



# 華人身心健康 CHINESE WELLBEING

*Dedicated to physical, mental and social wellbeing,  
independent living and community support.*

Issue 1.

## NEWS

December 2012  
to February 2013

### Hello and Welcome to the Chinese Wellbeing WinterNewsletter!

I hope you will find the letter informative and interesting. I would like to invite you to submit articles for inclusion in future editions and to make suggestions for articles or features you would like to see.

We will distribute the Newsletter through the Community Associations in Chinatown and on



Colin Ling (CEO)

the Wirral, we will also provide the local supermarkets and restaurants with a number of copies. If you would like to be added to our distribution list please contact us at [info@chinesewellbeing.co.uk](mailto:info@chinesewellbeing.co.uk) or by telephone to our main office.

We intend this to be at least a Seasonal Newsletter but we may also produce extra editions perhaps for Chinese New Year and other festivals. We are a Charity so

if you would like to advertise in the Newsletter please contact Di Burbidge at 0151 709 2643 to discuss our reasonable rates. **Best wishes..!**

## Enter Chinese Wellbeing..!

It is safe to say that our organisation has gone through many changes in the last few months, not least of which has been the re-branding of MCCDA to become...



We believe our new brand better reflects the core values which form the foundations of our organisation and that it clearly signposts the services we wish to provide for the Chinese community. To support the re-brand we launched our new website, [www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk). It has been a long process and we aren't finished yet but we have a website we hope you will find informative and useful. Please log on and see for yourself and let us know what you think.



The Homepage of our new website.

We also want to take this opportunity to assure our clients and partners that whilst we have gone through a lot of changes, we are still delivering the services we've provided for the last 20 years.

If you didn't know before, we provide 'Domiciliary Care', 'Sheltered Housing Support' and also run our highly successful 'Luncheon Club' twice weekly. (You can download 'Factsheets' for each of our services from the 'Our Services' section of our website).

For many, our services are an essential lifeline to the community. We help the vulnerable stay independent within their own homes and make sure they can remain active in their local community. We overcome the barriers that face people who need help but don't know how to access it. We ensure our services are bi-lingual to guarantee a full understanding of our client's individual needs. Without Chinese Wellbeing many vulnerable members of the community would face social isolation and ill health.

We now aim to use the momentum of our re-branding to expand our services further, providing easier access for both the community and health care agencies

As a final point, you may be wondering about our logo and the use of a crane as our main symbol. Why a crane? You might be asking. In the end this was an obvious choice for us because of its meaning in Chinese culture. The crane symbolises 'longevity' due to their exceptionally long lifespan.

Kyle Dennis (Project Officer)



### In this edition...



#### Are you OK..?

We re-live thought provoking dementia training from National Museums Liverpool and AFTA Thought. (page 2)



#### Dementia consultation reveals key issues

We discuss the BME Dementia Strategy key findings. (page 3)



We reveal our staff health plan through Medicash. (page 2)

#### Giving back to staff



#### Be prepared - Free Seasonal flu jabs

A timely reminder with winter fast approaching. (page 2)



#### Airborn Academy - Freerunning & Parkour

Airborn Academy discuss the growing urban sport of Parkour and their vision for a Liverpool Academy. (page 2)

# Are you OK..!

**That's a powerful question when used in the context of understanding dementia and is one which is played out in a scenario by professional actors in an extremely thought provoking and emotive opening to 'The House of Memories' training programme.**

'The House of Memories' is a museum reminiscence training programme developed jointly by National Museums Liverpool with specialist training organisation AFTA Thought. It is centred on the fantastic objects, archives and life stories, held within NML and aims to provide social care staff with new skills and resources for helping to improve the lives of those living with dementia.

The training programme helps us to understand dementia through carefully researched case studies and professional actors who so expertly take us on the dementia journey with such sensitivity you cannot fail to be moved by the experience.

Chinese Wellbeing has had the privilege of assisting in the development of a culturally specific scenario which highlights the social stigma and barriers faced by many within the Chinese community. Chinese Wellbeing will be working closely with NML and AFTA Thought in the development of a Memory Box Programme aimed at raising awareness of dementia and helping to overcome some of these issues.

Colin Ling, Chief Executive Officer, Chinese Wellbeing said "having completed the training, I would strongly recommend it to all care staff

and carers of those with dementia. Utilising the Museum in this way can have such positive outcomes for those suffering with the disease. We are very pleased to be working with NML and AFTA Thought."

*Di Burbidge (Service Development Manager)*



## Airborn Academy Freerunning & Parkour

**Airborn Academy are an internationally recognised name within the freerunning and parkour community, delivering coached and freestyle sessions in the heart of Liverpool City Centre and on the Wirral.**

Ryan Doyle, one of the founders, is the Red Bull sponsored athlete and twice world champion of the accredited Art of Motion event.

Our vision is to open the Airborn Academy; a unique, purpose built, freerunning, parkour and urban sports centre in Liverpool which will provide coaching, training and development for all ages and abilities in a safe and inspiring environment.

Airborn have an exceptional and unique display team from our most talented students, who together with the coaches, can provide breathtaking freerunning and acrobatic shows, combining essential raw energy with urban flare. Our inspiring and innovative displays can be adapted to any environment and themed to suit any occasion. Complementary video's can also be filmed and edited by our experienced media team.

The Airborn fully qualified and accredited coaches can also provide taster classes and workshops suitable for all ages at any level.

## Chinese Wellbeing give back to staff

**It is common knowledge that feeling good and maintaining a healthy lifestyle are the best ways to recover from and prevent illness. However, in today's economic climate many of us are working longer hours, experiencing more stress and being paid less.**

As a result healthy living is often forgotten or simply impractical as we try to get through the working week. At Chinese Wellbeing we wanted to try to give our staff a reputable health plan to support them. Not only to help prevent future illness but to help the recovery process if someone needed time off.

Medicash offer a wide variety of health schemes designed to both improve wellbeing and address some of the costs of healthcare.

Colin Ling CEO said "We were looking for an appropriate way to recognise our staff for their enthusiasm and dedication to

the organisation and our Service Users. We also wanted to remind our staff that whilst our main aim is to improve the wellbeing of the vulnerable, their wellbeing is equally as important to us.

Whilst budgets are tight we felt that the Medicash scheme was an excellent way to reward staff for their efforts and provide them with benefits in a cost effective manner".

By signing up to the 'Medicash Reward' scheme our staff are able to enjoy a wide variety of health benefits including; Health screenings, rapid specialist treatments, personal accident cover, dental and optical treatments, stress counselling and more.

Medicash CEO Sue Weir, said: "Chinese Wellbeing is a home grown Liverpool organisation that genuinely cares about the health and wellbeing of its employees, and its Service Users. We are delighted that the Medicash Reward plan has provided them with an effective solution to their staff healthcare needs".

*Kyle Dennis (Project Officer)*



## Free Seasonal Flu Jabs

**As winter approaches, the risk of contracting flu increases.**

In case you are not aware, flu is a highly infectious illness that spreads rapidly through coughs and sneezes of people who are carrying the virus. The flu vaccine is offered free of charge to those at risk to ensure that they are protected against catching flu and developing serious complications.

Moirá Cain, Patient & Public Engagement Lead for the Liverpool Clinical



Commissioning Group said "Deaths from flu can be avoided if those at risk have the flu jab. The effects of flu can be more severe in certain groups such as the over 65's, pregnant women and people with an underlying health condition such as diabetes, asthma or those with weakened immune systems. Please do not wait until a flu outbreak occurs, contact your GP or practice nurse now to arrange your flu jab".



# Dementia consultation reveals key issues



Community members attend the Dementia Strategy Consultation.

## ***'There is stigma around any illness, and therefore people are unwilling to talk about Dementia'***

This is one of the key comments from a recent consultation called to help design a strategy for Dementia care in Black and Minority Ethnic Communities (BME).

Liverpool PCT, Mersey Care Trust and Dementia Commissioners' recently invited Chinese Wellbeing and members of the Chinese community to a BME Dementia Strategy Development Event to identify specific cultural needs and to provide the Chinese community with the opportunity to shape and influence the future Dementia strategy under the new commissioning system.

Prior to the main consultation Chinese Wellbeing's Dementia Champion, Winnie Wong had identified the need for a preparatory meeting. This was arranged with assistance from the Wah Sing Chinese Community Centre and included local community leaders, Richard Szetao, Chairperson, Wah Sing and Tin Yuk Chen, President of Hoi Yin Chinese Association (UK).

Colin Ling CEO Chinese Wellbeing opened the meeting by highlighting the importance of members from the community attending

consultations with regards to health matters and the likely impact if people fail to do so.

He said "It is important that we accept invitations to enter into consultation in order that Commissioners understand the community's perception of sickness and Health Care. It is only through engagement that we can help shape the services that are required for the future wellbeing of the community. Dementia is only one issue that the elderly and their families are faced with and access to information and services is essential in order to reduce the impact of such illnesses on the community. Early intervention through recognition of the signs and symptoms is essential to ensure the right help and support is provided at the onset".

In Liverpool, it is estimated that the number of older people with diagnosed Dementia is expected to grow from 4,245 in 2008 to more than 5,300 by 2025. Most people with Dementia live in their own homes and want to remain there for as long as possible, however, they require the right support to do this, hence the need for consultation within our communities.

Feedback from the meeting was extremely positive and the event served to raise awareness of the main BME Consultation event


held at the Alive Believers Centre which had a high representation from the Chinese community attending.

A report will be published on the findings from the Consultation and will be made accessible for all through our web site and news bulletins. Chinese Wellbeing would like to thank staff and volunteers who assisted in the organisation of the Consultation events with special thanks to Richard Szetao of the Wah Sing Chinese Community Centre, Dee Abimbola, Liverpool PCT, Jill Pendleton and Pamela Duffy of Mersey Care.

If anyone would like to contribute their views on the Consultation or requires any information on Dementia support services please contact Chinese Wellbeing's Dementia Champion Winnie Wong on 0151 709 2643

Di Burbidge (Service Development Manager)

Liverpool   
Primary Care Trust

Mersey Care   
NHS Trust

# Luncheon Club News

At the end of October Chinese Wellbeing, in collaboration with the Liverpool City Council Healthy Homes team, ran a 'Winter Survival Skills' event.

**Liverpool  
Healthy  
Homes**  
Healthier homes,  
Healthier lives



Health Promotions Officers Carol Evans and Angela Wain were invited to visit our Luncheon Club and talk about the dangers of the cold and the different ways our members could stay safe and warm over the winter months.

The Healthy Homes team were kind enough to

bring along their 'Winter Survival Trailer' filled with items such as hats, gloves and blankets for our members to take away and use. Each of our members left happy with their winter survival items and a better knowledge of how to keep safe during the winter.

So, with over winter survival items and a better knowledge of how to keep safe during the winter, and over 50 of our Luncheon Club members present, the event was a huge success. Such a success, in fact, that we are planning a repeat event in early January 2013.

Any enquiries about up coming events at Chinese Wellbeing's Luncheon Club can be directed to our Luncheon Club manager Ms. Yvonne Leung.

You can telephone Yvonne on (0151) 709 2669 or email her at [yvonne.leung@mccda.co.uk](mailto:yvonne.leung@mccda.co.uk).

## Winter survival skills and tips...

### Heating your home:



- Use quilted curtains to cover your draughty windows.
- Set your heating to 21°C in the living room and 18°C in other occupied rooms.
- Set your heating to come on just before you get up and switch off after you've gone to bed.
- Set hot water temperature to 60°C. Put a hot water bottle in your bed.

### Keeping Yourself Warm:



- Wrap up warm by wearing lots of thin layers to trap your body heat.
- Eat regular hot meals made up of fruit and vegetables such as soups or stews.
- Try to consume hot drinks throughout the day.
- If you are able, try to move around at least once an hour to warm your body up.



Colin Ling and Mr Tam Cheung at the Winter Survival Workshop.

## Coming soon...

Chinese Wellbeing is working with Irish Community Care Merseyside (ICCM) and Mary Seacole House on a collaborative project we hope to announce soon



IRISH COMMUNITY CARE MERSEYSIDE



Mary Seacole House

## Remember - The five ways to wellbeing...

**Connect:** Make time for the people around you, such as family, friends and neighbours

time to identify and appreciate what's important to you

**Be Active:** Go for a walk or cycle, do some gardening or maybe even have a dance! Being more active can make you feel good

**Keep Learning:** Learning new things can make you feel more confident as well as being fun. Try something new, such as learning how to cook your favourite food

**Take Notice:** Become more aware of the world around you, notice the changing seasons and the differences they bring. Take

**Give:** Do something nice for a friend, or a stranger. Volunteer your time, or offer to help out at a local community group.



### Chinese Wellbeing

Room 8, 7th Floor, Gostins Building,  
32-36 Hanover Street, Liverpool, L1 4LN  
Telephone: (0151) 709 2643  
E-mail: [info@chinesewellbeing.co.uk](mailto:info@chinesewellbeing.co.uk)  
Website: [www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk)

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