

# Active Lifestyles

*Active Mind, Body and Spirit*

Your Monthly Newsletter - March 2022

## WELCOME TO SPRINGTIME!



by Andrene McDonald

Dear Members,

March is the month of reflection, meditation, contemplation and celebration; we start this month with Ash Wednesday which marks the beginning of Lent where Christians focus on 40 days of repentance, fasting, reflection and prayer. This year Ash Wednesday falls on 2 March. We then experience St Patrick's Day on 17 March was originally celebrated in Ireland with religious services and feasts in honour of St. Patrick, one of Ireland's patron saints. On 20 March 2022 we start to celebrate spring, a new season; the warmth of the sun, plants rising from the earth, trees and flowers budding and bursting into blossom. Spring was originally known as lent, or the Lenten season, which came from the Old English lengten, which means "to make longer or greater in length." The season was

originally named after the fact that the days were getting longer. It was not until the 1300's that the term 'lent' was replaced by 'springing time', as it was the time of year when most plants that had been dormant over autumn and winter months finally began to grow again, or spring from the earth. The word spring originated prior to the 900's and has roots in the Old English 'springan' and Old Norse 'springa' as well.

Active Lifestyles is back at the Townsend Tennis and Bowling Club venue after a short break. With all being well we will now continue to meet every two weeks in a month. Please watch out for notices of any changes and dates of the lunch club in the newsletters or on our website.

- Due to fire precautions everyone who attends the club needs to sign in at the front desk as you enter where you will also need to pay for your teas/coffees or luncheon if eating a meal. Kumaree, Brenda and Stella will be happy to advise you.
- Our year starts in March 2022 and renewal of membership will be due. The annual membership fee has increased from £10 to £12, Tea/Coffee with biscuits/cake is now £2, a two course meal is £5.50 for members and £6 for non-members and take away (with an initial meal) £3.50.

Dates for your diary: **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; **22 April 2022 speaker: Councillor Sandy Walkington**, Liberal Democrats, Vice-Chair Overview and Scrutiny.

Please be aware that when Active Lifestyle takes photos these are displayed, put on our website, [www.activelifestyles.org.uk](http://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 myself or one of the committee members you are in contact with, what you want to put in the newsletter, (**Adele, Angie, Henrietta, Kumaree, Leynoe, Marjie, Mrs Rollins or Zaitun**).

I hope to see you on 18 March 2022.

*Blessings, Andrene*

#### Happy February Birthday Celebrations!



SK Chong (Angie)  
Kim Cheah  
David Reid  
Elizabeth Sowah  
Mimi Benn  
Valerie Wallace  
Majorie Wilson

## Upcoming Events this month:

### **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 from **6pm to 8pm 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, people can also link to instagram @ face\_stalbans and Tiktok and send their questions to the panel of 5 male and female metropolitan and local police officers and inspector Andy Wiseman – St Albans division.

In the coming weeks you will be able to watch our videos and find links to access the upcoming event.  
<https://facestalbans.co.uk/>



### **Covid Recovery B.A.M.E (CRB) Project: Engage Empower Enable**

A Community Networking event! Speakers: Leslie Billy, Viewpoint CEO and Tim Anfilogoff, Head of Community Resilience Herts CCG

You can register for free here:  
<https://www.eventbrite.co.uk/e/west-crb-team-community-networking-event-tickets-288480411677>



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**Thursday 24th March, 5:45pm - 7:15pm.** The virtual room will be open from 5:30pm to make sure we can start on time.

Contact West CRB Team for more information: Naomi Duncan-07868427488  
naomi.duncan@cdaherts.org.uk or Rushna Miah – 07859 734028  
[rushna.miah@cdaherts.org.uk](mailto:rushna.miah@cdaherts.org.uk)

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## Poetry Moment - A fitting poem for our dear friend Melda - “Miss me but let me go”

written by Anon & submitted by Kumaree

When I come to the end of the road and the  
sun has set me free,  
I want no rites in a gloom-filled room,  
Why cry for a soul set free?

Miss me a little but not too long and not with  
your head bowed low.  
Remember the good times, holidays, mystery  
trips, shopping trips,  
bingo games, lovely lunches and lots of fun we  
shared together.  
Miss me, but let me go.

For this is a journey that we all must take and  
each must go alone,  
It is all part of the master's plan.  
A step on the road home,

When you are lonely and sick of heart,  
bury your sorrow in doing and serving the  
needy.  
Miss me but let me go.

FARE THEE WELL.

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## Minister's Corner

by Minister Urla Rollins

Dear Members, Family, Friends, Visitors,

Grace to you and Peace, from God our Father  
and the Lord Jesus Christ.

Greetings!

“For whatsoever things were written  
aforetime were written for our learning, that  
we through Patience and Comfort of the  
Scriptures might have Hope.

The Grace of our Lord Jesus Christ be with  
you all. Amen.” (Romans 15:4, KJV)

Every Blessing!

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### THIS MONTH'S NOTICEBOARD

#### SAD NEWS

Active Lifestyles members would like to express their love and blessings to Mr Robert Wallace and Millie Wallace who sadly lost their son James. Our prayers are with them and their family at this difficult time.

**Funeral Service:** James Antonio Wallace, Friday 25 March 12.15pm at St Paul's Church, Blandford Road, St Albans. Herts AL1 4JP followed by Cremation at The North Chapel, West Herts Crematorium, High Elms Lane, Watford, WD25 0JS. Reception: Bricket Wood Social Club, Oak Ave, Bricket Wood, St Albans, AL2 3LQ

#### HEALTH & WELLBEING

◆ Communities 1st are supporting St Albans and District Council to distribute a **Household Support Grant** to people in need, who live in



the St Albans and District Area. Eligible recipients can receive a one off grant of £60 towards food and/ or a one off £60 grant towards fuel. The definition of fuel is quite broad- it can be put towards heating, or fixing a boiler or heating etc. For further information contact

help@communities1st.org.uk or to call Communities 1st Wellbeing Services on: 020 8207 5115. Please note - Citizens Advice St Albans and District, St Albans and Hertsmere Women's Refuge and also St Albans Foodbank are also distributing this fund.

♦ **Don't ignore your cervical screening invite:- Screening Save Lives.** In England, women and people with a cervix between the ages of 25 and 64 are invited for regular cervical screening every 3-5 years depending on their age.

Cervical screening is not a test for cancer, but helps prevent cervical cancer by checking for a virus called high-risk Human Papillomavirus, (HPV) which is common. If left untreated, these cells can develop into cancer.

**Jo's Cervical Cancer Trust** offers reliable information and advice. The weblink <https://www.jostrust.org.uk/> The helpline number is 0808 802 8000. No question is too small.

Cancel Out Cancer hosts a monthly Zoom session which is open to any member of the public. Held on the second Monday of every month from 6-7pm, the sessions help participants to:

- understand what cancer is and isn't, including busting some myths
- spot cancer early, getting to know what the signs and symptoms are
- know the value of screening, and importance of early diagnosis
- be positive about health and small lifestyle changes to help prevent cancer.

To sign up email:  
[enhertscg.engagement@nhs.net](mailto:enhertscg.engagement@nhs.net)

♦ **University Arts London, (UAL) St Albans Future Creative** is a new and growing venture for UAL. They provide inspiring art and design classes for young people 17 to 17 year olds after school, on Saturdays and during the holidays. Sandringham School, the Ridgway, St Albans, Herts. AL4 9NX

They help to explore young people's creativity outside of the classroom and help teenagers develop their skills for GCSES, A-levels and beyond.

If you have any questions, would like to get involved in teaching or recommend your local area as a Future Creative hub let us know.

Email: [ualfuturecreatives@arts.ac.uk](mailto:ualfuturecreatives@arts.ac.uk); Phone: 0207 514 7015

♦ **Heart Attack Campaign.** The NHS is encouraging everybody to recognise the potential signs of a heart attack. The early signs can vary. The most common include squeezing across the chest and a feeling of unease.

It can be easy to dismiss things but it's never too early to call 999 and describe the symptoms. The faster you act, the better the chance of a positive outcome.

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**St Patrick's Day Quiz**  
Question Time! Any Answers?

1. On what date is Saint Patrick's Day?
2. Can you name the highest peak on the island of Ireland?
3. Can you name the first female President of Ireland?
4. What is the main ingredient of the Irish pancake Boxty?
5. What's the familiar logo of Guinness?



Answers:  
1. 17 March  
2. Carruntoohill  
3. Mary Robinson  
4. Potato  
5. A harp



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

## WORD SEARCH

ASH WEDNESDAY  
LEPRECHAUN  
PANCAKES  
SPRING  
BIRDS  
MARDI GRAS  
PARADE  
ST. PATRICKS DAY  
FAT TUESDAY  
MASKS  
SHAMROCK  
TIME CHANGE



### Help make local healthcare equal for all

If you are of Black, Asian or Arab origin and live in Hertfordshire, we want to hear from you!

Help us improve equality and inclusiveness in the NHS by sharing your views and experiences of local health services - even if you don't use the NHS.

**Why is this important?** COVID-19 has worsened ethnic health inequalities meaning some people have faced even more difficulty accessing and using health services. By working together, we hope to transform local NHS services and ensure everybody receives the same level of care regardless of ethnicity.

#### You can share your views or your story by:

📄 Completing our survey anonymously using this link: <https://bit.ly/SurveyHwH> or scanning here:

📞 Talking to us one-on-one by calling: 01707 275978



**Who are we?** Healthwatch Hertfordshire is an independent charity. We make sure that NHS leaders hear your voice and use your feedback to improve care.





## Could you support people in your community with their mental health?

We are working with local organisations to build a team of **Mental Health Peer Supporters**.

Peer Supporters help others in the local community by:

- Spotting the signs of poor wellbeing
- Connecting with individuals through meaningful relationships and conversations
- Signposting to support services in the community
- Promoting positive wellbeing through challenging stigma and raising awareness
- Building the reputation and confidence that their organisation is a mentally healthy safe place

Peer Supporters will attend a **2-day online training course** with Mind in Mid Herts, followed by ongoing supervision and development sessions, to ensure that you feel confident that you can support your peers.

You will also get the chance to connect with and learn from other Peer Supporters, hence increasing your knowledge and support network.

Please go to the website below to sign up directly for one of the 2-day Peer Supporter training courses:

[www.mindinmidherts.org.uk/mental-health-training-and-workshops/building-stronger-communities/](http://www.mindinmidherts.org.uk/mental-health-training-and-workshops/building-stronger-communities/)

**If you have any questions, please do not hesitate to contact our training team on the below email address:**

**[training@mindinmidherts.org.uk](mailto:training@mindinmidherts.org.uk)**

 **mind**  
in Mid Herts

[www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

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