

二零二四年第一期通訊

1st Newsletter 2024



歡迎親臨中心或到下列網址捐款

Donations are welcome at the centre or via bit.ly/3SFUlzD-donate2CCC

📍 2 Leicester Court, London, WC2H 7DW

✉ info@ccc.org.uk

🌐 www.ccc.org.uk

☎ 020-7439-3822

Positive changes to child benefit and free childcare from April 2024

2024年4月起，
兒童福利和免費托兒服務將有正面的調整！



1) Increase in payments

HM Revenue and Customs (HMRC) has confirmed millions of families who claim Child Benefit will automatically receive increased payments from 6 April 2024.

Parents will now receive £102.40 every 4 weeks (£25.60 per week) for the first or only child and £67.80 every 4 weeks (£16.95 per week) for each additional child. This is an annual increase of £83.20 for the first child, and an annual increase of £54.60 for each additional child.

2) Changes to High Income Child Benefit Charge

From 6 April 2024, families where the highest earner has a salary of up to £60,000 a year will not be subject to the High Income Child Benefit Charge (HICBC). This is an increase of £10,000, and will benefit any families with children where the highest earner is paid between £50,000 and £60,000. Families where the highest earner is paid between £60,000 and £80,000 will see their child benefit reduce gradually, until at £80,000 they lose the full amount.

3) Free Childcare

From 1 April, working parents of 2-year-olds are now entitled to 15 hours a week of free childcare during term time.

If you are unsure how these changes might affect your family, contact the Centre to arrange an appointment to discuss your circumstances. This is especially important if you are not currently claiming your entitlement to child benefits.

1) 福利津貼上調

英國稅務海關總署 (HMRC) 已宣佈，自 2024 年 4 月 6 日起，兒童福利津貼將自動上調，有關調整惠及數百萬申請家庭。現時，第一個或唯一孩子的父母將每 4 週獲得 102.40 英鎊（每週 25.60 英鎊），每個額外孩子每 4 週獲得 67.80 英鎊津貼（每週 16.95 英鎊）。實施後，第一個孩子每年增加 83.20 英鎊，每額外多一個孩子每年增加 54.60 英鎊。

2) 調整中產家庭補貼門檻

以往年薪超過 60,000 英鎊的高收入家庭無法領取兒童福利津貼 (HICBC)。自 2024 年 4 月 6 日起政府宣佈，補貼門檻將調低 10,000 英鎊。實施後，現時收入在 50,000 英鎊至 60,000 英鎊之間的家庭可以開始申請受惠。另最高補貼上限將調高至 80,000 英鎊，中產家庭之補貼於 60,000 英鎊至 80,000 英鎊之間將按比例減少，直至收入達 80,000 英鎊或以上將完全失去全部申請資格。

3) 免費托兒服務

從 4 月 1 日起，2 歲孩子的在職父母現時合資格申請於學期期間享用每週 15 小時的免費托兒服務。

如果您不確定這些調整將會對您的家庭有什麼影響，請聯絡華人中心安排預約討論您的情況，特別是如果您目前沒有申請任何兒童福利津貼。

Inheritance Tax Planning



遺產稅規劃

On the 28th November, we invited a chartered financial planner Mrs Neathercoat from SJPP to hold a workshop related to wealth management for our members. She explained to us how to manage estate planning and the best way to avoid inheritance tax. We were pleased to see both members and non members benefited greatly from the workshop.

11月28日，我們邀請了來自SJPP的註冊理財師Mrs Neathercoat舉辦有關財富管理的工作坊。她教我們如何使用有效的方法來管理財富，及怎樣提前規劃遺產；我們很高興看到這麼多會員和非會員參加本次講座從而獲益良多。



Annual General Meeting

年度會員大會



Our Annual General Meeting was held on the 13th Dec. A Big thank you to all those who attended. Reports were given by our chairman and Interim treasurer. We appreciate all your valuable suggestions and assure you that we are committed to meeting your expectations in the future.

在12月13日，我們召開了年度大會，非常感謝這麼多會員出席。我們由主席和暫代財務主管進行報告，最重要的是，我們從大會中收到了會員們實用的建議，我們承諾未來我們會盡力滿足您的期望！



2023 聖誕派對 CHRISTMAS PARTY!



On the 15th December, we gathered to celebrate Christmas with delicious dishes. When we started the raffle, the party was in full swing. We were delighted to see you all enjoying yourselves, especially as you left with Christmas gifts sponsored by Tilda Rice.

12月15日，我們歡聚一堂，用美味佳餚慶祝這重要的節日。當我們開始進行慈善抽獎時，更讓派對氣氛進入了最高點！我們很高興看到大家都非常享受派對，並在帶著聖誕禮物離開時露出滿足的表情！感謝泰達米熱情贊助。



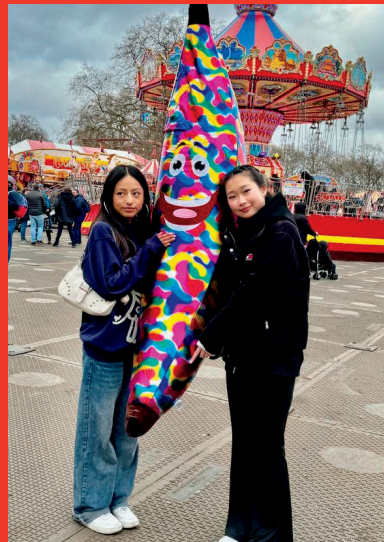
YOUTH CLUB WINTER PROGRAMME

青少年冬令營



2023 Youth Club Winter Programme was held successfully during December. Children participated in several ice breaking games, experienced virtual reality and went to Winter Wonderland at Hyde Park. The highlight was undoubtedly winning a giant banana prize! We hope our youth members made unforgettable memories and formed new friendships. Your participation made this winter programme a fun and enjoyable addition to the Christmas season!

2023青少年冬令營在12月圓滿結舉辦，我們一同玩了破冰遊戲、體驗了VR虛擬實境，更去了海德公園Winter Wonderland。最開心的部分絕對是在Wonderland贏得了巨型香蕉玩偶獎了!非常開心和孩子們一起創造了難忘的回憶，並結識了許多新朋友，因為有你們的參與，讓這個冬天變得更有意思好玩!



SHARING CHINESE CULTURE AND PROMOTING INCLUSION

參訪：分享中華文化並促進包容



**CULTURAL APPRECIATION
FOR THE SCOUTS**

In Feb, our Centre Director, Beverley, gave a presentation to the 11th Edgware Scouts in North-West London as part of their cultural appreciation activities. She shared interesting insights about Chinese culture, hoping to inspire further exploration and understanding.

2月5日，我們的中心總監Beverley為倫敦西北部第11屆Edgware童子軍準備了一個文化欣賞的演講，她分享了中國文化的有趣典故，從而激發他們作進一步的了解和認識！



Every year we invite primary schools to attend our Centre for "visit & learn" sessions. This year, we celebrate the year of the dragon, the children enjoyed many fun activities associated with this auspicious year!

每年我們都會邀請小學生來參加中心的「參觀與學習」活動，今年比較特別的是龍年，而龍年在十二生肖中意義重大，象徵好運和力量。孩子們在2月12日享受了許多與這個吉祥年相關的有趣活動！



**A VISIT FROM
PRIMARY SCHOOL**



**CELEBRATING CNY
AT NURSING HOME**

On the 22nd Feb, in conjunction with the 'Little Sisters of the Poor' at St. Peter's Residence in South West London, our performance of the Tibetan dance was held during the Chinese New Year celebration!

2月22日，我們與位於倫敦西南部聖彼得的「Little Sisters of the Poor」養老院合作，在他們的春節慶祝活動中表演了藏族舞蹈！



GUZHENG PERFORMANCE IN CHINATOWN

古箏班新年演出



During Chinese New Year, our Guzheng class delivered a spectacular performance in Chinatown, drawing a large and lively audience. The atmosphere was festive and vibrant!

新年期間，我們的古箏班在倫敦唐人街帶來了精彩的演出，現場吸引眾多民眾前來聆聽，場面鼎盛，氣氛十分熱鬧！

UK SOCIETY OF CHINESE LAWYERS EVENT

英中律師協會活動

On the 20th Feb, we attended the reception of the “UK society of Chinese lawyers” which was held by our long term pro bono partner. The CCC has been working with them providing free legal advice to the Chinese community.

2月20日，我們參加了長期的合作夥伴—「英中律師協會」所舉辦的春節聯歡會。衷心感謝他們一直以來為中心提供免費的法律諮詢服務。



Chinese New Year Charity Sales 新年慈善義賣

@Trafalgar Square 特加法拉廣場

On the 11st Feb, despite the inclement weather, our charity sales at Trafalgar Square concluded successfully. With our team's efforts and dedication, we managed to sell many items representing the Chinese New Year and provided on-site calligraphy writing for everyone. Thanks to all for the support, our booth was always crowded.

2月11日，我們於特加法拉廣場的慈善義賣圓滿結束！在同事的努力下，我們成功售出許多代表新年的商品，同時也在現場為大家寫書法。非常感謝眾多人的支持，讓我們的攤位當天總是擠滿了人潮。



LUNAR NEW YEAR FAMILY DAY 新春家庭同樂會



@ Brent Cross Shopping Centre

The year of the dragon was celebrated with north London residents at Brent Cross Shopping Centre on the 17th February. We had an exciting lion dance performed by Chong Ching Sport Association. Chinese music by Oriental Music Lab, Tai Chi, traditional Tibetan dance by our CCC class tutors with free calligraphy, face painting, portraits, kids arts & crafts. The crowd in the afternoon was much bigger than expected. A massive thanks to Brent Cross management for sponsoring this event. 🍷

2月17日，北倫敦居民在Brent Cross購物中心與我們一起慶祝龍年! 當天，「倫敦忠正堂」表演了一場令人興奮的舞獅，「嘉音琴社」演奏了美妙的中國古典音樂；中心的興趣班表演了太極及傳統藏族舞蹈，還提供了免費書法、臉部彩繪、人像素描和小孩藝術手作等活動! 下午的人群比預期中要多很多，再次非常感謝Brent Cross購物中心的贊助和支持! 🍷



CHINESE NEW YEAR LUNCH PARTY

🧧 龍年新年派對 🧧



On the 22nd February, the Chinese New Year Lunch Party was held at our Centre to celebrate the richness of the New Year with delectable traditional Chinese dishes. As lucky draw winners claimed their prizes, excitement filled the air. Moreover, the giveaway goodie bags, sponsored by Tilda Rice added extra delight to the celebration. Thanks to everyone's presence, your smiles, laughter, and shared moments made the party truly special.

2月22日，我們以美味的中國傳統菜餚慶祝龍年春節派對，當抽獎活動進行時，現場充滿著興奮愉悅的氣氛；此外，由泰達米贊助的福袋為慶祝活動增添了額外的喜悅！感謝大家的參與，你們的笑容、歡笑和共享的時刻令這次派對變得格外特別。



Meditation 冥想練習

On the 28th February, the meditation workshop was a soul-soothing experience. The instructor led participants through calming meditation practice, enabling everyone to tap into a sense of deep serenity and forget their worries.

2月28日的「冥想練習」是一場撫慰心靈的體驗，冥想老師帶領參與者進行平靜的冥想，讓每個人感受到深度的寧靜並忘記煩惱。



Knees and Shoulder Pain - Causes, Symptoms & Treatment 膝蓋和肩膀疼痛：原因、症狀和治療

In March, we hosted a workshop on "Knees and Shoulder Pain: Causes, Symptoms & Treatment." We delved into the details of the causes, symptoms, and treatment options for knee and shoulder pain. Our guest speaker, Physician Zhi Wei, provided valuable insights and practical advice on alleviating discomfort effectively. We hope that the information shared during the workshop has been beneficial to you and has helped you feel better regarding issues related to your aches & pains.

三月份，我們舉辦了一場關於「膝蓋和肩膀疼痛：成因、症狀和治療」的工作坊。我們深入探討了膝蓋和肩膀疼痛的成因、症狀和治療的細節，中心特別邀請了肌肉骨骼治療師—芷薇，提供了寶貴的建議和示範運動以有效地幫助緩解疼痛。我們希望講座中分享的資訊對您有所助益，能幫助您更有效地處理身體的痛症。



Donation Record

捐款紀錄

Record from 01/11/2023 - 31/03/2024

- Horizon Casino (Donation Box) £855
- Mr. HY Ton 鄧師傅 £290
- MK Li £130
- I & A Donation Box (William) £130
- 葉惠玲 £102
- 潘生/潘太 £100
- 王玉蓮 £80
- 劉才鳳 £50
- 徐韻清 £50
- 陳佩玲 £50
- 陳順明 £50

- 新春活動 (Donation Box) £46.57
- 劉靜安 £30
- Francis Crew £30
- 何艷梅 £20
- 張俊英 £20
- 麥秀琼 £20
- 黃堯昌 £20
- 鄭和愛 £20
- 何善明 £10
- 無名氏① £10
- 無名氏② £10
- Alix Wan £10
- 陳艷 £8
- SARA Li £6.40
- 吳瑞朋 £5
- 潘美容 £2



Total: £2154.97

Weekly Timetable

每周活動時間表



We are very grateful of all generous benefactors.
衷心感謝所有善長仁翁的踴躍捐輸!

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
<p>10:30-11:30 楊式太極班 只限會員 £45 / 10 堂</p> <p>Yang-style Tai Chi Members Only £45 / 10 lessons</p>	<p>10:15-12:15 ESOL 基礎英文班 只限會員 免費</p> <p>ESOL Pre-entry Level Members Only Free of Charge</p>		<p>10:30-11:30 太極扇班 只限會員 £30 / 5 堂 ; £50 / 10 堂</p> <p>Tai Chi Fan Members Only £30 / 5 lessons ; £50 / 10 lessons</p>		<p>10:30-12:00 書法班 (Level 1) 只限會員 £60 / 5 堂、£100 / 10 堂</p> <p>Chinese Calligraphy Class (Level 1) Members Only £60 / 5 lessons £100 / 10 lessons</p>
<p>10:30-12:00 普通話(初班) 只限會員 £75 / 5 堂 ; £140 / 10 堂</p> <p>Mandarin Class (For Beginners) Members Only £75 / 5 lessons ; £140 / 10 lessons</p>		<p>11:00-14:30 (bi-weekly 每兩周一次) 智能手機班 只限會員 免費(需預約)</p> <p>Mobile Learning Members Only Free of Charge (By Appointment Only)</p>	<p>11:00-12:00 (bi-weekly 每兩周一次) 理髮服務 會員£6.5/非會員£7.5 (需預約)</p> <p>Hair Cut Service Members £6.5 / Non-members £7.5 (By Appointment Only)</p>		<p>12:15-14:15 古箏班(高級班) 只限會員 £132 / 10 堂</p> <p>Guzheng Class (For Advanced) Members Only £132 / 10 lessons</p>
	<p>13:00-15:00 ESOL 英文(初班) 只限會員 免費</p> <p>ESOL Entry 1 & 2 Members only Free of Charge</p>			<p>13:00-16:00 粵曲班 只限會員 £15 / 每堂</p> <p>Cantonese Opera Class Members Only £15 / per lesson</p>	<p>14:15-16:15 古箏班(零基礎班) 只限會員 £132 / 10 堂</p> <p>Guzheng Class (For Complete Beginners) Members £132 / 10 lessons</p>
	<p>跆拳道 17:30-18:30 (少年 Youth) 18:30-20:30 (成人 Adult) 查詢: 07484 785882</p> <p>Taekwondo Enquiry: 07484 785882</p>	<p>14:00-17:00 乒乓球俱樂部 只限會員 £1.5 / 每次</p> <p>Ping Pong Club Members Only £1.5 / per play</p>			
	<p>19:00-20:30 網上廣東話(中班) £110 / 10 堂</p> <p>Online Cantonese Class (For Advanced Beginners) £110 / 10 lessons</p>	<p>18:30-20:00 網上廣東話(零基礎班 I) £110 / 10 堂</p> <p>Online Cantonese Class (For Complete Beginners) £110 / 10 lessons</p>	<p>18:30-20:00 網上廣東話(零基礎班 II) £110 / 10 堂</p> <p>Online Cantonese Class (For Complete Beginners) £110 / 10 lessons</p>		
面授課程/實體活動 In-person classes/activities		網上課程 Online classes		其他機構/人士提供的服務 Classes/Services provided by 3rd party	

MEMBERSHIP 會籍資訊

REGISTER

INFORMATION

Adult Members 成人會員

- Annual Fee : £ 12
- Validity Period : 01/04 - 31/03

- 年費: £ 12
- 會員期限: 01/04 - 31/03

Youth Club 青少年俱樂部

- Age Range : 9-16 years old
- Annual Fee : £ 10
- Validity Period : 01/08 - 31/07

- 年齡範圍: 9-16 歲
- 年費: £ 10
- 會員期限: 01/08 - 31/07

Application Document 申請文件

- 2 張證件相片
- 身份證明(英國護照/別國護照 + 簽證或居住許可證)
- 住址證明(駕駛執照/近三個月內銀行月結單/市政稅單/水電煤帳單)
- 2 passport photos
- ID proof (UK passport/other passport + visa or residence permit)
- Address proof (driving licence/bank statement/council tax/utility bills within the last 3 months)

Application Document 申請文件

- 2 張證件相片
- 2 passport photos



BENEFITS FOR MEMBERS

給會員的服務



Info & Advice

資訊 & 諮詢



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活動 & 講座



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RESERVATION REQUIRED

LUNCH CLUB 午餐會

須預訂!

Mon-Thu 周一至周四 12:00-14:00

會員 Members £6.5

非會員 Non-members £7.5

*會員在生日月可減免 £1

*£1 off during birthday month for members



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