



# 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 2024

Dear BHMWA Members & Friends

In the last quarter, we successfully expanded the Healthy Living programme by providing additional in-person workshops at the Centre to raise awareness of mental health and general wellbeing. We are grateful to partner organisations and individual professionals who were generous to share their knowledge and expertise. Those who were able to attend would have agreed that they took home many useful self-care techniques. We intend to offer more workshops on maintaining “brain health” over the next six months.

The Association will celebrate its 40th anniversary in November. To mark this significant milestone, we will organise a series of activities and events between October 2024 and February 2025 (more details will be available in the next issue). Our volunteers are central to all our work, from helping with frontline services to providing back-office support and fundraising. Without their talents and assistance, we would not have been able to do so much with such limited resources. Please join us to support the 40<sup>th</sup> Anniversary programme.

While you enjoy the summer, please take care to avoid dehydration and overheating in the hot weather.

Very best wishes  
Alice Chan, Chair of BHMWA Council



Food Project volunteers and staff

### Activities of Last Quarter



NHS cancer screening promotion



Dragon Boat Festival lunch



Dragon Boat Festival lunch



Chat-after-lunch



Brain Rover workshop



William Cai's exhibition

**Special Events at the Community Centre**



**Mid-Autumn Festival**

**Date & Time:** Friday 20 Sep at 12:30pm  
**Fee:** £12 each; guests pay £13

**Chat-after-Lunch**

**Presenter:** Revd Paul Lau  
**Topic:** Mid-Autumn Festival and mooncakes  
**Date & time:** Friday, 20 Sep at 1:15pm

**Birthdays from Jul to Sep**

**Date & Time:** Friday 5 July at 12:30pm  
**Fee:** £8.50 each; guests £9.50

**Birthday Party**



**Birthdays from Oct to Dec**

**Date & Time:** Friday 4 October at 12:30pm  
**Fee:** £8.50 each; guests £9.50

**Summer Trips**

**Horniman Museum & Gardens**

**Date:** Monday 12 August  
**Admission:** Free  
**Travel arrangement:** To be confirmed.

**A day out to Leeds Castle, Kent**

**Date:** Wednesday 28 August  
**Admission:** £38 (adult); £25 (Age 3-15)  
**Travel arrangement:** To be confirmed.

**Health Talks at the Community Centre**

**TCM Health Talk 1**

**Presenter:** Dr Vivian Zeqing Lu  
**Topic:** TCM meridians and health enhancement  
**Date & time:** Friday 26 Jul at 1:15pm

**TCM Health Talk 2**

**Presenter:** Dr Qikan Yin  
**Topic:** The therapeutic effect of cupping  
**Date & time:** Friday 23 Aug at 1:15pm

**TCM Health Talk 3**

**Presenter:** Dr Vivian Zeqing Lu  
**Topic:** Meridians and Health Series: "Spleen and Stomach"  
**Date & time:** Friday 27 Sep at 1:15pm

**Your suggestions are important to ensure our work meets your needs.**

**Please contact us.**

**Fundraising Sale of Chinese Cakes**

**Mooncakes (5 choices of fillings)**



**Cost:** £4 each  
**Pre-order** before 6 Sep

**Egg yolk Cakes (6 individual fillings)**

**Cost:** £20 per box of 6



**Pre-order** before 20 Sep

**Sweetheart Cakes**

**Cost:** £2.5 each  
**Pre-order** before 20 Sep



## Regular Activities at the Community Centre

### Autumn Line Dance Social

**Tutor:** Mr. Stewart Bush

**Date & Time:** Tuesday, 3 Sep  
12 noon – 2pm

**Fee:** £8 each



### Line Dancing

**Tutor:** Mr. Stewart Bush

**Date & Time:** Tuesdays, 12 noon – 1pm

**Fee:** £4 per session



### Chinese Painting

**Tutor:** Mr. T M Chan

**Date & Time:** Tuesdays, 1:30pm – 3:30pm from 16 July

**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



### 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



### 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:** What are the fundamentals and principles of traditional Chinese medicine?

**Date & Time:** Wednesday 17 July at 1.30pm

**Topic 2:** How may TCM be used to achieve maximum health benefits?

**Date & Time:** Wednesday 25 September at 1.30pm

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

**Host:** Revd Paul Lau & Dr Ronald Lo

**Topic:** How climate change impacts our lives

**Date & Time:** Monday, 15 July at 11am

**Health Talk (online)**

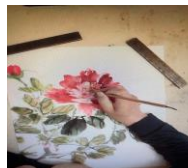
**Presenter:** Dr Ronald Lo

**Topic:** Pneumonia

**Date & Time:** Monday, 19 Aug at 11am

**Chinese Painting (online)**

**Tutor:** William Cai



*No classes in summer*

**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**



**Mid-Autumn Festival Lunch**

**Date:** Saturday, 28 September

**Time:** 1pm – 3pm

**Fee:** £12 each; guests pay £13

**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



**Opening Hours**

11am to 4pm, Tuesdays, Thursdays and Fridays

10am to 3pm, Saturdays

**How to contact us?**

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