

Tai Chi for Health & Wellbeing



多位師兄師姐幫助學員練習

Senior students help the beginners practising

Studies have shown that tai chi can help people young and old, especially for the over 65s to reduce stress, increase muscle strength in the legs, improve balance and general mobility. Some research suggests tai chi can reduce the risk of falls among older adults who are at increased risk. Today it is practised around the world as a health-promoting exercise.

When Master Hong Yan Fu learnt that the Newport Chinese Community Centre planned to start a class, he volunteered to teach one on a weekly basis. Master Fu learnt Tai-chi from the renowned Professor De Yin Li, he is so passionate about this martial art that he spends two weeks in Beijing every year to advance himself.

The Newport class had been going on for three months, students come from all walk of life but they all have one aim, to improve their health and wellbeing.

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學太極 - 強身健體

很多項研究顯示太極拳對男女老幼都很有好處，特別是 65 歲以上的長者也能達到減輕壓力、強健腿部肌肉、改善身體平衡及全身的活動能力。有一些研究顯示太極可以減低老人家跌倒的風險。現今，全世界都在練習太極，用作強身健體的運動。

得悉新堡華人社區中心籌劃開辦太極班，傅康仁師父便鼎力幫忙，願意義務為中心任教。傅師父師承於李德印教授，他對太極充滿熱誠，每年九月，他會到北京進修兩星期，務求精益求精。

中心的太極班開辦了三個月，學生包括了不同年紀及背景，但他們都有同一心願，就是改善他們的身心健康。



傅師父示範太極劍

Master Fu demonstrates the Tai Chi Sword

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保健活動 Health & Wellbeing

社區中心爲了推廣保健知識及有益的生活方式，經常都安排一些雙語健康講座或到外面參觀與保健有關的項目，務求大家對疾病的治療及預防有更多的認識。

To promote general health and wellbeing, the centre has organised a range of bilingual health talks and other relevant activities which are useful for healing and prevention of diseases.



參加一個怎樣善用醫療服務的學習班，
認識看醫生或接受治療的應有程序
Take part in the Education Patient
Experience workshop, learn about how to
utilize consultation and treatment time.



萬達敏醫生爲大家介紹中藥保健
Doctor Damin Wang introduces Basic
Knowledge of Healthcare in Chinese Medicine



卡迪夫華人長者會的 Bonnie 爲大家
講解‘用心聆聽長者服務’計劃
Bonnie of the CCEA gives
introduction to their 'Listen to me' Project



參觀在卡迪夫舉行的的少數民族保健展覽會
To see the Minority Ethnic
Communities Health Fair in Cardiff



單文輝醫生爲大家講解乙型肝炎
Dr. Victor Sim gives a talk on Hepatitis B



中秋節兒童聯歡會

拾多位小朋友和他們的家人參加了中秋節聯歡會，他們玩遊戲玩得十分開心，當然，還有他們喜愛的食物。

Mid Autumn Children's Party

The children have a fabulous time in the Mid-autumn Festival Party, there are about 16 children and their parents join in the fun. The little ones enjoy the games and of course their favourite party food too.



聖誕聯歡會

中心的會員在聖誕聯歡會玩得十分開心，有可口的應節食物，及熱鬧好玩的遊戲，大家鬥志高昂，志在必勝。

Christmas Party

Centre members enjoy the Christmas Party with wonderful festive food and hilarious games. Everyone is so passionate about it, they all fight to win.



靈蛇賀歲迎福來 Year of Snake 2013



辭龍迎蛇，新堡華人社區中心於癸巳年正月舉辦新年聚餐，與眾同樂，共慶新春。是次場地選址，選取了本中心的舞池舉辦小型慶祝會。

規模雖小，仍然高朋滿座，祝賀聲、問候聲、歡笑聲充滿整個會場。

精彩的表演、悅耳的歌聲，伴隨着一遍又一遍的祝福聲，大家歡樂共聚，迎蛇接福。



新春佳節，不單單只是中國人在慶祝，我們很榮幸邀請了新堡市市長伉儷及兩位國會議員與我們共度佳節。

你看，場面何其熱鬧！

The Chinese New Year is not only celebrated by Chinese people. We are honoured to have the Mayor and Mayoress of Newport, along with the Newport MPs amongst our guests.

Farewell Dragon! Hello Snake! The Newport Chinese Community Centre hosted the Chinese new year party on 19th February 2013 to celebrate the most important festive event of the Chinese calendar with friends and families across Newport and nearby regions.

The Locke Street Dance Hall was our choice of venue for this year's celebration. The Dance Hall was filled with greetings, good wishes and laughter from the joyful guests during the day. There were marvelous performances, beautiful songs and waves of blessings throughout the celebration as we welcomed the year of the Snake.



精彩表演一連連



今年請來卡迪夫太極班表演太極拳和太極功夫扇，
精彩絕倫，掌聲不斷，好評連連！

The marvellous Tai Chi performances are greeted
with great appreciation from the crowd.
What a wonderful combination of Kung Fu and fan!



如此喜慶的日子，怎能少了優美的歌聲助興呢！
What a lovely singing performance!



獎品豐富，加上令人垂涎三尺的美食，
難怪大人小孩都笑逐顏開！

Everybody look so happy!
Is it the tasty food
or the fabulous raffle prizes?





同心合力制作的牛肉燒賣，比茶樓的還好味道
Home made beef balls taste so good, thanks to the team effort

周五康樂團 周五康樂團 The Friday Club The Friday Club



威爾斯有很多美麗的海灘，康樂團當然不會錯過了
The beautiful beaches in Wales are a must for the Friday club outings



這樣又過了愉快的一天！
This is our most favourable past time!



參加新堡市健步會的聖誕午餐，
認識更多志同道合的步行者
Join the W.A.L.K Newport for a Christmas lunch, glad to meet up with so many walkers



步行後在這裡聽聽流水淙淙，什麼疲勞也消除了
Listen to the waterfall is so refreshing after a long walk



伯明翰是一日遊最受歡迎的地點
Birmingham is the most popular day trip destination



中心經常徵詢會員對活動的意見
Members are being consulted on their preference of activities

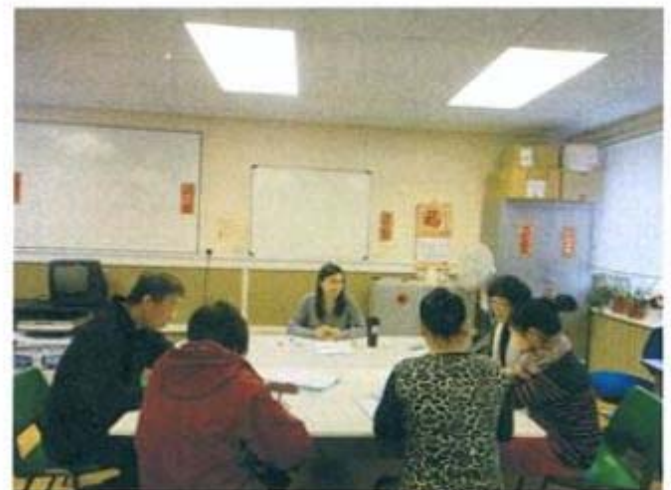


聚餐及卡拉 OK 是最受歡迎的節目
Singing Karaoke over a meal is most popular with the members

中心活動 中心活動 Centre Activities Centre Activities



與牛津華人社區及諮詢中心研討工作心得及交換意見
Visited by the Oxfordshire Chinese Community & Advice Centre for information sharing



逢星期三上課的主題英語會話班，每次選取一個實用的題目，令學生更易掌握，而且更配合生活需要
The theme conversational English class on Wednesdays concentrates on special topics Which is learner friendly and useful for everyday life

Coming Events

May 7	AGM and 10 th anniversary celebration
May 28	Day trip to Bournemouth
June 11	Dragon Boat Festival Gathering
June 25	Health Talk: Smoking cessation
July 9	Diabetes diet workshop
July/August	Summertime day trip date and place to be confirmed
August	Easy exercise workshop Date to be confirmed

近期活動

5月7日	十周年紀念會暨周年大會
5月28日	波恩茅斯一日遊
6月11日	端午節慶祝會
6月25日	戒煙講座
7月9日	糖尿病飲食工作坊
7月8月	夏季一日遊(日期待訂)
8月	家居簡易運動工作坊(日期待訂)

新堡華人社區中心服務紀錄表 二零一二年八月至二零一三年二月
Newport Chinese Community Centre Enquires Record August 2012 to February 2013

Case Categories/ 種類	Aug 八月	Sep 九月	Oct 十月	Nov 十一月	Dec 十二月	Jan 一月	Feb 二月
Benefit 公援 / Welfare 福利	2	12	4	2	3	2	5
Domestic 家事	1	6	3	6	2	1	2
Education 教育	1	2	0	1	1	0	2
Employment / Career 就業	0	4	1	0	0	0	1
Health 醫療 / 保健	17	6	9	4	6	2	10
Interpreting 翻譯	2	5	3	7	0	0	1
Legal 法律 / Immigration 移民	26	4	17	8	0	4	6
Newspaper 報章 / Tape 影帶 / Book 書籍	78	74	53	27	35	52	73
English Course 英文班	32	37	40	60	30	30	37
IT Course 電腦班	0	0	0	0	0	0	0
Meeting 會議 / Talk 講座	74	92	88	42	73	65	67
Volunteer 義工	77	69	71	21	50	77	98
Celebration / Party 慶祝	0	38	0	0	25	0	122
Friday Club 周五康樂團	45	22	14	6	9	12	35
Other Classes 其他興趣班	61	0	0	0	0	93	68
Trips 旅行	0	0	41	0	0	0	0
Others 其他	9	11	18	12	13	7	12
Total 合計	425	382	362	196	247	345	539

中心課程

英文會話班：星期一（廣東話/普通話）
上午十時十五分至十二時十五分

在社區中心舉行

The English Conversational Class :
10:15 am. to 12:15 pm, Mondays
(Cantonese/Mandarin) at the NCC Centre

主題英語會話課程：星期三（廣東話/英語）

上午十時十五分至十二時十五分

在社區中心舉行

Topical English Conversational Class:
Wednesdays - 10:15 - 12:15pm
(Cantonese/English)

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
慈善基金資助

* The Newport Chinese Community
is funded by the Big Lottery

太極班：逢星期一（公眾假期除外）

上午十一時至下午一時在社區中心舉行

由傅康仁師父教授

Tai Chi Class: Every Wednesday
(except Bank Holiday) 11am to 1pm
Tutor: Master Hong Yan Fu

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

面書介紹課程 Get to Know Facebook Introductory Class

Date 日期: 11/3, 18/3, 25/3, 8/4, 2013 (Monday 星期一)

Venue 地點: NCCC 本中心

Sessions 堂數: 4 lessons 共四堂敬

請留意初級班開課日期

Date for Beginners' Class to be announced

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,



Cefnogwyd gan
Y Loteri Genedlaethol
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