

**Chinese New Year of the Rooster** HCC will be commemorating the new Chinese New Year of the Rooster with a Celebration Lunch. All are welcome to join us for this wonderful festival. There will be a plentiful lunch, with a raffle and Chinese red envelopes given out to those that attend. Raffle starts at **12pm**, lunch starts at **12:30pm**. Ticket price for **each person £7.50**; please book your tickets early to avoid disappointment.

### 26.02.2017 HCC's AGM and Elders' Longevity Celebration Party

HCC's Management Committee hereby announces to all full members of HCC (Chinese residents currently living in Haringey) that our annual AGM will be on the **26<sup>th</sup> February 2017** (Sunday), taking place at **12:30pm** at China City Russell Square. AGM's Notice and Form will be sent out separately in January to all full members in Haringey. Taking place on the same day will be an Elders' Longevity Celebration Party, where members who are **75 years and above** can receive a **FREE meal** to enjoy (50 tickets); members who are **65 years and above** is half price paying **£12.50 each** (40 tickets).

**\*Please note: All free and half-price offers are only available to those who have an active membership with HCC and have been members for at least 2 years**

Registration date for free and half price tickets: Starts from **17.01.2017 10am** (first come first serve, until full). Members must come personally to our Centre to register with the proof of age and the current address.

**\*If members that register for the free and half price meal find they cannot attend on 26.02.17, tickets CANNOT be transferred to someone else, they must inform HCC before 20.02.17 and the ticket will be given to someone on the waiting list. Anything received after 20.02.17 will not be accepted and no refunds or changes will be made.** Full price lunch ticket costs **£25**, members who wish to buy these tickets, please contact HCC to book. Spaces are limited, please book early to avoid disappointment!

**\*Please note: Voting in the AGM is for full members in Haringey only.**



**Many Thanks to those who have made donations! (Names are not in any specific order and apologies if any names have been missed)**

The following names are those who have made donations between June and December 2016: Chinese School Parents Association £150, FJChan £100, H.Tsang £50, SMChiu donates to school £28, YCPang £25, LMYeung £19.60, V.Papa £5, MLLuong £5. **Birthday+x'mas donations:** HFcheung £100, SSLi £60, YTcheung £30, SHChow £30, CYip £30, BFLee £10. **Feb 2017 Longevity Celebration donations:** Mrs Pitkin £1500, Bank of East Asia £300, See Woo £200 vouchers & China City Restaurant £80 vouchers. **Gift donations:** NBH, YC, CHF, WK, Jiang Jin

### Chinese School takes part in the new Chinese Proficiency Test (HSK)

In order to allow students to come into contact with different exams, we will be participating in HSK and YCT exams. The HSK test is administered by Hanban, an agency of the Ministry of Education of the People's Republic of China, intended to assess the Chinese language proficiency of non-native speakers. An internationally recognised criterion in assessing the level of Chinese language, candidates can receive a HSK report and certificate from Hanban, it is necessary evidence for those applying for China government or China scholarship; used for employment purposes as proof of language proficiency.

Advantages to taking this test include: assessing those whose 1<sup>st</sup> language is not Chinese, allowing students to gain a sense of achievement from learning Chinese and encourage their interest in learning Chinese. With the test as a goal, it is easy for students to plan and improve their studies to become more confident.

HSK has 2 sections: 6 levels of written tests and 3 levels of speaking tests. HSK which includes level 1 to level 6 is suitable for candidates of 15 years and over. YCT (Youth Chinese Test) level 1 to level 4 is for students of 15 years and younger and can recognise at least 80 characters. Level 1: candidates should understand and use simple Chinese words and phrases in everyday life. Level 2: understand and use simple Chinese phrases and sentences in everyday life. Level 3: should use Chinese in simple conversations. Level 4: should be able to use Chinese in all aspects of life and complete basic tasks.

Every year, the exams are at different time periods, taking place around the world at approximately the same time, exam fees differ between different levels.

Parents who are interested in finding out more information should contact the Head Teacher or HCC.

夏靈基  
華人中心 訊

HARINGEY CHINESE CENTRE  
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电话 : 020 8881 8649

传真 : 020 8829 9228

电邮 : chinesecentre@btconnect.com

网址: www.haringeychinese.org.uk

Opening hours: Mon-Fri 10:00-17:00

Chair of HCC: Keith Ho  
Centre Manager: Raymond Yip

Charity number : 1051778

Funded By Haringey Council

### Our Services 本中心之服务

Elderly Luncheon Club (Tues & Fri)  
长者午餐会 (星期二及五)

Housing Related Supporting  
People Advice Service (Mon-Fri)  
有关房屋咨询服务(星期一及五)

Women Group / Volunteer Project  
妇女组 / 义工计划

Chinese School / Tuition Class (Sat)  
中文学校 / 精英补习班(星期六)

Youth Club / Holiday Activity  
青年会活动 / 假期活动



### 福如東海 壽比南山

2017-1<sup>st</sup> Season Birthday Party

Elder's birthday for the months

Jan to Mar will take place on

**Tuesday 28 March 2017**

2017-2<sup>nd</sup> Season Birthday Party

Elder's birthday for the months

Apr to June will take place on

**Tuesday 6 June 2017**

**Each ticket costs £7.50**

**Please remember that  
the clocks go forward**



**1 hour on the  
26th March 2017**

SO NICE



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

Times of the acupuncture service are as follows: Monday 09:00-20:00, Wednesday 09:30-15:00, Thursday 09:00-12:00 and Friday 09:00-17:30

Each appointment needs to be booked and is between 45- 60minutes.

\*Other than telephone booking, you can also book appointments via our website at:

<http://www.haringeychinesecentre.org.uk/acupuncture-booking>

**Fees: Over 65s cost £30 per session; under 65s cost £40 per session, non (-members cost £50 per session.** To book or for more information, please call HCC on 02088818649.

Please give 24hrs notice to cancel an appointment.

(Please note that Dr Ma and HCC have the right to reserve all booking times)



**The IGCSE Award** This year's Chinese School Edexcel IGCSE results have shown that our students have once again received high grades, which is inspiring to everyone! This year we have 8 students gained grades A\* and A. These achievements are all thanks to the hard work of teachers, parents and students. We hope everyone will continue to strive hard, and keep up the good work!



**Self-care Healthy Tai-Chi Class** Professional Dr Sam Ma teaches this healthy Tai-Chi class to improve physical fitness and is welcome to everyone! Takes place every Monday and Friday at 18:30. Each session costs **£1** for over 65s; under 65s pay **£5** weekly.



## The Monitored Dosage System & Pharmacy Collection

**Free Service** is specifically offered to the elderly or those who are taking long-term medication, so that you can organise and separate medication safely and effectively. It allows you to clearly organise each tablet (like the picture at the top right corner), meaning it is easy to know if you have missed a session and avoid situations of taking the wrong medication. The packaging can be thrown away/dispose once finished with. If necessary, HCC will get in touch with professional chemists who can explain the use of the medication, so you can be reassured and that all your details will be kept confidential! For more details, please call HCC.



## Health Classes Series



### Free Healthy Line Dance Exercise Class

Line Dance Healthy Exercise takes place every Tuesday from 13:30-15:00.

Everyone is welcome! HCC members are free;

Non-members cost £1 per session.



## Online Shopping Fundraising, Donations Now Raised **£697.15**

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 <https://www.easyfundraising.org.uk/causes/haringeychinesecentre/>, companies will give a fixed percentage of donations to be transferred to HCC's account. Also, use the **Easyssearch** search engine for a **donation**. By using [www.easyssearch.org.uk](http://www.easyssearch.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 call HCC or come to one of our computer classes, where we will teach you the steps for free how to register on the website for online shopping.

### Tuition Class

improves English and Maths. There are 2 classes every Saturday: the first class from 2-3pm, and the second class from 3-4pm. 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. Payments are taken in advance; if after payment, there is any reason the student cannot attend, no refund will be made. If parents are interested and would like to pay, please call HCC. Also, the current tuition teacher Mr Lim has set up a GCSE and A Level Physics tuition class (including Year 10 students). For more details, please contact Mr Lim.



### Luncheon Club

Every Tuesday and Friday's luncheon club continues, with a healthy menu as priority and delicious soup varieties. Every last Friday of the month sweet soup substitutes our regular soup. \*Please note those who participate in lunch must call **before 11:00** to HCC or visit HCC to register. Special event days e.g. birthdays and other festivals will need to buy tickets beforehand. From 3/1/17 Lunch is **£4 each** Special events lunch costs **£7.50 each**.



### Chinese School Summer Fête Special

**Thanks** Chinese School Summer Fête was on 25.06.2016, and with everyone working together, we managed to raise £521.30. A special thanks also goes out to XMR, MSC, CC and HYY who started preparing all the food very early in the morning! Also thanks to the Parents Association's volunteers who regularly set up a tuck-shop and from the proceeds have donated £150 to the School; and thanks to our sponsor Wing Yip who donated gift vouchers for the raffle. All above donations will be used towards the School's expenditure. Apologies if there are any donor names missing!



## USER SURVEY

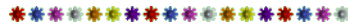
All questionnaires will remain for reference and data records for improving services in future. Please return to Centre after completion. (Please fill in the box ✓ number)

	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 needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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:

**2017 Holidays: Please note: Itinerary and attractions will depend on time, route, transport situation and other unexpected factors to change as necessary. Please understand and cooperate, especially as travel time is tight, please be on time. Also, according to the law, coaches do not allow babies to sit on parents or carers lap.\*For all day trips, there will be no refunds after purchasing; you may transfer tickets to a friend but MUST inform HCC 1<sup>st</sup> to change the records. If you are late on the day and miss the coach, there are no refunds! All departure points will be from Turnpike Lane Tube's Bus Station (Any changes will be informed)**



**(1) 5 Days 4 Nights to Newquay, Cornwall 20.03.2017**

The multi-award winning resort of Newquay's laid back charm is there for everyone to enjoy! Warmed by the Gulf Stream, Cornwall boasts some of the UK's best beaches amongst its cliffs and caves. Discover Newquay and you will discover a lifestyle of fun days and great nights, a wonderful escape from the hustle and bustle of daily life.

**Date: 20/3/2017 - 24/3/2017 Cost: £199 per person, £16 per person single supplement**



**What's Included:** \* Four nights dinner, bed and breakfast staying at the Sandy lodge Hotel, Newquay

\*Three excursions - Porthleven, Truro & 'Cornwall & Poldark Country', \* 2 for 1 drinks nightly between 6-9pm (conditions apply),

\* Themed menus nightly from across the British Isles

First, we'll travel to Padstow, famed for its soaring cliffs and unspoilt views across the beautiful Camel Estuary and Tregirls Beach. The beauty of the wide sandy beach is hard to miss in Poldark's fictional Nampara Cove. Next, we're off to explore the wild Bodmin Moor and St Bernard, where Ross Poldark's Cottage features and the rugged countryside is the perfect partner to the dramatic story lines. Finally, we'll head to Charlestown – near St Austell's – where the original Grade II Listed harbour is the perfect backdrop for this exciting 18th Century drama.

Excursions: Porthleven - Full Day - to a traditional old fishing village where time stands still. Admire the traditional charm and character of Porthleven, with pretty white buildings, dotted with palm trees to give a sub tropical feel. Browse the unique shops, wander along to the impressive harbour or simply relax in one of the cosy cafes. Truro - Half Day - to Cornwall's charming City with culture, countryside and cobbles! There's so much to explore in Truro! From the impressive Cathedral to the green gardens along the stream, Cornwall's sole city is a true gem. Wander the quaint little markets, enjoy some treats or simply take in the sights, there's plenty to keep you happy in Truro. Cornwall & Poldark Country – Full Day – journeying through the famous Cornwall sights featured on the all new BBC series, Poldark.

**\* If less than 40 people sign up, this holiday will not go ahead**



**(2) 2017 Jersey coach Trip- 5nights 6 days 1/5/2017**

Jersey with beautiful sandy beaches, rolling seas and plenty of sightseeing opportunities, there's so much to enjoy and it's closer than you think. Marvel at the wildlife in Jersey Zoo, or wander Elizabeth Castle, a beautiful slice of history nestled in the sea. Explore the famed War Tunnels and learn fascinating stories of World War II occupation and resistance. Beaches are sandy and plentiful and the weather is fair, providing welcome sunshine relief in comparison to the English mainland.

**Date: 1/5/2017-6/5/2017 Cost: £389 per person single supplement£29 p/p for full stay**



**Cost Included:** \*5 nights dinner, bed and breakfast, \*Merton Hotel Jersey , \*Courier representation on arrival and departure from the ferry port, \*Courier representation whilst staying in Jersey, \*Entertainment most nights,\* Travel to & from hotel in Jersey

Condor Express-Travel on the luxury, ultra modern, 774 seat catamaran "Condor", the largest passenger-only vessel of its type in the world. Everyone is guaranteed a seat in the spacious air-conditioned saloons. Hostess service is available from the bar including snacks and hot beverages. On rare occasions, "Condor Express" may be unable to sail due to inclement weather - alternative ferry arrangements will be made.

Holiday Itinerary: Day 1: departure times as indicated. Travel to Poole (occasionally Weymouth) for the Condor crossing to Jersey. On arrival in Jersey a coach will be waiting to take you to the hotel, your stay for the next five nights. Days 2-5: at leisure to explore Jersey. Details of places of interest, day trips, coach tours and entertainment can be supplied by the hotel and local representative. Day 6: the coach will take you to the ferry terminal for the return journey by Condor. You will be met there by the mainland coach and taken home via main roads and motorways, dropping off late evening.

On this tour we do not include coach excursions from the hotel. However, if you wish to see the island, the hotel will be happy to book coach excursions for you. NOTE: occasionally the ferry timings may change due to tidal conditions etc. On these occasions the departure times will be amended accordingly.

**\* If less than 30 people sign up, this holiday will not go ahead**



**(3) 01.07.2017 Fruit-picking at Felderland, Folkestone and White Cliffs of Dover Day Trip**

**Date: 01.07.17 (Saturday) Coach price: £15 each Departure time: Meeting at 8:30am, leaving at 8:45am**



Return trip: From Folkestone at **17:30**, arriving at Turnpike Lane at approx. **19:30**

**Itinerary:**\*As we missed the season for cherry-picking last time and further to public request, we have decided to arrange the day-trip early July which should be just right for cherry-picking season. The day-trip starts promptly at **8:45**, first going to Felderland Farm, the journey taking approx. 2hrs15mins arriving around **11:00**. We will be staying there to pick fruits and vegetables for an hour, then at noon **12:00** going by coach towards the absolutely beautiful White Cliffs of Dover, arriving at approx. **12:30** and staying until **13:15**. These cliffs deserve their reputation, providing a panoramic view that can be seen from miles away! The highest point of the cliffs is over 100meters tall, whilst the length is 5km; from the top looking at the bottom it is a thrilling feeling! It is a photo-taking opportunity which will allow you to take lots of photos! At **13:15**, we will be heading towards Folkestone town centre, the journey taking around 35mins. Folkestone is a port town with plenty of culture, natural scenery and family entertainment and attractions, able to satisfy all sorts of interests: there are parks, cafés, shops, restaurants, and of course, the greatest attraction of all: the beach! Lunch and free time will be spent here until 17:30 when we leave Folkestone and return to London.

**\*If less than 40 people registers for this trip, we will not be able to go.**

Our Management Committee Members & Staff  
wishes to all our members a Happy New Year !



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

Luncheon Club	Every Tues & Fri from 3/1/2017 is <b>£4 each</b> . Plus free blood pressure measuring/MDS Service
Advice Service	Every day from Monday-Friday, from <b>10:00-17:00</b> (Appointments only)
Basic Computer/ Mobile Class	Every Tuesday & Friday <b>11:00-12:00, £2 each</b> . Lunch + Class offer= <b>£5.50 each</b>
Chinese Acupuncturist Service	Every Monday, Wednesday, Thursday & Friday. (Appointments only)
Healthy Tai-Chi Class	Mondays or Fridays. Please see inside page for more details
Free Healthy Dance Class	[Line Dance] class, every Tuesday afternoon <b>13:30-15:00</b>
AGM & Elders' Longevity Celebration Party on <b>26.02.2017 (Sunday)</b> , starting at 12:30. Please see inside page for more details	
Chinese New Year Luncheon	<b>31.01.2017 (Tuesday)</b> Rooster CNY Celebration. Price <b>£7.50</b> each
Elder's Birthday Party	<b>28.03.17-1<sup>st</sup></b> quarter for Jan-Mar; <b>06.06.17-2<sup>nd</sup></b> quarter for Apr to June
2017 Outing trips	Please see inside page for more details
Tuition Class	English and Maths tuition class on Saturdays starting at 14:00-16:00, <b>£10</b> per each subject
Chinese School Summer Fête	<b>24.06.17 (Saturday)</b> , starting at <b>10:00</b> . Interested sponsors please contact Centre.
Clocks Going Forward	Clocks will be going forward in the early hours of <b>26.03.2017</b>