



Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Autumn 2017

Dear members,

I hope you had a good summer and welcome back to our Autumn term. We were once again pleased to start this term in Angie and Peter's lovely garden and this raised over £500 so well done Angie and Peter and to all who helped them make it possible.

Other activities include the members' annual holiday, this year to Austria in September, and each week in October we are celebrating the Thirtieth Anniversary of Black History Month in Britain with entertainment, film show and a big finale with our cultural day on 27th October, so tell your friends and family to come along and join us. As members we hope

you continue to tell others about your club so they can come along and take part in our wonderful activities and celebrations.

Our last big event will be our Christmas Party with lots of activities followed by a delicious meal. This year the party will be held on 15th December 2017, so please let Catherine know if you want to start booking places for this.

Finally I would like to thank you all on behalf of my family for the kind words and support you have given us during this difficult time. Best wishes for Christmas and the New Year.

Andrene



Happy Birthday to our Members

September

Lorraine Robinson
Daphne Brown
Andrene McDonald
Desmond Thomas

October

Catherine Abrahams
Syeda Momotaz Rahim
Thien Ngan Yung
Henrietta Richardson
Amy Lewis
Jenny Yong
Lisette Champion
Monica Hylton

November

Beng See Kibblewhite
Kingsley Simmons
Phyllis Chase
Maria Meneses
Sarah Pillay
Sally Andrews
Estelle Richards
Irene Lawrence
Stella Jute

Please let us know if you have any special anniversaries or life events you would like to share with your friends at the club and we will do our best to include them.

Puzzle Corner

How many words of 4 or more letters can you make from the letters in

MERRY CHRISTMAS

Can you make more than 10?

No proper nouns or abbreviations.

Bring your list to the Christmas Party.

Older People's Day

On Wednesday 11th October St Albans District Council held another special event to celebrate older people in St Albans District. Lots of useful information was available from the police, fire service, Trading Standards and the council itself. The local WI provided tea, coffee and delicious cakes free of charge.

Active Lifestyles had a stall manned by Angie, Jim and Catherine and we all enjoyed talking to those of you who came to say hello, as well as making new friends. We hope to see some of them at our future meetings.

Lots of organisations were represented giving a flavour of the many activities and organisations in the district, which will all help to keep your mind, body and spirit active - and have fun at the same time.

Member Nigel was there, too, demonstrating his extend exercises which he does with us every month.

"I never knew there was so much going on in St Albans!"

Are you...

unable
to sleep

unable
to cope
with work

fed up
and tearful

stressed

worried all
the time

lonely

in pain
all the time

The Wellbeing Team can help you work out how to feel better...

We offer workshops, online self help, guided self help with telephone support, individual sessions and other techniques aimed at helping you change unhelpful ways of thinking, find ways of coping and help you get back to your usual self.

The Wellbeing Service is part of the national Improving Access to Psychological Therapies (IAPT) initiative within the NHS.

To refer yourself to this free service

- Call 0300 777 0707



- Use our QR code
- Visit www.hpft.nhs.uk –
under 'What are you looking for?' click 'Self Referral form'

Fundraising

Open Garden Cake and Plant Sale

The miserable weather on Friday 8th September did not stop members and friends from enjoying Angie and Peter's hospitality when they opened their house and garden. The garden looked beautiful, even in the rain, and everyone enjoyed tea/coffee, cake and

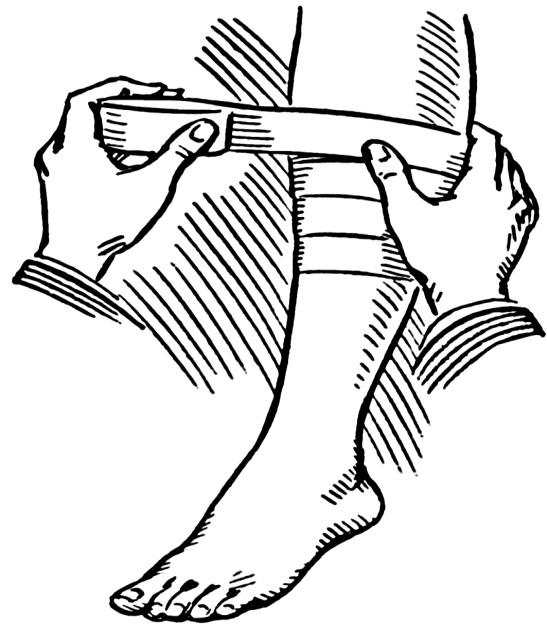
conversation,. There were lots of other goodies on sale, too, including plants, cakes, samosas and other wonderful foods, including Angie's delicious noodles with chicken and vegetables.

A grand total of £540 was raised for the club.

Thank you to Peter and Angie and for all their hard work, and to other members and friends who helped.

First Aid

Ten members and friends successfully completed the St Johns First Aid Course and will soon be receiving their certificates. Well done to Angie, Henrietta, Kumaree, Leigh, Nigel, Rafina, Sylvia, Sally, Paul and Peter.



Christmas Party

On Friday 15th December we will be holding our Christmas party.

Details (including ticket price) are still being finalised by your hard-working committee but there will be fun and games, singing with the Active Lifestyle Christmas Choir, and a delicious meal.

For catering purposes we need to know numbers in advance, so please book your place with Catherine as soon as possible.



Austria 2017



This year the club went to Austria - a good time was had by all. Thank you to Valerie.

Free TV licence

What is an over 75 TV Licence?

Anyone aged 75 or over can claim a free TV licence for their main address. It covers you as well as anyone you live with.

BUT you don't automatically get an over 75 TV Licence on your 75th birthday. You have to apply for one. So go to:

<https://www.tvlicensing.co.uk/over75info>

or call 0300 790 6073

A Date for your Diaries

Mystery Trip

Friday 17th November 2017

£30

Booking essential

Our website and newsletter

We hope you enjoy reading the newsletter. We are always happy to hear your thoughts, comments and suggestions, as well as any articles you would like to share with other members. We will do our best to include all your submissions, space permitting. We may have to edit articles to fit them into the space available.

Please remember, however, that our newsletter is only published four times

a year, but our website is updated on a regular basis. If you have access to the internet, remember to take a look. There are lots of photos, and more details about our activities.

www.activelifestyles.org.uk

Or contact Catherine on

outreach@activelifestyles.org.uk



Active Lifestyles

Active Mind, Body and Spirit

6th October - Black History Month - Special Activities

13th October - Black History Month - culture, fashion and food

20th October - Black History Month - music

27th October Cultural Day - dress in your cultural dress and bring some food from your culture to share

3rd November - club closed

10th November - club closed

17th November - mystery trip (no club meeting)

24th November - making Christmas cards with Kumaree

1st December - TBC

8th December - musical entertainment

15th December - Christmas Party

22nd December - Club closed for Christmas Holidays

29th December - Club closed for Christmas Holidays

Unless stated otherwise, all meetings start at 12.30pm, at

Townsend Bowls and Tennis Club

8 Waverley Road

St Albans, AL3 5PA

NOTE: the programme is made in advance, and may be subject to change.

For up to date information on our news and events see our website

www.activelifestyles.org.uk