

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Spring 2016

Dear Members

Welcome to a New Year, new activities and new faces. As you can see we are producing our popular newsletter once again to keep you updated with information and in touch with events. The first issue in our new style newsletter for this quarter has future activities, a profile on our new Outreach Coordinator, Catherine Abrahams and many more. We hope you will help Catherine keep the newsletter running by providing information you want to share for her to put in the newsletter.

We are very pleased that Catherine has come to work with us, her post is funded by the grant from The John Apthorp Charity. This role aims to combat loneliness and isolation in older people, Catherine will keep people in touch with Active Lifestyles club and its members. If people have been unwell or we have

not seen them at the club for a while it may help to receive a telephone call, home visit or to insure that their comments are heard. So please let us know if you feel there is someone who needs to be contacted. Catherine will also be working closely with the committee and members to help the club run effectively.

Once again I am pleased to say that we were nominated for the Mayors Pride Award in the Inclusive Community Group category. There were two other groups, St Albans for Refugees and Herts Refugees. It was a wonderful evening, St Albans for Refugees won this category and we were one of the runners up and as you can see by the photo we were given a lovely gift to remember the evening.

Best wishes
Andrene

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St Albans Old People's Trust

*Grants and help for older people in need,
hardship, and distress*

About the Trust

St Albans Old People's Trust is a local charity set up in 2000 to relieve need, hardship and distress, and has helped many older local residents to remain independent and stay in their own homes.

Am I Eligible?

To be eligible you need to be over 60, in financial need, hardship or distress and to have been living in St Albans District for at least a year.

What will the Trust pay for?

Grants are available for a wide range of items such as:

- Grants of money: eg travelling expenses to hospital, utility bills.
- The provision of items: bed, carpet, mobility or household aid, replacement cooker, washing machine, fridge, warm clothing, supportive shoes.
- The provision of services: shopping, help in the home, cleaning.

What can't the Trust pay for? Items which your housing provider, Social Services or the NHS should pay for.

How Do I Apply?

In the first instance please call us on **07541 659442** for an initial discussion. We can often give you an indication of the likelihood of success of your application. We will then fill out an application form with you over the phone.

Our application form can also be downloaded from our website **www.staopt.org** and sent to us using the address stated.

Registered Charity 222522

Hertfordshire



Health Walks



Hertfordshire Health Walks is a countywide initiative of free, led walks and is coordinated by Countryside Management Service (CMS). It aims to help promote walking and encourage more people (all ages, backgrounds and abilities) to get outdoors, get more active and reap the benefits.

There is a full programme of walks across St Albans District including St Albans, Harpenden, Wheathampstead, Sandridge and Bricket Wood. There is something for everyone with walks happening during the week, weekends and summer evenings and a variety of grades from First Steps (a gentle 20 – 30 minutes) to grade 4. Most walks have the option of staying for refreshments after the walk and they are a great place to meet

new people and have a good chat as well as explore the countryside. The regularity of the walks means that if you attend regularly you should see an improvement in your fitness and knowing that other regulars will be expecting to see you there is a good incentive to keep going on the walks.

Visit www.hertslink.org/cms/healthwalks/ for more information on each individual scheme, with easy-print black and white versions of the current leaflets also available

Keep Fit and Make new Friends

Other Clubs

The Watford African Caribbean Association

40th Anniversary Charity Gala Ball

*Saturday 7th May 2016, 7pm to 1am, Hilton Hotel, Elton Way, Watford, WD25 8HA,
tickets £50.*

This is a Black Tie & Ball Gown Event

In our 40th Anniversary year, enjoy a fantastic three course meal, comedy, live entertainment, dancing and much more. To find out more contact Clive on **07801 947204**.

Happy Birthday to our Members



March:

Maria Curpen
Angie Chong
Kim Chez
Thelma Williams
David Reid
Elizabeth Sowah
Maria Benn

April:

Diana Ma
Rebecca Dogbe
Beulah Carty
Sarah Francis
Gwen Isaacs
Mildred Wallace
Tamara Hutchinson
Lascelles Richards

May:

James Burrows
Zaitun Sadikali
Amrita Wijeyatne
Maria Meneses
Shelene Yeap
Alden McFarlane

Mayor's Pride Awards

The Mayor's Pride Awards honour extraordinary individuals and outstanding organisations in St Albans District. We were nominated in the *Inclusive Communities Award*, and were one of 24 finalists out of

over 80 nominations. Mrs Rollins, Andrene MacDonald and Jim Thorp attended the awards ceremony on 15th March. The ceremony was a fabulous evening of celebration, featuring an array of commu-

nity heroes and their stories plus special guest speakers and live entertainment. We were one of the runners up

Getting to Know You

Outreach Coordinator – I'm Catherine and I'm the new Outreach Coordinator and my aim is to help all our members keep in touch with each other, even if you can't attend meetings regularly. I



have met some of you at the Friday lunches and I look forward to getting to know everyone over the coming months. I will be editing the newsletter, so please send any

submissions to me and I will try to include as many as possible. This is your newsletter for you, so please tell me what you would like to read about.

Catherine
outreach@activelifestyles.org.uk

June Dance

Saturday 18th June

7pm until 1am

Music by Mr Fixit

Harpenden Rugby Club

Redbourn Lane

Harpenden

AL5 2BA

£20 including food

Cash bar

Free parking



**Don't miss out on this wonderful opportunity to party with friends—
book you tickets early!**

Recent Club Events

Mystery Trip– 11th March

By Dina Mandalia

It was a dull day and a team of us gathered near the church and there came Valerie with a mini bus and drove us away with confidence to a mystery place.

The journey did not seem too long as some people brought some snacks to share which kept us fully nourished. Eventually we got to our destination - Lavenham. There were many beautiful artefacts and historical bits which blew our minds away.

Chinese New Year Celebrations

by Amy Lewis

The date of the Chinese New Year is determined by the lunar calendar and 2016 is the year of the monkey. Babies born in this year are thought to be smart, quick-witted, ambitious and adventurous. They tend to live healthy active lifestyles and get bored easily.

This is the club's second trip to the Chinese Culture Show at Watford Palace Theatre. The show is organised in collaboration with Watford Chinese Association and Watford Chinese Centre for Older People.

On Sunday March 6th Miss Valerie Wallace drove us in a minibus to be there at the show for 6pm. The trip was organised by Angie and Peter Chong and Shelene Yap.

The show was attended by a multicultural audience with a full house and had a range of special performances including acrobatics and a colourful lively dragon dance. The Chinese Sichuan opera performed magic and traditional changing faces acts and singing. These colourful Chinese performances

By now tummies were rumbling as we did not eat any more snacks during the museum trip. Minibus knew what we needed so we got to a pub and had a nourishing variety of food. I was very impressed by Valerie to fit the minibus in a limited space – with such skill.

After the meal we ended up in a huge nursery full of fantastic things – we all found some nice things and felt at least we can have some token of the trip to treasure the experience. We all want to say thank to “Active Lifestyles Club” for making this

are performed by professional community artists from Watford and London.

Everybody enjoyed the show with a short interval where people could buy Chinese cooked food of different ranges from fried noodles to steamed dumplings and refreshments at the café area before we re-joined the show again finishing with us all being given a present as we leave the show.

We all say thank you to Valerie for taking us home safely. Looking forward to next year's Chinese culture show. I cannot wait. I'm sure my friends feel the same



Chinese Tea Ceremony (photo by Jim Thorp)

Minister's Corner

The Influence of Kindness

Sometimes we think that in order to be successful we have to be tough in order to relate to people.

Truly Great People understand the authority of kindness. Jesus was hard on hypocrites and those who took advantage of others.

But to everyone else, he demonstrated great kindness. At the cross He showed the ulti-

mate cost of kindness and transformed the whole world.

The Poet C. R. Gibson wrote, *"I have wept in the night for the shortness of sight, that to somebody's need made me blind.*

But I never have yet had a twinge of regret, for being a little too kind."

Pastors Wilkinson & Urla Rollins

Things to do in St Albans

St Albans Organ Theatre

Four members recently visited the Organ Theatre:

It opens on the second Sunday of the month from March to November, between 2 and 4.30pm. Admission is £7 (£6 OAP), cash only.

There is an informal descriptive commentary and you get to hear the working self-

playing instruments, with a 10 minute break for tea and biscuits.

There are also concerts and events on Saturdays.

We thoroughly enjoyed ourselves and would recommend it to everyone.

For more information visit the website www.stalbansorgantheatre.org.uk or phone 03003 656565

By Peter, Angie, John and Sally

Theatre Review - A Raisin in the Sun

Written by Lorraine Hansberry in 1959 this is the first play by a black woman to be produced on Broadway, as well as the first with a black director.

The story tells of a black family's experiences of trying to better themselves, by attempting to move from a poor, down-at-heel area of Chicago to a wealthier neighbourhood previously devoid of black people. Hansberry depicts the racist tensions superbly, with a fine cast of actors, all but one of them black. There are tensions within the three generations of family members too,

with their conflicting ambitions and emotional turmoil. This touring revival from the Sheffield Eclipse Theatre, superbly directed by Dawn Walton deserves a wider audience, raising as it does issues that are as relevant today as they were nearly 60 years ago.

The playwright sadly died at the early age of 35 from cancer, but has left a lasting legacy, and was immortalised in her close friend Nina Simone's song "To Be Young Gifted and Black".

Seen at the Palace Theatre in Watford by Jim Thorp

Active Lifestyles

Active Mind, Body and Spirit

Dates for your Diary

22 nd April	Keep Fit with Nigel Rushton
29 th April	Quiz and Games
6 th May	Aloe Vera products
13 th May	Quiz and Games
20 th May	Visit from Mayor of St Albans
27 th May	Fit with Nigel Rushton
3 rd June	Fire Safety talk
10 th June	Keep Fit with Nigel Rushton
17 th June	Fathers' Day celebrations
!!Saturday 18th June Club Dance!!	
24 th June	Quiz and Games
1st July	TBC
8th July	talk on dementia by Fiona Harrall (Home Instead Senior Care)
15th July	Keep Fit with Nigel Rushton
22nd July	Quiz and Games

Fundraising

Sponsored Walk

On Saturday 4th June at 10am Mrs Wallace and Alithea will be walking from Morrisons supermarket in Hatfield Road to the former Comet Hotel, a distance of 3 miles.

Please sponsor them.

June Dance

Don't miss out on this great opportunity to support your club while having fun with friends.