



華人身心健康 CHINESE WELLBEING

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

Issue 14

NEWS

December 2022
to April 2023

A Message from the Chief Executive Officer, Colin Ling



Colin Ling (CEO)

Hello Everyone I hope you are keeping well?

Welcome to the latest edition of our newsletter, I hope you will find something of interest here or something that will help you improve your own wellbeing.

The team has been very busy with awareness presentations and we all enjoyed a wonderful event at Sefton Palm House to celebrate Chinese New Year. The musicians and performers who entertained us were fantastic and our thanks go to them and team who organised such a special day.

With the weather now warming up we will be looking forward to getting out in the fresh air more and we have already recommenced our Nordic walking sessions which are very popular.

If you would like to see articles on particular health matters please contact us and we will do our best to provide the information.

Best wishes,
Colin Ling (CEO)

Evergreen Club Christmas Celebrations



Evergreen Club Christmas Party 2022

Another successful Christmas party was enjoyed by Evergreen Club members and guests. Everyone was truly immersed in the festive spirit with lots of fun games, singing and dancing. For members also celebrating a birthday in December, we ensured they were given a special mention in true Evergreen Club style.

We wish to express our thanks to Chung Wah Supermarket and our sponsors for their support and generosity which helped to make the party such a success.



Homecare & Personal Wellbeing Service



Have you experienced a change in your circumstances?

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?

We can help you!

Inspected and rated

Outstanding ☆



Proud to be CQC rated **OUTSTANDING**...Only a small percentage of home care providers achieve Outstanding by the Care Quality Commission? and did you know that Chinese Wellbeing is on them!

The full report published in October 2019 can be read at www.chinesewellbeing.co.uk

We provide a person centred homecare service and have experienced bilingual care staff available to support family members to remain in independent living for as long as possible.

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 0151 709 2643**.

Brain Charity Peace of Mind Project

The Brain Charity in collaboration with Chinese Wellbeing, invited family carers and people receiving care to join a focus group to talk about their support needs in relation to care planning. The feedback from the discussions will help to inform the Liverpool City Council and Cheshire and Merseyside NHS with regards to providing appropriate support services to help address needs.

The workshop provided the opportunity for participants to better understand the support that is available and to reflect on future care needs and the importance of care planning. Feedback from the focus group was extremely positive.



Members at focus group learn about future plan

New Year's Resolution-Living healthier!!!

Healthy Food, Diet, and Happy Ageing Health Talk



Dr Zhu demonstrated Qigong practice with members

We were pleased to welcome Dr Zhu, who has over 25 years of clinical experience in the practice of acupuncture, TCM and Qigong to Evergreen Club. Dr Zhu delivered an interesting and enlightening health talk which explored the meaning of food and eating relative to the lives of older Chinese people and how it can contribute to healthy and happy ageing.

Food has a central position in Chinese culture for all Chinese people and particularly for the older generation. Dr Zhu said "Nourishing the heart was the highest state of health preservation".

The talk certainly achieved its key aim of raising awareness on self-care, winter health tips and how to age well through healthy food and eating behaviours.

The event was well received and many were delighted to have been introduced to a simple and effective Medical Qigong practice and several tasty recipes which can contribute to a healthy diet. Dr Zhu advised that we should laugh often, laughing is simply the best medicine. Chinese Wellbeing would like to thank Dr Zhu for her time and contribution to the work of our charity.



The Arts for Health & Wellbeing CNY Celebration at Sefton Park Palm House



Welcome speech from Colin Ling CEO of Chinese Wellbeing



The event was held at Sefton Park Palm House and attracted over 200 guests including Evergreen Club members, residents of Pine Court Housing, staff and volunteers.

The event was a great success with a welcome speech from Colin Ling- CEO of Chinese Wellbeing, followed by a range of fun activities and cultural performances including a calligraphy workshop by the Liverpool Confucius Institute, dancing, a music recital by Xiaoxiao Hou, a talented musician of international acclaim playing the Guzheng, Chinese Wellbeing's own choir singing their favourite songs and a themed craft session.

It was also an opportunity for Evergreen Club members to proudly display their artwork in a special exhibition set up prior to the event which visitors much admired. The celebration closed with thanks given by Colin Ling to everyone who had contributed to making the event so special which included: Sefton Park Palm House, the National Lottery Heritage Fund, Pine Court Housing Association, Liverpool Confucius Institute Xiaoxiao Hou, Rayna, UK Phoenix Qipao Cultural and Art Association and all the performers from our Evergreen Club, our dedicated Team and special thanks to Nannan Lu for her hard work in coordinating and overseeing such an amazing programme. A selection of photos taken during the event can be viewed by browsing our website at www.chinesewellbeing.co.uk

Dementia Support Services and Tea House Reminiscence® update

Demand for Tea House Reminiscence® has grown throughout 2022. We would like to thank NHS Cheshire and Merseyside for their support which has enabled us to reinstate monthly Tea House Reminiscence® and to continue the development of a post diagnostic support programme through our Dementia Support Network.

The concept of Tea House is to raise awareness of brain health and dementia and to provide advice and information with regards to support services.

Delivered by our trained Dementia Champions , Maggie and Angel, (also qualified nurses) our culture specific and stimulating programme of activities includes memory box sessions, games, reminiscence and singing. The programme is supported by Julie who is an experienced Love to Move Practitioner which is a dementia friendly exercise programme proven to improve cognitive functioning.

The Liverpool Chinese Dementia Support Network is open to anyone who has mild cognitive impairment or received a recent diagnosis and their family carers. For further information, please contact Angel or Maggie on 0151 709 2643



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. Please consider supporting us through easyfundraising.org.uk at no cost to you. Donations from retail sites really mount up every time you shop online and can make a BIG difference.

Signing up is completely FREE and only takes a moment.

Scan & Sign up now: <https://bit.ly/3EA1oEE> Scan & See how it works? <https://youtu.be/zyOHxXTd5tI>



A little change makes all the difference.

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

Cancer Earlier Diagnosis

We are currently working in collaboration with the Central Liverpool Primary Care Network to deliver cancer awareness events with a focus on why you should never ignore an invitation to take a cancer screening test.

The campaign is the first 'Help Us, Help You' cancer campaign to focus on tackling the 'fear' of cancer rather than specific symptoms.

How To Spot it..!




Contact your GP practice if you experience any of the below symptoms:

- Tummy trouble, such as discomfort or diarrhoea for three weeks or more;
- Blood in your pee - even just once;
- Unexpected or unexplained bleeding;
- Unexplained pain that lasts three weeks or more;
- An unexplained lump; or
- A cough for three weeks or more
- Unexplained weight loss;
- Feeling tired and unwell and not sure why;
- Heartburn or indigestion; or
- Unusual, pale or greasy poo.

For more information on cancer signs and symptoms go to [nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms)

Recruiting new members..!

please contact **Nannan, Julie**
0151-7092643, or  wechat us.

Forthcoming events and activities

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

Venue: Wechat and Zoom (Online)
Date: Every Wednesday
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
Time: 10:00am-12:30pm
(Drop in session available)

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

Venue: St Michael in the City , L1 5BD
Date: Every Monday
Time: 10:15am-12:15pm


Tea House Reminiscence® (Pls Contact Angel, Maggie)

Venue: St Michael in the City , L1 5BD
Date: Last Monday of every month
Time: 10:00am-12:30pm

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

Venue: Wechat and Zoom (Online)
Date: Every Friday
Time: 10:00am-12:00pm

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.



TH-Memory Access Clinic by NHS Mersey Care Dementia Care Navigator team 27/3/2023
Nordic Walking 8/15/22/29 March. April and May
The Lord-Lieutenant of Merseyside Visit Evergreen Club 3/4/2023
Women's only cancer screening event sponsored and supported by Central Liverpool Primary Care Network 17/4/2023

Chinese Wellbeing is a registered charity regulated by CQC and rated as an Outstanding provider of home care services. In addition, we provide :
Evergreen Club, Personal Wellbeing Services, Dementia Support Network, Tea House Reminiscence, Love to Move exercise, Independent Interpretation and Translation Services, Care Home Out Reach 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

