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Navjivan Vadil Kendra

RECIPIENT : QUEEN'S AWARD FOR VOLUNTARY SERVICES - 2015

Registered Charity No. 1121930

Newsletter: Issue 9. Vol-7 (July, 2015)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middz 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.

QUEEN'S AWARD for VOLUNTARY SERVICES



The Queen's Award
for Voluntary Service

On 2nd June 2015 it was officially announced that Navjivan Vadil Kendra is recipient of **QUEEN'S AWARD for VOLUNTARY SERVICES**. It is a matter of great pride for everyone at NVK, it is a great credit to all the volunteers who have worked selflessly and hard to achieve this award and the credit goes to the aims and objectives of NVK which we have fulfilled since its formation in January 2007. With longer life span we now enjoy it is important that in old age we keep ourselves healthy and active and NVK can proudly claim to have achieved this great objective.

NVK encourages good health with regular yoga sessions, medical seminars, walking groups and talks on various medical issues. NVK provides a platform whereby members can form companionship and avoid loneliness and depression. NVK organize visits to sites in London travelling by train, day trips to places of interest and arrange film shows with lunch, visits to theatres and shows. NVK encourage members to travel and organize short and long holidays, activity holidays and retreats and basically encourage those who are hesitant to travel on their own.

NVK have full day music programs and regular different types of after-lunch entertainment. NVK help members whichever way they need help – including making Lasting Power of Attorney and Wills. Our aim is to improve the quality of life of our members and we have received recognition on receipt of Queens Award.

Journey to Queen's Award.

(We are proud to have received Queen's Award for Voluntary Services after a short life span of over 8 years. But how did this journey begin? This report is by me and I have related the events as they folded and as I remember them. If I have missed out on any details then I apologize. – Jayant Doshi)

I retired on 1st March 2001. I was involved in many activities which would keep me occupied but I decided to devote some time to voluntary work. With this thought in mind I registered myself with Middlesex Blind Association and Victim Support but the work they were giving was not satisfying or challenging. In 2003 secretary of Navnat Vadil Mandal Jayantilal Sheth invited me to lunch at their usual Friday meeting. There were about 40 members present, some playing cards, some reading papers and others talking. For lunch they had bread, salad, ganthia and tea. I could see many elderly members struggling to even hold the plate. At that very moment the thought came to my mind. "I can do something here." I asked Mahendra Kothary if he would like to join and he agreed. I talked with Jayantibhai and asked him to resign and I became secretary. I applied for grant from Age Concern and received £875.00. We arranged for a cook to prepare one or two hot items every week. Yoga was conducted in the temple for ladies by Surbhiben. I started getting some men to do yoga but with little success. Then I was introduced to Manisha and brought her to conduct yoga. Within a short time membership went up to 200 and attendance increased accordingly. I applied for another grant and got £5000.00 to be used for day trips.

The property in Hayes was purchased in 2005 and it was understood that ultimately Vadil Mandal will move there. Many members came by taxi or dial a ride or their family members dropped them. As the move to Hayes became inevitable I got members coming to me, many in tears, pleading to me to do something for them.

Honorary Patron:

Manick Choraria
Pranlal V Parekh

President:

Baburai.T.Shah
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Vice President:

Vinod Parekh
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Praful G Shah

Treasurer:

Punam Patwa
020 8958 2714

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Ashok Mehta

Webmaster :

Chiman Sheth

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 some one dear! Then **Sponsor** a lunch for **£251.00**. 10 guests allowed.

"This was our only opportunity to come out of the house and enjoy. We cannot travel up to Hayes." Week after week I heard these and those "tears and please do something" stuck in my mind. Their children phoned me and pleaded to do something for their parents. The move to Hayes took place from September, 2006. I started getting more phone calls. Those tears and pleas haunted me. I looked for halls. I contacted councillors for help and the local council for halls for hire. I contacted AGE CONCERN and many private halls including Sangam. I wanted to do something but I did not know what. I talked with Baburai and his comment made me think "Do you really want to form an organization from scratch? Do you understand what that involves?" I had no answer.

Well wishers like Mansukh Gandhi and Dhiru Lavingia kept telling me that I can do it. But the commitment required to hire a hall, and everything involved with running an organization, was daunting. At that time I met Manick Choraria and visited Sayer Centre. His comment encouraged me: "I have made this hall for community use. Use the hall, and pay me when you can and what you can." I informed Pranalakka to start going there to play cards. I hoped that as numbers grew then I will decide what format to adopt. But after a few weeks they stopped going and I was told that some comments made by residents in the hall were not appreciated by card players. Then in early December I got invitation from Dr Natubhai Shah. He had received a large grant and part of it was to be used to help senior citizens. He invited me to attend lunch at a restaurant and he promised to help if I was to do something for elderly people. I felt encouraged and I went to see Mr Choraria to talk about the problem faced by those playing cards. He assured me that he will have a word with those concerned and we can come to use the hall without any hesitation. Dhirubhai Lavingia took me to a caterer who supplied lunch to such groups at reasonable price. I phoned around and arranged for a meeting on 5th January 2007 in Sayer Centre, Neasden.

In consultation with Pranalakka I had considered a few names but on 4th January 2007 he phoned and suggested "Navjivan Vadil Kendra" which immediately appealed to me and others also. At the meeting on 5th January 2007 there was a presence of about 30 supporters. A committee was formed and Dr Natubhai announced that lunch for the new organisation will be paid for some time from the grant money. The following day a supporter, Hitesh Shah, called me and offered lunch for 3 months and that he had arranged lunch with Meera Catering. I went to see Meera and asked if they will deliver lunch to Sayer Centre. After some hesitation, as the order was so small, he agreed and to this date they have been generous supplier of tasty lunch to NVK.

I got offer from Dipak Jashapara to conduct yoga sessions without any fees. I drafted a constitution and got it approved. In a few months our membership reached 167 and we had to stop taking more members. Later using the adjoining hall we increased membership to 220. Surendra Mehta created the data base with full details of the members and a proper waiting list. That created a solid foundation for NVK. During that period Surendra and Baburai became my advisers whenever I needed to decide something. The treasurer had health problems and I acted as treasurer for the year. Surendra helped me to do the final accounts.

In March 2007 I undertook trek to Makalu Base Camp (for 19 days) and sponsored myself for NVK and raised over £3000.00. I started applying for grants. In August 2007 the first issue of the Newsletter was published and that has become a regular feature of our activity. In August we got our first grant of £7200.00, followed by another grant of £11000.00 and then another grant of £2000.00. Baburai completed the process for charity registration and we got our registration before the end of the year.

In July 2008 Manisha joined us as our yoga tutor and she still is doing so. Manisha brings variety and interest in the way she conducts the yoga sessions and that has created much interest and enthusiasm in participation. With ever growing waiting list I contacted Sangam and made a deal with them. We moved there in October 2008 and increased our membership to 280. In September 2009 we renegotiated the terms for the following two years and we submitted signed contract by end of the year. Later I happened to listen to an old voice mail message on my mobile, and the manager of Sattavis Patidar Centre wanted to see me. I met him and he wanted NVK to come to their hall. After negotiating a deal, I gave 3 months notice to Sangam and from April 2010 we moved to Sattavis Patidar Centre.

Today we have 407 members and a waiting list of 350. This in brief is the journey which led to **QUEEN'S AWARD for VOLUNTARY SERVICES.**

MAY AND JUNE NEWS WILL BE PUBLISHED IN JULY NEWSLETTER.