

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Spring 2017

Our year continues to be busy with activities, trips and social gatherings to keep our mind, body and spirit active. We launched our website in 2015 and had our first charity Ball. We have taken trips to Turkey and Madeira and walking trip in London. The walking trip stemmed from Jim's weekly sponsored walk in London, covering 10 miles per month over an eight month period to raise fund for the club.

We have had a change in coordinators role with Henrietta picking up from Valerie and after a successful bid for funding from The John Althrop Charity of £11,000 we now have for the past year Catherine Abrahams our Outreach Coordinator.

Pauline continues to provide us with a delicious Caribbean meal and we almost won the dominoes tournament from Aylesbury West Indian Club; we definitely need a rematch.

In 2016 we were once again nominated for the Mayors Pride Award and this time were pipped at the post by two

greatly needed groups supporting the refugees' crisis.

We have made it through another year and are looking towards the future development of the club. We were blessed in 2015 and early 2016 with successful bids for funding and the added input from the fundraising team, Mille, Angie, Henrietta, Jim and others which made us comfortable. However there has been a steady decline in our general funding and reserves as there have been many club closures due to funerals, a reduction of members attending the club and I have been out of sorts for almost 9 months without a home computer so I have not been able to bid for large fundings. Therefore there is a noticeable drop in our finance. The committee has looked at ways of running the club cost effectively and we do hope to change this in 2017 and increase our funding again. The 24 June dance will be the first event to help raise money for the club. Also buy more publicity for the club; and this is where you can help by telling your PTO



Happy Birthday to our Members

March:

Jacqueline Coveney

Angie Chong

Kim Cheah

David Reid

Elizabeth Sowah

Maria Benn

April:

Diana Ma

Rebecca Dogbe

Beulah Carty

Gwen Isaacs

Mildred Wallace

Doris Yau

May:

Alden McFarlane

James Burrows

Amrita Wijeyatne

Shelene Yeap

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.

Message from the Chair (continued)

family and friends and others about us and the good work we do. Increasing our membership and hearing your ideas on new activities and events for us to take part.

We continue to remember our members, family and friends who have died in 2015 and 2016 and also those who have been seriously ill and unwell over a period of time. Our love and blessings are with them.

I would like to thank all of you who have given your time, energy and valued support to keep the club running; may this continue.

Blessings

Andrene

Outreach Coordinator Report (edited)

I have really enjoyed meeting members and getting to know them over the past months. I have arranged speakers, activities and run club meetings; as well as joining in the fun! I am pleased that I could provide useful information such as the St Albans Old People's Trust and the free "Because You're Worth it" lunches for over 70s in St Albans District.

The website is updated regularly and now has a noticeboard for the latest information and links for useful information and copies of the newsletter. The club now has its own laptop which is taken to club meetings to show pictures, the website etc.

I have introduced short forms to complete at members' meetings, which gives useful feedback to the committee on what members want from the club, and what they enjoy most. The newsletter contains a mix of club news and reports written by members although we need more contributions from members.

As members get to know me it is becoming easier to carry out my outreach duties by contacting both former members of the club to encourage them to come back, as well as current members who are unable to attend. I hope next year some members will welcome a visit from me!

I publicised the club in St Albans by running a stall at the "*Celebrating Older People in St Albans*" event run by St Albans District Council in October 2016. I am part of the "*Stronger Together Partnerships*", which gives groups providing services for the elderly the opportunity to work together.

Recent Club Events

We recently had a wonderful afternoon's entertainment from The Ukelettes, with lots of favourite songs we could all sing along with. Thank you to Janet, Val, Sue, Helen, Linda, Margaret, Jan and club member Rafina.



Annual General Meeting

Edited highlights

Fund Raising Report

Fund raising remains an uphill struggle. Our sincere thanks to all who help in various ways; big and small. Thanks to a few donations which is always welcomed. The weekly raffle Henrietta runs has proved popular; our thanks goes to Henrietta and all who participate also to those who win and donate all or most of their winnings back to the club.

Jim took a group of us on an organised walking tour through London; he is very knowledgeable showing us all the sites. It was a very enjoyable day and we raised money for the club as we contributed £5 each for the trip, thanks Jim.

I continue to bake curry puffs and cakes to sell, thanks to all who buy and enjoy them and thanks to members who bring in items for table top sale and club raffle.

After the August break on the 1st Friday on return to the club, once again for the third time, Peter and I opened our garden to raise funds. Thank God the day turned out brilliant and sunny. There was a good turn-out, lots of laughter, good food and good quality plants to sell for the club and we raised £531. Thanks to my group of volunteers who helped to serve food, sold cakes and plants. Peter Yong was brilliant at collecting the entrance fee at £2 per person and free for children. You get a cup of coffee, tea or juice and a piece of banana cake. Thanks to everyone who came!

Thanks go to Millie and Alithea who continue to do the sponsor walk to help towards the club funds.

Lastly, can I kindly ask members to try to come to the club as much as possible. Also to try to bring friends and family to have lunch and see what we have to offer at the club.

Thanks to Pauline and team for their continued endeavour to cook and feed us.

Angie and Millie

Jim's Report

I have organised several quizzes over the last year, usually with a topical theme in mind, but sometimes of a more general character. An innovation this year was a visual quiz in which club members had to try to identify the location of buildings, artefacts, doorways etc. that they are likely to have walked past in St Albans city centre. This proved popular and I aim to offer a similar quiz within the next few months.

The Saturday morning walk in the City of London which I organised last summer was well attended, and I hope to hold another walk in London following a different route later in 2017.

Treasurers Report—R Wallace

It was a wonderful year that has gone; it was also a hard year. But with corporation and love we made it. Angie, Millie and other fundraisers work very hard to keep things going and with love and corporation they achieve this. May the good lord bless them all and keep them in good health.

We have once again made a loss, even though the factors last year, income and membership has increased, attendance at the clubs is still affected by funeral closures and a reduction in attendance numbers. However the work of the outreach worker will help in the coming year. The savings were moved to a better interest earning account, as every penny counts and the club has worked extremely hard to make sure that we still have our reserves.

Membership Report—Christine

I am pleased to report that we have approximately 73 members renewed or became members in January 2017.

Membership is still £10 to join for the year, the annual renewal date is from 1st January but new members are pro rata if they join at different times in the year. As a member you will receive a regular newsletter informing you of events and activities, you celebrate your birthday and are privilege on member's only mystery trips. As a club you can get involved in activities, come to learn something new, socialise or enjoy a delicious Caribbean meal.

Recent Events

Club Member Comfort Tetsola has raised £65 for the Royal British Legion's Poppy Appeal by knitting and selling beautiful poppies.



Lest We Forget.



Some members attended a fundraising dinner on 26 March 2017; this was in aid of the Saheli Tiffin Club organised by Hertfordshire Asian Women's Association (HAWA). A mixed age range of people, groups and organisations attended and enjoyed a delicious meal at Abbey Spice, Hatfield Road St Albans whilst we listened to talks from the Deputy Mayor of St Albans, Kate Belinis from the Community Development Agency and Lady Verulam, the Lord Lieutenant of Hertfordshire.

Annual Dance

Date: - 24th of JUNE 2017

Venue:- Harpenden Rugby football Club
Redbourn Lane Harpenden AL5 2BA

LIVE MUSIC-UNLIMITED SOUNDS

DJ- HARRY AND MICHAEL

BAR available, Raffle prizes, Ticket cost includes Finger Food

Tickets will be £10.00 if bought (non-refundable) before 31st May 2017. And £15 from 1st of June.

Payment by cash, cheque or from PayPal via website. No reservations.

Contact Angie committee member on 01727 761 393. See our website for more information

www.activelifestyles.org.uk

From 7PM till Late

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Programme

What do you like to do in your spare time? If you have a special interest or hobby that you would like to share with the rest of the club, please contact a member of the committee – we would love to hear from you. Or if you know someone who would like to come and talk to us, or give a demonstration, let us know. It is always good to learn something new.

Our website

We hope you enjoy reading the newsletter. We are always happy to hear your thoughts, comments and suggestions. We will try to include all your contributions, but sometimes there just isn't enough space to include everything. For the same reason, we may sometimes have to edit pieces before publication.

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

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

Townsend Bowls and Tennis Club

8 Waverley Road

St Albans, AL3 5PA