

## **ZINDGANI (ASIAN OLDER AND DISABLED MEN'S Group)**

### **ANNUAL REPORT 2017-18 BY NARENDRA VAID**

#### **1. ZINDGANI**

Zindgani is a registered charity which was formed in March 2000 to cater for the needs of Asian Older and Disabled Men. I am pleased to inform you that we have slowly but steadily progressed and survived. This year was no exception.

We continue to meet 3 times a week i.e. on Mondays, Tuesdays and Thursdays at Emmauel Church Sports Hall, Billing Brook Road, Northampton.

#### **2. OUR REGULAR ACTIVITIES**

The members have multiple choices and opportunities to maintain and improve their physical and mental health. They have choices to do physical exercises like Chair and Floor yoga through qualified yoga teacher, keep fit/aerobics through qualified aerobics tutors, use trade mill and exercise bike. They can also play games like badminton, various table top games like dominos, cards, chess, draught, etc.

#### **3. Health Related workshops and Wellbeing Activities**

a.) Bowel Cancer Awareness Talk by Nicholas Jakowiw from Bowel Cancer UK

This was held on 20 April 2017. In addition to our member, members of the Sakhi (ladies) Group were also invited to this talk. All the member found the talk very informative and useful. The whole session was recorded by BBC TV and subsequently the highlights were shown on the BBC TV – EAST on the same day. This version is also available on our website.

b.) Energy Saving Workshop by Terry Richards from Central and East Northamptonshire Citizens Advice.

The workshop was held on 12 December 2107. In addition to our members, members of the sakhi (ladies) group also attended the workshop which was very informative and useful to the members.

c.) First Aid Level 3 Course by David Yarnell.

This course was held on 3 November 2017 and was for the full day. Upon completion of this very useful course, Level 3 certificates were awarded to those who participated in the course.

d.) Social and Interaction Workshop by South Northamptonshire.

The workshop dealt with isolation, social connection within communities and also some activities they can increase happiness and fulfilment.

This was held on 17 July and attended by both our members and members of the Sakhi (ladies) Group.

#### 4. CELEBRATIONS AND SOCIAL NETWORK

Without fail as every year, this year we organised:

1. Multi-faith celebrations combining Diwali, ID and Christmas.
2. Zindgani's platform supported by the volunteers gives our members and their families opportunities to celebrate their milestone Birthdays with their friends and families at Zindgani.
3. Combined celebrations with Sakhi Milap Group.

#### 5. VOLUNTEERING HOURS

Once again, as a self-help group all of us as volunteers have on voluntary basis **contributed about 2500 unpaid volunteer hours which has kept the overhead running costs of our Zindgani to a minimum** and these volunteering hours has enabled us to meet our charity objectives and aims.

Elected committee members and volunteers jointly ensured that over 50 weeks of this year; 3 days a week organise various indoors activities and workshops which entails the following:-

- Search and apply for various funding sources, monitoring, evaluation and submitting final report and accounts;
- Organise meetings to meet the rules and regulations of Charity Commission;

- To ensure that various and different needs of our members and participant are met;
- To observe the Health and Safety of our members and provide guidance and a helping hand during the fire and other alarms are sounded.
- Take one step forward to ensure that those with acute mobility difficulties are not left without their tea and biscuits;
- Take responsibilities to ensure that entire inventory is accurate and up to date on daily basis;
- Regularly update database on our web site 'www.Zindgani.co.uk'
- Help and check time consuming form filing are completed;
- Keep accurate records of income and expenditure;
- Feedback is recorded;

## 6. **STATISTICS – BREAKDOWN BY AGE**

This year the membership is 104

60 to 65 years 2

55 to 80 years - 80

Over 80 years - 22

Out of 104 members 61 members have one or more medical health related conditions and they suffer from disabling/mobility problems.

On average there are 45 members who regularly participate in our activities on all the 3 days of the week.

## 7. **MEMBERS/PARTICIPANTS FEEDBACK**

Volunteers and participants feel much more valued and they feel needed.

- Mind boggling table top games provide much needed vitality to more disabled and older men who have mobility problems.

- Members/participants feel much more involved and empowered through proactive participation in making decisions for the benefit of their members.
- Members feel that their skills, experience and knowledge is utilised in organising various activities, workshops, celebrations and outing.
- We have opportunities to forge new friendships with similar experiences.
- We befriend each other when in pain or in dire circumstances.
- Majority of the members feel and inform that they never had such a great time - not when they were younger.
- There is always a warm and cheerful welcoming environment which enables the new members to get in and in a few days they begin to feel at home.

## **8. NETWORKING AND AFFILIATION**

Zindgani over the last seventeen years has gained momentum and is recognised by various Voluntary and Statutory sectors, in the main GP's, Adult Social and Health Care, Mental Health who in the past have referred our Asian men to Zindgani.

## **9. PROACTIVE PARTICIPATION AND TRAINING**

As every year, Mr Jayantilal Patel and Mr Narendra Vaid as Zindgani members have volunteered to continue to participate and attend regularly meetings/forums organised by National Health Service, Northampton Borough Council, Council for Voluntary Services Networking meetings, and training sessions organised by Northamptonshire Community Foundation and Voluntary Impact Northamptonshire.

## **10. SINCERE AND SPECIAL THANKS**

Zindgani members and participants would like to say their sincere thanks to:-

1. Northamptonshire Community Foundation for their continued support, help, guidance, training and being the main funder for this year. This funding has enabled us to continue with our activities to enable our members to improve and maintain social interaction, mental and physical health and prolonged independent living.
2. All dedicated and committed volunteers and members who ensured smooth running of day to day activities of Zindgani through their hard work throughout the year.
3. All the participants.
4. Staff and volunteers of Emmanuel Church and Coffee Shop.
5. Mr Jayantilal Patel for his continued guidance and hard work throughout the year.
6. Mr Bhagwanj Raikundalia who worked hard to maintain our Tea/Coffee facilities and ensure that the availability of milk, tea, coffee, sugar, biscuits, cups, etc. on all the days.

Narendra Vaid

Secretary, Zindgani