



華人身心健康 CHINESE WELLBEING

Issue 15
NEWS

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

March 2023
to May 2023

Hello to Everyone and welcome to our latest newsletter.

First and foremost I am delighted to advise you that Chinese Wellbeing has been presented with a special award by **The High Sheriff of Merseyside, Lesley Martin-Wright**.



Colin Ling (CEO)

The award is for 'great and valuable services to the community' and Di Burbidge and myself were honoured to accept the certificate at a special ceremony in The Athanaeum club in Liverpool last month.

All of the team at Chinese Wellbeing are pleased and proud to receive the recognition and we would like to thank all of our service users for the contribution they make to all of our events and activities.

We were also pleased to welcome the **Lord Lieutenant of Merseyside Mr Mark Blundell** to our Evergreen Club recently where he was entertained by our members singing some of their favourite songs and had the chance to view some of the art work they have been producing. We would like to thank the Lord Lieutenant for taking the time to visit us.

There is lots more in this edition of the newsletter about our recent activities and we are happy to consider contributions from our readers if they wish to share some of their photos or memories of Chinese Wellbeing events they have attended.

Best wishes,
Colin Ling (CEO)



Award received from The High Sherrif in recognition of great and valuable services to the community



The Lord Lieutenant of Merseyside visits Evergreen Club

Is your mobility preventing you from doing things you enjoy?



Finding it hard to take care of yourself?

Homecare Service



We are a well established home care provider regulated by the **Care Quality Commission (CQC)** and rated as Outstanding. We provide a person centred homecare service and have experienced bilingual home care staff available to support family members living with long term health conditions including dementia, mental health conditions, physical disabilities and

sensory impairments. 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 0151-7092643** (English, Mandarin and Cantonese)

Inspected and rated

Outstanding ☆





Wills and Lasting Power of Attorney Talk by Ann Forrester, Legal Executive

Following a recent workshop sponsored by **The Brain Charity** which explored the needs of carers and those receiving care, we received requests from participants for more information regarding the legal aspects of care planning. In response, we made arrangements with a fellow member of the **Dementia Action Alliance**, Ann Forrester from Jackson Lees to give a talk to our members. Ann explained in detail the importance of care planning and the ways in which to protect themselves and their family members.

The talk was very well received and has served to raise awareness of the potential issues which could arise in the absence of legal safeguards.



Wills and Lasting Power of Attorney Talk by Ann

Bowel Cancer Awareness Talk



Dr Cathy Hubbert delivered a presentation.

A recent NHS campaign urged people to use their bowel cancer home testing kit and raised awareness of the signs of symptoms of cancer. **The Central Liverpool Primary Care Network (CLPCN)** provided the opportunity for Chinese Wellbeing to gather community members together to help raise awareness of the key messages from the campaign.

A presentation was delivered by **Dr Katy Gardner** and **Dr Cathy Hubbert**, Dr's personal story helped to make the presentation very real, and everyone agreed the talk was extremely beneficial and certainly helped to increase knowledge and understanding on the importance of testing for early detection.

Thank you **CLPCN** for sponsoring the event, **Dr Katy Gardner** and **Dr Cathy Hubbert**, **Rahima**, **Hayley**, **Ann Marrie** and the team for arranging it. Thanks also to **Big Bowl Noodle** for the delicious food.

Healthwatch GP Focus Group



Members at the focus group with Healthwatch representatives and staff

Our members were pleased to share experiences of contacting their GP with **Healthwatch** representatives **Natalie James** and **Inez Bootsgezel**. The focus group highlighted continuing difficulties in accessing GP practices due to language barriers.

Members were very willing to participate knowing their involvement could help to make positive changes to future service provision.

awareness of the importance of spotting breast cancer early and the screening programme available. Those attending, between the ages of 50 – 71 years were urged to take up NHS breast screening invites, and for everyone to see their GP if they have any concerns.

A big thank you to **Central Liverpool Primary Care Network**, **Dr Cait Taylor**, and **Hayley** for sponsoring the event. Thanks also to **Rahima Farah** for your time and commitment to helping address health inequalities and ensuring our communities are informed and supported to attend the mobile breast screening unit at the Women's Hospital which is now in situ. If you are aged between 50-71 years with no breast cancer symptoms and would like support to access the mobile breast screening unit if eligible, we're here to help. Pls Contact **Nannan 0151-709 2643** to register your interest.

Women's Cancer Screening Event



Di (CW), Rahima (CLPCN) and Nannan (CW)

Following on from the success of the bowel cancer event, we were pleased to welcome **Rahima Farah**, Network Engagement Lead from Central Liverpool Primary Care Network to share information about signs and symptoms, myths and the truth behind the common misconceptions about breast cancer. The event helped to raise

Crane Art work presented to

PINE COURT HOUSING ASSOCIATION 



Colin (CEO of CW), David Brown (Director of Operations at Pine Court, Di (Service Development Manager CW)

Thank you to our Evergreen Club Arts and Crafts group, for two beautiful pieces of Crane artwork which were presented to Pine Court Housing Association to celebrate our long-standing partnership. The artworks are amazing and reflect the brilliant and creative talent of our members.

The Evergreen Club aims to improve the health and wellbeing of our community and reduce the social isolation faced by older members particularly those who live alone.

Our Greenspace Project- funded through the Green Recovery Challenge Fund re-commenced sessions in March. We are pleased to be one of 14 community groups funded to increase access to local green spaces to improve health and wellbeing. Walkers have enjoyed all the benefits that come with being more physically active and socially connected. New members enjoyed a day trip to Port Sunlight and to Birkenhead Park which has just been added to the UK's list of potential World Heritage Sites.

All agreed that outings to parks and green spaces helped them to maintain a healthy mind, body and spirit. For outings in May and June please contact Nannan 0151-709 2643 to make a seat reservation.

Evergreen Club Outings and Nordic Walking



Birkenhead Park



Marine Gardens



St John's Gardens



Crosby Coastal Park

Trips and outing aiming to promote physical and social wellbeing

Dementia Support Services and Tea House Reminiscence®


Cheshire and Merseyside

Chinese Wellbeing has received support from NHS Cheshire and Merseyside to reinstate our popular Tea House Reminiscence® and Dementia Network. Tea House is for anyone over the age of 55 years and aims to raise awareness of dementia and good brain health and to provide a safe space to enjoy culturally appropriate activities including memory box, reminiscence, singing, games, Love to Move exercise.

Our Chinese Dementia Support Network is open to anyone who has received a recent diagnosis and their carers. The Network builds 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. For further information, please contact Angel and Maggie on 0151 709 2643.



Memory Assessment Clinic



We were once again pleased to welcome Emma Stafford from NHS MerseyCare who leads the Dementia Care Navigator Team to meet our Tea House members. Emma talked about the pathway for getting a dementia diagnosis and the process if referred on to the Memory Assessment Clinic by your GP.



Feeding Tea House Reminiscence® Liverpool GOOD FOOD: OUR FOOD

Tea House members were delighted to be invited to be involved in the Feeding Liverpool Good Food, Our Food project, working with local photographer Emma Case to build a collection of food stories and images to form part of an exhibition. Chinese not only enjoy eating but believe cultural food is important to our wellbeing as it can bring harmony and closeness to the family and relationships.



Emma (Feeding Liverpool) Maggie (CW)

Members shared their cultural food stories with great enthusiasm and the serving of traditional snacks triggered many happy childhood memories. A good afternoon of sharing culinary heritage and strengthening connections through the sharing of recipes and stories was had by all. **Cultural food** is an essential component of person centred care and in maintaining health and wellbeing. Members were invited to join the launch of the **Good Food; Our Food** exhibition at The Black-E, 20th May from 12pm-3pm in celebrating the relationship between food, culture, and identity with our diverse communities.



Emma captures how Chinese food is cooked



Steamed Fish, symbolises wellbeing and prosperity

Liverpool Vaccine Confidence Project



The team from MSD and CHC on their visit to CW

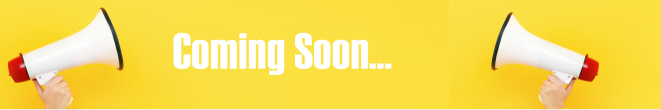
Chinese Wellbeing was approached by **Liverpool Public Health** to provide insight into a project exploring the reasons for vaccine hesitancy specifically amongst the older Chinese generation.

The **Pharmaceutical company MSD supported by Clark Health Communications (CHC)** are funding the project which is aimed at improving health literacy, addressing health inequalities and improving access to healthcare. Chinese Wellbeing met with the team involved in the project to share insights into possible reasons why the uptake of vaccinations to protect against pneumonia, flu and shingles are lower in the older Chinese population.

Thank you to **Zoe, Emily, Kirsty (CHC), Charlotte, Tuls and Jas (MSD)** for your genuine interest in the work of our charity and for your commitment in helping to improve health outcomes for the Liverpool's Chinese community. We look forward to working with you on the next phase of the project.

Sophie HuiJie Ma raised £261 for Chinese Wellbeing - A BIG THANK YOU !

During Chinese New Year, Sophie created a fundraising event- Red Envelope Appeal on **JustGiving** to raise money for our Charity. Sophie hosted an interesting Learn & Lunch on the tradition of red envelopes which was a great success with funds raised exceeding the initial target. Thank you Sophie for your amazing effort and your confidence in our work. Your kindness set an extraordinary example and has inspired many in the community. We are very grateful for everyone's generosity in supporting this fundraising appeal.



- Nordic walking 10th, 17th May
- Calderstone Park Day Trip 9th May
- Dragon Boat Festival Arts & Crafts Session 15th May
- Art Exhibition at Sefton Park
- Women's Cancer Screening sponsored by NHS CLPCN



You Shop, Retailer Donates To Us



Please support us through your everyday online shopping. Signing up is completely **FREE** and only takes a moment. Scan & Sign up now: A little change makes all the difference. For further information, please contact **Sarah** 0151-709 2643, or wechat us.



Scan the QR code and follow us on WeChat



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**.