

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - August / September 2022

WELCOME TO SUMMER!



by Andrene McDonald

Dear Members,

I hope all is well and everyone kept themselves hydrated and drank plenty of water during the sweltering heat we had recently; not the best weather for gardens but hopefully we will have some rain soon.

You will notice a Jamaican theme flowing through this newsletter as Jamaicans celebrate the 60th anniversary for Independence. **Jamaica Independence Day** is celebrated on August 6 annually. This day became a national celebration in 1962 when Jamaica became independent with full dominion status in the Commonwealth, under a constitution that retained the British monarch as head of state. The first elected Prime Minister was Alexander Bustamante. This year on **August 6, 2022**, marks Jamaica's

60th anniversary of independence with lots of celebrations taking place across the world.

We have a selection of photos this month and the centre piece is Marjorie Wilson in her traditional Jamaican quadrille dress ready for the 60th Independence celebrations.

Members' recent activity was a selection of board games, quizzes and puzzles, you will see that Phillip Morris completed his panda bear puzzle; what an achievement in such a short space of time.

A Last Supper, painting by Lorna May Wadsworth returned to St Albans Cathedral for a second viewing in 2022. It depicts a Black Christ model by Jamaican fashion model Tafari Hinds. The painting was first displayed in 2021 at St Albans Cathedral.

Sissi, Ilyas and I attended the new location for the African Centre initially based at Covent Garden, some of you may remember the premises in Covent Garden was barely a corridor but it was always busy due to the lovely atmosphere. They now have a lot of lovely new space at: 66 Great Suffolk St, London SE1 0BL. Sissi and Illy came back to Britain after a period of time in Japan for a short holiday; they are now starting a new term in Hong Kong SAR.

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.
- Membership renewal started in March 2022. The **annual membership fee** has

increased from £10 to **£12**, Tea/Coffee with biscuits/cake is now £2, a two-course meal is £5. for members and £5.50 for non-members and take away (with an initial meal) £3.50.

Dates for your diary:

We are waiting for confirmation from speakers / Musical afternoon:

9 September 2022 (Musical theme)

23 September 2022, Speakers Cllrs Jenni Murray and Sinead Howland – Batchwood ward

– 7 October 2022, – TBC

– 21 October 2022, – TBC

– 11 November 2022 – TBC

– 25 November 2022 Ukulele Group – TBC

Christmas Party date 16

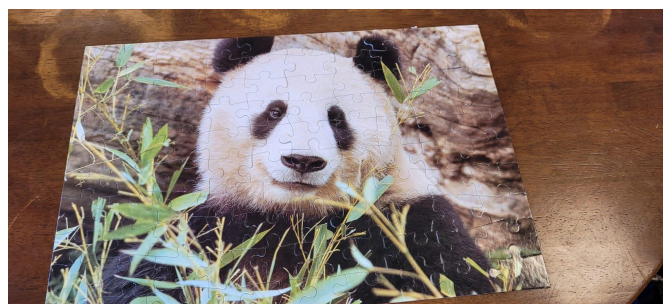
December 2022

(activities for new dates will be displayed once confirmed)

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 August / September Birthday Celebrations!



Alison McCarthy, Clare Dover,
Phyllis Stapleton, Diana Mandalia
/
Daphne Brown, Andrene
McDonald, Cheryl French

Upcoming Events:

Free online Mental Health Peer Supporter training

Additional course dates for this training – please see below:

- Thursday 29th September, Friday 30th September (2x full days 9.30am to 4.30pm)

This training will give you the skills to support others with their mental health and wellbeing.

You can book onto a free course by clicking on the below link:

<https://www.mindinmidherts.org.uk/product/building-stronger-communities-in-herts/>

Please contact:

Patrick Courtney

t: 03303 208 100 ext. 2094

w: mindinmidherts.org.uk

Caring Sharing Friends

Celebrations of International Day for older people 11am – 3pm on 4 October 2022 at Elim Church Hall, Leavesden Road, Watford.

Celebrating Communities Day Event

Sunday 9 October 2022, 1.30pm – 4.30pm, Homewood Road, United Reformed Church, St Albans, AL1 4BH

Film Screening – Blacks Can't Swim

Showing on 15th October 2022. **Free** booking at the Abbey Theatre, Westminster Lodge, Holywell Hill, St Albans

Minister's Corner



by Minister Urla Rollins

Dear Active Lifestyle Members, Family,
Relatives, Friends, Colleagues and Visitors.
Grace, Mercy, Peace and Love be multiplied
unto you!

Greetings!

“To them God willed to make known what are
the riches of the glory of this mystery among
the Gentiles: which is Christ in You, the Hope
of Glory.

Him we preach, warning every man in all
wisdom, that we may present every man
perfect in Christ Jesus”
(Colossians 1*27, NKJV, The Holy Bible)

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

Poetry Corner - Dubbed Out Verse

written by / Tribute to Jean 'Binta' Breeze – Jamaican dub poet
and storyteller, acknowledged as the first woman to write and
perform dub poetry. She died 4 August 2021 age 65

i
search for words

moving
in their music

not

broken
by
The
beat

THIS MONTH'S NOTICEBOARD

HEALTH & WELLBEING

◆ Get help to buy healthy food and milk with Healthy Start

NHS Healthy Start provides families with fruit,
vegetables and milk worth £220 a year,

plus free vitamins to help pregnant and
breastfeeding women and growing children.

If you are more than 10 weeks pregnant or
have a child under four years old, and you
receive certain benefits, you could be entitled
to a Healthy Start prepaid card worth £4.25
per week, to spend on healthy food and milk.

You can apply by either:

- emailing: healthy.start@nhsbsa.nhs.uk
- calling: 0300 330 7010



Interested in LGBTQ+ issues in Watford?

The 2022 LGBTQ+ Research is under way and we
would like to hear your thoughts on the important
changes that affect your lives



Where's the
"T" in
Government
thinking?



How
inclusive
is Sport?



Do
"experts"
get it?



Why is suicide
so high in the
LGBTQ+
Community?



Call Us Now: 01923 231660

www.ig-cic.org.uk or Email: ceo@ig-cic.org.uk



Phone lines are open 8am to 6pm Monday to Friday (except public holidays)

♦ **With the rising cost of living, it's important that those eligible for Pension Credit are claiming it.**

You could be missing out on not only a top up on monthly income but also help with other costs such as heating bills, housing costs, NHS dental care and if you are over 75 you can get a free TV licence.

To check if you are eligible call 0800 99 1234.

A friend or family member can call for you if you cannot use the phone.

Pension Credit claim line:

- Telephone: 0800 99 1234
- Textphone: 0800 169 0133
- RelayUK (if you cannot hear or speak on the phone): 18001 then 0800 99 1234
- British Sign Language (BSL) video relay service if you're on a computer

Monday to Friday, 8am to 6pm

Apply by post

To apply by post, print out and fill in the Pension Credit claim form or call the claim line to request a form.

Send the claim form to the Pension Service or ask someone to do it for you:

The Pension Service 8
Post Handling Site B
Wolverhampton
WV99 1AN

♦ **Have you completed your bowel screening test?**

Everyone aged 60 to 74 is entitled to free bowel cancer screening every two years. If you're registered with a GP, the test is automatically sent to your home along with

instructions and a free return envelope.

Bowel cancer is the 4th most common type of cancer, and screening can help prevent it, or find it at an early stage, when it's easier to treat.

♦ **Herts Mind Network Reach Out**

If you're aged 10-17, or a parent/caregiver; and would like some emotional support, advice and information, you can call/instant message @HertsMind ReachOut Team, Mon-Thurs 5-8pm on 01923 256391.

Quiz

Jamaica Question Time! Any Answers?

1. When did Jamaica become independent?
2. What did Christopher Columbus call Jamaica?
3. Which is the capital of Jamaica?
4. Which is the currency of Jamaica?

Answers:
1. 6 August 1962
2. Santiago
3. Kingston
4. Dollar