

## 2019 Management Committee Members



Ms Men Lin Chen (Chair)



Ms Winnie Li



Mr Chan Keung Ho (Vice Chair)



Ms Helen Ng



Mr Hoi Yat Tsoi (Secretary)



Ms Denise Ng



Mr Gavin Fung (Treasurer)



Ms Khoi Lai Tang



## NEWSLETTER

English version-July to Dec 2019

夏靈基  
華人中心 訊

HARINGEY CHINESE CENTRE  
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www.haringeychinesecentre.org.uk

Chair: Men Lin Chen

Centre Manager: Raymond Yip

Charity number : 1051778

Funded By Haringey Council

## Haringey Chinese School 2019 - 20 New Enrolment

The new term will start on **14<sup>th</sup> September 2019**. Classes are held between 10:30am-12:30pm at the Park View School, West Green Rd, Tottenham, London N15 3QR. We have Mandarin classes from Years 1 to Year 8 IGCSE. Family with 2 or more children will be entitled for a discount towards the school fees. Same as last year, the school fee of **£185 (Year 8 £200)** plus the textbook fee **£20 / (£30 Year 6-8)** will apply to all existing / new students who pay before **31.07.2019**. Any payment from **01.08.2019**, an additional **£20 admin fee will apply to each student**.

**Membership fee:** Haringey Chinese School is one of the services run by the Haringey Chinese Centre (HCC); all parents must become as a member of HCC first before registering their child/children to our Chinese School. Membership fee per family is **£8 per year**. To register, please attend HCC's office during office hours to complete an application and school fees.



**Mid-Autumn Festival Celebration Lunch** To celebrate the annual Mid-Autumn Festival, HCC will be having a lunch on **Tuesday 10<sup>th</sup> Sept 2019**. Other than a plentiful lunch, we will also be having moon cakes to celebrate the festival.

Welcome for all those who wish to celebrate this festival with us. Ticket price for each person **£8.50**; please get ticket **before 03.09.19** to avoid disappointment.

**Christmas Celebration Lunch** During December, which is full of Christmas spirit, HCC will be celebrating Christmas on **Tuesday 17<sup>th</sup> Dec 2019**. There will be plenty of food, raffle prizes and a present for those who attend. Ticket price for each person **£8.50**; please get ticket **before 10.12.19** to avoid disappointment.



## Many Thanks to those who have made Donations!

The following names are those who have made donations between Jan and May 2019: (Names are not in any specific order and apologies if any names have been missed)

**Donations & Gifts for Chinese New Year and birthdays:** Mrs Lee Pitkin, Mrs. Leong £200, Wing Yip voucher, Sam Ma voucher, Wah Nam Hong voucher, Hoo Hing food, YTChow £100, CYChoong £50, CYip £40, SITam £30, KCWong £15, P Sia-Robey £99.50, Lie £40, SVDong £30, WHChung £20, SKMak £20, YLLau £20, Mrs. Lee £60, CYWah £20, KKWong £20, KLNg £20, HLYuen, KSChai £120, KCLau £10, PKWong £15, MSLeung £20, CWYung £30, SK Law £11, **Gifts:** CYip, SITam

**School scholarship:** Bank of East Asia £300, Mr. EBLim £300

**Smartphone Learning Class For Elderly** Most elderly people have problems using the smartphone. They felt they can't keep up with the times and afraid to use it, which caused them missing out the fun to communicate with friends or relatives. By request, our centre will start a weekly training class from 02.07.19 to solve the problem and hopefully the elders will enjoy the fun of using a smartphone. The class starts every Tuesday 11:00-12:30.

**Note: Anyone interested, please contact us before Friday to register a place.**

**\*Offer for Class+Lunch £6.00 each, Class only £2.00 each.** If a class has less than 5 students, then the class will not start.

**Luncheon Club** Luncheon club continues with a healthy menu on every Tuesday. Lunch is **£4.50 each**. \*Please note those who participate in lunch must call to HCC **before 11:00** or visit to register. Special festivals celebration parties will need to buy ticket in advance at **£8.50 each**. **\*Food Allergy Notice:** please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish. Please check with our staff or decide whether you should eat. Any consequences, our centre will not be responsible.

According to the new General Data Protection Regulation ("GDPR"), that comes into effect May 25, 2018.

To help comply with GDPR consent requirements, we need to confirm that you would like to receive content from us. We hope that our content is useful to you.

If you do not like to continue hearing from us, please let us know.

## Our Services

*Luncheon Club, Birthday & Festival Parties* (Tuesday only)

*Housing Related Support Advice Service* (Mon to Fri by Appointment)

*Interest / Dancing / Tai Chi Class*

*Chinese School / Tuition Class*

*Acupuncture & Massage booking*



福如东海 寿比南山

**3<sup>rd</sup> Season Birthday Party**  
Elder's birthday for the months  
Jul to Sept will take place on  
**Tuesday 23 July 2019**

**4<sup>th</sup> Season Birthday Party**  
Elder's birthday for the months  
Oct to Dec will take place on  
**Tuesday 29 October 2019**

**Each ticket £8.50**



**Please remember that  
the clocks go backward**

**1 hour on the 27th October 2019**

## Professional Acupuncturist & Chinese Medicial Service by Dr Sam Ma

Appointment must be pre-booked and each treatment is about 45-60 minutes. (If you fail to attend an appointment or cancel without giving 24 hours notice, the full session fee will be applied.)


**Acupuncture Service times: Monday 09:00-20:00, Thursday 09:00-12:00 and Friday 09:00-20:00.**

**For professional Tuina Massage by Ms Naoko: Tuesday 10:00-12:00, Wednesday 10:00-13:00**

Fee for each session is **£30 for age above 65, £40 for under 65, £50 for non-member.**

Other than telephone booking, you can also book appointment via our website: <http://www.haringeychinese.org.uk/acupuncture-booking> (Please note that Dr Ma and HCC have the right to reserve all booking times)



**Health & Wellbeing Self-care Healthy Tai-Chi Class**  At a time when quality of life is constantly being improved, people are becoming more aware of health news and are always looking ways to increase their knowledge on how to improve their wellbeing. Professional Acupuncturist Dr Sam Ma voluntary teaches 2 sessions per week **Monday and Friday at 6.30pm** on how to practise tai-chi to improve physical fitness and health. Everyone welcome to join! For member charge £5 each lesson. The fee is for Sam's travel expenses.



**Health Dance** takes place every Tuesday from 13:30-15:00. HCC members are charge £1 per session; non-members £1.50 per session. Everyone is welcome!

### **Financial Management Talk - Opportunities for Financial Sharing to Students by the BEA**

The Bank of East Asia (BEA) will provide students with knowledge about the "financial concept" and discuss with students how to do a good job in financial management; for example, savings, fund management ideas and plans. The age range of the lectures begins at the age of 10 and the school will arrange Year 5 to Year 8 students to attend this function. This function is not selling any products; they only provide professional ideas & information. BEA has supported our Chinese school for many year, the donations is used as a "Scholarships" and rewards gifts for outstanding student. This is a great benefit to their future to learn how to manage their finance. The Financial Talk will be held in 2020 at Chinese school, for more details and the date / time will be updated.

Parents are also welcome to attend this talk. If anyone interested, please contact the Headteacher / School Administrator or Haringey Chinese Centre to reserve a place.



### **School Tuition Class**

revises English and Maths. There are 2 classes every Saturday: the first class is from 13.30-14.30, and the second class is from 14.30-15.30. Each class has between 5-8 students, each subject taught for an hour. Each student costs £10 for each subject. If a class has less than 5 students, then the class will not start. Payment is made 1 month in advance, if after payment, there is any reason the student cannot attend, no refund will be made. Please call HCC if anyone interested. Also, the current tuition teacher Mr Lim has special arrange a GCSE and A Level Physics program. For more details, please contact Mr Lim.



### **The Monitored Dosage System & Pharmacy Collection**

**Free Service** We work with a local chemist who collect all the prescription from the GPs of our service users and packed their medications into blister box system to ensure that they were taking their daily medication correctly and punctually. This system is good for the clients who are taking several different medicines and the need of extra care to take their medication effectively on a routine basis.



*Christmas & New Year*  
*Our Centre will be closed from*  
**24.12.19 to 01.01.2020,**  
*Resume on 02.01.2020*



**Online Shopping Fundraising, Donations now raised £1211.16 Thanks to everyone and keep supporting!** *You do not have to spend extra and can raise money towards Haringey Chinese Centre/Chinese School*

By shopping through the website [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk), companies will give a fixed percentage of donations to be transferred to HCC's account. Also use **Easysearch search engine for a donation.** By using [www.easysearch.org.uk](http://www.easysearch.org.uk) each time to search for information can help HCC gain half a penny as donation. Even though it might not seem like a lot, but over time, it will soon pile up!



\*If you have any queries about registering on the website, please feel free to contact us.

All questionnaires will remain for reference and data records for improving services in future. Please return to Centre after completion. (Please fill in the box ✓ number)

	Satisfaction	Dissatisfied	Opinion
(1) Overall activities and services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(2) The facilities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(3) Customer service?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(4) Any other activities or services need?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **User Survey**

If you have any comments, feedback or suggestions of activities or services, please fill in here or add other pages.

If you want to get in touch with us, please fill in your name and contact information here:

### **Hitchin Lavender Farm 1 day trip on 09/08/2019 (Friday) £15 per person (entrance fees not included)**

Hitchin Lavender is a lavender farm attraction close to both London and Cambridge. They have around 25 miles of lavender rows which you can walk through and pick your own fresh flowers from. As well as the fields of lavender they also grow sunflowers and have a wildflower area. The farm has some spectacular views of rural Hertfordshire and Bedfordshire and there are many interesting walks surrounding. Inside their 17th century barn have a range of lunches and homemade cakes available and you can also browse their products and choose from their large variety of lavender plants on offer. You are also welcome to walk around their museum which houses a replica of the "Perks & Llewellyn" pharmacy, well-known in the 19th century for their lavender products. You are absolutely welcome to bring your own food and use their picnic tables on our main field! Please remember to take away any rubbish when you leave. Keep the field free of plastic and other waste! For younger visitors they have a variety of activities including a fortress play area and model tractor. Why not go and experience what the lavender can offer you!

**Entrance fees for the main farm (all picking included): Adults: £6.00, Blue Badge Holders: £4.00,**

**Children aged 5-14: £3.00, under 5's: Free of charge**

**For Coach Pick up to the farm charge: £15 per PERSON**

Departure time: 10:00, Return time: 16:00 *(Please get your ticket before 12<sup>th</sup> July 2019)*

Meet up point: Outside the Costa coffee shop (opposite the Turnpike Lane Station)



### **FREE Housing Related Support Services is funded by Haringey Council for the local Chinese Community. All**

Service users must register as our members and currently live in Haringey. Be sure to provide true information when using this service. Staff will immediately stop to help if you are providing false information. All advice given is confidential, personal information and individual files are absolutely confidential and kept locked in cabinet at all times. Services include various housing, welfare benefits applications, interpretation/translation of documents; other general help and advice on health, tax credits, utilities and housing repairs etc. Use appointments system: 60 minutes per session; initial needs and support plan will be assessed on first visit and final individual review will be completed at the end of 6 months.

Aggressive, violent and threatening behaviour towards HCC staff or other clients will not be tolerated and will be stopped from using our services. We do not provide advice or help on immigration issues, business related matters, referee/guarantor or credit reference on getting a mortgage/rent contract etc.

## List of Centre Activities - Please see inside page for more details

Luncheon Club	Every Tues <b>£4.50 each</b> . Plus free blood pressure measuring/MDS Service
FREE Advice Service	Every day from Monday-Friday, from <b>10:00-17:00</b> (Appointments only)
Acupuncture & Tuina Massage Services	Every Monday, Tuesday, Wednesday, Thursday & Friday. Please see inside page for more details
Women's group English Class	Every Wednesday 13:30 starts. (Free for member)
Healthy Tai-Chi Class	Mondays & Fridays. Please see inside page for more details
Healthy Dance Class	Healthy Dance class, every Tuesday afternoon <b>13:30-15:00</b> . Price <b>£1</b> per session
Smartphone Learning Class	Every Tuesday <b>11:00-12:30</b> for elders only. Please see inside page for more details
Birthday Parties	<b>23.07.19</b> -3rd quarter for July to Sept; <b>29.10.19</b> - 4th quarter for Oct to Dec
Festival/Christmas Parties	Mid-Autumn Festival-10.09.2019, Christmas-17.12.2019
Hitchin Lavender Farm	1 day trip on 09/08/2019 (Friday)
Tuition Class	English and Maths tuition class on Saturday at 13.30-15.30, <b>£10</b> per each subject
Chinese School New Term	2019 - 20 New Enrolment. Please see inside page for more details
Winter Time change	Clocks will be going forward in the early hours of <b>27.10.2019</b>