

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - September 2021

Greetings to the coming autumnal equinox!



by Andrene McDonald

Dear Members,

I will not say much this month because we have a newsletter full of exciting events and photos. I will however mention that we were blessed once again with our second 'Picnic in the Park' held in Clarence Park on 23 August 2021. This time we were joined by Hertfordshire Asian Women's Association, (HAWA) and Herts. Welcome Refugees; so we had a mixed crowd of men, women and children, a selection of different cultural foods and fun and games. This was designed to bring together people of different cultures,

ages and gender to enjoy each other's company, catch up on each other's lives and network. We hope this has helped to build confidence in people who have been isolated for so long and in a fun way help people to feel safe and supported and take tentative steps towards integrating with others. The sun came out again for us and we met some lovely people at the picnic and hope to see them again in future events. Monir Ali and Kumaree Juggapah kindly took some photos of the picnic for us to share and people were asking for the date of the next picnic.

As we are unsure of good weather now that we are approaching the colder months I have arranged to meet at our usual venue, from 12.30pm at the Townsend Tennis and Bowling club, Waverley road, St Albans and have booked three dates, 17 September 2021 and 8 and 22 October 2021. We have both Chief Inspector Andy Wiseman and the new Hertfordshire High Sheriff Lionel Wallace, each invited to speak at one of the confirmed dates so please do come along and join us for activities and a tasty lunch.

Included in this newsletter we also have feedback from the Black Futures event with photos by Stephanie Bolton Photography and International Youth Day photos submitted by Hertfordshire High Sheriff's office

Once updated, photos will also be on our website, www.activelifestyles.org.uk for viewing.

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.

I hope to see you on 17th September 2021!

Blessings, Andrene



Happy September Birthday Celebrations!



Daphne Brown
Andrene McDonald

Black Futures Event

Shared by Shelley Hayles

The Black Futures event took place at St Albans Museum + Gallery on Friday 6 August 2021. Around 40 people attended though tickets were limited due to covid precautions.



The Black led roundtable event brought together 6 guest speakers, chaired by Maggie Wiggins were Shelly Hayles, Michael Wallace, Elaine Thomas, Korell Williams and Nicole Wallace in a belated celebration of Windrush Day and one year after the Black Lives Matter Hertfordshire protests. The date also coincided with Jamaica Independence Day.



There was a diverse crowd including local residents, some who initially came from the Caribbean to St Albans in the 70s. It was an evening of sharing the experience of living in St Albans, informing of the wealth of expertise that people had to offer and building an effective foundation for future generations.

Also in attendance were the local MP and Deputy Leader for the Liberal Democrats, Daisy Cooper, Hertfordshire Constabulary's Chief Inspector Andy Wiseman and new Hertfordshire High Sheriff Lionel Wallace.

Topics discussed included:

- Inclusivity and the way the Black British Caribbean community in St. Albans have contributed locally for years, their rich history and individual stories largely untold.
- The lack of Black History taught in schools and the negative long lasting impact that it has on the children affected.

- What we can do for our young people in St Albans and the challenges faced by those working in the youth sector.
- The need for more visibility of Black Role Models from all sectors and the celebration and promotion of their success in the media.
- A desire for an inclusive local community centre which is still missing from St Albans despite many hard fought attempts over the years.



Street Food Market

Shared by caravanserai

It seems the monthly Cultural food market which is every 2nd Thursday of the month from 4pm in St. Albans Town Centre stopped for the summer and may be back in September.

Follow @caravanserai_markets or contact Raihannah caravanseraimarket@gmail.com
Tel: 01727 649070

Learning Disability Big Plan 'Check in' survey

Shared by Jan Gates

Hertfordshire's Big Plan for adults with learning disabilities (2019-24) hertfordshire.gov.uk/bigplaneasyread commenced in 2019 before the COVID pandemic. We now want to check in with people before updating the Big Plan's action plan to make sure that we've taken into account the changes/different experiences that have occurred over the past 18 months.

As it's still difficult to bring groups of people together we are reliant on natural support, in-house services, local forums, self advocacy/speaking up groups, carers groups/forums, community providers, social work/nursing/health teams, commissioners etc...to help us hear back from people. So please share the survey information and take a role to assist people to engage and feedback their views.

We have made the survey available as follows:

- pdf format for printing paper copies
- Word format so responses can be typed in and emailed back
- On-line – to access digitally
https://surveys.hertfordshire.gov.uk/s/_BigPlan/

The deadline for survey returns is 16th September. Please note that we are calling this a 'check in'. It is not a 12 week consultation (a detailed engagement and a 12

week consultation took place when developing the Big Plan).

For queries and any further information please contact:

IntegratedCare@hertfordshire.gov.uk

Best Wishes

Jan Gates, Senior Commissioning Manager
Learning Disabilities; Integrated Health &
Care Commissioning Team; Adult Care
Services. Hertfordshire County Council

An Invitation to Evensong Service of Remembrance for Road Traffic Victims

On behalf of the Lord-Lieutenant of Hertfordshire, Robert Voss
CBE CStJ

To be held at St Albans Cathedral, Sumpter
Yard, St Albans AL1 1BY on Saturday 16th
October 2021 at 4pm.

Please RSVP to Ann Davies by email:
annd@rvtrust.co.uk or phone: 01234 843345.

Please be seated by 3.45pm ready for the
Service to commence at 4.00pm.



Step Up 2021

Shared by WatfordFC community

Sunday 10 October 2021, Vicarage Road
Stadium.

Registration fee required- to sign up go to:
www.shapeupherts.activetrainingworld.com/fc-events/step-up/

For further information, email Rhys:
rhys.ratcliffe@watfordfc.com

International Youth Day

Shared by Lionel C. Wallace DL, High Sheriff of Hertfordshire

On Thursday 12th August 2021, the focus at
the St. Albans Cathedral Orchard turned to
opportunities for young people, where the
High Sheriff of Hertfordshire - Lione C.
Wallace DL hosted a range of Hertfordshire
Organisations for International Youth Day.



Over 23 voluntary organisations took part in a
very successful day which platformed the
various service providers. There was the
opportunity following the past 17 months of
lockdown for organisations to also get to
know each other and find ways in which they
could work together.





The High Sheriff has declared a Young People focus for his year in office and is working to secure greater leadership development in Schools through the Young Leaders Award programmer.

Family Fun Day!

Shared by Dacorum Bangladeshi Welfare Association

Sunday 5th September 2021

12pm-6pm

At Grovehill Youth Centre, Stevenage Rise,
Hemel Hempstead HP2 6BH

Poetry Moment: Simple Tings

by Jean 'Binta' Breeze, born Jean Lumsden in Patty Hill, Hanover Parish, Jamaica, 11 March 1956, died 4 August 2021.

de simple tings of life, mi dear
de simple tings of life
she rocked the rhythms in her chair
brushed a hand across her hair
miles of travel in her stare
de simple tings of life

ah hoe mi corn
and de backache gone
ah plant mi peas
arthritis ease
de simple tings of life
leaning back
she wiped an eye
read the rain signs
in the sky
evening's ashes
in a fireside
de simple tings of life

Minister's Corner

by Minister Urla Rollins

Greetings!

Grace and Peace to you from God our Father
and the Lord Jesus Christ.

"We have this Hope as an anchor for the soul,
firm and secure. It enters the inner sanctuary
behind the curtain, where Jesus, who went
before us, has entered on our behalf. He has
become a High Priest forever, just like
Melchizedek." (Hebrews 6:19-20, NIV)

Blessings!

THIS MONTH'S
NOTICEBOARD

SAD NEWS

Lynn Stapleton is in Watford hospital with covid pneumonia, she is on oxygen and induced coma to help stabilise her breathing. The last update she was having comfortable nights sleep.

Our condolences go to Jennifer James' who used to help Pauline at the club in the kitchen, sadly lost her brother Ken James.

Sadly Active Lifestyles member, Lorrain Robinson, one of our Watford ladies passed recently our



thoughts and condolences goes to their family and friends.

HEALTH & WELLBEING

- **Watford FC community and Community Sports & Education Trust**

FREE 12 Week Weight Loss course, London Colney - WFC Training Ground, starts September 2021 - Shape Up. Entry criteria: Herts resident, male aged 18-65 with body mass index of 30+. Further information contact Rhys Ratcliffe, Tel: 01923 496391 or Email: rhys.ratcliffe@watfordfc.com

- **Covid is still around** - remember to carry on protecting yourself and your friends and family with social distancing and wearing face coverings in crowded indoor areas and:



Get vaccinated if you're 16 or over. Take a rapid or 'lateral flow' test twice a week if you don't have symptoms. Use a PCR test when you have symptoms,

and isolate when positive.

[Free lateral flow rapid tests, or if you have symptoms take a PCR test.](#)

- Would you like to feel more in control of your finances? try checking out the new '**Couch to Financial Fitness**' programme - a free and flexible nine-week plan. The weekly steps and helpful tools can help you cut your spending, and create better habits for the future.

[MoneyHelper's Couch to Financial Fitness - Money Helper](#)

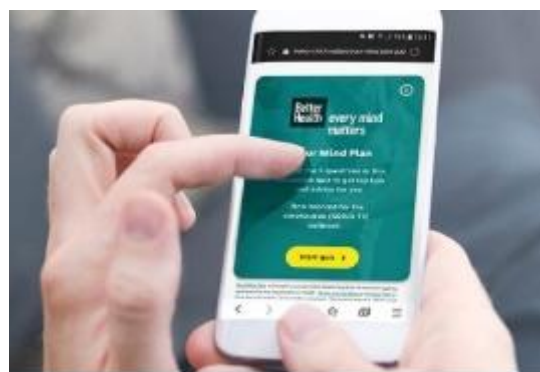
- **Singing is so good for you - why join a friendly group?**

Try a local singing group to have fun and feel energised. No audition or experience required. <https://somewhere2sing.co.uk/>

- **Feeling hungry and sleepy mid-afternoon?**

Try this delicious lunch with lots of healthy ingredients and protein for energy. Recipe: [Mushroom and Leek Wrap](#) - Dr Rangan Chatterjee (drchatterjee.com)

- **Get your mind plan** to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control. Just answer 5 quick questions for your free plan.



QUIZ

Question Time! Any Answers?

1. What does Volkswagen mean?
2. What cult classic did Victor Headley publish in 1991?
3. Who created Dracular?
4. Which country unified Tanganyika and Zanzibar to become an independent state in 1964?
5. Which Irish actor played Oliver Cromwell in the 1970 film?

Answers:
1. People's car
2. Yarde
3. Bram Stoker
4. Tanzania
5. Richard Harris