

**FOREVER ACTIVE FORUM  
FRIDAY 23<sup>rd</sup> Jan 2009  
1.00PM – 2.45PM  
CHESTERTON SPORTS CENTRE**



**MINUTES**

**AGM**

1 Welcome and Introductions:

Simon Hanna – Exercise Specialist, Falls Prevention Service  
Mary Wright, Exercise to Music Class (ETM)  
Celia Norway, Aqua aerobics  
Barbara Attwood, ETM and Aqua  
Lawrence Crow, ETM  
Liz Crow, ETM and Aqua  
Oliver Gynn, Nordic Walking Coach  
Diana Newman, Pilates and Aqua  
Diane Johnston, ETM and Aqua  
M Ball, Nordic Walking  
G Rina, Italian Voluntary Community  
Tony Moore, Pilates  
Doreen Furness, Pilates, Dancercise and Badminton  
Cathy Culshaw, Assistant Manager, Chesterton Sports Centre  
Juliet Fabb, Volunteer Coordinator  
Carrie Holbrook, ETM Instructor.  
Helen Johnston, Forever Active Coordinator

2 Review of Constitution

- To add the Vulnerable Adults Policy to the Constitution
- To include about £10 membership in section 4
- To make amendments to committee in section 6
- One signature for cheque clearance unless above £1K

3 Forever Active Accounts

- See attached accounts for 07/08

**ACTION:** accounts to be added onto website

The Forum is in a good financial position for the coming year  
Seeking other sources of funding will however be an ongoing priority for future sustainability.

4 Election of Committee Members

Chair – Helen Johnston  
Proposed by CH, seconded by BA

Treasurer – Carrie Holbrook  
Proposed by HJ, seconded by JF

Secretary – Jenny Hays  
Proposed by CH, seconded by DF

It was agreed by all present to have the following new positions on the management committee:

Volunteer Coordinator – Juliet Fabb  
Proposed by HJ, seconded by DJ

Long Term Conditions and Vulnerable Adults Coordinator – Simon Hanna  
Proposed by HJ, seconded by LC

Member Representatives – Doreen Furness and Lawrence Crow  
Proposed by HJ, seconded by BA

The position of vice chair is still available

**ACTION:** Contact HJ if you would like to discuss the possibility of taking on this position.

## 5. AOB

No other business

### **Main Meeting**

#### 1. Welcome and Introductions

As above for AGM

#### 2. Minutes of last meeting

AQUA: HJ informed the group that the price of the aqua at Parkside swimming pool will remain higher than the Forever Active sessions. This is a decision of SLM, the management org. This session will no longer be promoted within the Forever Active brochure.

A new aqua class has started at the Abbey swimming pool from 2pm – 3pm on a Friday. New members welcome. Details within the Jan – July 09 brochure.

TENNIS AND BADMINTON: Re: the court bookings at David Lloyd (was Next Generation), another court can be used for the Tuesday session if there is the availability. Facilitator to check with reception prior to start of each session.

MUSIC: Instructors have been asked to consult with their class about music selection within classes. All instructors have been given funding to purchase a new CD

NORDIC WALKING: OG reported that there are now spaces for new members at the Wednesday Nordic Walking session.

A new session has also started in Ely as part of the Mature and Active programme.

A request was made for a Friday session in Cambridge. OG can run a new session with a minimum of 4 participants. Interested members please contact OG, details within brochure.

EQUIPMENT: Equipment sales to be promoted by Instructors and volunteers within classes to generate more income for the Forum.

CHESTERTON: Classes at Chesterton are picking up where numbers have previously been low. Capacity within the classes has been increased to 20 to allow for increased demand. Booking is necessary for all classes at Chesterton.

PROMOTION: To promote within the Parish Newsletters

**ACTION:** All to email / contact HJ if you have the contact details for your local Parish newsletter. HJ to create a circulation list.

**ACTION:** HJ to follow up the possibility of promotion within the COPE (Cambridge Older Person's Enterprise) magazine.

### 3. The Falls Prevention Service – Simon Hanna

SH informed the group of the work of the Falls Prevention Service and the link with Forever Active. Information was given on recommended exercises to help with Falls Prevention.

Further information available at the Health Talk on the 14<sup>th</sup> May.

If you or a relative have had a fall or are worried about falling contact Simon on 01223 885070

### 4. Friends of Forever Active Project – Juliet Fabb

JF informed the group that there are now 42 volunteers (distributors, exercise assistants, walk leaders, project reps)

Training for volunteers is ongoing

There has been increased advertising of the project through volunteer organisations

JF will be looking into a car share scheme for members

JF will circulate a timetable for volunteer update meetings

Walk leader training will be booked for the springtime.

For information about volunteering please get in touch with Juliet.

### 5. Forever Active Update – Helen Johnston

The FA report for 2008 is now available alongside the annual accounts. Information is on the website or contact HJ to be sent a paper copy

The new brochure is now in circulation.

**ACTION:** All to check copies are in local venues. Contact HJ if copies are required.

HJ updated the group that the Readercise sessions have stopped due to staff shortages at the libraries. Participants have been sign posted to other Forever Active sessions.

A series of Health Talks are planned for 2009. The next one is on 'looking after your back' on the 4<sup>th</sup> February.

Ongoing funding is required to support sessions. Please let HJ know if you hear of any local companies looking for sponsorship opportunities.

### 6. Any other business

No other business

### 7. Date and Time of next meeting

**Friday 15<sup>th</sup> May**  
**1.15pm – 2.45pm**  
**Chesterton Sports Centre**