



Leuva Patidar Samaj of London

President's message & new LPSOL Hot Topics Forum

Dear Members and extended families

The LPSoL charity is now officially 32 years old (probably 2-3 yrs older in reality). The Samaj and its members are a whole generation older and so it is time for a bit of a reboot – just like a good old movie franchise.

As people and their circumstances and values change, we are looking at ways to stay relevant and support the new generation more, as well as keep some of the timeless values that Hindus are globally admired for.

Many of us face every day business/work challenges, but other events like the unusual weather “Beast from the East”; and the large number of recent bereavements among the young and old, help us keep the big picture in mind and put smaller issues into perspective.

How do we stay grounded, connected and happy in the “busy-ness” of London and its growing suburbs?

Our subconscious life and lifestyle choices are effecting our mental health, our lifespan (& its quality) and are distracting us from planning ahead.

We are in an unprecedented season of turmoil, but our Hindu culture helps address this - a better diet; less wasteful lifestyles and meditation/yoga are some of the Hindu waves that are sweeping the western world.

There is one more factor that has been crucial to both physical and mental wellbeing, which, fortunately, benefits the wider society as well as those focusing on their careers. Extensive research shows that social integration and connections were the top 2 factors to help you live to a 100 – another scientific sign of the greatly underrated importance of a holistic, good life.

Watch or search “Ted Talk: on Living to 100”

So..... LPSOL is holding a new event – a convention, for 2 age groups (18-35s, & 35-65).

Whatever your marital or working status, please join us and some carefully selected non-LPSoL guests. These external speakers and facilitators will join our LPS members in sharing their experiences on the hot topics that you choose on the day (or in advance by email to president@londonsamaj.com). Everyone will enjoy some food, drink and food for thought, for their families and futures, by the end of the evening.

Members will have the time and mental space to share thoughts on big questions in their life; whether that is “who can help me get further in my career?”; “where should I live when I retire?” “What do I really want?” “What do I need to do now, to enjoy my life in 20-40 years from now?”

LPS – especially London and the South East – is here to support its membership with big life choices. Please join us, for free, at this sponsored event. Book to secure your space and to help us cater accordingly.

Questions or bookings to secretary@londonsamaj.com



President's Special Member's Award

Last year's joint winners, Renukaben and Vanitaben presented the 2018 award to Maniben Gulabbhai (Kuched).

Maniben and Gulabbhai, have been married for 60 years and have both come through a very tough year – they were both in hospital at the same time at one point!

It's great that they are in good health and over the 6 decades they have supported many Samaj families and also the Samaj itself with their energy.

And thank you to their family for helping prepare for the award and coming to see her collect the award.

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Leuva Patidar Samaj of London



CALENDAR OF KEY EVENTS FOR 2018 / EARLY 2019



Hello
Members
Mark your
forthcoming
LPSoL events

- ✓ Sun 10th June 2018 Hot Topics Forum at Bishop Douglass School, Finchley
- ✓ Sun 9th Sep 2018 Family Funday & BBQ at Harrow Rugby FC (Stanmore)
- ✓ 10th-18th Oct 2018 Nights Garba (NB Sunday is afternoon)
- ✓ Sat 27th Oct 2018 Saturday's alternative Poonam Garba
- ✓ Sat 17th Nov 2018 Diwali Show (venue tbc)
- ✓ Sun 9th Dec 2018 Xmas party (venue and date tbc)
- ✓ Sat 23rd Mar 2019 Provisional: Dinner and Dance (venue tbc)



NEW, EASY WAY TO ADD / MANAGE YOUR LPSoL CALENDAR

LPSoL have hooked up with a new technology company called Caltrics.

Click the link at www.londonsamaj.com/events and follow the instructions to seamlessly add our events' details (date, time, location etc) into your calendar.

(Or you can go directly to the Caltrics-LPS webpage at:
<https://www.caltrics.com/calendar/lpsol/44878>)

Using Caltrics cuts out emails, web searches etc regarding any time/date changes, finding the address for your satnav etc as all this will automatically be in your phone/tablet calendar – all you have to do is decide whether you can come or not!

Caltrics provide this service for schools, football fixtures/fans, political calendars, scout groups etc. It is free for the end users and usually paid for by sponsors of the charity/sports club/schools etc who would like to promote themselves to the fans/members.

If you would like to sponsor this facility, please contact email:

president@londonsamaj.com

We are working with Caltrics on a calendar of key Hindu/India dates, which we will share shortly.

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Mental Health Fundraiser



As the beast from the east began to snooze, on the defrosting night of Saturday 3 March 2018, LPSoL and their guests from all parts of the country (including Cannon from Coventry and the table of Punjabi builders) had a great night at the Riverside Banqueting Suite, near Heathrow.

We returned to this venue after the great feedback from the 250 guests last year, many of whom stayed on at the Premier Inn, a short walk away, also at a very reasonable price.

Our website and attached pictures show why all 360 tickets sold out within 2 months of going on sale, some 4 months before the event and a whole month before Christmas. So please continue to book early to avoid disappointment.

Money raised for charity:

Mental Health was the charity theme and in addition to Samaritans, which we pre-selected, guests were asked to share their thoughts on other worthy, mental health charities. So the money raised on the night, in donations and the profits from selling the Arabian themed table centerpieces, will be split equally between 2 charities Samaritans and MIND. Thank you to all the guests, especially those who helped to sell tickets to their families and friends and those who suggested MIND.

We raised over £2,000 for our chosen mental health good causes for 2018

Also, thanks again to the Barclays staff who came to support the cause and helped fundraise.

Learn more skills, make more friends and feel good about yourself! We have been fortunate to have an amazing and experienced volunteer team to organize everything from venue sourcing, entertainment research, food tasting and buying drinks! Please join the team to share the workload, make friends and build your skills & contacts. This can all help in your personal and professional lives.

**HOLD THE DATE DnD 23 March 2019:
Sat 23 March 2019
Our next dinner and dance fundraiser.**

Please contact us to suggest a good cause for Mar 2019 DnD, learn more about our charity work &/or help the team at
Email: secretary@londonsamaj.com

More details will be released as the venue, pricing and theme are confirmed.

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NAVRATI 2017



Navratri was celebrated at the Sports Complex adjacent to Shree Swaminarayan Mandir in Kingsbury, with great attendance on all nine nights and live music provided by Mistry Music. We also had fantastic food each night and lots of fun.

We would like to thank all our guests that attended the event and hope to see you all again this year. Find more pictures and videos online. A massive thank you to all our sponsors on the day and throughout the event. It is because of your generosity and donations we can hold successful events like the Navratri function for 9 nights. Running a function for 9 nights is very difficult and can be very costly for our samaj.

This year we need to encourage more of our members to attend the nine nights and to also bring along friends and family to our special event to celebrate Navratri.

We will be holding our aarti and best dressed competitions this year as well, congratulations to all the winners from last year.



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NAVRATI



NAVRATI

10-18 Oct and Saturday 27th Oct, 2018

Fri, Sat and Aatham (Wed 17 Oct): 19:30 - 23:30
Sun 14 Oct: 16:00 - 19:00
Other weekdays: 20:00 - 23:00

Athaam celebrations with Aarti competition is on Wednesday 17th.

FAMILY FRIENDLY SUNDAYS

To give our oldest members the chance to join us and our youngest members a chance to learn, practice and play Dandia-Raas, we have brought back the popular Sunday afternoon celebrations.

So come on parents and kids! Join us and still be home to finish your homework and go to bed early for school on Monday.

DRESSCODE:

Traditional, casual or smart.

FOR INFORMATION CONTACT:

Anand: 07903 502 155 // anandram1@yahoo.com
Shaylesh: 07880 788 865 // svp349@hotmail.com



* NO Cigarette, Alcohol & Metal Dandias

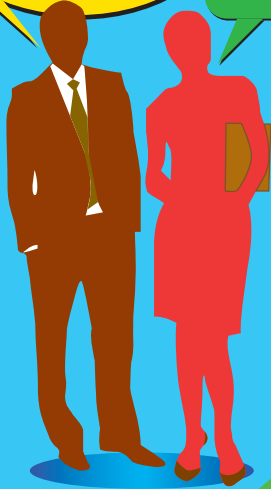
WWW.LONDONSAMAJ.COM



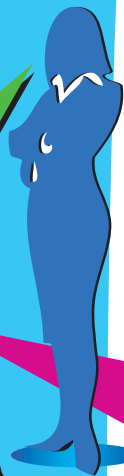
*Ruben Yatish Patel (Bhuvasan)
Age 9
Took part in Royal Russell School Triathlon
with 600 participants from various schools in
the under 10's category
and raised £535
for the Restless Development Charity.*

**LPSol
MEMBERS
ONE to ONE
CONNECTION**

BANKING



**BUSINESS
START-UP
ADVICE**



PROPERTY

**LPSol
What Matters
to Members**

**INSURANCE
ADVICE**



OPPORTUNITIES

NETWORKING

CAREERS

MENTORING



We are pleased to invite you to our first ever Members' **HOT TOPICS** event, a regular open forum for members to discuss the topics which matter most to YOU.

The event will be headlined by external professional speakers, who will give talks on Hot Topics that they know best, but the idea is for that to then lead to members talking about or suggesting the subjects (whether professional or social) that they would like to be discussed too.

Topics can be anything from:

- *How can I use my network to advance in my career ?*
- *Is technology making quality communication more difficult ?*
- *What is the best way for me to invest my money long term ?*

No topic is off limits - if you want to discuss it, we will put it on the agenda.

We also hope that the Members' **Hot Topics** event will act as a good way for members to network and socialise with their fellow members and build professional and social relationships, which have always been at the core of the samaj, and so the convention will be followed by drinks and dinner.

**LPS
of LONDON**

**BE PART in SUPPORTING,
EXPANDING HORIZONS FOR ALL
MEMBERS & Non-Members**

Hot Topics Forum

Date : Sun 10th June 2018

**Venue : Bishop Douglass School,
Hamilton Road, East Finchley, London N2 0SQ**

Time : 14:00 – 18:00

**Registration: londonsamaj.com/convention-form
Further info: secretary@Londonsamaj.com**

14:00 – 14:30 Registration and networking:

14:30 – 15:15 Opening Remarks and External Speeches

15:15 – 15:30 Comfort break and grouping into breakout sessions

15:30 – 17:30 Breakout into 2 Streams: 18-35 yrs and 35-65 yrs

17:30 – 18:00 Cross-sharing breakout results & Closing Remarks

Followed by Dinner and Drinks, to close at 20:00pm

18:00 – 20:00



Price and How to register:

Weblink: londonsamaj.com/convention-form



Entrance is FREE.

Please register for catering purposes and to make the most of the Hot Topics Forum.

How to suggest Hot Topics:

Via the registration form or by email to: secretary@Londonsamaj.com

Details of speakers:

The professional speakers we have arranged for this edition of Members' Hot Topics and their topics are below:

Chris Ward:

Author, activist, cyclist & coffee geek. Chris left school with one Art qualification but built and sold two successful commercial marketing agencies – Beatwax & Firstmovies, before becoming Creative Director at Comic Relief, Director on the legacy of the 2010 FIFA World Cup and legacy board member for the 2012 Olympics. He has also worked with organisations like The Nelson Mandela Foundation to engage millions of people in good causes and his books and research give ordinary people an insight into how ordinary people can achieve extraordinary lives. He also recently became one of a handful of people who have solo-cycled from Delhi To Mumbai (via our very own South Gujarat district of Surat, Navsari and Valsad).

Heeral Gudka, a full-time executive coach, who previously worked in the City as an actuary for 15 years, has a particular interest in Wellbeing. www.convergentconsulting.org

"Human beings subconsciously understand that alone I am nothing, but in a team I can achieve great things." - Arsene Wenger

Heeral is a first generation London-born Gujarati. Her work and cultural background gives her a great deal of understanding and knowledge, that she will share during her talk and in the breakout sessions, that she will be facilitating.

Other background:

Members' issues and opportunities today are different to those of the first generation of London Samaj member of 30-50 years ago.

As we will be exploring your choice of subjects including social/life style and career opportunities and pressures, please register your choice of topic option(s), that you would like to cover.

Your attendance and voice at this Forum is important, not only for you and your future, but also your current and future family and to mould the Samaj community, to become and remain more relevant to modern lives, whilst retaining and embracing our globally admired heritage.



Get inspired and Network over dinner & drinks



LPSol Entrance FREE



Leuva Patidar Samaj of London



Ladies Spa Break

Ladies Spa Break - Whittlebury Hall

On 3rd February 2018 the Leuva Ladies got together for a one night relaxing Spa break at Whittlebury Hall in the Northamptonshire area. The ladies got the chance to spend time together and socialize outside of the samaj environment. Whittlebury is a lovely place and for us Londoners it was nice to get away from the hustle and bustle of London life. It was not only beneficial for us but for our families too who we serve, day in day out, throughout our lives. We came home refreshed and full of energy.

We would highly recommend our Leuva ladies to spend more time together as together we can do so much for ourselves, the community and society.

If you would like to get involved and be part of Leuva Ladies please contact us - Preeti 07733186642

Preetiben (Sevni) Vice Secretary, Minaben (Ruva)



Meditation, The Road to Freedom

Lowers high
Blood Pressure

Helps depression

relieves
anxiety

calms the mind



reduces stress

Boost

Immunity

Balances emotions

improve
focus

Learn how to meditate and create the life you wish to live.

PRESENTED BY Lina Patel. She is a Wellness Ambassador.

Her Passion: "I Aspire to Inspire"

Check out her blog wellnessandwellbeing.org for tips on living a healthy life

On Saturday 30 June 2018 Between 10am to 12 pm, £25

WATER WILL BE PROVIDED

PLEASE BRING A MAT AND CUSHION TO SIT ON AND FLASKS TO MAKE OUR PLANET PLASTIC FREE

At: Newcombe House, 39-41 and 45 Notting Hill Gate, London W11 3LQ

Contact Lina on WhatsApp +6287785655212 or Preeti: +447733186642

“LPSoL member, Linaben Devenbhai Patel (Kadod - Indonesia) is holding a meditation workshop. Open to members and non-members”.

Leuva Patidar Samaj of London



LPSoL Aarti Donations in Action

We have been blessed to visit Kanya Ashram, located in a farming area between Bardoli and Madhi.

The Ashram is home to over 200 girls. Many of these girls are orphans and have come from underprivileged backgrounds in the 'jungle areas'. There the people still have an "old style" of thinking, that girls should not be allowed to study.

During our visit, we came to find out that the floor where the girls sleep was uneven. The roof also leaks during monsoon season. The toilet facilities are not adequate and are located far away from the residence area. We decided to take on the project to provide new flooring for the Ashram. We used the funds raised from the Aarti money collected during our LPSoL Navratri Event.

It is truly wonderful to have been able to observe this project from its beginning, to the completion of the new floors.

We used better quality tiles to increase the longevity of the floor, so that they last for many years to come.

We were completely overwhelmed with joy, seeing the courage and determination of the girls to lead a better life. Speaking to the girls, a number of them have dreams to fulfill careers as nurses, teaching and generally to make a fulfilling life, which is possible through community and education. It was incredibly heart-warming to receive a welcoming greeting and to talk to the girls as a group.

It is truly a wonderful cause that our Aarti money has been used for.

The girls really appreciated our visit and generous help. If anyone wants to help further and contribute to any of the above projects, please contact one of the following:

• Bharatbhai : +447940268267 • Bhumika : +447809208714 (vicetreasurer@londonsamaj.com)

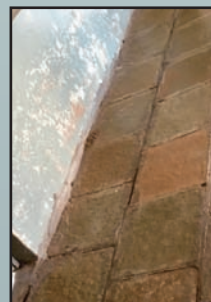
Thank you all for your generous donations.

The girls have shown their gratitude by dedicating a lovely bhajan to LPSoL which can be accessed via the LPSoL website:

www.londonsamaj.com

Bharatbhai (Mori), Bhumikaben (Derod), Rajubhai – LPSoL Secretary (Bajipura)

બારડોલી અને મઢી વચ્ચે ખેતીવાડી વિસ્તારમાં આવેલ કન્યા આશ્રમની મુલાકાત માટે અમને આશીર્વાદ આપવામાં આવ્યા છે. આશરે ૨૦૦ થી વધુ છોકરીઓનો આશ્રમ છે. આમાંની ઘણી છોકરીઓ અનાથ છે અને 'જંગલ વિસ્તારોમાં ગરીબ જાતિમાંથી આવે છે. ત્યાં લોકો હજુ પણ વિચારવાની "જૂની શૈલી" ધરાવે છે. છોકરીઓને અભ્યાસ કરવાની પરવાનગી નથી આપતા. અમારી મુલાકાત દરમિયાન, અમને જાણવા મળ્યું કે જ્યાં ફ્લોર છે ત્યાં સુવાની તકલીફ પડે છે. છત ચોમાસાની ઋતુમાં પણ લિક થાય છે. ટોઇલેટની સગવડો નથી અને નિવાસસ્થાન વિસ્તારથી દૂર છે. અમે આશ્રમ માટે નવી ફ્લોરિંગ પૂરી પાડવા માટેના પ્રોજેક્ટ પર નિર્ણય લીધો છે. અમે આપણા LPSoL સમાજના નવરાત્રીમાં ભેગા કરેલા આરતીના પૈસામાંથી કન્યા આશ્રમનું નવું ફ્લોરિંગનું કામ શરૂ કર્યું અને હવે ફ્લોરિંગ તૈયાર થઈ ગયું છે. જે ખરેખર અદભૂત છે. અમે ફ્લોરની લાંબુ આયુષ્ય વધારવા માટે સારી ટાઇલ્સનો ઉપયોગ કર્યો છે, જેથી તેઓ ઘણા વર્ષો સુધી ચાલશે. છોકરીઓ સાથે વાત કરતા, તેઓના ઘણા સપના છે. નર્સ, ડોક્ટર એનજીનીયર અને સામાન્ય રીતે પરિપૂર્ણ જીવન બનાવવા માટે, જે સમુદાય અને શિક્ષણ દ્વારા શક્ય છે. છોકરીઓએ અમારી મુલાકાત અને ઉદાર મદદની પ્રશંસા કરી. જે કોઇએ આગળના પ્રોજેક્ટમાં મદદ કરવું હોય તે પોતાનું યોગદાન આપી શકે છે. તેણે નીચેનામાંથી એકનો સંપર્ક કરવો.





LPSoL and TSF's Charity Work in our South Gujarat region



Our 2017 Dinner and Dance raised money for schools in our LPS region of Surat, Navsari and Valsad (SNV). The USA foundation, Tiny Smiling Faces (TSF) was founded by an established LPS origin resident of the USA, and ex-Londoner, Arunbhai. He and some of his family flew in for the 2017 Dinner and Dance, at their own expense, to showcase their work and help us fundraise for them.

As a result of LPSoL's work, the SNV schools received over USD\$5,500.

A message from Arunbhai:

Together, with the support of our wonderful volunteers and donors, we have succeeded in providing for the 10,000+ underprivileged children that rely on us for fun, wholesome childhood and good education.

With help of organization like LPS of London have made great progress in building up awareness and support for our cause and ensuring that those children, and soon many more, will be supported into the future.

Tiny Smiling Faces will soon be supporting 51 schools and over 10,000 kids. Every year over the past four years, Tiny Smiling Faces has been able to double its reach and impact in terms of the number of schools and children supported. It is thanks to continued support and donations from all of you, our generous and charitable supporters that we have made it this far and will continue to grow for years to come.

Arunbhai's offer to LPS – UK members:

TSF match funds any amount we raise in the UK. They have an extensive choice of the gaams and the school in need of support, (over 50). So for every \$500 for a school in Nizer, for example, TSF will add another \$500 to the school's fund.

Every winter, Arun Patel (founder of Tiny Smiling Faces), goes to India to visit schools and villages along with other local and visiting TSF supporters.

To learn more or donate contact - vicetreasurer@londonsamaj.com

Leuva Patidar Samaj of London



Bereavements: We have sadly lost the following LPSoL members:

Muljibhai Morarbhai Patel
(Vadhvania) Age 101

Balubhai Dahyabhai
(Pera)

Bhavanbhai Bhikhabhai Patel
(Ambheti)

Maganbhai Kalyanbhai
(Chikhli Dungar)

Birth Announcement

Jinesh and Rina Patel
(Sarai)
have the pleasure of
announcing the birth of
their baby daughter



Sienna Patel.
Born on 18/02/2018



LPSOL 2018

FAMILY FUNDAY+BBQ

All LPSoL members and Non-Members are welcome

DATE AND TIME

9th September 2018
14:00 onwards

TICKETS

Over 18 years - **£10**
17 years and under - **£7.50**
Family Ticket (x2 adults + x2 children) - **£30**
Under 5 years - **FREE**

Book by deadline of 1st September

LOCATION

Harrow Rugby, Wood Lane, Stanmore,
Middlesex, HA7 4LF

ADVANCE PURCHASE OF TICKETS REQUIRED

Please ensure you buy your tickets in advance, as catering needs to be organised.

FOOD & DRINK INCLUDED

A delicious barbeque (meat options, veg options and much more). Pizza available for children. Bottled water.

Alcoholic drinks can be purchased from the bar, please do not bring alcohol to the venue.

ON THE DAY

Come and have fun! There will be activities for all generations and you will be provided with flavoursome food with great company.

For children there will be canvas painting, bouncy castle, and an assault course.

Yoga and Pilates classes for all generations; special class developed for our mature members. Zumba for the young at heart. Football, cricket, rounder's and much more will be organised.

Don't worry if the weather is bad, alternative fun activities will be organised.

FOR TICKET SALES OR ANY QUESTIONS, CONTACT US

Preeti - 07733 186642

Bhumika - 07809 208714

Tiku - 07956 381202

Sanjai - 07973 393545

SUPPORTED BY BARCLAYS



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