. We also want to improve the quality of the activities currently run from the Centre, ensuring they meet the need and satisfaction of the users. Only with your support, we can make this a reality.

To **EVERYONE** who has gifted us money and goods, campaigned for us and volunteered their time, please accept our heartfelt thanks. Special thanks must also go to **YOU**, our dear members, for bringing joy and energy to the community.

With winter approaching fast, please keep warm and take great care when going out. We have organised a number of festivities over the next few months. Hope you can take part and guests are welcome, but don't forget to make booking in advance. May I wish you all a very happy winter solstice, Christmas, New Year and Chinese New Year!

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 dependable 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 for someone to fill the cook position. If you know anyone who may be interested, please contact us soon. A job description is available.

Walking Group

No outing on Jan 11th. Instead a lunch at Chinatown has been organized at £18 per head. Meet up at the Centre at 11am.

Next outing will be on Feb 15th and also on Mar 22nd. Details are available in the Centre.

Befriending

Our befriending service aims to reduce the stress of loneliness and isolation of the elderly people living in London. Our trained volunteers act as companions to individuals, someone they can talk to, who will listen sympathetically and provide constructive response. If you know of anyone who would benefit from this service, please contact us.

Fundraising activities (Sept – Nov 2016)

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. **£65** has been raised.

Knife sharpening service

Thanks to volunteer Mr Lee for this service. We ask for a minimum donation of £1. **£11** has been raised. Members who want this service, please make sure the knives or sharp objects are well wrapped when bringing them to the centre.

Computer repair and consultation service

Thank you volunteers Mr Lee and Mr Tong who are experts in computers and electronic products. **£66** has been raised.

Donation box **£793.58**

Donation from members, which include monthly donations, seasonal donations and all regular donations. A total of **£590** has been raised.

Tai Chi Sword class **£125**; Tai Chi class **£834.5**

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

Forthcoming Activities Highlights (January to March 2017)

January

9th Jan (Mon) 1pm

Chat after lunch: Pros and cons of Facebook

Rev. Paul Lau & Dr. Ronald Lo

16th Jan (Mon) 1pm

Health talk: Obstructive Sleep Apnoea

Dr. Ronald Lo

30th Jan (Mon) 12.30pm

Celebration of Chinese New Year and Birthday Party (for friends having birthday in Jan, Feb and Mar)

£7 (member), £10 (temporary member)

February

13th Feb (Mon) 1pm

Chat after lunch: Illegal Immigrant?!

Rev. Paul Lau & Dr. Ronald Lo

20th Feb (Mon) 1pm

Health talk: To be Confirmed Doctor from The Institute of Chinese Medicine

March

6th Mar (Mon) 12.30pm

Celebration of Women's Day and Mothers Day

£7 (member), £10 (temporary member)

13th Mar (Mon) 1pm

Chat after lunch: Difficult to Be A Good Guy

Rev. Paul Lau & Dr. Ronald Lo

20th Mar (Mon) 12.30pm

Health talk: What is Cancer? Dr. Ronald Lo

Knowledge Encyclopedia: Winter solstice 冬至

The traditional East Asian calendars divide a year into 24 solar terms. 冬至 (Dōngzhì) is the 22nd solar term, and marks the winter solstice. It begins when the Sun reaches the celestial longitude of 270° and ends when it reaches the longitude of 285°. It more often refers in particular to the day when the Sun is exactly at the celestial longitude of 270°.

Along with equinoxes, solstices (traditional Chinese: 至點; simplified Chinese: 至日; literally: "extreme day") mark the middle of East Asian calendar seasons. Thus, in "冬至", the Chinese character "至" means "extreme" and the term for the winter solstice directly signifies the summit of winter, as "midwinter" is used in English.

In China, Dongzhi was originally celebrated as an end-of-harvest festival. Today, it is observed with a family reunion over the long night, when pink and white tangyuan are eaten in sweet broth to symbolise family unity and prosperity.

Donors at Annual General Meeting

(Names are not listed in order, please let us know if there is any mistake.)

Miss A Ang	Helen Lam	Julia Wong
NAB Anson	Ahlan Lan	Mr and Mrs Chiu Ying
Hui Ying Chan	Mr and Mrs Michael Lee	Sarah Yiu
Sau Chi Chan	W. C. Li	Kwok Ming Young
Lai Wah Chan	Lavinia Li	Chun Kiu Hung
Mui Ling Chan	Eugene Ling	Mr and Mrs Stephen Chan
Bing Kam Cheung	S. C. Mah	Sau Chun Chan
Yuk Ching Cheung	Tai Fuk Man	Heung Mui Yuen
Mr and Mrs Peter Chong	Mei Kam Man	Mui Kam Ho
Lily Culter	Mr and Mrs P. Moeng	Sze Chun Lau
Helen Everett	Sue Mok	Hei Wan
Teresa Fan	Marisa and Teresa Ng	Lai Tuen Yeung
Mr and Mrs J A Fok-Seang	Lai Ying Ng	She Shun Li
Ms J. Fok-Seang	Eam Sok Ing	May Cheng
Chiu Lan Hau	Gin To Pang	Tam Kiu Ho
Kiu Mui Hui	Canon Steven Sidebotham	Kwai Fong Man
許月蘭 and Theresa Hui	Mr and Mrs John Ta-Min	Mr and Mrs Wong Chan
Monica Jim	Nan Tann	Chui Yuk Chan
Pearl Kho	Kenneth and Vinat To	Lai Mui Wong
Helen Kong	Mr and Mrs Fu Hen Wong	Winnie

Total raised = £4,055

Thank you everyone who came for the **Celebration of Winter and Christmas Fundraising Lunch**, more than £300 was raised.



Sing to celebrate Christmas



Enjoy delicious food

Photo of AGM 2016



Drama show



Line dance rehearsal



Speech by the Chairman



Photo of the volunteers



Singing by the Mandarin class



Everyone actively participated in the event