

Understand Diabetes



We hear a lot about diabetes in the news but what do you know about it?

Diabetes is a serious life-long health condition that affects around 3.2 million people in the UK with an additional estimated 630,000 people who don't know they have it. Diabetes is a problem caused by the pancreas not producing enough insulin, a hormone used to help the body absorb glucose from the bloodstream, a lack of which can cause glucose to build up in your blood. There are two types of diabetes, Type 1 and type 2. It is estimated that 10% of UK diabetes cases are Type 1 which requires a daily injection of insulin to help the body absorb excess glucose

from the blood. Although Type 1 diabetes can develop at any age, it will usually appear in early childhood and before the age of 40.

Type 2 diabetes is typically identified in people over the age of 40 although in people from Southeast Asia it can appear from the age of 25. Out of all diabetes cases 85% - 95% are type 2 which is showing the most dramatic increase in prevalence with more cases appearing in adults and children alike. Thankfully, Type 2 diabetes can easily be managed and treated with regular exercise and a healthy diet of fruit, vegetables and non-dairy protein, although in certain cases, insulin and medication will be required.

Whilst diabetes is treatable, it is still a serious life-long condition that can have a huge impact on the health of a person. Left untreated, diabetes can affect eyesight, damage liver, kidneys and the heart, it can also increase infections which the body may find more difficult to fight off. By taking the time to understand diabetes and adapting your lifestyle, it is possible to enjoy a completely normal life with little to no diabetic intrusion.

For further information you can visit the 'Diabetes UK Care Connect Campaign' website at www.diabetes.org.uk which includes detailed guides, useful recipes, information and support.



Congratulations to Dr. Yan



Congratulations from all at Chinese Wellbeing to our Registered Manager Dr Yan Wang who along with the rest of the family celebrated the birth of her first Grandson Tian (meaning Sky) on the 25 July. Tian and his Mum, Catherine are doing well but Nana Yan as she is now known in the office is absolutely overjoyed and we are all delighted to share her happiness.

Meet Lily Lam

I am Lily Lam. I was born and brought up in Guang Dong province. I lived and worked there until December 1989 when I came to UK as a self-funded student. In the early days, life was very hard for me. I did not speak much English, plus I did not know anyone here, nor know how the system worked. Later, I met my husband and we had a daughter and a son. Life is getting better!

In 2002, I started to work in a care agency as a care assistant, helping those with disabilities to live independently. At the end of 2010, one of my friends told me that a Chinese care agency was recruiting home care assistants and asked me if I would like to apply. I was a bit worried. Firstly, the Chinese community was very small. If I did not do a good job, the bad news would spread out quickly to the whole community. Secondly, the position of home care assistant has very low social status among



the Chinese and I was worried that I would be looked down upon. Nevertheless, I did give a try and got the job. The training provided at Chinese Wellbeing has deepened my understanding of the roles of home care assistants. With support and encouragement, I became more and more confident with my job.

I have met a lot of challenges, such as supervising service user to use computer to draw pictures, supporting service users with mental health conditions, working for Luncheon Club, and latterly, working as a Dementia Champion. Each time I would ask myself: what is expected from me and how can I do a good job? From the experience in the past years, the fundamental quality of a home care assistant would be attentiveness, patience, care and empathy.

I am very happy working at Chinese Wellbeing. My supervisors and colleagues always provide timely support and encouragement when I need them which is very important to me



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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 7.
NEWS
Autumn 2014

Hello and welcome to our Autumn Newsletter

This issue continues our series of articles on the team at Chinese Wellbeing and we are featuring a pen picture of our Operations Manager Mark Chen and also Lily Lam our new Dementia Champion.

I am pleased to say that we have an article on our Collaboration with Irish Community Care Merseyside and Mary Seacole House. We are launching a new service providing Personal Assistant support to anyone who wishes to take some of the stress out of daily tasks or simply enjoy some company either at home or on



Colin Ling

a short outing to shops or visit one of the leisure venues in Liverpool.

We also have news on a Consultation event which we organised for the Liverpool Clinical Commissioning Group and some of our readers will have taken part in that during July.

Some of our readers will also be aware of our new drop-in service at St. James Community Centre and our Tea House Reminiscence Sessions which are being run once a month as a trial, please read on for more information.

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

- Do you need assistance with housework or preparing meals?
- Would you like a companion when you go shopping?
- Would you like someone to walk the dog?



- A new service

Chinese Wellbeing with Irish Community Care Merseyside and Mary Seacole House is launching a new Personal Assistant Service under the Banner name:

Care Community Culture

The service has been developed between the three organisations to help support people in their communities to live more independent lives and reduce stress by providing Personal Assistants to help with those tasks which you find tedious or you require some support with.

Through our Personal Wellbeing Service we are already assisting people to live independently but Care Community Culture offers a wider range of services such as companionship or accompanying you on Social outings.

Irish Community Care Merseyside and Mary Seacole House have been providing excellent care into their communities for many years and in order to share best practice and keep costs down they have joined with us at Chinese Wellbeing to pilot a service for anyone who wants to simply enjoy life a little more.

Breege McDaid, Director at Irish Community Care Merseyside said 'We visited a similar service scheme in Birmingham which is successful. We would like to provide our communities in Liverpool with the same kind of flexible support.'

Reihana Bashir, Operations Manager at Mary Seacole House said 'We think our partnership name says it all Care Community Culture everybody can understand our core values from this and we will work very hard to ensure we deliver those values.'

Di Burbidge, Service Development Manager says 'We realised that we could build a quality service around the Five Ways to Wellbeing; Connect, Be Active, Take Notice, Keep Learning, Give. We are all excited by the potential for this new collaboration and look forward to working with our new partners'.

For more information and a fuller list of the service available please go to:

www.carecommunityculture.co.uk



From left to right: Jane Hunter (ICCM), Di Burbidge (CW), Carol Sowande (MSH), Colin Ling (CW), Breege McDaid (ICCM), Reihana Bashir (MSH), Dr Yan Wang (CW)

Introducing Mark Chen our Operations Manager



I was born and brought up in the See Yup area located in a southern province in China. I have been in the UK for 15 years. In my early years in the UK I worked for a catering business. After a while I decided that I wanted to try something new and challenging.

Then I came to MCCDA (now Chinese Wellbeing) in 2003, first of all as a volunteer/relief support worker and later as a Support Worker for (then) Sheltered Support Services. In 2008, I was promoted to the position of Assistant Coordinator to manage the above project, as well as the Domiciliary Care and Respite Services, together with other colleagues.

Now I am the Operations Manager. My roles and responsibilities cover a wide range of areas, including finance, personnel administration, supervising and line managing front line staff, communicating with service users to ensure the quality of the service delivery and liaising with local authorities and responding to the changing needs of service user. The job is quite demanding and there are a lot of deadlines that have to be met. I enjoy my work very much. I am delighted to see the service has been expanded over the years.

I am also the treasurer for the Liverpool Chinese Business Association on a voluntary basis. Both my paid position and other voluntary jobs within and outside the Chinese community have benefited each other in terms of linking up the communities and individuals for mutual growth and enhancement.

Chinese Wellbeing was pleased to launch its pilot project Tea House Reminiscence in July at the St James Community Centre, Liverpool China Town.

The Tea House Reminiscence follows on from our Winter Survival and Beyond project which was funded by the Community Foundation Merseyside in 2013. During this project, we developed a culture specific programme of activities which included Chinese films, karaoke, reminiscence with iPads, Chinese memory box sessions, games and a reading corner. The project's success was marked by being shortlisted in the Older Persons Category of the Spirit of Merseyside Awards 2013.

The Tea House is a place for everyone to connect with old and new friends in a safe and friendly environment very similar to the tea houses in Hong Kong and China. With the serving of a traditional soup and home cooked Chinese dishes, many are looking forward to future sessions.

Di Burbidge, Service Development Manager said 'The concept of the Tea House builds upon the previous work of our Dementia Champion in raising awareness of dementia and providing advice and information with regards to support services. It is generally accepted that keeping the brain active for example, through continuous learning and engaging in reminiscence activities can have very positive effects on a person's mental health and wellbeing'.

As part of the programme, participants joined in an interactive session to enhance their knowledge of dementia and dispel some of the misconceptions regarding the condition. The session included information on the following:

- 1 **Basic knowledge of our brain**
- 2 **Understanding more about Dementia**
- 3 **Diagnosis of Dementia**
- 4 **Treatment and daily care/support for people with Dementia**

Tea House Reminiscence



Rita Lee, Mental Health Project Lead said 'The 'Tea House' concept provides the opportunity to experience the power of peer support. We would actively encourage anyone who is interested to come and learn something new or simply enjoy reminiscing over bygone days in a safe environment'.

The Tea House will be open at **11:00 am until 2:00 pm** with an optional light lunch (£3 per head) served at 1pm on the following dates:

**22nd September 2014
27th October 2014
24th November 2014
8th December 2014**

If you or a family member would like to come along to the next session or would like to talk to someone in confidence about a health issue, please call Rita Lee on: **0151 709 2643**



Community Involvement with Clinical Commissioning Group

Chinese Wellbeing was pleased to be asked recently by the Liverpool Clinical Commissioning Group (LCCG) to take part in a Black and Minority Ethnic communities, stakeholder consultation on Mental Health Care provision in Liverpool.

In addition to members of Chinese Wellbeing attending the main event at LACE Conference Centre in Sefton Park with over 100 delegates from various BME groups, Chinese Wellbeing

also hosted an event for members of the local Chinese Community to air their views on the barriers to accessing main stream support and how to overcome those barriers. The event was well attended at St James Community Centre with over 20 people enjoying lively workshop debates and then a lunch kindly sponsored by the LCCG.

Andy Kerr, Programme Delivery Manager for the Liverpool Clinical Commissioning Group

presented at the St James event and was impressed with the energy and enthusiasm of the group. He also made special mention of the lunch which was prepared on site by one of our team Amy Zhen, 'It was delicious' said Andy I would like to thank everyone for their input.

The CCG is expected to report back in the near future on the results of the Consultation events.

Luncheon Luncheon Club News Club News

Our new minibus service

Chinese Wellbeing is utilising the services of South Central Community Transport (SCCT) who are providing our members with a mini bus service twice weekly.

A trial was arranged for members to familiarise themselves with the operation in April. Since then, the in house mini bus service has been gradually phased out due to the age of the vehicle and the associated high cost of ongoing maintenance and repairs.

Even though we are now using the SCCT minibus service we will ensure that a member

of our team is always available for every journey to assist with boarding and any translation which is required.



Be active and keep learning..!

A trip to Port Sunlight with the new minibus service

The Chinese Wellbeing Luncheon Club aims to promote the health and wellbeing of our community and reduce the social isolation faced by our elderly.

In addition to providing traditional Chinese meals, we also arrange activities such as visiting local attractions and outings for members as part of our community participation and support agenda. So far it seems our previous outings have been a hit with our members!

In early June, members, staff and volunteers enjoyed a day trip to the Lady Lever Art Gallery and garden centre at Port Sunlight. The trip proved to be a great opportunity for members to do some light exercise whilst exploring new things, finding new appreciation for the arts and also enjoying the educational benefits of the gallery. We believe active participation in physical and social activities can help seniors maintain a healthy mind, body and spirit. Of particular interest to our members was the famous display of Asian and Chinese porcelain, paintings and artefacts housed in the gallery.



We would like to acknowledge our special thanks to South Central Community Transport for providing the transport on the day and to our staff and volunteers for acting as tour guides and providing the necessary interpretation which ensured our members got the most from the visit.

It is pleasing to know that our efforts were much appreciated by the members as commented by our long standing member Mr Barry Cheng:

'I write to congratulate Luncheon Club staff on the extremely well organised trip for the members of the lunch club.'



Blackpool 'Party Afternoon'

Luncheon Club members enjoyed a 'Party Afternoon' with members of the 'Wheel Meet Again' social club which was held at The New President Hotel, North Promenade, Blackpool.

The award winning hotel, which has been featured on BBC television, is a 2 star hotel situated on the Blackpool seafront and promenade. Both Luncheon Club and Wheel Meet Again members enjoyed an afternoon of fine dining, cabaret, bingo and dancing as well as an opportunity to take a leisurely walk along the promenade in between the various activities.



During the day, there was plenty of opportunity to make new friends and we were pleased that many accepted our invitation to the next birthday party celebration for a taste of authentic Chinese cuisine.

We would like to thank South Central Community Transport for providing safe and comfortable travel arrangements.

All in all, a great day out !!



Farewell Winnie



This month Chinese Wellbeing says goodbye to Project Officer and Dementia Champion Miss Winnie Wong who is moving on to pastures new. We are sad to be losing Winnie who has worked tirelessly over the last year to set up and facilitate our popular Memory Box workshops and health awareness raising events at our Luncheon Club. We wish Winnie all the best in her future career and hope that she keeps in touch.