

**FOREVER ACTIVE FORUM
FRIDAY 2nd MAY 2008
2.00PM – 3.30PM
CHESTERTON SPORTS CENTRE**



MINUTES

1.) Welcome and Introductions

PRESENT:

www.forever-active.org.uk

Doreen Furness, *Chesterton Aqua, ETM, Pilates class and badminton*
Tony Moore, *Pilates at Chesterton*
Diane Johnston, *ETM Chesterton*
Evelyn Walker, *Chesterton Aqua, Tai Chi and Healthy Walks*
Ruby Leyshon, *Chesterton Aqua, Tai Chi and Healthy Walks*
Carole Bishop, *Chesterton Aqua, Badminton and Yoga*
Barbara Attwood, *Chesterton Aqua and ETM*
Julia Popp, *St Matthews Exercise Group.*
Frances Dumbleton, *Pilates Instructor*
Howard Daly, *Pilates and Yoga Instructor*
Helen Johnston, *Forever Active Coordinator, CCC*
Juliet Fabb, *Friends of Forever Active Coordinator*
Jenny Hays, *Administrator, Sports Development, CCC*
Cathy Culshaw, *Assistant Manager, Chesterton Sports Centre*

2.) Minutes from the last meeting - Action Points

- There have been two 6-week courses of Martial Arts held at Cherry Hinton Village Centre. Despite low numbers, feedback has been excellent from those who attended. As soon as there is enough interest we will look to run another course. If members are interested in attending future sessions please contact Ollie Batts, the Instructor on 07709 814422
- Following on from requests from the last meeting the Pilates sessions have been increased back to 1hour from 45mins from the start of June.
- There is now an aqua mobility session at Kings Hedges Learner pool on a Thursday 2.15pm – 3.00pm. Members are encouraged to attend if they are struggling to book onto the class at Chesterton.
- HJ approached the Box Café about a loyalty card for members – they are in the process of considering a loyalty card for September onwards.

3.) Friends of the Forever Active Project – Juliet Fabb

JF will be co-ordinating the new 'Friends of Forever Active' Project. This project has been funded by the Department of Health (facilitated by ATTEND) and aims to recruit volunteers for the Forever Active programme.

JF spoke to the group about the new project and then everyone went into small groups to discuss the following:

How to promote the project - On the Forever Active website
Church Magazine or local papers advertising the scheme
Through word of mouth
Name tags / ID badges for volunteers for identification

Promotion at Forever Active Events / classes

Roles for Volunteers-

Lead Healthy Walks
Take registers and give out Medical Forms in classes
Help distribute Leaflets/ promotional material
Invite new members to classes/coffee/events etc.
Assist at Forever Active Events
Help with sponsorships/ grants/ fundraising

Suggested Incentives for Volunteers

Discount on classes
Free Coffee/ Tea
Low cost Gift
Free session for bringing a friend.

Juliet will be starting in post the beginning of June and will be employed for 15 hours a week by the Forum to coordinate the new Volunteer project.
Further information to follow in the near future.

If you are interested in volunteering on the scheme, please contact JF by email:
juliet@jlfabbleisure.co.uk

4.) Summer Programme 2008

The decision was made to continue with the Forever Active classes throughout the summer unless stated otherwise in the brochure. However if numbers decrease during these months some classes may have to stop for the holiday months. Classes may also be stopped for odd weeks over this period due to Instructor availability.

The next Forever Active leaflet will be ready for distribution in the middle of July and will be for August to December 08 classes.

Please contact HJ if you are able to help distribute the leaflets in your local area.

5.) Forever Active Update

Grants – HJ updated the group on the grants received to date.

If you would like to see a list of the grants received please contact Helen or take a look on the website

New Sessions for July

- Readercise Project – Chair Based/ Pilates and T'ai Chi classes in Libraries within the City, starting in July.
- Dancercise – At Chesterton Sport Centre on a Tuesday 3.00pm – 4.00pm
- Stretch and Tone Class – At Chesterton Sport centre on a Friday from 3.00pm – 3.45pm
- Holistic Conditioning – At Chesterton Sport Centre on a Wednesday from 10.30am – 11.30am
- Aqua Class at Kings Hedges – This existing class is in need of more numbers
- Circuit Classes – Evening class at Chesterton Sport Centre, Wednesday 5.45pm – 6.30pm
- Quarterly Workshops – Open for everyone to attend covering subjects such as looking after you heart, managing back problems, nutrition and weight loss, and healthy bones and joints.

For further information, contact HJ.

HD suggested the possibility of starting a Flexi bar class as part of the Forever Active Scheme. Flexi bar is quite a new concept and is great for developing strength and working core stability.

ACTION: HJ to discuss with HD the possibility of having a class as part of the programme.

The majority of members on the scheme are currently females and there is the need to attract more men along to sessions

FD suggested having a 'bring a man for free' day or some sort of incentive to encourage more men along.

ACTION: HJ to look into possibilities.

Memberships – To Date Forever Active has 244 members with the new Membership Card. This has generated a total income of £1362.50. The new membership cards will be available soon and will run from September 08 to August 09. Renewal forms will be sent out to current members.

6.) Race for Life: DF is running in the Race for Life event on Midsummer Common on the 1st June 08. If anyone else is taking part in this event and would like to take part with DF please call Helen.

7.) Forever Active Fundraising Event:

To be held at Chesterton Sports Centre on Thursday 29th May from 10am-1pm. The day will consist of taster session of Exercise to Music, Chair Based exercises, Pilates, T'ai Chi, Martial Arts, Healthy Walks, Yoga, and Holistic Conditioning. Health Checks will also be available. There will be a £5 entrance fee and all children are welcome for free. Activities will be available for the children

For a timetable of events or more information please call Helen Johnston on 01223 457535 or take a look at the website.

Cambridge Celebrates Age will take place again in October this year. Local groups are encouraged to organise events as part of the celebration.

FD and HD suggested having a Pilates day for both men and women.

ACTION: HJ to speak to FD and HD to organise a date.

8.) AOB

Currently the aqua belts are not being used in the Wednesday class. If used they would enable more people to access the class.

ACTION –HJ to speak with the instructor about offering these at the beginning of the sessions.

**10: Date and Venue of next meeting:- 2.00pm – 3.30pm
Chesterton Sports Centre**