

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - April 2021

Happy Easter!



by Andrene McDonald

Dear Members,

It was very difficult to comment this month on one specific event or festival in April as there are so many listed from around the world I decided to mention a few instead.

We start with days that are traditionally known in Britain such as 1st April which we all know is April Fool's Day or Poisson d'Avril as they say in France. On the 2nd we have Good Friday, 4th Easter Sunday and 5th April Easter Monday. Then moving to the latter part of April we have the Queen's Birthday on the 21st and St. George's Day on 23rd April.

The month of April also seems to have been chosen around the world as what appear to be a 'freedom' month where countries celebrate their liberation, independence or National Days and some I have listed. 1st April National Day in San Marino and Republic Day in Iran.

4th April Liberation Day (1945) for Hungary and National Day in Senegal. The 6th is Uprising Day for Sudan, 11th Liberation Day in Uganda, 13th National Day in Chad and 15th National Day for Niger. For 16/17/18 April we have in succession Independence Day Cyprus, Cambodia, Syria and Zimbabwe. On 19th April we have Independence Day for Venezuela, Republic Day in Sierra Leone and Tiradentes day in Brazil. The 23rd April there is National Sovereignty in Turkey and 25th April there is Liberation Day for Italy and Portugal, National Flag Day for Swaziland and Sinai Liberation Day in Egypt. Now we are reaching the end of the month and on the 27th we have Independence Day for Afghanistan, Sierra Leone and Togo and finally the 30th April is Independence Day in Israel. It would be interesting to find out why April has been such a popular month for countries to express their liberation; does anyone have any idea?

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. For example, how have you coped during the lockdown? If some of you have started gardening a health regime or have read a good book to keep motivated let us know about it and we can share with others.

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, Sylvia, Mrs Rollins or Zaitun). You can contact me from the contact details in the January 2021 issue.

We hope you will find the newsletter informative, helpful, amusing and comforting.

Blessings, Andrene

Happy April Birthday Celebrations!



Diana Ma
Beulah Carty
Eleanor Clarke
Mildred Wallace

Bun an Cheese

by Dr Louise Bennett Coverley (an Excerpt from Laugh with Louise)

Dem Bwoy dah jeer Miss Matty
An a mock her an a tease
Dem a kill demself wid laugh mah
An a call her Bun an Cheese

Dem sey from Good Friday mawnin
Her jawbone no get no ease
Mawnin noon an night an bedtime
She was nyamin Bun an Cheese

Fe breakfuss lunch an dinna
She got so-so bun an cheese
She kea it go a church an
moving pictures if you please

She no count salfish an ackee
Cut her y'eye pon rice an peas
Hear her "me put pot pon fire
When me got me Bun an Cheese"

Easter time gwine come an go weh
Days an moment fly like breeze
But as long as Matty live dem bwoy
Gwine call her Bun an Cheese

Minister's Corner

by Minister Urla Rollins

Grace unto you, and Peace from God our

Father and the Lord Jesus Christ.

"Now our Lord Jesus Christ Himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through Grace, Comfort your hearts, and establish you in every good word and work." (2 Thessalonians 2:16-17, KJV).

Blessings

THIS MONTH'S NOTICEBOARD

GET WELL SOON! - Our blessings go to Beulah Carty and wish her a speedy recovery.

HELP AND ADVICE

- [Herts Mind Network Crisis Support Helpline](#)

About our service:



If you are experiencing a mental health crisis and would like someone to talk to, you can call our Crisis Helpline. Our helpline will provide emotional support, advice and information.

COMMUNITY OPPORTUNITY

- [Dance for all Disabled Children in Hertfordshire](#)



Children in Need and Para UK have some fantastic opportunities offering free inclusive dance sessions



for children and young adults with physical and learning disabilities in the Hertfordshire area over the next few months.

This is a free opportunity to have fun and get active through dance. More information can be found on the Para UK website:
<https://paradance.org.uk/free-inclusive-dance-sessions-funded-by-children-in-need/>

LOGIC PUZZLES

1. The day before two days after the day before tomorrow is Saturday. What day is it today?
2. Susan and Lisa decided to play tennis against each other. They bet \$1 on each game they played. Susan won three bets and Lisa won \$5. How many games did they play?

Logic Puzzle Answers:
 Answer 1: Friday. The "day before tomorrow" is today; "the day before two days after" is really one day after. So if "one day after today is Saturday," then it must be Friday.
 Answer 2: Eleven. Because Lisa lost three games to Susan, she had lost \$3 (\$1 per game). So, she had to win back that \$3 with three more games, then win another five games to win \$5.

WORDSEARCH PUZZLE



Easter Story
 Word Search

APOSTLES
 BETRAYAL
 CAVE
 CHURCH
 CROSS
 CROWN
 CRUCIFIXION
 DISCIPLES
 FAITH
 GOOD FRIDAY
 JESUS CHRIST
 JUDAS
 LAMB
 LAST SUPPER
 LENT
 MARY
 MIRACLE

PASSOVER
 PENANCE
 PENTECOST
 PRAYER
 REDEMPTION
 REJOICE
 RESURRECTION
 RISEN
 SAVIOR
 SON
 THORNS
 TOMB

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

COVID Information Champion Update

25 March 2021

The 'stay at home' rule will end on 29 March, but many restrictions remain in place. We must continue to:

- wash our hands
- keep our distance from others
- wear a face-covering when required
- self-isolate when necessary
- get tested if we have symptoms

Roadmap out of lockdown

From 29 March outdoor gatherings (including in private gardens) of either 6 people or 2 households will be allowed. Outdoor sports facilities such as tennis courts, and open-air swimming pools will also be allowed to reopen.

Vaccine supplies

Anyone who is aged 50+, an eligible carer, or in a vulnerable group, who has not yet had their first vaccination dose, should book their appointment now. You can book through the [National Booking System](#) or by calling 119.

From 29 March there will be a reduction in the manufacture supply of vaccine for four weeks. Pre-booked vaccination appointments will still go ahead. People should attend their appointments as planned.

Everyone who booked their first appointment at a pharmacy or large vaccination centre (either using the National Booking System website or by calling 119) should already have a second dose appointment. Anyone who had their first vaccination at a GP centre will be contacted by their GP practice about their second appointment.

Lateral flow testing – schools

Home tests **should not** be carried out on children in nursery, infant or primary school, as it could cause them injury.

Students in year 7 and above have been asked to complete rapid (LFT) tests twice a week. Parents, carers and adults in support bubbles providing childcare are also encouraged to take twice weekly lateral flow tests (on themselves, not children) at home.

How to get a test

You can find your nearest collection site and order online on the [government website](#). You can also book a test for yourself [here](#), at one of the county council's rapid test centres.

Throughout half term parents should continue to test themselves and their children (if they are in year 7 and above).

For financial or practical help and advice with the cost of food or fuel this winter, please get in touch with HertsHelp
Visit: www.hertshelp.net
email: info@hertshelp.net
or call 0300 123 4044.
For more information and guidance for residents and businesses during the pandemic please visit www.hertfordshire.gov.uk/coronavirus

Free rapid testing

Free rapid testing for people without symptoms is still available across Hertfordshire. If you are leaving the house for an essential purpose such as shopping or work, we recommend getting tested twice a week. You can book your rapid test [here](#).



**CommunityHelp
Hertfordshire**
A partnership of voluntary sector organisations representing Hertfordshire's voluntary sector

