

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - January 2022

WISHING YOU A WONDERFUL YEAR AHEAD



by Andrene McDonald

May your year be full of happiness, good health, love and prosperity.

Dear Members,

We had a wonderful Christmas Party; almost 50 people attended. I would like to thank everyone, committee members, Active Lifestyles members, friends and families who gave their time and support in making it a great and festive party. We were lucky to receive a grant from Hertfordshire County Council, Community and People Wellbeing,

Adult Care Services; which helped to make things run smoothly. The musical theme went down a treat with the Ukulele Ladies and Gentleman and the young people from the Saturday Club entertaining us; Active Lifestyles would like to thank them for a great afternoon of musical ensemble. This was followed by a prized Christmas quiz presented by Arti; I believe the quiz was won by the Watford ladies who were joined by Sinead Howland, District Councillor for Batchwood and James from the Saturday Youth Club. We also had Angie's Christmas raffle prizes, a card and present for each attendee and of course a delicious three course Christmas meal by Pauline and her team; what a high note to end Active Lifestyles sessions until the new year.

As mentioned in the last newsletter 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. One such member who had attended Active Lifestyle since it first started and the meeting point was in Hatfield Road, who we affectionately known as 'Melda' Liburd sadly passed away on Friday 31 December 2021. She is now free of her pain and suffering; Active Lifestyles have sent our love and blessings to her daughter Muriel and her family.

We also had Phillip Morris who was taken to Watford hospital just before Christmas Eve and thankfully was out in time to spend the Christmas period at home. He is on the road to recovery and we hope to see him return to the club soon.

I myself caught covid but thankfully I seem to have gotten over the worst and hopefully with God's grace will continue to improve.

We are hoping to hold our next luncheon club meet on 14 January 2022 to show Pauline Stapleton Community video and to discuss with Shelley Hayles and myself the research

Active Lifestyles in conjunction with St Albans Museum and Leeanna's Wish are hoping Active Lifestyles members will be involved with. We hope to record the history of those who came to this country, worked and settled in and around St Albans and District using the information as a teaching tool for schools/ university and providing a legacy for our children and grand/great grandchildren etc. We do not want the knowledge and experience lost of those who work in NHS hospitals , in particular North West Hertfordshire had the largest number of long stay hospitals in Europe such as Shenley, Harperbury, Hill End, Cell Barnes, Leavesden and others I may have missed. The acute hospitals were St Albans City, Hemel Hempstead General Harpenden Memorial and then services moved on to Watford General. There were other employment such as the factories, i.e. Marconi's etc. the buses, railways and so on, a wealth of history not recorded.

Dates for your diary: **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 - **8 April**

2022: Three Cultural Ambassadors, from St Albans Masorti Synagogue (SAMS), the Polish and French community giving brief talks about their cultural heritage and presentation on some foods representing their culture.

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.

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

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

Looking forward to seeing you on 14th January 2022!

Blessings, Andrene





Happy January Birthday Celebrations!



Michael Ogarro
Violet Rollins
Kumaree Juggapah
Palmist Williams
Leynoe Stapleton
Bridget Gibson
Comfort Tetsola
Pauline Stapleton

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

Poetry Moment I - Ring Out, Wild bells

by Alfred Tennyson

Ring out, wild bells, to the wild sky,^[SEP]
The flying cloud, the frosty light;^[SEP]
The year is dying in the night;^[SEP]
Ring out, wild bells, and let him die.^[SEP]

Ring out the old, ring in the new,
 Ring, happy bells, across the snow,
 The year is going, let him go,
 Ring out the false, ring in the true.

Ring out the grief that saps the mind,
 For those that here we see no more,
 Ring out the feud of rich and poor,
 Ring in redress to all mankind.

Ring out a slowly dying cause,
 And ancient forms of party strife,
 Ring in the nobler modes of life,
 With sweeter manners, purer laws.

Ring out the want, the care the sin,
 The faithless coldness of the times,
 Ring out, ring out my mournful rhymes,
 But ring the fuller minstrel in.

Ring out false pride in place and blood,
 The civic slander and the spite,
 Ring in the love of truth and right,
 Ring in the common love of good.

Ring out old shapes of foul disease,
 Ring out the narrowing lust of gold,
 Ring out the thousand wars of old,
 Ring in the thousand years of peace.

Ring in the valiant man and free,
 The larger heart, the kindlier hand,
 Ring out the darkness of the land,
 Ring in the Christ that is to be.

Minister's Corner

by Minister Urla Rollins

Active Lifestyle Members, Family, Friends and
 Visitors Season's Greetings!

Grace and Peace be Yours In Abundance

The Prince of Peace

"For unto us a child is born, unto us a Son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace." (Isaiah 9:6, KJV) "Let not Your heart be troubled: ye believe in God, believe also in me (Jesus)." (John 14:1, KJV)

Wishing you a Blessed, Healthy and
 Prosperous New Year Blessings!

THIS MONTH'S NOTICEBOARD

HEALTH & WELLBEING

- **Herts Domestic Abuse Helpline**

08 088 088 088

Free and confidential support for anyone affected
 Mon-Fri: 9am – 9pm Sat-Sun: 9am – 4pm
 Anytime: Kim@mailpurple.org confidentially,

- **Samaritans**

Open 24 hours, 365 days a year, free and confidential
 116 123

- **SANeline**

Support for people living with long-term health
 conditions or supporting someone with a long-term health

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.

820 15 1516@communities1st.org.uk Phone: 020

Alternatively, if you would like information
 or support, please contact us

- **The mental health benefits of woodlands**



Woodland is a great place to
 get some fresh air and
 enjoy the benefits of nature.

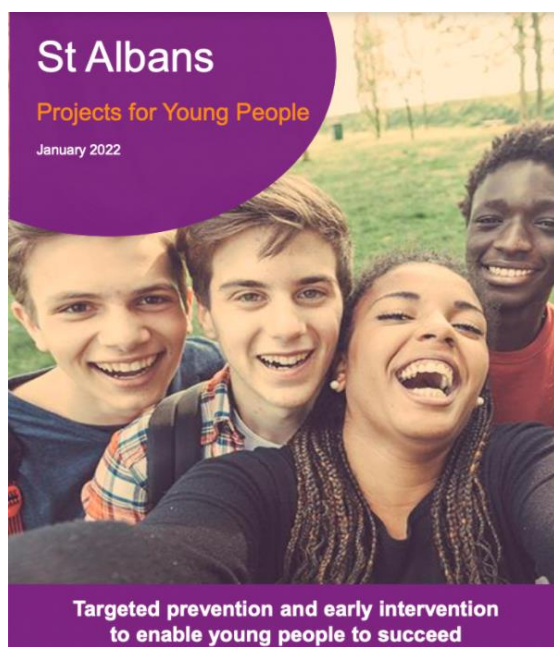
NEW YEAR QUIZ

Question Time! Any
 Answers?



1. What word do the Scottish people give for the last day of the year and its celebration?
2. What day of the week was New Year's Day, 2019?
3. Is the Chinese New Year commonly referred to as the Winter, Spring, Summer, or Autumn Festival?
4. What name was given to the predicted computer meltdown at the beginning of the year 2000?
5. Which English author, born on New Year's Day 1879, wrote A Passage to India?
6. Who wrote the song 'Auld Lang Syne'?

Robert Burns



Area Team Manager: Karen Haswell
Youth Work Practice Manager: Robert Brown



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Boys Allowed Project

Pioneer Young People's Centre,
Heathlands Drive, St Albans, AL3 5AY
Monday 6.00pm – 8.00pm
For young men aged 13 – 17

The Young People in Care Project

Phone 01442 454060 or email sfyp.stalbans@hertfordshire.gov.uk for details
Monday 6.00pm – 8.00pm
For young people in care aged 13 – 17

Reach Out Project

St Albans Girls School,
Sandridgebury Lane, St Albans, AL3 6DB
Tuesday 3.15pm – 5.15pm
Making positive choices for young people aged 11 – 14

LGBT+ Project

Phone 01442 454060 or email sfyp.stalbans@hertfordshire.gov.uk for details
Wednesday 5.00pm – 7.00pm
For LGBT+ young people aged 13 – 17

Girls Allowed

Pioneer Young People's Centre,
Heathlands Drive, St Albans, AL3 5AY
Wednesday 6.00pm – 8.00pm

The Emotional Wellbeing Project

Phone 01442 454060 or email sfyp.stalbans@hertfordshire.gov.uk for details
Thursday 6.30pm – 8.30pm
For young people aged 11 – 17

Detached

Outreach Project

Monday 3.15pm – 5.15pm – St Albans
Monday 6.00pm – 8.00pm – St Albans, St Stephen's Hill
Tuesday 6.00pm – 8.00pm – Wheathampstead
Wednesday 6.00pm – 8.00pm – St Albans Central
Friday – 4.00pm – 6.00pm – Harpenden
Friday 6.00pm – 8.00pm – St Albans City Centre
Friday 6.00pm – 8.00pm – London Colney

Access Point Project

Information, advice, guidance and sexual health services
including free condoms, chlamydia screening and pregnancy
testing

Catherine Street Young People's Centre
41 Catherine Street (on the corner with Adelaide Street), St Albans, AL3 5BN
Monday, Wednesday and Friday 3pm – 6pm
For all young people

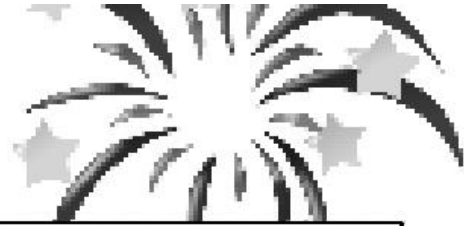
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New Year Word Search



DECEMBER
RESOLUTION
BALL
CALENDAR
MIDNIGHT

NEW YEAR
COUNTDOWN
CONFETTI
CELEBRATION
FAMILY

FRIENDS
KISS
TOAST
FIREWORKS
CLOCK

