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Navjivan Vadil Kendra

(Monthly Newsletter)

Registered Charity No. 1121930

Newsletter: Issue 7. Vol-8 (August, 2013)

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

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Entertainment :

Jasuben Sheth

Committee:

Indrakant Bakhai
Dr Vinod Kapashi
Pragna Mandalia
Hasmukh Parekh
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.**

Guest Members:

£5.00 is payable by guests.

Sponsors for July

Chas : Chas for the month of July has been sponsored by Rajni Navalchand Mehta. Our thanks.

Donations :

- **£51.00** – from Rasilaben & Prabhudas Shah on the occasion of their wedding anniversary. Our best wishes for many more such anniversaries to come.
- **£51.00** – from Manjulaben Shah on celebrating 90th birthday of her husband Himatlal Shah. We wish him a very Happy Birthday and many more to come.
- **£51.00** – from Ranjanben S Sheth on moving into a new house. Our best wishes for happy future in their new home.
- **£25.25** - from an anonymous donor. Our thanks.
- **£21.00** – from Hansaben & Mahesh Bavishi on becoming grand-parents to Aashna (parents Rumit & Deepti). Our heartiest congratulations.
- **£25.00** – from Jasuben Narrotam Shah on her 75th birthday. Our best wishes and hope for many more to come.
- **£51.00** – from Vinod Kapashi. Our best wishes for whatever the occasion was.

Biscuits received with Thanks from

- Dayaben Mistry and Rasilaben & Prabhudas Shah.

Programs for July

- On 4th July we had “Food Bazaar” where members were encouraged to cook some delicacy and bring it to the Food Bazaar. NVK members were encouraged to buy these and the collection was put to charitable causes. Almost £150.00 was collected in this Bazaar. This was our first attempt at such program and hopefully next time more members will take part. This was followed a by a quiz on Food.
- TWO NVK members reached the milestone by celebrating their 90th birthday. Navjivan Vadil Kendra honoured these two members by endowing them with shawls. Himatlal Shah and Premlataben Parekh celebrated their 90th birthday recently and on behalf of NVK we wish them good health and many more such birthdays to come.
- On 8th July 40 members went on our 4th trip to Potters Resort. The wonderful resort on the sea shore has a plethora of activities and everyone enjoys there. One of our members was so impressed that she has booked the resort to take her family members.
- On 11th July the planned talk was cancelled. Instead members played Whist Drive which had been cancelled so many times. Over 50 members enjoyed the game and winners were given prizes.
- On 18th July we had Cancer Awareness Day where we got a grant. Pragnaben put lot of effort in arranging this program. Details in this issue.
- On 25th July we had an interesting debate and the subject was “Purus Kare to Lila ane Stree Kare to Character Dhila.” Ten ladies and two men took part in the debate. It is nice to see members coming forward to express their thoughts. Harshadbhai Sanghrajka chaired the debate and made apt comments after each speaker had viewed their thoughts. Our President B T Shah ended the debate with some comments.

FORTHCOMING PROGRAMS.

- In October we have a TALENT SHOW. If you think you have some hidden talents then give your name to Jasuben Sheth. This is our program for our members only.....so give your name without hesitation.
- On 6th August we go to Sudeley Castle with its beautiful gardens. Entrance fee for this venue is £9.00 which is included in £20.00 members have to pay for this day trip. Brunch and late lunch will be served. After early hesitation we are receiving good response and we will be taking two coaches.
- Parulben, daughter of our member Indrakant Bakhai, gave a small dance during Cancer Awareness Day. Now she has agreed to give us a one hour surprise show on 8th August which would include some dances.
- On 15th August we celebrate India's Independence Day with some patriotic songs.
- We are NOT MEETING on 22nd August. **Instead** we will be meeting on **Monday 19th August** for a full day musical program with sit down lunch. To reserve your place you need to buy your £1.00 ticket from Vinod Parekh. Guests pay **£10.00**.
- On 29th August we have a session of Reiki. We had this a few years back and members enjoyed the session.
- On 20th September we have arranged 6 days trip to South Ireland. The coach is full though names will be taken on waiting list in case of any future cancellations.

Cancer Awareness Week.

After months of preparations our Pragnaben Mandalia organised the Cancer Awareness Week Program similar to one we did last year. We received £250.00 grant for arranging this program. The theme of the program was "Benefits of Physical Activities on Heart Conditions and Cancer." We had representatives from British Heart Foundation, Cancer Equality, Macmillan Cancer Support, Prostrate Cancer UK, Asian Women Cancer Group, Ethnic Minority Health Promotion Group, Department of Health, and Patient's Journey. They brought informative literature for our members and some of them gave a talk. Parul gave a dance and did garba with the crowd. Nimuben gave a hilarious solo comedy play. Everyone enjoyed it so much that she has been asked to come again and do it for an hour. Quiz was translated by Jayanti Dhruve and many members took part in that quiz.

The theme of the day was to bring awareness to our members, and to emphasise the point that being active can help in keeping one fit – and taking care of heart problems and diseases like cancer. It is observed that our community members shy away from talking about such issues. It is also a fact that men in particular are hesitant to consult doctors or talk about personal issues like prostate gland. We are planning a day when men only will sit around an adviser and talk about such personal issues. The main subject would be issues connected with prostate gland.

It is our habit or cultural influence that when one has some disease or illness the person tends not to talk about it. But we need to change this. By talking one can possibly get others to speak up and talk about their experiences. By talking you are helping to prevent similar issues by taking early action. It is our aim and endeavour at NVK to encourage members to take more care of their health and to encourage members to talk about their problems. We are also hoping to do more and more health related discussions and programs. If you have any suggestions please do let us know.

Day Outing – Bollywood Film & Lunch

One member recently remarked that she missed the days when we used to go to the movies followed by lunch. She said that while one can arrange that amongst friends it is difficult to do so when it is a large group like NVK. **I am glad to inform that we are in the process of negotiating such a deal and soon we will be arranging such DAY OUTINGS.**