



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

March 2024

Dear BHMWA Members & Friends

Welcome to spring, and hopefully to warmer and drier weather. Since spring is a time for renewal, I've been reflecting on what makes this community special as well as the commitments and efforts required to keep it welcoming. Our shared goal of improving the future for Londoners, especially the people of Chinese heritage, is at the core of all we do. We care about those who may find themselves isolated, marginalised, and possibly experiencing language barrier and other difficulties. We are grateful for your involvement and continuous support for our community service.

Fifty members came to the Association's 2023 Annual General Meeting (AGM) in January. Even though the attendance was smaller than it was prior to COVID, those who were able to come would have agreed that the day was jam-packed with delicious food and entertaining activities. The Chinese New Year celebration in February attracted the same level of interest.



2023 AGM on 27 January 2024

Beginning in April, more activities to promote social connection, enhance brain health and improve general well-being, will be launched. We are excited about the opportunity to collaborate with the Chinese Welfare Trust on the promotion campaign for NHS cancer screening programmes. By serving as a focus group, we hope to make a valuable contribution towards the creation of promotional materials in the Chinese language. Work has also begun on a new initiative aimed at the recently arrived BN(O) visa holders seeking integration into the UK. The extent of this development will largely depend on our ability to secure external funding.

As always, we appreciate your ideas on how to make the Centre a welcoming and safe space for everybody.

Very best wishes
Alice Chan, Chair of BHMWA Council



Chinese New Year 2024



Food Project 2024

Special Events at the Community Centre



Line Dance Social

Tutor: Mr. Stewart Bush

Date & Time: Tuesday 7 May 2024, 12noon – 2pm

Fee: £8 each for members and guests

Dragon Boat Festival

Date & Time: Friday 7 June at 12:30pm

Fee: £12 each; guests pay £13

Lunches



Birthday Party (Jul to Sep)

Date & Time: Friday 5 July at 12:30pm

Fee: £8.50 each; guests pay £9.50

Chat-after-Lunch

Presenter: Revd Paul Lau

Topic: The impact of nature on humans

Date & time: Friday, 7 June at 1:15pm

A day out to Leeds Castle, Kent

Date: Wednesday 28 August

Admission: £38 (adult); £25 (Age 3-15)

Travel cost: To be confirmed.

Health Talks at the Community Centre



華福信託基金

CHINESE WELFARE TRUST

NHS Cancer Screening Programme Promotion

Presenter: Chinese Welfare Trust

Date & time: Friday 12 April 2024 at 1.15pm

TCM Health Talk 1

Presenter: Dr Qikan Yin

Topic: Enhancing health and longevity using Taiji (太極) self-cultivation techniques

Date & time: Friday 24 May at 1:15pm

TCM Health Talk 2

Presenter: Dr Vivian Zeqing Lu

Topic: Summer Solstice (夏至) of the traditional Chinese calendar

Date & time: Friday 21 June at 1:15pm

Fundraising Sale of Chinese Buns and Dumplings

Baked Bun (4 choices of fillings)

Cost: £3.50 each

Pre-order before Thursday for collection on Friday of the same week.



Glutinous Rice Dumpling (糯米雞)

Cost: £4.50 each

Pre-order to confirm the collection date.



Zongzi (粽子)

Pork & salted egg filling: £6.50 each

Red bean paste filling: £4 each

Pre-order to confirm the collection date on either May 16th, 17th, 23rd or 24th.

Regular Activities at the Community Centre



Chinese Painting for Beginners

Tutor: Mr. T M Chan

Date & Time: Tuesdays, 1pm – 3pm

Fee: £13 per session; guests pay £14

Yoga for Everyone (two classes)

Tutor: Ms. Lynn Mok

Date & time: Saturdays, 10am – 11am (Class A); 11:10am – 12:10pm (Class B)

Fee: £5 per session; guests pay £6



Latin Dance Workshop

Tutor: Ms. Janet Tang

Date & Time: To be confirmed

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 from 6 June

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 and Fridays, 11am – 12 noon

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, 12:30pm

Fee: £6.50 per lunch; 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: “Reinforcing Qi and Activating Blood” for preventing and treating diseases

Date & Time: Wednesday 24 April at 1.30pm

Topic 2: Balancing “Yin” and “Yang” to improve well-being and longevity

Date & Time: Wednesday 26 June at 1.30pm

Chat-after-Lunch (online)

Host: Revd Paul Lau & Dr Ronald Lo

Topic: How climate change impacts our lives

Date & Time: Monday, 17 June at 2pm

Health Talk (online)

Presenter: Dr Ronald Lo

Topic: Anaemia

Date & Time: Monday, 29 April at 2pm

Chinese Painting (online)

Tutor: William Cai

Dates & Time: Tuesdays, 1pm – 2pm on 7 May, 14 May, 21 May, 4 June, 11 June, 18 June and 25 June.

Fee: £70 for 7 sessions



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

Tutor: Ms. Shirley Ng

Dates & Time: Sundays, 9:30 – 10:30am

Fee: £10 for 5 sessions

Living in the UK Programme

This program aims at those who recently moved to the UK from Hong Kong, by providing support to individuals and families and helping them to integrate into their new communities.



Building Stronger Communities

English Buddy Scheme (online)

Are you interested in improving your English-speaking skills by having one-on-one conversations with a native speaker? Suitable for learners with intermediate or above proficiency in English.

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

Fee: £35 for 4 sessions

Food for Our New Home

The project, which was successfully finished in February, provided 684 meals and 468 food packets to 250 participants over the course of 14 events.

Thank you to everyone involved and for the financial support from the Greater London Authority.



Opening Hours

11am to 4pm, Tuesdays, Thursdays and Fridays
10am to 3pm, Saturdays

How to contact us?

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