

義工通訊
Volunteer Newsletter
June to October 2016



義工感謝日 *Volunteer Appreciation Day*

日期 Date: 29/06/2016 (星期三 Wed)

時間 Time: 10:20 am - 01:30pm

地點 Venue: 安樂華人護理院 On Luck Chinese Nursing Home
177-179 Tindals Road, Donvale VIC 3111

內容 Content: 感謝義工貢獻, 分享服務經驗, 同享自助午餐
Showing appreciation to volunteers' contribution, sharing volunteering experience, and having buffet lunch together

備註 Note: 只限已登記成為本中心的義工及有參與義工服務。由於安樂車位有限, 請參加活動的義工拼車前往, 所有車須停泊於 Tindals Road 靠近 Donvale Christian Collage Gate 1 (參考附圖)。本中心亦會安排車輛於以下地點接送沒有交通工具的參加者。接載地點: (1) 博士山郵局 (只有 22 名額); (2) Glen Waverley 新記雜貨店 (只有 22 名額)。接載時間: 9:30am
Only for registered volunteers who have been participating in volunteer work in our Centre. Since car park is limited in On Luck, participants are encouraged to carpool to the venue. All cars MUST be parked at a public parking bays off Tindals Road, near Donvale Christian Collage Gate 1 (Refer to the map attached). For those who have no transport, the Centre will arrange pickup service in appointed places. Pick-up points: (1) Box Hill Post Office (quota: 22ppl) (2) Glen Waverley 新記雜貨店 (quota: 22ppl). Pick-up time: 9:30am



名額 Quota: 100

截止日期 Deadline: 22/06/2016

自我護理常識 **Self-care Knowledge**

日期 Date: 18/07/2016 (星期一 Mon)

時間 Time: 10:00am - 12:00pm

地點 Venue: Chinese Community Social Service Centre, Box Hill Office
Suite 9A, Level 1, Professional Suites, Box Hill Central, 17 Market St. Box Hill 3128

內容 Content: 人工操作可能引致的受傷以及預防肌肉勞損及受傷的伸展運動及練習
Possible risks and injuries of manual handling & Stretching exercise training

導師 Trainer: 林旭傑 Angus Lam (職業治療高級臨床講師 Clinical senior lecturer of Occupation Therapy)

語言 Language: 廣東話 及 普通話 Cantonese & Mandarin

名額 Quota: 30



齊齊來學經絡操 Meridian Exercise

日期 Date: 26/07/2016 (星期二 Tue)

時間 Time: 10:00am -11:30am

地點 Venue: Chinese Community Social Service
Centre Box Hill Office
Suite 9A, Level 1, Professional
Suites, Box Hill Central,
17 Market St., Box Hill 3128

內容 Content: 學習做經絡操
Learn to play meridian exercise

導師 Trainer: Melody

名額 Quota: 20



園藝治療 - 密封盆栽設計 Garden Therapy - Terrarium Design

日期 Date: 08/08/2016 (星期一 Mon)

時間 Time: 10am - 11:30am

地點 Venue: Chinese Community Social Service
Centre Burwood Office
14 Livingstone Cl, Burwood 3125

內容 Content: 學習做密封盆栽的技巧
Learn to do terrarium design

導師 Trainer: Ada Poon

名額 Quota: 10

費用 Fee: \$10 (材料費用 Material cost)

改善情緒工作坊 Emotion Management Workshop

日期 Date: 11/10, 18/10, 25/10 (連續三個星期二, 3 consecutive Tuesdays)

時間 Time: 10:00am - 12:30pm

地點 Venue: Chinese Community Social Service Centre Box Hill Office
Suite 9A, Level 1, Professional Suites, Box Hill Central, 17 Market St., Box Hill 3128

內容 Content: 了解負面情緒及其產生原因; 了解思維習慣及思想謬誤與負面情緒的關係; 學習洞察自己容易陷入的思想陷阱; 如果跳出思想陷阱; 如何實際地應用於日常生活
The actual causes of negative emotions; Understand your thinking pattern and its impact; Identify your negative automatic thoughts; Get away from your thought traps; How to apply and practise the skills in daily life

導師 Trainer: Ada Poon 語言 language: 廣東話 Cantonese

名額 Quota: 30



普通話會話班 Mandarin Class

日期 Date: 2, 9, 16, 23, 30/Aug (5 堂 sessions)

時間 Time: 10am - 12pm

地點 Venue: 待定 TBD

導師 Trainer: Lucy Liu

資深中文老師

Senior Chinese Teacher

助教 Assistant: Kim Wu

名額 Quota: 12

查詢及報名 Enquiry & enrolment:

李芷琳 姑娘 Brigitta Lee (03 9898 1965)

陳岳鵬 先生 Peter Chen (03 9888 8671)