



華人身心健康 CHINESE WELLBEING

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

Issue 11

NEWS

May 2022

A Message from the Chief Executive Officer, Colin Ling



Colin Ling

Hello and welcome back to our news updates. It has been a very difficult time for everyone since early 2020 and I am pleased to be able to write to you once again. I hope you find the newsletter interesting and welcome your views and feedback on what we have been doing and perhaps suggestions for what we might consider for future plans.

I need to thank all of the team at Chinese Wellbeing for their dedication, care and hard work during the pandemic, we have been able to maintain a very high standard of safe, quality service because of the fantastic attitude of our staff and indeed we have added new services and expanded existing services overcoming many difficult hurdles.

I would also like to thank all our service users and their families for their support during the pandemic, although many face to face sessions were cancelled, through ingenuity, enthusiasm and persistence in adopting 'the technology' we were able to develop online sessions which proved very popular and successful and it has been a joy to see so many seniors become 'Zoomers'.

Take care and I look forward to seeing you 'in person' very soon.

Best wishes

Colin Ling

WELCOMED SARAH, OUR NEW COMMUNICATIONS OFFICER IN MAY 2021

Chinese Wellbeing was delighted when Sarah accepted the post of Communications Officer. Sarah has been instrumental in the revamp of our Communications Strategy and in the development of various social media platforms to help raise our profile within the Chinese community and with other key stakeholders. Sarah and the team have been working alongside **Bold Online Marketing** in the development of our new look website.



ANNOUNCING OUR NEW WEBSITE

Highlights of our new website include, **Recite Me** web accessibility and language toolbar that improved accessibility and usability and creating inclusive experiences online for everyone.

We hope you are finding it both interesting and informative. Feedback and comments for any improvements welcomed. What do you think?

Have you had a scroll through our website? We would love to hear your thoughts – please get in touch with us at info@chinesewellbeing.co.uk.

CHINESE WELLBEING WECHAT ACCOUNT

We were pleased to launch our Wechat account on 2 July 2021. This allowed us to extend our communication and engagement within the Liverpool Chinese community. Scan the QR code below (or search for Chinese_Wellbeing on WeChat) and click 'follow' to get updated info about us, including news, health events, covid updates and health information.

If you have any question about our Wechat account or suggestions for health and wellbeing resources you would like the Chinese Wellbeing Team to share via Wechat, please email info@chinesewellbeing.co.uk



歡迎掃描下面二維碼關注
我們微信得到最新消息。



DIABETES MANAGEMENT PROGRAMME

May 2021- May 2022

This programme was funded through the Liverpool Clinical Commissioning Group and supported by the Liverpool Diabetes Partnership. We were pleased to be able to recruit our Diabetes Champion, Teresa who has previous experience on leading a Diabetes Support Group in Hong Kong. Teresa was supported in the delivery of the programme by Stella who is an experienced member of the care team and someone who has successfully managed her diabetes over a number of years.

Teresa developed and wrote the programme with input from the Liverpool Diabetes Partnership which was rolled out over 8 monthly online sessions. The aim of the project was to establish a community led diabetes prevention and self-care programme and culture in Liverpool.

We achieved the overall aim of the programme which was to empower community members to take better control of diabetes self-care and prevention through increased knowledge and skills sharing. Chinese Wellbeing along with 12 other community organisations, the Liverpool Clinical Commissioning Group and the Liverpool Diabetes Partnership created a Community of Practice for sharing of knowledge, information and learning as member organisations piloted different approaches over the course of the project.



Diabetes Prevention Health Talk

Ultimately, the programme was a great success and included the addition of three diabetes taster sessions delivered within the community for which there was a high level of interest shown. Since then we have received positive feedback from participants who feel they now have better control of their diabetes.

The programme concluded with a taster 'Life with Diabetes Health Talk' which focused on popular topics like tips for healthy food choices including options for a healthier breakfast and understanding food labels.

We are aware that demand for guidance on diabetes management and control is high and following the success of this programme, we will endeavour to provide more sessions in the future. As always, this is dependent upon Chinese Wellbeing receiving appropriate funding and so our fundraising efforts will continue. In the meantime, if you have any concerns please raise with your GP or search for information on support available through the Liverpool Diabetes Partnership



Liverpool Chinese Dementia Network Activity Day

LIVERPOOL CHINESE DEMENTIA NETWORK

When the Network resumed face to face activities following a period of online meetings it was a welcome relief for those living with dementia or mild cognitive impairment and their family carers. We welcomed a new member of staff Angel to take over from Rita as Dementia Champion following Rita's early retirement in December and who has been very warmly received by members.

The Network hopes to build on peer support and meets every month to discuss the challenges of living with dementia and the practical ways in which everyday issues may be overcome to make life easier. The Network is open to anyone who has memory problems or has received a recent diagnosis and their family carers. For further information, please contact our dementia leads Angel or Julie on 0151 709 2643.

RITA'S RETIREMENT

Sadly, we said goodbye to Rita who chose to take early retirement to be able to spend more time with family and friends. Rita was a well respected and committed member of the team who will be greatly missed by everyone at Chinese Wellbeing and by our service users for a long time to come



Rita's retirement presentation with Chair of Trustee Board Andy Green, CEO Colin Ling, Di Burburge Service Development Manager and Mark Chen, Registered Manager



Dementia Action Week with Tea House Reminiscence and Memory Box session

TEA HOUSE REMINISCENCE

Dementia Action Week- 16th May 2022

Due to the pandemic and following the end of our grant funding from the Liverpool City Council, it has been more than 2 years since our last Tea House Reminiscence session was held. However, thanks to the Central Liverpool Primary Care Network (CLPCN) and the Citizens Advice Liverpool, we were able to arrange a session during Dementia Action Week. The Central Liverpool PCN covers medical practices based around Central Liverpool which many of our members are registered with.

Dementia Action Week is the Alzheimer's Society's biggest and longest running dementia awareness campaign and this year the theme is diagnosis.

In keeping with this theme, we delivered a short session on brain health and how to spot signs and symptoms of dementia. Tea House has always been an effective platform to raise awareness of dementia within the community.

We were also delighted to welcome **Emma Stafford** who is the Deputy CMHT Manager for MerseyCare NHS to deliver a talk on the support provided by the Dementia Care Navigator team for anyone recently diagnosed with dementia and their family carers.

Following the talk, Julie, our Love to Move practitioner delivered a session which certainly livened up everyone. We then enjoyed a memory box session and a trip down memory lane, games and singing. We finished with Chinese soup which was enjoyed by all.

Since the event, we have had many requests for more Tea House sessions and are working hard to secure further funding to make this happen.

COVID & MYTHS WEBINAR

17th September 2021

When our Covid 19 Community Health Activities Coordinator Nannan Lu, recognised the need to debunk some of the myths regarding the Covid vaccine, she approached Dr. S Kan (FRCGP) who is a local GP and Trustee of Chinese Wellbeing to take part in a webinar to answer questions and discuss issues about the vaccine.

**華人身心健康
CHINESE WELLBEING**

**Covid-19 Truths
/Myths & Vaccination**

關注健康: 新型冠狀病毒和疫苗專題講座

平台視頻 Zoom Meeting

日期: 2021年 9月25日 (星期六)
時間: 早上10時45分至12時正
會議號碼: 633 295 8190
密碼: 1234
講者: 謝鴻文家庭醫生
特別嘉賓: 何醫生
需要報名參加, 請聯絡呂女士
電話: 07975805006
歡迎大家參加

Date: Saturday, 25th September 2021
Time: 10:45am-12:00 noon
Zoom Meeting ID: 633 295 8190
Passcode: 1234
Speaker: Dr. S Kan (FRCGP)
Honorary Guest: Dr. V HO
Participant needs to register with
Chinese Wellbeing - Mrs Lu
Tel: 07975805006
Everyone is Welcome!

Chinese Wellbeing, Staton Court, Tradewind Square,
East Village, Duke Street, L1 5BG
Charity Number: 1001389
Tel: 0151 709 2643
Email: Forum@chinesewellbeing.co.uk

The webinar focused on helping the community learn the facts about the Covid vaccine with the aim of increasing the vaccination uptake rate. Dr Kan was joined by our Honourable guest speaker, **Dr Vinci Ho, Clinical Director, PCN Care Enterprise, Liverpool NHS** who helped to address many concerns and real-world perspectives on different issues around COVID-19 vaccines.

There was a lot of positive feedback from those who took part, with participants stating that they had enjoyed the webinar and several commented that they would like to see regular webinars on Covid vaccines and government updates in the future.

RESUMPTION OF EVERGREEN CLUB'S FACE TO FACE ACTIVITIES



Evergreen Club Art & Crafts session on Monday Activity Day

It was a day for celebration when members of our Evergreen Club could meet face to face for the first time following the easing of Covid restrictions albeit under strict Covid safety measures. Even then, we recognised that some members were not ready to venture into a group setting and in response to members feedback and wishes, we continued to run our online programme. The Club has changed its venue and now meets every Monday (with the exception of the last Monday in each month) in the wonderful St Michael's Church, Upper Pitt Street, Liverpool L1 5BD. New members are welcome to join us anytime. For more information on how to join, please contact Nannan on 0151 709 2643

MID-AUTUMN FESTIVAL

20th September 2021

Evergreen Club members welcomed the long awaited annual celebration which took place at our new venue. Members enjoyed a range of cultural activities including Chinese opera. In keeping with Evergreen Club tradition, the event finished with a mini prize draw.. Our thanks go to everyone who helped during the event and for the generosity shown by the community and members for their raffle prize donations which were amazing.



Celebrating Mooncake Festival with Chinese Community and enjoying festive food together.

CHRISTMAS PARTY

7th December 2021



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

It's our exclusive Evergreen Club Christmas Party! A big thank you to **The Florrie** for a lovely Christmas dinner, and for everyone's gift and cash donations. You truly make the difference for us.

WINNING THE 'MOST BEAUTIFUL TREE' COMPETITION

19th December 2021

To all our Evergreen Club' members, Congratulations for winning this year's 'most beautiful Christmas tree' competition at **St Bride's Christmas Tree Festival**. You've all worked so hard for this under the excellent direction of Nannan, our Community Health Activities Coordinator. What an impressive achievement!



Nannan with the our winning most beautiful tree !!

CHINESE NEW YEAR LANTERN PROJECT

24th January 2022



Year of Tiger 2022 - Awesome art produced by our Evergreen Club member.

Evergreen Club members proudly present the results of all their hard work taken to produce fantastic art work for **St Luke's (Bombed Out) Church** Lantern project! Their artworks are awesome.

Each individual design was wrapped onto a 3D lantern, and projected onto the Church from Friday 4th-Sunday 6th February, 6pm-9pm. Thanks to everyone who took part and particularly to Nannan for her creative guidance .

DAY OUT TO CALDERSTONES MANSION HOUSE

30th March 2022



A trip to nature, historical and cultural reserves - Mansion House

Many thanks to **The Reader** , a wellbeing charity based in **Calderstones Park** for offering our **Chinese Wellbeing Evergreen Club** members the opportunity to take part in a project called **Trees from Around the World**. The aim of the project is to unearth the hidden stories and cultures behind the trees in the park, particularly relevant to our members as some of the trees are from China. Members shared a day of nature and reminiscence in the beautiful and peaceful environment of **Calderstones Park**.

A special thanks to **Holly**, who helped us to discover the heritage of the **Mansion House** and the park. Members had a great time and enjoyed sharing a meaningful conversation about the cultural association of the trees based on our own Chinese culture and beliefs. Thanks again, we will definitely come back to visit you in the summer.

THE GREEN SPACE AND HEALTH PROJECT

First walking trip to Otterspool Park - 11th May 2022

Our first 'green space' outing under a new project funded through Green Recovery Challenge Fund – connecting people back to nature, led by Mersey Forest in partnership with LCC, LCCG, LJMU, Cheshire Wildlife Trust and the PATT Foundation. Our trip started out rather wet and damp, the first rainfall for over a week following glorious sunshine. However, despite this, spirits were high and everyone was excited to be going on our first outing since the start of the pandemic.

Over 30 Club members and staff had a lovely day out at Otterspool Park. Some of our members had not been out for many months, giving them the opportunity to meet their friends and to connect back to the community. Everyone joined in wearing our new outing red vest and cap which included the Chinese Wellbeing logo making it so much easier to identify each other in the park. A Big Day Out ! Everyone had a fantastic day and are looking forward to the next trip!



A Big Day out ! - Our first walking trip to Otterspool Park.

EVERGREEN CLUB

Membership open- new members welcome...!

Our Club activities are designed to help members remain active within the local community and to ensure activities incorporate the 5 Ways to Wellbeing. Trips and outings aiming to promote physical and social wellbeing.

Outings planned for Autumn include:

Newsham Park
Everton Park
Croxteth Hall & Country
Sefton Park

For further details and to make a seat reservation please contact Nannan 0151-709 2643

HOME CARE SERVICE

Grateful thanks go to all our Home Care staff who have given the best quality of care to our service users over the years and particularly in having to deal with the many challenges faced during the pandemic. Chinese Wellbeing conducts regular satisfaction surveys with our service users to ensure we continue to deliver the outstanding service as currently rated by the Care Quality Commission (CQC). What our service users say about us:



100% agreed that overall they were satisfied with the care team providing the service that is appropriate to their needs with care and respect.



100% agreed that the manager or senior staff are approachable and responsive to their queries / problems.



100% agreed that they will recommend the company to relatives, friends, or neighbours.

Well done to all our care staff on these excellent results. We will continue to improve our service to ensure we maintain the highest standard of care with the aim of helping our service users remain in independent living for as long as possible.

If you need help and support to stay in independent living, or if you would like some guidance on the support available please contact Mark or David on 0151 709 2643.

PERSONAL WELLBEING SERVICE

Do you have a busy life and sometimes think a little extra help would make life easier ? Our PWS service offer bespoke care packages to support people to live independently in their own homes for as long as possible. We provide assistance with a variety of everyday tasks, in addition to providing companionship and support to remain active within the community. Preliminary assessment will be free of charge. For details of our pricing and to discuss your requirements, please contact David 0151-7092643

FUTURE EVENTS

To ensure continuity of service provision, Chinese Wellbeing will endeavour to organise more events and activities in the near and foreseeable future. We are looking forward to sharing every special occasion with you such as members' birthday parties, Easter, Dragon Boat Festival, Mid- Autumn Festival, Christmas, Chinese New Year and more days out or long distance trips during the lovely British summer.