



# 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

## June 2023

Dear BHMWA Members & Friends

Welcome to the new members of the Association and also to those who recently returned after a long absence. Isn't it great to see the Community Centre buzzing again with people's laughter and social exchanges? In the last quarter, we had 40 turned up at the Coronation Party and over 40 joined the Dragon Boat Festival celebration. The two new dance classes have attracted a regular attendance. Thanks to the support of Dr Qikan Yan, the TCM self-care workshop will continue to meet as a group event once a quarter from now on.



Welcome workshop (June 23)



Coronation Party (May 23)



Summer Walk (May 23)

We encourage everyone to stay active by taking part in activities on a regular basis, regardless of whether your aim is for healthy living, educational or recreational interests or making social acquaintance. The Living in the UK Programme designed to welcome new arrivals is not exclusive to immigrants from Hong Kong. Please join us in making the Centre a welcoming place for all. Your suggestions and feedback matter, whether big or small, ensuring our work to focus on what are important to you.

In 2024 the Association will reach a 40<sup>th</sup> year milestone since incorporation. The Council (board of trustees) is of the view that we should take this opportunity to review its identity, and where necessary, to reshape the organisation for securing a sustainable future.

The successful delivery of our charitable mission is dependent on the amazing volunteers being an integral part of the team. From trustees and campaigners to activity helpers, your contributions have been invaluable especially in recent times when we struggle under increasing financial pressure.

We will soon start a campaign to recruit volunteers. There is much more to being a volunteer than giving back. Volunteering can keep you mentally stimulated, connect you to others and provide a sense of purpose. The Association has many roles that you can put your skills and knowledge into good use. We will be delighted to hear from you.

Alice Chan, Chair of BHMWA Council

**Special Events at the Community Centre**



**Chinese Calligraphy Public Exhibition**

**Dates & time:** 26 June to 14 July from 1pm to 4.30pm (on Tuesdays, Thursdays and Fridays only)

The exhibition shows the calligraphy works of Master Sheung-Chak Yau, a renowned calligrapher and seal carver from Hong Kong. Master Yau won multiple awards including the gold medal of China’s National Literary Couplets Calligraphy Competition. His works have also been exhibited in China, Japan and France.

**Chinese Calligraphy Workshop with Master S C Yau**

**Date & time:** Saturday 8 July from 12 noon to 5pm

Master Yau will give a talk on the evolution of this ancient Chinese art form (from 2pm to 4.30pm). There will be demonstration of the different styles of Chinese calligraphy. The media of communication is Cantonese.



**Both events are open to the public**

**TCM Self-care Workshop with Dr Qikan Yin**

**Topic:** How to treat high blood pressure, high blood sugar and high cholesterol

**Date & time:** Friday 25 August at 1:15pm



**Mid-Autumn Festival (中秋節) Celebration**

**Date & Time:** Friday 22 September at 12:30pm

**Fee:** £12 each for 4-course lunch; Guests pay £13

**Chat-after-lunch with Rev Paul Lau**

**Topic:** Highlights and lowlights retrospective

**Date & Time:** Friday 22 September at 1.15pm



**Community Centre Opening Hours**

**11am to 4pm, Tuesdays, Thursdays and Fridays**

**How to contact us?**

**Phone:** 020 7766 1141

**Mobile:** 078346 11610 Edith Lau

**WhatsApp:** +44 78346 11610

**Email:** [enquiry@bhmwa.com](mailto:enquiry@bhmwa.com)

**Day Trip and European Cruise**



**Visit to Box Hill** – a perfect place for individuals or families to enjoy a good stroll in beautiful countryside.

**Date:** Wednesday, 30 August

**Meeting point:** 10am at Victoria Train Station

**Cost:** £18 per person or £12 (with Freedom Pass)



**Germany, Netherlands & Belgium from Southampton**

**21 October to 28 October (7 nights)**

Please register your interest to receive more details of the trips. Booking closes on 18 July.

**Regular Activities at the Community Centre**

**Latin Fun**

**Tutor:** Ms. Janet Tang

**Date & Time:** Fridays, 3pm – 4pm

**Fee:** £4 per session



**Line Dancing**

**Tutor:** Mr. Stewart Bush

**Date & Time:** Tuesdays, 12 noon – 1pm

**Fee:** £4 per session

**Sketching & Watercolour**

**Tutor:** Mr. David Dai

**Date & Time:** Thursdays, 2:15pm – 4:15pm

**Fee:** £15 per session



**Chinese Calligraphy**

**Tutor:** Mr. S C Yau

**Date & Time:** Thursdays, 12:30pm – 2pm

**Fee:** £13 per session



**Tai Chi 18 & 24 Styles**

**Tutor:** Ms. S C Wong

**Date & Time:** Thursdays & Fridays at 11am

**Fee:** £2 per session; Guests pay £3

**Members Support Services**

Our team is most happy to offer assistance with digital skills training, IT support, translation of documents, making telephone appointments or just having a chat.

**Lunch on Fridays**



**Date & Time:** Fridays at 12:30pm

**Fee:** £6.50 for Chinese-style lunch with soup; Guests pay £7.50

**Chinese Mandarin (Pǔtōnghuà)**

**Tutor:** Edith Lau

**Date & Time:** Thursdays, 1:30pm – 2:45pm

**Fee:** £30 for 10 sessions

**Online Activities (on Zoom) - advanced booking is essential**



**TCM Health Talk (online) by Dr Qikan Yin**

**Topic 1:** Foods to eat in the summer to prevent heat stroke

**Date & Time:** Wednesday 12 July at 2pm

**Topic 2:** Health benefits of saffron (藏紅花) and apricot kernel (中藥杏仁)

**Date & Time:** Wednesday 20 September at 2pm

**Health Talk (online) by Dr Ronald Lo**

**Topic:** To be confirmed

**Date & time:** Monday 21 August at 2pm

**Chinese Painting (online)**



**Tutor:** William Cai

**Dates & Time:** Tuesdays, 1pm - 2pm  
from 1 August to 29 August

**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 & Time:** Sundays, 9:30am - 10:30am

**Fee:** £10 for 5 sessions

**Living in the UK Programme**

This program is designed for those who have recently moved to the UK from Hong Kong. It aims to support individuals and families and help them successfully integrate into their new communities.



**Building Stronger Communities**

**English Buddy Scheme (online)**

Through one-to-one practice with a native speaker, you will become more confident in your conversational English, whether you are learning for professional growth, social networking, or cultural awareness.

**Dates & Time:** To be arranged by the tutor and tutee

**Fee:** £35 for 4 sessions

**Living in the UK 2023 Workshops (at the Centre)**

**Topic 4: Application for Settlement in the UK** \* What is indefinite leave to remain in the UK? \* Who is eligible and how can you apply? \* What are the qualification criteria?

**Topic 5: UK Inheritance Tax (IHT)** \* How inheritance tax works? \* What are the planning options available to help individuals reduce or mitigate their IHT liability?

**Dates & Time:** To be confirmed.

*Please register your interest to receive the details of the Living in the UK Programme.*