

ZINDGANI (ASIAN OLDER AND DISABLED MEN'S Group)

REPORT FROM April 22 to March 24 by Narendra Vaid (Secretary)

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 Emmanuel Church Sports Hall, Billing Brook Road, Northampton from 10 to 12.20 pm

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 teachers, keep fit/aerobics through qualified aerobics tutors. They can also play games like badminton, various table top games like dominoes, cards, chess, draught, etc.

3. WORKSHOPS ORGANISED BY ZINDGANI

a.) Energy Saving Workshop by Terry Richards from Central and East Northamptonshire Citizens Advice on 29 January 24. This useful workshop was attended by members of Sakhi Milap as well.

4. CELEBRATIONS AND SOCIAL NETWORK

Without fail as every year, this year we organised:

1. Multi-faith celebrations combining Diwali, Eid 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. The members were provided with full lunch and music provided by our member Vinod Bhai

5. VOLUNTEERING HOURS

Once again, as a self-help group all of us as volunteers have on voluntary basis **contributed about 4,000 unpaid volunteer hours which has kept the overhead running costs of our Zindgani to a minimum**, and these volunteering hours have enabled us to meet our charity objectives and aims.

Elected committee members and volunteers jointly ensured that Zindgani has remained open and functional for 50 weeks each year ; 3 days a week there are various indoors activities and workshops organised, 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 when sounded.
- 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 website 'www.Zindgani.co.uk'
- Help and check time-consuming form filing are completed;
- Keep accurate records of income and expenditure;
- Feedback from members is recorded.

6. MEMBERSHIP

We have 41 fully paid members who use our services regularly. However, we have a further 61 members on our list who use our services on an occasional basis.

There are some members who have one or more medical health related conditions and some suffer from disability/mobility problems.

7. MEMBERS/PARTICIPANTS FEEDBACK

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

- 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 the Zindgani community.
- Members feel that their skills, experience and knowledge is utilised in organising various activities, workshops, celebrations and outings.
- We have opportunities to forge new friendships with those who have had similar experiences.
- We befriend each other when in pain or in dire circumstances.
- Members feel that they have a great time whenever they attend.
- There is always a warm and cheerful welcoming environment which enables the new members to settle in quickly, and within a few days they feel part of the Zindgani community.
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8. NETWORKING AND AFFILIATION

Zindgani over the last twenty one years has gained momentum and is recognised by various Voluntary and Statutory sectors, e.g. GP's, Adult Social and Health Care, Mental Health, all of whom in the past have referred our Asian men to Zindgani.

9. SINCERE AND SPECIAL THANKS

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

1. Northampton Church Charity, Maud Atkins Charitable This funding has in part contributed to our efforts 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 members of our management committee, our committed volunteers and all our 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. Jayantilal Patel for his continued guidance and hard work throughout this period.

Yours Sincerely,

Narendra Vaid,

Secretary, Zindgani