



The Queen's Award
for Voluntary Service

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 12. Vol-7 (July 2017)

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



www.nvk.org.uk

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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

DONATIONS: Chaas for the month of June was sponsored by Kundanben Vinod Parekh.

- £21 from Premlataben Parekh who celebrated her 97th birthday recently.
- £30 from Amit Jogia on his visit to Kendra.
- £151 from Amritlal Chauhan on his late wife's Punya Tithi.
- £21 Daxaben Arunkant Doshi on the punya Tithi of her husband Late Arunkant Doshi.
- On 22nd June lunch was sponsored by Kokilaben Pravinchandra Mehta on the occasion of her husband's 80th birthday and her birthday also.
- £51 from Rasilaben and Prabhudasbhai Shah, who celebrated their Wedding Anniversary.
- £25 from Jaswantiben Mehta on the occasion of the 15th punya 'Thithi' of her late husband – Kirtikumar P Mehta.
- £51 from Induben Haria, who had joined in the Potters Resort trip, where she celebrated her 75th birthday.
- £51 from Vasantbhai Vanmalidas Sanghrajka on the occasion of his wife Kokilaben's 70th birthday.
- £25 from Nimaben & Surubhai Kakkad and pendas on the occasion of their 52nd Wedding Anniversary and Niamben's birthday which was on 10th June.
- 2 Thermos and 2 stainless steel bowls from Rajniben and Dhanvantbhai Damani. Kendra's heartiest congratulations and **thank you** to all the above donors for their **generosity**.

PROGRAMS IN JUNE 2017

1st June: Ameet Jogia who stood as a candidate in North Brent constituency. (Tory Party) and Lord Popat, came to the Kendra after yoga. Mr Jogia gave a short talk on his plans and went around talking to members. It was nice to see a young man of Gujarati origin going into politics at such a young age. We wish him all the luck.

After lunch we had a program from Kavial and the subject was "Life, Death & Karma". The talk was from psychiatry point of view and not connected to Hindu or any other religion. Members were engrossed in the talk which lasted for an hour and was followed by many questions.

8th June: After lunch we had a talk and presentation on Live Kidney Donation by Minaben Modi. Our thanks to Manharbhai Mehta President of Vanik Council, who had arranged this program. Minaben Modi talked about her personal experiences. Also our member Ushaben Mehta gave her personal experience. There was a question and answer session also.

12th-16th June: 37 members from Kendra went to Potters Resort for a short retreat. Everyone enjoyed the beautiful surroundings near the beach. Thank you to Jayantibhai Doshi for organising this wonderful trip.

15th June: Mix and Match was conducted by Nimaben Kakad who had arranged this program.

22nd June: In the morning 34 members attended a Talking Therapy workshop on sleep problems in the Seminar Room from 11.00 am to 12.30pm. This was a very interesting interactive workshop conducted by two ladies from the NHS Brent with the aid of slides and projection. Our thanks to Pragnaben Mandalia for organising this health talk.

After lunch we had Gujarati songs and folk lore by Vinodbhai Patel. He sang many famous Gujarati songs and members enjoyed listening to him.

25th June: 173 people went to see the Kiran Purohit play "Laagan Ni Viyadhi ne.Divorce Ni Upadhi", which Kendra had booked. This was a record attendance for any of our shows and everyone enjoyed the comedy 'Natak' very much.

29th June: Chai with Jasu: Jasuben's guests were Kantaben and Prabhakant Patel, and Nimaben Kakkad. It was amazing to hear the life journey of the guests up to now.

UPCOMING EVENTS:

4th July: Kendra has arranged a day picnic to Verulamium Park in St. Albans. The subsidised charge for members is £10 and Guests £15. Children up to 12 years - £10. If you wish to drive there, then you must Register and pay £5 for members and children under 12. Guests £10.

We will provide Breakfast and then members can walk around or play games. In the afternoon we will provide lunch.

6th July: As it is Cancer Awareness Week Pragnaben has arranged a talk from MacMillan Cancer.

13th July: Debate on Buddhapa Ni Maja ke Buddhapa Ni Saja.

20th July: To be announced

27th July: OCD: Obsessive Compulsory Disorder Therapy Workshop from 11-12.30pm.

Potters Resort 2017. 12June-18 June 17)

Potters Resort is a wonderful resort with lots of sporting facilities and lots of other activities. It is situated right on the sea front. This was our 5th visit to this resort. Members got a chance to try out different games and participated in other activities like dancing, or art. It was here that our members learnt lawn bowling and to day so many of our members enjoy the game regularly. We had our own special dining arrangements where to totally vegetarian food was cooked and served to our members. We were looked after very well and every one enjoyed the trip. Every evening there were stage shows like a cruise ship. On our previous visit our group did garba on stage but as it was planned at a short notice. This time we were given the option of doing a dance on Jai Ho (song from the film Slumdog Millionaire) and the local choreographer kindly volunteered to train our group. After several hours of practice we presented the show on stage on our last day. Activities included walking in the morning, swimming, steam, sauna and Jacuzzi at times that suited various members. Some also played golf, table tennis, snooker, curling, lawn bowling, ten pin Bowling, rifle shooting, archery etc. Some members took part in line dancing while others enjoyed a stroll around or sit in the sun.

North Wales. While exploring ideas for trips, we came across this wonderful trip to Wales with two days on the train. While negotiation and arrangements were made during April and May, due to some misunderstanding, and absence of many committee members during this period (out on NVK trips) the announcement was delayed. As we needed minimum number for the trip we had to find out first how many would be interested. We started taking names and with Potters trip during that time no action was taken. We came back but by that time we were informed that July trip was full up. Response we got was enormous and we had to arrange two trips – one in August (14th till 18th) and one in September (4th till 8th). August trip is already FULL. There are some places for September trip.

Future Plans: Our aim is to encourage and help our members to go out on various short and long trips. While members may have the ability to spend they do not have the company or courage to go on their own. Our trips are arranged to help these members and over the years we have arranged many such trips. What are future plans: Possibly later in the year we would arrange a cruise to Panama Canal. Panama Canal is like the eighth wonder of the world and it would be a good experience to sail through it.