

CRITICAL HEARING

Good ear health is important for children because hearing plays a critical role in their learning and development.

CHILDREN AT GREATER RISK

Ear conditions such as ear infections, glue ear and ear wax are common in babies and young children.

TREAT CONDITIONS EARLY

If undetected or left untreated, some of these conditions can cause discomfort and even serious damage to the ear.

TAI CHI GETS SECOND WIND FROM HANDOUT

James Gorman

A GRANT from the City of Sydney has breathed new life into the ancient art of tai chi.

For the past year, Sylvia Liu has been running a fusion tai chi class that teaches local residents from a variety of cultural backgrounds a blend of philosophy, health, language and tai chi in its most basic forms at Ultimo's Harris Community Centre.

Struggling to keep the courses running, Ms Liu applied for a grant from the council, under a program that matches people's contributions to community-based projects.

"I applied for the matching

grant because I knew I had the experience but I could not afford to keep doing this on my own so I thought, 'why not,'" Ms Liu said.

"I was absolutely thrilled when I found out I was going to be receiving \$9950 from the City of Sydney. It has allowed me to buy equipment, materials and fund field trips and language parties."

Working under the umbrella of the Rainbow Culture Group, Ms Liu holds two classes designed to teach people fusion tai chi and English.

"It is non-traditional, so we do laughing exercises and animal dances," Ms Liu said.

"These actions are actually

DETAILS

■ For information about the City of Sydney's matching grants visit cityofsydney.nsw.gov.au

ways of incorporating exercises of certain body parts, so when we do the real tai chi, students are prepared and know the basic movements of the body.

"But at the end of the day the most important thing is about having fun."

Ms Liu said that best thing about her lessons was that it allowed her to incorporate her two passions — "my culture and my people".



Tai chi teacher Sylvia Liu (centre) with some of her students.

Picture: CARLY EARL