



華人身心健康 CHINESE WELLBEING

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

Issue 12

NEWS

October
2022

Latest News From Chinese Wellbeing

1. Our **Greenspace project**, funded through the 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, continues to receive great feedback. We have included visits to more of our fabulous local green spaces such as Croxteth Hall and Country Park, Port Sunlight Village and Rice Lane City Farm. We kicked off our Nordic Walking taster programme at Crosby Coastal Park and have received a lot of positive feedback from participants. We will be running a second taster programme to ensure as many of our members are given the opportunity to get their walking boots on and give it a go!



2. We have recently co-produced a leaflet and poster with our Evergreen Club arts group under the **Think Brain Health project**, funded by ARUK Inspire grant in partnership with University of Wolverhampton and 4 other Chinese community organisations from across the UK - The posters and leaflets are now ready to distribute to our community in order to raise awareness of dementia and help to promote key messages on how to keep your brain healthy. Well done to Evergreen Club arts group members who took part in the research and helped to produce interesting and informative leaflets.



3. We are pleased to be part of the **Community Champions Programme** for a second year which provides the opportunity to continue to build stronger engagement with our communities and contribute towards Liverpool's aim of increasing vaccination take up within minority communities.



4. We have recently been awarded an NHS Health & Wellbeing grant, which has enabled us to reinstate the monthly **Tea House Reminiscence®** schedule which started in September. We will be moving our Dementia Network to the first Wednesday of every month commencing in November and this will include a drop in session to provide pre and post diagnostic support including help with navigating the social care system and support with welfare benefits. There will also be the usual range of fun activities and peer support in a safe, language and culturally sensitive environment.



5. Two very successful **Covid Vaccination Pop Up Clinics** were held at the Chung Wah Supermarket in partnership with Cheshire and Wirral Partnership NHS Foundation, NHS Cheshire and Merseyside and Liverpool Public Health. This is in an effort to ensure our communities can easily access COVID-19 vaccines and physical health checks. Watch this space for details of the next pop up event.



6. As with all charities, we rely upon grant funding which is becoming more competitive and is never guaranteed. With your help and generosity, we can continue to provide the best care and a range of support services to help the older members of our community to live a better life. Just to let you know that Chinese Wellbeing is now registered with **easyfundraising**, which means you can raise FREE donations for us every time you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to you! These donations really mount up and can make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely **FREE** and only takes a moment.

Sign up now:

<https://bit.ly/3EA1oEE>

How to raise Free donations to Chinese Wellbeing using easyfundraising App

<https://youtu.be/zyOHxTd5tI>

For further information please contact **Sarah** 0151-7092669, or wechat us.

How to sign up

- 1 Visit the link below or scan the QR code www.easyfundraising.org.uk/support-a-good-cause
- 2 Search for us
- 3 Your favourite brands donate whenever you spend with them



Membership recruitment

During the month of October, Evergreen Club will be running a member- get member Campaign.

For members who recommend a friend, relative or neighbour to join the club will be rewarded with a **£5 Food voucher**. So please encourage your friends and neighbours to come along to our activities. For further information please contact Nannan 0151-7092669, or wechat us.



Winter Survival Tips

How to Reduce your fuel bills:

- use quilted curtains to cover draughty windows
- heat your living area to 21°C and 18°C for the rest of your home.
- set your heating to come on just before you get up and switch off after you've gone to bed
- Set hot water temperature to 60C.
- switch off any appliances at the socket when not in use



Keeping yourself warm:

- wrap up warm by wearing lots of thin layers to trap your body heat
- eat regular hot meal made up of fruit and vegetables such as soup or stews
- try to consume hot drinks throughout the day
- if you are able to, try to move around at least once an hour to warm your body up
- Put a hot water bottle in your bed.

Forthcoming events and activities

Nordic Walk (Pls Contact Julie, Nannan)

Venue: Crosby Coastal Park, L22 8QA

Date: 19/10, 26/10, 2/11, 9/11

Time: 10:30am-12:30pm

Love to Move/ Online Light Exercise (Pls Contact Julie, Nannan)

Venue: Wechat and Zoom (Online)

Date: Every Wednesday 19/10, 26/10, 2/11, 9/11, 16/11, 23/11, 30/11

Time: 10:30am-12:30pm

Monday Evergreen Club Activity Day (Pls Contact Julie, Nannan)

Venue: St Michael in the City, L1 5BD

Date: Every Monday 24/10, 31/10, 7/11, 14/11, 21/11

Time: 10:00am-12:30pm

Evergreen Club Arts & Crafts (Pls Contact Julie, Nannan)

Venue: Wechat and Zoom (Online)

Date: 21/10, 28/10, 4/11, 11/11, 18/11, 25/11

Time: 10:30am-12:30pm

Liverpool Chinese Dementia Support Network (Pls Contact Angel, Maggie)

Venue: St Michael in the City, L1 5BD

Date: First Wednesday of the month, 2/11

Time: 10:00am-1:00pm (Drop in session available)

Tea House Reminiscence® (Pls Contact Angel, Maggie)

Venue: St Michael in the City, L1 5BD

Date: Last Monday of every month, 28/11/2022

Time: 10:00am-12:30pm

To join our activities please contact **project leads 0151-709 2669**, or wechat us.

Coming Soon...

Winter Survival Skills health talk (17/10/2022)

Mental Health Awareness talk MerseyCare NHS

Cost of living crisis help available Benefit Entitlement Talk

Dementia Prevention and Brain Health talk

Chinese Acupuncture and Herbal treatment for Long Covid Talk

Mobile technology for senior Talk

Diabetes Prevention Talk



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