

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - February 2022

HAPPY CHINESE NEW YEAR!



by Andrene McDonald

Dear Members,

This month celebrates the Chinese New Year starting on 1 February 2022 for 15 days and ending with the Spring Lantern Festival on the final day. This is the year of the Water Tiger which is commonly associated with bravery, courage and strength. It is thought the Water Tiger year will bring about new changes, and encourage people to overcome all challenges and difficulties.

心想事成 (xīn xiǎng shì chéng): May all your wishes come true.

Active Lifestyles met once in January 2022 at the luncheon club to showcase the community video featuring Pauline Stapleton,

her team of helpers Parmist and Nancy and also other members of Active Lifestyles as extras. We later discussed the research Active Lifestyles in conjunction with Leeanna's Wish and St Albans Museum is working to record a wealth of history not recorded of those who came to Britain, worked and settled in and around St Albans and District using the information as a teaching tool for schools and university and providing a legacy for children born in Britain. Shelley and I were very pleased to note around 20 of our members and visitors signed up to take part in the research.

- Please note due to covid and the winter months our year is starting in March 2022 and renewal of membership will be due. For the first time in 18 years the annual membership fee has increased from £10 to £12, Tea/Coffee with biscuits/cake is now £2, a two course meal is still £5 for those aged 60 and over and £5.50 under 60 years. Take away (with an initial meal) £3.50.
- On 4 March 2022 for those wanting to knit and crochet with Leynoe and Marjie please bring along your own wool, knitting and crocheting needles.

Dates for your diary: **4 March 2022 - Leynoe Stapleton and Marjie Wilson**, How to Knit and Crochet - **18 March 2022 Bingo** - **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).

I hope to see you on 4 March 2022.

Blessings, Andrene



Happy February Birthday Celebrations!



Devi Kularante
Phillip Morris
Robert Wallace
Nigel Rushton

Upcoming Events this month:

St Albans Youth Project February Half Term Football Sessions

14th - 18th February 2021 (3pm -5pm daily)
Location: Sandringham School, The Ridgeway,
St Albans AL4 9NX

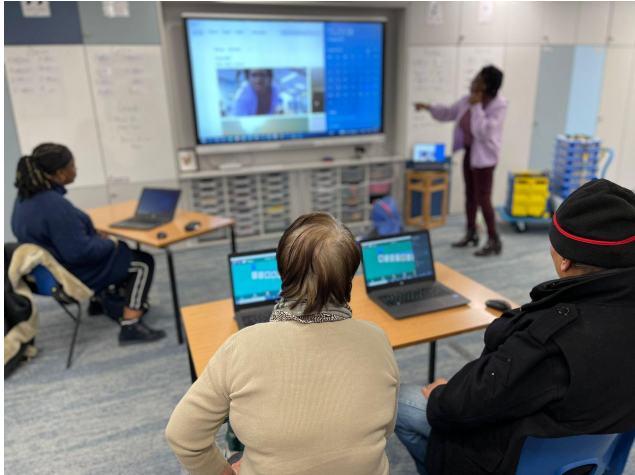
Open to boys and girls aged 8 to 15 years of all abilities. The sessions are free to families in receipt of UC, FSM and included in the pupil premium scheme. There is a small charge for those who have the means to make payment; all monies are invested back into the project to cover costs.

In order to register a child, we are asking parents/carers to complete this short form at:
https://docs.google.com/forms/d/e/1FAIpQLScYgh_1FqHH3fPR10gmEzUNV2ktk4TU3FXA7woYtYXpEHig7A/viewform

The games and technical training are led by local FA trained coaches, giving the children access to the very best professional coaching. Lionel Wallace, High Sheriff of Hertfordshire will be presenting all participants with certificates and medals on the final day.

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 held 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

F.A.C.E THE FUTURE. Stopping the police and asking them searching questions

St Albans Faith & Cultural Enterprise, (FACE) have been working with the police since 2020 to help break down barriers and build bridges in mutual respect and understanding between the police and community, in particular between young people and the police.

FACE in conjunction with the police and Oaklands College have organised a Question and Answer event to be held on **22 March 2022**. This is aimed at young people and it is hoped that the event will give young people the platform and opportunity to ask probing questions of the police and engage in fruitful discussions. The discussion will be live, over Microsoft Teams and (we hope) live streamed over YouTube as well.

SAVE THE DATE - St Albans City and District Council Community Lottery Launch

St Albans City & District Council is launching a Community Lottery to support local good causes. We are excited to deliver a face to face launch event on February 22nd instead of the online event advertised earlier.

The event will be held at the St Albans City & District Council, Civic Centre, St Peter's St, St Albans, AL1 3JE on **February 22nd from 2-3pm**. If you would like to attend this event please email lottery@stalbands.gov.uk to register your interest.

The launch event will be followed by an online information event on Wednesday March 2nd at 6pm.

Please email lottery@stalbands.gov.uk for further details.

Yoga

Do you want to attend yoga classes? Two ladies have already started and thoroughly enjoy the session.



For further information, please contact Shelley Hayles on 07595 025239

Do you want to be pampered?



Faye is happy to attend Active Lifestyles to provide manicures and pedicures for our members. Watch this space...

Poetry Moment -咏鹅 “An Ode to the Goose”

by Tang Dynasty poet Luo Binwang

鹅、鹅、鹅，
曲项向天歌。
白毛浮绿水，
红掌拨清波

Goose, goose, goose,
You bend your neck towards the sky and sing.

Your white feathers float on the emerald
water,
Your red feet push the clear waves.

Minister's Corner

by Minister Urla Rollins

Dear Members, Family, Friends, Visitors
Grace and Peace be multiplied unto you!
Greetings!

“Be of good courage, and He shall strengthen
your heart, all ye that Hope in the Lord.”
(Psalm 31:24, KJV)

Now the God of Peace be with you all.
Amen Blessings!

THIS MONTH'S NOTICEBOARD

FUNERAL ANNOUNCEMENT

Melda Liburd's funeral will be held at 11 am on
Friday 18 February 2022, Marlborough Road
Methodist Church, 69 Marlborough Road, St
Albans AL1 3XG

Followed by her burial at Hatfield Road Cemetery,
178 Hatfield Road, St Albans, AL1 4LU and a
gathering at the London Road Club, Cell Barnes
Lane, St Albans, AL1 5AS

HEALTH & WELLBEING

- **Hertfordshire Libraries**

This may be of interest to some. Hertfordshire
Libraries have an online magazine collection,
Libby, which includes a range of health and
wellbeing magazines. The service is free for all
Hertfordshire library members to use. There's a
similar arrangement for newspapers too. More
information is available at:
<https://www.hertfordshire.gov.uk/services/libraries>



[es-and-archives/books-and-reading/newspapers-and-magazines/newspapers-and-magazines.aspx](#)



Those who aren't a library member can join online and download the Libby app.

- **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.

- **Long COVID and access to Benefits**

According to the Office for National Statistics (ONS) 233,000 people with long COVID have reported that their ability to undertake daily activities has been "limited a lot". According to the Department of Work and Pensions (DWP) between March & July 2021, there were 143 claims for Personal Independence Payments (PIP) based on long COVID, of which 76% were awarded payment.

If you know of someone who might qualify, you may want to signpost them to Hertfordshire's Money Advice Unit for further help.

<https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/financial-information/financial-information-tool.aspx?searchInput=PIP&page=1&resultsPerPage=10&view=list>

- **Herts Domestic Abuse Helpline**



Free and confidential support for anyone affected by domestic abuse.

Mon-Fri: 9am – 9pm Sat-Sun: 9am – 4pm

08 088 088 088 Or email: Kim@mailpurple.org confidentially, anytime.

- **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).

CHINESE QUIZ

Question Time! Any Answers?

1. In 2022 what is scheduled to take place from February the 4th to the 20th, in Beijing?
2. What name was given to the network of trade routes which connected the East with the West from the 2nd to the 18th centuries?
3. Name China's longest river?
4. Name the second longest river in China?
5. What name is given to the 8,000 clay soldiers discovered in Xi'an?

Answers:
1. The Winter Olympics (Beijing will become the first city to host both the Summer and Winter Olympics)
2. The Silk Road
3. Yangtze
4. The Yellow River
5. Terracotta Army



Chinese New Year

Chinese Lunar New Year



ANCESTORS
BOAR
COMPASS
DOG
DRAGON
DUMPLINGS
ENVELOPE
FANS
FESTIVAL
FIREWORKS

HORSE
JADE
LANTERN
LUCK
LUNAR
MONEY
MONKEY
OX
PARADE
RABBIT

RAT
RED
ROOSTERS
SHEEP
SNAKE
SPRING
TIGER
ZODIAC

