

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - June 2021
www.activelifestyles.org.uk

Welcome to Summer (...at last!)



by Andrene McDonald

Dear Members,

Welcome to our June newsletter.

I thought now that we have begun to have better weather it might be nice to organise a picnic at Clarence Park for Active Lifestyles members to come together outdoors for the first time in 16 months to socialise, enjoy the sunshine and take part in a few activities. This proved very popular so the **Picnic is being held on Friday 2 July 2021, from 12.30pm at Clarence Park, off Hatfield Road and**

Clarence Road, St Albans. There are busses that stop near the park coming from town centre or Fleetville to Hatfield Road or St Albans City Station.

Pauline will be providing finger food however you are also welcome to bring any food/cakes or drinks to share. We are also hoping to get Nigel to do some light group exercise but that will be confirmed on the day. We might even have some youngsters from The Next Generation Youth Club coming after school to say hello. Remember we need your attendance to make this a success and the park is large enough to ensure social distancing so please do come along and take part.

As we are entering the month of June there are various events and celebrations it is known for. A famous birthday, long ago on June 7, 1502, was Pope Gregory XIII, who invented the Gregorian calendar in 1582, which is the same calendar in use today. In 1887 the Coca-Cola bottle label was trademarked and a few years later in 1895, the gasoline-powered automobile was patented.

June is also known as a great month to get married and we have the famous English tennis tournament Wimbledon, where people indulge in a mass of strawberries and cream whilst they watch the tennis matches. The longest day of the year also occurs on either June 21st or 22nd.

You can help to keep this newsletter going by sending in your comments, poems, information etc. in fact anything you feel might be helpful and would like to share with each other. For example, how have you coped during the lockdown? If some of you have started gardening a health regime or have read a good book to keep motivated let us know about it and we can share with others.

Please send your contribution by 20th of each month to ensure it gets into the following month's edition. You can tell one of the committee members you are in contact

with what you want to put in the newsletter, (Adele, Angie, Henrietta, Kumaree, Sylvia, Mrs Rollins or Zaitun). You can contact me from the contact details in the January 2021 issue.

We hope you will find the newsletter informative, helpful, amusing and comforting.

Blessings, Andrene

Happy June Birthdays!



Zorena Charran
Sylvia Ouldaly
Elizabeth Heading
Brenda Nahaul
Lisa-Jayne Vaughn

Poetry Moment: May You Always Feel Loved

by Sandra Sturtz Hauss, submitted by Kumaree Juggapah

May you find serenity and tranquility
in a world you may not always understand.

May the pain you have known
and the conflict you have experienced
give you the strength to walk through life
facing each new situation with courage and
optimism.

Always know that there are those
whose love and understanding will always be
there,
even when you feel most alone.

May a kind word,
a reassuring touch,
and a warm smile
be yours every day of your life,
and may you give these gifts
as well as receive them.

May the teachings of those you admire
become part of you,
so that you may call upon them.

Remember, those whose lives you have
touched
and who have touched yours
are always a part of you,
even if the encounters were less than you
would have wished.

It is the content of the encounter
that is more important than its form.

May you not become too concerned with
material matters,
but instead place immeasurable value
on the goodness in your heart.
Find time in each day to see beauty and love
in the world around you.

Realize that what you feel you lack in one
regard
you may be more than compensated for in
another.

What you feel you lack in the present
may become one of your strengths in the
future.

May you see your future as one filled with
promise and possibility.
Learn to view everything as a worthwhile
experience.

May you find enough inner strength
to determine your own worth by yourself,
and not be dependent
on another's judgment of your
accomplishments.

May you always feel loved.



For donations please follow the link :
<https://www.justgiving.com/crowdfunding/black-futures>

'How Wild Are We' the survey

Shared by Heidi Carruthers

The 'How Wild Are We' survey for the Wilder St. Albans (WSA) project. WSA is a new project that aims to encourage the local community to take positive action for wildlife. They would like as many individuals, schools, businesses, community groups as possible to take part and people can do it on any sunny day between now and 6th June 2021.

Information about the survey can be found here on the website: Wilder St Albans | Herts and Middlesex Wildlife Trust (hertswildlifetrust.org.uk)

SUSTFEST21 Still ON!



Sustainable Festival 2021 (SustFest21) Over 150 events are planned to take place from Sunday 23 May to Sunday 6 June 2021.

SustFest21 is for anyone, but particularly for residents of St Albans, Harpenden and villages such as Wheathampstead, Sandridge, London Colney, Redbourn or Colney Heath.

Events include guided walks, films, craft sessions, online workshops and talks such as Sustainable housing, saving CO2, solar panels, trees, and many more.

From local trees to hedgehogs, reusable nappies, air source heat pumps to cooking demos there is something for everyone to

enjoy whatever your age or interests.

Visit:

<https://sustainablestalbans.org/get-started/sust-festival/>

What I've Been Up To...

by Lisa Vaughan

I thought that I'd let you know what I've been up to during the pandemic. I have been working throughout the pandemic, myself and my team haven't stopped working, except for a few days off here and there.

In my spare time, I've taught myself how to make things from wood. I've been making chopping boards, coasters, doorstops and other wooden items. I've made them mainly as gifts, but I have been fortunate enough to sell some.

Here are a few examples:



Minister's Corner

by Minister Urla Rollins

Grace and Peace to You from God Our Father and from the Lord Jesus Christ. Greetings!

"May the God of Hope fill you with great Joy and Peace as you trust in Him, so that you may overflow with Hope by the Power of the Holy Spirit. (Romans 15:13)

To the only Wise God be Glory forever through Jesus Christ! Amen

Blessings

THIS MONTH'S
NOTICEBOARD

Health & Advice

- [Confidential support for St Albans Community Groups](#)

We know that you, the staff, volunteers and trustees who run the community groups and charities in our district are doing an amazing job supporting residents during this difficult time.

The Counselling Foundation, with funding from St Albans City and District Council is offering a free and confidential helpline for anyone working in the community and voluntary sector who feel they would benefit from a listening ear and access to practical information to support you through this too.

All you will need to do is email helpline@counsellingfoundation.org and someone will contact you to arrange a phone or online call. It is all completely confidential, no one from your organisation or the council will know who has accessed the service.

Thank you for all your work and support at this time.

Peggy Sharp

Community Engagement Project Officer,
Community Services, St Albans City and District Council.

- St Albans and District Foodbank

St Albans and District Foodbank are working with agencies/charities/groups across the district to ensure that all sectors of the community can access emergency food via the St Albans and District foodbank.

We know that the last year has been very challenging for so many people, some of whom have lost their jobs and others who have found themselves needing emergency accommodation.

We have been very fortunate that the community has kept donating food, we have not had any shortages of food, for which we are so grateful.

There are sectors of the community who may have a need for emergency food but who are not coming forward for help. We want to ensure that the information about the foodbank is readily available.

In the first Instance St Albans Citizens Advice

is a good starting point, they can issue e-vouchers and offer support for multiple agencies. 01727 811118

They are looking to re-open shortly so do look at their website:

<https://www.castad.org.uk/>

Emma Dalton is the Foodbank Manager at St Albans and District Foodbank, she can be contacted via:

manager@stalbandsdistrict.foodbank.org.uk
01727 613019 - option 1, 2 and 4

We are able to offer support and the help you may need is only a phone call away, we look forward to hearing from you.

LOGIC PUZZLES

Puzzle 1 - A girl meets a lion and unicorn in the forest. The lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The unicorn lies on Thursdays, Fridays and Saturdays, and the other days of the week he speaks the truth. "Yesterday I was lying," the lion told the girl. "So was I," said the unicorn. What day is it?

Puzzle 2 - What Can You Catch but Not Throw?

Puzzle 3 - Peter's father has five sons. The names of the four sons are Fefe, Fifi, Fafa and Fufu respectively. What is the name of the fifth son?

Answer 1: Thursday. The only day they both tell the truth is Sunday; but today can't be Sunday because the lion also tells the truth on Saturday (yesterday). Going day by day, the only day one of them is lying and one of them is telling the truth with those two statements is Thursday.
Answer 2: A cold
Answer 3: The fifth son is Peter himself.

Newsletter Compiled by Sissi A., Japan 2021

COVID Information Champion Update

27 May 2021 – Vaccination Update

Vaccination update

Those aged 30 or over are now eligible to be vaccinated. Everyone who is newly-eligible will either be contacted by their GP practice or can choose to ring 119 or go online through the [National Booking Service](#) to select from a range of vaccination sites across the county.

The COVID vaccine and fertility, pregnancy and breastfeeding

To help put people's minds at ease about the vaccine in relation to fertility, pregnancy and breastfeeding, a panel of experts got together to answer questions from the public. The video is being shared via social media and can be viewed [here](#).

Walk in sessions – no need to book

To make it even easier for eligible people to get protected against COVID-19, a number of walk-in vaccination sessions have opened up for people across Hertfordshire and nearby west Essex. This means that eligible people can turn up during walk-in sessions without the need for an appointment. Don't forget that these walk-in sessions are first come, first served. If a session is very popular, there might be a wait to be seen and there is a chance that vaccine supplies will run out. If you prefer the certainty of a guaranteed appointment time, please book an appointment instead.

A list of venues, opening times and information about which vaccines are being offered at each location are available [here](#).

Second doses for over 50s and those at high-risk from COVID-19

Following updated guidance around the timing of second doses, anyone over 50 or in the top nine priority groups will be contacted by the NHS and encouraged to get the second jab as soon as eight weeks have passed. Those who booked through www.nhs.uk/covid-vaccination or by ringing 119 will be contacted by the National Booking Service to book an earlier appointment. If they already have a second dose appointment that is coming up soon, we would recommend keeping that appointment.

To rebook via the National Booking System, people have to cancel their original second dose appointment to view and book an alternative date. If they booked and received their first dose of the vaccine through a local GP service, their GP practice will contact them with details on booking their second dose.

