Family Values

HEALTH

WEALTH AND

FAMILY LIFE

Cross Generation Ties

Following the success of last year's Hot Topics, we are delighted that Hot Topics will be returning this year to discuss the topics which matter to YOU. And...

Even Better....



and its FREE to Attend for LPS of London members, members from other local LPS regions and the Suthar Samaj (our garba partner)

Speakers include

Grant Thornton (consulting firm)
 Financial Health ~ How you can maximise the benefit of your Indian origins in relation to UK inheritance tax

Jason Bhikubhai
 GP (Kharvasa) and

• Hasina Kiritbhai

Physio (Vihan) ~ Physical Health ~ Your Body is a temple of God…Looking after your body so it can look after you

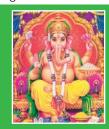
Jayesh Kantubhai

Mental Health (Amadpore)

Pensions adviser and young LPSoL parent will talk about how to recognise and deal with the stress of Work/Life balance and family dynamics with and in the next generation.

Financial

Physical Health





LPS 2018 PRESIDENT'S AWARD

32 year old Dimpalben Tarunbhai (Degama, Forest Gate), came to the UK from Navsari/Lakhanpore and married nearly 10 years ago. She, Tarunbhai Jayantibhai and their two children have lived with and cared for her in-laws throughout that time. This includes pausing her career and becoming the main carer for her mother-in-law (Savitaben Jayantibhai) during the last 12 months of her life, due to bowel cancer.

Dimpalben, as well as becoming a legend in the kitchen, has been the selfless anchor of the extended family and strong for everyone around her.

Her extended family spoke and applauded her at the Diwali show when she won the award. We wish her and her family all the best for the future.



EVENT	DATE	TIME	PRICE/STATUS	LOCATION
Dinner & Dance	Sat 23/3/2019	19.00 - 01.00am	SEE INSIDE PAGE	Riverside Hounslow
Meet Leicester Samaj members in Ealing Rd Wembley	Sat 22/6/2019	14.45 - 17.30pm	Free, just turn up	Wembley Mandir initially followed by seating area in Sakonis
Hot Topics 2 Event	Sat 23/6/2019	14.00 - 20.00pm	Free	Bishop Douglass Finchley
LPSUK Senior Citizens' Lunch	Sat 13/7/2019	09.00 - 19.00pm	Free	London Coach to Golden Mile Leicester
Cruise from Southampton with other LPS members	21st July to 28th July	7 nights	Contact Shayleshbhai 07880 788865	Spain France Guernsey
Funday	Sun 15/9/2019	14.00 - 20.00pm	See Page 8	Harrow Rugby Club Stanmore
Navratri	Sun 29/9/2019 Tue 08/10/2019	19.30 - Late	Nominal Entry Free includes nasto	EKTA Centre Kingsbury
Poonam	Sat 12/10/2019	19.30 - Late	Nominal Entry Free includes nasto	EKTA Centre Kingsbury
Diwali Show	Sat 16/11/2019	14.00 - 20.00pm	TBC	North / NW London
Kids Xmas Party	Sun 08/12/2019	TBC	TBC	TBC

France Spain Guernsey Cruise





Join
LPS members
from across
the UK
on a cruise

Over 30 LPS members and friends have already booked on the following Cruise trip.

Please contact: Shaylesh (Sevni) M: 07880 788865 for more information.

from Southampton for 7 nights

21st - 28th July 2019

Stops in France, Spain and Guernsey, before returning to Southampton

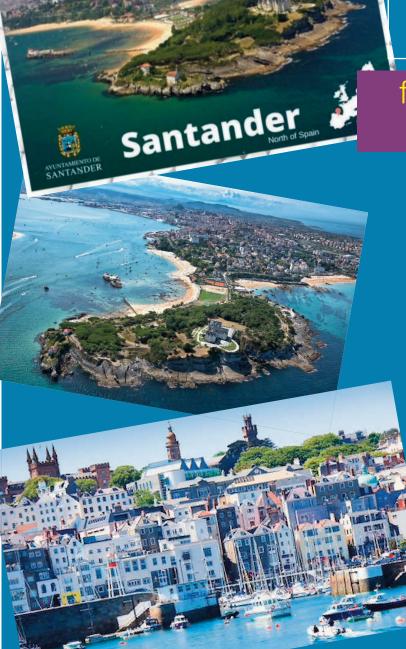
Price includes:

- Return Coach travel from South Mimms, Heathrow or Rickmansworth.
- Choose your cabin and dining time when you make your booking
- All meals (Veg and non-Veg, options available).

£784pp for the inside cabin (or from £1078pp for balcony room). Assumes 2 persons in a room.

Or save £80 if you want to make your own way to Southampton and are happy to have your exact room and dining team to be chosen by P&O at random.

Full payment due immediately to confirm your booking.









Christmas Outing

Our Kids Christmas family fun was with some special jumps and trampolining this year. We held it at Oxygen Free Jumping in Park Royal and we had over 30 kids and adults participating in the fun.

The day was full of jumping and trampolining in the park (all indoors), followed by an after party of food, drinks and dessert for all.

Thanks LPSOL Committee.

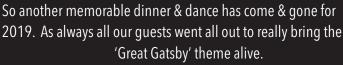
The day ended with some age-specific Christmas presents for all the children who took part. Overall a great day for the family. We plan to do an event for the kids and families again this year. Any ideas are welcome, please let Anand, Tiku or Shaylesh know.





DINNER N DANCE in aid of 'Missing People')





We changed the format slightly so that there was more flow and lots more dancing! And boy do we love to dance at these events!

The main reason behind this event every year is to try and raise money for charity and this year's chosen charity was 'Missing People'. There was pin drop silence as Shaylesh (president) told his emotional story of why this charity means so much to him.

I think it really touched people as they imagined how they would cope if one of their loved ones suddenly went missing with no trace and still not found many years later. So while the event is always so much fun, we still managed to do something important at the same time and raised £1,501.

There were a few sore heads the next morning, but that's the sign of a great night, right?!

If you weren't there this year, keep an eye out for next year's date and put it in your diaries!





Thanks to event sponsors Barclays Bank and Santander







Diwali Show 2018

LPS 5LONDON

Another successful event by the LPSOL was the Diwali show held at Oakington Manor on Saturday 17th November. Over 250 members and friends attended the event which showed great support for the Samaj. People clearly enjoy these family events and LPSOL has delivered once again, and will continue to do so.





We have had some very positive feedback on the entertainment, food, decor and format of the show. We appreciate all the help and support provided on the day behind the scenes and also before, during and after the show. We had sold only 150 tickets a week before the Diwali show and by making a few phone calls to remind people, we sold 100 tickets in the next week. We would like to request everyone to remind and encourage family members and friends to attend shows like this so that we can continue to enjoy bigger and better events like Diwali & Navratri.



Thanks to event sponsor Barclays Bank

The Samaj is about bringing people together. Its events like this which reinforce our core values. LPSOL continues to promote this with our upcoming events.......



Sat 13th July 2019



THE STEER

Meeting point: 09.00am

(Quill Street, near Hanger Lane, London, W5 1DN)

Coach departure: 09.15am for LPS Leicester's event

Arrive Leicester: 11.45am

Lunch with LPS members from across the

UK: 12.00 - 14.00pm

Entertainment: 14.00 - 16.30pm

Leave for London: 17.00pm Return to Quill Street: 1900pm

If an elder needs some company going to and from Leicester, you are also welcome to come along for free on the coach, or help will be provided by some of the committee members attending. Elders will be provided with Free Lunch. Carers and those under 60 will be charged £4.00. Or simply join the free coach trip and enjoy the desi delights of the Golden Mile.



To book your £10 refundable seat on the coach,
please contact:
Mahendrabhai (Bhutsad) on 07484 732301
or
Prectiben (Sevni) on:
07733 186642 / 0208 748 7978





HOTELS & RESORTS MARMARIS





Wake Up To A Dream.

For more information about the all-inclusive trip in May/June 2019. Please contact:
Shaylesh Ishwerbhai (Sevni) 07880 788865

THE BEST HOLIDAY, FEELING GOOD.

What do you expect from a good holiday? Let us guess: To balance your mind and body, both feeling and looking good. In Grand Yazıcı Club Marmaris Palace it is our primary mission to make these happen. When you step into the untouched nature, spread all through with pine scent, of Marmaris İçmeler, you will realize that you are full of life energy. We are waiting for you to relieve the tiredness you feel for a long time within a comfortable world.





15th September 2019 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

OCATION

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



ON THE DAY

Come and have FUN! There will be activaties 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 generations: special class developed for our mature members. Zumba for the young at heart. Football, Cricket, Rounders and much more will be organised.

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

FOOD & DRINK INCLUDED

A Delicious Barbeque (meat options, veg options and much more). Pizza available for children. Bottled water. (any alcohol / spirits to buy)

ADVANCED PURCHASE OF TICKETS REQUIRED

Please ensure you buy your













FOR TICKETS SALES OR ANY **QUESTIONS, CONTACT US:**

Preeti : 07733 186642 Bhumika: 07809 208714 Tiku : 07956 381202 Sanjai : 07973 393545

WWW.LONDONSAMAJ.COM



Young Professional

Networking event in the City





Hello, my name is Alisha, helping on behalf of the committee for the Hot Topics event. With over 100,000 Leuva's, we are so excited to be launching a platform for professionals and business owners within our group to enhance our talent within the community.

You may be looking for a new job or to advertise your business. You may even be looking for a Designer (Credit to Dineshbhai who designs our newsletters) or someone to do your website. From Makeup artist to Nutritionist. The number of businesses that you can access on our group will certainly add value, and we hope you enjoy being part of this Group.

Please also search for your needs in the group. We have a wealth of knowledge and experience between all members and this is an empowering group to be part of. Most of all enjoy and contribute!! So, let's get started! Anyone who would like to post please feel free to do so and I will approve the posts.

Please note our group is for everyone in our community, there is no favouritism. However I do ask you refer to the rules for the group for the posts:-) For any further questions drop me an email on askalishy@gmail.com

On Thursday 7th February 2019, LPSOL held its first ever Young Professionals Social Event in central London.

The event was aimed at working professionals across our samaj and provided an opportunity to network and build new connections. Food and drink was laid on at a bar opposite the Gherkin with over 30 people attending.

It was pleasing to see such a diverse group of individuals, across all ages, come together and talk about what they currently do for a living. Attendees including bankers, doctors, lawyers, consultants, wedding planners and many more. The attendees also provided valuable input into forthcoming events in 2019 and we very much hope to organise similar events in the future.







General Data Protection Regulation – GDPR

LPSoL GDPR

Dear Members,

In May 2018, you might have heard about the new General Data Protection Regulation – or GDPR for short. We at LPSOL haven't forgotten or even omitted GDPR but actually wanted to ensure we did all we could in line with the Membermojo team to get it right because it's important.

We want to make sure you are aware of the changes to the law as a result of GDPR. You don't need to do anything, but you can find lots of useful information about your rights and how we process your data by reading below to help with your understanding. You can also find our Privacy Policy on our website www.londonsamaj.com.

LPSoL use a Membership database provider called Membermojo who provide online membership services. In data protection terms Membermojo are the data processor for LPSOL's member data, and LPSOL is the data controller. Membermojo provide the tools and controls that help implement GDPR compliant privacy policy for managing personal member data.

This includes:

- What personal data is stored This is defined in the membership form that is held for LPSOL.
- Where data is stored All servers and backups are hosted in secure UK facilities.
- · How data is protected Membermojo provide security and access controls for your member data.
- How long data is kept for This is defined by LPSOL. Personal data is retained for the length that the membership is active + a further 2 years. Post this period full deletion is automated.

Functions are provided through the Membermojo LPSOL website that assist members to exercise individual rights under GDPR.

- · Right to access Members can sign in to view their own personal data which they fully control.
- Right to rectification Members can sign in and amend their own personal data.
- Right to Erasure Upon request from members, administrators can securely delete personal data for members
 requesting their data be erased. Erasing a member will remove their member record and anonymise any activity,
 attendance and payment records.

What are my rights under GDPR?

You have the right to know what information we hold about you and to tell us what information we can and cannot use.

This is a short summary of your rights.

- Accurate information If you think we have incorrect information about you, you can either login to your Membermojo
 page via http://www.membermojo.co.uk/londonsamaj or simply send us an email at membership@londonsamaj.com
 and let us know so we can correct it.
- See what information we hold about you To view the information we hold, you can either login to your Membermojo page via http://www.membermojo.co.uk/londonsamaj where everything is displayed about you or if you want full trans actional history on your activity simply drop us an email at membership@londonsamaj.com and we will be more than happy to provide exactly what we hold.
- Request that we restrict, stop using or erase your personal data When you make a request, we have to consider
 whether your personal data is still needed to provide our services, to comply with our legal and regulatory
 requirements, or if we have a legitimate interest in continuing to use the data. We will inform you of the decision in line
 with the charity commission requirements post you making a request.
- Opt out of Newsletter, marketing, information/updates Simply send us an email at membership@londonsamaj.com and we will stop sending you updates either via Email, Post or both if requested.
- Withdraw your consent- Sometimes we need your consent to process your data. If you have given consent, you can change your mind and withdraw it. (Except for information the law says we can or must process).

We hope this content has been useful and furthermore prove just how serious we are about protecting your data.

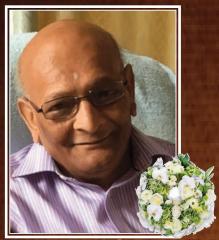
Should you have any further questions or queries, please send an email to Membership@londonsamaj.com or speak to any committee member who will pass your query to the membership or secretary teams.

Thanks

LPSOL Membership Team

LPS BLONDON

Bereavements: We have sadly lost the following LPSoL members.



Bhavanbhai Vallabhbhai (Kuched), Archway North London



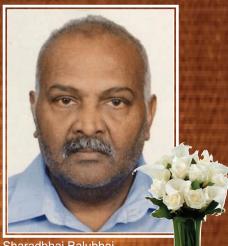
Maniben Gulabbhai (Kuched), Brixton, South London



Shantaben Narottambhai Patel (Sarbhon), Ilford



Ramilaben Kantilal Patel (Sampura), Chiswick London



Sharadbhai Balubhai (Kurel), North London



Laxmiben Pravinchandra Patel (Navsari - Khadchhitra) / New Malden



ManibenKalyanjibhai (Chilkhli Dungar), High Wycombe Aged 100 years



Savitaben Jayantibhai (Degama), Forest Gate, East London

Date:

Sunday 23rd June 2019

Venue:

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

Time:

14:00 – 18:00pm followed by socialising, buffet food and drinks from 6-8pm.

For an insight into
Hot Topics and why you
should attend then please
take the timeout to review the
videos below.

This 2 minute video:
(https://www.youtube.com/watch?v=OhIL_VQL2Fo)

features amongst others, Ryan R
Patel (Bajipura), who was able to secure a dream job in his chosen field,
because of help from Samaj members
and their connections and extensive
range of experience.

For those that missed last year's event, the full 55 minutes of the compere and key note speaker can be found here: https://youtu.be/9l99hCTshcQ

To attend and register your catering preference, please follow the Hot Topics Event link: https://hottopics2.eventbrite.co.uk

Enjoy Retirement

Make a Difference



Inheritance Tax

> Mental Health