



Darji Voice

Darji Mitra Mandal of the UK | June 2020

www.darjimandal.org.uk

Message from President,

Firstly, I hope you and your families are well, and coping with the unprecedented situation the country, and the world, find ourselves in. COVID-19 is both a health crisis and an economic crisis.

At this time of incredible uncertainty, we are all having to make difficult decisions, both in our personal and professional lives. The impact of this pandemic is far reaching, and unfortunately this has led DMMUK to make decisions.

Our hall, The Pavilion has been closed since 15th March and all activities, events and hall hiring have been postponed until further notice. These currently include:

- Friday Clubs
- Hanuman Chalisa
- 60 plus Gathering
- AGM
- All hall hires bookings

The closure and cancellation of activities has resulted in a revenue loss to end of April 2020 with a financial impact of up to £26,000. With further hall hire cancellations since April, the overall losses will be even greater. We are currently following Government guidelines closely and until further announcements are made, all operations will remain closed. Please follow our Facebook page for latest updates and news.

During these challenging times we are facing tragic loss of family and friends, and our hearts go out to all families who have lost their loved ones under very difficult circumstances. DMMUK can support you with bereavement services, and further details can be found in this bulletin.

The current coronavirus lockdown measures are especially challenging for older people and those with mental health issues and underlying health conditions. It's important we support the vulnerable groups and our community to encouraging them to stick strictly to social distancing measures and hand hygiene and at the same time do what needs doing to maintain a healthy environment.

Usually we would have sent the Darji Voice in the post but with the current circumstances we are bringing you an online version - enjoy reading. If you wish to receive a copy by email, please contact darjivoice@darjimandal.org.uk and we will add you to our mailing list.

Lastly, if there is anything we can do support you and your family in these challenging times, please do not hesitate to contact any member of DMMUK

Stay safe, stay well

Pravin Morar Jivan
DMMUK President

Bereavement services

Under the current rules, funerals may be delayed and there are limitations on the number of bereaved families who can attend. This can be challenging as well as emotional – DMMUK have partnered with Nituben Shah and Bhakivedanta Krishna Temple to support families with Shanti Prathna whilst the Pavilion Hall is closed. These services are offered with no cost, please contact DMMUK for more details and/or details can be found on the DMMUK Facebook page.

We continue to publish the sad passing of our community members and assisted them during their time of difficulty whenever possible.



Give us your feedback and receive new issues regularly, please send your details by email to darjivoice@darjimandal.org.uk
The Darji Voice is published twice a year and is distributed to the community throughout UK.



**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**



Coronavirus (COVID 19): Current Government and NHS Guidelines

We can all help control the virus if we all stay alert. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly
- Do not leave home if you or anyone in your household has symptoms

**PROTECT
YOURSELF
AND OTHERS
FROM THE
INFECTION**



Avoid close contact with sick people



Cough and sneeze in your elbow or in a tissue



Avoid touching your eyes, nose and mouth with unwashed hands



Wash your hands with soap and water at least 20 seconds



Practice social distancing at least 2 metre distance between yourself and others

What actions to take if you have symptoms?

If you show any symptoms of the virus, the Government is encouraging people to get tested. Do not fear, it is simple and for those over 65 and vulnerable should take advantage to find out sooner about your status.

Who can apply for a test?

You can apply for a test if you are:

- **An essential worker** with coronavirus symptoms or live with an essential worker
- **Anyone (including those under age of 5 years)** with coronavirus symptoms

You can also apply for a test if you have a clinical referral from NHS. Please visit www.gov.uk/apply-coronavirus-test.

Testing for COVID 19

Two kinds of tests are available for COVID-19: viral tests and antibody tests.

- A viral test tells you if you have a current infection. This test is currently been offered by the government.
- An antibody test tells you if you had a previous infection. This has just come about in the market.

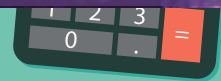
An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last. For latest guidance and support, please visit www.gov.uk

Lockdown measures

Recent announcement regarding relaxing the lockdown from 1st June 2020: In England, **you will be able to meet in groups of up to six people** from different households outside - either in parks or now also in private gardens - as long as you remain 2m (6ft) apart.

There is **no longer any limit** to the amount of time you can spend outside doing exercise, or in "open-air recreation" like sunbathing in England. Households can also drive any distance in England to destinations such as parks and beaches. If you're a cleaner or plumber, and need to enter someone else's home for your job, **you are allowed to return to work**.

Further latest guidance and support please go to: www.gov.uk/coronavirus



Working in isolation

This is a strange and distressing time to be isolated and people working from home or under self-quarantine can be challenging. Remember the basics: **Eat well, sleep well, get some exercise in.**

Even if you're not infected, your physical health and mental health are linked and there is an increase in anxiety. It is important to make sure you're getting good sleep and eating well. Exercise is even more important – there are so many online videos for exercise routines you can do from home to suit your needs.

Make sure you structure your day: Without the patterns of getting up, going to work, and returning home - it can be hard to put together boundaries between work and home, especially if you're in the same space for a long period of time. Try and stick to what you did before, the same time waking up, getting dressed, having breakfast, the commute (use the time to read, listen to a podcast, learn something new, do some exercise), and then your working day. At the end of your day, shut your computer off, stop checking emails, and 'finish working' at the normal time.

Don't forget to build in time for lunch breaks, cups of tea and even slacking off. There can be a sense of 'having to show you're working' constantly when you're working from home but having time to relax and do other things is critical. So, make time to check Facebook, plan a holiday, chat with family and friends - do all the things you'd do actually be doing at work.

Most importantly, remember that isolation is it's not forever. If we all pull together and follow guidance to stay in place and flatten the curve, then we'll beat this thing!



Other news to share...

AGM: Due to current Government guidelines, please note that the proposed date of 19th July will not be possible. We have no option but to postpone AGM till we get Government approval to open the Centre. This year AGM will include election of the officers and the election form can be downloaded from our website. Any information please email us on info@darjimandal.org.uk.

Premises Licence Extension: In October 2019, DMMUK was granted permission to extend our premises licence (including alcohol serving) for seven days a week and up to 11.30pm. There were some challenges from neighbours objecting due to noise and various other aspects of alcohol serving. However, DMMUK successfully defended all the allegations and gave assurances and was granted permission for the extension.

Business Grant: We applied for Government Grant for small business to cover the losses in rent revenue during this pandemic. We are pleased to announce that we have been allocated £25,000 to cover part losses – this will help immensely as this is our peak time in hiring hall. We have also managed to 'freeze' the council tax, water rates and waste collection rate. We estimate a total revenue loss of approximately £50,000 up to the point the hall is reopened.

Appointment of Secretary: Congratulations to Mahendra Ratilal Kapadia who has taken up the role of Secretary of the DMMUK - we are pleased to have him join and support the Executive Committee in delivering our objectives.



Spotlight Hero's

The nation is supporting a variety of charities and particularly the incredible people working for NHS. We are all contributing and doing our bit – DV has given spotlight to two people who have donated their time to help those in need.

Go Dharmic (GD) – Global support

Go Dharmic is a growing movement for individual and social change. Inspired by the idea of Dharma, who want to create a world where individuals can come together to create positive change in their lives and their community.

The founder of GD, Hemel Randerwala and many GD members are from Darji Community and has over 3,000 members globally. In the current pandemic crisis GD is involved with distributing food and other necessary things for the poor and needy globally.

Find out more by visiting: godharmic.com



Papa J's supporting local communities

Papa Js' was formed in 2004 as the UK's first Indian Tapas restaurants operating two branches in Luton and Milton Keynes. However, current bans imposed by the government to tackle the Coronavirus crisis, means all restaurants are closed. During this time, Ravi Bhikha, MD and his team have been collaborating with Go Dharmic to give back for the greater good. Ravi and Hemel, old school friends and cricket teammates have been serving the community for a while, and the pandemic has got them working even closer.

- // I'm very proud to support Hemel on his journey - we started a while back feeding the homeless in Luton every other Monday and have served over 1,000 meals. Helping the community has always been a part of what we do here at Papa J's.
- // We need all of our doctors, nurses, paramedics, NHS staff and frontline workers, who have been working tirelessly and selflessly to help keep us safe. However sadly, many are finding it difficult to feed their families due to panic buying in the shops and long queues in supermarkets. Papa J's is currently producing over 500 meals a week to help ease the burden.



To read more about how Ravi and his team at Papa J's are helping the community, visit: papajs.co.uk

Let us know if you would like to share your story. Contact darjivoice@darjimandal.org.uk

Celebrating a Century

Ratil Tailor of Wellingborough celebrated his 100th birthday on 28th May 2020 with a social distanced garden party and a card from the Queen. The celebrations took part in the garden of his sheltered living, Gharana Nivas in Wellingborough with his family.

Congratulations from DMMUK for reaching an incredible milestone.





Obituaries

Since the last publication of Darji Voice, the DMM of UK was informed of the passing away of the following community members in the UK. The DMM of UK conveys their condolences and sympathies to their family.

30/06/2019	Mrs Kamlaben Gamanlal Vakharia , Hendon, London
23/07/2019	Mr Dalsukhbhai Gokal Tailor , Loughborough, Leicestershire
09/08/2019	Mrs Radha Kantilal Jagan Govan , Harrow, Middlesex
15/08/2019	Mrs Kamlaben Mohanbhai Jivanji , Leicester, Leicestershire
21/08/2019	Mr Harkishanbhai Dayabhai Darjee , Upton Park, London
22/08/2019	Mr Ramanbhai Ambalal Tailor , Wembley, Middlesex
04/10/2019	Mrs Savitadevi Maganlal Bulsara , Greenford, Middlesex
20/02/2016	Mr Dhirajlal Kevalbhai Navsaria , Leicester, Leicestershire
14/03/2010	Mrs Pravinaben Babubhai Tailor , Leicester, Leicestershire
25/10/2019	Mrs Maniben Maganbhai Tailor , Leicester, Leicestershire
05/11/2019	Mr Thakordas Trikambhai Chikhli , Brent, London
07/11/2019	Mrs Laxmiben Chunilal Tailor , Potters Bar, Hertfordshire
18/11/2019	Mr Thakorbbhai Jagjivan Tailor , Greenford, Middlesex
23/11/2019	Mrs Naina (Sudha) Vinesh Tailor , Stanmore, Middlesex
21/12/2019	Mrs Shantaben Ratilal Tailor , Ashton Under Lyne
19/01/2020	Mr Ratilal Narandas Tailor , Ashton Under Lyne
22/01/2020	Mr Gangaram Jivan Supawala , Greenford, Middlesex
27/02/2020	Mr Gopalji Maganji Tailor , Upton Park, London
05/04/2020	Mr Jinabhai Narabhai Tailor , Harrow, Middlesex
09/04/2020	Mrs Chanchalben Jinabhai Tailor , Harrow, Middlesex
14/04/2020	Mrs Indumati Venilal Tailor , Walthamstow, London
07/05/2020	Mrs Shantaben Shantilal Tailor , Harrow, Middlesex
13/05/2020	Mr Nagindas Laxmidas Merai , Walthamstow, London
19/05/2020	Mr Jeetendra (Jitu) Mahendra Jaikisan Tailor , Leicester, Leicestershire
21/05/2020	Mrs Godavriben Prabhudas Dalal , Leicester, Leicestershire
22/05/2020	Mrs Kusumben Bhupendra Tailor , Leicester, Leicestershire

For those who have lost loved ones as a result of the COVID 19 pandemic in the UK, St Paul's Cathedral has a memorial site for people to share in grief and compassion: www.rememberme2020.uk