



Chinese New Year Celebration and Chinatown Outreach

On Tuesday, 28th of January (29th day of last month of the lunar year), our small group gathered to celebrate Lunar New Year's coming. Having a simple lunch, New Year games, and singing New Year blessing songs, we participated together with gratitude and felt warmest blessings from God. After the gathering, some of our volunteers went to Chinatown to distribute leaflets and preach the gospel, we wished God's blessings to be passed to those who harmed by gambling. It was drizzling that day and there were not many people on the road, yet there were still many elderly people and young men and women going in and out of casinos and as well as gambling shops. We prayed our Lord to have mercy on them and save them.

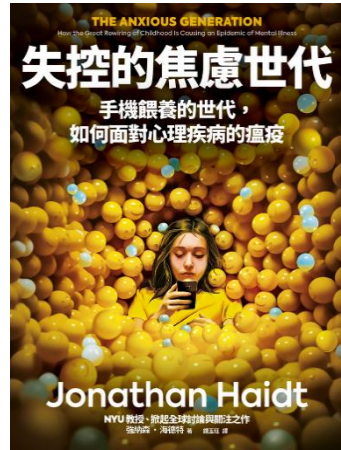


Click to download [Spring Couplets](#)



You crown the year with your goodness, and your paths drip with abundance (Psalm 65:11)

Recently, American social psychologist Jonathan Haidt published a book, *The Anxious Generation*, which explores in depth the impact of social media on teenagers. He pointed out that social media not only causes teenagers to lack of sleeping and lose concentration, but also significantly increases depression, anxiety, irritability, self-harm, and suicide. The book sparked widespread discussion and drew more attention to these issues. The Chinese version of "*The Anxious Generation*" has also been published, which is worth reading for parents and educators.



While society focuses on the impact of social media on teenagers, we should not ignore the impact of other bad habits on younger people, such as drug abuse, alcoholism, smoking, gambling and other issues.

According to a survey 2023 by the Gambling Commission, 40% of aged 11-17 young people have participated in gambling, while 26% are "actively participate". What we are worrying about is that among these young people who participate in gambling, 0.7% are classified as "problem gamblers" and the proportion of "high-risk gamblers" is as high as 1.5%.¹ Another survey report earlier showed that among drug abuse, alcoholism, smoking and gambling, the proportion of teenagers aged 11-16 participating in gambling often ranks first or second.² Obviously, young people need to understand the negative impacts of these behaviors early on, and the harm caused by gambling addiction cannot be ignored either.

In view of this, CCGR designed a course in 2024 to help young people understand the harmful of gambling through four sessions. During the courses, they will learn the essence of gambling, which is "*losing is the norm but winning is impossible*", and learn about money management and how to choose friends, etc. The course materials are available on our website. You are welcome to [download](#) and use them at teaching lessons.

¹ 2023 *Young People and Gambling Report*, by the Gambling Commission

² *Young People and Gambling 2018, a research study among 11–16-year-olds in Great Britain* by the Gambling Commission. Statistics are available at Gambling Education Toolkit, April 2019, p.16

Self-help and helping other series 1: Emotion relief and transformation



Purpose: Assist participants perceive and understand themselves' and others' emotions; by learning to apply psychological about emotions knowledge and biblical wisdom, help themselves and others relieve and transform negative emotions, build a healthy body, mind and spirit, and thus serve the Lord and others more effectively.

Recruitment targets: volunteers of the center, people who seek help, anyone who is pursuing a healthy life and who are interested in volunteering in the center

Number of people: 6-8

Basic requirements: Complete 6 lessons

Date: March 19-April 23 (Wednesday)

Time: 2:00pm -3:30pm

Location: 58A Birkenhead Street King's Cross

Form: In person, focusing on sharing and practice

Language: Cantonese (no translation)

Course fee: Free

(For enquiries, please contact Mr. Aaron Ng at 0207 833 8626)



Content:

1. Meeting each other - get to know each other and jointly set the regulations of the group, learn the virtues of mutual trust, respect and support
2. Emotions - perceive and understand the expression of positive and negative emotions by us, others and the social environment
3. What is Love? - Recognize emotional triggers and relief
4. Who am I? - Self-worth and emotional distress
5. Depression and anxiety medication - the challenge of faith practice and perception changing
6. A healthy life is priceless - the key wisdom to adjust and transform of negative emotions

Instructor: Ms Natalie Chu (CCGR Counsellor)

Ms. Chu has received various psychological professional training and is committed to the research of emotional and trauma treatment.



Prayer for Ministry

- Pray to our Heavenly Father to assist and concern of those who have been harmed by gambling. It is so pity that they have become hungry and cold, have nowhere to live, and have no one to turn to for help.
- Pray for Co-workers, directors, and volunteers work together to cultivate the gospel field of anti-gambling missions.
- Pray for CCGR for hosting the course of “Self-help and Helping others” Series 1: “Emotion Relief and Transformation” in March.
- Pray for CCGR for hosting a UK Welfare Lecture (online) on April 6, with a Citizens Advice adviser as the speaker.

Income & Expenditure

	Year 2024/25 Apr- Dec (before Audit)	Year 2023/24
Local Donation	£38,781	£37,921
Overseas Donation	£0	£452
Other Income	£0	£970
Total Income	£38,781	£39,343i
Staff/Volunteers Allowance	£37,131	£41,114
Rent & Insurance	£2,018	£2,398
Office Expenses	£644	£1,017
Ministry/Activity	£1,098	£2,438
Other	£824	£237
Total Expenses	£41,715	£47,204
Surplus (Deficit)	-£2,934	-£7,861

The Christian Centre for Gambling Rehabilitation’s finances depends entirely on support from churches and believers within the church community. Please support our ministry through prayer, donation, and volunteering.

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