

哈勞及鄰區華人中心



2011年4&5月號會訊 HDCCC

Harlow and District Chinese Community Centre, Lower Meadow, Commonside Road, Harlow, CM18 7RT.
Tel: 01279414096, email: contact@harlowchinesecentre.com, www.harlowchinesecentre.com

Important dates

長者聚餐

5月9日

Older People Luncheon

防止跌倒

5月10日

10.30上午 - 12.00下午

FALLS PREVENTION TALK

10th May (Tuesday)

10.30am to 12.00noon

DAY TRIP 一日遊

五月十九日 (星期四)

上午九時三十分至下午4點

車費: £5.00 英鎊(每人)

19.05. 2011 (Thursday)

9.30am to 4.00pm

£5.00 per person

粽子可於

粽子 6月1日購買，
價格：綠豆

£3.50 一只

什豆 £3.00 一只

Birthday Girl: Sister Bik celebrated her birthday with a big smile of joy!

一個難忘的一天!

二月二十八日碧姐大受驚喜! 婦女會在這天於新世紀酒樓舉行週年午餐, 突然為壽星女碧姐送上一束鮮花, 她下午回到華人中心時, 婦女會更送上美味鮮果及奶油蛋糕。

Sister Bik was pleasantly surprised when a bouquet of flowers was presented to her at the women's group annual outing for a Dim Sum lunch at Peninsula Restaurant on 28th February. More was to follow when a delicious fresh fruits and cream cake was delivered to the Chinese Centre later in the afternoon for afternoon tea! What a day to remember!



Harlow Chinese Women Group 哈勞及鄰區華人中心婦女會



哈勞及鄰區華人中心婦女會是一個活躍的志願團體, 經常舉辦活動和長者午餐。非常感激她們為華人中心作出無可估計的奉獻。謝謝各位繼續發揮志願者精神!

Harlow Chinese Women Group is an active organisation who volunteered in all the hospitality events and hosting the monthly older people luncheon club. Their input to the Chinese centre is immeasurable and their dedication to the centre is deeply appreciated. Thank you ladies and keep up with the excellent volunteering spirit!

婦女會正在尋求更多的志願者幫忙。如果有興趣, 請聯繫中心。謝謝

The group is seeking more volunteers to help out. If interested, please contact the centre. Thank you

WILLS AND INHERITANCE

Talk on 15th March 2011

Over 30 members from the Chinese community came along to listen to one of our committee members, Cantonese speaking Lawyer, Mr Andy Ho's talk on The English Law system on wills and inheritance. All participants were offered a discounted fees on having their wills prepared by Mr Ho's firm and proceeds from this was donated to the Chinese centre. HDCCC received a total of £XXXXXX from this event. Thank you Mr Andy Ho and your firm for your kindness and generosity.

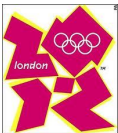


30多名會員出席華人中心委員何志遠律師講述關於英國的遺囑和繼承法的座談會。

何志遠律師更為所有與會者提供優惠收費，而所有收費何律師均捐贈哈勞華人中心。

這活動哈勞華人中心共接獲XXXX英鎊。謝謝何志遠律師的善心和慷慨。

For Information : Mr Andy Ho
Telephone: 07929511884
Email: andyhochiyuen@hotmail.com



500 days to London Olympics 2012

Harlow Chinese Singing group participated in the town's free concert called 'Worlds apart come together' to mark the start of the Olympics countdown. This event was held at St Paul's Church, Harlow on 15th March 2011.



The Harlow Chinese Centre performing arts team from the classical Chinese instrumental music players, singing group and dancing group hope to participate in next year's celebratory events over the Olympics. If you

2011年3月15日，哈勞華人中心歌唱團參加了哈勞市在聖保羅教堂舉行的免費演唱會「世界走到一起」，為奧運會倒數。

are interested, please let the office know. Nearer the time, we will inform you details of the programme.

哈勞華人中心的表演藝術團隊包括中樂組，唱歌組和舞蹈組希望能參加明年的奧運會慶祝活動。如果你有興趣，請聯絡辦公室工作人員，稍後時間，我們將通知您詳細的方案。

FUTURE TALKS 未來講座

Speaker 講員	Topic 題目	Date 日期	Time 時間	Venue 地點
Healthy Living 健康生活	Falls Prevention 防止跌倒	10 th May 2011	10.30am to 12.00pm	HDCC 哈勞華人中心
Mental Health 心理健康	Dementia 老人癡呆症	14 th June 2011	11.30am to 1.00pm	HDCC 哈勞華人中心
Carers 護理員	Carer profession 護理員職業	12 th July 2011	11.30am to 1.00pm	HDCC 哈勞華人中心

防止跌倒

2011年5月10日

10.30 上午 -



12.00 下午

Falls Prevention talk
and exercise 10.30am

Government Funding Cuts 政府削減經費

As you all know we have entered into a season of government spending cuts for 2011 through to 2014. During this period, many services normally freely available to support communities are now affected. HDCCC included. The good news is that we have been funded for just 6 months for our older people luncheon club (April to October 2011) and the Carers project for one year only. The bad news is that we will no longer be able to keep the home visits, cleaning the centre and advocacy and interpreting service.



The management committee has taken remedial action and a cost cutting exercise is being done, looking at ways to cut down on unnecessary expenditure from making mobile phone calls to photocopying and phone rental packages.

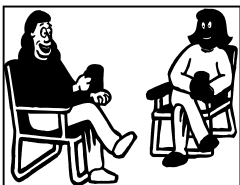


Under these tight financial constraints, HDCCC will continue to maintain the services where feasible. We urged all users of this centre to cooperate and help us keep the maintenance cost down. We will continue to source for further grants and funding to support the activities provided by this centre.

大家都知道政府現正削減2011到2014年開支。在此期間，免費提供支援社區的服務均受影響，包括華人中心在內。好消息是，我們仍可得到6個月(四月至十月)長者聚餐和一年照顧者的資助。壞消息是我們將不再家訪長者，翻譯服務及支付清潔華人中心費用。

管理委員會已採取補救和削減成本行動，尋求方法以減少不必要的開支，例如減少用手提電話，影印和電話費。

銀根雖緊，哈勞華人中心將繼續保持可行的服務。我們希望所有中心使用者，合作幫忙降低成本。我們將繼續進一步尋求資金支持中心的活動。



Befriending and Home Visits
益友和家訪



Centre Cleaning Service
清潔服務中心



Advocacy Service
宣傳服務

Older People Luncheon 長者聚餐

We are pleased to be able to continue providing this important activity for our older people. The once a month luncheon club is not just about lunch. It is vital for the elderly to meet and socialise and combat social isolation and loneliness. HDCCC has a responsibility to look after and care for her vulnerable members. This is all made possible through the hard working volunteers led by our matriarch Sister Bik and her team. HDCCC thank you for your support in this service for our community members.

我們很高興能夠繼續為長者提供這項重要活動。每月一次午餐會不只是為午膳，它還為長者提供社交和減少社會孤立和孤獨的重要作用。哈勞華人中心肩負照顧脆弱的成員的工作，這一切都全靠我們的婦女族長碧姐和辛勤的志願團隊。哈勞華人中心感謝您們為會員對此服務的支持。

4月4日	7月4日	10月3日
5月9日	8月1日	11月7日
6月6日 (端午聚餐)	9月5日 (中秋聚餐)	12月19日 (聖誕聚餐)

LUNCH DATES
午餐日期

Chinese Vegetables

中國蔬菜

時令新鮮中國蔬菜
 每個星期二中午十二時
 至下午一時三十分。
 極好品種和價值！
 請支持這服務！



Seasonal fresh oriental vegetables available every Tuesday morning from 12.00noon to 1.30pm. Fantastic variety and value! Come and support this service!



粽子

粽子可於6月1日購買，

價格：綠豆 £3.50 一只

什豆 £3.00 一只

照顧者項目 CARERS PROJECT

照顧者是誰？

照顧者提供護理，包括身體，交際或情感關懷。
 照顧者可以是：父母，夥伴，朋友，鄰居的兒子/女兒。

該項目的經費由 Essex County Council 為哈勞華人提供培訓和喘息機會。這是支持他們對日常照顧責任的小小方法。

該項目是幫助照顧者取得支持服務。

詳情請聯絡：吳維清 01279 414096



The project is funded by Essex County Council for the Chinese community caregivers in Harlow to have respite in activities and training. This will support them in a small way on their daily care responsibilities. The project is to help access services.

For information :Janet Hammond 01279414096

TRIPS

Torquay Holiday

五日四夜 英国南部托奇 5 days 4 nights trip to Torquay

二〇一一年七月四日(星期一)至八日(星期五) (4th to 8th July 2011)

費用包括：交通、酒店、早餐、晚餐和觀光

The prices are including travel to the hotel, dinner, bed and breakfast plus excursions and entertainment.

Hotel: Due to price deal, will not know until nearer the day

費用：每人£210. Price: £210. per person

訂金：每人 £50. Deposit: £50. per person

單人房附加費：£13 : £13. Single room supplement

旅行燕梳〈自由選擇〉：每人£14.

Holiday Insurance (Optional): £14. per person

有意請連同定金到：許邱淑貞 或 鍾翠碧女士處報名

If interested please bring with £50. deposit and ask for Mrs. Kitty Hui (01279-651216 Or Mrs. C.B. Tsui(437901)

DAY TRIP 一日遊

20th May 2011 (Friday)
 9.30am to 4.00pm

二〇一一年五月二十日 (星期五)

上午九時三十分至下午 4 點

Green Street 和 See Woo Supermarket 購物

午餐於新世紀酒家(自付)

車費: £5.00 英鎊(每人)

Day Trip to Green Street market and See Woo Supermarket, followed by dim sum lunch (pay your own) .

Coach fare only;

£5.00 per person