



The Queen's Award
for Voluntary Service

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 13. Vol-12 (December 2017)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE



www.nvk.org.uk

Honorary

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Committee

Pragna Mandalia
Ella Shah
Dr Mahendra
Vora
Purnima Mehta
Hasmukh Parekh
Ashok Mehta

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for **£301.00**. 10 guests allowed. Special lunch for **£601.00**

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

JAI JINENDRA & JAISI KRISHNA



Dear Vadil Members,

Winter is here. One of the worst things about winter is how it gets cold and dark really early. However, this is the best time to stay indoors where it is warm and cosy. This is perhaps a pretty obvious one but once winter has arrived you know that Christmas is on its way, bringing with it a collection of delicious food, vibrant decorations, heart-warming films and television specials, festive events and activities, jolly music and time spent with loved ones. Cold weather can be a worry in later life. As we get older, our bodies respond differently to the cold which can leave us more susceptible to serious health problems. But with a little preparation, and by following some simple suggestions, you can stay healthy, safe and comfortable this winter.

- *Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body, woolly clothes or thermal clothes are ideal.*
- *A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf.*
- *For those cold toes, remember to put thick socks on and preferably slippers too.*
- *Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.*
- *Don't stand outside for long periods of time, as you can quickly get a chill.*
- *If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.*
- *Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.*

DONATIONS:

2/11: Chaas for the month of November was sponsored by late Shardaben Jayantilal Shah. Many thanks to her family for remembering Kendra.

Rasilaben and Prabhudasbhai Shah donated 5 Bingo Books to Kendra.

9/11: £51 from Ushaben Sheth on the occasion of her husband Chimanbhai's 75th birthday which he celebrated on 8/11.

16/11: £25 from Lalitbhai Mehta on the occasion of his wife Chandrika's 60th birthday which was celebrated on 28/10.

£51 from Ansuayaben Bavisha who celebrated her birthday this week.

Kendra's heartiest congratulations to both the members and pray that they both enjoy many more birthdays to come.

PROGRAMMES IN NOVEMBER 17

2/11: Bingo games were played on an Electric Bingo which was brought by courtesy of Ellaben Shah. Many members participated in playing bingo and enjoyed it. Those hard of hearing members enjoyed playing, as the numbers called were shown on the Electric Board

9/11: After lunch Whist Drive was played. There were 12 tables and was conducted by Mahendrabhai Vora. Many members played the game and enjoyed it.

16/11: Chai with Jasu. Vilasben Dhanani was interviewed by Sudhaben Kapashi and also our President – Vinod Parekh afterwards.

23/11: After lunch we had a most amazing adventure story from Dhirubhai Galani who had gone over 6200 miles safari in Africa, some on most dangerous treks, on his motorbike. He presented this exiting account of his journey on the Bike with his group of 6 via slides and videos. He had to take minimum clothing etc. and how every night he had to wash his clothes so he can wear them the next day. Once when he washed his trousers and to top it all how, when he was in Namibia in a national park lodge amidst all wild animals like cheetahs, and was in his secluded cabin away from the main building and had to walk in total darkness to the main building in search of his passport, left in clothes in the main building. Only later did he find out that this was forbidden and had to return with an escort to his cabin. Many members stayed to hear his story and Kendra is proud to have Dhirubhai as our member.

30/11: After lunch there was a programme in which members individually talked on their experiences in their life. We had about 10 speakers and it was quite interesting to hear their stories. While after lunch about 10 members visited elderly residents at a Retirement Flats, as our first **WELFARE** day project. This was our main objective when we started NVK over ten years ago. Our objective was to bring some joy in the lives of elderly people in our society and that is what our volunteers will do from today when they start the care home visits by singing songs, playing games etc. with the elderly people. Our thanks to all the volunteers. Report of the First Welfare Day at Woodcock Court, in Kenton: Just after an early lunch 10 members went to visit the elderly at the above Retirement Flats Just after 2pm the elderly residents started arriving looking very excited and happy. Our volunteers guided them to sit on their chairs and made them comfortable. There were more than 25 elderly people in the lounge. When everyone were sitting down comfortably we introduced our selves and explained about our Kendra, and our aims for this day.

We started by playing passing the parcel game with music. Everyone enjoyed the game and whoever had the parcel in their hand when the music stopped, had to act out or say what was written on the parcel. Every one enjoyed the game and the winner was given fruits.

After that we had a small quiz than throw the ball in the bucket, and finished off with a dance. Everyone were presented with fresh fruit (bananas and grapes) kindly donated by Ranjanben Gandhi. After that tea and biscuits and cakes were served, a small gift was presented from Kendra to everyone. They all enjoyed the afternoon very much and thanked us for making their afternoon so wonderful. Thanks to Pragnaben for coming up with this brilliant idea and to all the volunteer and the Donors who contributed to this worthy cause. On 7th December we are visiting Meera Nursing Home.

UPCOMING EVENTS DECEMBER 2017:

7th Dec: we will have a programme on “Padmavati” story.

REMINDER:

So far over 325 members have renewed their membership and we request members to speak to other members they know who do not come often, to renew their membership. Remember the deadline is 14th Dec.

SAD LOSS:

We convey our deepest condolences to Hematlalbhair Revshankar Mehta on his sad loss of his beloved wife Dhankunverben. She was 87 and passed away on 22nd November 2017. May her soul rest in peace.

Hematlalbhair Mehta was NVK's Past Assistant Treasurer for several years.