

Sri Guru Singh Sabha Southall NEWSLETTER

November
2021



SIKH STUDENTS FRESHERS AND CAREERS FAIR

The annual Sikh Students freshers and careers fair took place in early October in London and the Midlands. Sikh Students from universities, colleges and schools attended visiting diverse stalls offering career opportunities, Sikh businesses and volunteer organisations took part giving guidance, advice, showcasing projects, campaigns hosting competitions and giving away prizes. Our thanks to all who participated from the students to the organisations.

SEXUAL ABUSE & SAFEGUARDING

There have been a number of cases related to abuse arising concerning panchariks and Sikh institutions around the world. All Gurdwaras, Sikh organisations and educational institutions need to use their voices to speak up against all abuse. It is important that we believe the victims of abuse and stand alongside them. The courage of victims and survivors to step forward and share their story so that no other man, woman, or child suffers, should be acknowledged and recognised. The Sabha takes its duties seriously, more information can be found on our website: www.sgsss.org/safeguarding



HISTORY REPEATS ITSELF

The top picture depicts the Panja Sahib incident from 1922, during the Gur Ka Baagh Morchas, British Rulers martyr protesting Sikhs. The bottom picture is from the Lakhimpur Kheri terrorist attack by BJP rulers of the Indian Government who mercilessly mowed down and shot the protesting farmers in the back. The Bharatiya Janata Party are determined to crush the farmer's protest. The ongoing farmer's demonstrations have posed to be one of the biggest political challenges to the Indian government and its current Prime Minister Narendra Modi.



ORGAN DONATION SEWA

In 2019, to mark Guru Nanak Dev Ji's 550th Birth Anniversary, the Gurdwara ran a campaign to encourage at least 550 people to register to be organ donors, we were delighted to have 625 people registered. Now, two years on, we are running a similar campaign which will be launched on Guru Nanak Dev Ji's Gurburab on 19 November 2021. We will host stalls at the Park Avenue Gurudwara, and we welcome you to come and register or learn more about organ donation. For further information please visit www.sgsss.org/project-550/.

NETBALL SKILLS DAY

Our Netball Skills Day being held on the 27th of October 2021 is run by an all-female coaching team of netball enthusiasts whose aim is to encourage younger generations of Sikh girls to pick up the sport. Not only do we provide a day of sporting skills, we aim to provide information that will help with the specific needs and situations that many young Sikh girls find themselves in

when contemplating playing sports like netball. Everybody involved with the day is DBS-checked, coming from a range of experiences in playing netball including representing at county level.

If you would like to volunteer on the day please contact us through our online message form providing as much information as possible including relevant experience.

Visit www.thesikhway.com/news/netball-skills-day-2021 for more details.



SIKH STUDIES COURSE

The Sikh Studies course which has been taught in the Giani Ditt Singh Hall at Park Avenue, took place throughout the summer and came to a close this month with a workshop on the future of the Sikh community. The fourteen week course was attended by 15-20 members of the Sangat every week

who gained a grasp of Sikh history, ideology and culture in the weekly sessions taught by the Sikh Education Council. This final session was attended by members of the committee including General Secretary Harmmeet Singh who was impressed by the vision and ideas espoused by the attendees during the workshop. The course now moves to other locations but will be taught here at Singh Sabha Southall again next summer.

UNIQUE OPPORTUNITY TO VISIT THE COP26 CLIMATE CHANGE CONFERENCE

For nearly three decades the United Nations has been bringing together almost every country on earth for global climate summits – called COPs – which stands for 'Conference of the Parties'.

In that time climate change has gone from being a fringe issue to a global priority. This year will be the 26th annual summit – giving it the name COP26.

With the UK as President, COP26 takes place in Glasgow. In the run-up to COP26, the UK is working with every nation to reach an agreement on how to tackle climate change.

More than 190 world leaders will arrive in Scotland. Joining them will be tens of thousands of negotiators, Government representatives, businesses, and citizens for twelve days of talks. Not only is it a huge task but it is also not just yet another international summit. Most experts believe COP26 has a unique urgency. We are delighted to be able to offer eight Sikh students (16+) the opportunity to attend COP26 from the 4th to the 6th of November 2021.

Not only will this provide the students with an unparalleled insight into the type and form of career paths that they may like to take but it will also allow them to gain a rare insight into various ways in which we as a global society can mitigate and adapt to the negative impacts of climate change.

SPACES ARE LIMITED - IF YOU WOULD LIKE TO ATTEND PLEASE EMAIL HARMEET@SGSSS.ORG



GENEROUS DONATION FROM PUNJAB RESTAURANT AND ELEPHANT ATTA

We would like to thank the oldest, North Indian Punjabi restaurant in the UK, Punjab of Covent Garden, for their generous donation of atta for our langar outreach work. This will enable us to continue feeding diverse, vulnerable people and their families. Once again, a massive thanks to the Punjab restaurant and all those who donate food items to the Gurdwaras. The Gurdwaras currently continue to welcome donations of unsalted butter, medium packets of elephant atta, pink salt, coriander powder and cumin (jeera) powder.

JOIN OUR BOXING CLASSES

Sri Guru Singh Sabha, Havelock Road, hosts boxing classes every Thursday from 5.30 pm. Besides having fun, boxing will help you use a variety of muscles at one time, requiring rapid movement at the same time. It is an excellent sport for getting your heart rate up, helps you lose weight, control blood pressure, and reduce the risk of heart disease and type 2 diabetes. For further information or to apply, email karamjit@sgsss.org



VACANCY: HANDYMAN/WOMEN WANTED

Sri Guru Singh Sabha Southall is looking for an experienced handyman or women to work across all their sites and look after the plumbing, electrics, painting & decorating, assembling furniture and equipment, properties exterior, building & repairs, health & safety, gardening & landscape, installation and maintenance work. For further information or to apply, email info@sgsss.org or call 0208 574 8901.



BODY, MIND & SPIRIT

Sahara sisterhood, a project created to provide a safe and secure space for a way of living life with an embodied experience in modern times, empower women showing them how to rise above the challenges of mental abuse, domestic violence, and trauma. In October, they hosted a special workshop in Norwood Hall with the healing sound current of Shabad Guru and nature. <https://saharasisterhood.com/>

YOUTH CLUB

The Sikh Welfare Awareness Youth Club, aimed at boys and girls aged 10 – 16 years, hosted at Norwood Hall every Friday offers young people a wide range of learning and fun opportunities like pool, table tennis, air hockey, gaming consoles and much more! For further information or to join, please contact Harj Singh on 07810 233400.



THANK YOU FROM THE KISAANS

Dr Swaiman Singh, a Cardiologist from New Jersey who had been living in the US for 24 years, put his career on hold to provide free medical services to farmers protesting in India. He sent a message to the Sangat of Singh Sabha Southall from India and said: “A special thank you to all the Naujwan Sevadars for all their efforts. Thanks for all your support, which has enabled us to build nearly 20 villages!”

WEST MIDLANDS 3

We are delighted that the West Minister Magistrates Court discharged the three British-Sikhs: who were arrested in Britain on suspicion of “conspiracy to a murder” in India 12 years ago, with India's appeal to extradite them dismissed due to insufficient evidence. They had been held in connection with the 2009 murder of Rulda Singh who was shot in Patiala and died a week after the attack. A further hearing is now expected at a later date to consider human rights concerns related to the arrests.



PUNJABI CLASSES

We continue to host Punjabi Classes at Park Avenue Gurdwara every Saturday. These classes are for beginners and up to A Levels education. Come and learn Punjabi from qualified, experienced, friendly teachers who will help you read, write and speak Punjabi. To book or for further information please call 07728891317 or 07828795670

NHS CENTRE AT NORWOOD



Imperial College
London

NIHR | National Institute
for Health Research



A new health study has been launched at Norwood Hall. South Asia Biobank LOLIPOP Study will collect detailed health and life-style information, and biological samples in ~100,000 South Asians. Participants will be followed up over many years for health outcomes to help gain critical knowledge in tackling health challenges affecting South Asians. The study is funded by the Wellcome Trust, sponsored by Imperial College London, and supported by Sri Guru Singh Sabha Southall. Those of south Asian descent are able to get a free health assessment at Norwood Hall, which will look at life experiences and behaviours, straightforward measurements (eg. height, weight, blood pressure), simple non-invasive tests (eg. ECG, breathing tests, eye photography), and blood tests (eg. glucose, cholesterol). The study will be carried out by doctors, study nurses and trained research assistants. You can register for an appointment by visiting www.sabiobank.org



FINANCE UPDATE

The Sabha has been able to pay off the loan balance, reducing it from £2.5m to £483k, its projected to be paid off in full by the end of the year.

I'm delighted to inform you that Mael Gael, a project run under Singh Sabha Southall has secured £146,126 from the National Lottery for the establishment of Community Gardens and a food/flowers/fruit growing project.

The money is to be spent over 2 years and will be used to develop the grounds at the Norwood Hall site by purchasing equipment, paying for specialist staff and volunteer training.



QUEENS AWARD



Sri Guru Singh Sabha Southall collected The Queen's Award for Voluntary Service in recognition of their work at a ceremony held at Westminster Abbey.

The Queen's Award for Voluntary Service is the highest award given to volunteer groups in the UK, it is the MBE for volunteer groups.

The award recognises the tremendous efforts of all our Sevadars.

AMRIT SANCHAR

An Amrit Sanchar will take place on the 6th of November in the run up to Guru Nanak Dev Ji's Gurburab. It will take place at Park Avenue Gurdwara, those who want to be blessed and join the Khalsa Panth should arrive by 9.30am. Kakkars will be provided by the Gurdwara at no cost.

For more information please contact 07958 112975

AMRIT SANCHAR

Saturday 6th November
10am (PLEASE ARRIVE BY 9:30AM)

Gurdwara Sri Guru Singh Sabha
Park Avenue
Southall
UB1 3AG

Kakkars will be provided
Contact +44 7958 112975
for more information

OTHER UPCOMING EVENTS

OCTOBER 2021 HALF TERM FOOTBALL CAMP

ATTENTION PARENTS!

MONDAY 25TH OCTOBER 4PM - 5.45PM
TUESDAY 26TH OCTOBER 4PM - 5.45PM
WEDNESDAY 27TH OCTOBER 4PM - 5.45PM
THURSDAY 28TH OCTOBER 2PM - 3.45PM
FRIDAY 29TH OCTOBER 2PM - 3.45PM

LOCATION: NORWOOD HALL PLAYING FIELDS, SOUTHALL UB2 4LA
£5 PER SESSION

CALL OR TEXT GURDEEP VIRDEE (FIGO) ON 07737841005 TO BOOK A SPACE!

SESSIONS LED BY FA QUALIFIED COACHES.
7 - 13 YEAR OLDS

AN INITIATIVE BY SRI GURU SINGH SABHA SOUTHALL

WWW.SGSSS.ORG
HARMEET@SGSSS.ORG

GURDWARA SRI GURU
SINGH SABHA
SOUTHALL

The SGSSS Punjabi and Gurmat Sangeet Centre proudly presents the 2021 Children's Raag Darbar and Awards Ceremony

In memory of Ustad Sital Singh Sitara

Sunday 24th October 2021, 2pm to 5pm
Venue: Park Avenue Gurdwara

For further information contact: Jaswant Kaur Bola: 07828795670, Guneet Kaur Matta: 07728891317

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