



華人身心健康 CHINESE WELLBEING

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

Issue 13.

NEWS

June 2022
to December 2022

A Message from the Chief Executive Officer, Colin Ling



Colin Ling (CEO)

Welcome to another issue of our Newsletter

As we approach the Festive Season I would like to wish that our service users, staff, members, friends and partners a Very Happy Christmas and good Health and Wellbeing in 2023.

It has been a pleasure to meet and work with you all over the last twelve months particularly after such a difficult period coping with the pandemic and I hope you will have a wonderful holiday break with your loved ones.

The newsletter once again contains reports on what we have been doing over the last few months and the commitment and enthusiasm of everyone involved is to be applauded, thank you all for your efforts and especially the staff team who do an amazing job organising the events.

I meet service users and their families at the events and am always pleased to hear their thoughts on our services and what we might do in the future, if you have any ideas please do let us know.

Take Care, Happy Christmas!
Colin Ling (CEO)

It's been lovely to welcome **Maggie** to our Chinese Wellbeing family over the last few weeks.

Maggie, our Dementia Champion, also one of our new additions to the homecare team, has not long moved to the UK from Hong Kong. Maggie is a qualified nurse with experience in dementia care and community nursing and following completion of our induction and training programme is already providing invaluable support to our clients.

It means a lot to us at Chinese Wellbeing when we receive **thank you cards** and letters from our clients in recognition of the high standard of care provided by our carers. We are grateful for the hard work and dedication shown by each and every member of staff, who continue to put our clients at the forefront of everything we do.



Informative workshop from Merseycare NHS Step Forward Service

PSYCHOLOGICAL WELLBEING WORKSHOP

We were pleased to welcome **Tou Hui (Weltor) and Sarah Kelani Assistant Psychologists from Merseycare NHS Step Forward Service** who delivered an inspiring and informative workshop for Evergreen Club members. Members learned about mental health services and how the Step Forward Service can help the Chinese community to better understand and manage the challenges in life which can affect mental wellbeing. Weltor provided insight into different psychological techniques to deal with stress including practising mindfulness breathing exercises which everyone found really interesting.

HOMECARE & PERSONAL WELLBEING SERVICE

In November, we marked **33 years** of service to support Merseyside's Chinese Community to live well, stay active and connected. Congratulations and thank you to all our colleagues celebrating a milestone this month.



A big Thank you card From PWS Client

Do you need help to remain in independent living?

Are you aware that you are entitled to receive culturally appropriate person centred care ?

Do you know you have the right to request a free care assessment from your local social services department?

If you are a **resident of Liverpool** and require support at home to make life easier, or if you need help and guidance navigating adult social care, please contact **Mark or David**.

DEMENTIA SUPPORT SERVICES AND TEA HOUSE REMINISCENCE® UPDATE

We have recently been awarded an **NHS Health & Wellbeing grant**, which has enabled us to reinstate our monthly **Tea House Reminiscence®** and to further develop our pre and post diagnostic support services including Liverpool's Chinese Dementia Support Network. Demand for our services continues to grow which is testament to the hard work of our bi-lingual Dementia Champions, Angel and Maggie in raising awareness of dementia and their efforts in reducing the social stigma which exists within the community. The Network is open to anyone who has memory problems or who has received a recent diagnosis and their family carers. For further information, please contact Angel or Maggie on 0151 709 2643



Tea House
Reminiscence® is
back!!!



into Chinese culture for The Trees from Around The World Map which will enable visitors to travel the world and learn about different cultures without leaving the park. Everyone enjoyed the visit which combined nature, reading and reminiscence. Thank you to The Reader for your kind hospitality and particularly to Holly for a very enjoyable afternoon.



Nordic Walk at the Crosby Coastal Park

GREENSPACE PROJECT-NORDIC WALKING

Our Greenspace Project, funded through the Green Recovery Challenge Fund-connecting people back to nature, led by Mersey Forest in partnership with LCC, NHS, LJMU, Cheshire Wildlife Trust and the PATT Foundation, continues to be very popular. The second taster programme has included walks in Crosby Coastal Park and Rimrose Valley Country Park, Marine Garden.

Walkers have enjoyed exploring new local green spaces and have reported feeling more active and socially connected. It always makes us proud when we receive such positive feedback.



Members attend a second event - Tree from around the world at Calderstones Park

THE READER CALDERSTONES PARK

Evergreen Club members were invited by The Reader, a wellbeing charity based in the beautiful Calderstones Park to attend a second event relating to their project called **Trees from Around the World**.

We learned about the amazing collection of trees from across the globe exploring hidden stories and cultures behind the trees. Members provided valuable insight

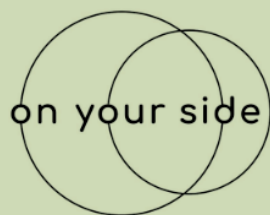
UNIVERSITY OF MANCHESTER - CALL FOR RESEARCH PARTICIPANTS

It was a pleasure to meet Miriam Tenquist, PhD Researcher at the University of Manchester who came to talk to our Evergreen Club

members about her research into older Chinese individuals' geographical placing and the influences it has on social relationships and experiences in later life. If you are over 55, Chinese, and would like to share your wise insights and life experiences to help guide future policy makers and improve service provision, please contact Miriam 07733194009. An interpreter will be made available if required and meetings can be in person, over the phone or on zoom.



Members meeting with Miriam to get to know more about her research



A support and reporting service for East and Southeast Asian communities who experience racism or any forms of hate

DO NOT SUFFER IN SILENCE

On Your Side is a UK-wide support and reporting service for East and Southeast Asian communities who experience racism and/or any forms of hate.

On Your Side includes a 24/7 free helpline and a website where you can find support, access resources, and if you wish, make a report. They have trained helpline operators and support workers who speak different languages. With help from trusted interpreters, they can support you in any language you Need.

Your safety and well-being are central to everything, unless there is an exceptional risk to your safety or the safety of others, they will never share anything you shared with anyone else without your permission.

Talk to them for free - 0808 801 0393
Contact online - onyoursideuk.org

HELP IF YOU'RE STRUGGLING WITH THE COST OF LIVING

Main cost of living microsite - <https://lpoolcouncil.info/costofliving>
Food support - <https://lpoolcouncil.info/foodsupport>
Energy bills - <https://lpoolcouncil.info/energybills>
Financial support - <https://lpoolcouncil.info/financialsupport>
Household cost - <https://lpoolcouncil.info/householdcosts>
Mental health and wellbeing - <https://lpoolcouncil.info/mentalhealth>

You Shop, Retailer Donates To Us NO Extra Cost To You



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. In addition to Easyfundraising, we have recently signed up to @AmazonSmile and invite you to join us! Amazon will make a donation to Chinese Wellbeing when you shop with them at NO 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.

Signing up is super simple:

Head to <http://smile.amazon.com>
Sign in using your same account for <http://Amazon.com>
Select Chinese Wellbeing as your charity
<https://smile.amazon.co.uk/ch/1001288-0>
Start shopping

A little change makes all the difference.

For further information, please contact **Sarah** 0151-709 2643, or wechat us.



MEMBERSHIP RECRUITMENT

During the winter months, Evergreen Club will be running a Member-Get Member Campaign. For members who refer a friend, relative or neighbour to join the Club, they will get the annual membership fee waived next year. So please encourage your friends and neighbours to come along to our activities. For further information, please contact Nannan 0151-709 2643, or send a message via Wechat.



FORTHCOMING EVENTS AND ACTIVITIES

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

Venue: Wechat and Zoom (Online)

Date: Every Wednesday 7/12, 14/12, 21/12, 28/12, 4/1, 11/1, 18/1, 25/1

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 5/12, 12/12, 9/1, 16/1 , 23/1

Time: 10:15am-12:15pm

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

Venue: Wechat and Zoom (Online)

Date: Every Friday 2/12, 9/12, 16/12, 23/12, 30/12, 6/1 , 13/1, 20/1, 27/1

Time: 10:00am-12:00pm

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

Venue: St Michael in the City , L1 5BD

Date: First Wednesday of the month, 7/12, 4/1

Time: 10:00am-12:30pm

(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, 19/12, 30/1

Time: 10:00am-12:30pm

If you are concerned about an older relative or old friend feeling lonely, please encourage them to participate in our activities.

To join please contact

project leads 0151-7092643, or  wechat us.



Christmas Party (exclusive to Evergreen Club members only) 5/12/2022
Brain Charity Peace of Mind Research Project 31/12/2022
Healthy Food, Diet, and Happy Aging Health Talk
Fundraising dinner celebrating 33 years of providing community support
Mobile technology for seniors talk
Diabetes Prevention Talk



We will continue to hold presentations, awareness sessions and consultation events with partners to educate the community in areas of health and wellbeing so please watch this space. It is the time of the year when many of us will start to get ready for Christmas and take the opportunity to spend time with family and friends over the festive season.

The team at Chinese Wellbeing would like to wish everyone a very Merry Christmas and Happy New Year.

Chinese Wellbeing is a registered charity regulated by CQC and rated as an Outstanding provider of home care services. In addition, we provide :

Home care, Evergreen Club, Personal Wellbeing Services, Dementia Support Network, Tea House Reminiscence, Love to Move exercise, Independent Interpretation and Translation Services, Care Home Outreach Service, Covid Recovery Community Support Services, Hate Crime Support Service, If you are interested in any of these services, please call us during office hours **Monday-Friday 9am-5pm** to enquire about **0151-7092643**.



Scan the QR
code and
follow us on
WeChat

