

Amy tells us her story...

I started working as a Home Care Assistant in August 2006. In the past seven years, my enthusiasm and passion for the job has grown. I am often asked by my friends: 'Why are you still doing it, as the job is so hard?' In a situation like this, I do not know how to answer.

For sure, the job as a Home Care Assistant is not an easy one at all. I work almost full time. Each day I need to visit at least four or five elderly who have different health conditions, social and family networks, personality and life experiences. Each visit means different tasks, ranging from making a traditional Chinese meal to prompting medication. For each visit, you have to try your best to be punctual, no matter how bad the

weather is and how tired you are. If I do not turn up or turn up late, someone may suffer.

To do a good job, you have to do it with your heart. So, you take notice and try to remember each service user's pride, habits, expectations, likes and dislikes. Your visit will go beyond just producing a bowl of rice or giving a shower to someone and become a means to connect two human hearts.

As time goes by, the service users are becoming more and more fragile, perhaps more confused and forgetful. However, they can always recognise your warmth, consideration and caring heart. Seeing that my work has made them happier gives me great enjoyment and has kept me going.



Chinese Wellbeing
HCA, Amy Zhen

Welcome back to our mini-luncheon club..!

Thanks to the Women & Carers Group

Bentley Nursing Home is a private residential care home for older people and those with mental health disabilities. It caters for more than fifty residents, ten being of Chinese origin with ages ranging between 30 and 90.

Many suffer from physical disabilities and / or mental health illness and due to the severity of health issues are unable to engage in local community activities. Loneliness and isolation are common among the Chinese residents even with support from family and friends.

During the past three years, Chinese Wellbeing has run a mini luncheon club for the Chinese residents at Bentley Nursing Home, but unfortunately the service was suspended in April 2013 due to funding cuts.

However, thanks to the generosity of the Chinese Wellbeing Women & Carers Group and a very timely donation from an elderly Chinese gentleman, the mini luncheon club has now been reinstated much to the delight of the residents. Rita said "It is so rewarding to see the Chinese residents enjoying a traditionally cooked meal which they can now look forward to once a month!"

If anyone would like to make a donation or is interested in volunteering their help with any of our Luncheon Club activities, please contact Rita Lee on 0151 709 2643.

The Taste of Asia



Cafe de Pearl
Bubble Tea: A drink to Eat

69 Bold Street,
Liverpool City Centre, L14EZ
Tel: 0151 707 2088

Blue Plaque in Chinatown



Roger O'Hara, Tony Kwok & Bill Anderson. Photo courtesy of Roger O'Hara who has many happy memories of his time serving as a marine engineer with Blue Funnel Line.

To commemorate the contribution of Chinese seamen to the history of Liverpool a plaque has been unveiled on Nelson Street in Chinatown.

The blue plaque is positioned on the external wall of the New Capital restaurant, which used to house the Blue Funnel Line Shipping Office between 1950 and 1969.

The Blue Funnel Shipping Line, established by Alfred Holt in 1865, was the main British trading route directly linked with China. Many Chinese seafarers employed by Blue Funnel eventually settled in Liverpool, taking what was once a small Chinese community to a population well over 20,000.



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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華人身心健康 CHINESE WELLBEING

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

Issue 5.

NEWS

January 2014
to March 2014

MENTAL HEALTH PROJECT

Bridging the service gap

The Chinese Wellbeing Mental Health Project funded by the Lankelly Chase Foundation has certainly highlighted the demand for this new service since its commencement in May 2013.



Chinese Wellbeing's Mental Health Project
Coordinator Rita Lee.

Rita Lee, our Mental Health Lead, has been working to raise awareness of mental health issues within the community through local networks and events which are culturally and language specific.

As a result, we are seeing an increase in referrals from GP surgeries, NHS Community Health Workers and Adult Social Services.

Rita said "Whilst service provision for people with mental health issues across Merseyside is very comprehensive, unfortunately many Chinese patients and / or their carers find accessibility an issue due to language and cultural barriers.

In my experience, whilst the use of interpreters may be the only way of communicating with a patient with regards to talking therapies and counselling sessions, it is important for the interpreter to have the knowledge, experience and understanding of mental health issues in order for there to be an effective level of meaningful engagement. Those who are referred to counselling services are often feeling vulnerable and a negative experience would certainly be counter productive".

Chinese Wellbeing is constantly reviewing ways in which we can help to break down barriers which exist when it comes to accessing mainstream services. We will continue to raise awareness of mental health issues within the community and advocate for the language and cultural needs of Chinese patients.

Welcome to another issue of our Newsletter

I would like to wish all our members, friends and partners a Very Happy Christmas and good Health and Wellbeing in 2014.

We have had a very exciting few months in the lead up to Christmas and the team is now settled in our new offices in East Village, Duke Street, very close to Chinatown. If you are passing and would like to pop in for a cup of tea or coffee we would be delighted to see you.

This issue has lots of articles including the unveiling of a Blue Plaque and an update from



Colin Ling

Rita Lee on our Mental Health Project. We have news on our Luncheon Clubs latest trips and photos from the Christmas Party Celebration.

In November we were named as a finalist in the Older Persons Spirit of Merseyside Awards 2013 and although we didn't win we were delighted that our Project incorporating a Reminiscence session with traditional soups and a movie was recognised as an innovative way to support our elderly members during the Winter months.

Best wishes, **Colin Ling**

Spirit of Merseyside Awards

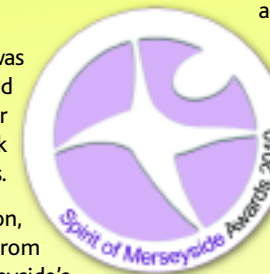
Chinese Wellbeing is proud to have been nominated as a finalist in the Community Foundation Merseyside 2013 Spirit of Merseyside Awards.

The awards celebration evening was held at the Camp & Furnace, and provided the ideal opportunity for our staff and trustees to network with other amazing local charities.

After an early drinks reception, there were introductions from Community Foundation for Merseyside's CEO Cathy Elliot and Liverpool's Lord-Lieutenant, Dame Lorna Muirhead followed by dinner and short film presentations showcasing each of the finalists.

Chinese Wellbeing was nominated as a finalist in the category of 'Older Persons Project Award' in recognition of the positive outcomes achieved through our unique 'Winter Survival and Beyond' project. For more information on this project please check our website www.chinesewellbeing.co.uk

Well done to all our staff and volunteers for making this project such a huge success. The challenge is now to build on what we have learned from the project with the aim of providing more culturally specific activities which aim to reduce loneliness and social isolation within our communities.



The Chinese Wellbeing team attending the Spirit of Merseyside awards to celebrate our award nomination.

A visit to the Museum

A group of Chinese Elders were recently spotted travelling through the Global City exhibition at the Museum of Liverpool.

Yvonne Leung, Luncheon Club Supervisor and organiser of the trip said "Luncheon Club serves as a platform for its members to stay in touch with their friends, family and community which all helps to maintain a positive life style. Some of our elderly members don't have the confidence to venture far from the familiarity of the Chinatown area.

The outing provided the opportunity to

explore one of Liverpool's great attractions and all within a short journey".

Winnie Wong, Project Officer said "The Museum has so much to offer, particularly the old photos and items on exhibitions in the Global City which many of our members could relate to. As we toured through the different periods in time, it helped to bring back memories and prompted much discussion and sharing of personal life stories".

If you are interested in what our members had to say, then please visit our web site www.chinesewellbeing.co.uk



A new taste experience..!

Two special events were arranged for our members during the month of November which provided the opportunity to explore different venues providing a range of new dishes.

The first event held at the Tai Pan Oriental Buffet Restaurant, Hanover Street, Liverpool attracted a total of seventy two members plus volunteers and staff.

Elizabeth, one of the newcomers to our Luncheon Club said "The buffet lunch was delicious. The services are excellent and the venue is spacious! With many Asian style dishes to choose from it was certainly good value for money! We hope Luncheon Club can organize another event soon!"

Chinese Wellbeing would like to thank Tai Pan Oriental Restaurant for the services provided to our Luncheon Club members and certainly hope to be arranging a return visit very soon.

The second of our special events was held at New China Restaurant, Berry Street, Liverpool where members had a combination of dim sum and Cantonese Style fried noodles/rice dishes.

'Dim sum' refers to a style of Chinese food prepared as small bite-sized or individual portions traditionally served in small steamer baskets or on small plates. Eating Dim Sum at a restaurant is usually known in Cantonese as 'tea drink' (yum cha) as Dim Sum is typically served with tea.



Luncheon Club members enjoy the wide range of food available at the new Tai Pan restaurant..!

A smarter way for the 90s

Chinese Wellbeing recently arranged for a small group of Elders to visit the Mi Smarthouse exhibition at the Museum of Liverpool, to see how innovative technologies can assist with independent living.

With support from our bi-lingual staff member Winnie Wong, the group were given a demonstration of some of the latest life enhancing technologies. Many were amazed at the extensive range available to help cope with various situations and they were particularly impressed with the aids which can assist in breaking down language barriers and improve the communication of simple ideas to others more effectively.

Launch of Tai Chi Healthy exercise for better Living



Luncheon Club in partnership with Pagoda Arts has launched a series of Tai Chi Sessions for Luncheon Club members. The sessions are led by Mrs. Mei Xia Li who has many years experience in teaching Tai Chi in the local community.

Tai Chi has been used by Chinese martial artists over the years as a means of ensuring optimum health and wellbeing and extending their life-span. Tai Chi is a gentle exercise which has a positive effect on muscle strength, flexibility and balance and is certainly recommended for all ages.

Mrs Li (李太) has said that she looks forward to welcoming newcomers at the sessions where they will learn the theory of Tai Chi and how the movements work on our internal organs, our meridian systems and specific acupuncture points. Also, Mrs Li will explain how to regulate the mind, body and breathing through the practice of Qi Gong. For details, please visit website: <http://pagodaarts.org.uk/>

A very Merry Christmas party was enjoyed by all..!



Chinese Wellbeing celebrate Luncheon Club members' birthdays!



Pagoda Arts performers in traditional dress.

As part of Luncheon Club's Health Promotional programme supported by our Dementia Champion Winnie Wong, whose role is to raise awareness of dementia, we invited Mrs. Naomi Pinder, Head of Wills & Probate, Quality Solicitors Jackson & Canter to explain the benefits of entering in to a Lasting Power of Attorney (LPA).

A Lasting Power of Attorney is a legally binding document. It allows you to appoint someone that you trust as an 'attorney' to make decisions on your behalf. Attorneys can make decisions for you when you no longer wish to or when you lack the mental capacity to do so.

An LPA can help you plan how your property, financial affairs, health and welfare will be

Luncheon Club members given food for thought ...

looked after should you ever lose the capacity to manage these decisions by yourself. For more detailed information on the different types of LPA and the process, please visit our web site to download a copy of the Fact Sheet.

Feedback from our Members suggested the presentation was well received and appreciation was shown for the offer of a 10% discount on legal services provided by Jackson & Canter for Luncheon Club Members.

If you are interested in making an initial appointment and would like our assistance or require interpretation services please contact Ms. Yvonne Leung on 0151 709 2643.



Our guest speaker, Mrs Naomi Pinder, Head of Wills & Probate Department at Quality Solicitors Jackson & Canter, Ms. Di Burbidge, Service Development Manager at Chinese Wellbeing together with Luncheon Club members at the New Star Restaurant, Duke Street, Liverpool.

Another successful Christmas party was held at the New China restaurant and was enjoyed by over 130 Luncheon Club members and guests.

Performances on the day included a traditional folk dance from Mrs Li and the Pagoda Arts group, Chinese opera from Mrs Sung & Ms Tai, Chinese Harp performances from Zi Lan Liao and a traditional Chinese Dance by Miss Wendy Tong of the University of Liverpool.

Please visit our Website Gallery for more images of the event.

If you would like a laminated colour print of any images please contact our Luncheon Club supervisor Yvonne Leung for more information.

Images are sold at £2.50 and will go towards helping run future events.



Ms. Wan was the top prize winner of the day winning £30

Have Your Say About Dementia!

Do you have concerns about a close family member or have you had a diagnosis of dementia in the last two years and would you like to talk about your experience?

Chinese Wellbeing on behalf of Innovate Dementia would like to talk to you to find out more about your experience.

If there is sufficient interest in this project Chinese Wellbeing will be facilitating a focus group.

If you would prefer to talk to someone individually about issues relating to dementia you can contact our Mental Health Project Coordinator Rita Lee or our Dementia Champion Winnie Wong, either by:

Telephone at: (0151) 709 2643 or email at: info@chinesewellbeing.co.uk

Quality Solicitors Jackson & Canter
For whatever life brings