

Sri Guru Singh Sabha Southall NEWSLETTER

April
2022



GURMAT SANGEET ACADEMY KIRTAN DARBAR

The Southall Punjabi and Gurmat Sangeet Academy students performed Kirtan at the Gurdwara. The Academy runs Punjabi classes for beginners up to GCSE level, and the Gurmat Sangeet classes teach vocals, vaja, table and tanti saaj instruments. It is great to see

children learning Kirtan and Tabla from an early age. There are a limited number of spaces for children to enrol. The structured classes are designed to develop children's ability to read, write and speak Punjabi in a fun and safe environment. The Gurmat Sangeet classes are led by experienced staff with years of teaching and Sangeet knowledge. These classes keep our children grounded in our faith and culture. Research highlights that children have better learning skills, and their cognitive abilities increase with learning music, especially devotional music.

GENERAL BODY MEETING



The first General Body meeting, since the pandemic, was held at Park Avenue Gurdwara on 20 March. The Sabha is a registered charity. As part of its constitution, it must have an annual meeting every year of its members where the General Secretary and Treasurers Report is presented. The reports can be downloaded from the Sabha's website.

General Secretary, Harmeet Singh Gill, presented the Sabha report, thanking sevadars for all their efforts, highlighting the achievements of the Sabha over the last few years and covering the number of new initiatives that have started at the Gurdwara.

The membership and election committee (MEC) was also appointed. The MEC is responsible for overseeing the process. The remit of the MEC is governed by the Sabha's constitution, its members are appointed by each of the groups who contested elections in the previous elections. This year 9 members were appointed plus a Chairman who is a holding Trustee. 2022 will see new elections held to appoint a new Executive Committee at the Sabha.

Those appointed were:

Chairman: Mr Amarjeet Singh Dassan. Tera Panth Vase: Randeep Singh Sidhu, Randeep Singh Kambhoj, Jugdeesh Singh Dhillon. Baaj Group: Sukheel Kaur Goel, Jaspal Singh Bhamra, Jaskaran Kaur Shergill. Sher Group: Avtar Singh Buttar, Amritpal Singh Brar, Sukhpreet Singh Malhi. The MEC will draw up the election timetable in the coming weeks.



INTERNATIONAL PUNJABI CONFERENCE

In March, the Sikh Education Council and Singh Sabha Southall and Guru Tegh Bahadur Gurdwara Leicester hosted the annual international Punjabi Conference. The event was part of the International Mother Language Day celebrations. Academics and scholars from around the world presented their papers on a range of topics. The papers will be published on the SEC website in the coming days. The conference can be viewed online on the Sabhas Youtube page.



IMPACTS OF CLIMATE CHANGE ON WOMEN AND GIRLS

On 12 March Singh Sabha and the Sikh Human Rights Group, marked World Sikh Environment Day. They discussed the impacts of climate change on women and girls globally, ways to implement positive change, and what we can do at home to be more suitable. They talked about sustainability and how to be environmentally friendly living in London, and what we should expect from our local community. The session ended with a call for action, with what we would like to see our local community, our gurdwaras, our county councils, our schools, and governments do.

SIKH NEW YEAR

13 March marked the start of the Sikh new year with the beginning of the month of Cheth. Both Gurdwaras marked the arrival of the new year with diwans until midnight. Guru Sahib gives us all a simple message at the start of each month in Shabad of Barah Maha. In the month of Chayt, by meditating on the Lord of the Universe, a deep and profound joy arises. Meeting with the humble Saints, the Lord is found, as we chant His Name with our tongues.



SIKH MATRIMONIAL SERVICE

SGSSS has been successfully running the Sikh Matrimonial Service since 2001. For over twenty years, hundreds of young people have been assisted in finding their lifetime partners through the Guru Sahib's Mehar and the tireless efforts of the Matrimonial Service. The Matrimonial Service aims to support the Sikh community by providing a safe, secure, confidential and friendly environment to find suitable life partner matches. The Service is run by dedicated volunteers who inquire as to what the participants are looking for and then endeavour to connect them with prospective life partners. We have had much success with this method to date! The Matrimonial Office is situated next to Gurdwara Sahib's main office on the ground floor and is open every Sunday between 12 noon - 4 pm. For general enquiries:

Monday to Friday between 10 am - 4 pm, please contact 0208 574 4311
Sunday between 12 noon - 4 pm, please contact 07484 536165.

SIKH NEURODIVERSITY NETWORK SEN EVENT

SGSSS and the Sikh Human Rights Group continue to challenge stereotypes. They are bringing experts, people and neurodiverse children together for more events. The new dates are 24 April, 14 May and 12 June 2022. For further information, please contact Carlos Arbuthnott: carlos.arbuthnott@shrg.ngo



LIBRARY SEVA

Sevadars worked to organise and catalogue the books at Havelock Road Library. In the coming weeks, we will be working to improve the facilities to ensure we can protect and preserve our collection and allow access to the Sangat

DOE AWARDS

Over 20 participants completed their bronze or silver awards and were presented with certificates at Havelock Road Gurdwara. Singh Sabha Southall was the first Gurdwara to run the scheme in its 3rd year. If you wish to take part, then please email: doe@sgsss.org

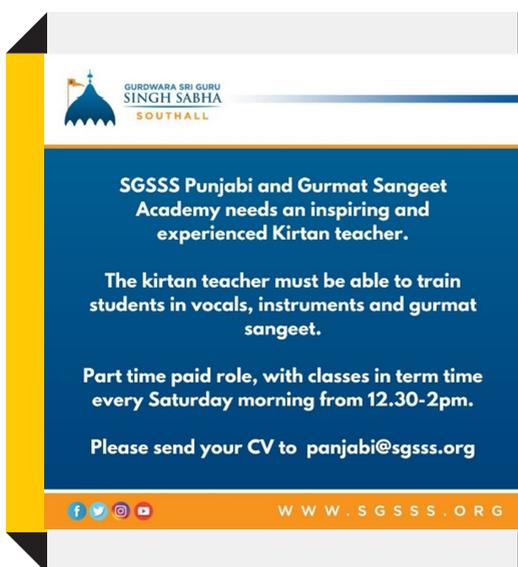


VACANCY: INSPIRING & EXPERIENCED KIRTAN TEACHER NEEDED

SGSSS Punjabi and Gurmat Sangeet Academy needs an inspiring and experienced Kirtan teacher. The kirtan teacher must be able to train students in vocals, instruments and Gurmat sangeet.

It's a part time paid role, with classes in term time every Saturday morning.

Please send your CV to panjabi@sgsss.org




GUROWARA SRI GURU
SINGH SABHA
SOUTHALL

SGSSS Punjabi and Gurmat Sangeet Academy needs an inspiring and experienced Kirtan teacher.

The kirtan teacher must be able to train students in vocals, instruments and gurmat sangeet.

Part time paid role, with classes in term time every Saturday morning from 12.30-2pm.

Please send your CV to panjabi@sgsss.org

 WWW.SGSSS.ORG



RAINSBHAI

Rainsbhai (means night long) was held at SGSSS on 26 March 2022, the Kirtan was Chardikala and it was great to see the Sangat singing along to Shabads.

APRIL 2022 HALF-TERM INDOORS FOOTBALL CAMP

SGSSS are running an indoor/outdoor football half term camp for 10 days over the April holidays. As it's an indoor space (we will also be allowed outside on the astroturf pitch, weather permitting). Book by calling Gurdeep Virdee (Figo) on 07737 841005 - the cost is £5 per session.



APRIL 2022 HALF TERM INDOORS FOOTBALL CAMP

ATTENTION PARENTS!

DATES:
MONDAY 4TH APR 22 - FRIDAY 8TH APR 22
MONDAY 11TH APR 22 - FRIDAY 15TH APR 22
TIMES: 4PM - 5.30PM (APART FROM GOOD FRIDAY, 3PM - 4.30PM)

LOCATION: FEATHERSTONE SPORTS CENTRE, SOUTHALL, UB2 5HF
£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

SIKHI MARRIAGE WEEK EVENT 7TH MAY

Getting married soon? Or just started looking for a partner? We've got you covered!

As part of the annual Sikhi Marriage week, @YourLavaan are hosting an event at Havelock Gurdwara on Saturday 7th May from 12pm onwards. We have confirmed 2 exceptional guest speakers. Additionally, we'll have a panel discussion to openly and honestly talk about your Anand Karaj day and tips on how to navigate life from then on.

You'll have an exclusive viewing of the highlights from the Your Lavaan episodes on topics most important to you! More details will be shared on Instagram in the coming weeks. Keep a look out!

This is a free event, however, pre registration is essential. The Event Brite link will be available soon, alternatively, reach out to @YourLavaan for more details.



SHUKRANA SMAGAM



A mahan shukrana Smagam took place at Havelock Road Gurdwara with, Panth parsid Kirtanees taking part. The recordings are all available on the Gurdwara Youtube. Those doing kirtan included, Principal Sukhwant Singh, Bhai Balwinder Singh Lopoke, Bhai Satinder Singh Bodal, Bhai Jujhar Singh, and Bhai Mohinderjit Singh.

VAISAKHI NAGAR KIRTAN UPDATE

Many of us are missing the annual Vaisakhi Nagar Kirtan. Since the pandemic this will be the first Vaisakhi without COVID restrictions. Organising the UK's largest Nagar Kirtan takes over 6 months of work, with input needed from various organisations, including Local Gurdwaras, and Ealing Council. Events of this scale require 26 weeks (6 months) of notice to be given to Ealing Council.

6 months ago the country was still in lock down. The Nagar Kirtan is funded from donations from the Sikh sangat (congregation) and it would have been irresponsible to spend tens of thousands of pounds on deposits and expenditures in preparation for the event only to have sporadic and last minute changes. Since the lock down ended on the 8th of March, we have been trying to arrange the event in a reduced timescale, but the (never ending) roadworks on the South Road Bridge have made this difficult. Keep an eye out on our social media for updates.

SINGH SABHA WEEKLY FOOTBALL CAMP

On the 21st of April we are launching the Singh Sabha Southall Weekly football camp.

It will take place every Thursdays at Featherstone Sports Centre, where we will have use of the indoor or outdoor areas (weather dependent). Boys and girls aged between 7-11 years old are welcome.

The sessions are led by qualified and experienced coaches, who will focus on improving dribbling, shooting, passing and goalkeeping.

For more information, please contact Gurdeep on 07737841005

WEEKLY INDOOR/ OUTDOOR FOOTBALL CAMP

£5
per
session



Activities
Dribbling
Shooting
Passing
Goalkeeping
&
Matches

OPEN TO 7 - 11 YEAR OLDS

**Every Thursdays 5.30pm-7pm
starting April 21st**

Venue - Featherstone Sports centre
11 Montague Way, Southall, UB2 5HF

The journey of Mata Sahib Kaur



On the 14th April this year a new animation: Supreme Motherhood : The journey of Mata Sahib Kaur will be released in the UK and across the world.

One of the most powerful needs at the moment is for a strong female role model for youth to aspire to. Supreme Motherhood is the first in a line of great 3D animations that will inspire generations to come of our great historical icons of faith , bravery and leadership.

Not only are they known as Mother of the Khalsa but Mata jee also possessed the highest spiritual prowess which allowed her and the khalsa to navigate treacherous times for the Khalsa which is similar to today.

The film is 90 minutes long and has cost £1.5 million to make.Nihal Nihal Nihal productions has pledged to create 20 animated films based on great Sikh personalities over the next 20 years in order for people of all backgrounds to gain an understanding and empower themselves mentally, physically and spiritually with everlasting optimism (chardi kalla).

COMING UP

- 4th April - 15th April - Football camp
- 12th April - Children's one day camp
- 14-18th April - Vaisakhi Smagam (Details on page 7)
- 23rd April - Amrit Sanchar
- 6th and 27th April - Womens Wellness mornings
- 24th April - Sikh Neurodiversity Event



AMRIT SANCHAR
ਅੰਮ੍ਰਿਤ ਸੰਚਾਰ

Saturday 23rd April - 11.30am - Park Avenue

Please do Kesi Ishnaan. Kakaars will be available

Harmeet@sgsss.org

WWW.SGSSS.ORG



SAHARA SISTERHOOD

WOMENS Wellness

6th & 27th April
10-12noon

Booking only: info@sahasrasisterhood.com

The lodge Park Avenue southall UB1 3AG

SOUTHALL

SIKH YOUTH UK VAISAKHI CAMP

DEDICATED TO THE 19 SHAHEEDS OF 1978 AMRITSAR MASSACRE AND SHAHEED BHAI SURINDER SINGH SODHI




12TH APRIL
9AM-4PM

GURDWARA SRI GURU SINGH SABHA
HAVELOCK ROAD
SOUTHALL
UB2 4NP

AGES: 8-18
REGISTRATION: 8:45AM

For further enquiries please contact: 07983 635337

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7 - 13 YEAR OLDS



AN INITIATIVE BY SRI GURU SINGH SABHA SOUTHALL

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HARMEET@SGSSS.ORG



Sikh 2 Inspire

CAMP 2022

SIKHIRAN - WATER ACTIVITIES - ROCK CLIMBING - WORKSHOPS / TALKS + MUCH MORE

31ST MAY - 4TH JUNE 2022

CAMP PRICE PER PERSON £150 - REGISTRATION CLOSSES APRIL 25TH 2022 | AGE 16+

LIMITED SPACES APPLY ONLINE NOW TO BOOK YOUR PLACE

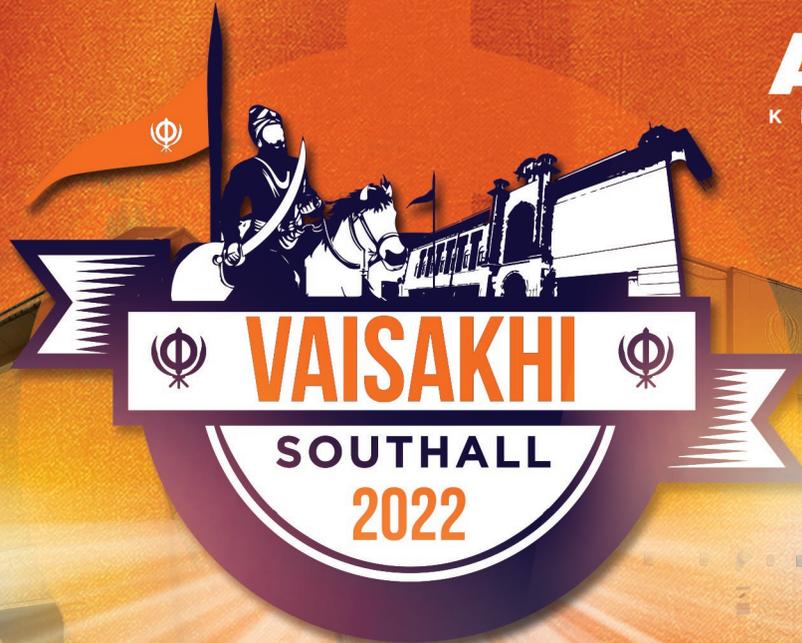
T: 07985 246 484 | 07415 369 200 | 07751 217502 EMAIL: INFO@SIKH2INSPIRE.ORG

WWW.SIKH2INSPIRE.ORG
REGISTERED CHARITY NUMBER: 1152466

SUPPORTED BY NATIONAL & LOCAL GURDWARAS



ANAHAD
KIRTAN SOCIETY



GURDWARA SRI GURU SINGH SABHA SOUTHALL

VAISAKHI SMAGAM

THURSDAY 14TH APRIL

2-8 PARK AVE, UB1 3AG 5:30PM - 8:30PM
GURU NANAK RD, UB2 4NP 7:30PM - 9:45PM

SUNDAY 17TH APRIL

2-8 PARK AVE, UB1 3AG 1:30PM - 4:30PM

FRIDAY 15TH APRIL

GURU NANAK RD, UB2 4NP 7:30PM - 10:15PM

MONDAY 18TH APRIL

2-8 PARK AVE, UB1 3AG 6.15PM - 8.30PM



PRINCIPAL SUKHWANT SINGH
(BABA SUCHA SINGH GURMAT
SANGEET ACADEMY)



BHAI MOHINDERJIT SINGH
DELHI WALE



BHAI DAVINDER SINGH SODHI
LUDHIANE WALE



BHAI SUKHJEET SINGH
KNAHAIYA BUDHA DAL
PANJAVA TAKHAT



GIANI GURDEV SINGH
AUSTRALIA WALE



GIANI SUKHJEEVAN SINGH
UK WALE

GUR-RAJAN SINGH 07432 135 801 DAVINDER SINGH 07958 112 975

HARMEET SINGH HARMEET@SGSSS.ORG



TSDDESIGNS

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

Total Income in the year ending 28/02/22: **£503.6k**

Total Expenses in the year ending 28/02/22: **£335.3k**

Operating Surplus: **£168.3k**

Loan Balance: **NIL**

You can get full accounts from the Gurdwara office.



General Secretary: Harmeet Singh Gill
Harmeet@sgsss.org



www.sgsss.org



info@sgsss.org



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