



# 華人身心健康 CHINESE WELLBEING

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

Issue 3.

## NEWS

June 2013 to  
September 2013

### **New Service Launch - Personal Wellbeing**

Chinese Wellbeing is pleased to announce its new Personal Wellbeing Service launched on 2nd April 2013.

Di Burbidge, Service Development Manager, said:

"We have listened to our Service Users and the wider Community and have developed a service which is person centred. Our Personal Wellbeing Service offers support to individuals who wish to remain as independent as



*Di Burbidge*

possible whilst living alone and also assistance to those who simply want to create more time to do things they enjoy. Chinese Wellbeing is uniquely placed to meet the practical, cultural and language needs of our local community with a high quality bespoke service".

All services are provided in Mandarin, Cantonese and English.

For further information and to discuss your requirements, please contact Rita Lee, on telephone : 0151 709 2643 or by email: [ritalee@chinesewellbeing.co.uk](mailto:ritalee@chinesewellbeing.co.uk)

## ***A passion to help***

**Rita Lee has been appointed Coordinator of Mental Health for Chinese Wellbeing, a local charity working to help people across the community and particularly the Chinese living in the Liverpool City region. The new role allows her to develop a lifelong passion for helping people.**

Rita was born and brought up in Hong Kong and from her teenage years knew she wanted to help others by being a Social Worker, she studied for her Sociology Degree in Taiwan and later went on to do a Masters in Social Work here in the UK.

Between 1985 and 2007 Rita worked in a variety of roles in Hong Kong starting in a school for children with Learning Disabilities through Youth Services and Probation Officer to Medical Social Worker with the Psychiatric Services Unit at Kowloon Hospital. During this period she also managed to spend time in the UK doing her M.A.

She says 'Hong Kong is a challenging environment for Social Workers because life is so busy and competitive that stress becomes a major factor in health issues'

Rita came to the UK in 2007 with her husband and settled in Liverpool where she took a job working for Merseyside Chinese Community Development Association (MCCDA) running various projects within the Chinese Community.



*Rita Lee, The new Coordinator of Mental Health for Chinese Wellbeing.*

MCCDA rebranded in 2012 to Chinese Wellbeing in order to better reflect the organisation's objectives and future service development. The Mental Health project which Rita is developing is funded by the Primary Care Trust and the Lankelly Chase Foundation and seeks to address Mental Health issues

### ***In this edition...***



Chinese Wellbeing Luncheon Club memberships available. Find out how you could benefit. (page 2)



Our programme of planned activities over those long winter months are proving popular. (page 2)



Raising awareness, and helping to combat bowel cancer with our healthy breakfasts (page 3)



Update on developments next issue

within a community that does not readily access mainstream support services.

Rita observes that 'Within the Chinese community both here and in Hong Kong there is still a stigma surrounding illness and more particularly mental health issues, this has a negative impact on the community but also delays treatment and rehabilitation for those in need.

I believe there is a need to promote mental wellbeing in the Chinese community in Liverpool at this time both in a wider family setting and for individuals living alone. We will work hard to be accessible and to provide support to those who need it to enable independent living with dignity.'

# How to improve Wellness, whatever stage you're at in life...

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

**Creating and maintaining the right mindset is the foundation of all happiness, success and wellness in life.**

That might read as an obvious statement, but take time to let it sink in and then ask yourself, how much of the day do you spend with the right mindset compared with negative thoughts?

Do you set out your intentions everyday albeit family, personal, business and focus on them? Or do you just react to what is going on around you, fly by the seat of your pants, fear change, perhaps criticise others...?

Ultimately you need to know your big WHY in life...whatever your age...



Connecting with this e.g. through meditation, yoga, a daily journal you can keep and read over can all help you in a major way.

The big WHY might be your family? Just being surrounded by them and spending quality time with them on a daily basis can be enough to reinforce your wellness!

Ultimately, your WHY gives you good vibrations which start a healthy chain reaction...whatever you get excited about, ecstatic about, can and will manifest itself in your life!

Wellthy regards,  
Joel Jelen - [www.enrichlist.com](http://www.enrichlist.com)

With grateful thanks to Emma Robertson at:  
[www.optimalnutritionclinic](http://www.optimalnutritionclinic)

## WINTER Survival and Beyond..!

**The cold winter months are for many a time of traditional festive gatherings with friends and family. However, there are a growing number of elderly and vulnerable people living within our communities who are without close family support and often find themselves living in social isolation.**

Language barriers can exacerbate matters by leaving them unable to access support services and basic health care information which many of us take for granted.

With assistance from the Community Foundation Merseyside, Chinese Wellbeing developed a programme of special activities for elderly residents living at three sheltered housing accommodations around Chinatown. Councillor Gerard Woodhouse, the Mayoral Lead for Older People and Dee Abimbola, Older People & Dementia Lead within the Community Development Workers Team were invited along to participate in the activities. Both were equally impressed with the hard work and efforts of the team in promoting health and wellbeing within the Chinese community.



Enjoying music from traditional Cantonese opera...

This year in particular, the UK has experienced a long and harsh winter which has immobilized many of our elderly. Throughout this period, Chinese Wellbeing provided a variety of original and creative social activities including Reminiscence sessions, Chinese Cinema and a Memory Box discussion forum. A highlight of these sessions included the serving of traditional Chinese soup which was certainly appreciated by all and led to much discussion about favorite recipes from a bygone era. For many, the events provided an opportunity to connect with others and share past life experiences in a culturally sensitive social environment.

Feedback from participants has been tremendous. We certainly hope that the memories triggered by the reminiscence sessions will remain forever cherished beyond the winter.



...while another client enjoys looking through our past photographs.



## CHINESE WELLBEING MEMBERSHIP RECRUITMENT

**Chinese Wellbeing Luncheon Club has been inviting members past and present to renew their annual membership due April, 2013. We also welcome new members to the Club.**

As a member of Chinese Wellbeing, you are entitled to receive discounted prices on our activities including weekly luncheon meals, Festival Events such as Mid-Autumn Festival, Christmas & New Year Celebration Party and Chinese Lunar New Year Celebration Party; and outings to cultural, historical and nature interests. You will also have priority seating at various Health and Social talks organized by the Club.

Other benefits include the monthly/bimonthly activity programme which keeps you up to date on Club News (free of charge) and a wealth of discounts offered by a variety of local businesses.

For information on how to join or renew your membership, please see our promotional leaflet available from Luncheon Club at [www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk) or contact Ms. Yvonne Leung, Luncheon Club Manager on (0151) 709 2669 or email her at: [yvonneleung@chinesewellbeing.co.uk](mailto:yvonneleung@chinesewellbeing.co.uk).

The Luncheon Club is funded by the Liverpool City Council Community Resource Unit.



# Starting the day the **HEALTHY** WAY



*Chinese Wellbeing clients enjoying our healthy breakfast*

Following on from the success of the 'Be Clear on Bowel Cancer' campaign, the Luncheon Club is pleased to have worked with our Merseyside and Cheshire Cancer Network (MCCN) Community Champion Winnie Wong in the organisation of a healthy English breakfast and walk in aid of the national charity, Bowel Cancer UK.

The healthy breakfast was held at one of Liverpool Housing Trust's sheltered housing schemes and was attended by a number of elderly Chinese tenants.

Winnie Wong said "The breakfast was a great and practical way to continue to raise awareness of the signs and symptoms of bowel cancer to members of our community who

have difficulties in accessing information through the national campaigns due to language and cultural barriers. The event has certainly achieved its key aim of raising awareness on how to reduce the risk of developing bowel cancer through healthy eating and keeping active".

The event was well received and many were delighted to have been introduced to a wide range of delicious healthy breakfast alternatives.

Due to popular demand, Chinese Wellbeing is planning to host a Healthy Chinese breakfast ...so please watch out for our newsletter and updates on our website!



*MCCN Community Champion Winnie Wong (left) and Luncheon Club Manager Yvonne Leung (right).*

## Winnie runs in



## Sefton 5k race

**Our MCCN Community Champion Winnie Wong is continuing to raise awareness in our community.**

Watch out & support her in doing the 5k Race for Life run on 7th July 2013 in Sefton Park to raise funds towards Cancer Research UK.

If you would like to donate, please go to:  
[www.raceforlifesponsorsome.org/chinese-wellbeing](http://www.raceforlifesponsorsome.org/chinese-wellbeing)

We're also giving out a Race for Life goody bag to one lucky winner who can describe three symptoms of bowel cancer correctly. Please send your answer back to our Community Champion by 1st September 2013 for your chance to win.





Luncheon Club members at the arts and crafts session with Communities Worker Jing Li of NML (standing, left, with Yvonne Leung).

## National Museums Liverpool arts and crafts at the Luncheon Club

**The Club offers a wide range of activities to promote physical, mental and social well-being.**

In addition to our programme of seminars and workshops on health and social welfare issues, we recently organized a fun learning and creative session to help promote new interests amongst our members. On 28 May, 2013, we welcomed Miss Jing Li - Communities Worker, National Museums, Liverpool who kindly facilitated a trial Art and Craft Session following a regular luncheon meeting.

Jing used different cultural and arts based methods to stimulate positive interactions. Members enjoyed a very good afternoon of creative learning which helped them to

appreciate and practise various painting techniques. More art based sessions will be organized for our members very soon. Please keep an eye on our monthly programme of activities and / or our website at [www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk)



A Luncheon Club member tries some stencilling

## Visit to Manchester's Buddhist Temple

**Members of the Luncheon Club recently enjoyed a trip to the Manchester Fo Guang Shan (Buddhist Temple).**

Whilst lunch and shopping were also on the activities for

the day everyone was provided with the opportunity to spend some time alone in the Temple to observe their own meditations and the consensus was that the day fulfilled all expectations.

Barry Chang, LC member said: "The trip was yet another successful outing. There were lots of smiles throughout the day from everyone. It was well organised and thought out thanks to the hard work and efforts of Yvonne and Candy".



## Action for Blind People visit the Luncheon Club

**The cause of visual, hearing and dual sensory loss is strongly connected to the ageing process.**

To raise awareness of this issue, we were pleased to welcome Ms. Claire Johnston, Resource Centre Manager, Action for Blind People and Ms. Penny Williams, Engagement Officer, Guide Dogs, The Bradbury Centre to give a talk to our luncheon club members on 21st May, 2013. Over 70 members, volunteers and staff attended the talk during our luncheon meeting.



Guest speakers Claire Johnston of Action for Blind People (right) and Penny Williams (left) of the Bradbury Guide Dogs Centre with Yvonne Leung.

The speakers highlighted a range of services available to those experiencing sight problems. This covered welfare aspects of sight loss including housing, welfare benefit, financial, employment advice as well as a counselling service. The Guide Dogs' service was also introduced and the speaker shared a range of information leaflets as well as newspaper cuttings about the service operating in Hong Kong with our members.

In addition, members also had a chance to view various technical equipment ranging from screen readers to magnifiers, smart phones to tablets and mobile apps to Braille readers that can support blind and partially sighted people in work, at home and on the go.

Members were also invited to visit the nearby Resource Centre located in Duke Street, Liverpool to find out more detailed information about the services available. The Centre has experienced and knowledgeable teams ready to meet the needs of the local community.



A collection of devices to aid sensory impairment