

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - June 2022

WELCOME TO SUMMER!



by Andrene McDonald

Dear Members,

The club met once in May 2022 and we were happy to have Councillor Sandy Walkington visit us to talk about his interest in researching the cultural history in St Albans

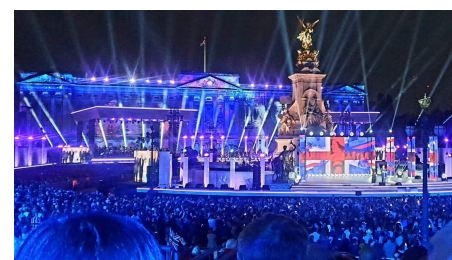


and district. This is similar to the research Active Lifestyles, Leeanna's Wish and St Albans Museum are undertaking. Sandy has

already spoken to various people who came over to Britain and settled in the St Albans area, so he had quite a few stories for us to reminisce on. Thank you, Sandy, for spending time and sharing a meal with us; hope to see you again soon with Francesca.

We start June with a myriad of celebrations both locally, nationally, and internationally.

The main events are of course Queen Elizabeth's Platinum Jubilee celebration weekend, (with the spring bank holiday included) from 2 June to 5 June 2022. I was blessed to be one of Robert Voss CBE CStJ, HM Lord-Lieutenant of Hertfordshire nominated person to attend the Platinum Party at Buckingham Palace on 4 June 2022. With almost 20,000 people in attendance my sister Debbie and I had a wonderful, vibrant day; we met quite a few people especially while queuing for refreshments, we joined in the flag waving and sing alongs' and saw a spectacular show which was very much appreciated; thank you Robert.



Active Lifestyles are extending the **Platinum Jubilee celebrations on 10 June 2022 with a picnic in Clarence Park, Hatfield Road / Clarence Road, St Albans from 12.30** so we hope to see you all there.

The month also includes Father's Day, 19 June 2022 so please entertain your father with a gift other than a pair of socks or tie, (unless requested of course). Last but not least we have the Wimbledon Fortnight, 27 June to 10 July 2022 and see the start of the annual international tennis championship.

Active Lifestyles is back at the Townsend Tennis and Bowling Club, Waverly Road, St Albans venue and we will continue to meet twice in a month. Please watch out for notices of any changes and dates of lunch club in the newsletters or on our website www.activelifestyles.org.uk

- 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:

10 June 2022: Picnic in the Park in celebration of **Queen's Platinum Jubilee**.

24 June 2022: Possibly Keep Fit sessions - TBA

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 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**).

Blessings, Andrene



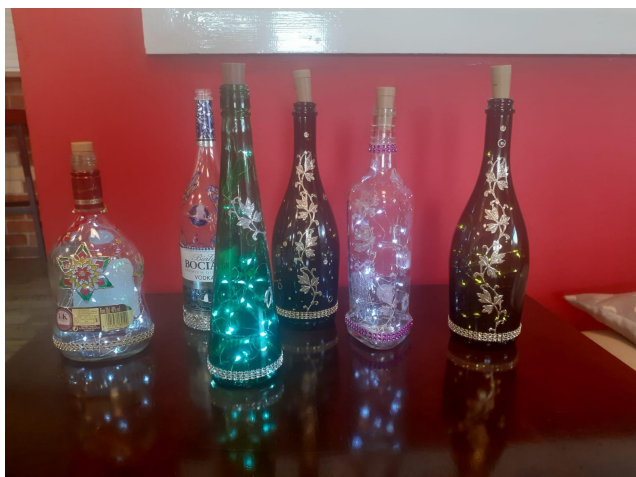
Happy June Birthday Celebrations!



Zorena Charran
Elizabeth Heading
Sylvia Oudaly
Meena Zala
Abeed Nahaul
Brenda Nahaul
Lisa-Jane Vaughan

Decorative Bottles

If you have any empty unusual shaped or coloured bottles, cleaned with labels off to bring to the club. Arti can decorate these and make them into lamps, (see photo) and we sell them at the club to raise funds.



Upcoming Events this month:

🔥 Conference for the Black Child: After Child Q, Racist Police Out Our Schools 🔥
📅 Sat 11 June *🕒 11am - 5pm*
Stoke Newington School, Hackney

*👉 REGISTER:

<https://www.eventbrite.co.uk/e/conference-for-the-black-child-after-child-q-racist-police-out-our-schools-tickets-338206834747>

A *hybrid physical and online conference* organising action to fight institutional racism in our schools in the wake of the Child Q outrage...

👉 Supporters include:

Diane Abbott MP, *Patrick Vernon* OBE,
Lester Holloway editor The Voice,
Jacqueline Courtenay organiser of Hackney Child Q protests, *Kevin Courtney* NEU

general secretary, *Weyman Bennett* Stand Up To Racism co convenor, *Nimo Hussein* office of Diane Abbott, *Chantelle Lunt* Merseyside BLM, *Mohammed Kozbar* Chairman Finsbury Park Mosque & Muslim Association of Britain, *Juliana Ojinnaka* UCU Black Members Committee chair & others

Free online Mental Health Peer Supporter training - NEW DATES

We are currently running courses on the below dates:

- Tue 31st May, Wed 1st Jun (2x full days 9:30am-4:30pm)
- Mon 20th Jun – Thu 23rd Jun (4x half days 9am-1pm)
- Tue 12th Jul, Wed 13th Jul (2x full days 9.30am-4.30pm)
- Tue 26th Jul, Wed 27th Jul (2x full days 9.30am-4.30pm)
- Tue 9th Aug – Fri 12th Aug (4x half-days 9am-1pm)
- Wed 17th Aug, Thu 18th Aug (2x full days 9.30am-4.30pm)

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

www.mindinmidherts.org.uk/product/building-stronger-communities-in-herts/

 **mind**
in Mid Herts

www.mindinmidherts.org.uk

Registered charity no. 1101678

NEW Cottonmill Community Centre

**COME AND LOOK AROUND THE NEW
COTTONMILL COMMUNITY
& CYCLING CENTRE**

Saturday 11th June 12-2PM

Your chance to look around this fantastic new centre!
See all the new facilities and find out about the spaces to hire



Old Oak, off Cottonmill Lane, AL1 2EF
cottonmillandsopwellhub.org



The Community CONCERT

THE TWO WORLDS CONCERT



FRIDAY
24th JUNE 2022
WATFORD PALACE THEATRE
20 CLARENDON ROAD
WATFORD, WD17 1JZ
FRONT DOORS OPEN AT 6:30pm
SHOW STARTS AT 7:30pm
TICKETS £19.50
BOX OFFICE
www.watfordpalacetheatre.co.uk 01923 255671



**Save the Date - Kickoff@3 National Finale
Sunday 10th July at the Warren (Bromley).**
Grassroots football teams from Durham,
Nottinghamshire, Suffolk, North Yorkshire
and London will be taking part, in support of
the African Caribbean Leukaemia Trust
Charity.

The event will give you an idea of their
cohesive work, whilst giving life changing
opportunities to diverse young people. Also
they will be spreading key awareness of
invaluable charitable causes.

Web: www.kickoffat3.com

Instagram: @kickoffat3

Twitter: @KickOffAt3

Facebook: KickOffAt3



June's Picture

written by Annette Wynne

Let me paint June's picture—first I take some
gold,
Fill the picture full of sun, all that it can hold;
Save some for the butterflies, darting all
around,
And some more for buttercups here upon the
ground;
Take a lot of baby-blue—this—to make the sky,
With a lot of downy white—soft clouds
floating by;
Cover all the ground with green, hang it from
the trees,
Sprinkle it with shiny white, neatly as you
please;
So—a million daisies spring up everywhere,
Surely you can see now what is in the air!
Here's a thread of silver—that's a little brook
To hide in dainty places where only children
look.

Next, comes something—guess—it grows
Among green hedges—it's the rose!
Brown for a bird to sing a song,
Brown for a road to walk along.



Then add some happy children to the fields
and flowers and skies,
And so you have June's picture here before
your eyes.

Minister's Corner

by Minister Urla Rollins

Dear Members, Relatives, Friends, Colleagues
and Associates, Greetings!

Grace and Peace be Yours in Abundance
“Men swear by someone greater than
themselves, and the oath confirms what is
said and puts an end to all arguments.
Because God wanted to make the unchanging
nature of His purpose very clear to the heirs
of what was promised, He confirmed it with
an oath.

God did this so that, by two unchangeable
things in which it is impossible for God to lie,
we who have fled to take hold of the HOPE
offered to us may be greatly encouraged.

We have this HOPE as an anchor for the soul,
firm and secure.” (Hebrews 6:16-19A, New
International Version, The Holy Bible)

Grace be with you all. Blessings!

THIS MONTH'S NOTICEBOARD

SAD NEWS

It was so sad to hear Beulah Carty passed on 3
June 2022. She was a lovely caring lady with a
big heart. She will be sadly missed and our
sincere condolences go out to her family.

HEALTH & WELLBEING

◆ HELP TO MANAGE COST OF LIVING.

Herts County Council are promoting advice
and practical help to manage the cost of

living. More information is available on their
website,
<https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/help-to-manage-the-cost-of-living>

Amongst other things the link includes advice
about cutting energy costs and help with
energy bills.

Those that are really struggling are advised to
contact HertsHelp where trained and friendly
advisors are on hand to offer confidential
advice and assistance. Call 0300 123 4044,
email info@hertshelp.net or visit
www.hertshelp.net.

◆ IT'S NEVER TOO LATE TO BE ACTIVE!

Register at link below to obtain:

- FREE activity pass from your local
leisure centre;
- FREE entry into a prize draw to win
£150 sports voucher;
- FREE welcome call and regular
motivational messages to help you find
the right activity for you;
- FREE activity planner

<https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/never-too-late/never-too-late.aspxpublic>.

◆ **Are you over state pension age, or know
someone who is?** Pension credit tops up
pension income and can help with day to day
living costs.

If you are over State Pension age, you may be
eligible to claim Pension Credit, even if you
own your home or have savings.

People who claim Pension Credit may also be
able to get help with:

- Heating costs;
- Rent and Council Tax;
- Free TV licence for those aged 75 or
over;



- Cost of NHS services, such as NHS dental treatment, glasses and transport for hospital appointments.

Check your eligibility by calling 0800 99 1234.

♦ **NEED SUPPORT - CARERS.** If you look after someone close to you, due to an illness, disability, addiction, or their age, there is support for you. The charity Carers in Hertfordshire provide information, advice and services for unpaid carers. Get in touch with them and your GP to let them know about your caring role. They can help to ensure you are identified, heard, informed and supported.

For information or help related to your caring role please email:

contact@carersinherts.org.uk or call 01992 586969

Father's Day Quiz

Question Time! Any Answers?

1. When is Father's Day in the UK?
2. In Thailand, what day is Father's Day celebrated on?
3. In Germany, Father's Day is also known as what?
4. Who sang 'Daddy Cool'?
5. Who is often called the 'Father of Medicine'?

Answers:
1. Third Sunday in June
2. The last King's birthday
3. Men's Day
4. Boney M
5. Hippocrates

Queen's Award for Voluntary Services (QAVS)

Hertfordshire Asian Women's Association (HAWA)

It is with my great pleasure to announce that Hertfordshire Asian Women's Association (HAWA) has won the Queen's Award for Voluntary Services (QAVS) 2022.

We are very honoured to receive this award.

Congratulations to Team HAWA, HAWA members and volunteers for their hard work and dedication.

#QAVS2022 #queensjubilee

