

## 大家期待的「保健計劃」



在周年大會裡一同慶祝六合彩慈善基金的撥款  
Celebrating the award in the AGM

社區中心於今年四月初獲得六合彩慈善基金頒發 245,261 英鎊資助由六月一日開始，為期三年的保健計劃。這計劃將會為新堡市及鄰近地區的華人社區推廣保健服務，尤其為不懂英語的華人提供協助。

這計劃的服務將會替病人聯系及安排醫療服務，為有需要的人士提供翻譯員協助診斷及其他醫療程序。並且會舉辦多項的健康講座、保健工作坊、運動課程、社交聚會及印制多種中文健康小冊子等作為提供資訊、推廣健康意識及愉快的生活模式。

七月底中心舉辦了健康諮詢日，為「保健計劃」揭開序幕，所有與會者都讚揚這開放日令他們大大地增長健康常識及得到實際效益。這給予我們極大的信心，這未來的三年裡，「保健計劃」一定會為大家帶來莫大的益處。

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## The H.E.A.L.T.H project

In early April this year the Newport Chinese Community Centre was awarded £245,261 by the Big Lottery to launch the three-year H.E.A.L.T.H project. The project which started on 1<sup>st</sup> June will provide help and support to the Chinese Community to facilitate full access of the health and social care services; especially for the non-English speaking members of the Chinese community.

The H.E.A.L.T.H project will help people to register and book appointments for medical services, provide interpreters for medical consultation/procedures for non-English speakers. Furthermore, running health talks; wellbeing work shops; exercise classes; social gatherings and printing Chinese leaflets to promote health awareness and healthy lifestyles.

At the end of July, the Centre had a successful Health Information Day to kick start the project, positive feedback was received from many of the participants, particularly regarding the degree of knowledge and practical help they were given on the day. This provides us with great confidence that the H.E.A.L.T.H project will reap great benefits for the years to come.

「保健計劃」的精銳團隊:

保健計劃經理: 何楊慧儀女士

保健計劃職員: 林子筠小姐

行政管理: 孫鍾瑞玲女士

行政助理: 陳李藍貞女士

The H.E.A.L.T.H project's excellent team:  
Health Project Manager: Mrs Connie Ho  
Health Project Staff: Miss Gloria Lam  
Office Administrator: Mrs Thalia Sun  
Sessional Worker: Mrs Carina Chan

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我們的花園養些鴨好不好?  
Shall we keep some ducks in our garden?



到風景好的地方遠足份外心曠神怡  
Taking in good scenery while walking is so refreshing



看誰的餃子包得最漂亮  
Who makes the best dumpling

# 周五康樂團 The Friday Club



吹着海風，野餐特別香甜  
Picnic in the sea breeze, make food taste better



參觀了葡萄園及釀酒廠，真是大開眼界!  
A day in the vineyard and winery, what an eye opener!

周五康樂團趁着夏季美好的天氣，展開了一連串的活動，除了定期的遠足步行及烹飪課外，還參觀了威爾斯民生博物館、大礦坑、葡萄園及釀酒廠等，讓團友能鍛煉身體、增廣見聞及生活充實。  
The Friday Club made the most of the summer good weather, carried out a series of activities, besides the regular walks and cooking classes, they also visited the Welsh Folk Museum; Big Pit and The Vineyard. Provided the members with healthy exercises; an active lifestyle and more knowledgeable.

# 中心活動 中心活動 Centre's Activities Centre's Activities



牛津及比斯特一日遊非常受歡迎，團友看了名勝古蹟，又買了漂亮的東西，真是滿載而歸  
Shopping and sightseeing make the Oxford and Bicester trip very successful



兩位社區警察為大家講解家居安全措施  
Two community police officers give a talk of home safety



我們經常舉辦興趣學習班，  
今期是學做水晶首飾，很受女士們歡迎  
Making crystal jewellery is our latest  
handicraft class, welcomed by all the ladies



端午節慶祝會吃了粽子玩遊戲，令大家賓至如歸  
Food and games make the Dragon  
Boat Festival celebration an enjoyable day



中心經常提供一些家庭樂的節目  
The Centre always promotes  
family day out activities

中心致力推動有益身心、家庭及親子的活動，項目包括增進常識的講座及工作坊，充滿歡樂氣氛的節日慶祝會及旅遊等。在未來的六個月裡，中心亦已安排了豐富的節目，歡迎各位垂詢或提供意見作為參考。

The Centre promotes beneficial activities like talks, work shops, lively celebrations and trips to popularize information, wellbeing and family values. Please take note of the next six months programs and suggestions are welcome.

# 保健資訊日 Health Fair

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擁有健康才能享受人生，自己的健康又怎能不注重呢！爲了讓會員們對保健有更多的認識，於七月下旬，新堡華人社區中心舉辦了一個保健資訊日，請來了 Llandough 醫院的顧問醫師單文輝醫生爲我們講解大腸癌。大腸癌雖爲癌症主要殺手之一，但卻很容易被忽略，所謂「預防勝於治療」，經單醫生講解後，使我們獲益不淺。



單醫生講解如何使用測試套件，看看大家多專心聽！  
Dr Sim was explaining how to use the cancer screening kit.  
See! Everyone was paying attention!

How can we not care about our health! We can enjoy life only if we have good health. At the end of July 2011, the NCCC organized a Health Fair in order to raise health awareness of our members. We invited Dr Victor Sim, consultant doctor from Llandough hospital, to give a health talk on bowel cancer.

Bowel cancer is one of the top cancer killers. However, the awareness of bowel cancer is very low. The Chinese say "Prevention is always better than treatment", we learnt a lot from the presentation.



健康午餐美食，看著就嘴饞了！  
The health lunch looks yummy!

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保健資訊日當天除了單醫生的講座，還分別請來 Mr Richard Bidmead 帶領會員們做伸展運動和教區護士 Ms Linda Harris 為大家量度血壓及血糖。

Apart from the health talk by Dr Sim, we have also invited Mr Richard Bidmead to teach extend exercises and the Parish nurse Ms Linda Harris to measure blood pressure and sugar level for our members.

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來來來，大家跟導師一齊來動動手、動動腳！  
Come on! Let us follow the instructor to do some extend exercise!



量量血糖和血壓，沒有超標人人讚！  
Measuring blood sugar level and blood pressure. Are you within the normal range?

# 社會互動課程 Social Interaction Course

社會互動課程的教導由淺入深，讓學員循序漸進，在輕鬆的氣氛下學習及進步。亦注重實際體驗，如參觀法庭，令學員從現實生活學習，更有進益。

Social Interaction Course let students learn in steps, to progress in a relaxed atmosphere, also pay attention to practical experience, such as visiting the court, that's learning make easy.



老師以互動的方式與學生交流  
Teacher and students have good interaction



到法庭參觀，增加學習的趣味性  
The visit makes learning very interesting



茶點是課程不可缺少的  
Tea time is important too



同學們都喜歡小組學習  
Students like to learn in small groups



一對一教授令學生更容易明白  
One to one teaching is most beneficial to the students

# 布萊頓一日遊 Visiting Brighton



社區中心在一個風和日麗的一天到訪布萊頓海灘，那日天氣晴朗，遊玩了美麗怡人的海灘、特色小店鋪，最後還享用了美味豐富的晚飯，真是完美的一天！

On a delightful sunny day the Newport Chinese Community Centre paid a visit to the seaside of Brighton. The day had good weather; joyful time in the beautiful beach; specialist shops to visit and ended with a splendid meal. It's a perfect day out!



兩位領隊辛勞了一天，也享受一下怡人的景色。

The two tour leaders work very hard for the day, took a break to soak in the beautiful scenery.

大家都同意這裡的景色美麗迷人，令人流連忘返。

All the trip goers agree that the scenery is charming and marvelous.



## Coming Events

Sept 13	Mid-autumn Festival Celebration
Sept 19	Nurse Surgery
Sept 21	HK (\$6,000) Talk
Sept 27 Oct 4	} Hygiene Course
Oct 25	
Mid Dec	Christmas Party (Date to be confirmed)
Jan 29	Chinese New Year Celebrating
Mid Feb	Spring Day Trip (Date & Place to be confirmed)

## 近期活動

九月十三日	中秋慶祝會
九月十九日	護士工作坊
九月廿一日	香港「\$6,000」講座
九月廿七日	衛生課程
十月四日	
十月廿五日	百明翰一日遊
十二月中旬	聖誕聯歡會 (日期待定)
一月廿九日	農曆新年慶祝會
二月中旬	春季一日遊 (日期及地點待定)

新堡華人社區中心資訊紀錄表壹壹年三月至八月

Newport Chinese Community Centre enquiries Record Mar to Aug 2011

Case Categories/ 種類	March 三月	April 四月	May 五月	June 六月	July 七月	Aug 八月
Interpreting 傳譯	3	2	4	5	5	3
Domestic 家事	0	1	0	0	0	0
Health 健康	2	1	2	4	1	3
Benefit 公援 / Welfare 福利	1	1	0	1	0	0
Housing 居屋	0	0	0	0	0	0
Education 教育	1	0	0	0	0	0
English Course 英文班	44	70	34	69	104	70
Fundraising 籌款	0	0	0	0	0	0
IT Class 電腦班	29	0	7	30	16	0
Tax 稅務 / Finance 財政	0	0	0	0	0	0
Legal 法律 / Immigration 移民	0	4	2	0	0	0
Meetings 會議 / Talk 講座	170	110	205	60	159	105
Volunteers 義工	20	3	3	24	4	7
Celebration / Party 慶祝	5	0	0	48	0	0
Tape & Books 影帶書籍	1	0	0	2	5	2
Children's Program 兒童活動	0	0	0	0	0	0
Sports 運動	0	0	0	0	0	0
Employment/Career 就業	2	0	0	0	0	0
Other Classes 其他興趣班	0	12	22	0	41	2
Trips 旅行	0	0	103	25	56	94
Others 其他	13	17	30	16	9	17
<b>Total 合計</b>	<b>291</b>	<b>221</b>	<b>412</b>	<b>284</b>	<b>400</b>	<b>303</b>

## 中心課程

英文會話班：星期一（廣東話/普通話）  
上午十時半至十二時半 在社區中心舉行  
**The English Conversational Class :**  
10:30 am. to 12:30 pm, Mondays  
(Cantonese/Mandarin) at the NCC Centre

社會互動英語課程：星期三（廣東話/普通話）  
上午十時半至十二時半 在社區中心舉行  
**Social Interaction English Class:**  
Wednesdays - 10:30 - 12:30pm

興趣班及健康講座將另行發佈，敬請留意  
Notice will be sent out for further classes and talks

- \* 新堡華人社區中心運作經費由六合彩慈善基金及萊斯銀行慈善基金資助
- \* The Newport Chinese Community is funded by the Big Lottery & Lloyds TSB Foundation
- \* 社會互動課程及電腦班由 Switch On Project 資助
- \* The Social Interaction Course is funded by the Switch On Project

周五康樂團歡迎新會員，節目豐富，包括行山、健身操、電影欣賞、聚餐、卡拉OK、社交舞及其他康樂活動，歡迎垂詢。  
Friday Club welcomes new members, activities include walks; exercise; films; luncheon; karaoke; social dancing, please enquire within.

中心地址/Centre Address :  
Locke Street Dance Hall, Queens Hill,  
Newport, South Wales, NP20 5HL  
中心開放時間：星期一至五，早上十時至下午四時 (公眾假期除外)  
Opening Time: Monday to Friday 10 a.m. to 4 p.m. (except Bank Holidays)  
電話號碼/Tel No.: 01633 840318  
Email: newportccc@gmail.com  
Web: www.newportccc.com



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