

Aylesbury Surgery Health & Engagement Forum

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HONoured GUEST AT BUCKINGHAM PALACE

MR RAJASH MEHTA ATTENDS THE KING'S GARDEN PARTY – 7TH MAY 2025

On a beautifully crisp spring afternoon, **Mr Rajash Mehta** was honoured to attend **The King's Garden Party** at **Buckingham Palace** on **Wednesday, 7th May 2025**. The event, hosted by **His Majesty The King**, is one of the most prestigious gatherings in the royal calendar, held to recognise individuals who have made a significant impact on public life, charitable causes, and community wellbeing across the United Kingdom.

"It was a true privilege to be invited to such a historic and meaningful occasion."

– Mr Rajash Mehta

Each year, the Garden Parties bring together thousands of guests from all walks of life – dedicated volunteers, community champions, public servants, and leaders – in a celebration of their quiet but vital contributions to British society. This year, Mr Mehta stood proudly among them.

King Charles III and Queen Camilla were joined by the Princess Royal, the Duke and Duchess of Edinburgh, and the Duke and Duchess of Gloucester as they hosted this year's first Garden Party in the spectacular gardens of Buckingham Palace.



Mr Rajash Mehta– Chairman of Aylesbury Surgery, Health and Engagement Forum at Buckingham Palace

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A DAY TO REMEMBER

The setting: the lush gardens of Buckingham Palace, alive with the scent of spring flowers and



the **The atmosphere:** warm, welcoming, and steeped in tradition.



gentle hum of conversation.

The guests: over 8,000 invitees, all recognised for their service and commitment to others.



Guests were treated to a classic **afternoon tea**, including finger sandwiches, scones, pastries, and a special blend of Palace tea – all served by palace staff in full livery. Music from military bands played in the background as members of the **Royal Family**, including His Majesty, circulated through the gardens, stopping to greet and converse with many of the guests.

- *"The historic setting of the King's Garden Party at Buckingham Palace."*



•Above : "Mr Rajash Mehta pictured during the Garden Party on 7th May 2025."

RECOGNISING SERVICE AND COMMUNITY IMPACT

Mr Mehta's invitation came as recognition of his **decades-long dedication to public service**, his work in **charity and social inclusion**, and his ongoing efforts to promote equity, opportunity, and collaboration across diverse communities.

"Being there reminded me of how many people are quietly doing incredible work in their own towns and cities. It was an inspiration to be part of it."

– Mr Rajash Mehta



This honour is not just a personal achievement, but a testament to the values Mr Mehta has long championed – of service, integrity, and inclusive leadership. His presence at the Palace is a proud moment for all who have worked alongside him, and a celebration of what can be achieved through dedication and community spirit.

ABOUT THE KING'S GARDEN PARTIES

The tradition of Garden Parties dates back to the reign of **Queen Victoria**, evolving over time into the grand yet heartfelt gatherings they are today. Each year, His Majesty The King continues this tradition, ensuring that people from every corner of the country – regardless of fame or status – are recognised for the difference they make.

There are usually **three Garden Parties** held at **Buckingham Palace** each spring, and one at the **Palace of Holyrood house** in Scotland. Invitations are extended through a variety of channels, including government departments, local authorities, and charities.



- Above: "The King's Garden Party is a long-standing royal tradition."
- Bottom left: "A celebration of service, dedication, and community impact."



VE Day 2025: Honouring 80 Years of Peace and Remembrance

Marking VE Day 2025: Honouring the Past, Inspiring the Future

This year, on Wednesday 8th May, was marked as momentous occasion: the 80th anniversary of Victory in Europe Day, better known as VE Day. It was on this date in 1945 that the Second World War officially ended in Europe, after nearly six years of unimaginable hardship, destruction, and loss.

Victory in Europe (VE) Day, commemorating **80 years since the end of the Second World War in Europe**. On **8 May 1945**, a nation came together to celebrate the defeat of Nazi Germany and the dawn of peace, though it came at a tremendous human cost.

This milestone anniversary in **2025** offers a poignant opportunity to reflect on the bravery, sacrifice, and resilience shown by those who lived through the war years—on the frontlines and the home front alike. It is a time to honour the memory of the millions who gave their lives and to recognise the enduring lessons of unity, courage, and perseverance.

Across the country, services of remembrance, parades, and community gatherings are taking place. Veterans are being recognised, wreaths laid at war memorials, and stories shared by

younger generations keen to keep history alive. At [insert name of organisation or community], we are proud to join in this national act of remembrance.

Why VE Day Still Matters

VE Day is not only about remembering the past—it is about understanding it. For younger generations, the day serves as a reminder that peace should never be taken for granted. For those with family ties to the war generation, it is a day of personal reflection and pride.

In an increasingly complex world, the values that carried the country through its darkest days—**solidarity, service, and sacrifice**—remain just as relevant. VE Day reminds us that even in the face of overwhelming adversity, the human spirit endures.

Looking Ahead with Hope

As we mark the 80th anniversary in 2025, we do so with gratitude to those who came before us—and with a renewed commitment to building a more peaceful, inclusive, and just world.





Let us remember not just what we were freed from, but what we were freed *for*—to live with dignity, liberty, and shared responsibility.

From everyone at [insert your organisation or group], we say: thank you to our veterans, our forebears, and all who continue to strive for peace.

80 Years On: A Message for the Future

As we reflect on VE Day in 2025, we must ask ourselves: what kind of world do we want to build, in honour of those who gave so much?

The war generation fought not just to defeat an enemy, but to secure a future where justice, compassion and peace could flourish. At a time when the world can still feel divided and uncertain, their legacy challenges us to reach out, to listen, and to support one another—no matter our background or beliefs.

Let us pass these lessons on. Let us talk to our children and grandchildren about what VE Day means. And let us never forget that peace is not just a gift, but a responsibility.

Quick Facts About VE Day

- ♦ On 8 May 1945, Prime Minister Winston Churchill made a national radio broadcast at 3pm announcing the end of the war in Europe.
- ♦ Across the UK, more than 20,000 spontaneous street parties broke out—many with rationed treats, borrowed gramophones, and homemade bunting.
- ♦ VE Day is commemorated across Europe, with different countries marking the date in their own way.

Let us remember together. Let us celebrate together. And let us move forward together—stronger, kinder, and always mindful of the past.



Finding resilience: My Journey Through UK General Practice Training



Dr Joseph Agbi

Starting general practice training in the United Kingdom, at the height of the COVID-19 pandemic, presented unique and layered challenges especially for an International Medical Graduate (IMG) who was, at the time still very fresh into the NHS.

After my touch down non training JSD role which was interrupted by the pandemic, transitioning into the General practice training program in NHS was daunting—not only due to its more complex structure and faster pace, but also because of the added strain of remote consultations, new protocols, and service pres-

“The final turning point in my journey was harnessing my own resilient spirit.”

asures brought on by the pandemic at the time. Multiple learning opportunities were stalled. With limited opportunities for in-person interaction and clinical observation, learning the subtleties of patient care and proper documentation became very guarded. It wasn't just about acquiring medical knowledge, but also about adapting the soft skills (interpersonal skills) and quickly adapting for myself, a working patient consultation model that made being a GP unique in its own way.

Cultural differences posed another set of challenges. Communication nuances, patient expectations, and even consultation styles differed greatly from what I had known. Joining the Aylesbury surgery in

my final year of GP training was pivotal. It was a beautiful close-up experience that taught me how my future career as a GP doctor would over the years connect me to my patients and the community and I was inspired to embrace that connection. I took every opportunity available to me for learning but the demand on time meant I had to take my exit exam as soon as possible. I sat the Recorded Consultation Assessment (RCA) but unfortunately did not pass. It was a remote form of the standard CSA exam. Clearly for someone like me remote learning had its limits. Fortunately, as the covid era came to a stop, the exam was changed to a more relatable exam, the Simulated Consultation Assessment (SCA). The new exam came with a dif-

ferent pattern to it and I spent a good few months learning the ropes. I sat my first attempt at the SCA but did not pass still. I missed by half a mark. It was disheartening, especially after months of effort and all the support I had garnered. It was a time of deep reflection as I ruminated around the subjectivity of the exam and how statistics had proven over the years that IMGs were at the receiving end of unfavourable outcomes compared to native counterparts. With little or no success guaranteed from appealing exam outcomes, I thought about quitting the process a few times.

The setback with exams could have been the breaking point—but it wasn't. The exam had three domains and while the domain of interpersonal skills may not have been my strongest, there were other domains I was good at but ultimately, I needed all three. I leaned into the disappointment, determined to understand the very nature of the exam, my weaknesses and rebuild my interpersonal skills. I received invaluable support from my educational supervisor Dr Poonam Mehta and from Lead GP Dr D Bhomra, whose wealth of experience had given him a Midas touch with patients and a mastery of consultations I gleaned

from. Mr Raj Mehta would always remind me to seek guidance from above. Along with the entire team at the surgery, they offered not only academic guidance but emotional encouragement. My it was a wholesome support system and my time here was invaluable!

The final turning point in my journey was harnessing my own resilient spirit. I had heard the term "The Resilient GP", in many of our training sessions and somehow, my own journey had crafted this force of resilience in me. Now, having completed the program, I am proud to be a doctor who has found his place in the NHS and a GP who has grown resilient through adversity. This journey wasn't just about passing exams—it was about finding belonging, strength, and the true spirit of medicine across cultures. I urge doctors who share similar backgrounds such as myself to believe in themselves and that the NHS truly has a lot to offer; for those who would venture into the training, the exams are doable and like every exam, there is a method to it, understand what the examiners want by learning from those who have successfully scaled through and constant practice. The sky is your beginning.

By Dr Joseph Agbi

Note: All the staff at Aylesbury surgery would like to congratulate Dr Abgi on passing his final exam. We have seen him strive through hardships and struggles, stumbling blocks, we commend him for not giving up. It was a pleasure to work alongside him. He has become an upstanding Doctor and we wish him all the best on his journey forward.—**All Staff at Aylesbury Surgery.**

Spreading Easter Joy: Aylesbury Surgery Team Delivers Chocolate Eggs to Warren Farm Lodge

Kind gesture brings smiles to residents and staff alike this Easter

This Easter, a heartfelt act of kindness brought joy and a sense of connection to



the residents and staff of **Warren Farm Lodge**, as each individual received a chocolate Easter egg—personally donated by **Mr Rajash Mehta** and **Dr D. Bhomra** GP at the Surgery and Dr Hameed Addy a trainee Doctor at **Aylesbury Surgery**.



But the donation was more than just a sweet treat. In a gesture that reflected genuine compassion and community spirit, the team ensured that every resident and staff member was remembered during the holiday weekend.



- Above : Mr Rajash Mehta with residence of Warren Farm Lodge Care Home
- Left: Dr Bhomra of Aylesbury Surgery with care home residence

For many elderly residents, Easter can be a quiet time—particularly for those without nearby family. This surprise delivery added a warm touch of celebration, sparking smiles, laughter, and even a few emotional moments.



- Above : Dr Hameed Addy with residence of Warren Farm Lodge Care Home , Left Dr Bhomra

*"It's the little things that make a big difference," said **Mr Mehta**, who helped deliver the eggs in person. "We just wanted the residents to know they are thought of and valued, especially during seasonal moments that can sometimes feel isolating."*



Care home staff were equally touched by the gesture. One staff member shared:
"It really lifted everyone's spirits. To see the residents smiling and chatting over their Easter treats was absolutely lovely."



The initiative is a shining example of how healthcare professionals continue to go above and beyond—offering not just clinical care, but emotional support and genuine human connection within the community.



- *Dr Bhomra of Aylesbury Surgery and Manager Mrs Jacqueline McLean Warren Farm Lodge Care Home*

It was clear that this simple act had created lasting memories and strengthened the bonds between local services and those they support. By offering emotional support and human connection that strengthens the wider community.



- *Above : Mr Rajash Mehta , Dr Bhomra & Dr Addy of Aylesbury Surgery with staff from Warren Farm Lodge Care Home*

As the final Easter eggs were handed out, it was clear that this small act of kindness had left a big impact—creating memories, fostering smiles, and reminding everyone of the power of simple gestures.

Mental Health — Don't suffer in silence

Let's Talk About Mental Health: Supporting Each Other in Our Community

Mental health affects all of us — whether it's our own wellbeing or the struggles of someone we care about. Yet for too long, it's been a subject we avoid, often out of fear, misunderstanding or stigma.

It's time to change that.

One in four people will experience a mental health issue at some point in their life. That means in any street, school, workplace or place of worship, someone is likely to be quietly battling with anxiety, stress, depression, or trauma. Talking about mental health openly can make a real difference. It helps people feel less alone, encourages them to seek support, and creates a more compassionate community for everyone.

Title: Breaking the Silence: Raising Mental Health Awareness in Our Community

In recent years, the conversation around mental health has become louder and more urgent — and rightly so. Yet in many communities, particularly those facing economic pressures or cultural stigma, mental health remains a taboo subject, shrouded in misunderstanding and silence.

The truth is, mental health affects all of us. Whether directly or through someone we know, conditions like anxiety, depression, trauma, and stress-related disorders are part of everyday life. According to the World Health Organisation, one in four people will experience a mental health issue at some point in their lives. And yet, far too many suffer in silence.

Why Mental Health Awareness Matters

Raising awareness is more than a campaign slogan — it's a lifeline. When we talk openly about mental health, we:

- **Break down stigma**, making it easier for people to seek help.
 - **Educate others**, correcting harmful myths and misconceptions.
 - **Encourage early intervention**, which can prevent crises and reduce long-term impact.
- Build resilience**, both individually and as a community.

Mental health awareness also helps create more compassionate spaces — at home, in schools, at work, and in places of worship. When someone knows they're not alone, they're more likely to reach out, get support, and begin healing.

Challenges Facing Our Communities

Despite progress, many people still struggle to access support. Barriers include:

- Lack of awareness of available services.
- Cultural or religious stigma.
- Fear of judgement or rejection.

Limited access to affordable care, especially for minority or marginalised groups.

These challenges are particularly acute for young people, carers, refugees, and the elderly — many of whom face additional isolation or pressures.

What Stops People From Getting Help?

Many people are still afraid to speak up about their mental health. Some worry about being

judged. Others don't know where to turn. In some cultures, mental illness is misunderstood or seen as a personal weakness. This needs to change, because mental health is just as important as physical health.

What Can We Do?

You don't need to be a professional to make a difference. Small acts of care and kindness go a long way. Here's how you can help:

- **Start a conversation** – ask someone how they're really feeling.
- **Listen without judgment** – sometimes people just need to feel heard.
- **Share helpful resources** – knowing where to get support can be life-changing.

Look after your own wellbeing – it's okay to take time for yourself too.

Let's also encourage schools, employers, and community groups to make mental wellbeing part of everyday life. This means creating safe spaces, challenging stigma, and promoting support services.

What We Can Do Together

Improving mental health in our community doesn't require big budgets — it starts with small, consistent actions:

- **Talk openly:** Share your own experiences, or simply check in with others.
- **Learn the signs:** Recognise when someone may be struggling and offer gentle support.
- **Signpost services:** Promote local resources, helplines, and counselling options.

Support safe spaces: Encourage schools, workplaces, and community groups to create environments where mental health is taken seriously.

Together, We Can Break the Silence

- Raising awareness isn't about having all the

answers — it's about showing people they're not alone. Whether it's checking in with a neighbour, attending a mental health event, or simply being open about your own experiences, every action counts.

- Mental health matters — and so does every single person in our community.

Let's make mental wellbeing a normal part of the conversation — not just during Mental Health Awareness Week, but every week. Because when we care for each other, we all thrive.

Building a Culture of Care

True mental health awareness is not just about recognising mental illness — it's about building a culture of care, where emotional wellbeing is prioritised just like physical health.

It means teaching our children that asking for help is a sign of strength. It means leaders being vulnerable and honest about their challenges. And it means listening deeply, without judgment, to those whose voices have been ignored for too long.

We all have mental health, just like we all have physical health. The more we talk, share, support and act, the stronger our community becomes. Let's make mental wellbeing a normal part of the conversation — not just during Mental Health Awareness Week, but every week. Because when we care for each other, we all thrive..

Getting Help

Take the next step: Contact your GP, it is the first step on your path to healing.

RAJASH MEHTA LAUNCHES KINDNESS AWARD TO CELEBRATE UNSUNG COMMUNITY HEROES

Inspired by the recognition he received through the Building Bridges, Mr Rajash Mehta has announced the launch of a new Kindness Award, inviting members of the public to nominate individuals who demonstrate extraordinary kindness in their everyday lives.

This new award initiative will shine a light on those who often go unnoticed—people who consistently put others before themselves, strengthen community bonds, and embody compassion in action.

Speaking about the award, Mr Mehta said: "Kindness often happens quietly. It doesn't always make headlines, but it transforms lives. After receiving recognition for the Building Bridges project, I felt a responsibility to pass that recognition forward—to create a platform where others

who make a real difference can be honoured and celebrated."

The nomination process is open to the public, for individuals, individuals groups and organisations. Do you know someone worthy of a nomination? Why not share your stories of friends, neighbours, volunteers, or colleagues who show empathy, generosity, or community spirit.

A diverse panel will assess entries and select recipients who reflect the values of inclusivity, humanity, and bridge-building across society.

The initiative is being supported by several community partners and will include a commemorative plaque presentation and public recognition for each award recipient.

Entries for nominations are officially open and details on how to submit entries will be made available through local networks and online platforms.

Entries can be made by completing the page opposite and emailing at rajash-mehta@hotmail.com. Mr Mehta's goal is simple yet powerful: to build a culture where kindness is not just appreciated—but celebrated.



Kindness Award Nomination Form

Honouring everyday acts of compassion and community spirit

About the Award

The Kindness Award, founded by Mr Rajash Mehta, celebrates individuals who have made a positive difference through acts of kindness, generosity, or service to others. Whether through small gestures or sustained community involvement, this award recognises those whose compassion strengthens the bonds between us all. This is open to all national and international applicants.



Who Can Be Nominated?

Anyone can be nominated—regardless of age, background, or role—provided their actions have demonstrated:

- Genuine kindness and compassion
- A commitment to helping others
- Positive impact on individuals or the wider community

How to Nominate

Please complete the following details and submit the form.

Nominee's Details

- Full Name:.....
- Contact Information (if known):.....
- Town/City:.....

Age (optional):.....

Your Details (Nominator)

- Full Name:.....
- Email or Phone:.....

Relationship to Nominee:.....

Nomination Statement

Please tell us why you are nominating this person. (250–500 words recommended)
Include specific examples of how they have shown kindness, helped others, or brought people together.

Acts of Kindness

- **Can you share a specific example of a kind act they did that stood out to you?**
- **How does the nominee show kindness in their daily life or work?**
- **Do they go out of their way to help others? If so, how?**
- **Has the nominee ever helped someone in a time of crisis or need? What happened?**

Additional page can be added if you wish to submit more information.

Selection Process

All nominations will be reviewed by an independent panel. Award recipients will be notified directly and invited to receive their award at a special community celebration.

Send to: rajashmehta@hotmail.com

Let's recognise kindness—because it matters.



Your Carers Week Marketplace



Monday 9th June, 10am - 4pm
Symphony Hall, Birmingham



Come and Meet:

- Birmingham Carers Hub partners
- Social Care, Occupational Therapy and NNS teams
- Local hospitals and health services
- Many more support services



What to Expect:

- Free drinks and refreshments all day
- A warm welcome for all Carers and supporters
- You can drop in any time – stay as long as you like!



Activities You Can Try:

- Relaxation taster sessions, seated yoga and gentle massages
- Entertainment at 1 pm



Special Guest Speaker at 11am

- Stuart Lackenby.
- Executive Director of Adult Social Care and Health.
- He will talk about his vision for carers in Birmingham.



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@rajashmehta**

WHAT A SEASON! CELEBRATING JOY, KIND- NESS AND WELLBEING TOGETHER

As we round off this edition of the newsletter, we can't help but smile at everything we've shared and celebrated together. From royal occasions to heart warming acts of kindness and thoughtful moments of wellbeing, this season has been full of life, laughter, and community spirit.

We kicked things off in style with a brush of royal magic—**the King's Garden Party!** A truly proud moment as members of our community received an invitation to Buckingham Palace, recognising their outstanding dedication and service. Dressed in their best, surrounded by history and pageantry, it was a day to remember. And although not all of us were there in person, we were all there in spirit—beaming with pride for their achievements.

Next came a truly moving moment of reflection as we joined together for the **VE Day 80th anniversary**. Across our homes and services, we honoured the courage and sacrifice of those who lived through the Second World War. An emotional time for many. Most of all, there was a strong sense of gratitude and togetherness.

From remembering the heroes of the past, we turned our spotlight to everyday heroes right here among us. Of course, kindness isn't just about how we treat others—it's also about looking after ourselves. Taking time to pause, check in with each other, and focus on the things that help us feel good. From wellbeing walks to creative sessions, laughter-filled chats to quiet reflection, looking after our mental health is just as important as any other part of our wellbeing.

So, as we wrap up this edition, we want to say a big, heartfelt thank you. To everyone who took part, shared a story, lent a hand, or simply brought a smile to someone's face—you've helped make this season special. Whether we were waving flags, picking up teacups, planting seeds of mindfulness, or it's clear that joy, kindness and care are thriving in our community.

Here's to more uplifting moments ahead. Until next time, keep smiling, keep sharing kindness, and take good care of yourselves and each other!

With warm wishes

Kirrpal Danjaul– P.A. To Mr Rajash Mehta—forum chairman