



The Queen's Award

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015
Registered Charity No. 1121930



www.nvk.org.uk

Newsletter: Issue 18 Vol-11 (November 2020)

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

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

For Photos click on: www.nvk.org.uk/galleries/all

JAI JINENDRA & JAI SHREE KRISHNA



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Hasu Mandalia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear?

Then **Sponsor** a lunch for **£350.00**.

5 guests allowed.

Special lunch for **£750.00**

Guest Fee **£7.00**

Dear Vadil Members

Welcome to November Newsletter. Diwali is just round the corner, but we want be able to celebrate it with our loved ones, due to new lockdown from 5th November, which was announced by the Prime minister on 31st October. Please follow the Government Guide Lines, to stay safe. The guidelines are written at the bottom of the newsletter.

THE EXECUTIVE COMMITTEE WISHES all of you a very HAPPY DIWALI & A VERY HAPPY NEW YEAR.

In this difficult times we are very fortunate to have technology, which keeps us connected every Thursday. **A big THANK YOU to our ZOOM TEAM, led by our Vice President Dr. Kapashi and his team, Purnimaben Mehta, Harenbhai Meswani.**

Donations: *£51 Khusi Bhet from Hansaben Mandalia, to celebrate her Husband Surendrabhai's Birthday on 6/10/2020.

*51 from Dhanlaxmiben Mehta, who celebrated her Birthday in September.

*£25 Khusi Bhet from one of our Member, who wishes to be anonymous.

Kendra's, heartiest thank you and best wishes to all the above Donors.

PROGRAMMES IN OCTOBER:

01/10: Morning Yoga with Manishaben. 127 devices were registered.

In the afternoon we had a **LECTURE BY ARSHNA SANGHRAJKA, A DIABETIC SPECIALIST PRESCRIBING PHARMACIST.** Our Secretary Jayantbhai Doshi welcomed her and introduced her to the members. Arshna started by explaining about Diabetes and its symptoms and how to keep it in control. She talked about how it affects individuals:

*Types of diabetes 1, 2 etc. *Blood Pressure, *Sugar levels go up and down.

*Risks of: brain circulations, eyes, oral health, heart disease and stroke, kidney failure etc. *How to keep it in control by taking medications regularly, changing diets, exercise and generally looking after yourself. It was a very informative talk and she spoke in Gujarati so the members enjoyed it very much. Our thank you to Arshna for giving her valuable time and sharing her expertise with us. **96 devices were registered.**

08/10: Morning yoga with Manishaben, 131 devices registered.

In the afternoon we had **SHITAL PARIKH WHO HAS BEEN A PHYSIOTHERAPIST FOR 25 YEARS AND TREATING PATIENTS WITH**

MUSCULOSKELETAL PROBLEMS. She also does Pilates, Acupuncture and Back pain problems. She started by showing exercise on chair and how to keep fit at home in this lockdown. It was very simple exercises for all the parts of our body. Overall members enjoyed the session very much. Our thank you to Shitalben for giving her valuable time to show us this exercises. **135 devices were registered.**

15/10: Morning yoga with Manishaben, 125 devices registered. Afternoon we had **DR. BHARTI SHAH** who spoke **ON DENTAL HEALTH FOR THE ELDERLY.**

She spoke on the common dental problems affecting senior citizens and how to look after our oral health. Main oral problems are Tooth decay, Gum problems, Sensitive teeth, Missing teeth/Denture problems, Ulcers/Cancers etc. She talked about elderly to eat healthy, and stay away from sugar as much as you can. Every time you eat or drink anything sugary, your teeth are under attack for up to an hour. In general she advised to look after our teeth, by cleaning it twice a day, avoid sugary things and visit the dentist regularly. It was a very educational and informative talk. Thank you to Dr. Kapashi to bring this type of medical talks, and a big thank you to Bhartiben for giving her valuable time. **111 devices were registered.**

22/10: Morning yoga with Manishaben, 116 devices were registered.

Afternoon we had **Navratri Garba session, there were 10 participants who took part.**

The challenge was to perform a Garba, to a song of their choice. All performances were presented by the participants dressed in colourful traditional garba outfits, from the comfort of their own homes. Well done to all of them and it's nice to know that we have such talented members in NVK. Again our thanks to all who helped in organising this. **147 devices were registered.**

29/10: Morning Yoga with Manishaben, 115 devices were registered.

Afternoon Dr. Kapashi had arranged to discuss the SURVEY of our time during the lockdown and how we managed it. About 100 (27%) members had responded to the survey. The answers to the questions were as follows:

Home Remedies: 26%-Steam Inhaling 10% -Walking: 40% -Yoga: 95% -Shopping self: 16% Help form family: 84%- Disappointed/Bored/Lonely: 30%and 70% managed to cope well.

Many members said they spent quality time with their family members, learnt new things etc. Few members spoke about their experiences during the lockdown, overall it was a successful survey. **Our hats off to Dr. Kapashi who came up with this brilliant idea, and conducting it, with the help from Purnimaben Mehta, Jayantbhai Doshi. 84 devices were registered.**

From Thursday 5 November, everyone must stay at home, and may leave only for a limited set of reasons. These include:

For education; For work, if you cannot work from home; For exercise and recreation outdoors, with your household, support bubble or on your own with one person from another household;

For all medical reasons, appointments and to escape injury or harm; To shop for food and essentials; And to provide care for vulnerable people, or as a volunteer.

Single-adult households will still be able to form an exclusive support bubble with one other household, and children can move between homes if their parents are separated.

Non-essential shops, leisure and entertainment venues will be closed. Click and collect services can continue and essential shops, including supermarkets, will remain open, so there is no need for anyone to stockpile. Pubs, bars, restaurants must close, except for takeaway and delivery services. People should work from home wherever possible.

Workplaces should stay open where people cannot work from home – for example, in the construction or manufacturing sectors. Shielding as practised in the spring will not currently be reintroduced. The clinically vulnerable, or those over the age of 60, should be especially careful to follow the rules and minimise contacts with others. Those who are clinically extremely vulnerable should not only minimise their contacts with others, but also not go to work if they are unable to work from home.