



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-12 (DECEMBER 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

THE EXECUTIVE COMMITTEE WISHES ALL THE MEMBERS



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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 Members,

Welcome to December Newsletter. Hope every one of you are keeping well in this difficult times. The 2nd Lockdown is finishing on Wednesday 2nd December, and we are going in Tier 2 from then on.

Tier 2: High alert

This is for areas with a higher or rapidly rising level of infections, where some additional restrictions need to be in place. In tier 2:

- you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place
- You must not socialise in a group of more than 6 people outside, including in a garden or a public space – this is called the 'rule of 6'.

From 23rd – 27th December, this rule will change for 5 days.

- you can form an exclusive 'Christmas bubble' composed of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to [the rules in the tier where you are staying](#)
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble

Donations: £83.00 from Hansaben Patani, who celebrated her 83rd birthday on 30th October 2020. Kendra's heartiest Congratulations, Best Wishes and many thanks to her.

PROGRAMMES IN NOVEMBER:

05/11: Morning Yoga was conducted by Manishaben. 125 devices were registered. In the afternoon we had a programme of Diwali Vangi Sweet & Savoury. About 10 members participated. 127 devices were registered.

12/11: Morning yoga was conducted by Manishaben, 125 devices were registered. Afternoon programme was Diwali Dhamaka. We had a live music programme on Zoom. It was a different kind of experience to celebrate Diwali with NVK. All of us listened to the lovely golden oldies in comfort of our own living rooms. 171 devices were registered.

19/11: Morning yoga was conducted by Manishaben, 120 devices were registered. Afternoon we had Diwali Rangoli & Aarti Display. Dr. Kapashi gave an insight about Labh Pancham and its meaning. There were 11 participants. It was a very colourful cluster of Rangolis and Aarti displays. We are thankful to our members for their effort and joining in this festive period. 130 devices were registered.

26/11: Morning, Manishaben conducted the Yoga. 135 devices were registered. In the afternoon we had a talk on Elderly's general health talk by Dr. ABHAY CHOPADA, MS

FRCS: **Consultant Laparoscopic Colorectal & General Surgeon**

It was a very interesting talk, mainly the problems of elderly: Constipation, Abdominal pain & discomfort, Diarrhoea, Rectal bleeding, Dyspepsia and Weight loss. He gave tips on how to look after ourselves and keep fit and healthy. After the talk he answered questions from members. It was a very educational session and a big thank you to Dr Kapashi for arranging this talk. 165 devices were registered.

PHOTO GALLERY:

5/11: Diwali Vangi:



Bhartiben Malkan



Javnikaben Shah



Kundanben Parekh



Kusumben Punater



Purnimaben Mehta



Rajriben



Sudhaben Kapashi



Ramaben Doshi

19/11: Rangoli & Aarti Display:



**Jayshreeben Doshi
Dilipbhai, Aashi 7yrs
& Aarav 4yrs**



Ninaben Kakad



Kokilaben Solanki



Shardaben Modi



Jyotiben Gandhi



Sangitaben Mandalia



Kailashben Batavis



Sudhaben Kapashi



Priyaben Mandalia



Kusumben Punater

Remembrance Poppy Day was celebrated on 8th November 2020.

My Grandson wrote this Poem in his School. I thought I will share with you all. Thank you. Ella

Soldiers Poem

Soldiers so strong and brave,

Oh, why do they go so early to their grave?

Lying lonely in Flanders Field,

Injustice – as they were our shield.

Dying for us all,

Echoes bounce off the underground walls.

Remember they fought for freedom and peace,

Soldiers so strong and brave; let's remember them
Please.



Thank you to all of our soldiers that have fought for us and are still fighting for us.

By Jai Shah (Year 6) Age 10