

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

JULY 2025 ISSUE

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Dear BHMWA Members & Friends

On 7 June, forty members and guests joined us at the Centre for a Father's Day lunch and our first-ever hybrid workshop on brain health, "Together with Dementia". We were excited to engage 200 online participants, highlighting just how vital this topic is. Special thanks to our speakers from the University of Reading, The Brains, Dementia UK, and Alzheimer's Society for their valuable insights.

Building on that momentum, this quarter we are organising a series of new activities that promote cognitive health through moderate physical exercises, calming art sessions, and meaningful social interaction. We hope you'll be inspired to join us in becoming "active brainers," embracing movement, creativity, and connection.

Also, we are delighted to welcome new members, staff and volunteers to our community. Your dedication and talents will help shape our journey toward a sustainable future. At the same time, we offer heartfelt thanks to those who have stood by us through the highs and lows of the past four decades—your support continues to be the foundation of everything we do.

Very best wishes

Alice Chan, Chair of Council



Introducing New Staff

Hello everyone, I'm Asa. I'm very happy to join the BHMWA & Community Centre. I'm currently a PhD student at University College London. I have a particular interest in migration, sleep, and mental health, and I'm involved in related research.

I look forward to learning from and working with you all!



Alice Fu holds a master's degree in museum studies at the University of Leicester. Since 2014, she has been involved in planning cultural events and art exhibitions, with a focus on promoting history, culture, and nature conservation. She is currently a natural dye artist, dedicated to reviving and sharing the tradition of textile dyeing.

Building Social Integration



Mayor's Community Weekend From 12th to 14th September 2025 (Fri to Sun), we will 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!

Colours of Belonging

Natural Dyeing Community Project

The instructor Alice Fu will introduce natural dye materials found all around us and traditional colour extraction methods. Together, we will create a natural dye journal and the "Natural Living Learning Group", volunteer yourself!

Period: From July to Sept 2025 (On every Fri)

Time: 2:30pm – 4:00pm

Fee: £12 – Member; £13 – Guest

Free Lecture & Creative Workshop: "Same Origin of Dye and Medicine – Oriental Herbs and Natural Dyeing"

Many Oriental medicinal herbs not only have healing properties but can also be used for dyeing! After the talk, there will be a "Natural Dyeing – Japanese Paper Dyeing" workshop, where participants will use herbal extracts to create Japanese-style snowflake tie-dye paper.

Speaker: Dr. Yan Qikan

Date: 22 August 2025 (Fri)

Time: 2:30pm - 3:30pm

SUMMER GETAWAY

WALTHAMSTOW WETLANDS

Escape the city and explore

London's largest urban nature reserve.

Enjoy an easy, leisurely walk through scenic views,
spot wildlife, and spend a relaxing day in nature.

Perfect for all ages!

19 JULY (SAT)

10:30-14:00

Assembly at Tottenham Hale Station

Fee: £2 (Member) | £3 (Non-member)

Feel free to bring your own lunch or grab a bite at the
Engine House Café (self-paid).

BOOK BEFORE 12 JULY



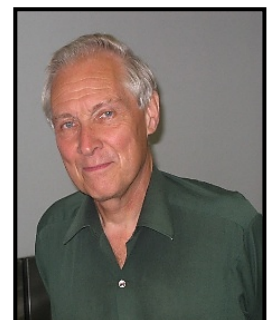
020 7766 1141

enquiry@bhmwa.com

Remembering Anthony J Harrow

We were saddened by the passing of Mr. Anthony J Harrow, our former Trustee and Secretary (1992–2015), in April 2025. Anthony served the Association with integrity and compassion, playing a vital role in ensuring strong governance. Even after stepping down, he remained a guiding presence, offering advice and staying involved until the very end.

He will be fondly remembered for his gentle nature, kindness, and unwavering commitment to supporting those in need. Above all, his legacy as a devoted supporter of the Chinese community will continue to inspire those who follow in his footsteps.



Achieving Healthy Living

Online Health Talk by Dr. Ronald Lo

Topic: Difficulty in Breathing

Date: 21 July 2025 (Mon)

Time: 11:00am – 12:00nn

Please register with our staff to get the zoom link!

After Lunch Health Talk By Ms. Asa Choi

Topic: Tired of Tiredness?

Date: 29 Aug 2025 (Fri)

Time: 1:30pm – 2:30pm

Initiate a change in habits of diet and exercise.

Dr. Yan's Wellness Guide By Dr Qikan Yin

Enabling to achieve holistic health, from inside out through everyday habits. Free of charge!

"The Secrets of Acupoints" - Talk & Demonstration

Date: 18 Jul 2025 (Fri)

Time: 1:30pm – 2:30pm

Demonstration of simple techniques on regulating the body through massage, and relieving pain and discomfort.

"The Five-Colour Food Paints the Way to Wellness" - Talk

Date: 26 September 2025(Fri)

Time: 1:30pm – 2:30pm

Discover the underlying power of colourful food that help with anti-ageing, liver protection, and kidney nourishment.

Join also the lunch club to experience the power!



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



Please scan the QR Code. It will initiate your WhatsApp, and show you the mobile number of BHMWA. Please add the number into your phone book and log BHMWA as your contact. Say Hi to us so that we could add you into our Promotion Channel. Please feel free to let us know anytime when you want to unsubscribe the Channel.

Volunteer in BHMWA!

Please scan the QR Code and register yourself as volunteer to service and support our community and the wider society. We will contact you very soon!



Building Social Integration

Celebration of Mid-Autumn Festival

Session A: 3 Oct 2025 (Fri)

Time: 12:30pm – 2:00pm

Session B: 11 Oct 2025 (Sat)

Time: 12:45pm – 3:15pm

Fee per session:

£12 – Member

£13 – Guest

£6 – Children (aged 5 – 11)


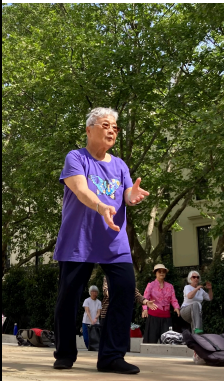


Birthday Party (Jul - Sep)

Date: 25 July 2025

Time: 12:30pm – 2:00pm

Fee: £12 – Member; £13 – Guest

Education & Enrichment at the Community Centre (July to Sep 2025)

	MON	TUE	WED	THU	FRI	SAT
AM		CENTRE OPEN AT 11:00AM		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. Stewart 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		24/6 to 29/7/2025 1:30pm – 3:30pm Chinese Painting By Mr. William Cai Fee (per session): £13 – Member £14 – Guest		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		24/6 to 28/8/2025 2:30pm – 3:30pm Eight Pieces of Brocade Qigong Class By Ms. Shirley Ng Fee (per session): £5 – Member £6 – Guest		CENTRE CLOSED AT 3:00PM
				CENTRE CLOSED AT 4:00PM	CENTRE CLOSED AT 4:00PM	CENTRE CLOSED AT 3:00PM