



www.nvk.org.uk

Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 6. Vol-2 (February, 2012)

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

Honorary Patron:

Manick Choraria

President:

Pranlal V Parekh

020 8902 7126

Vice President:

Mahendra P Kothary

020 8907 7188

Secretary:

Jayant U Doshi

32 Adelaide Close

STANMORE

HA7 3EN

020 8954 1859

Treasurer:

Baburaj T Shah

020 8440 9968

Joint Treasurer:

Himatlal Mehta

020 8427 2379

Webmaster :

Madhusinh Rawji

Trip Organiser :

Vinod Parekh

Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai

Navnitlal Shah

Pragna Mandalia

Bhadra Sheth

Chandulal Parekh

Dr Vinod Kapashi

Co-op

Shashikant Malde

Praful G Shah

Lunch

Celebrating a special birthday, or wedding anniversary! Or in memory of some one dear! Then *Sponsor* a lunch for **£225.00**.

Guest Members:

£5.00 is payable by guests.

Sponsors for January

Chas : Hansaben Mistry has sponsored chas for the month of January.

Lunch : Lunch on 19th January was sponsored by Jayantilal D Sheth to celebrate the birthday of Taramati J Sheth and their 59th wedding anniversary. We convey our best wishes on Taraben's birthday and our congratulations on their 59th wedding anniversary.

Donations : **£25.00** from an anonymous donor. Thanks.

January Programs :

1. On 5th January we celebrated New Year and our 5th Anniversary with some wonderful music from Uma Poojara and delicious lunch. Almost 280 members took part in the festivities. Vinod Parekh took great effort, helped by all the volunteers, to arrange sit down lunch for all the participants. It was a very successful start to the New Year, and program that will be talked about for a long time.
2. On 12th January many members played different card games. So many members enjoyed playing cards that it was suggested that we should have more sessions of card games.
3. On 19th January there were fun and games.
4. On 26th January India's Republic Day was celebrated with some melodious national songs. The standard of singing was good and choice of songs inspiring. The program ended with all those present singing the national anthem.

Antwerp – Amsterdam Trip

A 3 night/4 day trip starting on 20th April has been planned. If there is more demand than another trip will depart on 27th April...and the trip will include

- Floriad – a theatrical experience in nature ...this takes place once every 10 years.
- Visit Tulip Farms
- Canal cruise in Antwerp.
- Madurodam – a miniature city.
- Antwerp Derasar
- Chocolate showroom.
- Site seeing in Brussels.

All accommodation is in 4 star hotel (2 sharing) and American breakfast and dinner at local Indian restaurant will be provided. While request for Jain food will be made this cannot be guaranteed. All entrance fees are included. We are taking **£10.00** extra to provide snacks and food for lunch, and if there is balance tip for the driver.

Please express your interest by giving your names to Vinod Parekh (phone 02085375592 or by email to Vparekh42@googlemail.com.)

Each coach has capacity for 48 passengers and the trip will be arranged (one or two) only if the coach is full. Coach will depart from Harrow Leisure Centre at 5.30 in the morning of 20th April, and we will be coming at about 7.30 p.m. on 23rd April.

Price : **£300.00 per person.**

Pride of NVK

(NVK received £200.00 from Sainsbury's community fund on recommendation of our member Hansaben Bavishi. The following letter was written to Hansaben acknowledging the grant.)

Dear Hansaben,

It gives me great pleasure to write this letter to you. You have been working for Sainsburys. You also get involved in several community groups and are a member of our Navjivan Vadil Kendra (NVK).

Sainsburys have a community fund, and you were good enough to put NVK as a community charity you support and work for. It was a great pleasure for us to receive £200.00 from this fund. I understand that last time you nominated another group which received £500.00 also. We are very grateful to you to think of us when applying for this grant.

Navjivan Vadil Kendra (meaning literally "New Life Elders Centre") as you know was established 5 years back with a group of 20 but today we have 369 members and a waiting list of 190 which is growing by the day. We aim to improve the quality of life of our elderly members of the community. Our total number of members, and the waiting list, and weekly presence of almost 200 members to take part in yoga and other programs speaks for itself how successful we have been, and how much we need this sort of activity for our ever expanding older population. The elderly and many of them lonely need an outlet to form companionship and to go out and be active to avoid health problems and depression, and NVK has been greatly successful in its primary objectives. But we have a lot to do and achieve and any help we get is always welcome.

Hansaben we greatly appreciate this donation from Sainsburys, and I would like to thank you personally for putting our name forward for this grant. You have been our keen member and a good volunteer for NVK and we know that you are always there when we need you.

PRESS RELEASE (BY Sainsbury)

Hansa Bavishi is a Sainsbury's 'Local Hero'

Hansa Bavishi who works at Sainsbury's Woodgreen has been busy volunteering for their local Navjivan Vadil Kendra.

Thanks to Sainsbury's matched giving scheme called Local Heroes, Hansa is able to increase the support they have given the charity with an additional **£200.00**.

Sainsbury's Local Heroes scheme recognises colleagues who dedicate their spare time to local charity work, it helps them to support their own personal charities and make a difference in the local community.

The scheme is now in its 7th year and has supported over 10,000 colleague applications with almost £750,000.00 in additional donations and Sainsbury's is keen to give more.

Store manager Steve Holt said, "We are very proud to have colleagues that are so dedicated to helping out in the local community. Hansa is an inspiration to us all."

President Pranal V Parekh from Navjivan Vadil Kendra said "We really rely on Hansa's support and to have this matched by Sainsbury's is an added bonus."

Ideas for 2012.

- Wales Temple...leaving in the morning and coming back after mid night. ...this will be arranged if there is enough response.
- A picnic on South end on Sea.....it is a long time we have been to the sea side.
- Another steam train day journey.....last one was a great success.
- Another picnic in Runny Meade parks? Perhaps time permitting.
- Boat cruise on River Thames ...it could be fun if we get boat full crowd.
- A day trip on Euro Star, or maybe overnight in Paris? Could be possible.
- Westfield Shopping Centre...largest mall that can be combined with a Bollywood movie.
- Another trip to Potters Resort – A fun place with lots of activities and games.
- A visit to the Olympic Village and Wembley Stadium.
- Madam Tussauds and Tower of London.

IF YOU HAVE ANY OTHER IDEAS PLEASE LET US KNOW.....YOU CAN EITHER EMAIL THE SECRETARY (jubhai@aol.com) OR VINOD PAREKH (vparekh42@googlemail.com) .