



**The Queen's Award
for Voluntary Service**

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 9. Vol-11 (November, 2015)

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*



www.nvk.org.uk

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Entertainment

Jasuben Sheth

Committee

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Rama Doshi
Jaykumar Shah
Ella Shah

Lunch

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

Happy Diwali & New Year

We wish all our members and their families a very Happy Diwali and a very Happy New Year. May the New Year bring Good Health, Lots of Joy and Happiness in YOUR LIVES.

Sponsors for October

CHAS :- For month of October sponsored by Manjuben & Hasmukh Malde.

£51.00 – From Anonymous member who celebrated her birthday recently. Our best wishes for happy birthday and many more to come.

- **£51.00** – from Bharat Parekh on the 3rd Puniya Tithi of his wife Ushaben. May her soul rest in peace.

- **Lunch** – Lunch on 15th October was jointly sponsored by Hemlataben Mehta – Jasuben Kothari – Kumudben Patel – Sushilaben Mehta - Purnimaben Mehta & Prafulla Shah.

- **£25.00** - From Batukbhai Sanghrajka on his birthday. Our best wishes for a happy birthday and many more to come.

- **£25.00** - From Dina Bilakhia on her birthday. Our best wishes for a happy birthday and many more to come.

- **Our condolences :**

1. Mother of our members Sobhag & Dinesh Zaverchand Shah (Maniben aged 98) passed away recently. Our sincere condolences and may her soul rest in peace.

2. Arunaben Udani (73), sister of our member Jitendra Damani passed away in Rajkot. Her husband Vinod Udani had been President of Navnat for a long time, and on his recent visits to London he has always visited NVK and donated generously. Our sincere condolences and may her soul rest in peace.

3. Dhirajlal Shah (husband of our member Jyotiben) passed away on 18th October. Our sincere condolences and may his soul rest in peace.

Our Activities During October :

1. Dharam Pal and Indiraji gave us a program of melodious filmi songs. Whenever we have invited them they have come and given this program voluntarily. Our thanks to them.
2. From 4th till 9th October our members went for a trip to Manor House. This activity trip is enjoyed by those who take part. It is because of this that some members have now taken up bowling and are enjoying it.
3. On 8th October we had bingo.
4. On 9th October members went to Royal Albert Hall to enjoy Bond film music.
5. On 15th October we enjoyed Navratri with ras garba.
6. On 22nd October we celebrated Dushera with a talk and songs.
7. On 29th October we had first of our “Tea with Jasu” program with an interview with Bindu Vekaria who does some good voluntary work for poor people.

PLEASE NOTE

- ***We are meeting on Tuesday 3rd November INSTEAD of Thursday.***
- ***We are meeting on Wednesday 11th November WEDNESDAY.***

Diwali Celebration.

Diwali is on Wednesday 11th November. Normally we meet on Thursdays which will be our New Year. SO WE ARE meeting on WEDNESDAY 11th November at usual time. There will be no yoga. Our original plans to have full day of Ras & Garba has now been changed.

WE WILL HAVE MELODIUS MUSIC, OLD & NEW FILMI SONGS BY NITU SHAH AND HER BAND.

*Please Note : While there will be special meal (delicious variety for Diwali) there will be **sit down** lunch. **MEMBERS** can come (no tickets to buy).....**BUT FOR GUESTS fees are £15.00 AND MUST BE PURCHASED in advance.***

MEMBERSHIP 2016

*If you wish to RENEW your membership for 2016 **THEN PLEASE DO IT NOW.***

*If you are planning **NOT TO RENEW** your membership **PLEASE** let us know. Then we can offer membership to those on waiting list.*

*Renewal Fees are **£90.00.***

Forms can be obtained by email from hasmitashah63@gmail.com.

New Program.

*On 29th October we had a new format in programs (“**Tea with Jasu**”) . Any person who is doing good voluntary or charity work will be invited and our Jasuben will conduct an interview by asking questions and members will get to understand what that person is doing. **IF YOU KNOW** someone who can contribute to our knowledge about what they are doing then please contact Jasuben.*

2016 :

2016 is round the corner. We will complete 9 years of existence. 2015 has been memorable in that our work has been recognised with **NVK getting Queens Award for Voluntary Services.** What NVK is doing is to improve the quality of life of elderly citizens in our community. Our success is reflected in the fact that we have 410 members and a waiting list of 375.

We aim to encourage our members to exercise and keep fit; to develop interests and activities in life that would keep our serious illness and problems in life; to encourage companionships to promote a better life and avoid loneliness in life; to encourage members to travel and enjoy company of others; to encourage members to participate and talk what is on their minds. But to keep going we need feedback from members. Recently our day trips have had poor response. What sort of trips do you want? Do you have any suggestions? Our in-house programs are going well but we need new ideas. Please help us to improve our programs.

YOGA RETREAT

We have planned a Yoga Retreat from 11th till 16th July 2016. The venue is wonderful with lots of rooms, library and activity rooms, greenery around and good walking routes. We hope to have lots of activities including talks on health and tips for minor ailments, reiki, yoga etc.....If you are interested then register your interest with jubhai@aol.com.