



Bishop Ho Ming Wah Association & Community Centre

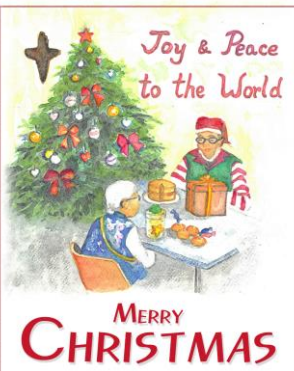
Registered Charity No.290398

To enhance & improve the quality of life of all residents, particularly Chinese, in London

December 2022

Dear BHMWA Members & Friends

It was so heartening to see the Centre buzzing again with joy and laughter in recent weeks. We might be feeling the winter's first big chill, yet over fifty of us turned up at the Christmas celebration on 9 December amidst the winter cold. Thanks to everyone who had helped to make it an enjoyable time for those who came. Earlier on 25 November, we had the Lions Club of Convent Garden London hosting a Christmas lunch at the Centre for sixty seniors of the Chinese community. It provided a great opportunity for meeting new friends.



Christmas Lunch, 9 December



Our amazing staff and volunteers

Over the past 35 years the Association has worked to promote active living, reduce social isolation, and instil a strong sense of community. Our members and volunteers are the driving force in shaping what we do. A big welcome to those who have recently joined the Association as members or volunteers.

After two years of virtual meetings, we are delighted to announce that the 2022 Annual General Meeting of Association Members will take place in February as an in-person meeting. Hope you can come. We look forward to hearing from you how we can improve our services.



Christmas Lunch, 25 November

Invitation to AGM of Association Members

Saturday 4 February 2023, BHMWA Community Centre

11:30am Annual General Meeting for Voting Members

1:00pm Lunch

1:30pm Entertainment and group activities

R.S.V.P. 24 January

2023 Membership

To renew your membership in the new year, you can pay at the Centre or via bank transfer (giving your full name as reference).

Membership fee is £12.

As the cost-of-living crisis set to get harsher over the coming months, it is not hard to imagine how this might make people feeling stressed and anxious. We urge you to stay active, keep warm and eat well during the winter months. At BHMWA, we are committed to making our services accessible to all and offering practical support to improve the life of those in need. The Centre will resume activities on Thursday, 5 January after the Christmas break. In the new year, we will organise new classes, festivity celebrations and an overseas trip. Join us at the Centre for a hot lunch, exercises or art classes, or just pop in for a chat.



As part of celebration of the Year of the Rabbit, there will be delicious home-made traditional cakes to pre-order.

New Year Rice Cake (年糕) £10 each; Turnip Cake (蘿蔔糕) £15 each

Collection dates: 12 January and 13 January

Chinese New Year Fundraising Lunch at Chinatown

Date & Time: Friday, 20 January 2023 at 1:00pm

Venue: New Loon Fung Restaurant, 42-43 Gerrard Street, London W1D 5QG (Phone 02072879026)

Menu: Selection of Cantonese Dim Sum, BBQ roast pork & roast duck, stir-fry vegetable, special fried rice and rice noodle.



Charges: £28 per head



8 Days/7 Nights Northern Europe Cruise

Dates: 24 February (evening) until 3 March (morning)

Destinations: France, Belgium, Netherlands & Germany

Fee: £400 pp (shared double), £500 pp (single room), £650 pp (balcony shared double)

Our work to support new arrivals is ongoing. The “English Buddy” scheme has taken a lot longer than anticipated to develop and is still work-in-progress. We will jumpstart a new series of in-person workshops aiming at those who came after mid-2022. Please share this with anyone who may be interested in British life and culture. Contact us for more details.

Living in the UK Workshops

2023 Series 1 : National Health Service and UK Taxation

What is the NHS and how to access healthcare service?

Why you may be liable for UK taxes? What is the impact of the latest tax changes?

Presenters: Dr Pang Han Ng (GP); Alice Chan (Chartered Accountant)

Date & Time: Saturday 18 March 2023, 1:00pm to 4:00pm

Venue: BHMWA Centre

We welcome a donation of £20 towards future development of this programme



Wishing you all a very happy Christmas and a joyful New Year!

Alice Chan, Chair of BHMWA Council



Community Centre Opening Hours

11am to 4pm, Tuesdays, Thursdays and Fridays

Upcoming * Sketching & Watercolour *

Are you interested in learning the fundamentals of drawing and observation?

Do you want to learn how to use a variety of materials and techniques including pencils, pens and watercolour, exploring genres such as still life, landscape and the human form?

Tutor: Mr. David Tai

Date & Time: Thursdays, 2:15pm – 4:15pm from 5 January 2023

Contact us to find out more

Chinese Calligraphy



Tutor: Mr. S C Yau

Date & Time: Thursdays, 12:30pm – 2pm from 5 January 2023

Fee: £13 per session (£52 for four)

Bring your own brushes, ink and paper

New * TCM Self-care Workshop *

Presenter: Dr Qikan Yin

Topic: Tui Na (推拿) massage – basic techniques and benefits

Date & time: Friday 31 March at 1:15pm

You can attend online or in person

Tai Chi (18 & 24 styles)



Tutor: Ms. S C Wong

Date & Time: Thursdays & Fridays at 11am from 5 January 2023

Fee: £2 per session; Guests pay £3

Introduction to Digital Skills

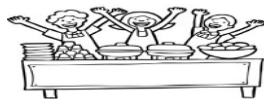


Learn how to use mobile phone and digital media to access information important in your daily life.

Tutor: Mr. William Lee

Contact us to arrange a date & time

Lunch on Fridays



Date & Time: Fridays at 12:30pm, from 13 January 2023

Fee: £6.50 for 2-course lunch with soup; Guests pay £7.50

Chinese Mandarin (Pǔtōnghuà)

Tutor: Edith Lau

Date & Time: Fridays, 1:15pm - 2:30pm from 13 January 2023

Fee: £30 for 10 sessions

You can attend online or in person

Online Activities (on Zoom)

Advanced booking is essential



Chinese Painting (online)



Tutor: Mr. William Cai
Dates & Time: Tuesdays, 1pm - 2pm, start date in January to be confirmed.
Fee: £50 for 5 sessions



**Ma Wang Dui Dao Yin
 Shu- 馬王堆導引術
 Health Qigong
 (Online)**

Tutor: Ms. Shirley Ng
Dates: Tuesdays, 9:30am - 10:30am, from 3 January 2023
Fee: £10 for 5 sessions

TCM Health Talk (online) by Dr Qikan Yin

Topic 1: Spring eating tips inspired by Traditional Chinese Medicine

Date & Time: Wednesday, 11 January at 2pm

Topic 2: Chinese medicine diet for Spring

Date & Time: Wednesday, 22 February at 2pm

Health Talk (online)

by Dr Pang Han Ng

Topic: National Health Service (NHS)

Date & Time: Monday, 30 January at 8pm

Health Talk (online)

by Dr Ronald Lo

Topic: Gastric Reflux

Date & Time: Monday, 20 February at 2pm

How to contact us?

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Email: enquiry@bhmwa.com



Chat-after-Lunch (online)

Topic: Chinese New Year traditions and taboos

Date & Time: Monday, 16 January at 2pm

Hosts: Dr Ronald Lo & Revd Paul Lau