



# 華人身心健康 CHINESE WELLBEING



## Evergreen Club



### EMPOWERING ELDERS, ENRICHING LIVES

Evergreen Club is one of the most successful projects operated by Chinese Wellbeing. Our award winning Club acts as a platform for members to stay in touch with their friends, family and community and maintain a positive life-style.

The aim of the Club is to promote social interaction and inclusion among older people who may otherwise experience social isolation and difficulties in accessing mainstream services due to language and cultural barriers.

Scan the QR  
code for more  
information



## EVERGREEN CLUB OFFERS



Indoor activities include games, karaoke, Choir, exercise, Pom Pom Dancing, arts and crafts.



We hold parties to celebrate traditional Chinese festivals and members birthdays.



Regular bi-lingual seminars/workshops on health and social welfare issues.



Organised trips to cultural and historical places of interest and local green spaces.

## MEMBERSHIP OPEN NEW MEMBERS WELCOME

Membership fee is £5.00 per annum renewable each year on 1st April. Members will be issued with a membership card and will be required to show this as identification prior to accessing any of the aforementioned services/discounts. If you are 55+, want to make new friends in a safe and fun environment, please join Evergreen Club now!



We are making friends, enjoying Health Talk, exercising, and cultivating sentiment in art. It leads us on the road to longevity as it brings us happiness and confidence.

Hui Hua Member



My mum has been attending weekly arts & crafts and dance classes over Zoom since being discharged from hospital. Rediscovering Mum's creative talents has done her the world of good and I know she enjoys the classes each week.

Mel Member's daughter

## MEMBERSHIP BENEFITS:



Priority access to our group activity sessions nominal entry fee



Free access to our online arts and crafts sessions



Free access to our online Love to Move exercise programme



Free regular wellbeing call and texts



Monthly/Bi-monthly programme leaflets keeping you up to date on Club News. (Free of charge)



Opportunity to participate in Chinese Wellbeing Health Projects, e.g. Green Space Project subject to funding



8 % discount offered by Chung Wah Supermarket (any purchase £10 or over) St James Street Liverpool L1 5JN. (Discounts are subject to availability and may vary)

[www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk)

Grant Funded by



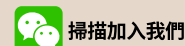
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**0151 709 2643**



Staten Court, Tradewind Square,  
East Village, Duke Street,  
Liverpool L1 5BG  
Charity Registration No 1001288  
Company Registration No.2446695





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## 常青俱樂部



## 賦能長者，豐富生活

常青俱樂部是華人身心健康運營其中最重要的成功項目之一。我們屢獲殊榮的俱樂部是為會員與朋友、家人和社區保持聯繫並保持積極生活方式的平台。

俱樂部旨在促進中老年人之間的社會互動和包容，否則他們可能會因語言和文化障礙而遭受社會孤立和難以獲得主流服務。

Scan the QR code for more information



## 常青俱樂部有什麼優惠？



室內活動包括遊戲、卡拉OK、合唱團、運動、年長拉拉隊舞，愛運動，藝術和手工藝。



我們會舉辦派對慶祝中國傳統節日和會員慶祝生日。



定期舉辦有關健康和社會福利問題的雙語研討會/講習班。



我們會組織前往文化和歷史名勝以及當地綠地一日游的旅行。

## 招募會員，歡迎新會員參加

會員費為每年 5.00 英鎊，每年 4 月 1 日可續訂。會員將獲得一張會員卡，並需要在使用上述任何服務/折扣之前將其作為身份證明。如果您 55 歲以上，想在安全有趣的環境中結交新朋友，請立即參加常青俱樂部！

“我們在這裡結交新朋友、聽健康講座、健身運動帶我們向長壽路上行走；在繪畫中陶冶情操。使我們增加了生活的樂趣和信心。

慧華 會員

“出院後，媽媽每週都會通過 Zoom 參加畫畫和手藝和愛運動網班。重新發現媽媽的創造才能給了她更美好的生活體驗，我知道她很喜歡每週的網班。

Mel 會員女兒

## 會員優惠包括以下好處：



以象徵性的入場費，優先參加我們的團體活動



免費參加我們的網絡在線藝術和手工藝班



免費參加我們的每週網絡在線 Love to Move 運動計劃



免費定期電話和短信健康問好



每月/雙月俱樂部計劃傳單，讓您隨時了解俱樂部新聞。（免費）



參與華人身心健康項目的機會，例如受資助的綠地項目



中華行超市提供 8 % 折扣（任何購買 £10 或以上）St James Street Liverpool L1 5JN。（折扣視供應情況而定，可能會有所不同）

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掃描加入我們



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