



華人身心健康 CHINESE WELLBEING

Issue 16
NEWS

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

May 2023
to July 2023

Hello to Everyone and welcome to our latest newsletter.

Once again I am pleased to say that we have been involved in a number of events and I must thank our members and our staff team for their wonderful contributions. The feedback from the Arts and Wellbeing

Exhibition at the Palm House was excellent and many people enjoyed a day out learning about Chinese



Colin Ling (CEO)

culture. Among the other successful events the photographic exhibition drew praise particularly when our members sang some Cantonese songs to the delight of those attending. Please continue to support us and please contact us if you think we can support you in any way.

I would like to wish everyone a very happy and relaxing Summer break!

Best wishes,
Colin Ling (CEO)



Spring Booster Vaccination and Health Check Pop Up Event

Once again, in partnership with **Cheshire & Wirral Partnership NHS Foundation Trust** we provided support at a Mobile Pop Up Health Check Clinic at the **Chung Wah Supermarket**. The aim was to provide easy access to Covid-19 vaccines and physical health checks. Many thanks to Chung Wah Supermarket for supporting the event, Cheshire and Wirral Partnership NHS Foundation Trust, **Living Well Bus Services** and our dedicated team in making this event a great success. Watch this space for details of the next pop up event.

中華超市 Chung Wah Supermarket Thank You

Your support allows us to continue to fulfil our mission and serve people in our community.



Thank you to **Chung Wah Supermarket** for their continued support towards our charitable mission to serve people in our community.

Not only have Chung Wah raised funds by holding a donation bucket on our behalf, but the awareness they drive locally about our work is invaluable to the charity.

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)



Chinese Dragon Boat Festival Arts and Wellbeing Exhibition at Palm House

The Dragon Boat Festival is an important traditional Chinese festival held in remembrance of a famous patriotic poet, Qu Yuan. Chinese people place a strong emphasis on traditional values and cultural activities, especially the older generation who seek to preserve and uphold this popular celebratory event. Evergreen Club arts group was delighted to share traditional customs of the festival through an Arts Exhibition featuring wellbeing and cultural diversity and exchange.

The exhibition was open to visitors from 18th - 21st June at Sefton Park Palm House. Members visited the exhibition and left feeling a sense of accomplishment and pride at having their artwork on display. The exhibition was a great success and engaged the local community in

Chinese culture and traditions. Those taking part would agree that creative and cultural participation is a key contributor to wellbeing and an improved quality of life. We would like to give a big thank you to the **National Lottery Heritage Fund, Sefton Park Palm House** for hosting the exhibition, **Confucius Institute Liverpool** for gifting a Festival calligraphy and our dedicated staff team and Arts Group for their wonderful contributions which made the exhibition such a success.



Members visit the exhibition at the Sefton Park Palm House



Evergreen Club Trips and Outings

Our **Greenspace Project**- funded through the **Green Recovery Challenge Fund** recommenced sessions in March and our recent revisit to **Sefton Park Palm House** marked the final outing of the programme. Evergreen Club serves as a platform for its members to stay in touch with their friends, family and community which all helps to maintain a positive lifestyle. Some of our older members don't have the confidence to venture far from the familiarity of the Chinatown area. Club outings to explore local attractions therefore continue to be very popular with our members. The project provided the opportunity to explore our local parks and green spaces where members enjoyed the beautiful scenery and the historical and natural attractions with the benefit of being more physically active and socially connected. The return visit to the Palm House triggered a lot of pleasurable memories and prompted much discussion. Evergreen Club focuses its activities on physical and mental wellbeing and community participation in the promotion of the **5 Ways to**

Wellbeing. It has been rewarding to receive so much positive feedback from members about the benefits of the outings which have enhanced friendships and helped to reduce social isolation and loneliness.



Dementia Support Services and Tea House Reminiscence®



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.

Members take a trip down Memory Lane among the childhood memorabilia at a recent Tea House Reminiscence session. Sharing stories of their early childhood experiences and memories of the olden day brings back the nostalgia of growing up. The session helps members by focusing on positive and rewarding aspects of their past to support positive thoughts. Everyone enjoyed the childhood snacks which brought back moments in time they had long forgotten. 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.



Do you need assistance with housework or preparing meals?

Would you like a companion when you go shopping?

Have you experienced a change in your circumstances?

Not sure where to get help?

Personal Wellbeing Service

Language and cultural barriers can cause difficulties when trying to access mainstream services. Our Personal Wellbeing Service has helped many clients to overcome these barriers. We can help you. For more information and a free of charge preliminary assessment, please contact **Mark** or **David** 0151-7092643 (English, Mandarin and Cantonese)



Coming Soon...

Our Team will be taking a small summer break! We will be pausing all Evergreen Club activities, including Liverpool Chinese Dementia Support Network and Tea House Reminiscence in **August** to give our team a little time off before summer ends. We look forward to welcoming you back in September.

Mid Autumn Festival 29th September



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**.