

## APNI GAP SHAP

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Welcome to the first of many 'GAP SHAPS' to come!

Is it 2015 already?!

We hope that you have had an excellent Christmas and our sincere wishes for a Happy, Healthy and Prosperous New Year to you all! How time flies when your having fun! We have so much to share with you that we are practically bursting to tell you all of our news!



Bobbi and Seema, project managers of Apna Virsa, busting some funky beats!

### A Message from Bobbi and Seema.....

"It's been a bumper year for us and we have been so impressed by all of our learners this year. The December learner showcase highlighted the huge amounts of dedication by an ever growing Apna Virsa army of both youngsters and older people. We would like to thank all of our Partners, Funders, Tutors, Volunteers and Supporters over the years who have helped us to get this far. We are on the cusp of bigger and better things and hope with the help of all of our Apna Virsa family and friends to become a landmark organisation in Slough."



A BIG family photo at the end of our Showcase April 2014!  
The family is growing!

# KIDS BHANGRA CLASSES

....have proved to be very popular with children from as young as 6 to 16! The children look forward to their classes on a Monday evening, at the Singh Sabha Sports Centre, Slough, and come with heaps of enthusiasm and energy! The classes started in June 2013, on a trial basis to understand the demand. Well, the demand was certainly there! There have been tweaks along the way to ensure we are meeting the needs of the attendees and we are still learning, but seem to have found a happy medium to keep our little bhangra peeps happy. At the end of the 10 week term, the kids get to perform their routine to family and friends, something that really helps build their confidence and that they thrive on!

**We spoke to some of the children who attend these classes and also their parents to learn 'Why Bhangra?' Here are some of their comments.**

*I find bhangra energetic, lively and exciting! I'm always learning something new and through bhangra I feel a lot more connected to my culture. Avani Age 11*

*I love bhangra! It's a great way to keep fit AND have FUN! The teachers are brilliant, it's quite informal, but coming up to performances, we try really hard to do our best and learn routines so we put on a good show! It's helped me become fitter, more confident and make friends! I look forward to bhangra - Woohoo! (Unlike swimming - Boohoo.)  
Kimi Age - 10*

*I started to come to bhangra as my friends were going and I love it! It's helping me to learn more Punjabi, and also it's great to just focus on bhangra for the time we are in class, no worrying about schoolwork or anything else! Eesher - Age 11*



*I found out about Bhangra from friends. I have found that through bhangra I am more connected to my roots, heritage and culture. Even my Punjabi is getting better and I'm more confident speaking it with my grandparents. It has really spiked my interest, and I now want to learn how to play the dhol and attend Sikhi Summer Camp. I feel it's helping me find a healthy balance between cultures, increasing my confidence through performances, and increasing my ability to focus, through learning the routines! AND...it makes mum happy! I have more friends in bhangra class than I do at school!*

*Reena - Age 13*

**Kids in action during a Bhangra Class.**



*Komal really enjoys her bhangra classes, and is so confident with her moves now that she is the first on the dance floor at any function! Komal's mum*

*Eesher has learnt some great moves and built her confidence through performing to an audience. She's so passionate about bhangra that I think she will do it forever! Eesher's Mum.*

*I like coming to the bhangra classes! I think I will continue to do bhangra for a long time because I really like it! - Komal  
Age 8*

*I wanted my daughter to attend as I felt it would help her learn about her culture. I felt she was becoming too westernised and needed to keep a balance. It is a way of connecting, to our culture and religion. She has now decided she wants to learn more, and shows more interest in religion and heritage. It's helped her confidence and also her focus, which is brilliant! Ruby - Mum*

**Photo shoot after Showcase Performance.**

**Feeling Proud!**



# 50+ AND GOING STRONG!

The beginning of the year saw the start of a new project called **Community Ambassadors for Slough**. This project is supported by the Peoples Health Trust and is for those over 50 and from Slough. The group meet every Thursday morning, at Singh Sabha Sports & Community Centre, and its FREE to join!

This is an opportunity for members of the community to get together, makes friends, and keep fit and healthy! Through closer links they can make a positive difference.

This is a committed group who show up come rain or shine! Well done to our Ambassadors for making this project a HUGE success!



In awe of our ancestors who made such a significant contribution to WWI The group visited the Empire, Faith and War Exhibition



Uncovering hidden talents, the group get crafty!



Feeling the beat...Bhangra Fitness. An amazing performance by the 50+ at the learners showcase, pictured here with their tutor Sid.

Getting busy at a Gardening Workshop.



Sharing a BIG lunch at Upton Lea...a party in the park!

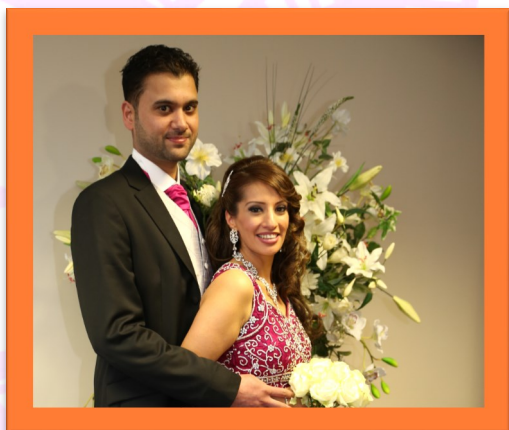
## OH HAPPY DAYS!

This year has seen changes for many of the AV family, so many happy events have taken place, here are few that we are aware of...



Congratulations to **Kanika Koshal**, part of the **Adults Intermediate Bhangra Class**, who became Mrs Kunal Sahni on the 19.02.2014. We wish you both much happiness together.

Congratulations to **Benita Jaswal** and **Karandeep Aujla** who married on the 31st August 2014. Our best wishes stay with you always.



Congratulations to **Kusham Chadha** of the **Advance Bhangra Class**, who married Gurpal Nijhar, from Singh Sabha Sports Centre, on the 29th March 2014. Love you both!

Our congratulations to **Neha Sharma** of the **Advance Bhangra Class** and fiancé **Sacchin** who got engaged in April! Neha has since introduced Sacchin to the delights of bhangra, and he's busting some serious moves in the **Beginners Class**. :)





## HAPPY NEWS!



Manni & Sandeep Sohal became proud parents of the gorgeous Miss Avni Sohal who was 1 on 20th December 2014. We are looking forwards to welcoming mum Manni back to bhangra soon!

## Farewell



Farewell to our terrific trio Sandeep Soni, Sukhraj Deol and Kiranjit Aujla of the Intermediate Bhangra Class. Pictured here with Bobbi, Seema and tutor Sukh. We wish them the very best as they head off for university. Thank you for the farewell cupcake treats baked by none other than our budding doctors!

If you have any news or event that you would like to share with us please do contact us! We would love to share it in our next newsletter.

Email — [apnavirsa@gmail.com](mailto:apnavirsa@gmail.com)

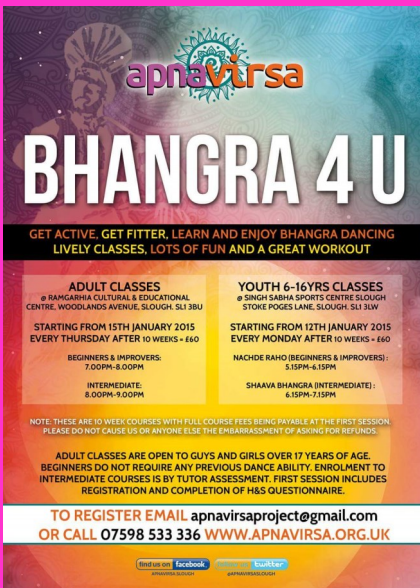
# COMING UP.....

## LOHRI 2015 Celebrations!

16th January 2015, this is going to be one event you will not want to miss! Join us at Riverside, Heathrow, kicking off the evening with a Lohri Bonfire and all the rituals to go with it. Sit back and enjoy Live Bhangra from Vasda Punjab and Bhangraholics, with Gidha Performances from our very own AV Gidha Team, whilst you feast on a sumptuous 3 Course meal. Paragon are the DJ's for the night providing you with plenty of opportunity to get up and join in the fun, dancing the night away! Tickets are selling fast, so what are you waiting for?!



Call 07598 533336 or visit [ChilliTickets.com](http://ChilliTickets.com) to buy your tickets now!



## Bhangra 4 U!

We look forward to welcoming learners old and new to the next term of our energetic and fun Bhangra classes!

Youth classes kick off the year on **Monday January 12th 2015** with the adult classes following shortly afterwards on the **15th January 2015**.

The courses run for 10 weeks and cost £60 for the term.

Call 07598 533336

Or visit [www.apnavirsa.org.uk](http://www.apnavirsa.org.uk) to register now!

Apna Virsa has received some funding from the ESF to deliver a short project in Slough and Maidenhead to support new immigrants to the area. In order to do this we will be delivering:

- ♦ Free English Classes
- ♦ Careers Advice
- ♦ Confidence Building Workshops



Classes are starting in January 2015, for further information.

Email—[apnavirsaproject@gmail.com](mailto:apnavirsaproject@gmail.com)



## CAN YOU HELP?

AS a voluntary organisation we appreciate all the help that we can get! We are currently looking for help with **Fundraising, marketing and sponsorships**. If you would like to get involved please do not hesitate to **contact us**.

We look forward to seeing you at our events, classes, and project launches as **volunteers**, participants or guests! **Remember to** check out our **website** and like us on **facebook**!

### Contact Us



@ApnaVirsaSlough



apnavirsa.slough



[apnavirsaproject@gmail.com](mailto:apnavirsaproject@gmail.com)

[www.apnavirsa.org.uk](http://www.apnavirsa.org.uk)

Tel:

07598 533336