

**FOREVER ACTIVE FORUM
FRIDAY 25TH JANUARY 2008
2.00PM – 3.30PM
CHESTERTON SPORTS CENTRE**



MINUTES

1.) Welcome and Introductions

PRESENT:

Helen Johnston, Forever Active Coordinator, CCC
Carrie Holbrook, *Exercise Referral Coordinator, CCC*
Andy Thompson, *Sports Development Officer, CCC*
Jenny Hays, *Administrator, Sports Development, CCC*
Cathy Culshaw, *Assistant Manager, Chesterton Sports Centre*
Doreen Furness, *Chesterton Aqua, ETM, Pilates class and badminton*
Kanchan Poulcharia, *Chesterton Aqua and Pilates, Yoga at Buchan Street and chair based exercises with ICCA group.*
Oliver Gynn, *Nordic Walking Coordinator*
Margaret Rishbeth, *Pilates Class at Chesterton*
Tony Moore, *Pilates at Chesterton*
Ruth Johnson, *ETM at Kelsey Kerridge and Trumpington*
Maria Sadler, *Aqua and ETM at Chesterton*
Celia Conway, *Aqua at Chesterton*
Barbara Attwood, *Aqua and ETM at Chesterton*
Diane Johnston, *ETM Chesterton*
Diana Newmen, *Pilates, Aqua, ETM and Yoga*
Madeleine Arnold, *Aqua at Chesterton*
Jackie Ward, *ETM at Chesterton*
Susan Lister, *Pilates at Chesterton and Brownsfield*
Joy Adams,
Rosemary Sennitt, *ETM and 50's Swim*
Stephanie Yoxali,
Rodney Hawkins, *ETM at Chesterton*
Wendy Rowden,
Martin Rowden,
Jo Darlington, *Chesterton Aqua*
Alex Morris, *Leys Sports Centre Manager*
Alberto Cerual-Jimenez,
Jessica Finch, *Healthy Walks, Nordic Walking and Pilates*
Christine Lewin, *Chesterton Aqua and Swim, Ten Pin Bowling*
Evelyn Norman, *Chesterton Aqua*

2.) Talk on Martial Arts: Presentation given by Ollie Batts

OB gave a presentation on Martial Arts, which included a demonstration of some typical movements in Martial Arts using wooden and padded sticks. OB explained Martial Arts movements help increase fitness, muscle strength, co-ordination and brain function. These movements can also be performed in a chair. These classes are also beneficial for learning self-defence techniques. An introductory course is starting on Thursday 7th February-13th March at Cherry Hinton Village Centre at 10am. More details about these

sessions can be found in the Forever Active Brochure on Page 14, or you can call Ollie Batts on 07709814422.

3.) Leys Sports Centre: Presentation given by Alex Morris

AM gave information about The Leys Sports Centre, which opened a year ago. The facilities available include a Gym, Studio, pool, café and there is free parking on site. The Centre can be accessed via Trumpington Road. Membership is also available at the Leys Sports Centre, or you can attend the Forever Active Exercise to Music class on a Wednesday morning at 10am-11am on a 'pay as you go' basis. More details about this class can be found in the Forever Active Brochure on Page 13.

4.) Forever Active Website: Presentation given by Andrew Thompson

AT designed the new Forever Active website on behalf of the Forum. AT gave a presentation at the Forum about the new website. The site has 10 pages to give as much information about the Forever Active Scheme as possible. The pages are as follows:

1. **Home** – Introducing the site/contents page
2. **About Us** -Explains what the FA Scheme is and what benefits can be gained by doing regular exercise
3. **Class Information** – The full class timetable as well as information about booking, equipment, what to wear and instructor details.
4. **Membership** – This gives information about how to become a member, cost, and the benefits. The membership form is also available to download from this page.
5. **Events** – This page gives up-date information about any forthcoming events.
6. **Have your say** – You have the opportunity here to ask questions, make comments or suggestions about the Forever Active Scheme. These are then sent onto HJ who will respond.
7. **Funding** – This details which grants and organisations have funded the FA Scheme to date and information about sponsorship.
8. **Accessibility** – This page provides information on changing your computer or browser to make the website more accessible for you.
9. **Contact us** – All contact details are given for the scheme coordinators and organisations in partnership with the scheme.
10. **Links** – This enables you to link to other websites that are associated with the FA Scheme.

ACTION: HJ to contact Jerry at CamSight to test the accessibility of the new FA website on behalf of visual impairments.

ACTION: HJ to contact other organisations that have home websites, to create links from their pages to our new FA website, e.g. Chesterton Sport Centre, CamSight.

Web address: www.forever-active.org.uk

5.) Minutes of last meeting and matters arising:

-Member's updates and Issues

Nordic Walking sessions are going well with approximately 10 people attending the sessions each week. OG is organising 2 sessions on a Wednesday afternoon to accommodate different abilities in each group. More details about Nordic Walking can be found on page 13 of the FA brochure.

A suggestion was made at the last Forum meeting for an extra class at Trumpington Village Centre. This is now taking place on a Monday morning at 10am, costing £2.50 for non-members or £2 for members.

HJ looked into arranging reduced rates for FA members for the mainstream classes at various centres, such as Chesterton, which was suggested at the last forum meeting. This would have to be subsidised by the FA Scheme but due to limited funding at the moment this will not be possible at present.

At the last forum meeting HJ informed the group that the Pilates sessions were to be reduced to 45mins sessions from 1hour due to funding restrictions. Feedback suggests that members would prefer an hour session.

ACTION: HJ to look at the possibility of increasing these sessions back to 1hour.

Aqua classes are currently at maximum capacity with a waiting list each week. Unfortunately there are no other venues available in the City to set up another class at present.

ACTION: HJ to speak with instructors about promoting the aqua belts in the session to accommodate more participants and to look into the possibility of an early morning session at Chesterton.

Participants who attend the Aqua session who are members of the scheme are not currently receiving priority booking at Chesterton

ACTION: CC to inform staff that Forever Active members must be given priority booking – 7 days in advance rather than the 5 days for non-members.

The ETM class at St Luke's Barn has now been moved to Chesterton Sports Centre. Numbers have increased at the session as a result of the move.

The badminton and bowls session at Chesterton still has low numbers.

ACTION: More promotion for this session and new members encouraged to attend.

-Suggestions

A suggestion was made to have discounted beauty treatments at Chesterton Sports Centre for Forever Active members during off peak times in exchange for free publicity for the beauty salon in the Forever Active brochure.

ACTION: HJ to speak with the beautician

It was noted that there are currently more classes on a Wednesday compared to any other day of the week. A suggestion was made to have future classes on different days of the week.

ACTION: HJ to consider placing any new classes on other days during the week

A request was made to have evening classes as part of the programme especially for those who are working.

ACTION: HJ to look into the possibility of evening classes.

6.) Forever Active Update:

- Results from Evaluation Questionnaires (HJ)

HJ gave a summary of the results from the questionnaires that were sent out in the summer. 80 responses were received and copies of the results are available from HJ or can be viewed on the website.

- **Membership Scheme (JH)**

JH reported back on the membership scheme to date. Current statistics are as follows:

Members = 200

Income = £1200

The income generated from this scheme so far will help fund a Forever Active class for a year.

- **Funding Update (HJ)**

So far we have received £18,000 of funding from different grant aid schemes. HJ is continuing to seek other sources of funding.

New sponsorship packs have been designed, aimed at companies who may be interesting in giving sponsorship towards the Forever Active scheme. These packs will be distributed in the near future

ACTION: Members to inform HJ if they are aware of a local business, which might be interested in sponsoring the scheme.

7.) Fundraising Event - May:

Ideas and suggestions, which were made by the group:

1. Well being day again at Chesterton Sports Centre
2. Trade Fair/Taster Day
3. Outdoor event, using somewhere central like Parkers Piece
4. Social Evening
5. Pamper Evening
6. Sponsored event, e.g. - class marathon such as ETM classes, Aqua, Dancing
Sponsored Walk

ACTION: HJ to organise an event for May.

8.) Membership, Constitution and Forum Policies

HJ asked if anyone would like to become a member on the Forever Active committee.

This will involve only a small amount of committee member's time in helping making decisions about the FA Scheme and putting suggestions forward for funding and grants. If anyone is interested in becoming a member please see HJ for more details.

9.) AOB

HJ asked the group for ideas on a type of dance class that might be welcomed in the FA Brochure because we now have a qualified dance instructor, Tansy Bruce. Suggestions made were: Jazzercise, line dancing and Ballet.

Possible venue suggestions were the new Leys Sports Centre, Arbury Community Centre and Buchan Street Neighbourhood Centre.

ACTION: HJ to find a suitable venue, day and time to set up a class

A suggestion was made for subsidised drinks at the Box Café at Chesterton Sports Centre after classes. Unfortunately this is not possible, as the subsidy would have to be provided by the Forever Active Scheme. A suggestion was made to approach the Box Café about having some sort of loyalty card for members.

ACTION: HJ to speak to the Box Café .

10: Date and Venue of next meeting

Friday 2nd May

2.00pm – 3.30pm

Chesterton Sports Centre