



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 3pm

Mondays, Wednesdays & Sundays – Closed

APRIL 2025 ISSUE

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Dear BHMWA Members & Friends

As we welcome the vibrant energy of the Spring season, we continue celebrating our 40th anniversary with enthusiasm and gratitude! It has been truly uplifting to see so many familiar faces alongside a wave of newcomers at our recent events. Our two Chinese New Year celebrations were a great success, drawing an incredible 120 attendees. On March 1st, over 50 members & friends joined us for the 2024 Annual General Meeting. None of this would have been possible without the dedication and hard work of our team of staff and volunteers - thank you for the amazing support you've shown us!



2024 AGM on 1 March 2025

Looking ahead, we're excited to introduce new activities across our three core programmes: Healthy Living, Education & Enrichment, and Social Integration. These initiatives aim to foster greater social connection, enhance well-being and promote cultural exchange. We've found that taster sessions are an excellent way to explore new ideas as we refine the content and delivery format of new activities. We warmly invite you to take part.

As always, your voice matters and we're eager to receive your feedback. We also encourage you to be an ambassador for our mission, spreading the word to those who might benefit from our programmes Together, we can make an even greater impact!

Very best wishes

Alice Chan, Chair of BHMWA Council



Chinese painting taster session



Chinese New Year celebration

Achieving Healthy Living

In collaboration with **W2+ | The Art of Drum & Earth** and **Amy Sze Productions**, and having the pleasure to have the presence of our guest artist Kissii Lee from Hong Kong, we are excited to present two new experiential workshops for members to achieve wellbeing.

Senior Drumming Workshop

Date: 23 Apr 2025 (Wed)
Time: 10:30am – 12:30pm
Fee: £6 – Member; £10 – Guest
Age & Capacity: 40+ years old, 8 participants

Whirling Drum Meditation

Date: 23 Apr 2025 (Wed)
Time: 14:30am – 17:30pm
Fee: Member £20 – Adult; £6 – Concessions
 Guest £25 – Adult; £10 – Concessions
Age & Capacity: 18+ years old, 8 participants



Health Talk

By Ms. Asa Choi
 Researcher in Health and Wellbeing

Date: 16 May 2025 (Fri) **Time:** 1:15pm
Topic: On Sleeping Better

Date: 13 Jun 2025 (Fri) **Time:** 1:15pm
Topic: Preventing Cardiovascular Diseases

TCM Health Talk

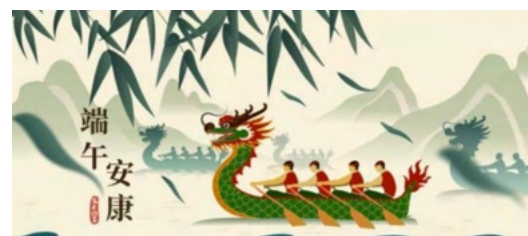
By Dr Qikan Yin

Date: 27 Jun 2025 (Fri) **Time:** 1:15pm
Topic: Building Resilience through Exercise
After this talk, participants may request for individual consultation and blood pressure measurement

Building Social Integration

Celebration of Dragon Boat Festival & Father's Day

Session A: 30 May 2025 (Fri)
Time: 12:30pm – 2:00pm
Session B: 7 Jun 2025 (Sat)
Time: 12:45pm – 3:15pm
Fee per session:
 £12 – Member
 £13 – Guest
 £6 – Children (aged 5 – 11)



Line Dance Social





Tutor: Mr. Stewart Bush
Date: 17 Jun 2025 (Tue)
Time: 11:30am – 2:00pm
Fee: £10 – Member
 £11 – Guest



Birthday Party (Apr - Jun)

Date: 25 Apr 2025
Time: 12:30pm – 2:00pm
Fee: £12 – Member; £13 – Guest

Education & Enrichment at the Community Centre (April to June 2025)

	MON	TUE	WED	THU	FRI	SAT
AM	CENTRE CLOSED	CENTRE OPEN AT 11:00AM	CENTRE CLOSED	CENTRE OPEN AT 11:00AM	CENTRE OPEN AT 11:00AM	10:00am – 11:00am Yoga Class A By Ms. Lynn Mok Fee (per session): £5 – Member £6 – Guest
		11:30am – 1:00pm Line Dancing By Mr. Steward Bush Fee (per session): £5 – Member £6 – Guest		11:00am – 12:00nn Tai Chi 18 & 24 Style By Ms. S C Wong Fee (per session): £2 – Member £3 – Guest	11:00am – 12:00nn Tai Chi 18 & 24 Style By Ms. S C Wong Fee (per session): £2 – Member £3 – Guest	11:10am – 12:10pm Yoga Class B By Ms. Lynn Mok Fee (per session): £5 – Member £6 – Guest
LUNCH	CENTRE CLOSED		CENTRE CLOSED		12:30pm – 1:30pm Lunch Club Fee (per person): £6.50 – Member £7.50 – Guest	
PM	CENTRE CLOSED	22/4 to 27/5/2025 & 24/6 to 29/7/2025 1:30pm – 3:30pm Chinese Painting By Mr. William Cai Fee (per session): £13 – Member £14 – Guest	CENTRE CLOSED	12:30pm – 2:00pm Chinese Calligraphy By Mr. S C Yau Fee (per session): £13 – Member £14 – Guest		1:30pm – 3:00pm “Enabling for Oneness” Service Desk By Appointment Only
		CENTRE CLOSED AT 4:00PM		CENTRE CLOSED AT 4:00PM	CENTRE CLOSED AT 4:00PM	CENTRE CLOSED AT 3:00PM

Introducing “Enabling for Oneness” Service Desk A Cantonese/ English bilingual helpdesk service for our members. It is aimed to enhance the sense of agency of members of our community in face of the complex social systems in the UK, linking individuals to available social, health and housing services, supporting on system navigation and bridging with extended communities. Service administered by staff and trained volunteers. Information given during the session will be kept confidential.

Wellbeing & Enrichment Online – Advanced booking is essential

Traditional Chinese Medicine Health Talk by Dr Qikan Yin

Topic 1: Summer Seasonal Diet

Date: 30 Apr 2025 (Wed)

Time: 2:00pm – 3:00pm

Topic 2: Diet Myths in Chinese Culture

Date: 28 May 2025 (Wed)

Time: 2:00pm – 3:00pm

Chat-after-Lunch

Host: Revd Paul Lau & Dr Ronald Lo

Topic: From Loneliness to Solitude

Date: 12 May 2025 (Mon)

Time: 11:00am – 12:00nn

Health Talk

Presenter: Dr. Ronald Lo

Topic: Difficulty in Breathing

Date: 9 Jun 2025 (Mon)

Time: 11:00am – 12:00nn



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

Tutor: Ms. Shirley Ng

Date: Every Sunday

Time: 9:30am – 10:30am

Fee: £10 for 5 sessions

Membership and Volunteering

Recruitment for Befriending Team Volunteers

Online Introductory Session

Date: 24 May 2025 (Sat)

Time: 12:30pm – 1:30pm

Please contact us to register!

Association Membership

Renewal Date: April 2025

Pro Rata Membership Fee: £9

What to Bring: old membership card

Introducing New Staff Member

Benjamin Sin – Community Development Worker

Benjamin has relocated to the UK since May 2024, and shortly joined the BHMWA as Community Development Worker in Feb 2025. He obtained his Master of Social Work degree from the University of Hong Kong in 2002 and has committed himself to community development for 23 years. He has a strong devotion to empowering resilience and solidarity in communities and enabling sustainable urban lifestyle. Taking a strength-based approach, he strategises social service models, cultivates and utilises internal assets of ecosystems, and has brought substantive impacts aimed at achieving equity and inclusion. His foci include building age- and labour-friendly culture, enabling well-being in neighbourhoods, and publishing collections of community oral history.

