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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 8. Vol-12 (December, 2014)

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 mishap/s that may occur during any of its activities/events/outing.

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Chiman Sheth

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Hasmukh Parekh
Jaykumar Shah
Ella Shah

Lunch

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then *Sponsor* a lunch for **£251.00**.
10 guests allowed.

Guest

Members:

£5.00 is payable by guests.

SPONSORS

1. Chaas, Tea and Biscuits for the month of November were sponsored by Jyotiben Dhirubhai Shah & Rekhaben Pradipbhai Patel.

DONATIONS :

- **£51.00** – from Bharatbhai Parekh on the 2nd Puniya Tithi of his wife Ushaben. Thanks.
- **£25.00** - from Manjulaben H Shah on the speedy recovery of her husband Himatbhai. Thanks, welcome back and our best wishes.
- **£25.00** - from an anonymous donor for the wonderful work being done by NVK for its members.
- **£25.00** – from Rekhaben Vasa on birth of her first grandson. Thanks and our best wishes to the newly born.

PROGRAMS FOR NOVEMBER

- On 4th November we had film show of Mary Kom. We had last minute issues with the film show. At first it was being cancelled, then replaced with another film and ultimately the agreed film was shown. This was followed by lunch.
- On 6th November we had talk by Varsha Bavishi & Jayshree Joshi (from Mencap) who emphasised the need for our community members to register as carers. We will be encouraging our members to register.
- On 13th November we had a debate on what we have learnt after coming to this country. Many members took part and made some interesting observations. Sudhaben Kapashi was declared winner and Jyotsnaben Bakhai & Jayshukh Mehta were declared runners up.
- On 20th November a game of Family Fortunes was played.
- On 27th November two members from the Lions Clubs visited us and gave information on keeping members' medical records, for emergency cases, in a special 'Message in Wallet' folder and 'Message in Box' (see report below)

FUTURE PROGRAMS

- On 8th January we will have a full day music program and sit down lunch. As usual members will need to get their £1.00 tickets in advance and **guest fee will be £15.00. Please buy your tickets in time. DO NOT make our work difficult by requesting at the last moment.**
- This year Christmas and New Year fall on Thursdays, we plan to meet on Tuesday 30th December as already over 100 names have been received. However, please continue to put your names on the list kept on the Main Table, if your are attending, to enable us to arrange for catering.

HAPPY HOLIDAYS : As usual at this time of the year, many members have taken holidays to enjoy in the sun. We wish them splendid and enjoyable holidays.

ANIL BHUVA HAS A USED WHEELCHAIR. IF ANYONE WANTS IT FREE OF CHARGE. PLEASE CONTACT ON E-MAIL TO : neena_bhuva@yahoo.co.uk OR MOBILE: 07738760009

Walk & Talk

NVK took part in the Walk & Talk program initiated by Cancer Awareness & Heart Foundation. We were given a grant of £500.00 to organise the same and to pay for the expenses. For 10 weeks about 30 members of NVK walked for 30 minutes every week. They were given speedometers to measure number of steps they were taking and these were noted down. On completion of the program a meeting was held where a quiz on health issues was arranged, and after each participant in this program was given a small gift. Pragnaben Mandalia, helped by Ellaben Shah, put in a lot of hard work in arranging this program. They spent about £145.00 from the grant towards expenses for this program.

This Walk & Talk program aimed to bring the benefits of walking to health. Our members have been so much enthused by this 10 week walking that they have decided to continue walking on a regular basis in the future also. When one walks in company with friends and people one knows, then the enthusiasm becomes more evident. It has been decided to continue this program. **From now on members will be walking from 10.15 till 10.45.** If you wish to join this great idea then please try to come by 10.00 and join yoga after walking without causing any disturbance.

Christmas Bazaar

Navjivan Vadil Kendra will hold a Christmas Bazaar on Thursday 11th December from 2.00 till 3.30 p.m. The program is open for members, guests and also friends and family (**BUT after lunch**) . **Please note the following :**

- You can bring your friends and family along – after 2.00 p.m.
- Items for sale should be nearly new condition only and priced reasonably.
- Person who brings the items has to take unsold items back with them.
- Already two stalls – one for Printed Saris and another for ‘Salwaar Khameez’ has been allocated. One more stall for food remains for allocation. All stall holders pay £15.00 for the privilege.
- To make all arrangements please give your names to Ellaben or Pragnaben or Jasuben.
- Tea and biscuits will be served to all those present.
- Whatever funds are raised by this bazaar will be utilised for an entertaining well-being activity for NVK members.

IMPORTANT MEDICAL INFORMATION IN AN EMERGENCY :

Pragnaben Mandalia had organised and invited two Lions clubs members from Wembley and Northwood to Kendra on 27th Nov. These Lions gave detailed information on what a 'Message in a Wallet' and 'Message in a Bottle' was. They also kindly donated these Wallet Cards and Bottles for our members

In the wallet, members have to write important information about their health, medication, doctor's and emergency contact details. The Wallet is carried with you all the time so that essential information is readily available to the Emergency Services, should they suffer an accident or sudden illness. The Bottles are kept at home in a freeze, which is easily accessible to paramedics and others in case of medical emergency at home

This programme was very well received by our members and also inspired some to share their personal experiences and how useful it is to carry the details on your person.

Lions Martin George and Dinesh Dave were very impressed to see how we are helping the community. Both of them have sent us messages expressing their thanks for our hospitality and the work we do for the elders. They are willing to contribute to Kendra in the future.

Once again, Kendra's many thanks to Pragnaben Mandalia for arranging another very useful presentation. She has been in the forefront in bringing very useful medical presentations for the benefit of Kendra members. Well done and keep up the good work.