

# Kingston Beats

# 2023 Report

@Kingston Beats C.I.C.  
Since 30 March 2022



**01**

# **Our Mission**

# We strive to connect newcomers from Hong Kong with the community in the UK.

B

## Befriending

Welcome newcomers in the area and build a network

E

## Employment

Assist career developments

A

## Accessibility

Organise resources and information for newcomers

T

## Training

Encourage continuous self-improvements

S

## Smiles

Engage everyone in the community

**02**

# **Our Activities**

## In 2023, we hosted

**370**

sessions

**630**

hours

**6000+**

participants

## Catering to

**Diverse** age groups, needs and objectives

# Across Ages Children & Teenagers



lantern painting class



puppet workshop & show



easter egg design



GCSE English tutorials

# Across Ages Parents & Families



Families Together  
星期六家油站

## PARENT TALK



移民機遇中的  
家庭關係處理

英國註冊家庭治療師  
Elaine Fong主講

parent webinars

# Across Ages Older adults

food gathering workshops



stretching classes



health and wellbeing talks



health consultations



# Developing Skills



sewing classes



Manga drawing



home repair tools workshop



self-defense classes

# Sharing resources

Kingston Beats Website

www.kingstonbeats.co.uk

## PARENT MEETING

WHY CHOOSING INDEPENDENT SCHOOL? HOW TO PREPARE 11+?

- ✓ MEET OTHER PARENTS
- ✓ GET YOUR QUESTIONS ANSWERED
- ✓ DISCUSS IMPORTANT INFORMATION

### 英國生活技能分享 基本家居維修工具工作坊

In Collaboration with Richmond Furniture Scheme

#### Essential Home Repair Tools Workshop

日期: 10月17日 (二)  
 時間: 上午10:15 - 下午12:15  
 地點: Richmond Furniture Scheme 總部 (TW2 5LS)

### 目錄指南

- 02 引言
- 03 生活小貼士  
入籍及投票、地區分層、公共交通、駕駛及泊車、住屋通知、學校、報稅
- 13 醫療  
GP門診、配藥、牙科保證、緊急醫療事故
- 19 食買  
超市選擇、家居裝修家居DIY、餐廳推介
- 27 玩  
著名地標、節日、Kingston群組
- 37 Kingston群組

# Building Community



Friday summer party



let's chat  
weekly drop-in sessions



mid-autumn pot-luck gathering



volunteer get-together

# Preserving Culture



mooncake workshops



Chinese classes for children



Chinese calligraphy



cooking classes



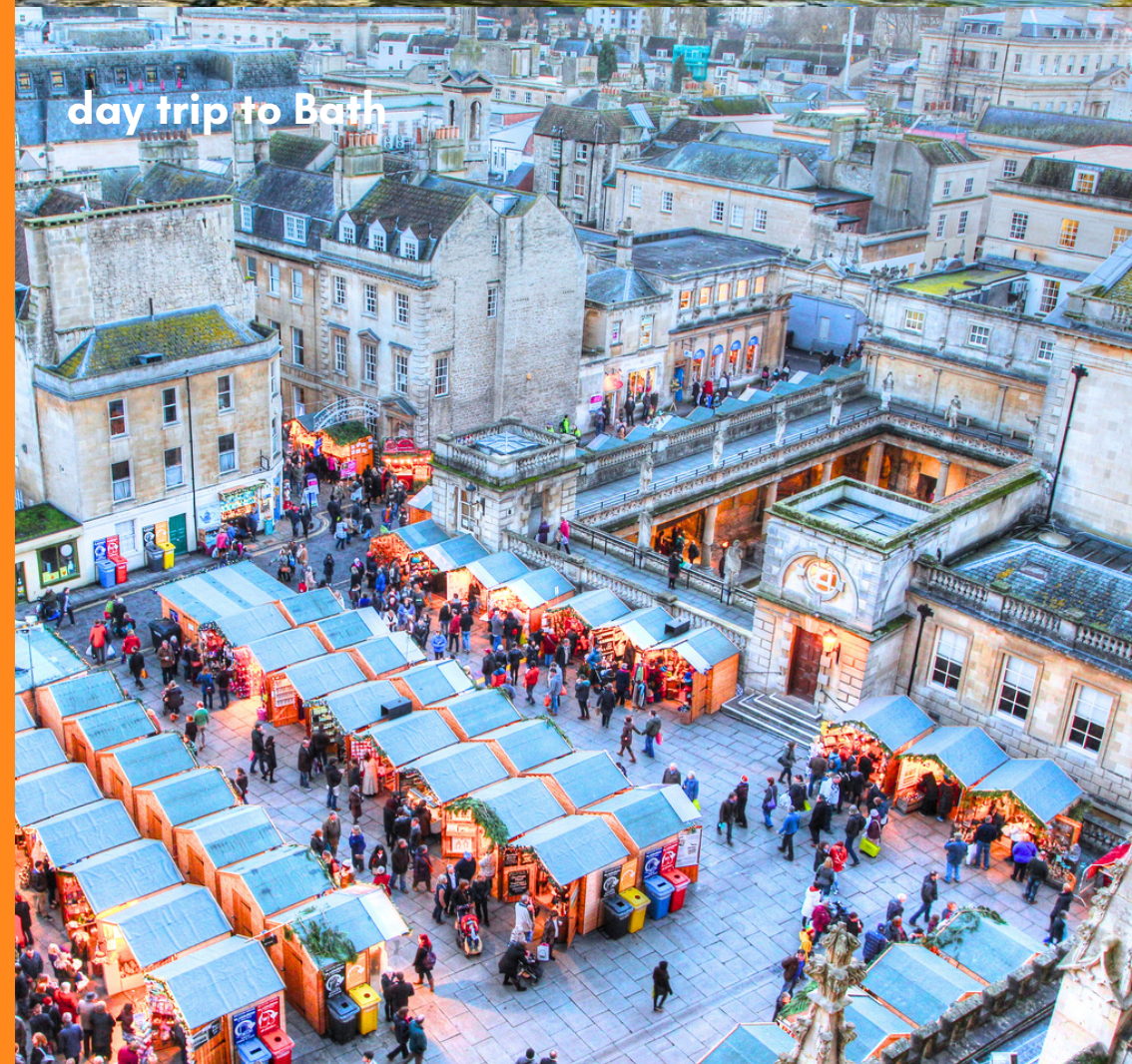
# Exploring UK



day trip to Cambridge



Kew Gardens outings



day trip to Bath



day trip to Oxford

# Learning Language



English conversation group



basic English course



basic English grammar course



CV writing & interview webinar

# Promoting Wellbeing



Tai Chi classes



gardening workshops



waterpainting classes



Yoga classes

# Supporting individuals

**Families Together**  
星期六家油站

## PARENT CHAT ROOM

### 家長談天室

香港資深家庭及兒童服務社工冰姑娘主持

2023年9月16日-10月21日  
逢星期六13:30 - 14:30

Mothers' group

the project is funded by The Royal Borough of Kingston upon Thames, Community Res

## 從相片拍攝 到 情緒省察

### 男士成長小組

小組內容:

- 尋找照片中我的心境
- 回憶照片中的經歷
- 學習以正念觀察生活
- 學習改變內在心像的影響

## "相"由心生

Men's group





# Supporting schools

## Our work

- Partnership with Achieving for Children
- Workshops for teachers & parents
- Informative videos
- Coffee mornings & parent meetings
- Interpretation support
- Chinese books for schools and libraries
- Support for youth centres



# Community involvement



Kingston Dragon boat competition



The Mayor of London reception



Chinese music performance

**03**

# **Our New Projects**

**6 new projects  
with grants  
totalling  
£38,435**

## Grants awarded by:



for

**Lion Dance Classes  
WE Club (English class)**



for



SUPPORTED BY  
**MAYOR OF LONDON** for



**Thrive LDN**  for  
towards happier, healthier lives



# New project

# Families Together

Supported by



## Our aim

Through different activities held on Saturdays, we hope to provide a safe and comfortable environment for Hong Kong families to relax, make new friends and strengthen their relationships.

“

*The mothers' group served as a therapeutic platform for the participants to express their grievances and share daily life, alleviating their stress. The process of being heard and receiving feedback served has healing effects. A noticeable relaxation was observed in the participants' expressions in the final session.*

”

# New project

# Grow Well Together

Supported by

**Thrive** LDN  
towards happier, healthier lives



## Our aim

A pilot project for Hongkongers aged 60+ to learn and practise 5 steps to well-being: be active, keep learning, connect with others, take notice and give.

“

*Prior to discovering Kingston Beats, my husband and I feeling confined and often bored at home. After participating in this programme, we've had more opportunities to get out and about and met fellow Hongkongers. I've found all activities immensely beneficial and enjoyable.*

”

# New project



# Welcome Hongkongers

SUPPORTED BY

**MAYOR OF LONDON**

## Our aim

A wide range of activities were provided to connect and support Hongkongers with diverse needs, create positive experiences, foster mutual help and bring about the benefits of enriching life and improving wellbeing.

“

Thank you to the organizer and volunteers for their dedicated efforts. Without your efforts, the trip would not have been this smooth and enjoyable. Thank you!

”

New project

# Hong Kong Yummy Club

Supported by



## Our aim

- promote happy and healthy living
- foster social connections
- enhance overall well-being

“

What I like most is being able to share life details with each other, meet friends and enjoy delicious food.

”



**04**

**Our Team**

# Number of Active Volunteers

~70

*“ Hong Kong people need a channel to get together in this new page of life and thankfully we have Kingston Beats. Volunteering not only offers me the opportunity to give back to the community, but also enhances my teamwork and social skills. I genuinely enjoy being able to help Kingston Beats.”*

**Being a volunteer-led organisation, our volunteers are directly involved in various areas, including:**

- Research and service development
- Marketing & promotion
- Social media and communication
- Web development & IT support
- Accounting & administration
- Onsite coordination & support
- Cooking and food preparation
- Classes, workshops & talks
- Advice and counselling
- Health screening and advice
- Performances
- Befriending
- And more...

**05**

# **Our Growth**

# In 2023, we grew as an organisation by



hiring our first  
project staff



forging new  
partnerships



Initiating new  
projects to meet  
diverse needs



Engaging  
volunteers and  
building  
capacity

# Winner in Best Start-up of the Year

## Kingston Borough Business Awards 2023



# Lastly, a big thank you to all the funders, partners, and support from



**MAYOR OF LONDON**





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