

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - March 2021

Spring has Sprung?



by Andrene McDonald

Dear Members

Welcome to an early spring? It has been so mild lately, with sunshine and snow drops everywhere, people starting to prepare their garden beds for planting and the few, (including me), starting to walk, jog or cycle around the streets; let's hope it continues.

This month many people in Ireland and across the world will be celebrating St Patrick's Day on Wednesday 17 March 2021. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of Irish people in general. St. Patrick, who later became Bishop of Ireland, was a Christian missionary credited with converting Ireland to Christianity in the

AD 400s. He was not actually Irish but of British heritage and was never formally canonised, having lived prior to the current laws of the Catholic Church in these matters. Nevertheless, he is venerated as a Saint in the Catholic Church and in the Eastern Orthodox Church, where he is regarded as equal-to-the-apostles and Enlightener of Ireland.

In modern times St Patrick's Day is a public holiday in Ireland and the day has evolved into celebrations, public parades, festivals, céilís, and the wearing of green attire or shamrocks. Leprechauns are actually one reason you're supposed to wear green on St Patrick's Day or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see so I will definitely be wearing green on that day!

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 20 th of each month to ensure it gets into the following months 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 March Birthdays!



Angie Chong
David Reid
Elizabeth Sowah
Guat Kim Cheah
Marie Benn
Marjorie Wilson

Poetry Moment I: Black and British?

by Dayna Francis, featured on blackhistorymonth.org.uk,
submitted by Sissi A.

'Black and British' should not be a thing,
It should be you, me, him, her, them and they,
But people look to your colour and country for
your story,
And assume they realise your inner glory.

It is why some people call me the other black girl's
name,
I shake my head and correct them nicely but they
do not learn that way...a shame...

Shame on them, or shame on me?
They do not understand, yet I use the same
strategy?
Perhaps it is on me to change the way,
I treat those that do not treat me the same?

'Black and British' should not be a thing,
It should be you, me, him, her, them and they,
But people look to your colour and country for
your story,
And assume they realise your inner glory.

I am learning we are all the same when we are ill,
Yet they do not treat us with the same pill?
Doctors say it is because they have not seen
enough representation,
In their reading of literature beyond one's
imagination,
The health of a black life is still incomprehensible?
The physical and mental implications of this are
immeasurable...

What can one do to change the tone?
I am fed up of us suffering in silence, alone,
In our lonely plight for equality,
After centuries of ancestors lost in the name of
finding peace...

'Black and British' should not be a thing,
It should be you, me, him, her, them and they,
But people look to your colour and country for
your story,
And assume they realise your inner glory.

Because the different views we put on others
Can actually form these races and cultures,
And as beautiful as embracing all of that can be,
It takes us away from you being you and me being
me.

We found beauty in division- how do we fix that?
It is a challenge, there is no hiding from that fact,

All I know is it will take the minds of those in
charge,
To allow our rigid systems to open their arms.

THIS MONTH'S TOP NEWS

The Black Boys Can Academy

by The National Black Boys Can Association,



A new programme for
young people in years
10 to 11 is being
launched in March 2021
followed by years 7 to
9 from September
2021. The aim is to
help black boys thrive
in school.

The **National Black Boys Can Association**, is
an organisation that works with Black boys
between the ages of nine and 16.

Goals: To raise the academic and social aspirations and achievements of Black boys
Funding: The Birmingham head office is funded by its backer, the Church of God of Prophecy Worldwide; local branches seek funding for staff from schemes such as the Children's Fund.

Contact: National Black Boys Can Association, 0121 358 8618; Luton, 01582 651011.
www.blackboyscan.co.uk

Low expectations, discrimination and stereotyping continue to block the progress of many young Black people, but Black Boys Can is doing its best to change the situation.

The organisation aims to improve the lives of boys by providing personal development activities. It has been running since 1999 and now has groups in cities such as Birmingham, Coventry and Leeds, most of which are run by volunteers.

Census 2021



by the Office for National Statistics

The census is here and will take place on Sunday 21 March 2021.

It is a survey that happens every 10 years and gives us a picture of all the people and households in England and Wales. It is a legal obligation that everyone takes part and will give the most detailed information we have about our society.

Census Day is Sunday 21 March – but you can fill yours in as soon as you get your unique access code in the post. Your answers should be about the people who usually live in your household on this date – even if you're filling it in before then.

What is it used for?

It is used by the government and Local Authority to provide the services we all need including transport, education and healthcare. It also helps to shape policy, allocate resources, plan services and monitor equality and is used by charities and businesses to help with decision making.

The next census

There will be a digital-first census for the first time, but paper will be available for those who need it. Help will be available for people who need support to take part online. There will be a free phone Helpline for advice and support in many languages and over the phone completion of the questionnaire. In addition you can request a paper questionnaire including one in large print. If you need help, visit www.census.gov.uk

The Data

The data collected is protected by law and remains anonymous for 100 years. The data cannot be shared with anyone, not government departments or private companies.

Minister's Corner

by Minister Urla Rollins

"Now may the God of Hope fill you with all Joy and Peace in believing that you may abound in Hope by the Power of the Holy Spirit."
(Romans 15:13, NKJV)

God Bless and Keep You

Poetry Moment II: Light exists in Spring

by Emily Dickinson, submitted by Sissi A.

A Light exists in Spring
Not present on the Year
At any other period –
When March is scarcely here

A Color stands abroad



On Solitary Fields
That Science cannot overtake
But Human Nature feels.

It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.

Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay —

A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament.

THIS MONTH'S NOTICEBOARD

GET WELL SOON! – Both Mildred ‘Milli’ Wallace and Edna Carty are recovering from COVID19, a card was sent to them on behalf of Active Lifestyles wishing them a speedy recovery.

HELP AND ADVICE

- Citizens Advice St Albans Support with Energy Costs:

Citizens Advice in St Albans is still helping, even with their offices closed during the pandemic. You can call them on 01727 811 118. They will arrange for someone to ring you back to find the most appropriate way to help you. If you can't hear or speak on the phone you can contact them using Relay UK. You can also email them or chat to an adviser online via their website castad.org.uk. General information is also available from the Citizens Advice national website: citizensadvice.org.uk.

They can give you free and confidential advice on debt and money, benefits, housing, saving money on energy bills, employment, family issues and more. They can also help fill in forms to apply for benefits, grants or a Blue Badge. They can find benefits that you may be able to claim. If you're on a low income you may qualify for Pension Credit and help with your Council Tax and electricity bills.

- Community Help Hertfordshire: Covid Information Champions

Community Help Hertfordshire and Hertfordshire County Council, (CHH), have formed a partnership to provide accurate, reliable information about Covid-19. Their aim is to reassure people, enable them to make informed choices and ultimately reduce infection rates and keep people safe.

CHH wants to link with trusted individuals and community organisations to work together to share these messages each week. Active Lifestyles will be helping to share these messages amongst our members by including the information in the monthly newsletter.

PUZZLES

Logic Puzzle: The day before two days after the day before tomorrow is Saturday. What day is it today?

ST. PATRICK'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Created by Evelyn Bailey Johnson



clover
fairy
gold
green
Irish
leprechaun
lucky

March
parade
pinch
rainbow
shamrock
tricky
vanish



Newsletter Compiled by Ms. Sissi A., Japan 2021