



華人身心健康 CHINESE WELLBEING

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

Issue 17

NEWS

July 2023
to September 2023

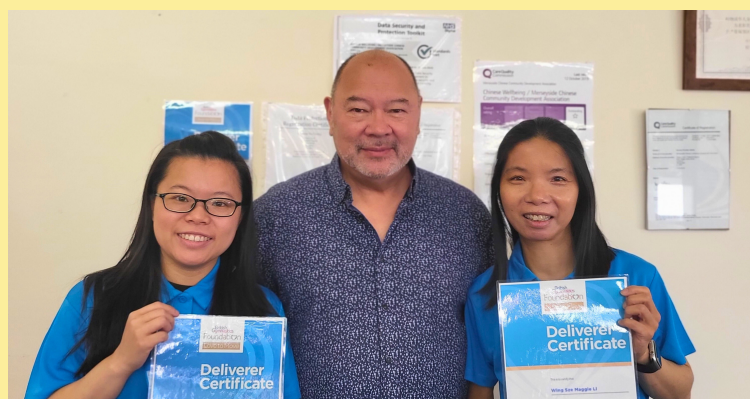
Hello to Everyone and welcome to our latest newsletter.

From Dumpling making to Childhood Day Reminiscence, from Health and Wellbeing Event to Congratulations for our team members completing **Love to Move** training we have lots of interesting articles. I would like to thank our team for their dedication. They spend many hours planning and organising activities to create great events for our service users and the community. Summer can be a great time of year with family outings creating fun memories and happy times. This is no different for our team and during our short Summer break some of our staff and families attended a production of Alice in Wonderland at the **Liverpool Playhouse**. Everyone had a great evening out at the theatre with their families. Thanks to Liverpool Everyman and Playhouse for the community rate tickets.

Best wishes, Colin Ling (CEO)



Colin Ling (CEO)



Colin (CEO) congratulates Maggie and Angie on completing Love to Move Training



Evergreen Club Celebrates Summer with Dumpling Making Day!

Evergreen Club Embraces the Summer with a Joyful Dumpling Making Day!



The Evergreen Club held a **dumpling making day** on 24th July to mark the summer break. The event was a great way for members to come together and learn about Chinese **culture** and **tradition**. The club had been planning this day for weeks, as Dumplings symbolise good luck, wealth and prosperity in Chinese Culture, and everyone was...

**More Excitement
Awaits on the Next Page!**

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)

Are you struggling with your
mobility?

Or finding it difficult to take care of
yourself?



Inspected and rated

Outstanding ★





excited to get started. Members were divided into groups and started making dumplings. As members worked, they shared stories about their families and cultures. Some members had never made dumplings before, but they picked things up very quickly. The members enjoyed eating the dumplings and talking about their experiences. They all agreed that it was a **fun and educational event**. In addition to having fun, the act of making dumplings is a mindful activity that requires **focus and concentration**. The event enabled members to connect with each other and **build relationships**. Everyone agreed that they would do it again next year. Making dumplings with your elders is a great way to connect with them and learn about their culture. It is also a fun and rewarding activity that can help to improve our **wellbeing**. So why not gather your family and friends, and get together to make dumplings this autumn?



Health and Wellbeing Event: A Great Way to Engage Our Community!

We're delighted to share our recent participation in the Health and Wellbeing event at **The Bridge Community Centre**! As a charity dedicated to serving our community, it was heartwarming to witness

the **positive** impact of such an event. The event was truly an incredible experience, offering **valuable resources** for the public to access **essential services**, receive advice, and find the support they need within our communities.

We were pleased to **connect** with fellow **community** members, **exchange insights**, and learn about the amazing initiatives taking place. We were inspired by the collective commitment to wellbeing and are excited to collaborate and make a positive difference together.



Members visit the Health and Wellbeing event at The Bridge Community Centre



Dementia Change Action Network - Dementia Urgent/Emergency Care Plan

My Dementia Urgent/Emergency Care Plan

My name:	NHS number:	Add photo here
I like to be known as:		
Who I am. Things I do when I am well/something about me as a person:		
How I communicate		
When I'm anxious:	When I'm calm/happy:	
Summary of my health conditions:		
Three important things I want you to know		
1. Additional support I might need e.g. interpreter:		
2. What sort of things can help to keep me calm:		



**DEMENTIA
CHANGE
ACTION
NETWORK**

Dementia Change Action Network (DCAN) has been exploring dementia care in emergency hospital settings, looking at ways to make it better for everyone.

In collaboration with people with lived experience and the **NHSE** they have co-designed a new document which is for people to take to hospital with them to facilitate the delivery of **personalised care** and support in busy hospital departments.

Discover more about the Hospitals Project and download the personal wellbeing plan for **emergencies document** [here https://dcan.org.uk/projects/hospitals/](https://dcan.org.uk/projects/hospitals/)

If you need help completing the form, please contact our **Dementia Champions, Angel** or **Maggie** on **0151-7092643** who are always happy to assist.

Dementia Support Services and Tea House Reminiscence®

Tea House Reminiscence® recently hosted two parts of **Childhood Day Reminiscence** event, which was a great success. Members enjoyed participating in a variety of childhood games, such as hopscotch, pick-a-sticks, and marble ball games. They also enjoyed sharing stories and connecting with their past.

The session was a positive and uplifting experience that helped members to focus on the good things in their lives, in order to promote positive thinking. Activities can help members to recall past experiences, reflect on their life journeys, and rediscover their sense of identity and purpose.

Tea House provided a safe and supportive environment for members to share their memories, allowing them to tap into the benefits of reminiscence and to connect with old and new friends, much like the tea houses in Hong Kong and China. Engaging in

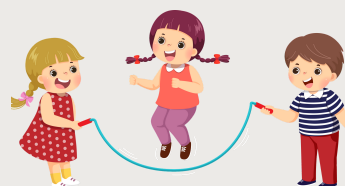
reminiscence activities can have a profoundly positive impact on a person's **mental health** and wellbeing. The event also provided a valuable opportunity for members to use reminiscence to stimulate their long-term memories and language skills by remembering and talking about the past. We are delighted with the event's outcome and anticipate hosting more reminiscence sessions to assist in raising awareness of **dementia** in our community. We hope you will join us for our next event!

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**.



Cheshire and Merseyside



Members enjoyed participating in a variety of childhood games, such as hopscotch, pick-a-sticks, and marble ball games.

Empowering Our Team: Staff Development News and Updates Congratulations to Angel and Maggie!

our **Dementia Champions**, on their successful completion of the **Love to Move** training programme! Developed by the **British Gymnastics Foundation**, this program aims to help improve the quality of life for those living with **dementia** and promote better movement and functionality among older individuals. **Angel** and **Maggie** are now fully trained Licensed Love to Move Practitioners, and they will be delivering this unique programme to members of our **Liverpool Chinese Dementia Network** and **Tea House Reminiscence®** on a monthly basis. The programme, adapted by experienced practitioner

Julie and delivered in Cantonese, has yielded positive outcomes, with members feeling more energised and reporting improved mood and cognitive function, coordination and the ability to carry out activities of daily living more independently.

The **Love to Move** exercises have proven effective in enhancing cognitive function and physical abilities for everyday tasks. Additionally, Maggie and Angel will facilitate engaging activities such as memory box, reminiscence sessions, and brain health games to further support members' wellbeing. We are excited to see the continued impact of the **Love to Move** Programme and look forward to working with **Angel** and **Maggie** in the future. Please keep an eye out for our next Tea House event in September. We hope to see you there!



Colin (CEO) Extends Heartfelt Congratulations to Maggie (Left) and Angie (right)



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?

Need help breaking down language barriers when applying for welfare benefits?

Personal Wellbeing Service

Our PWS offers support services in various areas:

- ✓ **Household assistance** (cleaning, cooking, shopping)
- ✓ **Companionship** (appointments, shopping, walks)
- ✓ **Welfare benefits guidance** and application assistance
- ✓ **Language support** (translation and interpretation)

We have assisted many clients in navigating the social care system. For more information and a **free** of charge **preliminary assessment**, please contact **Mark** or **David** 0151-7092643 (English, Mandarin and Cantonese)



We can help you.

Coming Soon...

Tea House 18/9, 30/10

Dementia Support network
4/10, 1/11, 6/12

Mid-Autumn festival celebration
(exclusive to members only) 25/9/2023

Halloween Theme Arts & Craft Zoom Class 27/10/2023



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Retailer Donates To Us



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Scan the QR code and follow us on WeChat

