



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

Centre Opening Hours

Tuesdays, Thursdays & Fridays - 11am to 4pm

Saturdays - 10am to 1pm

Mondays, Wednesdays & Sundays – Closed

OCTOBER 2025 ISSUE

Contact us

Tel: 020 7766 1141

WhatsApp: 073 5424 1229

Email: enquiry@bhmwa.com

Webpage: www.bhmwa.com

IG/ Facebook: @bishophmwa

Address: The Lower Crypt,
St. Martin-in-the-Fields Church,
Trafalgar Square, London WC2N 4JH

Dear BHMWA Members & Friends

As we prepared our 2024/25 annual report, we looked back on a milestone year. November 2024 marked the Association's 40th anniversary—four decades of supporting Chinese immigrants in London to build new lives and lasting friendships. It is a legacy shaped by your unwavering support, and we are deeply grateful.

Between April 2024 and March 2025, our three core programmes welcomed 4,395 participants in person and a further 356 online. Your kind feedback and thoughtful suggestions have helped us grow. Your voice matters.

Looking ahead, we remain committed to supporting older adults and welcoming new arrivals. Alongside mental health awareness initiatives, we are excited to relaunch our befriending service and introduce new activities for different age groups and interests.

Behind the scenes, we are working hard to build a strong, caring organisation — one that attracts and supports exceptional staff and volunteers. Financial sustainability remains a challenge, and after holding fees steady for over five years, we will be making modest increases to some activities. We hope for your understanding and continued support.

As always, your involvement makes all the difference. Whether you join a programme, volunteer, or offer financial assistance, you are helping us build a stronger, more connected community. We warmly invite you to shape this journey with us.

With heartfelt thanks,
Alice Chan, Chair of Council

How you can help

Become a member

Our Community Centre is the beating heart of connection, learning, and care. Your membership helps keep that heart strong — sustaining inclusive and meaningful programmes. Join us in nurturing this space where everyone can grow, belong, and thrive.



Volunteer with us

Volunteers bring energy and diverse talents to everything we do. Whether you have a little time or a lot, your contribution can make a real difference. It is a chance to build skills, boost wellbeing, and connect with others. We would love to welcome you as part of this rewarding experience.

Make a gift

We rely on the generosity of individuals like you. With limited grant funding, your support helps us continue our work and extend our reach. Every gift helps reduce social isolation, foster integration, and celebrate culture and heritage. If you are able, please consider donating today.



Mayor's Community Weekend

From 12th to 14th September 2025 (Fri to Sun), we proudly partake in the Mayor's Community Weekend and run Free botanical tour and sustainable art workshops to celebrate the diversity of London! Stay tuned for updates!

Cantonese-Speaking Befriending Team Recruitment

The Bishop Ho Ming Wah Association and Community Centre is recruiting Cantonese-speaking volunteers for its Befriending Team to support Hong Kong Chinese in the UK. With many Cantonese-speaking migrants now turning over 60, challenges such as cultural differences, language barriers, and isolation are increasing. Volunteers will provide companionship through phone calls, home visits, outdoor walks, and shopping help. Training includes safeguarding, health and safety, and understanding psychosocial needs. After DBS checks and matching, volunteers will join pairing activities and peer-support sessions, with ongoing input from a multi-disciplinary team. The aim is to reduce isolation and build a caring, interconnected community.

Befriending Team Orientation Talk

Session A: 27 Sep 2025 (Sat)

Time: 13:00 – 14:00

Session B: 11 Oct 2025 (Sat)

Time: 14:45 – 15:45



何明華會督協會暨社區中心 Bishop
Ho Ming Wah Association and
Community Centre
WhatsApp business account



Connect with BHMWA on WhatsApp!

Please scan the QR Code to open WhatsApp and find the BHMWA mobile number. Add it to your phone contacts and save us as "BHMWA." Send us a quick "Hi" so we can add you into our Promotion Channel. You are always welcome to let us know anytime if you wish to unsubscribe

Google Form



Join as a Volunteer at BHMWA!

Please scan the QR Code to register as a volunteer and help support our community and wider society. Once you sign up, our team will be in touch with you shortly.

Building Social Integration

Celebration of Mid-Autumn Festival

Session A: 3 Oct 2025 (Fri)

Time: 12:30 – 14:00

A highlight of the day will be a Chinese opera performance!

Session B: 11 Oct 2025 (Sat)

Time: 12:45 – 14:30

There will also be fun activities and entertainment for everyone to enjoy on the day.

Fee per session:

£13.00 – Member

£15.00 – Guest

£6.50 – Children (aged 5 – 11)

Celebration of Christmas

Session A: 6 Dec 2025 (Sat)

Time: 12:45 – 14:30

There will also be fun activities and entertainment for everyone to enjoy on the day.

Session B: 12 Dec 2025 (Fri)

Time: 12:30 – 14:00

A highlight of the day will be a Brain Health Talk by Dr. Gloria Wong!

Fee per session:

£13.00 – Member

£15.00 – Guest

£6.50 – Children (aged 5 – 11)



Achieving Healthy Living

Dr. Yin's Wellness Guide By Dr Qikan Yin

TCM for Better Sleep - Talk & Demonstration

Learn diet tips, acupressure and lifestyle advice to improve sleep quality.

Date: 24 Oct 2025 (Fri)

Time: 13:30 – 14:30

TCM for Beauty & Anti-Aging – Talk & Demonstration

Discover diet, facial massage and wellness tips to refresh skin and enhance vitality.

Date: 28 Nov 2025 (Fri)

Time: 13:30pm – 14:30

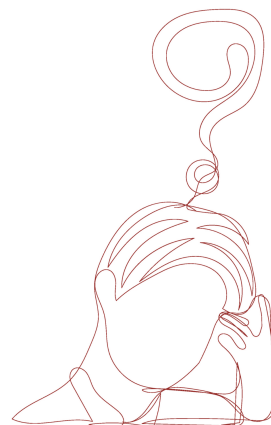
Brain Health Talk By Dr Gloria Wong

The Cognitive Benefits of Productive Ageing – Talk

Explore how staying socially engaged, mentally active, and meaningfully productive in later life can support brain health promote successful ageing.

Date: 12 Dec 2025 (Fri)

Time: 13:30pm – 14:30



Wellbeing Health Talk By Ms. Asa Choi

Zentangle Journey to Better Sleep – Workshop

You'll be guided through the relaxing practice of Zentangle and reflect on what good sleep quality and habits means for your wellbeing and mental health. Free of charge!

Date: 18 Oct 2025 (Sat)

Time: 13:30 – 15:00



Education & Enrichment at the Community Centre (Oct to Dec 2025)

	MON	TUE	WED	THUR	FRI	SAT
10:00-10:30	Centre Closed					10:00 – 11:00
10:30-11:00						Yoga Class A Ms. Lynn Mok Fee (per session): £5.00 – Member £6.50 – Guest
11:00-11:30						11:10 – 12:10
11:30-12:00						11:10 – 12:10
12:00-12:30						Yoga Class B Ms. Lynn Mok
12:30-13:00						Fee (per session): £5.00 – Member £6.50 – Guest
13:00-13:30						11:00 – 12:00 Tai Chi 18 & 24 Style Ms. S. C. Wong
13:30-14:00						11:00 – 12:00 Tai Chi 18 & 24 Style Ms. S. C. Wong
14:00-14:30						Fee (per session): £3.00 – Member £4.50 – Guest
14:30-15:00						Fee (per session): £3.00 – Member £4.50 – Guest
15:00-15:30						Fee (per session): £5.00 – Member £6.50 – Guest
15:30-16:00						11:30 – 13:00 Line Dancing Mr. Stewart Bush Fee (per session): £5.00 – Member £6.50 – Guest
						12:30 – 14:00 Chinese Calligraphy Mr. S. C. Yau Fee (per session): £5.00 – Member £6.50 – Guest
						12:30 – 1:30 Lunch Club Fee (per person): £7.00 – Member £8.50 – Guest
						13:30 – 15:00 “Enabling for Oneness” Service Desk By Appointment Only
						04/11 – 09/12 13:30 – 15:30 Chinese Painting Mr. William Cai Fee (per session): £13.00 – Member £14.50 – Guest
						03/10 – 21/11 14:30 – 15:45 Watercolour Painting Mr. Frank Yau Fee (per session): £13.00 – Member £14.50 – Guest