



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

June 2022

Dear BHMWA Members & Friends

Welcome to Summer! We are delighted to announce that from August 16th, the Community Centre will open an extra day on Tuesdays. Promoting “healthy eating, active living” among older adults will remain our service priority. Also, in response to the emerging needs of families, in particular new immigrants from Hong Kong, we will design family-oriented events over the summer, fostering relationship between parents and school-age children.

A range of interesting activities and special events has been organised to cater for different interests of our members. So, read on and sign up those that are of interest to you or refer them to your friends and families. We welcome guests to come for taster sessions. Details of the upcoming events will be published in promotional leaflets at the Centre, posted on the website www.bhmwa.com or communicated with individuals through emails or WhatsApp messages. If you would like us to alert you of any specific activities, please let us know.

Our work to support new arrivals will continue in two ways. Following the successful completion of five online workshops on upskilling for work in the UK, we will soon launch a new “English Buddy” program aimed at those wishing to improve their oral English through practice with a native speaker. At the same time, we will organise a variety of social and cultural events at the Centre to attract those living in the Greater London area.

It’s time again for the Association to look back and get the 2021/22 financial statements ready for independent examination. Our resources may have been limited, yet we surprised ourselves by managing to have done so much since reopening in August 2021. All these are made possible because of the unfailing support of our staff and volunteers and the generosity of donors. We say a BIG thank you to you all.

Warmest regards

Alice Chan, Chair of BHMWA Council

Fundraising Sale of Zongzi (粽子)

Delicious home-made glutinous rice dumplings are available to order at the Community Centre.

Cost: £5 each or £4.50 (pre-order)



*** Special Events ***

Advance booking is essential

Cook & Draw Family Day

Unleashing your creativity through baking and drawing food items in a fun-packed day with family and friends. All are welcome if you're interested in food and art.

Tutors: Mikey, Bonita and Jenny

Date: Mondays, 25 July and 8 August

Time: 11am – 2:30pm

Fee: £8 per person per session (including drawing materials, baking ingredients and sandwiches for lunch)



Chinese Painting Workshop

Discover the different styles of Chinese painting and their characteristics. Find out what is the highest form of Chinese painting and how to evaluate the qualities of a good painting. Learn from the demonstration of Mr. Cai.

Tutor: Mr. William Cai

Date & Time: Tuesday, 9 August from 1pm to 3pm

Fee: £10 per session

A day out to The Friars Aylesford Priory

Tuesday, 26 July 2022

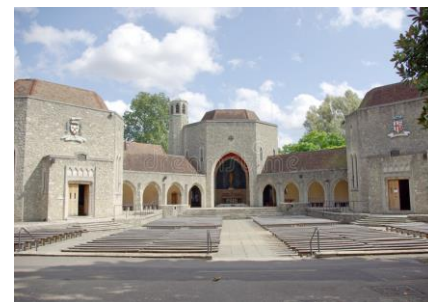
Meeting point: 10am at Victoria Train Station

Return: Victoria Station.

Cost: £18 per person or £12 (with Freedom Pass)

Get amongst nature and join us for a relaxed trip to discover this beautiful historical attraction!

Contact Edith Lau to register your interest.



In support of the work of BHMWA

Mid-Autumn Fundraising Event

Let's get connected with friends to celebrate the Mid-Autumn Festival (or Moon Festival) with games and food.

Date & Time: Friday, 9 Sep at 12.30pm

Fee: £12 each for 4-course Chinese style lunch



Community Centre Opening Hours

11am to 4pm, Thursdays and Fridays (before 15 August 2022)

11am to 4pm, Tuesdays, Thursdays and Fridays (from 16 August 2022)



New Activity

Chinese Calligraphy



Join renowned calligrapher, master **Yau**, as he teaches you how to write Chinese characters through traditional techniques. Besides the enjoyment of creating calligraphy artwork, you may find time for reflection and meditation in the process.

Tutor: Mr. S C Yau

Date: Thursdays, from 4 August

Time: 12:30pm – 2pm

Fee: £25 for 5 sessions

Please bring your own brushes, ink, paper and ink dish

Tai Chi (18 & 24 styles)



Tutor: Ms. S C Wong

Date & Time: Thursdays & Fridays at 11am

Fee: £2 per session

Introduction to Digital Skills



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

Tutor: Mr. William Lee

Contact us to arrange a date & time

Lunch on Fridays



Date & Time: Fridays at 12.30pm

Fee: £6.50 for 2-course lunch with soup

To avoid wastage, book in advance!

Chinese Mandarin (Pǔtōnghuà)

Tutor: Edith Lau

Date: Fridays, from 8 July to 2 September and 16 September

Time: 1:15pm - 2:30pm

Fee: £30 for 10 sessions

You can attend online or in person

How to contact us?

Phone: 020 7766 1141

WhatsApp: +44 78346 11610

Mobile: 078346 11610 Edith Lau

Email: enquiry@bhmwa.com

Online Activities (on Zoom)

Advanced booking is essential



Chinese Painting (online)



Tutor: Mr. William Cai

Dates: Tuesdays, 16 Aug, 23 Aug, 30 Aug, 6 Sep and 13 Sep

Time: 1pm - 2pm

Fee: £50 for 5 sessions



New Activity

Health Qigong (Online)

Health Qigong “Ma Wang Dui Dao Yin Shu” emphasizes coordinated mind and form. Featuring slow and gentle movements, this set of exercises provides easy-to-learn movements, most of which are rotating and stretching practices. It is suitable for practitioners of different age groups.

Tutor: Ms. Shirley Ng

Dates: Tuesday, 2 Aug, 9 Aug, 16 Aug, 23 Aug and 30 Aug

Time: 9am - 10am

Fee: £10 for 5 sessions

Contact Edith to find out more

TCM Health Talk (online) by Dr Qikan Yin

Topic 1: Introduction to traditional Chinese medicine (TCM)

Date & Time: Wednesday, 20 July at 2pm

Topic 2: TCM: what you need to know and benefits

Date & Time: Wednesday, 10 August at 2pm

Topic 3: Common diseases in Autumn and prevention

Date & Time: Wednesday, 21 September at 2pm

Health Talk (online)

by Dr Ronald Lo

Topic: The concept of brain death

Date & Time: Monday, 26 Sep at 2pm



**Chat-after-Lunch
(online)**

Topic: Staying active in old age

Date & Time: Monday, 19 Sep at 2pm

Hosts: Dr Ronald Lo & Revd Paul Lau