

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - July 2022

WELCOME TO SUMMER!



by Andrene McDonald

Dear Members,

Active Lifestyles celebrated the Queen Elizabeth 11 Platinum Jubilee on 10 June 2022 with a 'Picnic in Park' at Clarence Park, Hatfield Road / Clarence Road, St Albans with the support from Hertfordshire County Council's Community Wellbeing team. We were blessed by sunshine, good food and good company. Our area was decorated with buntings, we had a lucky dip, a lot of laughter and members and friends waved their flags in celebration. The day was suitably rounded off with a special quiz about the Queen. Thank you to everyone who attended, supported and made it a special day. Particular thanks goes to HCC Community Wellbeing team who helped to fund the event, St Albans Council who provided some bunting and chairs, Kumaree who made buntings, Angi who ran

the lucky dip table, Valerie who provided the balloons, Zaitun and Dina for the special quiz and of course Pauline and her team for the lovely meal.

Dates for your diary:

We are waiting for confirmation from speakers / Musical afternoon and Keep Fit session for the following dates at the venue:
1 July 2022, - 22 July 2022, - 5 August 2022, - 19 August 2022, - 9 September 2022 and 23 September 2022:

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 July Birthday Celebrations!



Edna Carty
Shelley Hayes
Alithea Barnes
Elizabeth Kankam
Sissi Armarh

Black History Research for St Albans and District

As you are aware Active Lifestyles in conjunction with Leeanna's Wish and St Albans Museum are undertaking Black History Research for St Albans and District area capturing and recording the history of the Windrush generation and those who came to this country, worked and settled in St Albans as a teaching tool for schools/ university and providing a legacy for our children. We have had several sessions with Active Lifestyles members and the community to inform on what we will be doing, have taken names/ contact details and have started some interviews.

Please contact Shelly 07595 025239 or Andrene 07572 040006 if we have not approached you and you would like to take part, provide your story, artefacts i.e., photos / items of memorabilia etc.

Upcoming Events this month:

Come and join us on a Day trip to Great Yarmouth Norfolk

Bring along family, friends, neighbours and let's enjoy a day together at this lovely seaside resort.



SATURDAY, 30 JULY 2022 FROM
08:00-19:30

Seaside Day Trip to Great Yarmouth

The Executive
Coach will

leave St Albans (opposite Morrisons) **at 7.30am.**

Great Yarmouth has a lovely beach, lots of shops, restaurants etc and the Pleasure Beach is full of activities for all ages. If you collect Tesco Clubcard Points, you can redeem them for a voucher and purchase your wristbands!!!

Coach Prices are: Adults £26
Children aged 14 & under £18.50

RESERVE YOUR SEAT TODAY WITH A £10
DEPOSIT - BALANCE DUE SUNDAY 3 JULY

Please contact: Cllr Jenni (Roper) Murray on
07792 186853 for further information



MUSLIM WOMEN'S CONVERSATION CIRCLE

FREE ENTRY
PRESCHOOLERS WELCOME
PARKING AVAILABLE

Starting 22nd June 2022
Every Wednes 10.30am - 12pm

Weekly coffee mornings with engaging discussions on women's health, wellbeing and faith led by Sister Najat with guest speakers

Chai and cake will be provided

Cottonmill Community Centre
12 Old Oak
(off Cottonmill Lane)
St Albans, Herts
AL1 2EF

For more details
pls contact us:
07534523232



COMMUNITY NIGHTS

Bringing the social back to Cottonmill

JOIN US ON FRIDAY 15TH JULY

6PM - 10.30PM

**COTTONMILL COMMUNITY CENTRE
12 OLD OAK (OFF COTTONMILL LANE)**

Come along for music, food and fun!

£2 entry no food

£6 entry + plate of Caribbean Cuisine

www.leeannaswish.org
leeannaswish@gmail.com



LEEANNAS WISH CIC

JOIN US FOR A CUPPA AND CAKE!

*Conversation, games and basic technical support
will all be on hand.*

EVERY TUESDAY

10:00AM - 12:00PM

**COTTONMILL COMMUNITY CENTRE
12 OLD OAK (OFF COTTONMILL LANE)**

£2 ENTRY

Food Allergy Warning! Our cake is freshly baked by a local caterer. Please be advised that it may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.

Please ask a staff member about ingredients used in cake before consuming.
Thank you - Leeannas Wish.

www.leeannaswish.org
leeannaswish@gmail.com

Minister's Corner

by Minister Urla Rollins

Dear Active Lifestyle Members, Family,
Relatives, Friends, Colleagues and Visitors.
Peace be unto you! Greetings!

"For Everything that was Written in the Past
were Written to teach us, so that through
Endurance and the Encouragement of the
Scriptures We might have Hope.
May the God who gives Endurance and
Encouragement give you a Spirit of unity
among Yourselves as you Follow Christ Jesus,
so that With one Heart and Mouth You May



Glorify the God and Father of our Lord Jesus Christ." (Romans 15:4-6, NIV, The Holy Bible)

The Grace of our Lord Jesus Christ be with all of you. Every Blessing!

Poetry Corner - Unique In The Month Of July

written by Sriranj Aratisankar

In July unique brings shower
I bloom as if jasmine flower
At noon the evening is falling
The world becomes myrtle-bower

THIS MONTH'S NOTICEBOARD

HEALTH & WELLBEING

◆ THE SLEEP CHARITY

Support for everyone to get a good night's sleep. They provide advice/ training on education or support for children, teenagers, adults, workplaces or professionals.

This is essential to a healthy lifestyle, protecting you physically and mentally as well as boosting your quality of life.

If you would like to talk about your sleep, you can call the National Sleep Helpline between 7pm and 9pm Sunday to Thursday on 03303 530 541

◆ **HEAT HEALTH ALERT** (adapted from Department of Health and Social Care – Heatwave Plan)

This includes:

- Older people, especially those over 75 years old, or those living on their own and who are socially isolated, or in a care home.
- Those with chronic and severe illness, including heart conditions, diabetes,

respiratory or renal insufficiency, Parkinson's disease, or severe mental illness.

- Those on medications that potentially affect renal function, sweating, thermoregulation, or electrolyte balance
- Those who are unable to adapt their behaviour to keep cool, including those with Alzheimer's, disabilities, or who are bed bound.

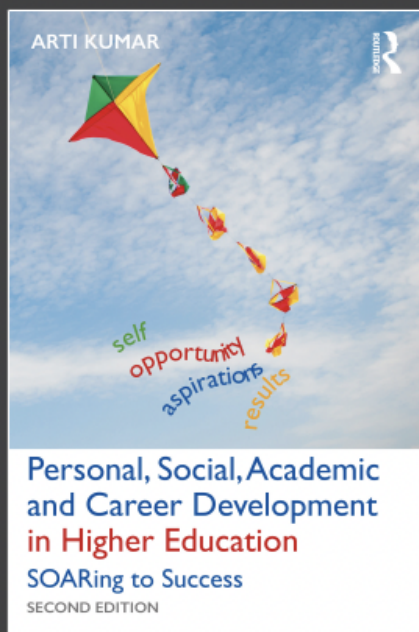
What you can do:

- Have available supply water and ice – oral rehydration salts, orange juice and bananas to help maintain electrolyte balance for those on diuretics;
- Drink plenty of cold drinks;
- Wear light loose fitting cotton clothing;
- Fans and water sprays, (use to spray clothing or damp cloth at back of neck) are always handy;
- Adapt menus to cold meals (preferably with a high-water content, such as fruit and salads);
- Stay out of the sun, especially between the hours of 11am and 3pm;
- Stay in the shade and wear hats, sunscreen, thin scarves, and light clothing if going outside;
- Keep curtains on windows exposed to the sun closed while the temperature outside is higher than it is inside.

If you suspect someone has heatstroke, call 999

Question Time! Any Answers? (answers on next page)

1. When is Harry Potter and JK Rowling's birthday?
2. What international multi-sport event will be held from 28th Jul to 8th Aug 2022 in Birmingham UK?
3. What date is Eid ul-Adha celebrated on in 2022?
4. When is Nelson Mandela's Day celebrated?



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Arti Kumar

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About the Author

Arti Kumar MBE is a National Teaching Fellow and an Education and Employability Consultant, author, trainer and mentor. She is the former Associate Director of the Centre for Excellence in Teaching and Learning (CETL) at the University of Bedfordshire, UK.

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Any Answers:
1. 31 July
2. The Commonwealth Games 2022
3. 9 to 10 July
4. 18 July

