



# 華人身心健康 CHINESE WELLBEING

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

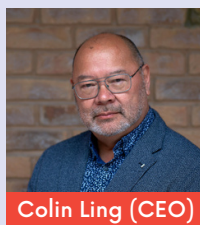
Issue 19

## NEWS

November 2023  
to Jan 2024

Happy New Year everyone and  
welcome to our latest newsletter.

I wrote the introduction to our very first Newsletter in the last year of the Dragon in 2012 and so all these years later I would like to wish you all **Good Health** and **Prosperity** in the forthcoming **Year of the Dragon**. I don't know where the time has gone but Chinese Wellbeing has supported many people, developed new services and made many new friends in those years. You can read about our latest events, services and collaborations in this Newsletter. Please feel free to contact us on the numbers given if you would like to ask about our services.



Colin Ling (CEO)

Best wishes, Colin Ling (CEO)

## Club Members Enjoy Christmas Celebrations 2023



A Very Merry Christmas Party was enjoyed by all...

The spirit of **Christmas** was clearly evident when we came together to enjoy the festive celebrations. A sincere thank you to our continued sponsor, **Chung Wah Supermarket**, our generous member sponsors for their magic touch, and talented musician **XiaoXiao** whose Guzheng melodies led a joyful Christmas singalong. We also extend our gratitude to the families of our members who made it possible for them to join us. Thank you to everyone for being a part of such a joyful celebration which was a testament to the strong bonds and sense of community within the Club.



A Holiday Gathering for Our Valued Community

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** (English, Mandarin and Cantonese)

We can help you.



0151-709 2643





## Spreading Christmas Cheer to Pine Court Residents with Festive Arts and Crafts!

Pine Court residents came together to celebrate the holiday season with a delightful Christmas arts & crafts event led by our Community Champion and Activities Coordinator, **Nannan Lu**. Residents enjoyed creating festive ornaments, making crafts and participating in the British Gymnastic Foundation **Love to Move** exercise delivered by our licensed practitioner **Julie Lo**. The event fostered a sense of community and encouraged everyone to embrace the **5 Ways to Wellbeing**. We would like to thank Pine Court Housing for their support with our winter programme.



CHH Residents enjoyed creating festive ornaments.

## Thank you to the Big Help Project for supporting a wellbeing day trip to Southport



Nordic Walking and Bowling day trip at Southport...

The community came together for a day of invigorating **Nordic walking** and friendly **bowling**, fostering connections, laughter, and most importantly, **enhancing physical, mental and social wellbeing**. The event served as a reminder of the power of **community engagement** and the transformative effects of physical activity on both our bodies and minds. We would like to thank the **Big Help Project** for their generous sponsorship which enabled us to bring people together and promote the importance of wellbeing in all its forms. We received a lot of positive feedback and wish to thank everyone for making it such a wonderful day out.



## Community Embraces Lung Cancer Awareness with Northwest Cancer Research



Cara Newton, delivered an interesting presentation.

The North West's total death rate for trachea, bronchus and lung cancers is 25% higher than the national average. In Liverpool, lung cancer rates are 44 % higher than the national average. It mainly affects older people, with nearly half of those diagnosed being over 75. In response to these concerning statistics, we invited **North West Cancer Research** to raise awareness of lung cancer with our members. **Cara Newton**, who is not a stranger to the Club, gave an informative presentation on the signs, symptoms, and risk factors of lung cancer, and the importance of early detection in improving

treatment outcomes. We wish to thank North West Cancer Research for their support in helping to raise awareness about lung cancer and the importance of early detection. We encourage people aged 55-74 years old who have a history of smoking to attend a lung health clinic - currently taking place virtually. The **screening programme** is being offered in **Liverpool, Halton, Knowsley, St Helens** and **South Sefton**. If you have any concerns whether a smoker or non smoker, please book an appointment with your GP. [Learn More](#)

### See a GP if:

- You're worried about **symptoms of lung cancer**, such as:
- a cough that does not go away after 3 weeks
  - an existing cough that changes or gets worse
  - chest infections that keep coming back
  - coughing up blood

- being short of breath a lot
- unexplained tiredness
- an ache or pain when breathing or coughing
- loss of appetite or unexplained weight loss



Do not wait for a lung health check if you have any of these symptoms.

## David turns 60, but his passion for helping never ages!



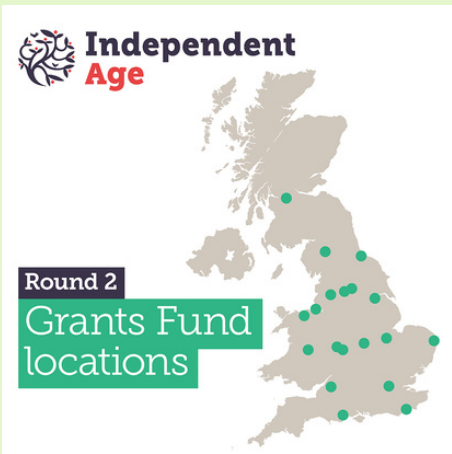
David, Senior Care Manager turns 60!

It was time for celebrations as **David**, our **Senior Care Manager**, turned 60! Nearly 21 years at Chinese Wellbeing and his passion for helping others remains strong. He draws immense satisfaction in helping the elders navigate life's challenges and resolve everyday issues which all contributes to improved mental health and wellbeing. At the celebration, David thanked all his amazing colleagues for their friendship and support over the years. He reminisced about starting in 2003, never expecting such a remarkable career after overcoming severe injuries in a car accident. Staff members shared stories of his kindness, humour, wisdom and support. As David embarks on this new chapter, we know his dedication and infectious optimism will only brighten our future.

Here's to many more years of laughter, service and making a difference, David!



## Chinese Wellbeing Receives Independent Age's Cost-of-living Grants Fund



### Good news!

We're delighted to share the news that our application to **Independent Age** for a grant to help older people with the cost of living was successful! We are one of 27 organisations that have received a grant from Independent Age. This grant is from £1 million fund they set up to give to charities that work directly with older people to help those struggling with the **cost of living**. This funding will help us extend our support to meet the demand from older people over the coming months. It means that we can reach not just the people who already know about us and would usually come to us, but also go further in helping us make a positive difference. We would like to thank Independent Age for their funding, which will help us support more older people in the community this winter and beyond. Find out **More**. If you are **over 65**, and would like to know **how we can help** please contact **David** or **Teresa**

## Celebrating a Decade of Commitment: The Liverpool Dementia Action Alliance 10th Anniversary



Lizzie Salter ( House of Memories Programme Manager), Jack Coutts ( Chair of LDAA ), Ruth Eley ( Vice-Chair)

Chinese Wellbeing is an active member of the **Liverpool Dementia Action Alliance (LDAA)**, which recently marked its **10th anniversary** with a day of reflection and celebration at the Museum of Liverpool!

The LDAA has a membership of over 90 organisations who are committed to creating a **dementia-friendly city**. The day was filled with insights into the achievements of the last decade, from raising awareness to advocating for Liverpool's diverse communities.

**Di Burbidge** our **Service Development Manager** and **Chair of the LDAA Diversity Sub Group** gave a brief overview of some of the key achievements and projects which have helped to raise awareness of dementia and advocate for the needs of **Liverpool's Black, Asian and minority ethnic communities**. Di gave personal thanks to members of the LDAA Coordinating Group for their invaluable expertise and guidance over the years which have helped to shape Chinese Wellbeing's **dementia support services**. We also took the opportunity to connect with fellow members, share knowledge and discuss future priorities. A special thank you to members of the **Diversity Sub**

**Group**, **Irish Community Care**, **Back to Life Liverpool** and **Mary Seacole House**, for their unwavering commitment to providing culturally appropriate dementia support within their respective communities. Want to learn more about our services? We will be at the **Liverpool Dementia Information Day** on Thursday March 14th 2024, held at **Liverpool Central Library** between 10am - 4pm. Come and meet the team at our stall!



Di Burbidge talked about some of the highlights from the past ten years.



# TIMES Chinese Patient and Public Involvement and Engagement (PPIE) Advisory Group



華人身心健康  
CHINESE WELLBEING



Di (Service Development Manager), Prof. Ian Maidment (Programme Manager) and Chinese PPIE Group



**Chinese Wellbeing** has been involved in an **NIHR research** study led by **Professor Chris Fox** of University of Exeter for over 12 months. **The Tailored Management of Sleep (TIMES)** study aims to design and test a tool to help people with **dementia** or **Mild Cognitive Impairment**, carers and professionals to produce tailored care plans around sleep and improve sleep disturbance and reduce harm from sleeping medicines. Chinese Wellbeing has been successful in creating a **Chinese Patient and Public Involvement and Engagement (PPIE)** Advisory group through which the academic team has been able to capture very diverse perspectives which will assist in the design of the TIMES intervention which is a unique and tailored approach.

The PPIE Group met again recently and on this occasion, were able to welcome **Professor Ian Maidment** from Aston University, also part of the study, to Liverpool to meet in person. As in previous meetings, the Group was given the opportunity to share their diverse perspectives and valuable insight all of equal importance when tailoring interventions to individual needs. The academic team was also interested in hearing views about using **mobile technology for medication management in older people**. We believe our Group's participation is paving the way for better understanding, support and helping people find the best approach for their unique needs. We appreciate the support of all participants.

Want to learn more about this impactful project or how you can get involved in PPIE? Click [Here](#)



Coming Soon...



**Tea House** 29/1, 26/2, 25/3

**Dementia Support network**

7/2, 6/3, 3/4

**Evergreen Club CNY Celebration at the Mayflower Restaurant** 5/2/2024 ( booking essential)

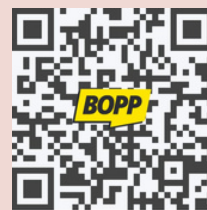
**Liverpool Dementia Information day at Liverpool Central Library.** 14/3/2024

**You Shop,  
Retailer Donates To Us**



Please support us through your everyday online shopping  
Sign up <https://bit.ly/3EA1oEE>

Making a **regular gift** to Chinese Wellbeing is invaluable. For as little as £3 a month, you can help us continue our important work at Chinese Wellbeing. Make your gift today by scanning the **QR code** to donate online.



As the Chinese New Year approaches, wishing you great luck and happiness in the Year of the Dragon. Thanks for being a part of our journey.

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

Grant Funded by



**P. H. HOLT  
FOUNDATION**

Supported by players of



Awarded funds from



Scan the QR code  
and follow us on  
WeChat

