



華人身心健康 CHINESE WELLBEING

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

Issue 2.

NEWS

Spring 2013

Welcome to the latest issue of our Newsletter and Happy New Year to all our readers.

I'm delighted to say that this issue includes articles on what we have been doing at Chinese Wellbeing to celebrate Christmas and Chinese New Year, we have health features and information about upcoming events organised by the Confucius Institute at University of Liverpool. We have even launched a healthy recipe competition!

With the economy still in recession everyone will face challenges in the coming year and here



Colin Ling (CEO)

at Chinese Wellbeing we too are feeling the effects of budget cuts. We aim to continue to provide relevant and appropriate services and information to all of the Community and hope that we will continue to have your full support. Thanks to all our contributors and partners, I do hope you find something of interest in this issue!

Colin Ling (CEO)

Please contact Kyle Dennis if you wish to contribute or advertise in our Newsletter at: Info@chinesewellbeing.co.uk

Kung Hei Fat Choi! 中国新年快乐



Chinese astrology has a lot to say about those born in the year of the snake, praising snakes for their even temper, excellent communication skills, their financial security as well as their intensity and passion. However, there is also a lot to be said about the snake's jealous and suspicious nature and their tendency to mistrust others, but we won't dwell on these!

Snakes are seen to be wise and enigmatic and make for excellent scientists, philosophers, and politicians. They have a fondness for the good things in life such as books, films and food, especially food!

This year holds many challenges for snakes, they are warned to be wary of making financial commitments, partially due to the snake's tendency to spend quicker than they earn. But because this is the year of the water snake and with water closely associated to success in education and research, this will certainly be a year of success for the academics and scientists among us.

What we should remember for this year is the snake is a good sign. It is full of energy, drive and passion. With these qualities we can all face the challenges of the next year with confidence, optimism and lots of positivity!

In this edition...



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- Kurt Tong**

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Latest news

Collaboration Update



We now have a banner
name - Care, Community,
Culture or 3C's. Please
watch this space as we
hope to be in a position
to announce details of
the service very soon.



The Queen, The Chairman and I

Saturday 18 May – Saturday 24 August, Victoria Gallery & Museum, University of Liverpool
Sponsored by the Liverpool Confucius Institute.

As part of Look13 Liverpool International Photography Festival, the Victoria Gallery & Museum at the University of Liverpool presents *The Queen, the Chairman and I*, a new body of work by award winning photographic artist Kurt Tong that explores his heritage through new photographs, historical family photographs and writing. Visitors will be able to share their own family stories at a Chinese tea house within the exhibition.

'Originally created as a visual storybook to share his roots with his daughters, Tong considers questions of individuality, identity, nationality, and country. His father's grandfather was a deckhand who came to Hong Kong from Shanghai after the fall of the empire in 1911, whilst his mother's family were landlords in Southern China. Tong was born in Hong Kong, but has spent two thirds of his life in England. Growing up between three



different cultures he asked himself: 'How Chinese am I or indeed, who am I?'

Tong trained as a health visitor at the University of Liverpool, but became a full time photographer in 2003, and has since won the Luis Valtuena International Humanitarian Photography Award and the Jerwood Photography Award.



Forbidden Journeys:

Peter Fleming and Ella Maillart in China 1934-35

By Professor Charles Forsdick - James Barrow
Professor of French at the University of Liverpool
Wednesday 22nd May, 12..00 -1.00pm

In 1935, Peter Fleming, brother of Ian Fleming - Who, it is rumoured, based his character James Bond in part on his adventurous brother - undertook a 3,500 mile journey from Beijing to Kashmir across the vast central Asian province of Sinkiang (contemporary Xinjiang), which had been closed to visitors for several years in the aftermath of civil war. Accompanied by his intrepid fellow traveller, the Swiss journalist Ella Maillart.



The talk will explore the relationship between the two travellers whilst providing an insight into the historical context of their journey. It will also focus on their little known travels in Japanese-occupied Manchuria, which preceded the trek across Xinjiang, in the final months of 1934.

This lecture is free - to reserve your place call 0151 795 0551 or e-mail lci@liv.ac.uk *You will be asked to give your name and contact details



UNIVERSITY OF
LIVERPOOL

The Liverpool Confucius Institute

The Liverpool Confucius Institute is a collaboration between the University of Liverpool, our partner institution, Xi'an Jiaotong University and Hanban, the Chinese government agency which promotes Mandarin language learning and awareness of Chinese culture.

Based at the University of Liverpool, it is one of 20 such institutes in the UK and one of over 400 in more than 100 countries worldwide. It aims to provide a focal point for all China-related activity in Merseyside, working closely with schools and colleges, local businesses, community groups, and individuals to promote Chinese language and culture with a variety of activities:

- Mandarin language classes
- Chinese cultural courses including Calligraphy, Ink Painting and Tai Chi
- Business workshops
- Free public lectures on a variety of fascinating topics such as Philosophy, Art and Opera!

For more information visit www.liv.ac.uk/Confucius-Institute or phone 0151 795 0551

"Let's be clear about bowel cancer.."

- MCCN Champion Winnie Wong Reporting



The Department of Health (DH) is raising awareness of the signs and symptoms of cancer. We know that early detection of cancer saves lives, yet some people are not aware of these symptoms and therefore, don't see their GP early enough.

The Department of Health has launched a series of campaigns branded "Be clear on cancer"; which you may recall appearing on radio and television. The Merseyside and Cheshire Cancer Network (MCCN) is engaging with local groups who represent people who have visual or hearing impairment or linguistic and cultural barriers. To address this MCCN has teamed up with Chinese Wellbeing to help to raise awareness of the signs and symptoms of bowel cancer through a variety of dynamic formats to deliver this message into the Chinese community.

In December 2012, Miss Winnie Wong from Chinese Wellbeing was appointed as MCCN Community Champion for the Merseyside and Cheshire Chinese communities. The 'Be Clear on Cancer' leaflet has been translated and copies are now available in most GP practices accessed by the Chinese community.

In addition, two 'Be Clear on Bowel Cancer' talks were also successfully co-ordinated within the Chinese



Luncheon Club on Tuesday 19th & Thursday 21st February 2013 from 12.00- 12.30pm and engaged over 40 elderly people.

Members received information on bowel cancer through a presentation that emphasised signs and symptoms, the importance of using screening kits and making a visit to the doctor and the ways to reduce the chances of developing bowel cancer. Towards the end of the session, members participated in a short group exercise to help them understand how to identify foods they should eat more of and the types they should avoid. Members were offered written materials on bowel cancer provided by the Cancer network and were given an information leaflet about the percentage of fibre in some popular Chinese ingredients.

If you're interested in finding out more, come to our next 'Be Clear on Bowel Cancer' talk at the Wah Sing Chinese Community Centre on Sunday 10th March 2013 from 4.00 - 5.00pm.

How to spot it..!

See your doctor straight away if, for the last three weeks, you've had blood in your poo or looser poo. Other bowel cancer symptoms include:

- A pain or lump in your tummy.
- Feeling more tired than usual sometime.
- Losing weight for no obvious reason.



Miss Winnie Wong, Chinese Wellbeing (left) with Veronica Cuthbert (right), Engagement Lead for MCCN.

How to reduce your chances of developing bowel cancer

● Eat healthily

Try to get 5-a-day. So eat more vegetables and fruit, fish and wholegrain foods. Eat less fatty foods like cakes and pastries and fewer processed meats like bacon and ham.

● Cut down on alcohol

Drinking too much alcohol can lead to a number of health problems and is linked with bowel cancer. By drinking less, you'll reduce your health risks.

● Look after yourself

Keep active. Swim, cycle, go dancing... the more you can do, the better. Even walking to your local shops instead of taking the car can make a difference.

● Stop smoking

It's never too late to quit. Giving up will lower your risk of getting bowel cancer.

There's plenty of help and support available from the NHS. Visit: smokefree.nhs.uk or call: 0800 169 0169

HEALTHY EATING HEALTHY ME

Be Good to yourself healthy cooking recipe competition

Chinese Wellbeing is committed to making positive changes to the health and wellbeing of the Chinese community.

In order to fulfill our commitment, we have taken the initiative and are running a healthy cooking recipe competition to promote Healthy eating as a part of the 'Be Clear on Cancer' campaign. This competition puts emphasis on recipes that help to reduce the chances of getting bowel cancer by eating more fresh fruit and vegetables, fish, wholegrain foods, and less fatty foods like cakes, pastries and processed food.

Healthy recipes wanted..!

Do you have a tasty, easy to cook recipe that contains 2 portions of your 5- a day fruit and vegetables, fish, wholegrain or ingredients high in fibre, low in fat and cholesterol? Or do you genuinely love cooking and would like to share one of your favorite healthy recipes?

Why not share with us?

Not only will you be entered into our raffle draw, but your recipe may also be published on our website, in our newsletters and may even be made into Chinese Wellbeing merchandises. You will also be in with a chance of winning a Chinese supermarket/restaurant voucher or products worth up to £50.

Please send all entries to:



華人身心健康
CHINESE WELLBEING

Our e-mail address at:
info@chinesewellbeing.co.uk

or to our principal office at:
**Chinese Wellbeing (MCCDA),
Gostins Building,
32-36 Hanover Street,
Liverpool, L1 4LN**



Criteria for entry:

1. To enter simply submit your recipe by email or by post using the address at the bottom of this page.
2. The recipe can be submitted in both English and Chinese.
3. The recipe must fulfill at least one of the criteria such as 2 portions of your 5- a day fruit and vegetables fish or wholegrain or ingredients high in fiber and low in fat and cholesterol.
4. Everyone apart from staff of Chinese Wellbeing is welcome to participate.
5. Each participant can enter the competition more than once.
6. Winner's agree for their name to be published.
7. Winners' name will be published on our website and our Summer newsletter. Winner will be informed around the time the newsletter is printed via telephone/email.
8. If the winner can't be reached after several attempts over a month period, our panel has the right to select a new winner.
9. Those who have not won will not be informed.

All entries must include your:

- Name
- Contact details
- Dish name/title
- Ingredients
- Method
- Any stories about your recipe, (Where is the recipe from? Was it passed down through family? Is it a Shanghaiese, Zhou Chow or Hakka dish?).
- Why do my friends family and I like this dish?
- What makes the dish healthy?

Merseytravel - TravelWise

Merseytravel's TravelWise campaign is currently offering free programmes of cycling activities to community organisations across Liverpool.

The Community Cycle Package, which is delivered by cycle training organisation BikeRight!, aims to encourage people of all ages to get on their bikes. Cycling is a great activity - it's good fun, good exercise and it gives you the chance to get out in the fresh air and explore your local area. You can cycle as a family or go for a ride with friends - it's a perfect activity for socialising as well as keeping fit and healthy.

The Community Cycle Package has been running for over 12 months now, thanks to funding from Liverpool PCT & the Decade of Health and Wellbeing. The Wah Sing Chinese Community Centre recently got involved with the project and decided to hold a Family Bike Event at the centre on Sunday 20th January. The event was popular with those attending the centre for Sunday classes - BikeRight! provided a range of bikes for people to look at,



as well as maps, leaflets and free impartial advice on cycling and bikes. Dr Bike was also on hand to fix any bikes and give them a safety check. BikeRight! instructors gave talks on cycling and provided demonstrations on aspects of bike maintenance, such as bike safety checks. People attending the event found out more about the free cycle sessions on offer - Merseytravel's Travel-Wise campaign is offering free cycle training and maintenance

courses to anyone aged 16 or over who lives or works in Merseyside. Cycle training sessions are available at all levels - from Learn to Ride courses for those who haven't yet mastered riding a bike, right through to advanced cycling on busier roads.

Short bike maintenance sessions are also available - four topics are on offer, all free of charge: Safety Check & Cleaning, Puncture Repair, Brakes and Gears. Regular sessions take place at the BikeRight! workshop in Kirkdale - for more information, or to book a place, please visit www.bikeright.co.uk/freewheeling or www.bikeright.co.uk/freebikefix. BikeRight! can also come out and deliver sessions from the Wah Sing Community Centre if there is sufficient interest.

For more information on cycling in Merseyside, please visit www.letstravelwise.org/cycling - here you can find out more about free training and local events, get hold of cycle maps, plan cycle routes and read plenty of hints and tips on all things cycling!

WHY IS WATER SO ESSENTIAL?

From the moment we are born through the time we reach into our elderly years, water is one of our most valuable resources...



Joel Jelen, Director of The Enrich List & Ubiquity PR, Reporting

Believe it or not your body is 70% water and your brain is 80% water! Everything that happens in your body is made possible by the presence of water.

in and out of the cells allowing nutrients to get in and toxins to get out.

Water is also needed for making digestive juices, for the easy passage of food through the intestine, for keeping our skin healthy and maintaining our brain function. It also allows our kidneys to function properly as well as being the major constituent of all the fluids in our body, including our blood. By now I'm sure you will agree water is pretty essential!

How much and how often?

- Gradually increase your water intake until you are drinking between 2 to 3 litres of water every single day. You will find that your natural thirst mechanism becomes reactivated as your body begins to get the water it needs.
- Always take a bottle of water with you wherever you go! Drinking at regular intervals is very reassuring for the body. It is far less beneficial to drink a large amount all at once and then nothing for hours on end.
- Try not to drink water with food because it

The colon (large intestine) sends messages to the rest of the body telling it if enough water is coming in. If we aren't getting enough water the body will go onto dehydration alert and produce cholesterol, which coats the cell walls to retain water in the cell. Unfortunately, this has the effect of hardening the cell walls obstructing the body's natural cycle of day/night cleansing. Consequently the cell becomes more acidic and toxins build up. Toxic cell, toxic person!

By drinking plenty of clean, still (filtered or mineral) water we can begin to reassure our body that it's available and that it's ok to come off dehydration alert. The body will then stop producing cholesterol so water can flow freely

5 ADVANTAGES OF DRINKING WATER IN THE MORNING

5 Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients

4 Increases the production of new blood and muscle cells

3 Helps with weight loss. Drinking at least 10 ounces of chilled water can boost your metabolism by 24% in the morning

2 Glowing skin. Water helps to purge toxins from the blood which helps keep your skin glowing and clear

1 Balances your lymph system. These glands help you perform your daily functions, balance your body fluids and fight infection



dilutes your digestive juices thus interfering causing incompletely digested food to leave the stomach.

- Drinking a pint of warm water about 30 mins before every meal allows it to be absorbed quickly and provides sufficient water for the body to produce it's digestive juices.
- To allow your body to completely digest food, wait for between 45 mins to 90 mins (depending upon how quick your digestion is) before drinking more water.
- Drinking a pint of warm water when you get up and waiting at least 30 mins before your breakfast is a great way to start the day.

Year of The Snake



Thousands brave the cold to bring in the Year of the Snake!

Project Officer Kyle Dennis Reporting

Not wind, rain nor freezing temperatures could keep the crowds away from the Liverpool Chinese New Year celebrations this year as thousands braved the elements to see out the Year of the Dragon and welcome in the Year of the Snake.

As usual, spectators were thrilled by a variety of performances lasting the whole day courtesy of the Liverpool Hun Gar Kung Fu Friendship Association. The performances, which included the spectacular Chinese firecracker displays and traditional Chinese Lion, Unicorn and Dragon dances, made their way through the heart of Liverpool Chinatown, starting at St Luke's Church before making their way to various locations such as the Hondo supermarket and the Black-E contemporary arts community centre. Flash mobs also made a number of appearances throughout the day keeping spectators on their toes as seemingly random members of the crowd would suddenly launch into a series of stunning street dance performances.

The Black-E centre provided a brief respite from the elements as it opened its doors to the public for traditional Tai Chi and Qi Gong

performances, Chinese calligraphy workshops and traditional Chinese dancing. Meanwhile the crowds outside continued to huddle around weather ravaged market stalls, either looking to take something lucky home for the coming year or attempting to take the edge off the cold with some hot Chinese food.

As a finale to the day's celebrations more than 200 guests attended the Chinese New Year VIP dinner and variety show, hosted by the New China restaurant on Berry Street. In attendance were the Lord Mayors of Liverpool, Knowsley, Wirral Sefton and St Helens, Cllr Wu as well as representatives from the Merseyside Police and Fire Department.

MC's for the night were Liverpool Chinese Business Association's Ming Wang and host of BBC Radio Merseyside's Orient Express Billy Hui who kept guests entertained between performances and were themselves kept on their toes by some impromptu translating! The evenings menu boasted a staggering 8 courses of traditional Chinese cuisine that included traditional minestrone soup, braised pork, roasted duck, chicken and even jelly fish! It was good to see many guests opting to take



leftovers home for their lunches the next day! Guests also enjoyed huge array of Chinese talent ranging from the Wah Sing community group line dancing, traditional lion dances and belly dancing to a duet by Miss Lilly Chiu and the Mr Richard Szeto of the Wah Sing Community Centre.

Many will have also seen the famous Lucky Man making his way around Chinatown, handing out red envelopes. In Chinese culture the Lucky Man represents the God of Wealth or Cai Shen,

As a deity the Lucky Man is able to bless people with good luck and prosperity and is especially popular at New Year which many Chinese consider to be the beginning of the new social calendar.

Christmas Celebrations Western Style

Luncheon Club Manager Yvonne Leung Reporting

Chinese Wellbeing Christmas Fun Day was successfully held on 18th December 2012 in the Adelphi Hotel Liverpool. For many Chinese members, it was their first experience of a traditional western style Christmas celebration.

The Fun Day began with the Memory Wall, when members had the opportunity to browse through photos which brought back many cherished moments.

The traditional Christmas turkey dinner was followed by a visit from Santa who gave everyone a surprise gift and a positive message on wellbeing and 'Inner Peace'

Some Luncheon Club members also took the opportunity to join in the Carol singing for the very first time. Although members were a bit reluctant at first as it was something completely new to them, they made a brave effort in overcoming the barriers.



After several practices, confidence grew and their performance was very well received by the audience.

The party atmosphere continued throughout the afternoon, so much so, many couldn't resist the opportunity to join in with the dancing. We have since received huge congratulations on a fun event which was also an extraordinary cultural experience for many of our members.



Colin Ling (CEO Chinese Wellbeing) presenting a festive food hamper to Mrs. Joan Chan.



Chinese Wellbeing presenting a bouquet of flowers, kindly donated by Fishlocks, to Raffle Prize Winner, Mrs. Sung.

Chinese Wellbeing would especially like to thank the staff at the Adelphi Hotel, all our staff, volunteers and our loyal members for helping to make this event a happy and memorable one.

Chinese Lunar New Year

The Chinese New Year Celebration party was held at the New China Restaurant on the 12th of February, 2013. Just over 140 guests attended including members, staff and volunteers who celebrated the Lunar Chinese New Year and the Year of the Snake.

The event opened with a welcome speech from Mr Andy Green - Chairman of the MCCDA Board of Trustees, followed by the seasonal greetings from Trustees and staff to wish all a healthy & wealthy and prosperous New Year. Members and guests received a gift of a Mandarin orange (meaning of 'Gold' in Chinese) with our good wishes for a lucky Year of the Snake.

The theme of the event was cultural diversity and wellbeing reflected in performances and entertainment ranging from modern dance 'Samba' to traditional Chinese Opera and contemporary singing. The show was performed by our talented and active members who regularly practice traditional dancing and singing at Luncheon Club meetings.

We were delighted to have Neville Costain - from the Wirral Traditional Tai Chi Group, to demonstrate the Tai Chi Sword. Tai Chi is a very popular form of exercise which we actively encourage when promoting health and wellbeing to our members.

We welcome the year of the Snake at Chinese Wellbeing

Luncheon Club Manager Yvonne Leung Reporting



The program also included a stunning dance performance by two students from Liverpool Confucius Institute each wearing different Chinese gowns representing the traditional Chinese music, dance and culture from 2 provinces of mainland China.

The traditional 8 courses of Chinese cuisine were definitely the highlights of the event as we all enjoyed a delicious selection of authentic Chinese dishes, which was followed by the chance to win one of the many attractive prizes in the lucky raffle draw.

The celebration party ended with a closing speech by Mr. Colin Ling, CEO of Chinese Wellbeing who thanked everyone who had



contributed towards making it a very enjoyable and special event.

Many excellent photos were taken throughout the event by our very own Kyle Dennis and can be viewed by browsing our website at www.chinesewellbeing.co.uk



Set to launch '111' Service

Project Officer Kyle Dennis Reporting

As of March 21st 2013 the NHS will be launching a new '111' Freephone service to be used as an alternative to '999' when medical attention is needed urgently but the situation is not life-threatening.

With the various NHS services available in the UK, patients often feel unsure about which service they should use, especially when the situation isn't serious enough to call '999'.

The '111' service will help address this issue by putting patients in direct contact with trained advisors who can help determine the correct service to use through a series of questions.

All questions are a part of the 'NHS Pathways Clinical Assessment System'. The system was designed by medical professionals to quickly and efficiently pinpoint a patient's medical issue and advise the appropriate course of action they should take. Advisors have access

to a 'Directory of Services' which help to locate the nearest appropriate services to assist the patient's needs and can provide information such as opening times and available treatments.

Interpreters for a multitude of languages are also on hand to ensure that callers who identify English as a second language can receive as thorough a service as possible. Initial call advisors will attempt to identify the preferred language and the translator will then be included into the phone conversation to assist with identifying the patient's medical concerns.

If you need more information about the '111' service you can visit the 'NHS Choices' website at www.nhs.co.uk. You can also download the NHS '111' Factsheet from our website www.chinesewellbeing.co.uk.

It's not a 999 emergency. But you need medical help fast.

There's now

1 1 1

number to call.

CALL 111

when it's less urgent than 999



Happy New Year

Here at QualitySolicitors Jackson & Canter, we would like to wish you all a Happy New Year in the Year of the Snake.

Our Wills and Probate Team is happy to discuss all of the following services with you:

- **Wills**
- **Lasting Powers of Attorney**
- **Deputyship and Court of Protection**
- **Trusts**
- **Inheritance tax planning**
- **Probate**

QualitySolicitors Jackson & Canter are based in Liverpool near to Central Station. Call us to see how we can help you plan for the future.

**Please Contact Naomi Pinder
on 0151 282 1700.**

Are you a Member of the BME or Migrant Community Living or working in Sefton?

Would you like share your experiences of living or working in Sefton?

Would you like to influence how you access local services?

**If your answer is 'Yes' to any of these questions
Then come along to Equal Voice**

(Equal Voice is a community network that meets once a quarter. It gives local residents the opportunity to influence how local decisions that affect them, are made.)

**For Further information contact
Thomasina or Bobby
on 0151 928 2233 Ext 209 or email:
Thomasina.afful@seftoncvcs.org.uk**

BME

Sefton CVS
Supporting and Empowering
Community Registered No. 2632920



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
Website: www.chinesewellbeing.co.uk

Translations:

If you require a translation of this newsletter please email or phone the office. Thank you.

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