

依士靈頓華人協會

2024-2025 年度 信託人報告及財務報告

2024-2025 年度是極具挑戰性的一年。

本慈善機構的宗旨與活動

依士靈頓華人協會 (ICA) 是一家註冊慈善機構 (註冊編號：1042435)，致力於促進倫敦及更廣泛地區華人社群的福祉，同時積極建立一個充滿活力與融和的社區。我們的使命理念明確：透過融和推廣多元文化、挑戰局限並推動社會變革。

本會致力於建設一個公平正義的社會，使華人能全面融入英國主流社會，享受生活並彰顯共同價值。我們提供基本社會服務、倡導中華傳統文化與遺產，並作為華人與主流社會之間的重要橋樑，同時積極維護華人權益並推動多元化的慈善工作。

主要活動

本會的主要活動包括：

- 長者午餐會 – 自 1991 年起獲依士靈頓區議會部分資助，為當地居民及長者提供營養豐富的膳食，由專業廚師與熱心義工烹調，收費合理。每季度舉行的生日慶祝會深受歡迎，經常滿座。
- 健康與福祉推廣 – 透過體育、社交聚會、文化及藝術活動促進身心健康。提供外展及關懷服務、義工機會及青年活動平台。
- 關懷弱勢社群 – 本會支持聖伯嘉莉天主教堂全年為無家者及弱勢人士提供免費早餐。過去亦曾營運冬季避寒庇護中心 (因疫情暫停)。
- 室內體育中心 – 提供多元社區室內體育設施，並以公平價格租借予社區團體使用。

常規服務

除午餐會外，我們亦提供適合各年齡層的多元課程與活動，包括：

- 英語課程 – 由初級至高級，因應不同程度而設

- 健體及藝術項目 – 包括太極劍、簡化 24 式太極拳、輕鬆健體班、詠春小念頭、舞獅與獅鼓，有助會員放鬆身心
- 文化活動 – 書法班、編織班、聲樂訓練班、粵曲班，以及兒童藝術啟蒙班（如「小天使藝術家」）
- 社交活動 – 乒乓球、羽毛球、麻雀同樂日、剪髮服務、品酒講座、泵波拿遊戲等，並舉辦健康講座與研討會，涵蓋牙齒護理、前列腺健康、心理健康、生命平安規劃如撰寫遺囑、持久授權書、退休金資訊及家居維修等實用主題
- 薈萃團組 – 本會與粵曲小組合作近 30 年，舉辦每週練習，開放給公眾參與，持續吸納新會員。2024 年 7 月 20 日的「唐滌生作品欣賞會」及 2025 年 5 月 31 日的慈善音樂會均全場爆滿，反映社區熱烈支持。

本會乒乓球會吸引各年齡層與不同程度會員參與，於上層禮堂一週五天練習場地均爆滿。第六屆乒乓球比賽於 2025 年 6 月 19 日順利舉行，盛況空前。

卡拉 OK 活動同樣每週五天進行，成為會員自我抒懷、聯誼互動的重要途徑。2025 年 7 月 6 日與金菊匯小組合辦的嘉年華音樂會亦全場爆滿。

短途及長途旅行活動廣受會員歡迎，不論新舊會員均踴躍參與。我們精心策劃德安全舒適、價格合理的旅遊項目包括：一日遊薩里郡吉爾福德探勝、兒童博物館、大英博物館、

國王十字重建區及空中花園；長途旅遊則包括西班牙、法國、英格蘭的新森林、北德文郡、愛爾蘭、北愛爾蘭、威爾斯等地，報名人數迅速額滿。

活出豐采計劃 (TBS)

感謝城市橋樑基金會 (City Bridge Foundation) 資助的£248,900 撥款，「活出豐采」 (Thriving Beats

Surviving “TBS”) 項目邁入第五年，預計將於 2026 年 3 月完結。本項目專為 55 歲以上

長者設計，透過社區參與及外展工作提升生活活力。由義工組成的「舞獅團隊」帶來充滿活力滿堂吉慶的表演，展現活力與貢獻。除於本會活動演出外，亦受邀至護老

院、學校、婚禮、商業開幕等場所表演，令人鼓舞。2025 年 2 月 10 日春節期間，團隊受邀前往首相府唐寧街 10 號，為迎接蛇年春節華人社區晚宴演出，TBS 項目同工更擔任司儀，為社區增光。

2024 年 6 月 20 日，香港聖公會基福小學來訪，約 40 名學生在老師帶領下深入了解英國華人社區，促進文化交流，活動由資深義工協助策劃。

2025 年 6 月 28 日，由倫敦大學大學學院 (UCL) 腦退化症研究所舉辦的「認知腦退化症關注日」於本會舉行，聚集臨床醫生、學者及支持機構，活動以英語、粵語及普通話進行，讓會員與公眾了解最新有關醫學發展。

本會口述歷史小組正積極整理訪問、資料與檔案，以籌備協會 40 週年紀念活動，義工們的願景與努力功不可沒。本會正積極尋求更多資源與資金，確保 TBS 項目的持續發展，讓這個社區活化計劃長遠開展下去。

節慶活動

➤ 農曆新年為最具標誌性的公開活動，歷年來均邀請依士靈頓市長、聖佰嘉莉天主教堂神父、本區國會議員及眾多嘉賓蒞臨，共襄盛舉。活動設有傳統裝飾、揮春春聯、展覽、表演、美食攤位、紀念品及猜燈謎等等，展現東方文化承傳。長者義工表演的舞獅為一大亮點。

此外，愛爾蘭文化團體 Meitheal Cheoil 樂隊亦參與演奏愛爾蘭傳統音樂及踢踏舞，深受來賓喜愛，該團於本會遷入現址前經已運作多年，承傳愛爾蘭音樂舞蹈文化。

➤ 聖誕節被視為最平安的節日，與家人團聚同慶，亦與農曆冬至接近，本會安排豐盛晚宴標記一年好景終將至。中秋節慶祝皓月當天，應節食品包括月餅、糯米糍、芋頭糕及蘿蔔糕點，並有色彩繽紛的燈籠，明月幾時有追思嫦娥奔月的傳說。

農曆五月五日的詩人節（又稱端午節）紀念愛國詩人屈原，因遭誣陷而投江殉國。為防其遺體遭魚蝦吞噬，百姓投粽入水。今時今日，賽龍舟已成為國際水上運動項目。

展望未來

截至 2024 年底，本會會員人數達 886 人。然而，「歡迎香港人計劃」Impact 基金及倫敦

市長資助已於 2024 年結束，導致本財政年度出現逾£36,643 的財政赤字。我們極需尋找新資源、撥款及收入來源，以穩定財政。

2025 年 5 月 23 日，四位信託人及一位增補信託人辭職。我們期望新選任的信託人團隊能引領本會邁向新紀元。我們感謝依士靈頓區議會、市長及市議員、本區國會議員與聖佰嘉莉天主教堂神父們一直以來的支持匡導。同時感謝各位贊助人、名譽法律顧問、歷屆信託人、現職與前職員工以及難忘的會員們。

最後，我們衷心感謝默默耕耘的義工們——是他們的無私付出、熱誠與堅持，讓協會得以走到今天。

依士靈頓華人協會將一如既往，公平、公正、尊重、全心全意地服務華人及廣泛社區。

馮兆雄

秘書

Islington Chinese Association Trustees' and Financial Report for 2024–2025

The 2024–2025 year has been one of great challenges.

Charitable Objectives and Activities

The Islington Chinese Association (ICA) is a registered charity (Charity No. 1042435) dedicated to promoting the well-being of the Chinese community in London and beyond. We actively strive to build a vibrant and inclusive society. Our mission is clear: to foster multicultural harmony, challenge limitations, and drive positive social change.

We aim to help create a just and fair society where Chinese people can fully integrate into British life, enjoy their lives, and express shared values. Our work includes offering essential social services, promoting Chinese culture and heritage, and serving as a key bridge between the Chinese community and mainstream society. We also advocate for the rights of Chinese people and carry out a wide range of charitable initiatives.

Key Activities

Our main activities include:

- **Elderly Lunch Club** – Partially funded by Islington Council since 1991, this program offers nutritious meals prepared by professional chefs and dedicated volunteers. The service is affordable and includes popular quarterly birthday celebrations that are often fully booked.
 - **Health and Well-being Promotion** – Through sports, social gatherings, and cultural and arts programs, we support physical and mental well-being. We also offer outreach services, care support, volunteering opportunities, and youth engagement.
 - **Supporting the Vulnerable** – We support St. Bakhita Catholic Church's year-round breakfast service for the homeless and vulnerable. (Our winter shelter program is currently suspended due to the pandemic.)
 - **Indoor Sports Centre** – We provide diverse indoor community sports facilities at affordable rental rates for local groups.
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Regular Services

In addition to the lunch club, we offer various activities for all age groups, including:

- **English Classes** – From beginner to advanced levels.
- **Fitness and Arts Activities** – Such as Tai Chi Sword, Simplified 24-form Tai Chi, light exercise classes, Wing Chun (Siu Nim Tau), lion dance and drumming – all designed to help members relax and stay healthy.
- **Cultural Programs** – Calligraphy, weaving, vocal training, Cantonese opera, and children's arts education programs such as "Little Angel Artists."

- **Social Activities** – Table tennis, badminton, mahjong social days, haircut services, wine tasting talks, bingo, and workshops on oral health, prostate health, mental well-being, will writing, lasting power of attorney, pensions, and home maintenance.

Performance Highlights:

- Our **Cantonese Opera Group**, active for nearly 30 years, continues to hold weekly rehearsals and attracts public participation. Their *Appreciation of Tong Tik Sang's Works* concert (20 July 2024) and *Charity Concert* (31 May 2025) were both sold out, reflecting strong community support.
- Our **Table Tennis Club** attracts members of all ages and skill levels. Practice sessions run five days a week in the upstairs hall and are always at capacity. The 6th Table Tennis Tournament on 19 June 2025 was a major success.
- Our **Karaoke Group** meets five days a week and provides members with a fun and engaging outlet. The **Carnival Music Concert** on 6 July 2025, co-hosted with the “Golden Chrysanthemum Group,” was also fully booked.
- **Day and overnight trips** remain highly popular, drawing new and long-term members alike. We organize safe, affordable, and enjoyable outings, including day trips to Guildford, the Children’s Museum, British Museum, King’s Cross redevelopment, and the Sky Garden. Long-distance trips included Spain, France, New Forest, North Devon, Ireland, Northern Ireland, and Wales, with all tours quickly fully booked.

Thriving Beats Surviving (TBS) Project

Thanks to the City Bridge Foundation’s generous £248,900 grant, the *Thriving Beats Surviving (TBS)* project entered its fifth year and is scheduled to end in March 2026. This project is designed for older adults (55+) to boost engagement and vitality through community and outreach activities.

Our volunteer-led **Lion Dance Team** brings joy and energy with their performances. Beyond internal events, they are invited to perform at care homes, schools, weddings, and business openings. During Lunar New Year in February 2025, they performed at **10 Downing Street** for the Prime Minister’s Chinese New Year Reception, and the TBS project staff even served as event MCs—an inspiring moment of pride for our community.

On **20 June 2024**, 40 students from SKH Kei Fook Primary School in Hong Kong visited ICA for a cultural exchange led by teachers and organized with the help of senior volunteers.

On **28 June 2025**, ICA hosted the *Dementia Awareness Day* in partnership with the **UCL Dementia Research Institute**, drawing clinicians, academics, and support organizations. Sessions were held in English, Cantonese, and Mandarin, helping members and the public stay informed on medical developments.

Our **Oral History Team** is actively organizing interviews, archives, and data in preparation for ICA’s **40th Anniversary Celebration**. The vision and dedication of volunteers are instrumental. We are actively seeking funding to sustain and expand the TBS program long-term.

Festive Events

- **Lunar New Year** is our most iconic public event. Each year we welcome the **Mayor of Islington**, local **MPs**, the **priest of St. Bakhita Church**, and many guests. The event features traditional decorations, Chinese calligraphy, exhibitions, performances, food stalls, souvenirs, and riddles. The senior volunteer-led lion dance performance is a highlight.

The **Irish cultural group Meitheal Cheoil** also performed traditional Irish music and dance, reflecting our shared space and mutual respect. They have been with ICA even before our current location and continue to promote Irish heritage.

- **Christmas**, a season of peace and family reunion, is celebrated with a festive banquet. We also mark **Mid-Autumn Festival** with mooncakes, sticky rice balls, taro cake, radish cake, and colorful lanterns, recalling the legend of Chang'e flying to the moon.

On **Dragon Boat Festival** (Poet's Day), we commemorate patriotic poet **Qu Yuan**, who drowned himself in protest against injustice. Today, **dragon boat racing** has become a celebrated international sport.

Looking Ahead

As of the end of 2024, ICA had **886 members**. However, the “**Welcome Hongkongers**” **Impact Fund** and the **Mayor of London's grant** ended in 2024, leading to a **financial deficit of over £36,643** this year. We urgently need new funding sources and revenue streams to stabilize our finances.

On **23 May 2025**, four trustees and one co-opted trustee resigned. We hope the newly elected trustee team will lead ICA into a new chapter. We are grateful to **Islington Council**, the **Mayor and councillors**, our **local MPs**, and the **priest of St. Bakhita Church** for their continued guidance and support.

Our sincere thanks also go to our **sponsors**, **honorary legal advisor**, **former and current trustees**, **staff**, and—most importantly—our **members**.

Finally, a heartfelt tribute to our **volunteers**, whose dedication, passion, and perseverance have brought ICA to where it is today.

ICA remains committed to serving the Chinese and wider community with fairness, integrity, and wholehearted dedication.

Fung Siu Hung
Secretary