

聯絡我們

我們將很樂意協助您



姓名	職位	手電	電郵
趙金良 太平紳士	行政主任	0430 788 182	eo@chinesewelfareservices.org.au
麥美儀 女士	聯邦家居支援服務統籌	0449 990 945	chsp@chinesewelfareservices.org.au
杜文琪 女士	聯邦家居支援服務統籌	0451 182 557	vinci.du@chinesewelfareservices.org.au
黃翊勤 先生	長者服務協調主任	0406 527 318	hcp@chinesewelfareservices.org.au
方齊博 先生	長者服務協調主任	0426 684 491	brian.fang@chinesewelfareservices.org.au
周韻芮 女士	長者服務協調主任	0451 228 182	alice.zhou@chinesewelfareservices.org.au
時玥 女士	長者服務協調主任	0430 788 183	lynn.shi@chinesewelfareservices.org.au
陳志萍 女士	長者服務協調主任	0433069822	yuco@chinesewelfareservices.org.au
劉璐 女士	長者服務協調主任	0433074646	cassie.liu@chinesewelfareservices.org.au
鄭芷惠 女士	項目統籌	0433 815 443	cvs@chinesewelfareservices.org.au
譚萬秋 女士	會計	08 8212 2988	accounts@chinesewelfareservices.org.au
覃俐縈 女士	會計助理	08 8212 2988	hazel.qin@chinesewelfareservices.org.au
罗艾琳 女士	临床医疗顾问	0433067129	Irene.rowe@chinesewelfareservices.org.au

福利會活動人數匯報

聯邦家居支援服務使用人數：

237人

家居配套服務接受人數：171人

志願者探訪計劃受惠長者人數：

30人

受訪老人院數目：10

社區探訪義工人數：39人

Data as of 31/10/2025

Chinese Welfare Services of SA Inc.

224 Grote St, Adelaide, SA 5000

Phone: (08) 8212 2988

Email:

Info@chinesewelfareservices.org.au

Web: chinesewelfareserices.org.au

南澳華人福利會第十七屆 2023 - 2024 理事會

President 會長	Vivien Shae 余芬豐
Vice President 副會長	K See 施國華
Vice President 副會長	Susan Collins
Secretary 書記	Anna Cheung 章德玲
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Member 會員	Patrizia Kadis
Member 會員	Anne Hughes 易月荷
Member 會員	Faye Chen 陳尚璟
Member 會員	Hui Juan Zhang 張慧娟
Executive officer 行政主任	Kam Chiu JP 趙金良

Chinese Welfare Services of SA Inc.
南澳華人福利會



會員通訊

ISSUE 20

November 2025

Community Cultural Performances

社區文化交流表演

八月份，我们的文化足迹遍布社区表演-为弘扬中华文化、促进社区互动，华人福利会特别安排了一场精彩的文化表演，传递传统之美与欢乐。

活动当天，我们为 **WALFORD SCHOOL** 的部分师生展示了充满活力的 健康太极拳 与优雅自在的 广场舞。现场气氛热烈，师生们都表现出极大的兴趣与热情，不仅欣赏到了中华文化的魅力，还亲身体验其中的乐趣。

这场活动不仅加深了师生们对中华传统文化的了解，也进一步拉近了社区之间的联系。

In August, our cultural footprints reached the community with a special performance. To promote Chinese culture and enhance community connections, Chinese Welfare Services organized a wonderful cultural performance, sharing the beauty and joy of tradition.

On the day, we showcased Health Tai Chi and Square Dance to students and teachers at Walford School. The atmosphere was lively and engaging, with students and teachers showing great interest and enthusiasm. They not only appreciated the charm of Chinese culture but also experienced the joy of participation. This event not only deepened the understanding of Chinese traditional culture but also strengthened the bonds within the community.



Home Care Package News 家居配套服務快訊

Support at Home 計劃即將實施！

家庭護理套餐即將發生的變化—自 2025 年 11 月 1 日起，「居家支持」計畫將取代「居家照護套餐計畫」和「短期復健照護計畫」。

居家支持是新《老年護理法》的一部分，該法將老年人的權利放在首位。它將提供更便利的服務、產品、設備和家居改造，幫助您保持健康、活躍並保持社交聯繫。

我們擁有有關即將發生的變化及其對您的意義的資訊和資源。您的家居配套服務負責人將會儘快與您聯繫，說明變更內容並安排簽署新的服務同意書。如有疑問，歡迎致電 (08) 8212 2988 諮詢。



Support at Home Program Coming Soon !

Upcoming changes to Home Care Packages -

From 1 November 2025, the **Support at Home program** will replace the Home Care Package Program and the Short-Term Restorative Care Program.

Support at Home is part of the new Aged Care Act, which puts the rights of older people first. It will provide improved access to services, products, equipment, and home modifications to help you remain healthy, active and socially connected.

We have information and resources about the upcoming changes and what they mean for you. Your Home Care Package coordinator will contact you soon to explain the changes and arrange the new Service Agreement. **If you have any questions, please call us at (08) 8212 2988.**

特別通知

聖誕新年辦工及活動時間通知

Chinese Welfare Services Office will remain open over the Christmas break **(excluding Public Holidays)**. 南澳華人福利會在聖誕期間將會繼續辦工

(公眾假期除外)。

The last day of 2025 activity is on 12/12/2025, all activities will be resume on 12/01/2026. 2025 年最後一天的活動將於 2025 年 12 月 12 日結束，並將於 2026 年 1 月 12 日恢復。

南澳華人福利會祝賀大家有一個溫暖愉快的假期！

We wish you all the warmest of holiday cheer!



南澳華人福利會2025年活動時間表

星期一
悠閒廣場舞
活动内容：現代廣場舞學習及排練
时间：10:00 am – 11:30 am
費用：\$3.00 /次 (會員)
\$5.00 /次 (非會員)
主要導師：劉秀華女士及阮道珍女士
活动地点：St. Luke's Church
35 Whitmore Square, Adelaide

星期二
粵曲雅集
活动内容：練習及學習唱流行粵劇的片段
时间：1:00 pm – 5:00 pm
費用：\$15.00/ 4 堂
備註：課程適合任何喜愛粵音，能講廣東話人士
聯繫人：易月荷女士 0402 536 070
活动地点：福利會辦公室
224 Grote Street, Adelaide

星期五
健康星期五
活动内容：熱身、太極拳、木蘭拳學習
时间：10:00 am – 11:30 am
費用：\$3.00 /次 (會員)
\$5.00 /次 (非會員)
備註：多元文化運動
活动地点：St. Luke's Church
35 Whitmore Square, Adelaide

星期二
社交小組(廣東話)
活动内容：聚會、運動、唱歌、講座等
时间：10:00 am – 11:30 am
費用：無
備註：多元文化活動
活动地点：St. Luke's Church
35 Whitmore Square, Adelaide

星期四
社交小組(普通話)
活动内容：聚會、運動、唱歌、講座等
时间：10:00 am – 11:30 am
費用：無
備註：多元文化活動
活动地点：St. Luke's Church
35 Whitmore Square, Adelaide

星期六
中文學校 (青少年)
活动内容：中文寫作、閱讀、口語、傳統文化學習
时间：1:30pm – 3:30pm
費用：每學期 \$50 (含書簿)
聯繫人：余芬麗女士 0430 988 184
活动地点：Adelaide High School
West Terrace

新增以下活動,歡迎參加!

星期三
茉莉花歌唱小組
活动内容：合唱團歌唱練習
时间：1:00 pm – 2:30 pm
費用：全免
備註：課程適合任何喜愛唱歌人士
聯繫人：趙金良主任 0430 788 182
活动地点：福利會辦公室- 224 Grote Street, Adelaide

每个月的第二及第四個星期四
粵藝聲雅樂
活动内容：練習唱歌(粵語流行歌曲因主)
时间：每个月的第二及第四個星期四
2:00-3:30 (7 月 24 日開始)
費用：無
報名：請聯絡福利會趙金良主任
活动地点：福利會辦公室- 224 Grote Street, Adelaide



南澳华人福利会中文学校 (10月18日开学)

南澳华人福利会中文学校学，致力于推广中文教育和传播中国传统文化19年。

本校班级从幼儿直至11年级。对于低年级学生我们采用拼音结合汉字教学，輔以儿歌、游戏，从而使小朋友对中文产生兴趣，循序渐进地提高。对于高年级同学，我们帮助学生全面提高听、说、读、写。

在每学期末的聚会上，学校邀请不同的文化老师对学生讲授有趣的中国传统文化，在过去的几年中，学生分别学习了中华书法，剪纸，中國音乐及乐器认识，中國舞蹈，武术，舞狮及捏面人等。

欢迎大家2025年加入我们南澳华人福利会中文学校学习中文。加入我们的班级，你可以在中文写作、阅读、口语等方面获得全面提高；你还可以学习到中国传统文化并参加学校组织的丰富多彩的文化活动。祝愿同学2025年第三學期能有一个很好的开端！

上课地点: Adelaide High School West Terrace SA 5000

学费: 每一学期\$50 (含书本)

上课时间: 2月1日开始每星期六 1.30 pm-3.30 pm

联络电话: 0430988184 余芬豐 Vivien Shae

网上申请链接: <http://enrolments.clssa.sa.edu.au/?schoolid=e162>



2025 父親節午宴暨生日慶祝活動

Father's Day Luncheon & Birthday Celebration

8月29日，福利会成功举办了温馨的父亲节午宴，并为七、八、九月的寿星们庆祝生日。活动现场气氛热烈，大家欢聚一堂，共享美食与喜悦。特别感谢国语歌唱小组的授课老师——李继英老师，她的精彩演唱为活动增添了无限欢乐与温暖。活动中，长者们积极参与，笑声与歌声交织在一起，整个午宴充满了温馨与快乐。

◆福利会将持续举办更多丰富多彩的社区活动，期待大家的积极参与，一同创造更多美好的回忆！

On 29th August, the Chinese Welfare Services successfully hosted a warm and joyful Father's Day luncheon, while also celebrating the birthdays of members born in July, August, and September. A special thanks goes to Ms. Li Ji Ying, teacher of our Mandarin Singing Group, whose wonderful performance brought even more joy and warmth to the celebration. The event was filled with laughter, singing, and lively participation from our community members, making it a truly memorable gathering.

◆Chinese Welfare Services will continue to organise more exciting and meaningful community activities. We look forward to your participation in creating many more wonderful memories together!



其他社區活動

8月27日，福利會舉辦了恩菲爾德紀念公園導覽活動，參加者參觀了多個寧靜的花園與自然安葬區，並在享用簡便午餐後，聆聽風水大師 Edgar Lok 的分享，了解全新的亞洲花園項目與人生規劃的相關知識。



9月10日，我們在 Campbelltown 舉辦了長者數碼科技工作坊，協助長者學習電腦與手機的基本操作、網絡安全、電子郵件、Google 地圖及如何使用政府線上服務，提升他們在日常生活中的科技應用能力。

9月23日與25日，南澳警察應邀前往 St Luke's Church，與長者們分享防詐騙知識，加強自我保護意識。講座內容包括電話與網絡詐騙的常見手法、如何應對與防範，增強了社區的安全意識與警民合作。



Other Community Activities

On 27th August, CWS organised a guided tour of Enfield Memorial Park. Participants visited peaceful gardens and natural burial areas, followed by a light lunch. They also enjoyed an insightful talk by Feng Shui master Edgar Lok, who introduced the upcoming Asian Garden project and shared perspectives on end-of-life planning.



On 10th September, a Seniors Digital Technology Workshop was held in Campbelltown. The session helped seniors learn basic computer and smartphone skills, including internet use, email, Google Maps, digital safety, and how to access government services online — empowering them to stay connected and independent in everyday life.



On 23th and 25th September, South Australia Police visited the St Luke's Church Seniors Group to promote crime prevention and community safety. Officers shared tips on protecting against phone and online scams, raising awareness of common fraud tactics and encouraging stronger cooperation between police and the community.



健康专栏

第2卷，第3期，2025年11月，Irene Rowe-CWS RN

春季小貼士！

- 定期進行健康檢查，以應對任何季節性健康問題。
- 注重營養均衡的飲食，多吃水果、蔬菜和全穀物。
- 春天能讓人心情愉悅；好好享受陽光，並積極參與社交活動。
- 注意花粉預報，並在花粉濃度高的日子減少戶外活動。
- 考慮使用空氣清淨機並關閉門窗，以減少室內花粉暴露。
- 非處方抗組織胺可能有助於緩解症狀。請諮詢您的醫療保健提供者，以獲得適合您的建議。

春天是一年中美好的季節，百花盛開，白晝漸長，天氣變暖。然而，春天也帶來了一些可能影響健康的改變。以下是一些需要注意的重要事項：

“在這個春季，專注於健康資訊，掌控自己的健康！”

花粉症（過敏性鼻炎）：

許多人因接觸花粉、樹木和草的花粉而出現症狀。症狀包括打噴嚏、流鼻水或鼻塞、眼睛發癢和喉嚨痛。

呼吸道感染：

隨著氣溫波動和戶外活動時間的增加，感冒和其他呼吸道感染的發生率也隨之上升。

蟲媒疾病：

天氣變暖導致昆蟲活動增多，這會增加登革熱或羅斯河病毒等疾病的傳播風險。

保持联络！



如需了解更多關於春季過敏管理和保持健康的消息，請參閱南澳衛生廳發布的過敏和季節性疾病預防指南。

請與您的居家支持計畫(SAH)和社區健康服務計劃(CHSP)提供者保持聯繫。我們隨時解答您的疑問並盡量協助您的需求！

HEALTH SECTION

Vol. 2, Issue 3 November 2025, Irene Rowe-CWS

Spring is a beautiful time of year, marked by blooming flowers, longer days, and warmer weather. However, it also introduces changes that can affect your health. Here are some important points to keep in mind:

"Stay informed and take control of your health this spring season!"

QUICK SPRING TIPS!

Schedule regular health check-ups to address any seasonal health concerns.

Aim for a nutritious diet rich in fruits, vegetables, and whole grains.

Spring can uplift moods; take advantage of the sunlight and engage in social activities.

Pay attention to pollen forecasts and limit outdoor activities during high pollen days.

Consider using air filters and keeping windows closed to reduce indoor pollen exposure.

Over-the-counter antihistamines may help alleviate symptoms. Consult your healthcare provider for recommendations suitable for you.

Hay Fever (Allergic Rhinitis):

Many people experience symptoms due to pollen from flowers, trees, and grass. Symptoms include sneezing, runny or stuffy nose, itchy eyes, and throat irritation.

Respiratory Infections:

With fluctuating temperatures and more time spent outdoors, there's an increase in colds and other respiratory infections.

Vector-borne Diseases:

Warmer weather leads to more insect activity, which can increase the risk of illnesses like dengue fever or Ross River virus.

STAY CONNECTED!

For more information on managing allergies and staying healthy during spring, please refer to the SA Health guidelines on allergies and seasonal illness prevention.

Stay connected with your SAH and CHSP provider...we are here to assist you in your queries and needs!



2024-2025年度的常年大會

我們很高興向大家報告，2024-2025年度的常年大會已於10月11日在Intercontinental Hotel順利舉行。作為社區的一份子，這次大會不僅是回顧過去一年服務成果的重要時刻，更是一次與大家一同展望未來的寶貴機會。

☑ **年度服務回顧**：我們分享了過去一年在長者服務、家庭支援、社區文化交流活動的成果，衷心感謝每一位社區成員的參與與支持，因為有您們，讓這些服務更有意義。

☑ **財務報告**：由財務團隊詳細說明了本年度經費的運用情況，確保我們的資源管理持續公開透明、問責有據。

☑ **社區藝術分享**：我們邀請了來自不同背景的藝術團體與表演者，分享他們與我們機構合作的經驗與創作成果。這些真摯的分享與動人的演出，深深感動了在場的每一位觀眾。

未來展望：我們將持續推出一系列以社區需要為本的活動與服務，包括：社區義工探訪計劃、照顧者支持工作坊 和其他社區活動。我們希望與您攜手打造一個更有溫度、更有活力的社區。

感謝您的參與與支持！ 本次常年大會的成功，離不開每一位社區成員的參與與鼓勵。展望未來，我們將繼續以居民的需要為核心，推動更多貼地、實用及具意義的社區服務。

無論您是剛加入的朋友，或是長期支持我們的老朋友，您的聲音與參與都十分重要！讓我們一同前行，繼續為社區創造更多正面影響。



2024-2025 Annual General Meeting

We're delighted to share that our 2024-2025 Annual General Meeting (AGM) was successfully held on October 11 at the InterContinental Hotel. As a proud part of this vibrant community, the AGM was not just a time to reflect on the past year — it was also a valuable opportunity to look forward together to a brighter future.

☑ **Year in Review**：We looked back at the past 12 months, sharing key updates from our aged care services, family support initiatives, and community and cultural programs. A heartfelt thank you to each of you for your ongoing support and participation.

☑ **Financial Report**：Our finance team provided a clear and transparent report on this year's funding and spending, reaffirming our commitment to responsible and accountable service delivery.

☑ **Community Arts Showcase**：We were honoured to welcome a number of local art performers to share their stories and creative journeys with our organisation. Their heartfelt performances and reflections touched everyone present and reminded us of the power of connection through art.

Thank You for Your Support! The success of this AGM would not have been possible without the involvement and encouragement of our wonderful community. Moving forward, we will continue to centre our work around your needs, creating practical, meaningful, and locally-focused services.

Whether you're new to our organization or a long-time supporter — your voice and participation matter. We look forward to walking alongside you in the journey ahead.

照顾者活動

9月3日，華人福利會誠摯邀請「照顧者支援小組」的成員參與一場以「口腔健康」為主題的專題講座。透過專業講師的分享，大家不僅獲得了實用的知識，也進一步提升了對口腔健康的重視與自我保健意識。

講座結束後，照顧者們一同前往中餐館聚餐。在輕鬆愉快的氛圍中，大家一邊享用美食，一邊交流彼此的照護心得與經驗。這樣的交流不僅增進了彼此間的連結與支持，也让大家在忙碌的照護生活中，享有一份溫馨與放鬆的時光。



我们为照顾者提供的支援包括：

- ✓ 协助申请 Carer Gateway 计划及转介服务
- ✓ 照顾者培训工作坊（中、英文授课）
- ✓ 照顾者午餐会及身心健康聚会
- ✓ 同路人分享交流时光
- ✓ 建立社区联系 与文化支援

如欲了解詳情或需要協助，歡迎聯絡項目統籌 鄭芷惠小姐 - 0433 815 443



Carer Event

On 3rd September, Chinese Welfare Services warmly invited members of the Carers Support Group to join a seminar focusing on oral health. Through the sharing of professional knowledge, carers gained valuable insights and strengthened their awareness of maintaining oral health.

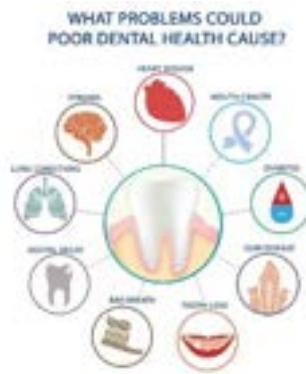
Following the seminar, the carers gathered for a delightful lunch at a Chinese restaurant. Over delicious food and a relaxed atmosphere, they shared their caregiving experiences and exchanged heartfelt support. The gathering not only deepened connections but also provided carers with a moment of warmth and relaxation amidst their busy routines.



What CWS offers for carers

- ✓ Help with Carer Gateway application and referrals
- ✓ Carer Training Workshops (in Chinese and English)
- ✓ Carer Luncheons and Wellness Gatherings
- ✓ Peer Support and Sharing Sessions
- ✓ Community connection through language and cultural support

To learn more or need help accessing it, please contact project coordinator Nikita Kwong - 0433 815 443



了解誰是照顧者?

照顧者（Carer）是指照顧那些因為年老、疾病、殘疾或其他原因，無法獨立生活的人。

您可能是照顧者，如果您：

- 照顧需要協助日常生活的 丈夫、妻子或伴侶。
- 照顧因年老、生病或有殘疾的 父母。
- 照顧有殘疾或疾病的 子女。幫助一位 朋友、鄰居或親戚，他們無法自己應付日常生活。
- 照顧患有 失智症、心理健康問題或長期慢性病 的人。
- 作為照顧者，您有機會獲得 Carer Gateway —— 澳洲政府提供的免費服務，專為照顧者而設，幫助您獲得所需的支援。

需要知道的重要訊息

- 您不需要和被照顧的人住在一起，也可以是照顧者。
- 照顧者 不是受薪工作人員（不同於領薪水的護理員或支持工作者）。
- 很多照顧者認為自己只是「幫家人」，但只要您經常提供照顧，您就是一名 照顧者。

Carer Gateway 是澳洲政府提供的免費服務，幫助像您一樣的照顧者



華人福利會（CWS）作為 Carer Gateway 註冊服務提供單位，長期以來協助許多照顧者申請政府支援計劃，並連結合適的服務資源。無論您是剛開始承擔照護責任，還是多年來一直在默默付出，請記得——您並不是孤單一人。

想了解更多或预约服务？歡迎聯絡項目統籌 鄭芷惠小姐 - 0433 815 443

Understanding Who is a Carer?

A Carer is someone who looks after another person who cannot manage daily life on their own.

You may be a Carer if you are:

- Looking after your husband, wife, or partner who needs help with daily activities.
- Taking care of your parent who is sick, older, or living with disability.
- Supporting your child with disability or illness.
- Helping a friend, neighbour, or relative who cannot cope without your support.
- Providing care for someone with dementia, mental health condition, or chronic illness.

Important to know

- **You do not need to live in the same house as the person you care for.**
- **You do not get paid for being a Carer (this is different from paid support workers).**
- **Many Carers think they are “just helping family” — but if you regularly provide care, you are a Carer.**

Carer Gateway is a free Australian Government service to support carers like you.

As a registered service provider under Carer Gateway, CWS has supported many carers in understanding the program, completing applications, and connecting with the right services.

Whether you're new to caring, or have been supporting a loved one for years — **you don't have to do it alone.**

Want to know more or book a carer support session?

Welcome to contact project coordinator Nikita Kwong - 0433 815 443

