

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - July 2021

Happy Summer Solstice!



by Andrene McDonald

Dear Members,

I thought this month we should take a trip around the world, whilst at home, to comfort those who love traveling (like me) but are unable to do so for the past 16 months due to the covid pandemic. I have picked out some of the festivals and events happening around the world for us to sample, so seat belts on... let's sit back and enjoy.

We obviously have to start with the Active Lifestyles picnic in Clarence Park on 2 July 2021.

On the same day in Palio di Provenzano, Siena Italy they will start their first of two annual bareback horse races. Each of the ten riders

comes from a different "contrada" (one of Siena's 17 districts), and attendees sport the colours of whomever they are supporting. The race, which has medieval origins, is held in the Piazza del Campo. We will now travel to America where they will be celebrating their independence day on the 4 July. This national holiday is celebrated among family and friends with barbecues, pool parties, and fireworks and most major cities have a grand parade.

From 5 July for two-weekends we have British Summer Time concert in Hyde Park London which has hosted in the past some of the best names in showbiz.

An art as old as humans themselves is celebrated in Austria from 11 July. The world bodypainting annual festival and competition held in Klagenfurt will host participants from around the world to compete in 12 categories that include airbrushing and special effects.

We then go on to celebrate Naadam, which is a traditional festival in Mongolia. This is held from 11 July and is locally termed "eriin gurban naadam" (эрийн гурван наадам), "the three games of men". This means that the festival celebrates what they deem as the three "manly" games such as wrestling, horse racing, and archery. In recent years in Mongolia, the latter two have been opened up to women. The festivities take place across the entire country.

The Encierro held in Pamplona, Spain is the most famous bull-run event held during the nine-day festival of Sanfermines in honour of Saint Fermin, 272-303 AD who was a legendary holy man and martyr. The bulls are led through the streets of the old quarter every morning of the festival to the bullring by many celebrators wearing white. This has its origins in the old practice of transporting bulls from the fields outside the city, where they were bred, to the bullring, where they would be killed in the evening.

Also in July we have this Pan-African Festival in Ghana's Cape Coast. Having originated in

1992, the festival aims to enhance the unity among the continent's inhabitants. This experience occurs every two years for Africans and people of African descent. The community events are performances and work in the areas of theatre, drama, music, and poetry, among other things and celebrate African influences from around the world and are formed around the principles of Love, Peace, Unity and Hope.

Travelling onto the Philippines we have the Grand Kaliga Festival in Gingoog City. This colourful and joyous festival of abundance and prosperity stems from the city's Manobo and Higaonon roots, the culture and tradition through rituals and street dancing. This is a thanksgiving celebration of the Higaonon, meaning "to thank god" for all the blessings, bountiful harvest, successful hunting expedition, installation of new chieftain, the birth of a child and any recoveries from hardships and sickness.

We touch down back in Europe with Bastille Day in France. This national holiday commemorates the 1789 storming of the Bastille, which subsequently prompted the French Revolution. Locals spend the day with loved ones, picnicking on the Seine (if in Paris), and admiring fireworks displays over the Eiffel Tower.

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.

I hope to see you on 2 July 2021!

Blessings, Andrene

Happy July Birthday Celebrations!



Edna Carty
Alithea Barnes
Elizabeth Kankum
Sissi Armarh

Black Futures - RESCHEDULE of Event.

Shared by Shelley Hayles

Unfortunately due to the changes in the lifting of lockdown measures we have had to postpone this event until Friday the 6 August 2021 at 5.45pm. St Albans Museum + Gallery, Town Hall, St Peter's Street, St Albans, AL1 3DH. £10 tickets are available on the museum website via eventbrite.

The evening will be a panel discussion event designed to celebrate Windrush Day 2021 and reflect on what was said during the St Albans Black Lives Matter protest a year on.

For further information please contact: Shelley Hayles at blackfutures@outlook.com For donations please follow the link: <https://www.justgiving.com/crowdfunding/black-futures>

We do hope that you can still attend.
Best wishes, St Albans Museums.



Street Food Market

Monthly Cultural Food Market in St Albans Town Centre!

Stalls will also include a mixture of different cultural homewares, drinks, accessories and charities + much more!!

Follow us @caravanserai_markets or contact Raihannah caravanseraimarket@gmail.com
Tel: 01727 649070

National Thank You Day

Over 16 million Brits are planning to take part in the country's first ever National Thank You Day on Sunday the 4 July 2021.

We all have different people to thank for helping us through the pandemic, from family members to key workers, good neighbours to volunteers. Please join your friends, neighbours and communities and take part in the country's first ever national Thank You Day on the 4 July. And let's say thank you together.

The idea of Thank You Day came from a grassroots campaign to hold the country's biggest ever thank you party in our local communities as a way of thanking each other and of building on the community spirit that so many felt during lock down.

Members of the public are being encouraged to mark the days in numerous different ways from picnics to BBQs, outdoor parties to drinks, while of course sticking to Covid guidelines.

Organisations are also putting on events through-out the day including:

- 9:00: Join in an hour's exercise across our country's parks and green spaces.
- 11:00: Power Hour - Keep Britain Tidy, the RSPB and Rotary are organising an hour's tidy up of parks and green spaces

- 13:00: The Big Lunch are organising small street parties and picnics to get neighbours together.
- 3pm that afternoon – led by Together with Music – individuals, choirs, bands and music groups, are invited to get together and sing or play Christine McVie's (Fleetwood Mac) classic "Don't Stop
- 17:00: Cheers for volunteers, led by Ross Kemp and the Royal Voluntary Service is encouraging people to raise a glass or a cuppa with their neighbours, the initiative is backed by thousands of pubs across the country.
- 19:00: The country's biggest ever BBQ with neighbours, led by Levi Roots, the Scouts and the National Citizens Service.

Hundreds of community choirs and schools plan to sing together outside care homes and hospitals to thank residents, patients and staff for everything they have given over the past year.

Minister's Corner

by Minister Ulla Rollins

Grace and Peace be yours in abundance.

"Praise be to the God and Father of our Lord Jesus Christ! In His great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead." (1 Peter 1:3, NIV)

Blessings

Poetry Moment: Bed in Summer

by Robert Louis Stevenson

In winter I get up at night
And dress by yellow candle-light.
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

THIS MONTH'S NOTICEBOARD

HELP AND ADVICE

- **Employment Support**



Parental Support

National Careers Service

**EMPLOYMENT SUPPORT
NATIONAL CAREERS SERVICE**

FREE Zoom Session
Tues 11th May (11:00 - 12:00) Tues 8th June (11:00 - 12:00)
Tues 13th July (11:00 - 12:00) Tues 10th August (11:00 - 12:00)

SESSION DETAILS

These virtual sessions delivered by the National Career Service are for people currently not in employment who are looking to upskill or get support to return to work with CV writing, applications or interview skills. This is open to all families with children under 11. Book your place and a Zoom link will be sent to you.

Alternatively you can self refer to the National Career Service on 0800 917 0419 if the group session or this date is not convenient.



HOW TO BOOK

Click on the link:
<https://bit.ly/2WgMMCV>

MORE INFORMATION

hertfamilycentres.org
Call us on 0300 123 7572



- **Bedtime Stories**

Our volunteers have been creating bedtime stories, for you and your families to enjoy at home.

These stories are a great opportunity to help you children improve their literacy skills.

Email: bedtimestories@communities1st.org.uk to get access to our bedtime stories videos!

- **Coaching for People Living with Diabetes**

The Adda Club are offering FREE lifestyle coaching for people living with type 2 diabetes who are Bangladeshi, Indian, Pakistani origin. [Read more.](#)

(<https://www.communities1st.org.uk/sites/default/files/Lifestyle%20Coaching%205.pdf>)

Find out more & apply at THEADDA CLUB.CO.UK / 07984 864 723

- **Stepping Out**



Carers

Stepping Out

Invite you to a
scenic, sociable, rejuvenating walk at



Hatfield House

Great Park and Gardens

On **THURSDAY 8 JULY 2021**

and enjoy walks through the beautiful grounds and gardens

Free of charge to carers, those they care for and people referred through social prescribing

BOOKING ESSENTIAL

Contact us by email at hallosteppingout@gmail.com

or by phone : Sue 077836 283566 / Ali 07739 36106
and join us for some great days out



- **Hertfordshire Family Centre Services**



The Hertfordshire Family Centre is running various courses for families, including 'Families Feeling Safe', 'Parenting Puzzle' and 'Welcome to the World'.

[Read more and book here.](#)

(https://www.communities1st.org.uk/sites/default/files/HL00606%20Family%20Support%20Leaflet_Draft_10_Families.pdf)

Get in touch...we're here to help support you. Call: 0300 123 7572 / Visit: www.hertsfamilycentres.org

• HSCP Revised Neglect Strategy - Resources

The HSCP Neglect Strategy was launched in February 2021 together with a joint Neglect Campaign with the NSPCC. You can find guidance, toolkits, posters and other resources at their online [Neglect Hub](#)

(<https://www.hertfordshire.gov.uk/services/children-social-care/child-protection/hertfordshire-safeguarding-children-partnership/professionals-and-volunteers/neglect-strategy.aspx>).

• Covid-19 Vaccination Update

COVID-19 Information Champion Update 24th June 2021

Vaccination update - everyone aged 18+ is now eligible to book their vaccine

In a push to get as many adults protected as soon as possible, everyone aged 18+ is now eligible to book their vaccine.

The NHS is also urging people aged 40+ to have their 2nd vaccination 8 weeks after the 1st dose, instead of 12 weeks.

The latest vaccination walk-in sessions have been published on the COVID-19 website.

These sessions are open to those eligible for their 1st or 2nd vaccine, with more Pfizer walk-in sessions opening up for under 40s.



• Being a Parent

Support for Young Parents

Being a parent is hard. Do you need support?

We now offer a support package for young parents who are in care or care leavers. You can get support in 3 ways:

1. Lifelong Links

Lifelong Links aims to find people who can support you and your children. These may include family members, friends, former foster carers or teachers.

How does it work?

A Lifelong Links Coordinator will:

- ✓ Learn about the people important to you
- ✓ See if they can find these people
- ✓ Arrange a meeting for these people to come together to work out how they can support you

How can they support me?

There are lots of ways they could support you:

- Cooking
- Messages & calls
- Advice
- Childcare
- Shopping
- Housework

2. Support group

You can join the group to:

- Meet other young parents
- Support each other
- Access information about support services e.g. benefit advice or childcare

3. Volunteers

You will have the opportunity to help us develop our volunteer support offer. These volunteers will:

- ✓ provide practical or emotional support
- ✓ support you to maintain your lifelong links

Lifelong Links If you want to find out more, contact your Personal Adviser or Social Worker or call the Family Group Conference Service on 01992 588346

LOGIC PUZZLES

Find the odd ones out in the groups of words. BUT WAIT! There's a catch. Each group of words has TWO words which do not belong. Can you find them both?

- Dodge - Ford - Lincoln - Hoover
- King - Earl - Knight - Bishop
- Yellow - Green - Dead - Black

- Hoover does not belong as it's the only one which is not a car manufacturer. Dodge does not belong as it's the only one which is not the last name of a President of USA.
- Bishop does not belong as it's the only one which is not a class of nobility. Earl does not belong as it's the only one which is not a Chess piece.
- Dead does not belong as it's the only one which is not a color. Green does not belong as it's the only one which is not the name of a sea.

Logic Puzzle Answers:

Services for Young People Summer Holiday Activity Programme 2021

Hertfordshire County Council Services for Young People provides free youth work projects, information, advice, guidance, work related learning and wider support for young people
www.servicesforyoungpeople.org



Exciting free and local opportunities for young people aged 12-16 during the Summer school holidays

- Fun and informal workshops to help with a healthy physical and emotional lifestyle
 - Free lunch / food
- Physical activities, such as: Sports, Dance and Games
 - Meet and socialise with other young people

www.servicesforyoungpeople.org/support-for-young-people/happy-2021

Please visit Be HAPPY - practical resources - Herts Sports Partnership (sportinherts.org.uk) for details of other organisations delivering activities in Summer



@SfYP.StAlbans



@StAlbansTeam



Services for
Young People

