

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Summer 2016

Dear Members

Summer is here! Welcome to the second issue of our new style newsletter. We have had positive feedback about it; thank you to Catherine and those who are actively submitting articles for each issue. There is a lovely photograph of Pastor and Mrs Rollins on their 50th Wedding anniversary, our special congratulations goes out to them. Also well done to those who attended Jim's walk I am sorry I was not able to attend but pleased to hear I will have another opportunity to do so.

I recently attended the St Albans Masorti Synagogue known as SAMS Roots Project Launch on Sunday 26th June 2016. The Project was very interesting and it is something that Active Lifestyles could look at developing within its own membership.

As Co-Chair I represented the Faith and Cultural Enterprise known as FACE who supported the SAMS Roots Heritage Lottery Funded project to interview 12 members of SAMS about their background, including what brought them to SAMS. The project was funded by the Heritage Lottery Fund and it focuses on memories and experiences of 12 members of SAMS. The funding helped

to employ Caroline Pearce a professional biographer to carry out the interviews and to store and display their stories to ensure that they are available for future generations.

The Right Worshipful the Mayor of the City and District of St Albans Cllr Frances Leonard, the former Mayor Cllr Salih Gaygusuz, and other project supporters, CVS, University of Hertfordshire and St Albans Museums attended with members, family and friends of SAMS. There was a variety of speakers including Helen Singer, project organiser who informed us of how they achieve the project.

It was a delightful afternoon listening to speakers, viewing the exhibition which included transcripts, audio files, and personal memorabilia's of past and present historical interest. It was fascinating reading about and speaking to some of the 12 individuals; following their journey from around the world to St Albans and the SAMS community. You can view the exhibition on SAMS Roots website: www.e-sams.org/roots

Kind regards

Andrene

Happy Birthday to our Members



June

Zorena Charran
Jim Thorp
Sylvia Oudaly
Abeed Nahaul
Audrey Godman
Wilkinson Rollins
Brenda Nahaul

July

Edna Carty
Beng Siew Miller
Catherine Thomas
(Phoebanne)
Mohini Sookdawar
Elizabeth Kankam
Alithea Barnes

August

Peter Chong
Phyllis Stapleton
Dina Mandalia

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.

Ministers' Corner

GOLDEN WEDDING CELEBRATION



Pastors Wilkinson D and Urla Rollins celebrated their fifty years of marriage recently. The private function was conducted by the Rev. Peter Hudson and celebrated at a local hotel with the immediate family. "Marriage is honourable in all...."(Hebrews 13:4A). *(Pastors Wilkinson & Urla Rollins)*

TWENTY FIVE – Lives seen through food.

Researchers from the Centre for Research in Primary and Community Care (CRIPACC), a department of the University of Hertfordshire, recently made a study about people's experiences of getting food in the UK. The aim of the study was to show how older people from different household types acquire food, what food they buy and the people and places they acquire it from.



www.foodprovisioninlaterlife.com

Active Lifestyles was one of the organisations who helped with the project and some of our members took part in the first phase. Between January and November 2015 some of our members volunteered to be interviewed and photographed. During these nine months the volunteers were accompanied on trips to the supermarket, or sometimes to their allotment, or to a lunch club and were observed buying, choosing, eating or growing food.

The results were put into an exhibition at the University, and also into a book. All participants were given a copy. If you haven't seen the book, you can see some of the 1250 photographs on the project website.

Trip to Liverpool

Another well-organised trip by **Valerie Wallace**, much enjoyed by all members who went and experienced Liverpool's history and culture, including the famous Liver Building, Albert Dock, International Slavery Museum and a trip on the Mersey ferry

For member **Amy Lewis**, a Beatle fan during the 60's and 70's, it was an opportunity to fulfil a dream by spending an evening at the famous Cavern Club, following in the footsteps of the Fab Four.

June Dance

On Saturday 18th June we held our Summer Dance at Harpenden Rugby Club. Some 60 people came and had a wonderful evening.



The venue worked well with plenty of space for dancing, or just sitting and chatting with friends.

Mista Fixit played a wide variety of music to suit all tastes and many of us got up to dance.

Angie (SK) and Henrietta ran the raffle, with lots of lovely prizes.

"Dear Active Lifestyles, thank you very much for a fun night with fun people, good music and food." Irene L



Pauline and her team provided us with a delicious buffet to complete the evening.

A big thank you to all the committee members who worked so hard to make the evening a success.

"...enjoyed dance, it was good fun. Lovely people, good music and great venue! You and organisers did a very good job." Joy M



Fundraising

Sponsored Walk

A big thank you to Mrs Wallace, Angie and all their supporters for the sponsored walk they did in June.

Their efforts raised £400 for our club.



Open Garden

Cake and plant sale

Friday 2nd September from 1.30pm

Entry £2 (includes a cup of tea/coffee/juice and slice of banana cake)

21 Batchwood Drive

St Albans

AL3 5RZ

Thank you to Peter and Angie for all their hard work

One Walk with many Stories

Members and friends got the chance recently to learn some of London's history and experience true British Culture.

Qualified Tour Guide and Active Life-styles' member Jim (James Thorp) escorted us around some of the most famous places known to the world, including St Paul's Cathedral, Paternoster Square, Guildhall Art Gallery, Churchyard of St. John Zachary, The Bank of England, The Bank of Scotland and many more. The tour lasted around one hour and a half to two hours.

Guided Tour participator Maureen Rollins declared 'Even though it was a long day, I thoroughly enjoyed myself. As a person that goes to London on a regular basis, it came to my realisation that there is still much more to learn about the city. I would definitely go on this tour again.'

Moreover, there were many positive reviews and remarks on the walk. Jim gave a good impression which has now inspired more people from the club to take part in the next walk, which is soon to come.

By *Tamara Hutchinson*

Herts Healthy Homes

A free information and support service that helps you to stay healthy and safe in your home all year round.

- Home visits to give advice and practical support to help you stay well and active
 - small repairs like broken windows and badly fitted carpets
 - Advice on paying your bills and budgeting
 - including grants to help pay fuel bills and make home repairs
 - Draught proofing / emergency heaters
- Fire safety and home security checks

If you, or someone you know, needs help or support to stay healthy and well at home call **HertsHelp** on **0300 123 4044** and quote **HOME1**. (calls cost no more than a national rate call to 01 or 02 number) Mon - Fri 8am - 6pm.



HertsHelp

Web: www.hertsdirect.org/hertshelp

Email: info@hertshelp.net

MP to visit Hertfordshire Interfaith Forum

The Hertfordshire Interfaith Forum, known in St Albans as Faith and Culture Enterprise (FACE) promotes better relationships between different faiths. On Tuesday 2nd August 2016, local MP Anne Main will be a guest speaker, and has been asked to speak

about racism, her responsibility as an MP to ensure racism is reduced and not tolerated, and her thoughts on the effect of the referendum decision on racism within the UK.

For more information:

Secretary.face@gmail.com

MS Society

Member **Nigel Rushton** volunteers at least one morning a week at the St Albans Shop Mobility in Drovers Way. For the last 8 years he has also coordinated the annual street collection for Multiple Sclerosis. On Saturday 13th August there will be a team of volunteers in the city centre holding collection tins, raising funds for the local West Hertfordshire branch.

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

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Dates for your Diary

There will be no meetings during August, but there is lots to look forward to in the Autumn - as well as speakers, keep fit, art, crafts and quizzes, some special events include:

2nd September - Open Garden (not a club meeting; see page 5 for details)

16th September - Members' Meeting (TBC)

19th October- Older People's Day (events in St Albans)

21st October - Cultural Day at the club

18th November - AGM

Paper copies of our new programme will be available in September, but in the meantime up to date information will be on our website

www.activelifestyles.org.uk

If you have access to the internet, remember to take a look. There are lots of photos, and more details about our activities.

If you do not have internet access at home, Hertfordshire libraries offer library members up to an hour's free use of their computers. Library membership is free as well.

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