

## **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

#### **JANUARY 2026 ISSUE**

### Contact us

Tel: 020 7766 1141

WhatsApp: 073 5424 1229
Email: enquiry@bhmwa.com
Webpage: www.bhmwa.com
IG/ Facebook: @bishophmwa
Address: The Lower Crypt,

St. Martin-in-the-Fields Church, Trafalgar Square, London WC2N 4JH

#### Dear BHMWA Members & Friends

As the festive season unfolds, we warmly invite you to join our upcoming events and stay connected with our vibrant community. Members in our WhatsApp group will also receive promotional materials closer to each event. We hope you'll find activities that spark your interest.

#### **Membership Renewal**

We are delighted that 2025 welcomed many new members. Heartfelt thanks to everyone who supported our growth by inviting friends or recommending others to join.

Annual membership renewal begins in January 2026. Renewing on time and participating in our programmes helps sustain and strengthen our community. If you haven't yet renewed, we hope you'll rejoin us soon and continue the journey together.

#### **Annual General Meeting (AGM)**

We extend a sincere invitation to all members to attend the 2025 AGM. This key event provides an opportunity to reconnect with one another, reflect on the Association's achievements in 2024/25, exchange ideas for the future, and honour the commitment of our members, volunteers, and staff, as well as the generosity of our donors and sponsors.

Season's greetings to you all. Wishing you a joyful Christmas and a prosperous New Year filled with good health, happiness, and success.

With warmest regards, Alice Chan, Chair of Council

#### **Holiday Closure**

Centre closure: 22 December 2025



Activities restart on 6 January 2026

#### **2026 Association Membership**

Stay connected, support the community and continue enjoying access to our enriched programmes throughout 2026.

Renew your membership in person or via bank transfer (details on page 2). Subscription fee: £12.00

#### **2025 AGM**

### Ho Ming Wah Community Centre 14 March 2026 (Saturday)

- **12:45pm** Admission
- **1:00pm** Lunch
- 1:45pm Annual reporting and looking forward
- 2:00pm Entertainment and group activities
- **3:00pm** Meeting close

RSVP by 27 Feb 2026 (Friday)

#### Belonging starts with your generosity

As 2025 draws to a close, we reflect with deep gratitude on the remarkable impact your generosity has made possible. Because of you, the Community Centre has become a place where belonging flourishes: isolation has given way to friendship, health has been strengthened through wellbeing activities, and confidence has grown as people learn new skills and share experiences.

Your gifts of time and financial support enabled the Association to achieve an operating surplus in the 2024/25 financial year, our first after three consecutive years of deficit. This milestone proves what is possible when our community comes together. Below is a summary of income and expenditure for the twelve months ending 31 March 2025:

Where the money came f	rom:	What the money was spent on:		
Donations	59,466	Staff costs	36,356	
Charitable activities	29,640	Premises costs	28,520	
Investment income	6,788	Activity costs	20,627	
Other income	4,409	Governance and office costs	4,551	
Total Income	£100,303	Total Expenditure	£90,054	
		2024/25 Surplus	£10,249	
		2023/24 deficit	-£40,317	
		2022/23 deficit	-£26,344	
		2021/22 deficit	-£5,113	

But the challenge is not yet behind us. Rising living costs and slower membership recovery mean we continue to carry an accumulated deficit of £61,525. We also experienced a decline in donations compared with previous years, as the financial year beginning 1 April 2025 brought new pressures. Without decisive action, we risk a substantial shortfall in 2025/26.

That is why your support matters more than ever.

#### **Donate today**

Each gift, whether large or small, directly sustains vital programmes, keeps our doors open, and ensures that everyone in our community has a place to connect, grow, and belong.

#### Paying by bank transfer is easy

Bank name: Barclays

Account name: Bishop Ho Ming Wah Association

and Community Centre
Sort code: 20-41-50

Account number: 33199460

**Reference (max 18 characters):** include your name plus a short description e.g. Joe Chu donate or

IvyLeung lunch 13/2

#### Volunteer with us

Share your passion, skills, and energy to help drive our mission forward. Together, we can make a difference. Scan the QR Code to sign up today and be part of the impact!



#### Our community in 2025

Throughout 2025, our Community Centre was filled with shared moments of connection, creativity, and celebration. These photographs capture the spirit of togetherness that shaped our year and the people who made it meaningful.



#### **Celebrating Chinese New Year**

Welcoming luck and happiness with handwritten couplets and festive words from Mr. Yau and his Chinese Calligraphy class.



#### **Chinese Painting Workshop**

Led by Mr William Cai, in discovering the heritage and artistry behind this important cultural practice.



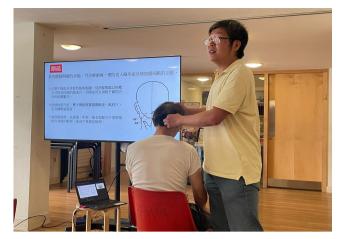








Mayor's Weekend and Colours of Belonging, where participants explored creativity and calm through hands on art making.



TCM Health Talk and Practical Demonstration, sharing accessible health knowledge with hands on guidance in acupressure to support everyday self-management and wellbeing.



Brain Health Talk on Dementia and Prevention, bringing together community members and speakers to share knowledge, raise awareness, and support proactive approaches to brain health.



**Mid-Autumn Festival Celebration**, bringing the community together to enjoy shared food, festive atmosphere, and a traditional opera performance.



**Christmas Celebration**, filled with festive cheer through shared meals, crackers, music, and a health talk that brought everyone together to end the year on a joyful note.





Tea Break Crafters Group, where hands come together to create, connect, and support fundraising efforts. They also weave care and creativity into the Threads of Remembrance project.

#### **Building Social Integration**

At the heart of our work is creating spaces where people can meet, share, and feel a genuine sense of belonging. Our upcoming activities are designed to encourage connection, laughter, and meaningful interaction within our community.

#### **Birthday Celebration (January to March)**

**Date:** 09 January 2026 (Fri) **Time:** 12:30 – 14:00

Fee: Member - £13.00 | Guest - £15.00 | Children (aged 5 – 11) - £6.50

## **Lunar New Year Celebration Date:** 13 February 2026 (Fri)

**Time:** 12:30 – 14:00

**Fee:** Member - £13.00 | Guest - £15.00 | Children (aged 5 – 11) - £6.50

# Spring Social Line Dancing Date: 10 March 2026 (Tue)

**Time:** 11:30 – 14:00

Fee: Member - £10.00 | Guest - £11.50

#### **Achieving Healthy Living**

Achieving healthy living is about building everyday habits that support both physical wellbeing and inner balance. Through expert talks and practical guidance, this section offers accessible insights to help members care for their health in ways that fit daily life.

#### Dr. Yin's Wellness Guide by Dr Qikan Yin

#### **Medicinal and Nourishing Benefits of Mushrooms**

A TCM overview of the properties and effects of mushrooms, teaching you how to use them for daily wellness and simple tonification.

Date: 30 January 2026 (Fri)

**Time:** 13:30 – 14:30

## TCM Body Conditioning with UK Supermarket Vegetables & Fruits

Using common UK supermarket produce to explain their warming/cooling nature and how to use them to balance your body.

Date: 27 February 2026 (Fri)

Time: 13:30 - 14:30

#### Spring Nourishment Tips in the UK + Q&A

Key spring tonification tips, plus a Q&A session and free blood-pressure checks to address your health questions.

**Date:** 27 March 2026 (Fri) **Time:** 13:30 – 14:30



Education & Enrichment at the Community Centre (Jan to Mar 2026)									
	MON	TUE	WED	THUR	FRI	SAT			
10:00-10:30			Centre	Closed		10:00 – 11:00  Yoga Class A  Ms. Lynn Mok			
10:30-11:00						Fee (per session): £6.00 – Member £7.50 – Guest			
11:00-11:30				11:00 – 12:00 Tai Chi 18 & 24 Style Ms. S. C. Wong	11:00 – 12:00 Tai Chi 18 & 24 Style Ms. S. C. Wong	11:10 – 12:10  Yoga Class B  Ms. Lynn Mok			
11:30-12:00		11:30 – 13:00		Fee (per session): £3.00 – Member £4.50 – Guest	Fee (per session): £3.00 – Member £4.50 – Guest	Fee (per session): £6.00 – Member £7.50 – Guest			
12:00-12:30		Line Dancing Mr. Stewart Bush Fee (per session):							
12:30-13:00		£6.00 – Member £7.50 – Guest		12:30 – 14:00	12:30 – 1:30 Lunch Club				
13:00-13:30				Chinese Calligraphy Mr. S. C. Yau  Fee (per session):	Fee (per person): £7.00 – Member £8.50 – Guest				
13:30-14:00				£14.00 – Member £15.50 – Guest					
14:00-14:30		20/1 – 24/2 13:30 – 15:30 Chinese		14:15 – 15:15					
14:30-15:00		Painting Mr. William Cai Fee (per session):		Qi Gong Ms Shirley Ng Fee (per session):	14:30 – 15:45  Watercolour  Painting				
15:00-15:30		£14.00 – Member £15.50 – Guest		£6.00 – Member £7.50 – Guest	Mr. Frank Yau  Fee (per session):  £14.00 – Member				
15:30-16:00					£15.50 – Guest				