

## 修咸頓華人協會 會員註冊情況

從 2010 年 1 月至 2010 年 6 月，本會共有 109 位註冊會員。其中包括 84 位付費成年成員，其餘的是家屬 / 兒童成員。所有已登記的成年成員的會員卡已印製完成。會員卡可以在本會活動中心拿取。請確保您在會員申請表格中提供中文和英文名字，以方便我們將它們打印到您的會員卡中。若閣下有興趣仍然可以申請成為本會會員。會員申表格可從以下網址下載：[http://](http://www.southamptonchinese.org.uk/home/?q=node/3)

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## CAS Membership Update

We have 109 registered CAS members from January 2010 to June 2010. This includes 84 paid adults and the rest are dependents/children. Membership cards have been printed for all registered adult members. These membership cards can be collected from the CAS drop-in centre. Please make sure that you have given both your Chinese and English names in the application form, so that we may print them onto your membership card. Membership application is still open to all and the application form can be downloaded from the CAS website: [http://](http://www.southamptonchinese.org.uk/home/?q=node/3)

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請大家注意協會活動中心已暫時搬回原來地址

我們的活動中心從 2010 年 5 月 1 日起已搬回原來得地址：African Caribbean Centre, Trinity

Road, Southampton SO14 0BE。活動時間為每週二 12 點半到 3 點半，從 7 月 21 日起改為原來的每週三 12 點半到 3 點半，請轉告你的家人和朋友。

## CAS Drop in Centre has been moved back

The drop-in centre had been moved back to African Caribbean Centre at Trinity Road since May, the drop-in centre opening time is every Tuesday from 12.30pm to 3.30pm. From 21<sup>st</sup> July, the drop-in time will be every Wednesday from 12.30pm to 3.30pm; please inform your family members and your friends, many thanks.

## 來自鳳凰藝術團的消息

鳳凰藝術團的團員們參加了兩次大型的演出，一次是中國的新年慶祝會，第二次是由 AAIR 主辦的舞蹈節。這個一年一次舞蹈節上匯集了十種不同風格的舞蹈，團員們的表演博得了觀眾們的熱烈掌聲。

七月份我們團即將參加 Eastleigh Mela 和 Southampton Mela 的演出。

四月鳳凰藝術團的團員們舉行了一次專業攝影，給我們團留下了美好的照片。團員們自己也留下了她們的英姿。

## News form the Phoenix Arts Group

Phoenix Arts Group members worked very hard this year, and they have performed at two big lo-

**Postal Address:**  
通信地址:

**Drop in Centre:**  
活動中心:

**Email & Website:**  
電子信箱/互聯網網址:

**Telephone 電話:**

**Chinese Association of Southampton**  
135 St Mary's Street, Southampton, SO14 1NX

**African Caribbean Centre, Trinity Road, Southampton, SO14 0BE**  
(Each Wednesday 12:30pm - 2:30pm)

**info@southamptonchinese.org.uk**  
**http://www.southamptonchinese.org.uk**

**023 8023 7576**

cal events so far. In February, we performed at the Southampton Chinese New Year celebration at civic centre. In March three dance teams performed at the Dance Festival organised by AAIR, along with a variety of artists from south of England. Coming up soon, the team was invited to perform in the two local mela events, i.e. Southampton mela and Eastleigh mela.

In April, PAG team took part in a professional photograph session, which made some really nice pictures for the team.

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## 夏季郊游

夏季期間協會每月組織一次長者和婦女組一日遊，五月期間小組出遊了新森林，六月參觀了納爾遜堡和朴次茅斯，請經常關注和留意協會網站的通知，若您有意參加一日遊請聯繫黎錦洪先生（手機號：07980593879）或郭淑茹女士（手機號：07920886882）。

## Summer Outing

CAS is organising monthly day trip for Elderly and Women Group during the summer season. So far the group has been visited New Forest and Fort Nelson & Portsmouth. Please pay attention to the CAS website for the new trips and events. If you would like to join the trip please contact Andy Lai (07980593879) or Jenny Tang (07920886882).

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## 祝賀協會贊助的武壇學生在歐洲武術錦標賽中獲獎

協會贊助了武壇功夫學校的兩位入選參賽學生 Edd 和 Dion 三百英鎊，兩位同學於今年三月出賽土耳其歐洲武術錦標賽並取得銅牌的好成績，是英國隊五塊獎牌之一。在此，我們對 Edd 和 Dion 表示祝賀！

## Students supported by CAS won the bronze at European Wushu Championships 2010

Two students Edd and Dion from the Wutan Kungfu School have participated in the European

Wushu Championships at Turkey in March 2010. CAS has supported them with a sponsorship of £300. They have won one bronze medal from the championships amongst the 5 other medal achievements from the British Team. Many congratulations to Edd and Dion!

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## 夏日燒烤

協會將組織會員燒烤日，為大家交友和相互交流提供機會和場所。時間：八月十五日星期天，從上午 10 點到下午 4 點，地點：Victoria House, Southern Support and Training HQ, Hamble Lane, Hamble, Hampshire, SO31 4TS. 若您要參加燒烤活動請與黎錦洪先生聯繫（手機號：07980593879）以便統計人數和準備食物。會員免費，非會員每人三鎊。

## Summer BBQ

CAS is organising a Summer BBQ to provide an opportunity for members to meet up and making new friends, the time is: Sunday, 15th August, from 10am to 4pm, at Victoria House, Southern Support and Training HQ, Hamble Lane, Hamble, Hampshire, SO31 4TS. If you would like to join the BBQ, please contact Andy Lai at 07980593879. Member is free, non members pay three pounds each.

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## 修咸頓華人協會運動日 CAS Sports Day

修咸頓華人協會將於 2010 年 9 月 12 日從早上 10 點到下午 4 點在修咸頓大學的 Jubilee 運動中心(<http://www.sportrec.soton.ac.uk/>) 舉辦運動會，為所有會員及親友提供一次社交機會。這次活會將包括羽毛球、乒乓球競技比賽和娛樂活動以及健身操運動。羽毛球和乒乓球比賽將以'家庭雙打'的形式進行。具體活動安排如下：

A sports day is going to be held in the Jubilee sports centre, University of Southampton (<http://www.sportrec.soton.ac.uk/>) on 12th Sept. 2010 from 10 am to 4 pm for all CAS members and guesses to provide a social opportunity for all ages and genders. The sports day will include badminton, table tennis and aerobics. Participants are invited for competition in both badminton and table

tennis in the form of family-double (two players from the same family). You may also join just to play for fun. An aerobic session will also be held for all. Detailed schedules are given below.

有意參加者請填寫以下報名表格,於 2010 年 8 月 31 日前送交至 drop-in centre 或者發電子郵件給 z.hu@southamptonchinese.org.uk

If you are intended to participate any of the competition, please fill the following form and return to drop-in centre or email to z.hu@southamptonchinese.org.uk for 31st Aug 2010.

參加者請自帶球拍. 這次活動免費對所有修咸頓華人協會會員開放, 請攜帶會員證. 非會員每人需繳納 2 磅的參賽費. 所有參加者必須遵守 Jubilee Sports Hall 的有關規定(見下文).

1. 參加者需有指定人員帶領去體育館場。
2. 4 位指定人員有：胡志偉，黎錦洪，黃嵩鈞和華萍。
3. 請穿合適的鞋和衣服，不要穿登山鞋，高筒靴或高跟鞋，不然場館管理人員有權不讓入場。
4. 場館內不允許使用手機。
5. 使用相機須事先得到場館經理同意。
6. 食品和飲料不許帶入場內包括觀看區域。
7. 所有垃圾需扔棄到提供的垃圾筒裡。保持場地清潔。
8. 每位參加者必須持有效票卷，以便當日進出體育場地。

Participants are advised to bring their own badminton rackets or table tennis bats. This event is free to all CAS members. Please bring your CAS membership card to confirm your CAS membership. A charge of 2 pounds/person will be applied to non-CAS members. All participants are advised to follow strictly the Booking Conditions for Jubilee Sports Hall as given below.

#### Booking Conditions for Events using the Jubilee Sports Hall

1. The event organiser must nominate 4 stewards who must be easily recognisable to participants and SportRec Sports Officers.
2. Participants must be met in Reception by a steward and directed to the Sports Hall. The four CAS stewards are Zhiwei Hu, Andy Lai, Michael Ng and Ping Hua.
3. Appropriate footwear and clothing must be worn at all times in the hall. No outdoor shoes, boots or high-heeled shoes are permitted. Sports Officers may ask any participants wearing inappropriate attire to leave.
4. The use of mobile phones is strictly prohibited in the sports facilities.
5. The use of cameras is not permitted without prior permission from the Jubilee Sports Centre Manager.
6. Food and drink are NOT permitted in the hall or the viewing areas
7. All rubbish must be disposed of in the bins provided. The bookers are responsible for ensuring that the venue is left clean and tidy and all rubbish disposed of appropriately.
8. Each participant must have a ticket, pass or hand stamp to re-gain entry to the Jubilee Sports Centre during the event.

## Schedules

<u>Events</u> Time	Badminton (Court 1,2)	Badminton (Court 1,2)	Table Tennis (Court 1,2)	Table Tennis (Court 1,2)
10-11 am	Practice	Practice	Practice	Practice
11-12 am	Fun game	Competition	Aerobics	Aerobics
12-1 pm	Fun game	Competition	Fun game	Competition
1-2 pm	Practice	Practice	Fun game	Competition
2-3 pm	Fun game	Competition	Fun game	Competition
3-4 pm	Fun game	Competition	Fun game	Competition

## 如果您遭受种族滋扰，请告诉监督组，我们将帮助您！

监督组成立于1979年，是英国的一家全国性慈善机构，专门致力于反对种族主义维护少数民族的正当权利。30多年来监督组帮助了成千上百的受害者和受害者家庭。他们来自全国各地，其中有遭受种族滋扰，暴力袭击，宗教仇恨的受害者，有的甚至被谋杀。

问题：如果我是一名受害者，我可以从监督组得到什么样的帮助？

帮助处于危险中的受害者是我们的首要任务。我们对于受到种族和宗教滋扰，暴力侵袭的受害者提供24小时免费的援助热线0800374618。我们还对受害者提供专业建议并协助处理案件；监督公共机构及官方对相关案件的回应；帮助受害者申请国家赔偿；帮助受害者提出申诉等。

问题：监督组的案件受理是什么意思？你们是律师吗？你们的服务收费吗？

一旦监督组受理了您的案件，我们会跟您及时见面。具体了解事件的情况并向您提供专业建议。我们会陪同您去警察局报案。得到您的授权后会全权代理您的案子。我们会联络警方和相关部门，以确保您的权利得到最大保障。此外我们也会帮助您申请国家赔偿。如果您对警方的服务不满，我们也会帮您提起申诉。我们并不是律师，无法为您提供法律意见。但是我们在条件许可的情况下会为您提供推荐相应的律师。我们的一切服务都是免费的。

问题：如果发生种族事件，我该怎样联系监督组？

除了上面提到的24小时援助热线之外，我们监督组还在伦敦，英国西北部，中部，东南部和西南部都设有办公室。英国东南部的办公室就设在Southampton。该办公室官员林奇先生是一位华人，可以用国语和英语沟通。如果您是讲广东话的，监督组也有会广东话的员工为您服务。Southampton办公室地址是：135 St Mary Street, Southampton, SO14 1NX. 电话：02380237576。周一至周五9：30-17：30开放。如果您有紧急事件，也可打林先生的手机：07940514268。我们监督组伦敦总部的地址是：28A Museum Street, Holborn, London, WC1A 1LH. 电话：02076366000。

如果您需要更多详细信息，请访问我们的网站：[www.tmg-uk.org](http://www.tmg-uk.org)

## **Are You Suffering Racial Harassment? Talk to The Monitoring Group. We will help you!**

Established in 1979, The Monitoring Group (TMG) is a registered charity and a leading national anti-racist casework agency. For 30 years we have been helping individuals, families and communities facing racial and religious violence, harassment and abuse. We have a long and proud track record and have helped many thousands of people and families from all over the UK, including many who have been faced with racist murders and suspicious deaths of their loved ones.

Q: I am a victim of racial harassment. What kind of support can I get from TMG?

A: Helping people in dangerous situations is our priority. We provide free direct support to victims of racial and religious violence and harassment in a number of ways: National 24-hour emergency helpline service, Information and advice services, Advocacy and casework services and supporting family campaigns.

Q: What does TMG's casework mean? Are these caseworkers lawyers? Do I need to pay for the service?

A: Our specialist caseworkers deal with around 300 'live' cases at one time, including those involving racist murders and race-related deaths. Our caseworkers are not lawyers but they are supported by a network of specialist legal practitioners and we are able to deal with cases at all levels within the criminal justice and civil law systems. This work could include anything from initial incident reporting on behalf of clients, gathering evidence and investigations, arranging case conferences with the police, prosecutors and local authorities to making applications (where necessary) for judicial reviews and campaigning for public inquiries. Our services are totally free.

Q: How can I get contact with TMG if a racial incident is happened?

A: If it is an emergency please phone our free national emergency helpline service 0800374618. This unique service is available to victims of racist attacks living anywhere in the UK, 24 hours-a-day, 7-days-a-week. If you are looking for information and advice service or casework service, you can always contact with TMG London Head office: 28 Museum Street, London, WC1A 1LH. Telephone: 02076366000. TMG Southampton local office: 135 St Mary Street, Southampton, SO14 1NX. Telephone: 02380237576. Email: [qlin@monitoring-group.co.uk](mailto:qlin@monitoring-group.co.uk).

If you need further information of The Monitoring Group please contact TMG Southampton Officer: Mr. Qi Lin on 02380237576 or email: [qlin@monitoring-group.co.uk](mailto:qlin@monitoring-group.co.uk)