

LAMBETH CHINESE COMMUNITY ASSOCIATION



林拔芙華人協會

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Email: info@lcca.org.uk

Website: lcca-chineseschool.org.uk

Charity Registration No: 802002

Limited Company Registration No: 2404310

Winter 2018



Newsletter 會員通訊

中 心	服務項目	Opening Hours
<u>開放時間</u>	Home Care Service	<u>家居護理</u> Mon-Fri 星期一至五 09:00 – 16:00
Centre	Elderly Project	<u>長者計劃</u> Tues 星期二 09:30 - 17:00
<u>Opening Hours</u>	Carers Support	<u>照料者援助計劃</u> Wed 星期三 09:30 - 17:00
	Luncheon Club	<u>午餐會</u> Fri 星期五 12:00 – 13:30
Mon-Fri	Mandarin Class	<u>普通話班</u> Mon 星期一 13:00 - 15:00
	English Class	<u>英文會話班</u> Wed 星期三 11:00 - 12:30
9:30-17:00	Tai Chi Class	<u>太極班</u> Fri 星期五 10:30 - 12:00
	Chinese School	<u>華文學校</u> Sat 星期六 10:00- 13:00



Welcoming the Year of the Pig 金豬迎春慶祝會

Members 會員 £25

Non Members 非會員 £27

DATE: 29th January 2019 (Tuesday)

日期: 2019年1月29日 (星期二)

TIME: 12.30 PM-3.00 PM

時間: 中午12:30 至下午3時

VENUE: New Loon Fung Chinese Restaurant

地點: 唐人街新龍鳳大酒樓

42-44 Gerrard Street, London W1D 5QG

(020 7287 9026)

Menu: Cold Platters/Soup/BBQ meat platter/stir fried fish fillet with celery/Pepa style roasted duck/ vinaigrette pork chop/seasonal greens/monk's vegetables/fried noodles/steamed rice/ Chinese pudding/New Year cakes

菜譜: 頭盤(冷盤)/列湯/ 燒味拼盤/ 西芹魚塊/ 琵琶鴨/ 鎮江豬扒/ 蝦餅炒時菜/ 羅漢上素/ 炒麵/ 絲苗白飯/ 紅豆沙/ 年糕

2 X TABLE PRIZES 檯獎兩個: **LOBSTER NOODLES & RED WINE** 龍蝦麵及名貴紅酒

Raffle Ticket: 50Peach -Draw to take place at the event

幸運大抽獎: 每張 50P 現場大抽獎



2019 Annual General Meeting 週年大會

The Annual General Meeting will be held on **8th January 2019 (Tuesday)** at the Stockwell Community Centre, 1 Studley Road, London SW4 6RA, between 10am-12:30pm, followed by free lunch. For catering purpose, please return your reply slip by 04/01/19. 週年大會將於 **2019 年 1 月 8 日星期二**上午 10:00 至 12:30 在斯托域社區中心舉行，並有免費午餐供應。請將回條填妥並於 1 月 4 日前交回本會。



Birthday Party: 05/04/2019 (Friday) 生日會

Birthday Party for the LCCA members will be celebrated at the LCCA, 12:00-2:00pm, £7 per person. 生日會將在 4 月 5 日星期五，中午十二時至下午二時在本中心舉行。凡購票參加者都可獲本會致送生日禮物乙份。會員餐票每位£7。歡迎所有會員預早購票。



Friday Luncheon Club 星期五午餐會 12:00 pm – 1:30 pm

The LCCA's lunch service continues to provide well-balanced and nutritious meals to the members. Dial-a-ride service is provided for those elderly members with physical disabilities residing in Lambeth. Luncheon fee is £4 per person. 本會繼續為會員提供營養均衡的午餐。專用社區小巴為居住在林拔英區內的家居護理使用者或傷健人士提供接送服務。午餐會員每位£4。



Mandarin Classes (Mondays) 普通話班

Classes take place at the Centre from 1pm to 3pm. . Tuition fee for 10 classes are £40 for members and £50 for non-membets. 星期一下午 1:00 至 3:00 在本中心授課。會員每十課£40，非會員每十課 £50。

* There will be no classes on 24/12/18, 31/12/2018, 22/04/19, 06/05/19 and 27/05/19.

* 普通話班將於 2018 年 12 月 24 日, 12 月 31 日, 2019 年 4 月 22 日, 5 月 6 日及 5 月 27 日停課。



English Classes 英文班: Wednesdays 11am-12:30pm

The class aims to help the non-English speaking members and newly arrived in the UK to improve their English language skills so that they can integrate into the society. All members are welcome.

* There will be no classes on 26/12/18, 02/01/19 and 06/02/19.

成人英語班為本會會員及新移民而成立，幫助及改善他們的英語會話程度，使他們能融入社群。逢星期三，上午 11:00 至下午 12:30，由經驗教師在本中心授課。歡迎所有會員參加。

*英文班將於 2018 年 12 月 26 日, 2019 年 1 月 2 日及 2019 年 2 月 6 日停課。



Tai Chi Classes 太極班(partnerships with Stockwell Community Centre)

Tai Chi is a gentle exercise to increase functional capacity and maintain mobility as we age. Every week more than 30 people including Chinese and non-Chinese adults from South London ethnic communities come to join us. The classes take place on Fridays, 10:30am – 12:00pm, at Stockwell Community Centre, 1 Studley Road, SW4 6RA. Members: £1.50 per session and non-members: £2.50. *There will be no classes on 28/12/18, 04/01/19, 22/02/2019, 12/04/19 and 19/04/19*



太極有利於提高身心健康及關節活動。每星期吸引三十多名中外人士參加。逢星期五上午 10 時 30 分至中午 12 時在斯托域社區中心上課 (Stockwell 地鐵後面)。會員每課 £1.50, 非會員每課 £2.50。

太極班將於 18 年 12 月 28 日, 2019 年 1 月 4 日, 2 月 22 日, 4 月 12 日及 4 月 19 日 停課。



Domiciliary Care (Mondays – Fridays, 9:30am – 5:00pm)

The Centre provides approved homecare services (Care Quality Commission) to provide and support house-bound residents to live an independent life. Our bi-lingual care workers are able to provide services including laundry, shopping, housework, meal preparation and personal care. We need more carers to join our team in order to meet the needs of the expanded services. Training is provided to enhance care workers' knowledge and skills. If you are interested in care work, please contact Christine Tan or Nancy Tang.

家居護理服務 (星期一至五, 上午 9:30 至下午 5:00)

本會向南倫敦區內高齡及殘弱人士提供國家認可高質的家居護理服務，包括個人護理、家務清潔、購物、洗衣、煮飯、提取藥物及代繳賬單等等。我們需要雇用更多護理人員幫助發展這項計劃。中心會為護理人員提供培訓及支援以增進他們的護理常識及技能。如閣下有興趣加入護理工作行列，請致電梁姑娘或鄧姑娘。



Carers Support (Wednesdays by appointment only)

If you are an unpaid carer living in Lambeth and look after your family members, relatives, friends or children who are ill, frail, physically or mentally disabled or having a learning disability, we can provide help and support in relation to your caring role.

照料者支援計劃（逢星期三必須預約）

如果您是林拔芙區內的照料者，長期照顧有病患，體弱，傷殘，精神病或有學習障礙的家庭成員或親友，我們可以為您提供幫助和支援。請與我們聯絡。我們的工作人員很樂意為閣下服務。

Signpost & Information Service (Tuesday morning appointment only)



Services we can provide include over-the-phone interpretation, medical appointments arrangements and letter reading for our members. Signposting and referrals are also made to assist our members to access the services of the alternative agency when needed.

指引/轉介服務（逢星期二上午必須預約）

本會工作人員樂意繼續為本會會員看信，電話傳譯及安排醫療約會等。如有需要，我們會向用者提供指示和轉介到其他服務機構。

Christmas and New Year Breaks 聖誕及新年假期

The Centre will close on 25/12/18, 26/12/18, 01/01/19, 05/02/19 & 06/02/19

中心將於 2018 年 12 月 25, 26 日，2019 年 1 月 1 日，2 月 5 日及 2 月 6 日放假。



Wishing you a Merry Christmas and a Happy New Year! 祝大家聖誕節快樂・新年快樂！

Lambeth Chinese School

Lambeth Chinese School is an award-winning non-profit Chinese school in Lambeth London. The school has won the UKAPCE Mandarin speaking competition for 12 years running, as well as the best school group prize for calligraphy and writing. We welcome anyone who is enthusiastic about Chinese language teaching to join our excellent teaching team. The Saturday Chinese School takes place at St Martin-in-the-Fields High School of 155 Tulse Hill London SW2 3UP, between 10:00 am and 12:55pm. Children aged from 5 to 18 are welcome and the annual school fee for the 2018-19 academic year is £190 per student. For further information, please visit www.lambethchinese.org or contact the Headmistress, Vicky Wang on 07967972418 (10-17:00) or email: lambethchinese1@gmail.com



林拔芙中文學校

林拔芙中文學校是一所非牟利性的成績優異學校，不僅連續 12 年來榮獲全英中文朗誦比賽團體優勝獎盃，另外在全英書法與作文比賽也屢獲成績優良學校團體獎。竭誠歡迎有志中文教育者，加入我們優秀的教師團隊。本學逢星期六上午 10 時下午 12:55 時於頌馬田女子中學 (St Martin-in-the-fields) 授課。歡迎年齡 5 至 18 歲學生報名參加，每學生全年學費(2018-2019)為 £190。有關學校詳情，請瀏覽本會網址:www.lambethchinese.org 電郵 lambethchinese1@gmail.com 或聯繫王校長(Ms Vicky Wang) 07967972418.

2018-2019 Term dates 本年度開課日期如下:

September 九月:	8, 15, 22, 29	January 一月:	12, 19, 26	April 四月:	27
October 十月:	6, 13, 20	February 二月:	2, 9, 16	May 五月:	4, 11, 18
November 十一月:	3, 17, 24	March 三月:	2, 9, 16, 23	June 六月:	1, 8, 15, 22, 29
December 十二月:	1, 8, 15				