

FOREVER

# Active

January – July 2009



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

[www.forever-active.org.uk](http://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](http://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](http://www.forever-active.org.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.

## Readercise sessions

### NEW - a work out for the mind and body!

You'll be surprised what you can find in your local library! As well as books, DVDs, computers, reading groups, learning activities, talking books and helpful staff, you can now combine your visit with a Pilates or chair-based exercise session ... and your first session will be FREE!

Chair-based sessions £2.50 (members £2) - Pilates sessions £3 (members £2.50)

**Contact Helen Johnston or take a look on our website [www.forever-active.org.uk](http://www.forever-active.org.uk) for information and class times**

Organised by the Forever Active Scheme and Cambridgeshire County Council Library service. Sessions funded by the Co-operative Community Fund.

**"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

**start-up**

exercise referral scheme

Cambridge City Council's Start-up exercise referral scheme provides carefully structured activities for clients who suffer from medical conditions, diseases or disabilities 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.



## 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 2008: 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

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.

## Chair-based exercise classes

These sessions take place predominantly seated but may involve some optional supported standing. These are particularly recommended for adults with mobility problems.

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

**Start-up** An instructor qualified to Level 3 on the Register of Exercise Professionals leads these classes. They are recommended for people on the Exercise Referral Scheme.

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

### MONDAYS:

#### Dunston Court

Wulfston Way

Time: 2.00pm – 3.00pm

#### Trumpington Village Hall

Trumpington Road

Time: 10.00am – 11.00am

### TUESDAYS:

#### Meadows Community Centre **start-up**

St Catharine's Road

Time: 1.15pm – 2.15pm

#### Barnwell Baptist Church

Howard Road

Time: 10.00am – 11.00am

### WEDNESDAYS:

#### Litchfield Hall

Litchfield Road

Time: 11.00am – 12.00noon

#### Cherry Hinton Village Centre

Colville Road

Starting 21st January

Time: 11.30am – 12.15pm

#### Meadows Community Centre

St Catharine's Road

Time: 1.30pm – 2.30pm

#### Petersfield Active Aging Group

St Matthew's Church Hall

Time: 11.00am – 12.00noon

## Falls Prevention Service

There are many simple things that you can do to help stay steady on your feet. 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.

If you have had a fall or if you are worried about falling contact Simon Hanna at the Falls Prevention Service on 01223 885070.

See also talk on page 16.

### THURSDAYS:

#### Salvation Army Hall

Mill Road

Time: 10.00am – 11.00am

#### Litchfield Hall

Litchfield Road T'ai Chi Class

Time: 11.30am – 12.30pm

### FRIDAYS:

#### Trumpington Village Hall,

Trumpington Road

Time: 10.30am – 11.30am

#### Cherry Hinton Village Centre

Colville Road

Time: 12.15pm – 1.15pm

#### Church of the Good Shepherd

Mansel Way T'ai Chi Class

Time: 2.00pm – 3.00pm

## Balance & Strength Classes

These involve more standing and balance work than chair-based classes. Ideal for people who would like something a little more active.

#### Hills Road Sports Centre **start-up**

Thursdays 11.15am – 12.15pm

#### Chesterton Medical Centre

Based on the 'otago' exercises for falls prevention.

Mondays 1.30pm – 2.30pm

If you're interested please call the Falls Prevention Service on 01223 885070 and leave a message for Simon Hanna.

## Contacts & Links

For further information or if you have a query or feedback about any of the sessions in this leaflet please contact:

Helen Johnston

Forever Active Coordinator

on 01223 457000 or e-mail:

Helen.Johnston@cambridge.gov.uk

[www.forever-active.org.uk](http://www.forever-active.org.uk)

### Other useful contacts:

Arthritis Care

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

0808 860 4050

Asthma UK

[www.asthma.org.uk](http://www.asthma.org.uk)

08457 010203

British Heart Foundation

[Bhf.org.uk](http://Bhf.org.uk)

08450 70 80 70

British Nutrition Foundation

[www.nutrition.org.uk](http://www.nutrition.org.uk)

Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

0845 120 2960

National Osteoporosis Society

[www.nos.org.uk](http://www.nos.org.uk)

0845 450 0230

The Stroke Association

[www.stroke.org.uk](http://www.stroke.org.uk)

0845 303 3100


50+ Health


[www.50plushealth.co.uk](http://www.50plushealth.co.uk)


## Activities for the active 50+

Recommended for adults who would like a more active, standing 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

### Start-up

An instructor who is qualified to Level 3 on the Register of Exercise Professionals leads these classes. Therefore they are recommended for people who are on the Exercise Referral Scheme.



### MONDAYS:

#### 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

#### 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

#### 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

### MONDAYS (continued):

#### 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:** Improvers: 1.00pm – 2.00pm  
Beginners: 2.00pm – 3.00pm

**Cost:** £2.50 member; £3 non-member

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

**Notes:** If you are a complete beginner ring first to arrange a short induction session beforehand.

#### Rowing

All abilities. Begin with exercises on land on 'ergo' rowing machines to warm up and practise 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:** 12.00noon – 2.00pm

**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

**Booking:** Contact Kate Merrington on 01223 363386

### 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  
All abilities, especially beginners: 2.00pm – 3.00pm

**Cost:** £2.50 member; £3 non-member

**Booking:** 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 about this session please 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**  **Startup**

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

**Venue:** Chesterton Sports Centre

**Time:** 3.00pm – 4.00pm

**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:** Steve Morley, Cambridge City Community Badminton Coach, will be facilitating these sessions. Coaching will be available each week. Please ensure you wear non-marking trainers

**TUESDAYS (continued):****Mighty Movers**  **Startup**

**Venue:** Meadows Community Centre, St Catharine's Road

**Time:** 12.15pm – 1.15pm

**Cost:** £3.00

**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**  **B**

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

**STARTING MARCH 2009:****Multi-sports Coaching with John Beck**

Exciting new early evening sessions with former footballer, manager – and now head coach at Histon – John Beck. Fun and suitable for all abilities, they will help improve your fitness levels using exercises in a variety of sports. For details contact Helen on 01223 457000 or 457535

**WEDNESDAYS (continued):****Aqua Aerobics**  **B**

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

**Booking:** Contact Chesterton Sports Centre on 01223 576110

**Pilates**  **B Startup**

See Monday's class for details.

**Venue:** Abbey Pool, Whitehill Road

**Time:** 10.45am – 11.45am

**Cost:** £3.00

**Booking:** Spaces are limited so please call Carrie Holbrook on 01223 457538 to book your place

**WEDNESDAYS (continued):****Fitness Pilates**

**NEW - Starting 21st January**

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** 

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.

**When:** Wednesday & Friday afternoons

**Where:** Wandelbury Country Park  
(meet at car park)

**Cost:** £5.00 per session (pole hire free)

**Contact Oliver Gynn on  
01638 742003**

**FRIDAYS (continued):****Aqua****Starting 16th January**

**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)

**Volunteering to help**

We have secured funding from the Department of Health for our 'Friends of Forever Active' volunteer project. Ways you can help include:

- ★ Welcome new members and act as a supporting 'buddy'
- ★ Help with publicity, promotion and fundraising
- ★ Lead a healthy walk in your local area
- ★ Assist at an exercise class
- ★ Become an activity leader

Volunteers will be given training and support and expenses will be covered. They will also benefit from reduced class fees as a thank you.

**Contact our volunteer coordinator  
Juliet Fabb on 07533 653281 or  
email [juliet@jlfabbleisure.co.uk](mailto:juliet@jlfabbleisure.co.uk)**

FRIENDS OF  
FOREVER  
**Active**

**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. We would love to hear from you!**

# Forever Active Health Talks

Forever Active has received funding from Sport Relief towards providing informative talks for members. Health talks coming up include:

## Looking after your back

Wednesday 4th February 7.00pm – 9.00pm

A talk on how to look after your back to help prevent, or help with existing back problems. The talk will cover recommended exercises to help keep your back healthy.

## Looking after your heart

Wednesday 1st April 2.00pm – 4.00pm

Information on how to keep your heart healthy and ticking! Advice will be given on the exercises you should be doing.

## Staying Steady on your Feet

Thursday 14th May 2.00pm – 4.30pm

A talk, which will contain useful tips for yourself, or to pass onto a relative on staying steady on your feet to prevent falls. Advice will be given on recommended exercises to help with balance and strength and falls prevention

## Looking after your bones and joints

Thursday 16th July 2.00pm – 4.30pm

After the success of the first bones and joints workshop we have decided to run another!

This talk will include information on the risk factors for arthritis and osteoporosis and how to reduce pain levels through exercise. Learn which exercises you should be doing and which ones to avoid to help with prevention and management of bone and joint conditions.

**Venue:** Meadows Community Centre

**Cost:** £3 Forever Active members, £5 non members (refreshments provided)

**Booking:** Send a cheque, payable to the Forever Active Forum together with your name, address and contact number to: Helen Johnston, Forever Active Coordinator, Hobson House, 44 St Andrews Street, Cambridge, CB2 3AS - or contact Helen on 01223 457000 or email [helen.johnston@cambridge.gov.uk](mailto:helen.johnston@cambridge.gov.uk) for more information.

**Please note: places are limited - so book early!**