



ANHF
澳華養老

HOME CARE SERVICES 家居護理服務

NEWSLETTER 會訊

Editors 編輯: Maggie Pan 潘穎、Madeline Yan 甄敏恆、Suet Yee Cheung 張雪儀

3月 March 2025

413-425 Beamish Street, Campsie (02) 9784 0840 homecareadmin@anhf.org.au

www.anhf.org.au

澳華養老達思支持小組

您願意分享您的照顧經驗或學習新技能，以便更好地照顧患有腦退化的摯愛或家人嗎？達思支持小組（前身名為蘇懷支持小組）可以為您提供幫助。

小組是澳華養老專為本機構患有腦退化症客戶的照顧者而設。我們每月的聚會提供一個友善的平台，讓照顧者分享經驗、與有類似經歷的人建立聯繫，並獲取最新的腦退化症照護資訊。

除了同行支持外，該小組還會組織社交旅行、資訊講座和培訓活動，例如壓力管理、香薰療法及烹飪示範等。

如需更多信息或報名，請致電 (02) 9784 0840。
聚會詳情：



每月第四個星期一

上午10時 - 中午12時

地點：頤康苑 (金匙)

413-425 Beamish Street,
Campsie 2194

聯繫我們 竭誠為您服務

一般查詢或報名參加活動，請於辦公時間聯絡行政辦公室，電話：

(02) 9784 0840

如需安排護理人員服務，請聯絡排班辦公室，電話：**(02) 9784 0868**

週一至週五：上午 8:00 - 晚上 7:00

在週末及公眾假期要求取消服務，請於早上 8:00 至晚上 6:00 致電：

(02)9784 0868

我們的團隊竭誠
為您提供協助！



活動

齡活社

這個為期10週的預防跌倒課程是專為長者設計，旨在提升平衡力與身體機能。新學期將於5月2日開始！報名從速。

乐思社 (普通話組)

乐思社即将开办普通话组，这活动专为家居服务的脑退化客户提供支援。详情请联系潘姑娘，电话 02-9784 0851

漫遊屈臣氏灣

4月30日星期三
早上10:30-下午3:30
詳情見單張。

家居服務座談會

5月8日星期四
蘇懷活動中心(寶活)
早上10:00(廣東話)
早上11:30(普通話)
下午5時(英語, 綫上舉行), 詳情見單張。



溫馨提示：

夏令時間即將結束

新州夏令時間將於4月6日（星期日）凌晨3時結束，請記著把時鐘調較倒退一小時！也就意味著您可以多睡1小時啊！

公眾假期服務安排

復活節即將來臨！如果您希望在復活節公眾假期（4月18日至21日）和澳新軍團日（4月25日）繼續使用您的常規服務，請聯絡排班辦公室 (02) 9784 0868。否則，您的常規服務將自動暫停。

請注意公眾假期的標準收費：

\$ 每小時 \$136 (預約時間超過 1.5 小時)

\$ 每小時 \$170 (預約時間少於 1.5 小時)



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ANHF Dementia Carers Support Group


Would you like to share your caregiving experience or learn new skills to better support a loved one with dementia? The ANHF Dementia Care Support Group (formerly So Wai Support Group) is here for you.

This group is exclusively for carers of ANHF clients living with dementia. Our monthly gatherings provide a welcoming space to share experiences, connect with others on a similar journey, and receive the latest updates on dementia care.


In addition to peer support, the group organises occasional social outings, educational sessions and training opportunities, including stress management, aromatherapy and cooking demonstration.

For more information or to register, please call (02) 9784 0840.

Meeting Details:

 The fourth Monday of each month

 10:00 AM – 12:00 PM

 Lucy Chieng Gardens, 413-425 Beamish Street, Campsie 2194



Activities

Active Club

It is a 10-week fall prevention program specifically designed for seniors. The new term will be launched on 2 May. Register now!

Mindful Club (Mandarin Group)

In response to demand, a Mandarin-speaking Mindful Club will be established to support our clients with dementia.

For more details, please contact Ms. Maggie Pan at (02) 9784 0851.

Outing - Watsons Bay

Wed, 30 April 2025

10am - 3:30pm

For details, refer to the poster.

Home Care Clients Forum

Thur, 8 May 2025

So Wai Wellness Centre (Burwood)

Cantonese - 10am

Mandarin - 11:30am

English online session - 5pm, refer to the poster.

Always Here to Support You

For general inquiries or to register for activities, please contact the Admin Office during office hours at

(02) 9784 0840

For care worker service rostering, please reach out to the Rostering Office at

(02) 9784 0868

Monday to Friday: 8:00 AM – 7:00 PM


To cancel services during weekends & public holidays call (02) 9784 0868 between 8:00 AM and 6:00 PM



Our team is here to assist you!



Reminder: Daylight Saving Time Ends

Daylight saving time will end on Sunday, April 6, at 3:00 am. Don't forget to turn your clocks back by one hour! 

This means you'll get an extra hour of sleep!



Public Holiday Service Arrangement

Easter is approaching! If you wish to continue receiving your regular services on the Easter public holidays (April 18–21) and Anzac Day (April 25), please contact the Rostering Office at (02) 9784 0868. Otherwise, services will be automatically cancelled.

Please note the public holiday rates \$:
\$136 per hour (for bookings over 1.5 hours)
\$170 per hour (for bookings under 1.5 hours)



ANH F
澳華養老

7月1日居家服務大改革 對您有何影響？

How will the home care reform starting on
1 July 2025 affect you?

Do I need to pay more?
Can I keep my unspent fund?
Will my care level change?

我需要繳付更多費用嗎？
我的資助餘額可以保留嗎？
我的護理級別會改變嗎？



家居服務客戶座談會 Home Care Clients Forum

So Wai Activity Centre (Burwood) (60 Weldon Street, Burwood NSW 2134) **蘇懷活動中心(寶活市)** (60 Weldon Street, Burwood NSW 2134)

Thursday, 8 May 2025

Cantonese: 10:00 - 11:00am

Mandarin: 11:30am - 12:30pm

English: On-line meeting, 5pm-6pm

2025年5月8日 星期四

廣東話：上午10時 - 11時

普通話：上午11時半 - 中午12時半

英語：綫上會議 下午5時 - 6時

RSVP 報名: 02-9784 0840 (By 30/4/2025 前)

To register the English online session, please scan the QR code.

報名參加英語綫上會議者，請掃二維碼



反響熱烈 海灣重游

游屈臣氏灣 沙灘漫步和西式午餐

On High Demand Watsons Bay revisited (western food)



30/04/2025 (WED 星期三)

10:30 - 15:30



錢梁秀容頤康苑 集合

Meet at Lucy Chieng Gardens

413 Beamish Street Campsie 2194



活動收費: 2.5小時

Activity Charge: 2.5 hours

報名請電 Call to register
(02) 9784 0840

截止日期 Register By
21/04/2025



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****家居護理用戶有足夠預算 並有良好行動能力**

****For Home Care Consumers with enough budget and good mobility**

交通接送另計、提供簡單膳食 Transportation excluded; light lunch is provided

社交支援活動 僅限家居護理客戶 Social Support Group Activity for Home Care Consumers only

取消需要提前一週通知 Cancellation requires one week's advance notice

額滿即止 報名從速 Limited spots available; register early

朱炎萍 JULIA

緬懷鄧麗君30週年演唱會

IN MEMORY OF TERESA TENG



香港TVB瀟心風暴視帝
特邀嘉賓 夏雨

Saturday 7pm 10/5/2025

483 George St Town Hall Sydney 悉尼市政廳

Ticket: \$58 / \$88 / \$128 / \$168

購票請與所屬單位同事查詢或請致電澳華養老 1800 882 288

主辦方：澳大利亞華夏文化教育促進會

協辦方：悠音樂 水立方杯歌唱大賽悉尼賽區 兩岸一家親藝術團



付款方式 Payment method

Name: YPZ Holding Pty Ltd

BSB : 062692

ACC : 7160 0050

Description : Ticket price and number 票價及數量

Reference : ANHF your name/ ANHF 購票者姓名(必須與我們登記的名字相同而非銀行賬戶持有人,以便收款方核對資料)

轉款時必須注明ANHF, 該票價部份收入將會捐贈予澳華養老。

Please mark ANHF when making transaction so that we will receive part of the ticket value as donation.

付款後請截屏並發送到 0432 056 446 (Julia)

Please send the transaction screen capture to 0432 056 446 (Julia)

注意事項:

1) 不設選位,主辦方會按訂票先後次序安排最佳位置。

There is no seating selection, the organizer will arrange the best location according to the order of booking.

2) 付款後主辦方會於四月中將門票送往本單位,我們會再聯絡你到單位取票。

After payment, the organizer will send the tickets to our unit in mid-April, and we will contact you to collect the tickets at the unit.

3) 購票者也可以選擇向主辦方領取門票或在演唱會現場領取,但建議購票者提前領取門票,以避免任何不便。

Ticket buyers can also choose to collect tickets with the organizer or onsite at the concert, but it is recommended that ticket buyers should collect tickets in advance to avoid any inconvenience.