

David Yii - A Personal Journey

I was born and raised in the coastal city Miri, located on the East Island of Malaysia, which some of you will know as Borneo. I lived with my mum and my mum's family and I had a very happy childhood.

I was taught English from a very young age, which helped me a great deal when we moved to the UK at the age of 12. Although I enjoyed my time in the UK I was very homesick and took any opportunity to go back to Malaysia to see my family, at one point staying for a whole 10 months.

But in the end I returned to the UK to gain a BTEC Diploma in Business Studies and enrol at Liverpool John Moores University (then Liverpool Polytechnic). I found that university life wasn't for me and I started looking for employment, mostly working in catering as a waiter. As my career progressed I found myself working in many different places such as a tax office in Burton-on-Trent and also as an officer with the Merseyside police!

But my life and my career changed drastically in 1995 when I was 31 and was involved in a serious road accident that left me with quite severe injuries. Although I made a full recovery



I was unable to stand for long periods of time without pain and so working proved difficult. It left me out of action for a while.

I spent a long time trying to find work and that is when I came across Chinese Wellbeing (then MCCDA). I was taken on as a part-time volunteer. I was very nervous about going back to work after so much time out of action but the staff at Chinese Wellbeing made me feel welcome and valued and before long I felt like a part of the team and I was taken on as a full-

time support worker. I now hold the position of senior support worker and my day-to-day tasks involve supervising staff and support workers in our 'Personal Wellbeing Service' and 'Domiciliary Care' programs. I am also responsible for setting up care plans for new service users and conducting care package reviews for our existing members.

I thoroughly enjoy working at Chinese Wellbeing and with the team, the work is hard at times but I get a great deal of satisfaction seeing our elders problems being solved or lessened. I hope to be able to give more back to the community and help as many people as possible overcome the language and cultural barriers they face on a daily basis.

The Chinese have a saying that to work in this industry you need the 5 hearts:

Attentiveness 細心
Care 關心
Love 愛心
Endurance 恒心
Patience 耐心

We say 5 hearts because each of the words above in Chinese end with the word 'Xin' 心 which on its own translates as 'heart'. Without the 5 hearts you would not be able to do this job.



華人身心健康 CHINESE WELLBEING

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

Issue 6.

NEWS

Spring 2014

Hello to our Readers and welcome to our latest Newsletter

This issue provides profiles on two of our senior staff Dr Yan Wang and David Yii both of whom have worked for Chinese Wellbeing for a number of years, I'm sure you will be interested in learning more about them and why they are so dedicated to providing the best possible service to our Community.

I was delighted to meet with some of our Lunch Club members recently to discuss our service and



Colin Ling

future developments. As usual we also report on the activities of the Luncheon Club who have been learning about Calligraphy and Paper Cutting and we have some tips on monitoring the amount of Salt we should be eating to maintain a healthy diet.

I extend an invitation to anyone passing our offices in East Village Duke Street to pop in for a cup of tea or coffee and a chat - it would be nice to see you.

Best wishes, **Colin Ling** (CEO)

enhance my existing skills to promote the rights of service user on the issues that matter to them, and to enable them to have a better choice and control on how they lead their life.

Chinese Wellbeing / MCCDA is an organisation that is small enough to be flexible and responsive to the needs of the client group, yet big enough to have the advantage of team work. Although the bulk of our work for the time being is for older people, we have the potential and confidence to develop new services for our existing and new client groups. As the Registered Manager, I am responsible for the quality of domiciliary care services. I am fortunate to have a team of experienced colleagues who share the same dedication and enthusiasm to achieving the highest possible standard in delivering care and support services to the Chinese community.

My husband and I have three children – two daughters who have long flown the nest and one son who is studying physics at Lancaster University.

Yan's contact details:
Tel: 0151 709 2643
Email: yanwang@chinesewellbeing.co.uk

Dr. Yan Wang to lead on Advocacy

For a limited period Chinese Wellbeing is able to offer Independent advocacy through a team of qualified advocates. We identified the need for this service last year and several of our staff successfully undertook the formal training in Independent Advocacy. We would like to congratulate Dr. Yan Wang and her team on their achievement and advise the Chinese Community that this service is now available to access.

Yan has kindly written a short profile on her background which we feel makes her eminently suitable for this role in addition to her existing duties.



northern city of China to study Public Health. I was one of the first cohort of undergraduates enrolled based on competence after about 10 years of disruption caused by the Cultural Revolution. After 6 years working experience as a lecturer in Public Health, I came to the UK to do a Masters Degree course in Health Management, Planning and Policy. Following that I did a doctoral study on access to health services by the Chinese in the UK.

In the past nearly 25 years since I came to the UK I have taken different positions in both community and academic settings. The theme linking these positions together is that of improving access for the poor and disadvantaged to health and social care services to which they are entitled.

During the six years working at Chinese Wellbeing / MCCDA, I have enjoyed very much what I do. The new role as an advocate will



Chinese Wellbeing members enjoying the Music Therapy sessions.

'Let's Sing Together' - A Way to Enhance Mental Health and Wellbeing

Music and rhythm is important in our lives. We believe that music allows people to relax and socialise which reduces isolation and enhances physical and mental wellbeing. Moreover, in the Chinese community, most of us love to sing karaoke and enjoy listening to other people singing.

We were delighted to run our Music Therapy Project which was held over 6 sessions from January 2014 in Wah Sing Community Centre, Stanley Terrace and Chung Hok House. A Grant from LCVS allowed us to purchase a karaoke and sound system. In addition, The Café de Pearl in Bold Street, Liverpool City Centre provided us with traditional Chinese soups.

The Project provided a great opportunity for members of the Chinese community to socialise and share their experiences about music. Over 50 participants with an age range between 30 to 90 years old participated. We

received very positive feedback and much appreciation from all who attended and we are now seeking funding to launch the 2nd phase of the 'Music Therapy'!

Mr S, "I love to sing karaoke and sometimes sing alone at home for 3 hours. However, I do love to come here to sing together with others and meet old friends. The songs let me reminisce about the 'good old days'!"

The Taste of Asia



Cafe de Pearl
Bubble Tea: A drink to Eat

69 Bold Street,
Liverpool City Centre, L1 4EZ
Tel: 0151 707 2088



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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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Chinese Wellbeing signs up to the Liverpool Dementia Action Alliance (DAA)



'A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported and confident they can contribute to community life.'

願望化症友好社區是指任何一個城市、城鎮或村莊，在那裡，願望化症患者會受到理解、尊重及支持，並建立起為社區生活作出貢獻的信心

The Liverpool Dementia Action Alliance comprises individuals and organisations with the shared aim of working together to raise awareness of dementia, encourage timely diagnosis, support those living with dementia and their carers and work towards making Liverpool dementia friendly. Members have pledged their commitment to take action that will:

- **Enable people with dementia to be involved in activities that are meaningful to them**
- **Raise awareness of dementia across Liverpool so that people and services are dementia aware and ultimately dementia friendly**
- **Facilitate and signpost people to care services which support people living with dementia and their cares**
- **Ensure that services are provided in a way that anticipates the needs of people living with dementia including future needs.**

Chinese Wellbeing has been successful in raising awareness within the community under the BME Dementia Champions project, a joint initiative of the former Primary Care Trust and Mersey Care NHS. An 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 communities.

The project has successfully delivered on its outcomes and mission to raise awareness levels within the community, Ms Winnie

Wong our Dementia Champion said "it's been a challenging 12 months and there is more work to be continued but I am pleased with the progress we have made with such a small amount of resource"

Di Burbidge, Service Development Manager said "Winnie has worked really hard in her role as Dementia Champion and becoming a member of the Liverpool DAA demonstrates our continuing commitment to improving the lives of so many who are struggling to cope with language and cultural barriers" Chinese Wellbeing has pledged commitment to the following:

- 1 Raising awareness:** we will continue to deliver a minimum of 4 awareness raising sessions within a community setting. We will raise awareness through our Newsletters which are distributed throughout the community every 4 months. We will continue to encourage individuals and their carers to come forward and talk about their experiences of living with dementia and to reduce stigma through positive interventions and support.
- 2 Reminiscence/Memory Box activities:** we will deliver a series of language and culturally specific activities within community settings with the aims of reducing social isolation and enhance feelings of general wellbeing.
- 3 Funding for dementia support activities:** we will continue to seek potential funding opportunities to ensure the sustainability of our work.

Information about the Dementia Action Alliance can be viewed at:

www.dementiaaction.org.uk

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.

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 like to talk about your experience?

Chinese Wellbeing on behalf of Innovate Dementia would like to talk to you 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: **(0151) 709 2643** or Email at: **info@chinesewellbeing.co.uk**

National Salt Awareness Week Prompts a Reminder

SERVES 1 - THIS PACK PROVIDES				
CALS	SUGAR	FAT	SATFAT	SALT
315	3.6g	12.6g	8.1g	1.80g
16%	4%	18%	41%	30%
OF YOUR GUIDELINE DAILY AMOUNT				

Salt is an essential part of our diets. Without it our bodies could not regulate fluid or help our nerves or muscles function. However, there is a growing body of evidence that suggests our level of salt consumption is on the increase, which has major health implications.

Salt has for many years been used to enhance the flavour of food and although many argue its flavour enhancing capabilities are nothing more than a natural human preference to the taste, we crave it in our meals regardless. Herein lies the health risks associated with over consumption of salt.

Many people don't realise that our salt intake doesn't come solely from table salt added onto our home cooked meals. The greater majority of salt is found in processed foods bought at the supermarket. Even without adding additional salt it is likely that our daily salt consumption is above the safe limit of 6 grams per day, as recommended by the NHS.

So what can you do to help reduce the amount of salt you consume on a daily basis and stay healthy?

- **Reduce the amount of salt you add at the table or cut it out entirely.**
- **Check the packaging on the items you buy at the supermarket. (Health@Work suggest that 1.5grams of salt to every 100grams is considered quite high).**
- **Cut back on fast food which is notoriously high in salt and saturated fat.**
- **Always try and incorporate your 5 a day fruit and vegetables into your meals.**
- **Try adding different spices and herbs to meals to enhance flavour in other ways.**
- **Always check the 'Traffic Light' labels on processed food packaging for salt and fat content.**

Luncheon Club News

Some colourful memories from New Year..!

A selection of photographs from our Luncheon Club Chinese New Year Celebration



We're recruiting new members..!

Chinese Wellbeing Luncheon Club has been inviting members past and present to renew their annual membership due April, 2014. We also welcome new members to the Club.

Funded by Liverpool City Council Community Resource Unit, the Luncheon Club is one of the most successful projects operated by Chinese Wellbeing. As a member of our Luncheon Club you will receive:

- **Discounted prices on our activities, weekly luncheon meals, festival events and outings.**
- **An extra discount on monthly birthday luncheon meals if it is your birthday month. Mini-bus pick up service (limited spaces available and subject to funding and location).**
- **Monthly/Bimonthly programme leaflets keeping you up to date on Luncheon Club news, (Free of Charge).**
- **15% discount offered by Café de Pearl, Bold Street, L1 4EZ on non-Luncheon Club days, (not including bakery).**
- **10-15% discount offered by Catherine Unisex Hair Salon, 2 Bold Place, L1 9DN.**
- **10% discount offered by Mr Chilli Chinese Restaurant, 92 Seel Street, L1 4BL on non Luncheon Club days.**

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

Taking Time to Learn Something Old!

Chinese Wellbeing Luncheon Club members and service users have been learning about the art of calligraphy and paper cutting in introductory workshops run exclusively for Chinese Wellbeing. The programme which runs February to May, has been arranged courtesy of the Liverpool Confucius Institute.



Chinese Wellbeing and Luncheon Club members at the Liverpool Confucius Institute.

Calligraphy (shufa) is the traditional art of writing Chinese characters and a fundamental part of Chinese culture. The workshops focus on how to use Chinese brushes and ink in order to master the basic strokes that underpin Chinese writing.

Participants have also had the opportunity to learn the basic techniques of paper cutting through the practice of cutting traditional Chinese patterns. Experienced tutors have provided step by step instructions and guidance in the creation of their own unique artwork which many are planning to present as gifts to family and friends.

We would like to take this opportunity to thank Stephen Breen, Marketing Officer from the University of Liverpool Centre for Lifelong Learning and Liverpool Confucius Institute who kindly coordinated the programme for our members and special thanks to the tutors, Peter and Tansy who help to make the workshops both enjoyable and memorable.

If you are interested in joining our Luncheon Club and getting involved in future activities, please contact Yvonne Leung on: **0151 709 2643**.