

**FOREVER ACTIVE FORUM  
FRIDAY 3<sup>rd</sup> OCTOBER 2008  
1.15PM – 2.45PM  
CHESTERTON SPORTS CENTRE**



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

**MINUTES**

**1.) Welcome and Introductions**

**PRESENT:**

Doreen Furness, *Chesterton Aqua, Dancercise, Pilates (advanced) and badminton*  
Diane Johnston, *ETM Chesterton*  
Brenda Holliday, *Pilates, Dancercise*  
Olga Foottit, *Tai Chi*  
Mary MacGinley, *Pilates*  
Maria de la Riva, *Pilates*  
Jan Carless, *Mighty Movers*  
June Thurston, *ETM, Aqua, Mighty Movers*  
Madeleine Arnold, *Aqua, Swimming*  
Barbara Attwood, *ETM, Aqua, Dancercise, Stretch and Tone*  
Jean Binks, *Aqua, Stretch and Tone*  
Carole Hillen, *Tennis, Stretch and Tone*  
Joy Adams, *Nordic Walking, Chair-based exercises*  
Alberto Cerual-Jimenez  
Oliver Gynn, *Nordic Walking Coach*  
Helen Johnston, *Forever Active Coordinator, CCC*  
Juliet Fabb, *Friends of Forever Active Coordinator*  
Alice Foster, *Administrator, Sports Development, CCC*  
Carrie Holbrook, *Exercise Referral Coordinator CCC*  
Claire Smith, *Dance and Movement Development Coordinator, Living Sport*  
Cathy Culshaw, *Assistant Manager, Chesterton Sports Centre*  
Andy Thompson, *Sports Development Officer, CCC*

**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 really positive from those who attended. As soon as there is enough interest (more than 8 people) we will look to run another course. If members are interested in attending future sessions please contact Ollie Batts, the Instructor on 07709 814422
- Race for Life: DF took part in this year and it was suggested Forever Active could take part as a group for next year. This could be good publicity for the scheme. A volunteer co-ordinator would be required through friends of Forever Active. To be discussed nearer the time.

Aqua at Parkside pools: It was queried as to why this was £4 while other classes are less.  
**ACTION:** HJ to speak to Parkside manager to see if a subsidised rate linked with the membership would be possible.

Tennis at Next Generation: Only 1 court is booked for these sessions, and this can be a problem if more than 4 people come to the session.  
**ACTION:** HJ will contact Next Generation to see if 2 courts are allowed.

Aqua aerobics at Chesterton: There was concern that numbers have dropped recently. Some suggested that the sessions could be improved by varying the music and the exercises given

**ACTION:** HJ to follow up with instructor.

Nordic Walking – Update from Oliver Gynn: The walks are still taking place at Wandelbury Country Park.

There are 2 classes to cater for different abilities – 2pm and 3pm starts.

Cost is £5.00 per session (pole hire free).

For further information or to book your place contact Oliver on 01638 742003.

It was highlighted that one possible barrier to participation is transport to Wandelbury for some class attendees.

**ACTION:** JF to look into the possibility of lift shares as part of the Friends of Forever Active Scheme.

### **3.) Dance Project – Claire Smith**

“Dancing for fun and better health” is part of the Fit as a Fiddle project.

Fit as a Fiddle is a National Age Concern programme funded by the Big Lottery. The new dance classes would aim to compliment rather than compete with the dance classes that are currently taking place on the Forever Active Scheme.

If you have any suggestions for dance classes in the City please contact Claire:

Claire.Smith@livingsport.co.uk.

### **4.) Friends of the Forever Active, Volunteer Project Update – Juliet Fabb**

JF is 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.

The project currently has 36 volunteers registered on the scheme.

The project is looking for more volunteers. If you are interested in volunteering on the scheme, please contact JF by email: juliet@jlfabbleisure.co.uk or call 07533 653281

### **5.) Forever Active Update – Helen Johnston**

#### **Funding –**

Funding has been secured for the next financial year until September 09.

As the Forever Active Scheme has an income in excess of £50,000, the programme isn’t eligible for some of the smaller grants available, therefore the scheme will become more reliant on sponsorship as a means of funding.

HJ is going to look into registering the Forum as a charity, which will make the project eligible for other sources of grant aid funding.

It was suggested that books could be sold at classes to generate some income

**Readercise** – Rock Road and Cherry Hinton sessions are continuing, while the Barnwell Road library session has stopped due to low numbers.

The Rock Road and Cherry Hinton sessions will continue until the 10<sup>th</sup> December when the numbers will be reassessed to determine whether the sessions will continue.

Both classes are on Wednesday (Cherry Hinton 11am – 1pm and Rock Road 2pm – 4pm) and both sessions have a chair-based and Pilates class, plus opportunity to use the library facilities.

**Health Workshops** – “Looking after your bones and joints” is taking place on Thursday 9<sup>th</sup> October, 2-4pm at the Meadows Community Centre.

“Looking after your back” is the next health talk on Wednesday 4<sup>th</sup> February, 7-9p.m. Contact HJ with suggestions for future workshops.

**Chesterton classes** – The holistic conditioning and evening circuits classes have been cancelled due to low numbers.

Chesterton Sports Centre is now funding the Forever Active classes taking place at the Centre to help with the sustainability of the sessions.

All classes require a minimum of 8 people per class to ensure they breakeven and continue. Classes of concern are stretch and tone (Friday, 2.00–2.45pm), and dancercise (Tuesday, 3.00-4.00pm), which are in need of more participants by the end of October in order to continue.

There are now spaces on the second aqua class if anyone wished to attend – bookings required at Chesterton reception.

It was suggested that vouchers could be issued for a first free session to certain classes, for example, a £3 voucher which then lists the classes that it includes.

### **6.) New Computer System – Cathy Culshaw**

The new computer system at Chesterton helps to control and monitor the numbers of participants going into classes.

It should also improve the efficiency of class bookings and operations.

Apologies for the delays caused, whilst staff were getting used to the new system

CC will feedback to staff about prioritising entry to the classes when the class is about to start.

### **7.) Website – Andy Thompson**

AT reported that the website now has a new look, is more user friendly and should be operating more quickly.

Two new pages have been added for volunteering and for start-up, which can now be viewed.

From January until 2<sup>nd</sup> October there had been 1769 page loads, 476 unique visitors, 399 first time visitors and 77 returning visitors.

Any comments or feedback with regard to the website please email to Andy:

Andrewj.Thompson@cambridge.gov.uk

**ACTION:** AT to put vouchers for classes (discussed previously) on website.

### **8.) AOB**

The majority of members on the scheme are currently females and there is the need to attract more men along to sessions. It was thought that this could be addressed in January when people are thinking more about fitness. It was suggested that Scotsdales could be approached for sponsorship with the idea of ‘fit for gardening’, and that there could be more creative naming of sessions.

### **Date and Time of Next Meeting**

**Friday 23<sup>rd</sup> January**  
**1.15pm – 2.45pm**  
**Chesterton Sports Centre**

