



Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Summer 2017

Dear Members

Summer is here! Wasn't it great, we had a period of hot weather in June 2017 it felt like I was in Jamaica!

Active Lifestyles continues at a steady pace; and as stated at the AGM with the decline in funding we continue to look at cost effective ways to keep the club running. Over the past few months we have had a flurry of activities to include members like Kumaree who present artful workshops, Henrietta's Bingo and Nigel's exercises for all abilities. We have also had various speakers on health and wellbeing and even an afternoon of musical entertainment from the Ukelettes. The mystery trips though proved popular. We have only organised one trip so far but hopefully with the coming months we will be able to provide more of these.

Our members not only give their support to Active Lifestyles but they also

support other community events such as Faith and Cultural Enterprise, (FACE), Celebrating Our St Albans Community in May 2017 and in June 2017 supported the peace vigil that was held in St Albans in light of the terror attacks in London and Manchester.

Our traditional annual dance in June proved to be very successful. The weather was just right, the venue was full of people having lots of fun, laughter and dancing of course. The music rocked with DJ Harry and Michael from Ultimate Sound and we raised over £1,000. So thank you to those who travelled near and far to support us. Thank you to those who cooked, donated food, raffle prizes, publicised the event and also gave their time to make the dance possible. Special thanks goes to Angie and Peter for ferrying people to and from the dance; I know they got home very late!

Happy Birthday to our Members



June

Zorena Charran
Jim Thorp
Devinder Kaur
Sylvia Oudaly
Abeed Nahaul
Brenda Nahaul

July

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

August

Stella Silsby
Peter Chong
Phyllis Stapleton
Dina Mandalia
Peter Yong

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 our Chair (continued)

We were being asked on the day when the next dance will be, and I can only say for now; watch this space....

Another tradition is for Active Lifestyles to close in August 2017 for the summer break and during that time the committee continues to prepare for future events and activities for the coming Autumn and Winter season. We start back at the Tennis and Bowling club on 15 September 2017 and as usual we meet the Friday before for a colourful afternoon in Angie and Peter's garden to enjoy their flower show.

The committee wishes you all a wonderful summer and we will see you in the Autumn term.

Andrene

Peace Vigil

On Saturday 17th June a group of Active Lifestyles members attended a candlelit peace vigil at the Clock Tower, St Albans, organised by member Syeda Momotaz Rahim and The St Albans Women's Interfaith Group to show support for the victims and families of the terrorist attacks in Manchester and London.

Members of the Interfaith Group invited local St Albans residents to join in prayers and stand against the extremism that is in every town and city, blighting the shared commonality that people of all backgrounds have.

“In times of darkness we should all come together as one community.”

Syeda Momotaz Rahim

Faith and Cultural Enterprise Celebrating Our St Albans Community

The former Deputy Mayor, St Albans Cllr Gill Clark, and Deputy Lieutenant of Hertfordshire, Lady Nichols (Shelagh) and the communities in St Albans helped Faith and Cultural Enterprise, (FACE) in its celebration of St Albans on 7 May 2017.

The community came and told FACE what they love about St Albans and what could be better. They came to find out about local services & community groups and where to go if they have any problems. They also found out about how to get involved with their community whilst trying out a selection of delicious tasting traditional cultural food. Children had their faces painted, people had their names written in Hebrew and Chinese and learned how to dress up in a saris.

There was positive feedback with suggestions that FACE could hold an annual networking and coming together event in May.

June Dance

On Saturday June 24th we held our Summer Dance.

It was another successful evening with over 100 people at Harpenden Rugby Club for an enjoyable evening of music and dancing - and we raised £1143 for the club.

This is the second year we have held this, and feedback from guests has been very positive, with many already asking about next year!

It would not have been possible without the hard work of some of our members; particular thanks to Angie, Brenda, Kumaree, Mimi, Momotaz,



Pauline, Rafina and Sylvia for providing the food, and Henrietta and Sylvia for manning the door.

The raffle raised a lot of money thanks to all those who donated raffle prizes and helped sell raffle tickets on the night.

Also thank you to Valerie for providing the decorations and to our chair Andrene for her MC duties and much else besides.

Thank you, too, to Kumaree for designing and printing the posters and tickets, and to all those who worked so hard to make the event such a success.



Bowling

Seventeen members signed up for a free bowling taster session at Townsend Bowls Club. The weather was kind to us and our coaches were very helpful. Bowls was described as a game that takes minutes to learn, but years to master. With practice and some help and advice from the experts, we all improved.

We are grateful to the Club for letting us use their premises and for the 4 volunteers who gave up their time.

Membership of Townsend Bowls Club is only £60 per year, and that includes free coaching from Clyde and Bernadette.

Fundraising

Sponsored Walk

Thank you to Millie, Alithea and Rafina who raised over £400 for club funds with their sponsored walk in May.



Open Garden

Cake and Plant Sale

Friday 8th 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

First Aid

Committee member Sylvia Ouldaly is organising a First Aid Course for those who would like to learn new skills or refresh old ones. At the end of the course you will get a certificate, valid for three years.

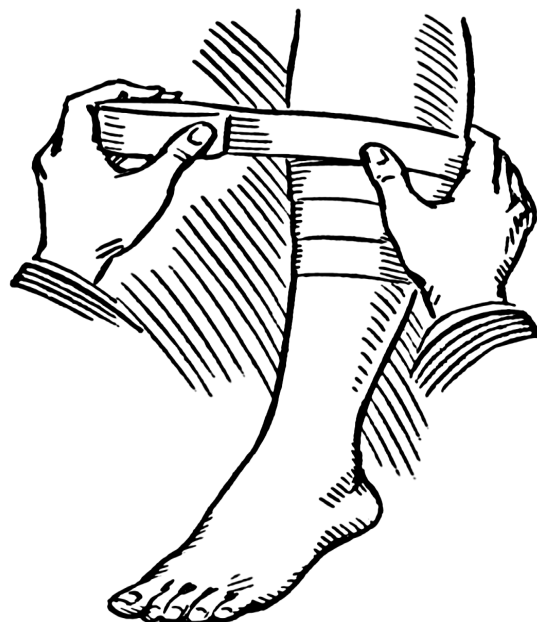
Cost: £30 (including certificate)

Date: Friday 6th October 2017

Time: 11-2pm

Venue: Townsend Bowls and Tennis Club

Contact Sylvia or Catherine for more details.



Getting Around St Albans

Bus passes are very useful, but if you want to go somewhere that is not on a bus route, or at a time that does not fit in with the timetable, it can be difficult if you do not have access to a car. There is help available.

Taxi Vouchers

Taxi Vouchers to the value of £60 (30 x £2) are available each year for eligible St Albans residents. If you:

have a permanent disability and no regular access to a private car

OR

are over 75 years of age with no have regular access to a private car

Contact St Albans City & District Council for more information

01727 819406 or email environmental@stalbans.gov.uk

Dial-A-Ride

Also offers transport to those aged over 75 or registered disabled. It operates Monday to Friday 9:00am to 4:30pm

It is free to join, but there is a mileage charge for each journey. For more information, contact the coordinator Helen Bull on 01992 556787 or email Helen.Bull@hertfordshire.gov.uk

This is their current timetable for St Albans (this may change):

Mon 9.15 to 10.30 Morrison's, St Albans Road

Tues 12 & 15.30 London Colney

Wed 10 & 15.30 St John's Christchurch, Harpenden

Thurs 10 to 11.30 Morrison's, Hatfield Road, St Albans

Fri 9.15 to 10.30 Sainsbury's, Everard Close, St Albans

Your Stories wanted

Hertfordshire Archives & Local Studies (HALS) is one of the partners taking part in the Traditional Hertfordshire project. HALS will be exploring how traditions in Hertfordshire have evolved over time, as different communities have made their home here. They are actively seeking stories in particular from minority ethnic communities. So if you have a story to share, then get in touch:

T: 0300 123 4049

email: hals.enquiries@hertfordshire.gov.uk

Website: www.hertfordshire.gov.uk/hals

Herts Memories Website: www.hertsmemories.org.uk

A Date for your Diaries

Older Persons' Day

Wednesday 11th October 2017

10am - 1pm Alban Arena

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

We close 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:

8th September - Open Garden (see page 5 for details)

15th September - First Club Meeting Welcome back

22nd September Club Holiday (Club closed)

October - Black History Month and Cultural Day at the club

6th October - First Aid Course (Booking essential, see page 5 for more details)

November - Christmas crafts

Date TBC - Mystery Trip

Paper copies of our new programme will be available in the Autumn, 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