

FOREVER

Active

August – December 2009



Exercise sessions for the over 50 age group
and those returning to a more active lifestyle

www.forever-active.org.uk

FOREVER Active

Become a member of the Forever Active sessions and enjoy the benefits of an active lifestyle.

Forever Active sessions are suitable for the over 50 age group as well as for people wanting to return to a more active lifestyle. There are a variety of different sessions on offer, which cater for a wide range of abilities.

Contact us

Helen Johnston,
Forever Active Coordinator
on 01223 457000 or e-mail:
helen.johnston@cambridge.gov.uk
www.forever-active.org.uk

A big thank you to all the organisations who have supported the Forever Active Scheme. Further details on grants and funding received, on the website:
www.forever-active.org.uk

Thank you to Alex Orrow, who volunteered his time to take photos for the brochure www.alexorrow.co.uk



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Why should I exercise?

The health benefits of exercise

- ★ Helps to improve your mood
- ★ Helps with weight loss and maintenance
- ★ Helps you to sleep better
- ★ Helps to reduce high blood pressure
- ★ Helps to prevent or manage diabetes
- ★ Helps to increase mobility and strength
- ★ Reduces some risks associated with accidental falls
- ★ Helps to improve balance
- ★ Helps with osteoporosis by developing bone density
- ★ Helps with arthritis
- ★ An ideal opportunity to meet new friends

How much should I be doing?

For general health benefits, adults of all ages should do at least 30 minutes of moderate activity a day on at least five days a week.

'Moderate' means any activity that leaves you feeling warm and breathing more heavily than usual. You don't have to be out of breath or work up a sweat. Activities that improve strength, co-ordination and balance are particularly beneficial as we get older.

Why 30 minutes?

Any increase in activity is good, but research shows that 30 minutes on five or more days a week is the amount needed to keep the lungs, heart, muscles and bones in good working order. You can split time into three or four sessions.

What's stopping you?

"I don't have the time!"

Make physical activity your priority and plan some time every day, even if it's just a few minutes

"I'm too tired"

Once you start being more active, you will have more energy and feel less tired and more relaxed.



"I'm getting too old"

You're never too old to make a start and you may feel the benefits sooner than you think!

"I have no one to do it with"

If you join one of the classes you'll meet new people to exercise with.

"I've never been the sporty type"

You don't need to be sporty - there are many other activities like exercise classes and walking.

"I might injure myself"

Start slowly and work at your own pace. There is no need to over do it. It is unlikely you will get injured by moderate intensity activity.

"My health isn't good enough"

Physical activity can help with most health conditions. See below.

What if I have ... ?

Most health problems can be helped by regular physical activity. Check with your doctor about the amount and type of activity that is suitable for you.

Heart Problems or Diabetes:

regular, moderate stamina activities like walking and cycling are particularly important.

Cancer: your ability to be active will depend on your condition and the treatment you are having. Your doctor or specialist can advise.

Arthritis: Swimming or other water exercises in a warm pool are good.

Osteoporosis: weight bearing activities (such as walking or exercise to music classes) and strength training can help to make bones stronger and support joints.

Foot Problems: ask your chiropodist or podiatrist for advice on the best activities and foot care.

Asthma and other lung problems: swimming, walking and cycling are less likely to bring on an asthma attack, especially if your asthma is controlled. If you have other lung problems such as chronic obstructive pulmonary diseases, consult with your doctor.

Mental Health Problems: regular exercise is a good way to deal with stress and anxiety.

Mobility problems: a range of chair based activities and water activities may be suitable for you. (see *The Fit for Life Plan*, The British Heart Foundation, 2007)



For more information contact the Start-up team on 01223 415151

exercise referral schemes

The Start-up exercise referral scheme, together with its sister scheme ExSite, provide tailored programmes for individuals who have a medical condition, disease or disability such as arthritis, osteoporosis, back pain, diabetes or coronary heart disease. To use the scheme you must be referred by a health professional (eg your GP, practice nurse, physiotherapist, occupational therapist or dietician).

The sessions within this leaflet which are most suitable for exercise referral clients are marked with the Start-up logo.

Preparing for your session

What to wear?

Suitable clothing: you don't have to wear a tracksuit, but loose, comfortable clothing is required. Jeans and skirts are usually only suitable for chair based classes.

Suitable footwear: trainers are ideal (especially for the sports sessions and exercise to music classes). Alternatively wear any well fitting, soft shoes.

For ladies we recommend a sports or other fully supportive bra for maximum support and comfort. For water-based classes wear an old bra under your swimsuit. This ensures support in the water to prevent tissue damage and help prevent back pain. (NB the bra may become discoloured.)

What to bring with you?

A drink: water, or fruit squash or juice for diabetics

A towel: bring a small towel in case of perspiration.

A light snack recommended for diabetics in case of low sugar levels.

Inhalers: asthmatics should bring inhalers in case of an emergency.

GTN sprays: participants with angina should bring these to all sessions in case of an emergency.

Money: don't forget your fee!

Other points to consider:

Don't eat anything for at least one hour before exercise.

Refuel and rehydrate: replenish your body with a healthy snack and drink plenty of water afterwards.

It is common to experience delayed muscle soreness for a day or two after exercise. Perform some light stretches and keep active to alleviate soreness.

Paperwork for the session:

You will be required to complete a medical form to return to your instructor. They will keep a copy and send another to the Forever Active Coordinator (so we have your details in the event of a class cancellation). All information will remain strictly confidential, but would be given to a medical professional in the event of an emergency. You will also be asked to sign the class register.

CARe 2 SHARE

Friends of Forever Active has launched a car share initiative to help people who are unable to get along to Forever Active sessions.

Volunteer drivers are in place to help by giving lifts to those who have difficulty in getting to sessions by public transport or other means.

For more details contact Juliet Fabb, Volunteer Coordinator on 07533 653281



Other Information

Booking your session

For many sessions it is possible to just turn up and join in. However, due to the limited spaces available on some sessions these must be booked in advance. These sessions are marked **B** in the leaflet.

Cancellation

Occasionally sessions may have to be cancelled due to unforeseen circumstances or lack of interest. Where possible we will try to contact you to inform you of such a cancellation.

Summer holidays 2009: all the classes will run over the summer, but may be cancelled if numbers are too low, or while an instructor is away on holiday. You will be informed if this is the case.

If you are planning to attend a session for the first time we recommend that you contact the Forever Active Coordinator on 01223 457000 to confirm the details of the class.

If you cannot attend a session you have booked for, please let us know at least 24 hours in advance, otherwise you will still be liable to pay the fee (unless due to illness).

Equipment you can purchase

Dyna bands are used in many sessions including chair based exercise, exercise to music and pilates classes. You may purchase your own dyna band from us. They come in pink, purple and green depending on strength (ask your instructor what is best for you).

The Forum have also produced guidebooks for chair based participants and for the more active 50+ exercises – very useful if you want to practice at home.

Dyna Bands £2.50 each
Exercise Guidebook: £7.00 A4 size or £5.00 A5 size

Contact Helen on 01223 457000 for more details or an order form.

Membership

Participants who become members will receive the benefits highlighted below. The scheme is also available to non-members.

Membership costs

£10 per year. The membership year runs from 1st September to 31st August. The fee you pay in your first year depends on when you join:

Join 1 Sept - 30 Nov: full £10 fee
 Join 1 Dec - 29 Feb: £7.50
 Join 1 Mar - 31 May: £5
 Join 1 Jun - 31 Aug: £2.50

Please note: Forever Active remains a non profit making organisation and the majority of sessions are funded by external grants and fundraising. Membership fees will help to support existing sessions and to further develop the scheme.

Membership benefits:

- Priority booking for classes at Chesterton: book up to 7 days in advance (non-members 5 days).
- 10% discount at Hobbs Sports Store in Sidney Street when you spend £10 or more.

- Reduced fees on selected sessions.
- Full membership of the Forever Active Forum: you will receive agendas and minutes and can attend and vote at meetings.

Please call the Sports Development Team on 01223 457000 to get an application form. All members will be issued with a Forever Active membership card.

Comments & complaints

We welcome feedback, as this can help us to improve the scheme. To make a comment or complaint please contact the Forever Active Coordinator by telephone, letter or email or you are welcome to attend the Forever Active Forum.

Forever Active Staff

Exercise instructors are all qualified up to a minimum of Level 2 on the Register of Exercise Professionals and, in addition, have attended over 50s training workshops which focus on training staff about safe and effective exercises for the over 50 age group.

The sessions in the programme which have a Start-up logo next to them are led by an instructor who has completed the Exercise Referral qualification to level 3.

Sports Coaches all have a National Governing Body coaching qualification in their particular sport.

The Forever Active Forum

If you would like to have a say on the type of exercise sessions available in Cambridge for the over 50's then come along to our Forum. Meetings are held every three to four months. The aims of the Forum are:

- ★ To provide a broad range of exercise and sporting opportunities for local residents aged 50+ as part of the Forever Active Scheme.
- ★ To fundraise to support the work of the group.
- ★ To provide members with the opportunity to give feedback and suggestions related to the scheme
- ★ To promote the organisation within the local community.
- ★ To identify and provide training for Instructors and staff.
- ★ To link with key partners to develop physical activity for over 50's.
- ★ To identify and address access issues to facilities and activities.
- ★ To ensure that all members receive fair and equal treatment

Full members receive agendas, minutes and up to date project information. If you would prefer just to receive information about events and activities you can register as an associate member.

To register as a member, to see minutes of previous meetings or a copy of the Forum's constitution, please contact Helen on 01223 457000.

A key to the classes

Level 1 – Chair-based

These sessions are all seated with no standing exercises. These sessions usually take place within sheltered housing schemes or care homes.

Level 2 – Chair-based +

Predominantly seated exercises, but will include some optional standing exercises.

See pages 8-9

Level 3 – Strength & Balance

Mainly strength and balance exercises (ALL Otago evidence-based exercises). Some seated strength work may be included.

See pages 8-9

Level 4 – Strength & Balance +

A mixture of seated, standing and floor-based exercises.

See pages 8-9

Level 5 – Active 50+ sessions

For the more active person.

See pages 10-15

Start-up classes **start-up**

Classes marked with this symbol are led by an instructor qualified to Level 3 on the Register of Exercise Professionals. They are recommended for people on an Exercise Referral Scheme.

For advice as to which class would be suitable for you please call Helen Johnston on 01223 457000

Mobility Classes

Level 2–4 or equivalent classes for those with mobility problems.

Sessions cost £2.00 for Forever Active Members and £2.50 for non-members.

MONDAYS:

Chair-based + (Level 2)

Venue: Dunston Court, Wulfstan Way

Time: 2.00pm – 3.00pm

Chair-based + (Level 2)

Venue: Trumpington Village Hall

Time: 10.00am – 11.00am

Strength & Balance (Level 3)

Venue: Chesterton Medical Centre, Union Lane

Time: 1.30pm – 2.30pm

TUESDAYS:

Chair-based + (Level 2)

Venue: Barnwell Baptist Church, Howard Road

Time: 10.00am – 11.00am

FALLS Prevention Service

The local Falls Prevention Service in Cambridge City and South Cambridgeshire encourages healthy, active ageing, whether you're fit and active, have mobility problems, or are worried about falling. The service offers both practical advice and exercise resources that help maintain independence.

Contact Simon Hanna on 01223 885070

Strength & Balance + (Level 4)

Venue: Meadows Community Centre, St Catharine's Road

Time: 12.15pm – 1.15pm **start-up**

WEDNESDAYS:

Strength & Balance (Level 3)

Venue: Salvation Army Hall, Mill Road

Time: 10.00am – 11.00am

Chair-based + (Level 2)

Venue: Litchfield Hall, Litchfield Road

Time: 11.00am – 12.00noon

Notes: Class starts on 2nd September

Strength & Balance (Level 3)

Venue: Petersfield Active Ageing Group St Matthew's Church Hall

Time: 11.00am – 12.00noon

Chair-based + (Level 2)

Venue: Cherry Hinton Village Centre, Colville Road

Time: 11.30am – 12.15noon

Strength & Balance (Level 3)

Venue: Meadows Community Centre, St Catharine's Road

Time: 1.30pm – 2.30pm

THURSDAYS:

T'ai Chi Class

Venue: Litchfield Hall, Litchfield Road

Time: 11.30am – 12.30am

Notes: mainly seated T'ai Chi exercises with some optional standing.

Strength & Balance + (Level 4)

Venue: Hills Road Sports Centre

Time: 11.15am – 12.15noon **start-up**

FRIDAYS:

Strength & Balance (Level 3)

Venue: Trumpington Village Hall

Time: 10.30am – 11.30am

Strength & Balance (Level 3)

Venue: Cherry Hinton Village Centre, Colville Road

Time: 12.15noon – 1.15pm

Chair-based + (Level 2)

Venue: Meadows Community Centre St Catharine's Road

Time: 1.00pm – 2.00pm **start-up**

T'ai Chi Class

Venue: Church of the Good Shepherd, Mansel Way

Time: 2.00pm – 3.00pm

Notes: This class is a mixture of seated and standing T'ai Chi exercises.



A new supported walking project




Our new **Walk With Me** project offers people who've had a fall, or are at risk of falling, the opportunity to have a volunteer take them out for a supported walk each week. This could be a walk down the road or to the local shop.

This scheme is ideal for people who are unable to go for a walk alone and cannot access Forever Active classes. If you think it would be suitable for you, contact the Falls Prevention Service on 01223 885070 for a referral.

Activities for the active 50+

These level 5 classes are recommended for adults who would like a more active, standing and floor based exercise session.

Key to symbols

-  FREE tea, coffee or other refreshment provided after the class.
-  Venue has a café where participants can purchase refreshments.
-  Booking is essential



MONDAYS:

Gym and Swim

Qualified fitness instructors will be at hand to show you how the equipment works and to recommend a suitable programme for you. You can go in the pool after to cool down or quench your thirst at the Box Café.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: 9.30am – 11.00am: a supervised session in the fitness suite with a qualified fitness instructor.

10.30am – 12.00noon: swim

Cost: £3.60 including a session in the gym plus a swim.

Notes: An induction fee of £10 is payable at the first session

Rowing

All abilities. Begin with exercises on land on 'ergo' rowing machines to warm up and practice technique, then take to the water! A perfect way to exercise and enjoy fresh air and river scenery. Tea and coffee available afterwards.

Venue: Lady Margaret Boat Club (access via Victoria Ave or Trafalgar Rd)

Time: 11.30am – 1.30pm

Cost: £4.00 (plus £1 annual club membership fee due at the first session to cover insurance)

Notes: This session is run by Camrowers rowing club

To book: Contact Kate Merrington on 01223 363386

MONDAYS (continued):

Exercise to Music

  **start-up**

An all-round, total body workout to improve fitness, coordination, strength and flexibility.

Venue: Chesterton Sports Centre

Time: 3.15pm – 4.15pm

Cost: £2.50 member; £3 non-member

Fitness Pilates

Strengthens weak areas and stretches tight muscles, enhancing good posture and correct body alignment. Focuses on core stability (abdominals and back) to support the spine and the way we move.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: Beginners: 12.00noon – 1.00pm*

Advanced: 1.00pm – 2.00pm

Improvers: 2.00pm – 3.00pm

Cost: £2.50 member; £3 non-member

To book: Contact Chesterton Sports Centre on 01223 576110 to book your place.

Notes: *This session will help to maintain and improve the flexibility and strength needed for golf and skiing from 14th September – 19th October. The class will then return to beginners Pilates.

MONDAYS (continued):

Over 50's Swim

Suitable for people who want to swim lengths as well as for those who want a relaxing swim.

Venue: Chesterton Sports Centre

Time: 10.30am – 12.00noon

Cost: £2.00

TUESDAYS:

Fitness Pilates **start-up**

See Monday's class for details.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: Intermediate/advanced:

11.00am – 12.00noon

Beginners: 1.45pm – 2.45pm

Cost: £2.50 member; £3 non-member

To book: Contact Chesterton Sports Centre on 01223 576110 to book.

Exercise to Music **start-up**

See Monday's class for details.

Venue: Kelsey Kerridge Sports Centre

Time: 1.45pm – 2.45pm

Cost: £2.50 member; £3 non-member (pay instructor, not at reception)

Exercise to Music

See Monday's class for details.

Venue: Cherry Hinton Village Centre, Colville Road

Time: 9.45am – 10.45am

Cost: £2.50

Notes: For further information contact the Cherry Hinton Village Centre on 01223 576412

TUESDAYS (continued):

Ten Pin Bowling 

You will be bowled over with this fun session for all abilities. 'Alley cats' will be on hand to offer advice and help with scoring.

Venue: Cambridge Leisure Park

Time: 2.00pm – 3.00pm

Cost: £3.00 per game including shoe hire and a free drink.
Discounted parking available.

Notes: Term time only. Anyone aged 50+ can play a game at Tenpin plus receive a free drink for £3, weekdays before 6.00pm.

Dancercise  **start-up**

A fun class, which will teach you different styles of dance, whilst improving your fitness. All abilities welcome.

Venue: Chesterton Sports Centre

Time: 2.45pm – 3.45pm

Cost: £2.50 member; £3 non member

Tennis and Badminton 

Enjoy taking part in these racquet sports in a relaxed environment. Equipment is provided for the session. Sessions take place in term time only.

Venue: David Lloyd Health Club

Time: 11.00am – 12.00noon

Cost: £2.50 member; £3 non-member

Notes: Notes: There will be a facilitator at these sessions each week. Sessions take place in term time only.

WEDNESDAYS:

Over 50's Swimming 

See Monday's class for details.

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 8.30am – 10.00am

Cost: £2.00

Exercise to Music  

All abilities - see Monday for details

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 9.30am – 10.30am

Cost: £2.50 member; £3 non-member

Exercise to Music 

See Monday's class for details.

Venue: The Leys Sports Centre

Time: 10.00am – 11.00am

Cost: £2.50 member; £3 non-member

Notes: organised by the Leys Sports Centre as part of Forever Active

Long-Term Condition Classes

These classes focus on improving the skills needed so that everyday tasks can be managed sufficiently. They especially suit people who have mobility, respiratory or cardiac problems.

If you are interested in attending one of these sessions please contact the Start-up scheme on 01223 415151

WEDNESDAYS (continued):

Aqua Aerobics  

A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: Session 1: 2.00pm – 2.45pm
Session 2: 2.45pm – 3.30pm

Cost: £2.50 member; £3 non-member

To book: Contact Chesterton Sports Centre on 01223 576110

Pilates   **start-up**

See Monday's class for details.

Venue: Abbey Pool, Whitehill Road

Time: 10.45am – 11.45am

Cost: £3.00

WEDNESDAYS (continued):

Fitness Pilates

See Monday's class for details.

Venue: Cherry Hinton Village Centre,
Colville Road

Time: 12.15noon - 1.00pm

Cost: £2.50 member; £3 non-member

Golf 

Unlimited rounds of golf.
All abilities welcome

Venue: Cambridge Lakes Golf Course

Time: 10.00am onwards

Cost: £6.50 per session, unlimited golf (including equipment hire)

Notes: Free coaching with Bob Barnes is available by arrangement. Please contact Bob on 01223 324242 to book.

CAMBRIDGE Healthy Walks



Healthy walks are suitable for anyone who is interested in walking or who wants to adopt a healthier lifestyle.

All ages and abilities are welcome.

Walking is a safe way to health and fitness, as well as a chance to meet people and make new friends.

**For more information or to book a place, please contact:
Binnie Pickard, Community Development Officer 01223 508149**

THURSDAYS:**Table Tennis** 

An excellent way to improve your hand to eye coordination! All abilities are welcome to join in.

Venue: Kelsey Kerridge

Time: 2.00pm – 3.00pm

Cost: £2.00 including equipment hire

Lunchtime Badminton 

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 12.30pm – 1.30pm

Cost: £2.60

Notes: Equipment is provided at the Centre

T'ai Chi

Simple exercises to help us understand core principles of posture, breathing and coordination so that you will be able to move and balance more easily, relieve stress and increase well being.

Venue: Abbey Pool, Whitehill Road
(Multi-purpose room)

Time: 3.30pm – 4.30pm

Cost: £2.50 member; £3 non-member
(please pay the instructor, not at reception)

Fitness Pilates **start-up**

For all abilities

See Monday's class for details.

Venue: Browns' Field Community Centre

Time: 2.15pm – 3.15pm

Cost: £2.50 member; £3 non-member

Notes: Access via Green End Road or Kendal Way.

FRIDAYS:**Exercise to Music**

See Monday's class for details.

Venue: Trumpington Village Hall,
Trumpington Road

Time: 9.30am – 10.30am

Cost: £2.50 member; £3 non-member

Mighty Movers  **start-up**

Venue: Meadows Community Centre,
St Catharine's Road

Time: 12.00noon – 1.00pm

Cost: £3.00

Table Tennis 

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 9.30am – 10.30am

Cost: £2.50

Nordic Walking

Nordic walking - walking using poles - is good for those with arthritic or neurological conditions that make unsupported walking difficult.

Wandelbury Country Park

Wednesdays 2pm (not so speedy group)

Wednesdays 3.00pm (speedy group)

Milton Country Park

Fridays 2pm

£5.00 per session (pole hire free)

Contact Oliver Gynn, International Nordic Walking Association Instructor on 0794 783 5522 or 01638 742003

**FRIDAYS (continued):****Aqua Aerobics**

Venue: Abbey Pool, Whitehill Road

Time: 2.00pm – 3.00pm

Cost: £2.50 member; £3 non-member

Notes: No need to book - just turn up.
Pay at the Abbey reception.

Exercise to Music  **start-up**

Venue: Abbey Pool, Whitehill Road

Time: 10.00am – 11.00am
11.00am – 12.00noon

Cost: £2.50 member; £3 non-member
(please pay the instructor, not at reception)

FRIDAYS (continued):**Stretch and Tone**  **start-up**

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 3.00pm – 3.45pm

Cost: £2.50 member; £3 non-member

SATURDAYS:**Pilates**  **start-up**

See Monday's class for details.

Venue: Abbey Pool, Whitehill Road in
the multi purpose room.

Time: 11.00am – 12.00noon

Cost: £2.50 member; £3 non-member
(please pay the instructor, not at reception)

Forever Active Health Talks**Food 4 Thought**

Friday 25th September 2009, 2.00pm – 4.00pm

For a healthy lifestyle a combination of physical activity and good nutrition is required. Whether you want to lose weight, maintain your weight or just learn how to eat healthily, this workshop would be ideal for you..

Healthy Body, Health Mind

Thursday 5th November 2009, 2.00pm - 4.00pm

One in four people experience some form of mental health illness at some time. Regular exercise can help prevent depression, anxiety and similar problems. This talk will advise on how best to look after your mental health.

Venue: Meadows Community Centre

Cost: £3.00 Forever Active members / £5.00 non members

Booking: Send cheques, payable to 'Forever Active Forum', with your name, address and contact number to: Helen Johnston, Forever Active Coordinator, Sports Development, Hobson House, 44 St Andrews Street, Cambridge CB2 3AS – or contact Helen on 01223 457000, email helen.johnston@cambridge.gov.uk

Please note: Places are limited – so book early!

Volunteering to help

The Forever Active Scheme has received funding from the Department of Health for the 'Friends of Forever Active' project. Volunteers will be given training and support where required and expenses will be covered.

CARe 2 SHARE

Could you offer a lift to a fellow exerciser?



Do you already give another class member a lift to a Forever Active Session?

If so, by registering with the Volunteer Car Share Scheme you can get rewards for providing this valuable support to those otherwise unable to access classes.

Walk With Me

This project gives Volunteers the opportunity to help individuals with mobility problems to get out for a walk in their local area. You will work with individuals to build confidence, help with their mobility and gain independence. Ideal for anyone who enjoys helping people and has an interest in walking.



General Volunteering

Opportunities with Friends of Forever Active are varied and flexible and can be adapted to suit your skills and experience. Roles include leaflet distribution and promotion, giving talks to community groups, assisting with classes and becoming an activity leader or a gym buddy.



If you can give a few hours – or just a few minutes – each week your support will be much appreciated and will make a real difference.

For more information on how to get involved please contact Juliet Fabb Volunteer Coordinator, juliet@jlfabbleisure.co.uk
Tel: 07533 653281

We would love to hear from you!



FREE swimming for over 60's

From April 1st 2009 anyone aged 60 and above can **SWIM 4 FREE** at their local participating leisure Centre - Parkside, Abbey, Jesus Green and Kings Hedges within the City. This initiative is part of a National campaign to promote swimming, general fitness, more active lifestyles and well being.

For further information call or visit your local leisure centre or look at www.everyoneactive.com