



歡迎親臨中心或相機掃描右側二維碼捐款

Please visit our Centre or scan the QR code to make a donation



2 Leicester Court, London, WC2H 7DW



020-7439-3822



info@ccc.org.uk



www.ccc.org.uk

Free School Meal (FSM)

Changes for the 2026 to 2027 Academic Year

免費校餐 (FSM) - 2026 至 2027 學年變更

From the start of 2026 to 2027 of the academic year, all children in mainstream schools from reception to key stage 4, along with special/ alternative provision schools and households in receipt of Universal Credit attending these schools will be entitled to receive a free meal.

Two categories of benefit based free school meals (FSM):

- Targeted FSM, which continues to be based on the existing threshold, covering pupils who are in households in receipt of Universal Credit with annual household earnings of £7,400 or less.
- Expanded FSM, a new category covering pupils who do not qualify for targeted FSM, but who are in households receiving Universal Credit.

Households must meet the FSM eligibility criteria from the start of the 2026 to 2027 academic year to continue receiving provision.

自 2026 至 27 學年起，所有領取 Universal Credit (UC) 的家庭，其就讀於普通學校（學前班至 Key Stage 4），特殊學校或另類教育機構的兒童，均有資格享用免費校餐。

免費校餐		
類別	現行措施	新增擴展措施
對象	申領 UC 家庭的兒童	
家庭年收入	不超過 £7,400	沒有限制

學童的家庭必須在 2026 至 27 學年開始時仍然符合上述資格，方能繼續享有免費校餐。

Wills & Lasting Powers of Attorney Workshop

遺囑和永久授權書講座



Our recent "Understanding Wills & Lasting Powers of Attorney" workshop, delivered in partnership with Martinsons Legal LLP, was a great success! Attendees received expert guidance and valuable insights, helping them better understand the importance of wills & lasting powers of attorney and giving them greater peace of mind when planning for the future.

Thank you to everyone who attended, and a special thank you to Karen Li of Martinsons Legal LLP for her invaluable support and expertise in making this event possible.

近日，華人社區中心與 Martinsons Legal LLP 聯合舉辦《遺囑與持久授權書》講座，活動反應熱烈。講者李律師 Karen 深入講解相關法律知識，並即場解答參加者的提問。衷心感謝 Martinsons Legal LLP 的專業分享及各位參加者的支持。

華人社區中心將繼續舉辦更多實用講座與多元化活動！敬請期待我們未來的精彩內容！



Windsor Castle Success

溫莎城堡一日遊



Our lovely members enjoyed a memorable, enriching day trip to Windsor Castle!

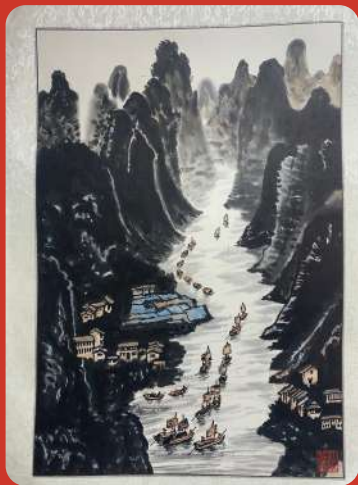
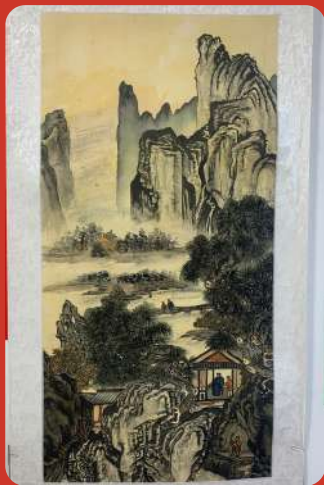
The day began in the Learning Centre, where members enjoyed refreshments and a fascinating history talk given by the castle staff. Afterwards, the group ventured out to admire the stunning architecture and explore the magnificent State Apartments.

A massive thank you to the wonderful staff at Windsor Castle, especially Amy, for making our visit so special!

華人社區中心會員暢遊溫莎城堡，度過充實而愉快的一天！活動首先在學習中心開始，會員們一邊享用茶點，一邊聆聽城堡工作人員精彩的歷史講解，深入了解溫莎城堡悠久的歷史與文化。隨後，大家自由參觀宏偉壯麗的城堡建築及華麗典雅的國事廳，收穫滿滿！

感謝溫莎城堡團隊的熱情接待，特別感謝 Amy 一直以來的支持，讓這次參觀活動更加難忘！





Our recent Charity Chinese Painting Sale was a hit, featuring a live demonstration by Master Chan! Our next big sale will run around September or October. Follow our social media pages to catch the date, and grab a beautiful piece of art for yourself or for a loved one whilst supporting our cause!

華人社區中心「慈善國畫義賣」
 活動圓滿舉行! 活動當日特別邀請陳師傅現場示範畫國畫, 吸引不少非會員駐足欣賞, 反應熱烈。中心每數月會舉辦慈善義賣, 下一次國畫義賣預計將於9月或10月舉行, 歡迎大家關注我們的社交媒體獲取最新消息。屆時不妨為自己或親友挑選一幅精美作品, 在欣賞藝術的同時支持華人社區!



School Visit 學校參觀交流

In April, we welcomed students and staff to our centre for a cultural exchange visit. The programme included Tai Chi and a Cantonese-style lunch, giving students the opportunity to experience Chinese culture while learning about our community work. Interested in bringing your students to experience Chinese culture? Contact us to find out more about our tailored cultural programmes, available throughout the year.

四月期間, 華人社區中心很高興接待一群中學生及教職員到訪。活動包括太極體驗及廣東風味午餐, 讓學生親身感受中華文化, 同時加深對本中心社區服務工作的認識。如欲為學生安排中華文化體驗活動, 歡迎與我們聯絡, 了解中心全年提供的度身訂造文化活動及交流項目, 一同推廣文化學習與社區共融。



Relieve & Restore: Pain Relief Exercises

腿、膝與背部舒緩運動



Our recent health workshop was a great success! During the session, licensed therapist Zhiwei guided participants through simple yet practical exercises designed to help relieve discomfort in the legs, knees, and back. Many participants found the techniques helpful and left feeling more comfortable and relaxed. Participants were also encouraged to incorporate these easy movements into their daily routines to help manage long-term pain and support a healthier lifestyle.

華人社區中心健康講座反應熱烈!

在五月舉辦的健康講座中，執業物理治療師芷微帶領參加者學習簡單實用的伸展及運動技巧，幫助舒緩腿部、膝蓋及背部不適。參加者均表示獲益良多，不少會員更感到痛楚有所減輕。芷微亦鼓勵大家將這些簡單動作融入日常生活，持之以恆，以幫助舒緩長期痛楚及促進身體健康。



Westminster Archives: History & Crafts 參觀市政檔案館及鉤針編織工作坊

In June, our members enjoyed a rare and exclusive visit to the Westminster Archives! After enjoying coffee and refreshments, archive staff gave an insightful introduction to how more than 800 years of historic records have been carefully preserved under controlled conditions. Members gained a fascinating glimpse into the history and heritage contained within this remarkable collection. Afterwards, they also had the opportunity to learn a new crochet skill, making the visit both educational and enjoyable. It was truly a unique and memorable experience for everyone involved!

華人社區中心會員獲邀參觀西敏市檔案館，度過充實而愉快的一天！

六月期間，會員們獲得難得機會參觀「西敏市檔案館」。在享用咖啡茶點後，檔案館職員向大家介紹館內保存逾 800 年珍貴歷史檔案的工作，讓大家深入了解英國本土歷史文化。除了探索歷史故事外，會員們更有機會學習了鉤織技巧，為這次特別的參觀增添不少樂趣與收穫。

特別鳴謝檔案館同事的熱情接待！讓大家度過了一個既有趣又充滿學習機會的下午！



Dragon Boat Festival Party

端午同樂小派對



Our members recently celebrated the Dragon Boat Festival with a creative workshop led by our volunteer, Hannah. Drawing on her Chinese-Norwegian heritage, Hannah shared a traditional Norwegian craft from her childhood and guided members in creating adorable, colourful dragon boat puppets. The workshop was filled with creativity, laughter, and cultural exchange. As members proudly showcased their unique creations, they also learned about the history and cultural significance of the Dragon Boat Festival, making the session both educational and great fun for everyone involved!

中心與會員歡慶端午節，齊享創意手作樂趣！在義工 Hannah 的協助下，會員們一同慶祝中國傳統節日——端午節。擁有中挪混血背景的 Hannah 很高興能與大家分享她兒時喜愛的挪威手工藝，並帶領會員製作造型可愛的龍舟手偶，一同享受手作的樂趣，現場氣氛歡樂熱鬧。活動中，會員們不僅加深了對端午節歷史由來及文化意義的認識，亦透過有趣的手作體驗寓學習於娛樂，收穫滿滿！

The Chinese Community Centre (CCC) partnered with Dealmoon UK and VIVAIA to host a wonderful wellness-inspired city walk in June. Bathed in glorious summer sunshine, participants were led by Will from Dealmoon and CCC volunteer Sean on a scenic route from Chinatown through Trafalgar Square and along the River Thames. Along the way, members enjoyed some of London's most iconic landmarks while socialising and spending quality time together.

The day concluded at the Community Centre with a delightful afternoon tea, complimentary gifts for all participants, and an exciting lucky draw, with a pair of VIVAIA shoes awarded as the grand prize. The event was such a success that many members were already asking when the next walk would take place!

六月一個陽光明媚的週末，華人社區中心與英國省錢快報（Dealmoon UK）及 VIVAIA 攜手舉辦健康城市步行活動。參加者在 Dealmoon 的 Will 及 CCC 義工 Sean 的帶領下，從唐人街出發，途經特拉法加廣場，漫步泰晤士河畔，一邊欣賞倫敦市中心的迷人景色，一邊享受初夏的美好陽光。活動結束後，大家返回中心享用茶點，並獲贈精美禮品。最令人期待的幸運抽獎環節更送出由 VIVAIA 贊助的鞋履大獎，為活動畫上完美句號！是次活動反應熱烈，不少會員在活動結束前已紛紛表示期待再次參與，盼望下一次健康步行活動的到來！



Visit to Kensington Palace

參觀肯辛頓宮



From the “Royal Dress Codes” exhibition to the stories of “The Last Princesses of Punjab”, Kensington Palace always offers delightful surprises! We recently took a group to visit the palace, perfectly timing our trip with the exhibition to create a truly memorable experience for our members.

A massive thank you to the Historic Royal Palaces' Community Access scheme for making this wonderful trip possible for our members!

近日，華人社區中心帶領會員參觀肯辛頓宮，適逢「末代旁遮普公主」（The Last Princesses of Punjab）展覽，讓大家可以有機會深入了解這段引人入勝的歷史故事，為旅程增添不少精彩與驚喜。

衷心感謝 Historic Royal Palaces 社區參與計劃的大力支持，讓會員們得以享受這次難忘且充滿文化氣息的參觀之旅！



UK Tax Basics: How to Manage and Reduce Tax 英國稅務入門：省稅有道

We were delighted to collaborate with Dataowl to host our recent seminar on the “UK tax system”. During the session, Parminder from Dataowl shared essential knowledge about navigating UK taxation, including key concepts, the Personal Allowance, and practical guidance on how self-employed individuals can manage and submit their own Self-Assessment tax returns. The event helped participants gain a better understanding of the UK tax framework and their individual tax responsibilities. Through this successful collaboration, attendees have gained a clearer understanding of UK taxation, along with greater confidence in managing their future tax returns and financial planning.

華人社區中心於七月中旬與 DataOwl 合作舉辦「英國稅務入門」講座，由 Dataowl 的 Parminder 為參加者講解英國稅務制度的重要概念，包括個人免稅額及自僱人士報稅的相關知識和實用技巧。透過是次講座，參加者對英國稅務制度及個人稅務責任有了更清晰的了解，並提升了未來處理報稅及財務規劃的信心。

感謝 Parminder 的專業分享，以及各位會員的積極參與！期待未來繼續為社區帶來更多實用資訊講座。



Visit to Brighton 布萊頓一日遊



For many years, Neil and Viola from The West End Community Trust have kindly arranged special trips to Brighton and invited our members to join them, giving them the opportunity to enjoy the seaside, spend time together, and savour a traditional fish and chips lunch. These outings are always popular and create many happy memories for all involved.

We are incredibly grateful to The West End Community Trust for their continued support and generosity. We greatly value our long-standing partnership and look forward to creating many more wonderful memories together in the years to come.

多年來，The West End Community Trust 的 Neil 和 Viola 一直支持中心工作，並多次邀請會員前往布萊頓 (Brighton) 一日遊，讓大家可以欣賞海濱風光、與朋友歡聚交流，並品嚐傳統英式炸魚薯條。每次布萊頓之旅都深受會員歡迎，為大家留下許多美好回憶。

感謝 The West End Community Trust 的多年支持。本中心珍視彼此的夥伴關係，期待未來繼續攜手，為會員創造更多精彩！



Free Summer Tai Chi for All

夏日免費太極體驗



From 13 July to 27 August 2026, the Chinese Community Centre- in partnership with the City of Westminster- is proud to host our two-month "Free Summer Tai Chi for All" project. Sessions take place every Monday and Thursday from 11:30 am to 12:30 pm, expertly led by our experienced instructor Ivy in a relaxed and friendly atmosphere, participants are discovering the wonderful physical and mental health benefits of this traditional practice. We were incredibly fortunate that every session throughout July was blessed with perfect summer weather. Under clear blue skies and warm sunshine, practicing outdoors made the experience both deeply refreshing and thoroughly enjoyable for everyone involved.

華人社區中心與西敏市政府 (City of Westminster) 攜手合作，於 2026 年 7 月 13 日至 8 月 27 日舉辦為期兩個月的「夏日免費太極體驗」！活動逢星期一及星期四上午 11:30 至下午 12:30 舉行，由經驗豐富的導師 Ivy 親自帶領。在輕鬆愉快的氛圍下，參加者一起學習太極，體驗這項傳統運動對身心健康帶來的益處。

七月份天氣持續晴朗，大家在藍天白雲和溫暖陽光下享受戶外太極的樂趣，不僅鍛鍊體魄，也舒展身心，度過愉快而充實的夏日時光。





Interested in learning Tai Chi? Don't miss this fantastic opportunity! Our free outdoor Tai Chi sessions take place every Monday and Thursday from 11:30am to 12:30pm at Newport Place, Chinatown, and will continue until 27 August 2026. Whether you are completely new to Tai Chi or simply curious to give it a try, it is the perfect chance to experience this traditional practice in a relaxed setting, enjoy the summer sunshine, and take a step towards a healthier lifestyle — completely FREE!

「夏日免費太極體驗」活動現正舉行，逢星期一及星期四上午 11:30 至下午 12:30 於唐人街 Newport Place 舉行，活動將持續至 2026 年 8 月 27 日。無論是初學者還是有經驗人士，都歡迎參加，一同在輕鬆愉快的環境中學習太極、享受陽光，體驗更健康的生活方式！

【費用全免】 無需預先報名，歡迎直接到場踴躍參與！

Membership Information

會員資訊



How to become a member?
如何申請成為會員?

- Annual Fee : Only £ 14
- Validity Period : 01/04 - 31/03
- 年費: 只需 £14
- 會員期限: 01/04-31/03

- 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)
- 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,水電煤結單/市政稅單)

As a member, you enjoy access to the following services

成為華人中心會員後, 即可享有以下服務



Info & Advice
資訊 & 諮詢



Legal Services
免費法律諮詢



Accounting Services
免費會計諮詢



Events & Workshop
活動 & 講座



Classes
興趣班



Lunch Club & Hair Cut
午餐會 & 理髮



0207-439-3822



info@ccc.org.uk



2 Leicester Court, London,
WC2H 7DW

Donation Record 捐款記錄

Record Period: 01 April - 31 July 2026

記錄期間: 2026年4月1日 - 7月31日

CCC Donation Box £320, 林永寶 £100, 梁秀嬌 £100, 鍾陳慧賢 £100
I & A Donation Box £75, 陳順明 £50, 劉亞培 £40, 李蓮芬 £36, 徐妙灯 £30
蔡秀春 £20, 劉才鳳 £20, 李亞美 £20, Rita Chan £16.80, 鄭進豪 £10
Christine Yau £10, 麥玉霞 £10, Soon Foo £10, 李秀華 £8, 吳桂琼 £5
Tracy Callendlr £5, Tom Heycock £5, 黃婉慧 £5, Sarah Rhodes £4
Michael Ingle £2, 文叔 £1, 李天慧 £1, Sirirat Tesuwannavach £1
龐朋妮 £1, 吳忠文 £1

Total: £2,539.57

Thank you for your generous donation and continued support
感謝您慷慨的捐款與一直以來的支持

Weekly Timetable

每周課程時間表

每周時間表 Weekly Timetable

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	
10:30-11:30 健身氣功 只限會員 £30/5堂 Health Qigong Members Only £30/5 lessons	10:15-11:15 傳統楊氏太極班(初級) 只限會員 £50/10堂 Traditional Yang-Style Tai Chi Members Only £50/10 lessons	11:00-13:00 智能手機班 只限會員 免費(需預約) 1-to-1 Smartphone Learning Members Only Free of Charge (By Appointment Only)	10:30-11:30 楊氏太極扇班 只限會員 £30/5堂 Yang-Style Tai Chi Fan Members Only £30/5 lessons	10:30-11:30 瑜珈班 只限會員 £30/5堂 Yoga Class Members Only £30/5 lessons	10:30-12:00 書法班(初級) 只限會員 £60/5堂, £100/10堂 Chinese Calligraphy (Level I) Members Only £60/5 lessons £100/10 lessons	
		13:30-14:45 語言閣 只限會員 £15/5堂 Language Corner (ESOL) Members Only £15/5 lessons Bilingual teacher in Cantonese & English 廣東話及英文雙語老師	11:00-12:00 (Bi-weekly 每兩周一次) 社區理髮服務 會員£6.5/非會員£7.5 (需預約) Community Hair Cut Service Members £6.5 Non-members £7.5 (By Appointment Only)		12:15-14:15 古箏班(初級 I) 只限會員 £132/10堂 Guzheng Class (Complete Beginners I) Members Only £132/10 lessons	12:00-13:30 書法班(二級) 只限會員 £60/5堂, £100/10堂 Chinese Calligraphy (Level II) Members Only £60/5 lessons £100/10 lessons
		14:00-17:00 乒乓球俱樂部 只限會員 £3/次 Ping Pong Club Members Only £3/per session	14:00-16:00 ESOL英文(初級) 只限會員 免費 ESOL Entry 1&2 Members Only Free of Charge	13:00-16:00 粵曲班 只限會員 £15/堂 Cantonese Opera Class Members Only £15/per lesson	14:15-16:15 古箏班(初級 II) 只限會員 £132/10堂 Guzheng Class (Complete Beginners II) Members Only £132/10 lessons	14:00-15:30 書法班(零基礎) 只限會員 £60/5堂, £100/10堂 Chinese Calligraphy (Complete Beginners) Members Only £60/5 lessons £100/10 lessons
18:30-20:00 網上廣東話(零基礎班) £120/10堂 Online Cantonese Class (Complete Beginners) Members Only £120/10 lessons	17:30-18:30 跆拳道(初級班) Taekwon-do (Juniors) £120/10堂 18:30-20:30 跆拳道(高級班) Taekwon-do (Seniors) Call for details 聯絡電話 07354 671668	18:30-20:00 網上廣東話(初級班) £120/10堂 Online Cantonese Class (Beginners) Members Only £120/10 lessons				

面授課程/活動 In-person classes/activities

網上課程 Online classes

其他機構提供的服務 Classes Offered by Third-Party Providers

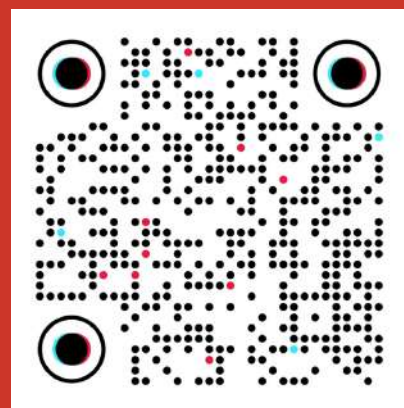
Follow Our Social Media
 To explore more upcoming events & workshops
 追蹤我們的社交媒體探索即將舉行的活動及工作坊



Facebook



Instagram



TikTok

透析让我得以生存，肾脏移植能让我重获新生请伸出援手，帮助我重拾希望。
如您愿意捐赠，请直接联系 Lois。若暂时无法捐赠，也恳请您协助转发这则信息
每一次分享，都可能让更多愿意伸出援手的人看见 Lois 的需要。
感谢您无私的慷慨相助!

COULD YOU HELP LOIS?



Dialysis keeps me alive.

A kidney transplant could give me my life back.

Lois 仍在等待肾脏移植，期待重获新生... 请伸出援手

Hi, I'm Lois. ♥

I'm 33 years old and, until a few years ago, I was healthy and excited about my future after graduating from university.

Then a sudden illness caused severe damage to my kidneys, and everything changed.

Today, I spend several days each week on dialysis just to stay alive. I am incredibly grateful for the care I receive, but dialysis is not a cure.

**A living kidney transplant
could give me the chance to
work, travel, and live
independently again.**

I'm looking for someone who might be able to help me get my life back.

Could you help me?

If you are 18 or over and in good health, you may be able to become a living kidney donor.



To find out more, please email:

giftofakidney@gmail.com

*Making an enquiry doesn't
commit you to anything.*



You might be surprised to know...



You can live a full, healthy life with one kidney.



A donor does not need to be a family member.



My treatment is managed by the specialist transplant team at the **Royal Free Hospital, London.**



All donor testing and surgery are covered by the **NHS.**



The process is completely confidential, and there is no obligation to continue if you decide donation isn't right for you.

Can't donate? You can still help.



Please share this flyer.

The person who can help me may be just one share away.



Thank you for taking the time to read my story.

With heartfelt thanks,

Lois ♥



LUNCH CLUB



Members 會員: £6.5
Non-members 非會員: £7.5

Monday - Thursday 週一至週四 12:00-14:00

- * Members get £1 off during their birthday month
- * 會員享生日月折扣£1

*Please arrive by 13:30 *請於13:30前抵達

We highly recommend booking a day in advance.
Same day bookings are welcome until 11:30am subject to availability
敬請提前一天預訂。當天11:30am前亦開放預約，惟需視供應情況而定



午餐會

歡迎親臨中心或相機掃描右側二維碼捐款

Please visit our Centre or scan the QR code to make a donation



2 Leicester Court, London, WC2H 7DW



020-7439-3822



info@ccc.org.uk



www.ccc.org.uk