

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - November 2021

Greetings as we approach the Winter Months



by Andrene McDonald

Dear Members,

Active Lifestyles met twice in October 2021 at Townsend Tennis and Bowling club and once again we had a lovely time welcoming our speakers, socialising with our members and of course it could not be completed without a lovely Caribbean lunch. I would like to thank those of you who turned up in your cultural dress for the Black History month of October, including myself; well-done you all looked wonderful.

On 8 October we welcomed Inspector Andy Wiseman from the St Albans division who spoke about the community work he and his team have been undertaking, visiting different religious venues and community groups including the Saturday Youth Club and Faith

and Cultural Enterprise (FACE). He also explained the activities the police have done for Black History month and crime and prevention issues.

Following that event we met on 22 October with the High Sheriff of Hertfordshire, Lionel C. Wallace DL and he was joined by Hertfordshire Constabulary, Chief Constable, Charlie Hall, QPM M.A. (Cantab), M.Sc. and Chief Inspector Sally Phillips.

Most of you will know Lionel Wallace who grew up and went to school in St Albans and his lovely parents Milli and Robert Wallace who are members of Active Lifestyles. Lionel spoke about his appointment as High Sheriff and his role as a representative of her Majesty the Queen. He also explained about his commitment for his year in office to empower and provide opportunities for young people such as through the Young Leaders Award a school based programme and 'Be Your Own Boss' to support and encourage young entrepreneurs.

Charlie Hall spoke about a variety of areas within the constabulary that Active Lifestyles members and the wider community can become involved with, sign up to or apply for. He explained about the work that the policing services are doing to promote equality and good relations with the community aiming to ensure that the constabulary reflects the community it serves. Members showed their appreciation to all speakers and welcomed them back again.

Dates for your diary: **12 November 2021** the long awaited **Bingo** event and **26 November 2021** Social activities. Our **Christmas Party** will be held on **10 December 2021**, Brenda and Kumaree are collecting for the Christmas meal now so ensure you book early.

Last but not least I would like to apologise to Comfort for not printing her poem correctly; this has now been resolved in this issue.

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 one of the committee members you are in contact with what you want to put in the newsletter, (**Adele, Angie, Henrietta, Kumaree, Mrs Rollins or Zaitun**). You can contact me from the contact details in the January 2021 issue.

I hope to see you on 12 November 2021!

Blessings, Andrene





THE HIGH SHERIFF OF HERTFORDSHIRE

LIONEL C. WALLACE DL

REQUESTS THE PLEASURE OF YOUR COMPANY AT THE

HIGH SHERIFF'S JUSTICE SERVICE

IN THE CATHEDRAL AND ABBEY CHURCH OF ST. ALBAN

ON SUNDAY 21ST NOVEMBER 2021 AT 11.15AM

PLEASE ARRIVE FROM 10.40AM TO BE SEATED BY 11 O'CLOCK

R.S.V.P.

RSVP@HSHO.ORG.UK

UNDER SHERIFF

22 HIGHFIELD ROAD

HERTFORD

HERTFORDSHIRE SG13 8BH

PLEASE NOTE GUESTS ARE WELCOME TO SIT ANYWHERE
OTHER THAN IN SEATS RESERVED FOR THE PROCESSION PARTIES

MAPS AND PARKING GUIDANCE ARE AVAILABLE AT
WWW.HIGHSHERIFFOFHERTFORDSHIRE.ORG.UK/JUSTICE-SERVICE

Happy November Birthday Celebrations!



Louise Ogarro
Nancy Stapleton
Phyllis Chase
Julie D'adamo
Maureen Rollins
Stella Jute

Kindness: Through the Pandemic and Beyond.

Wednesday 17 November: 10.30am – 12.30pm
Thursday 18 November: 3pm – 5pm

The event will take place over two days, via Zoom. Please book a place on each day you wish to attend. On each day of the event you can choose one workshop to attend, you can book this when you register. If you cannot register on line please contact Communities 1st on 020 3559 3559.

https://www.communities1st.org.uk/sites/default/files/civicrm/persist/contribute/images/uploads/static/c1st_af0e01023376aa290fcd_bb6e22fd10e1.png

Book Your Place at our November Conference and AGM now!

Upcoming Events this month:

Communities 1st – Annual Conference & AGM
You are invited to join us at our Annual General Meeting on **Strength, Safety,**



Health MOT Event

27th November from 11am - 2pm

Venue: Holywell Primary School, Holwell Road, Welwyn Garden City. AL7 3RP

If you would like more information please contact Michal Siewniak - call: 07825021726 or email: michal.siewniak1@gmail.com

Watford Caring Sharing Friends

Shared by Angie SK Chong

On Tuesday 12th October 2021, Alithea, Stella, Angie and Maureen attended a Birthday Celebration Day for members of the Caring, Sharing Friends held in Elim Church in Watford. This was in aid of the birthday celebrations missed during the covid lockdown when everyone was shielding. It was a lovely day; everybody was socialising and interacting.

It was very lovely to catch up after such a long spell. We enjoyed lunch. There was a raffle with prizes and we each came home with a little birthday present

Thank you to the Watford team who made us very welcome.

Your Health & Care Champion

Shared by Healthwatch Hertfordshire

Healthwatch Hertfordshire work to address inequalities and improve NHS and social care services for everyone. To do this we ask people across Hertfordshire to tell us what is working well and what needs fixing in local

healthcare. We also help to get the information and advice you need to make the right decisions for you and get the support you deserve.

The power of your feedback.

You might think your feedback doesn't make a difference to how health and social care services are run but sharing your experiences helps improve people's lives. As an independent statutory body, we have the power to make sure NHS leaders and decision makers hear your voice and improve standards of care based on your feedback. Last year we, along with other local Healthwatch, helped nearly a million people like you to have your say and help change things for the better.

So if you need advice, or you are ready to tell your story, we are here to listen. Visit www.healthwatchhertfordshire.co.uk or telephone 01707 2759798

Could you help NHS Nurses settle into the UK?

Shared by International NHS Buddy with Communities 1st

We are urgently looking for volunteers to help support new international NHS nurses arriving in Hertfordshire. This could include meeting them for a coffee, helping them get familiarised with the local area, going on trips, or just generally being a friendly face. You would need to become a volunteer of Communities 1st and training will be given in various areas. For more information contact 020 3940 4865 or email volunteer@communities1st.org.uk. We look forward to hearing from you!



NHS Trusts across Hertfordshire and West Essex is recruiting a number of NHS professionals internationally each month to fill staffing shortages. Communities 1st are looking for volunteers who are sociable, outgoing and have a warm and welcome personality. If you enjoy meeting new people and exploring different places around Hertfordshire, have an open mind, are positive about diversity and are committed to building relationships with people from different backgrounds, this may be something you will enjoy doing. The role will entail taking the nurses on a tour around the town/area, introducing places of interest, parks, gyms, bus stations, help with shopping and familiarising with local customs etc. This may be done in a group using Communities 1st community transport, or on a 1:1 basis. When possible, recruits will be signposted on to voluntary sector organisations providing culturally specific support. Training in Equality and Diversity, Confidentiality, Safeguarding, Health and Safety will be provided to volunteers. No previous experience necessary. Access to your own vehicle is preferred. However, this could mean for those who only use public transport some international NHS nurses could be in your local area, i.e. St Albans, Hemel Hempstead and Watford.

Poetry Moment: My Lips

by Comfort Tetsola

My lips are made to be gracious not gossip
My lips are made to praise
My Lips are made to be thankful
My lips are made for smiling
My lips are made to make people happy joyful
and do things that will make people laugh
My lips are made for kissing not hissing
My lips will not do Chinese whisper but
whisper Chinese loving songs

My lips and soul will protect, share
experiences and share blessings

My lips will make my
heart sing I love you you you you you

(I love you-u-u-u-u-u-u-u-uquote by Milli Wallace)

Autumn Years...

Anon Submitted by Zaitun Sadikali

"I asked a friend who has crossed 50 & is heading towards 60 what sort of changes she is feeling in herself?

She sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realised that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

9. I walk away from people who don't value me. They might not know my worth, but I do.

10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.

11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.

13. I have learned to live each day as if it's the last. After all, it might be the last.

14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

I decided to share this for all my friends. Why do we have to wait to be 50, 60, or 70? Why can't we practice this at any stage and age?"

Minister's Corner

by Minister Urla Rollins

Dear Friends, Greetings!

"This I recall to my mind, therefore have I hope. It is of the Lord's mercies that we are

not consumed, because His compassions fail not. They are new every morning: great is thy Faithfulness." (Lamentations 3:21-23, KJV)

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

THIS MONTH'S NOTICEBOARD

HEALTH & WELLBEING

- **Citizens Advice St Albans District - Help with Energy Costs**

Their qualified advisers can help with matters relating to household energy supply, including finding the best energy tariff and identifying eligibility for benefits claims.

To find out more, call Citizens Advice St Albans on 01727 811118 or email energy@castad.org.uk and leave your contact details for the Energy Champ

- **Compassionate Community Connector Programme**

If you're in an at risk group or having to isolate, and need help or support with shopping, prescription collection, pet sitting, or urgent supplies or tech support, you can contact us.

Email: help@communities1st.org.uk. Phone: 020 8207 5115.

QUIZ: Questions - Any Answers?

Q1. What is Diwali known as?

Q2. What is celebrated on 1 November?

Q3. What is always remembered on 11 November in the UK?

Q4. Who was an English conspirator in the 17th-century Gunpowder Plot?

Answers:
A1. Festival of lights
A2. All Saints Day
A3. Armistice Day (Latin for to stand (still) arms)
A4. Guy Fawkes

