

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - December 2021

Season's Greetings for a Blessed Christmas and Happy New Year



by Andrene McDonald

Dear Members,

On behalf of the Active Lifestyles Committee we would like to thank you all for your help and support over the past six months. It has not been easy for a lot of us who have been unwell ourselves or have had loved ones unwell or who have sadly passed. In addition we have experienced the added fear of catching covid and many of us were left

feeling isolated and lonely from the lengthy lockdown.

We have been very busy over the past six months with various activities and social interaction which have hopefully left us energised with raised spirits to face the winter months.

We would like to thank our speakers, guests and Active Lifestyles members who have given their time and expertise in helping out and facilitating activities and of course our lovely cook Pauline and her team. We would also like to thank Sissi Armarh who edits our newsletter all the way from Japan and wish her and Illy a safe and wonderful Christmas. Last but not least I would like to thank my committee members for their continued support and Brenda and Stella who help the committee members to keep the club running.

There is a musical theme to our Christmas Party on 10 December this year and we will be entertained by The Ukulele Ladies with Rafina Suffee, the young people Ayana, Ayesha, James and Sam from the Saturday Club and Karen Stapleton. Amongst the festive celebrations there will be the usual Christmas Raffle prizes, a prized Christmas quiz and a delicious three course Christmas Meal, Caribbean style. We will then send you home full of Christmas cheer with a small gift and Christmas card.

At the club meet on 26 November 2021 members decided to close the club until March 2022 due to the cold weather and the rise of covid virus. We will however have one luncheon club meet on 14 January 2022 to show Pauline Stapleton Community video and to discuss with Shelley Hayles and myself the research we hope our members will be involved with working with St Albans Museum and Leeanna's Wish.

Please be aware that when Active Lifestyle takes photos these are displayed, put on our website, www.activelifestyles.org.uk or in our newsletter. Please inform us if you are not

happy for your photo to be taken and displayed.

Dates for your diary: **10 December 2021** Christmas Party, (all reserved spaces must be paid even if you are unable to attend); **14 January 2022** Pauline Stapleton Community Video; **4 March 2022** Leynoe Stapleton and Marjie Wilson How to Knit and Crochet; **18 March 2022** To Be Announced

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. **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, Mrs Rollins or Zaitun**). You can contact me from the contact details in the January 2021 issue.

I hope to see you on 10 December 2021!

Blessings, Andrene

Happy December Birthday Celebrations!



Urla Rollins
Carolyn Grant
Zilpha Stapleton
Rafina Suffee

Upcoming Events this month:

COMPUTER SKILLS Do you want to know how to use a computer?
Or develop your computer skills?
Do you want to know how to access a Zoom or Microsoft Teams meeting?
Surf the internet or email

Classes are starting on **22 January 2022** at St Peter's School, Cottonmill Lane, St Albans. If you are interested and would like further information please contact Shelley Hayles on 07595 025239

ACTIVE LIFESTYLE MEMBERS WALKING INTO WELLNESS WITH WESTMINSTER LODGE

If you would like to keep fit and healthy whilst enjoying the scenery you can take part in organised walks on **13 and 20 December 2021.**

A group of likeminded Active Lifestyle members could meet and join in the Westminster Lodge walks. The starting point will be at Westminster Lodge Leisure Centre, Holywell Hill, St Albans. For further information please contact Shelley Hayles on 07595 025239

BlackPoppyRose

By Ken Mounter

I am writing this on November the 11th, the day of remembrance when the UK holds a two-minute silence. The guns fell silent on the Western Front on November 11th, 1918 as an agreement to end the fighting as a prelude to peace negotiations.

Individuals will know of the annual ceremony held at the Cenotaph, which stands in Whitehall and was originally intended to commemorate the victims of World War One. Now it is used to commemorate all the dead

in all wars in which British servicemen and women have fought.

At the west end of the Nave of Westminster Abbey is the grave of the Unknown Warrior, whose body was brought from France to be buried there

on 11th

November

1920. The

grave contains

soil from

France and

has a black

Belgian

marble slab

which has an

inscription

including;

“For King and

Country for loved ones home and Empire (my emphasis).”



The Poppy is worn in some countries to commemorate those who have died in war. And many people choose to wear a poppy in November to show respect for those who have died fighting in conflict. The red poppy is said to be inspired by the poem “In Flanders Fields”, by Canadian Doctor Lieutenant Colonel John McCrae.

Some wear a purple poppy (animals that have been victims of war), black (commonly associated with commemoration of black, African and Caribbean communities’ contribution to the war effort – not just service personnel), white (commemorates people who died in conflict, yet this focuses on achieving peace and challenges how war is viewed).

I worked with a colleague who never wore any type of poppy and it took many heated arguments and reading of books/articles on individuals such as Walter Tull, coupled with visits to Flanders and further research regarding the Taranto mutiny to understand why. It was a talk by Selena Carty that made me really think about wearing a red poppy

and a Black Poppy Rose pin. Whilst the red poppy is eventually taken off my coat as Remembrance Day passes and we look forward to Christmas and the New Year, the Black Poppy Rose remains.

The Black Poppy Rose was launched in September 2010 by Selena Carty and as stated on their web site – “Created to be a symbol that represents the contributions made by the African/Black/Caribbean/Pacific Islands communities to various wars since the 16th century”. Their mission statement: **Established with the aim of enlightening people of ALL nations, of the African /Black /West Indian /Pacific Islanders contribution to history.**

I encourage you to investigate further and go to <https://www.blackpoppyrose.org/> where there are resources, details of events and a shop where you can support them.

Could you help NHS Nurses settle into the UK?



Shared by International NHS Buddy with Communities 1st

We are urgently looking for volunteers to help support new international NHS nurses arriving in Hertfordshire each month to fill staffing shortages. If you enjoy meeting new people and exploring different places around Hertfordshire, are positive about diversity, this may be something you will enjoy doing.



This could include meeting them for a coffee, helping them get familiarised with the local area, going on trips, or just generally being a friendly face. This may be done in a group using Communities 1st community transport, or on a 1:1 basis. When possible, recruits will be signposted on to voluntary sector organisations providing culturally specific support. Access to your own vehicle is preferred. However, this could mean for those who only use public transport some international NHS nurses could be in your local area, i.e. St Albans, Hemel Hempstead and Watford. You would need to become a volunteer of Communities 1st and training will be given in various areas. For more information **contact 020 3940 4865** or email **volunteer@communities1st.org.uk**. We look forward to hearing from you!




Social Prescribing Service

for Young People

Social Prescribing (also known as community referral) can put you in touch with a range of local services that will support your health.

If you are:



Aged 10-24



Registered with a GP in Watford/Three Rivers/Dacorum/Hertsmere/St Albans...

To connect you to services in your local community that can support with:

- ☒ Healthy lifestyle
- ☒ Local activities
- ☒ Managing emotions/stress
- ☒ Caring for relatives
- ☒ Support groups
- ☒ Alcohol & drugs
- ☒ Employment
- ☒ Volunteering
- ☒ Family issues

And more...

Youth Link is a FREE service that can support you!

Text/call/Whatsapp or email Stephen:
stephen.ware@watfordfc.com
07510 927 143




COVID Booster Jabs

You don't need to wait to be called for your booster jab. You can book online [here](#) or ring 119 if it has been at least 6 months since receiving the second vaccine dose.

Who can use this service:

- Anyone aged 40 and over
- Anyone aged 16 and over with a health condition that puts you at high risk from COVID-19
- Frontline health and social care workers

You'll be offered appointment dates from 182 days (6 months) after the date of your 2nd dose.

You can now drop-in to some vaccination clinics across Hertfordshire without booking in advance. More details available [here](#)




Femi...

Anon Submitted by Zaitun Sadikali

When Nigerian billionaire Femi Otedola in a telephone interview, was asked by the radio presenter, "Sir, what can you remember that made you the happiest man in life?"

Femi said:

"I have gone through four stages of happiness in life and finally I understood the meaning of true happiness.

"The first stage was to accumulate wealth and means. But at this stage I did not get the happiness I wanted.

"Then came the second stage of collecting valuables and items. But I realised that the

effect of this thing is also temporary and the lustre of valuable things does not last long.

"Then came the third stage of getting big projects. That was when I was holding 95% of diesel supply in Nigeria and Africa. I was also the largest vessel owner in Africa and Asia. But even here I did not get the happiness I had imagined.

"The fourth stage was the time a friend of mine asked me to buy wheelchairs for some disabled children. Just about 200 kids.

"At the friend's request, I immediately bought the wheelchairs.

"But the friend insisted that I go with him and hand over the wheelchairs to the children. I got ready and went with him.

"There I gave these wheelchairs to these children with my own hands. I saw the strange glow of happiness on the faces of these children. I saw them all sitting on wheelchairs, moving around and having fun.

"It was as if they had arrived at a picnic spot where they were sharing a jackpot winning.

"I felt REAL joy inside me. When I decided to leave, one of the kids grabbed my legs. I tried to free my legs gently but the child stared at my face and held my legs tightly.

"I bent down and asked the child: Do you need something else?

"The answer this child gave me not only made me happy but also changed my attitude to life completely. This child said:

'I want to remember your face so that when I meet you in heaven, I will be able to recognise you and thank you once again.' "

What would you like to be remembered for after you leave that office or place?

Will anyone desire to see your face again where it all matters?!

Minister's Corner

by Minister Urla Rollins

Dear Active Lifestyle Members, Family Friends & Visitors,

Grace, Mercy and Peace be multiplied unto you - Greetings!

"This I recall to my mind, therefore have I Hope. It is of the Lord's mercies that we are not consumed because His Compassions fail not. They are New every Morning: Great is His Faithfulness." (Lamentations 3:20-23, KJV, Holy Bible)

Every Blessings!

THIS MONTH'S NOTICEBOARD

HEALTH & WELLBEING

- **Community 1st**



If you're in an at risk group or having to isolate, and need help or support with shopping, prescription collection, pet sitting, or urgent supplies or tech support, you can contact us.

Email: help@communities1st.org.uk.
Phone: 020 8207 5115.

Alternatively, if you would like to volunteer yourself to support this service, please contact us or visit our [website](https://www.communities1st.org.uk) for further information.

Support for anyone who wants to talk. You can call them on 0800 58 58 58 (5pm–midnight every day) or use their webchat service:
<https://www.thecalmzone.net/help/webchat/>

For more options, see our page on helplines and listening services. Mind's Infoline can also help you find services that can support you.

- **Samaritans**

Open 24 hours a day, 365 days a year to listen to anything that's upsetting you. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).

- **SANeline**

Support for people experiencing a mental health problem or supporting someone else. You can call them on 0300 304 7000 (4.30pm–10.30pm every day).

If you're in an at risk group or having to isolate, and need help or support with shopping, prescription collection, pet sitting, or urgent supplies or tech support, you can contact us.

Email: help@communities1st.org.uk. Phone: 020 8207 5115.

Alternatively, if you would like to volunteer yourself to support this service, please contact us or visit our website for further information.

QUIZ

Question Time! Any Answers?

1. Which country started the tradition of putting up a Christmas tree?
2. How many ghosts show up in A Christmas Carol?
3. In Home Alone, where are the McCallisters going on holiday when they leave Kevin behind?
4. Which country did eggnog originate from?
5. How many gifts were given in total in 'The Twelve Days of Christmas' song?
6. What year did Mariah Carey's 'All I Want For Christmas Is You' come out?

Answers:
 1. Germany
 2. Four: former business partner Jacob Marley, and the spirits of Christmas Past, Present and Future.
 3. Parts
 4. Britain
 5. 364
 6. 1994



CHRISTMAS TREATS

P	D	T	M	F	M	S	S	A	H	P	H	L	K	N
Q	A	A	U	F	I	U	M	Z	H	Q	F	Y	M	Q
G	E	E	E	A	N	O	U	C	O	O	K	I	E	S
S	R	S	K	O	C	I	L	C	L	O	V	E	S	L
E	B	O	A	M	E	T	P	E	G	D	U	F	E	E
G	R	O	C	S	M	P	R	E	H	E	P	L	I	O
N	E	G	T	M	E	M	A	N	H	A	U	A	R	N
A	G	U	I	M	A	U	G	A	G	M	M	T	R	E
R	N	J	U	O	T	R	U	C	R	I	P	B	E	D
O	I	F	R	I	B	C	S	Y	A	Y	K	R	B	E
N	G	T	F	B	B	S	P	D	V	E	I	E	N	H
G	O	N	G	G	E	W	R	N	Y	K	N	A	A	C
G	N	I	F	F	U	T	S	A	G	R	P	D	R	U
E	T	A	L	O	C	O	H	C	B	U	I	G	C	B
X	X	S	E	O	T	A	T	O	P	T	E	E	W	S

BUCHÉ DE NOËL
 CANDY CANE
 CHOCOLATE
 CLOVES
 COOKIES
 CRANBERRIES
 EGGNOG
 FLAT BREAD

FRUITCAKE
 FUDGE
 GINGERBREAD
 GOOSE
 GRAVY
 HAM
 MINCEMEAT
 NUTS

ORANGES
 PUMPKIN PIE
 SCRUMPTIOUS
 STUFFING
 SUGARPLUMS
 SWEET POTATOES
 TURKEY

