



華人身心健康 CHINESE WELLBEING

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

Issue 4.

NEWS

October 2013 to
December 2014

Welcome to another issue of Chinese Wellbeing's Newsletter

We have just celebrated Mid-Autumn Festival and over ninety of our Luncheon Club members enjoyed a wonderful lunch at New Star Restaurant which also combined Birthday celebrations for several of our members.

There is lots of information in this edition about Luncheon Club activities and we have a special offer if you introduce new members who can



Colin Ling

start to enjoy outings and good food in the company of friends.

We were also pleased to be involved in organising a special Mid-Autumn Festival Lunch for Jaguar Land Rover at Chung Ku Restaurant and this is covered in a separate article in the Newsletter.

I hope you find the Newsletter informative and please contact us if you would like to see articles

covering other Wellbeing topics.

Best wishes, **Colin Ling**

Happy to be supporting Jaguar Land Rover

Chinese Wellbeing has been delighted to be working with Jaguar Land Rover in the support of over fifty key workers from China who are training at the Halewood plant from August until October.

Jaguar Land Rover have entered into a joint venture with Chinese Car manufacturers Chery to open a factory in Changshu China and as part of this ground breaking project the Key Workers are living in Liverpool for three months while they learn about Jaguar Land Rover's Lean Manufacturing process.

The Wellbeing team mapped out a menu of support and working closely with Jaguar Land Rover has delivered Cultural Awareness sessions to both staff at Halewood and to the Chinese Key Workers.

Chinese Wellbeing also has a team of interpreters working across the various shifts at Halewood to support the process and the Project has proved very successful thus far.

Farewell Steven..!

Over this summer Chinese Wellbeing had the great pleasure of working with Mr. Steven Lim Chin Yee, who came in to the company to fill the role of 'Account Officer' and 'Lead Coordinator' for our ongoing project with Jaguar Land Rover.

A native of Kuala Lumpur, Steven studied in the UK at Liverpool John Moores University (LJMU) and successfully graduated in 2004 with a BA (Hons) in 'Mass Communications'. On returning to Malaysia Steven varied his career having a spell as a Journalist with the Oriental Daily and also a senior management role with OBC bank. In 2012 Steven returned once again to the UK and to LJMU to further his business education by enrolling on a one year MBA course in 'Business Management' which he

In this edition...



Providing support for Jaguar Land Rover key workers
(cover story)



Our Mid-Autumn festival is a great success (page 2)



Winter survival and beyond...with thanks to Café de Pearl (page 4)

passed with distinction this July. Steven also received the 'Chartered Management Institute Leadership Award' for his role as MBA Student Representative and in recognition of the personal impact he made on the programme.

Chinese Wellbeing was fortunate enough to recruit Steven for a short period before he returned to Malaysia. He initially worked as our bi-lingual accounts officer then added the role of Chief Coordinator for an exciting project with Jaguar Land Rover supporting 50 Chinese key workers from Changshu who are undertaking training in Halewood for a few months.



Left to right - Steven Lim Chin Yee (Chinese Wellbeing), Sharon Willis (Jaguar Land Rover), Di Burbidge (Chinese Wellbeing), Colin Ling (Chinese Wellbeing) and Ian Craig (Jaguar Land Rover).

Earlier this year Colin Ling CEO of Chinese Wellbeing was approached by senior managers at Jaguar Land Rover to discuss support for the visit of the key workers which included cultural awareness sessions and language translation.



Graduating with distinction, Steven Lim Chin Yee.

In the short time Steven was with Chinese Wellbeing his enthusiasm, energy and professionalism shone through and we were all sorry to say goodbye when he returned home.

Everyone at Chinese Wellbeing wishes him well in whatever he does and we look forward to meeting him again in the future.

The Mid-Autumn festival...

In order to more fully engage at a cultural awareness level Jaguar Land Rover asked Chinese Wellbeing to arrange a lunch to celebrate Mid Autumn Festival and over 140 people including the Chinese workers and their Halewood 'buddies' attended a special event at the Chung Ku Restaurant on Sunday 22 September.

VIP guests included the Lord Mayor of Liverpool, Cllr. Gary Millar and his Consort Steve MacFarlane, Consul Wu Xian Min, Mr. Richard Else, Operations Director Jaguar Land Rover, Mr. Russell Leslie, Plant Director Chery Jaguar Land Rover and many senior managers from Jaguar Land Rover.



Excited workers waiting for the event to begin..!



All who attended agreed that it was a very successful and happy event which included performances in singing, dancing and music from Chinese artists, a ten course banquet and the traditional quiz which was entered into wholeheartedly by everyone.

The afternoon ended with presentations of framed pictures of the Liverpool Chinese Imperial Arch to the Lord Mayor, Consul Wu and the Senior Managers of Jaguar Land Rover and Chery Jaguar Land Rover.



..was enjoyed by all!



Kurt Tong at the museum



Chinese Wellbeing members enjoying their visit to the Victoria Gallery & Museum Kurt Tong exhibit. (Art Curator Moira Lindsay and Education Officer Kirsty Hall are third and fourth from the left).

During the summer, Chinese Wellbeing Luncheon Club arranged two successful trips to the Victoria Gallery & Museum at the University of Liverpool.

Whilst we took the opportunity to explore the building's fascinating neo-gothic Victorian interior, the main highlight was to view the extensive displays, particularly the new body of work by Hong Kong photographer Kurt Tong: **The Queen, the Chairman and I** – Photo Exhibition at which our members enjoyed listening to an introduction by the Art Curator, Mrs. Moira Lindsay.

The award winning photographic artist has explored his ancestral roots through a combination of recent photographs, historical family photographs and writings. Following the exhibition, the group enjoyed a taste of traditional Chinese tea at the replica Chinese tea house and read Kurt's book, played chess and shared their own family

stories (with kind assistance from the VG&M staff and student volunteers).

Members also had the chance to attend a 'Hands-on' introduction to the museum collections by Kirsty Hall, the Education Officer and enjoyed a glimpse of the diverse range of exhibits from the University's collections.

In celebration of the 5th Anniversary of the VG&M, the Media Team at the University of Liverpool filmed one of our visits which you can view by following the weblink: <http://news.liv.ac.uk/2013/06/28/vgm-celebrates-5th-anniversary/>

We would like to take this opportunity to thank Stephen Breen, Marketing Officer for the Centre for Lifelong Learning and Liverpool Confucius Institute, and the staff and volunteers from the University of Liverpool who helped to make each of our visits very enjoyable and particularly memorable.

MEMBER-GET-MEMBER RECRUITMENT CAMPAIGN

During the month of October, Luncheon Club will be running a Member-Get-Member Campaign. For members who recommend a friend, relative or neighbour to join the Club there will be a reward of a free birthday lunch.

So please encourage your friends and neighbours to come along for a taster lunch at the discounted member price any Tuesday or Thursday at the usual venue, The New Star Restaurant, Duke Street, Liverpool.

For further information please contact Yvonne Leung Luncheon Club Manager on (0151) 709 2669 or email her at: yvonneleung@chinesewellbeing.co.uk The Luncheon Club is funded by the Liverpool City Council Community Resource Unit.

Organic Growth for Chinese Wellbeing

For those readers who aren't aware, Chinese Wellbeing has an allotment which had been neglected until recently. So, thanks to the Women's & Carers Group, who worked so hard this summer to ensure a bumper crop of seasonal fruit and vegetables.

We would also like to thank Mrs. F.K. Liu and Mr. C.K. Miu who did an excellent job in keeping us on the right track. If anyone is interested in getting involved and sharing in the hard work and fun, please contact Rita Lee on 0151 709 2643.



Members of the Womens Group harvesting from the Chinese Wellbeing allotment!

Club members get knitting..!

As summer draws to a close and we start to reach for our winter woollies, we thought it very timely to invite our very own Auntie Betty, a respected member and an experienced and committed knitter, to run a series of knitting classes for our Luncheon Club members.

The classes are open to all, whether you are a complete beginner or simply want to brush up on those skills, share techniques and have fun in the process. Our first session, held in the New Star Restaurant, attracted members and volunteers all keen to learn from one another.

Jessica, Luncheon Club member said "There is nothing quite like spending the afternoon knitting, socializing and having fun with other members. Additionally, now is also the best time to get a head start on new wool and

patterns! When the weather gets chilly, we will perhaps have a scarf, hat, sweater, shawl, or other creations completed by then."

Auntie Betty said "We all had fun and happy times remembering to practice more! Soon, we all can start knitting sweaters or even hats!" She has very kindly donated two beautifully knitted waistcoats

to the Luncheon Club which were included in the prize draw at the Mid-Autumn Festival Celebration and Birthday Party on 19 Sept 2013.

We will be arranging more knitting sessions to be held in the coming month. If you are interested in getting involved or would like more information about other events/activities, please visit our website at www.chinesewellbeing.co.uk and view our monthly activity programme.



Some of our Luncheon Club members showing off their knitting skills.

Winter survival and beyond...

with Café de Pearl

Early this year Chinese Wellbeing launched the Winter Survival and Beyond project funded by Community Foundation Merseyside.

The project brought elderly members of the community together to enjoy classic films from Chinese cinema, reminiscence activities and freshly cooked traditional Chinese soup. The project was a huge success and was thoroughly enjoyed by all.

We would like to take this opportunity to thank everyone at the Café de Pearl restaurant who without fail, assisted in providing a variety of traditional soups and snacks three days a week throughout the project. Chefs at Café de Pearl also provided a special lunch by re-creating the ancient Chinese dish 'Poon Choi' which gave everyone a day to remember.

We look forward to working in collaboration again in the very near future!



You can find Café de Pearl at 69 Bold St, Liverpool, Merseyside L1 4EZ and via telephone: 0151 707 2088



One of the amazing 'Poon Choi' re-created by the Café de Pearl.

Winnie's 5k Race for Life



Congratulations to Winnie, our Project Officer on completing the 5k Race for Life at Sefton Park on Sunday 7th July and raising £188 towards Cancer Research UK.

Winnie said "I would like to say a big thank you to everyone who sponsored me, their generosity reflects traditional values and as we say in Chinese, it is a blessing to be able to give. The event was great fun and for a very worthwhile cause. I would definitely recommend others in participating".

Following on from our 'Be Clear on Bowel Cancer' campaign, we have had an overwhelming response to our competition and will be in touch with the lucky winners shortly.

Q. Please provide three symptoms of bowel cancer

A. Symptoms can include:

- Blood in your poo or looser poo for a period of three weeks or more.
- A pain or lump in your tummy.
- Feeling more tired than usual.
- Losing weight for no obvious reason.

Head start for BME Dementia Champions project

Following the success of the pilot Dementia Champion's project, a joint initiative of the former Primary Care Trust and Mersey Care NHS, we are pleased to announce the continuation of the project until March 2014.

The initial pilot was run for 4 months and during this time, the evidence and research collated has shown that there are significantly lower levels of awareness of dementia amongst BME communities and higher uncertainty about the help and support available to families and carers.

Language and cultural barriers have been recognised as issues which need to be addressed and as such there is an ongoing need for awareness raising and signposting to primary and secondary health care services within our BME and faith communities.

Dr. Dee Abimbola of the NHS Community Development Workers Team, Inclusion Matters Liverpool, is the project initiator and lead. She is responsible for coordinating and promoting the activities of the Dementia Champions, appointed from five BME cultural and faith communities - African, Chinese, Yemeni, Somali communities, and Alive Centre. Dee can be contacted on mobile number 07891859289 or at Adedoyin.abimbola@nhs.net for further information in relation to the project.

We are pleased to announce that Ms. Winnie Wong will continue in the role on behalf of Chinese Wellbeing and will be arranging a number of awareness raising events to be held at various locations within the Chinese community.



Dementia Champion and Project Officer Winnie Wong.

Winnie said "I am very excited to be given this opportunity, so that our good work can continue. With support from the team at Chinese Wellbeing, we aim to facilitate a number of events which are culturally and language specific, the details of which will be announced shortly. I must say that it is really exciting to see the project grow and I am looking forward to developing closer working relationships with organisations such as the Alzheimer's Society, Mersey Care NHS, Liverpool Community Health and Quality Solicitors Jackson & Canter who share our aims in providing individuals and carers with the information and support they need."

If you are concerned about a close family member and would like to find out more information about the signs and symptoms of dementia, please follow the link from our web site www.chinesewellbeing.co.uk to a range of fact sheets provided in Chinese courtesy of the Alzheimer's Society.



Chinese Wellbeing

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Translations

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

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