



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 2023

Dear BHMWA Members & Friends

We welcomed the new year with a number of celebrations. In January over 40 members and friends got connected in a tasty Dim Sum lunch at Chinatown. Together with the sale of home-made traditional cakes, the Chinese New Year fundraising event raised a total of £839 (after expenses). The 2022 Annual General Meeting (AGM) of the Association resumed as an in-person format on 4thFebruary, after two years of virtual meetings. The event also marked our milestone of 35 years in community service. The number of attendances might be significantly lower than pre-COVID time, those who could make it would have agreed that the day was packed with delicious food and fun activities suitable for all ages.



Annual General Meeting, 4 Feb

Looking back, 2022 would have been a year of reflection and creativity. It has been a challenging 17 months since the Centre reopened in August 2021. While we are delighted to have attracted new members joining the community, the number of returning members to date is about 35% of pre-COVID time. The Association’s finances have been badly hit by the loss of income from donations and charitable activities as a result of its slow recovery. Overall, an operating loss of £5,113 was incurred for the 12 months to 31 March 2022.


Where the money came from:		What the money was spent on:	
Donations	17,830	Staff costs	37,425
Grants	15,275	Premises costs	10,257
Charitable activities	9,139	Direct costs of activities	6,707
Investment income	8,480	Governance and office costs	1,448
Total Income	£50,724	Total Operating Expenditure	£55,837


To our amazing staff and volunteers, donors and partners, we sincerely thank you for supporting our work, giving us the confidence to plan ahead in building a happy and caring community.


Alice Chan, Chair of BHMWA Council

More activities will be organised beginning from the new financial year on 1st April. Bring your friends and join us for some laughter and fun. As ever, we welcome your suggestions.

<p>Special Lunches</p>	<p>King's Coronation Party</p> <p>Date & Time: Friday 5 May, 12:30pm – 2:30pm Fee: £6.50 each; Guests pay £7.50</p>	
	<p>Dragon Boat Festival (端午節) Lunch</p> <p>Date & Time: Friday 23 June, 12:30pm – 2:00pm Fee: £12 each for 4-course Chinese style lunch; Guests pay £13</p>	

<p>Walk to Health</p> <p>First walk in 2023 starts on Wednesday, 19 April.</p> <p>Please register to get details of the routes.</p>		<p>Summer Walk to Alexandra Palace</p> <p>Date: Wednesday, 10 May Meeting Point & Time: Finsbury Park Station at 11am Fee: £10 each, same fee for guests.</p>
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	<p>European Cruise in Autumn</p> <p>The route and dates are being worked out. Please register your interest to receive more details.</p>
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<p>Living in the UK Programme: 2023 Workshops Series 1</p> <p>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.</p>	 <p>Building Stronger Communities</p>
<p>Topic 1: UK Tax for Individuals * Why you may be liable for UK tax? * Tax reliefs and how they work to reduce your tax bill? * How might the changes in the Spring Budget 2023 affect you?</p> <p>Presenter: Alice Chan Date & Time: Saturday 22 April, 1:00pm to 3:00pm Fee: Suggested donation of £20 to support development of future events</p>	
<p>Topic 2: Tax-efficient Investments * How you might accumulate wealth by investing in the two most common tax-efficient vehicles ISAs and Pensions? * Venture Capital Schemes and how they work?</p> <p>Presenter: Bob Demming Date & Time: Saturday 20 May, 1:00pm to 3:00pm Fee: Suggested donation of £20 to support development of future events</p>	
<p>Topic 3: Healthcare in England * How to access your NHS services?</p> <p>Presenter: Dr P. H. Ng Date & Time: To be confirmed</p>	



Community Centre Opening Hours

11am to 4pm, Tuesdays, Thursdays and Fridays



Latin Fun (for beginners)

Let loose and have fun learning Cha Cha, Salsa and Samba

Tutor: Ms. Janet Tang

Date & Time: Fridays, 3:00pm – 4:00pm from 21 April

Fee: £4 per session

Free taster class on 21 April

NEW Activities



Line Dancing

Dance along to popular music in different styles

Tutor: Mr. Stewart Bush

Date & Time: Tuesdays, 12:00 noon – 1:00pm from 2 May

Fee: £4 per session

Free taster class on 2 May

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



TCM Self-care Workshop

Tui Na (推拿) with demonstration and practice of self-message techniques



Presenter: Dr Qikan Yin

Date & time: Friday 26 May, 1:15pm



Tai Chi

18 & 24 styles

Tutor: Ms. S C Wong

Date & Time: Thursdays & Fridays at 11am

Fee: £2 per session; Guests pay £3

Introduction to Digital Skills

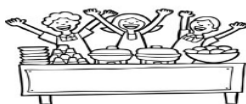


How to use mobile phone and digital media to access information important in your daily life.

Tutor: Mr. William Lee

Advance booking is essential

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, 1:15pm - 2:30pm

Fee: £30 for 10 sessions

Online Activities (on Zoom)

Advanced booking is essential



Chinese Painting (online)



Tutor: Mr. William Cai

Dates & Time: Tuesdays, 1pm - 2pm

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: Thursdays, 9:30am - 10:30am

Fee: £10 for 5 sessions

TCM Health Talk (online) by Dr Qikan Yin

Topic 1: The concept of Traditional Chinese Medicine

Date & Time: Wednesday, 19 April at 2pm

Topic 2: Health benefits of Panax Notoginseng (田七), Dwarf Lilyturf (麥冬) and Codonopsis (黨參)

Date & Time: Wednesday, 21 June at 2pm

Health Talk (online)

by Dr Ronald Lo

Topic: About swollen feet

Date & Time:

Monday, 15 May at 2pm



Chat-after-Lunch (online)

Topic: How low economic growth impact on society

Date & Time: Monday, 12 June at 2pm

Hosts: Dr Ronald Lo & Revd Paul Lau

How to contact us?

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We're so Sorry!



Due to the breakdown of the St. Martin's communication system, our landline was out of order for three months. The good news is that the telephone line in the Centre is now working again.

We apologise for any convenience caused.