

Changing Children's Lives *Charity Fundraiser*

Friday 24th June 2016

The Manhattan Suite, City Pavilion



Charity No: 1118856



Charity No: 1044296





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Dear Friends

Thank you for supporting this event which will raise over £20,000 for two important children's charities:

Food For Life Vrindavan
(FFLV) in India



Charity No: 1118856

Haven House, Children's
Hospice, in Woodford Green.



Charity No: 1044296

As part of my practice and family's ongoing commitment to support worthwhile causes, this event has a meaningful purpose for two worthwhile charities: Supporting and honouring girls and women in India, and essential funds to help local children with life-threatening conditions. Yet whilst the purpose is charitable, tonight should be a wonderful evening with outstanding food, great live entertainment and opportunities for further donations.

Thank You for being here – Thank You for working with us...

Warmest regards

Ash Parmar

ASHISH B PARMAR





Food for Life *Vrindavana* Serving since 1991

Food for Life Vrindavan (FFLV) is a humanitarian aid organization officially recognized by the Indian government and established in 1991. The Sandipani Muni Schools operated by FFLV can provide total care for 3000 needy children who are the “poorest of the poor”. At present, 1500 girls have places in the schools and there is capacity for another 1500.

It only costs £28 a month to support a girl's needs: Meals, education, uniforms, medical care and even a financial incentive to keep girls in school until graduation.



Testimonials from a few girls who have been supported, educated and nurtured at FFLV

MITHLESH

I am Mithlesh and I want to be a teacher. I wish to bring some changes in the life of many girls who are still struggling for freedom and fighting for their rights to live. I have no doubts about who I am. I am the change that you want to see.

ANUSUYA

I am Anusuya and I am in university. I have a clear idea of what I want and am ready to chase my dreams. I am on my journey to make this world a better place for myself and for others.

In certain parts of India, girls are unfortunately seen as a liability rather than as an asset. Girls are often denied a school education and marry when they're very young. Trapped in a circle of poverty and hardship, it is often impossible for the young woman to fulfil any potential. FFLV makes a real difference by supporting these girls and giving them hope to lead an enriched life.

Ash and his family have visited Vrindavan many times and sponsor three children. This bona fide charity ensures that 100% of your donation goes directly to supporting our work in India. Ash is committed as a UK Trustee to support the vision and hard work of Rupa Ragunath who founded the charity. The life changing work done by FFLV is inspirational...

**Helping vulnerable girls to become, powerful, successful and confident women – Educators, mothers, hope for the future...
Food For Life Vrindavan**

To learn more about the charity or to become involved, or donate, please visit:

www.fflvrindavan.org
Charity number 1118856



Tonight's charity event is also proud to support our local children's hospice – Haven House.

“Haven House has supported over 600 families, looking after children and young people aged from birth to 19 years old who have life-limiting or life-threatening conditions.”

Residential and community services extend across North and North East London, West Essex and East Hertfordshire. Services include respite and end-of-life care.

Children benefit from play activities plus day and overnight stays. Through the Holistic Care Centre which was opened in September



2014, children can access a range of therapies, including music therapy, physiotherapy and therapeutic yoga.

Families can also take advantage of support groups for mums, dads and siblings (Buddies) as well as complementary therapies designed to reduce stress and anxiety. There is a fully accessible specialist play area in the garden and tranquil sensory area which is surrounded by many acres of beautiful woodland.

In 2016 it will cost £3.6m to fully resource the hospice and only 25% of this comes from government sources.



For further donations, to learn more about the charity or if you would like to speak to someone regarding a donation, please contact:

Charlotte Terry, Head of Community Engagement – 020 8498 5842

Cheque payable to 'Haven House'.

By text - HHCH5 or HHCH10 to 70070 to make a £5 or £10 donation.

Haven House Children's Hospice
The White House, High Road
Woodford Green, Essex IG8 9LB

Charity number 1044296. (Est. 2003)
www.havenhouse.org.uk

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For more information:

e: events@havenhouse.org.uk

t: 020 8506 3638

Charity Number: 1044296



havenhouse.org.uk/Summer-Fayre


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A cartoon illustration of a man with a very long, red tongue. The tongue is tied to a large, grey anvil on the ground with a black rope. The man is wearing a white shirt and a blue tie, and he has a distressed expression with wide eyes and a grimace. The background is a solid grey color.

***DON'T GET
TONGUE TIED***

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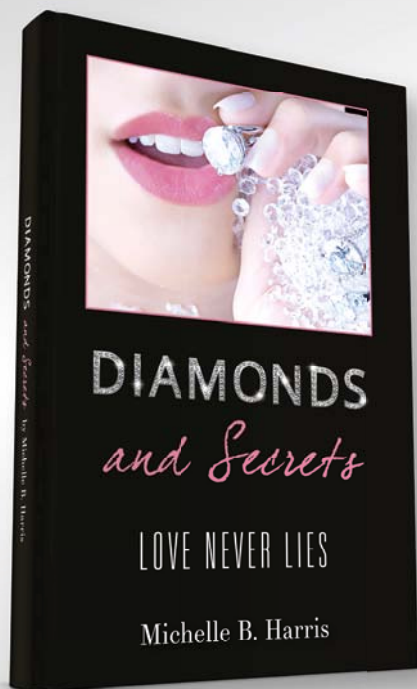
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Fundraiser



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We meet on a **Thursday at 7.15am until 9.00 am**, where business is being done every week over breakfast.

EFBG is not just another networking group. We enjoy relaxed but structured meetings that provide an effective way of gaining quality new business. We want to open our doors to more business people who can benefit both themselves and our members by getting and giving more business leads.

Why not come along and see for yourself.

**If you would like to attend please email: admin@efbg.co.uk
or call 0843 289 1092**

Woolston Manor Golf Club, Abridge Road, Chigwell IG7 6BX

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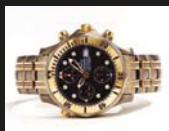
We believe passionately in the value of inbound marketing, and in particular, the role online video plays. We help businesses of all sizes create and promote video content that fulfils real business objectives, as opposed to ticking the 'must do video' box.

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I am indebted to my father Bhikhu and my mother Nimu
for the outstanding upbringing they have given me.
They have taught me the important qualities of contribution,
gratitude and humility. I am also blessed to have the loving
support of my caring wife Jyoti and our children Roshni and
Krishan. Dimple - thank you for being an amazing sister.
Finally, by the grace of God, I am who I am today...”*

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