



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 12 VOL 26- DECEMBER 2024]

FOR PHOTOS PLEASE CLICK; www.NVK.ORG.UK



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

🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Honorary Patrons

Late Manick Choraria
Late Pranlal V Parekh
Jayant U Doshi
Baburai T Shah

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Vinod Parekh

Vice President

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Secretary

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Hasu Mandalia

Karsan Bhudia

Pradip Patel

Praful Shah

Shirish Mithani

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for **£750.00**. 5 guests allowed. Special lunch for **£1500.00** 5 guests. Guest Fee **£10.00**

Dear Vadil Members,

Welcome to DECEMBER Newsletter, hope all of you had enjoyed Diwali celebrations with your family and friends. The weather has become very cold, so please wrap up warm and be careful when you go out.

OMMISONS IN NOVEMBER NEWSLETTER: Please accept my apologies for missing out mentioning our two co-ordinators for DIWALI DHAMAKA - Dr Vora and Kishor Doshi, who worked very hard to organise this event. NVK's big thank you to both of them for making this event very successful.

DONATIONS: CHASS for the month of November was sponsored by: Hansaben Mandalia in memory of her husband late Surendrabhai Mandalia.

07/11:£31 from Harshaben Desai who celebrated her birthday last month.

£51 for an anonymous donor for Khushi Bhet.

Biscuits from Krishnaben and Kirtibhai Mehta and family.

Chocolates from Jagdishbhai Parekh.

A small box of mithai from Kanakbhai Doshi.

21/11: A non-member donated 1 packet of biscuits from the family of Late Ratilal Doshi on 'Punya Tithi' of late Madhulata Ratilal Doshi (mother of Jaswantbhai Doshi NVA President). May her soul rest in peace.

£101 received from Mrs Vanitaben Shantilal Shah on the occasion of her husband's 80th birthday on 10 November.

£51 received from Mrs Mena Anil Shah for her husband Anilbhai's 82nd Birthday.

28/11:£21 from Virendrabhai Shah on the occasion of his birthday on 29/11.

£25 from anonymous donor.

A box of containers for food sale by anonymous donor.

4000 plastic glasses by anonymous donor.

Kendra's heartiest thanks to all the above DONORS for their kind generosity for sharing their special occasions with us and our best wishes to them.

PROGRAMMES IN NOVEMBER:

07/11: In the morning we had yoga by Manishaben, in the afternoon we had asked members to share their Diwali

experiences. This was presented in a unique style, by asking what they ate, what significant thing they did or where did they go and what interesting incident happened to them. We had some music and humour with it. A few members came and told about how they celebrated Diwali.

14/11: NVK had organised a whole day of Health Awareness Seminar in association with the Brent Council as 14th November was the World Diabetes Day. NVK would like

to thank Dhirubhai Galani for connecting Nazia Ali of Brent Health Matters to NVK for making the Health Awareness Seminar possible. Ms Nazia Ali of Brent was the co-ordinator from the council side. Some 250 members attended the seminar. First, Mr Gopal Patel and Nilam Kalyan who were the specialist (Health Inequalities Pharmacists), gave a talk on Type 2 Diabetes from 11 am to 12 PM. Both the speakers explained about the test results and their interpretations. They also mentioned medicines and answered questions from the audience.

12 PM to 1 PM was time allocated to other health workers who sat up about seven tables and were there to explain about the various health matters. 17 Health personnel's were in attendance.

After the lunch from 2.15 PM to 3.15 PM, Dr Ameet Bakhai, Consultant Cardiologist and Harvard Scholar, gave a talk on heart related problems. Dr Ameet Bakhai was specially invited by NVK. His talk was interactive as he has a unique style of engaging with everyone in the audience. There were quite a few questions from the members but as the time was short, we had to finish at 3.15 PM.

We are thankful to Ms Nazia Ali and her team and especially to Dr Ameet Bakhai for their valuable time.

21/11: Morning yoga was conducted by Jalpa Chotai, who kindly offered her service complimentary. In the afternoon we played 2 Bingo games with prizes for one line, two lines and full house. As well as additional prize for the next lucky winner after the full house. Many members took part.

28/11: Morning yoga was conducted by Manishaben, in the afternoon we had a talk on Bowel Cancer by Nazia Ali's team from Brent Health Matters in collaboration with St. Marks Hospital. Kusumben Punater welcomed and introduced the team to our members, the programme started with Nazia Ali giving a brief talk on what is bowel cancer with the aid of projection slides. She gave some of the symptoms to watch out for. The NHS screening of Bowel Cancer is given to all residents every 2 years from the ages 50 to 74. A Kit is posted to all qualified persons to their addresses. Nazia Ali also demonstrated how to use this kit at home and return to the NHS.

She also stated that anyone over 74 years of age can have a self-referral by phoning 0800 7076060 if they had any symptoms and feel that they needed to have this screening. There was a Question and Answer session in which some members took part. The programme was thoroughly enjoyed by all present. A Vote of Thanks to Nazia Ali and Brent Health Awareness, and St. Marks Hospital was given by Prafulbhai Shah.

A GENTLE REMINDER

To all NVK members that if you are looking to renew your membership fees for 2025 by CASH or CHEQUE you have only two Thursdays left, (12th and 19th December) if you are looking for BANK TRASFER, the last day is Tuesday 31 December. Bank details are as follows: BANK: HSBC ACCOUNT NUMBER – 12152525 SORT CODE - 40-46-09.

Please remember to put your membership number (ID) as reference.

SAD NEWS

We convey our deepest condolences to late Natwarlal Trikamji Mehta's family on the sad demise of our member late Natwarlalbhai, age 91 on 12/11/24. We pray to GOD that his soul rests in peace, and give strength to his family to grieve in this difficult times.



Om Shanti, Shanti, Shanti