

**FOREVER ACTIVE FORUM  
FRIDAY 15<sup>th</sup> May 2009  
1.15PM – 2.45PM  
CHESTERTON SPORTS CENTRE**



1 Welcome and Introductions:

Simon Hanna, Exercise Specialist, Falls Prevention Service  
Sandy Hunt, Exercise Instructor, Forever Active  
Molly Sneddon, Pilates  
Madeline Arnold, Aqua  
Jean Binks, ETM, Aqua and stretch and tone  
Barbara Attwood, ETM, stretch and tone  
Celia Conway, Aqua and Nordic walking  
Tony Moore, Pilates  
Olga Fooare, ETM, dancercise, T'ai Chi  
Oliver Gynn, Nordic Walking Instructor  
Michael Moule, Pilates and Golf  
Doreen Furness, Pilates, Dancercise and Badminton  
Cathy Culshaw, Sport Centre Coordinator, Chesterton  
Helen Johnston, Forever Active Coordinator

2 Free Swimming Initiative

Ian Ross, Recreation and Facilities Officer from Cambridge City Council came to speak to the Forum about the new free-swimming initiative SWIM4FREE, which was launched on the 1<sup>st</sup> April.

This initiative is part of a National campaign to promote swimming, general fitness, more active lifestyles and well being. The project has funding for two years initially.

Cambridge City will be offering free swimming for the 60+ age group. The pools taking part in the scheme are Parkside, Abbey, Kings Hedges and Jesus Green. The initiative only includes Local pools owned by the Local Authority. South Cambridgeshire is also taking part in the scheme and will be offering free swimming for over 60 age group and under 16 age group.

Anyone over the age of 60 can access the free swimming in the City (you don't have to be a City resident) Participants are just required to get an everyone active card prior to benefiting from the free swimming.

Everyone active cards can be collected from Parkside and Abbey pools. You will need to bring along proof of age to get your card. The card will then need to be shown every time the participant wants to take part in the free swimming.

SWIM4FREE is available all year round during public sessions only. For a pool timetable visit [www.everyoneactive.com](http://www.everyoneactive.com)

Abbey pools: 01223 213352  
Kings Hedges pool: 01223 353248  
Jesus Green: 01223 302579  
Parkside pool: 01223 446100

3. Minutes of last meeting and matters arising

HJ to change the spelling mistake of Celia Conway's name in the previous minutes  
Minutes agreed as correct

3B: Members updates / issues and suggestions:

Promotion / publicity:

HJ updated the group that there have been publicity articles in the Chesterton Challenge / Chimes, Abbey ward newsletter and COPE magazine.

**ACTION:** Members to continue to send HJ information about local newsletters in which Forever Active could promote.

A suggestion was made to promote in the editorial section of newsletters, which is free of charge

HJ informed the group that there are now Forever Active vouchers available for distribution for new people wanting to try one of the Forever Active Classes.

Contact HJ if you would like some vouchers to distribute.

Aqua: The aqua class is continuing to be a busy session. Members encouraged to use the deep water aqua belts where possible to make the shallow end less busy. Forever Active members are also reminded make use of the 7 day prior booking option for members.

It was reported that there has been a slippery and dirty floor left by the class before the aqua session

**ACTION:** CC to follow up.

CC reported that Chesterton have received funding to improve the heating system in the pool. This should be installed within the next couple of months.

Pilates: There are concerns that there are some people under the age of 50 accessing the Pilates classes. The classes are already busy and don't have the capacity.

**ACTION:** CC to email reception to state that priority must be given to Forever Active members

**ACTION:** HJ to email Instructors to ask that they ensure priority is given to Forever Active members and that the classes continue to be aimed at the 50+ age group even if there are younger people in the class

Nordic Walking: OG informed the group that there are more people needed at the Friday afternoon Nordic walking session, 2pm at Milton County Park.

Information about the Nordic walking sessions included with the minutes.

Contact OG if you wish to attend.

Golf: It was reported that coaching is not always available at the golf sessions on a Wednesday

**ACTION:** HJ to speak to Cambridge Lakes golf course and amend the wording in the brochure accordingly.

SH updated the group on the new 'Active Ageing' Focus group. This group has representation from each of the Local Authority 50+ schemes in the County. The aim of the group is to influence local strategy and to share ideas and best practice. SH would like to invite one of the Forever Active members to attend one of the next meetings to speak about the Forever Active

**ACTION:** Contact SH if you would like to attend

SH also reported on the new structure for the Forever Active classes, which will take place from August onwards. This new structure will ensure that there is a clear definition and structure for each of the chair based classes – grading them into different levels.

Information enclosed with minutes.

Chesterton Sports Centre is having an open day on the 30<sup>th</sup> May. All invited to attend with Grandchildren.

A request was made for volunteers to continue to promote the Forever Active home based exercise booklet. A suggestion was made for volunteers to promote the booklet within classes

**ACTION:** HJ to liaise with Juliet Fabb to coordinate.

A request was made for some smaller exercise balls – to help with hand / finger mobility.

**ACTION:** HJ to look into the possibility of Forever Active purchasing some

#### 4. Forever Active Update

HJ updated the group on the success of the health talks to date.

The next talks are:

Thurs 16<sup>th</sup> July, Looking after your bones and joints, 2.00pm – 4.00pm at the Meadows

Friday 25<sup>th</sup> September, Nutrition, 2.00pm – 4.00pm at the Meadows.

A suggestion was made for there to be a talk on Mental health and recognising medical conditions

**ACTION:** HJ to look into the organising these workshops

All to let HJ know if there are any other requests for topics

Forever Active has received £6,000 of funding towards the Falls prevention / chair based classes. The funding will go towards implementing the new class structure (details enclosed with minutes) as well as towards the new Walk with me project.

Frances Dumbelton will be changing her Monday 12 noon Pilates to a Skiing prep and golf swingers class from the start of September for 6 weeks. Further details to follow.

Membership:

A total of 316 members this year in comparison to 253 members in year 2

Equipment sales have generated £455 income this year.

There is now a new strand to the Exercise Referral Scheme Start Up. ExSite is the new scheme which will run along side Start Up for lower risk referrals e.g for arthritis, mobility problems etc. Publicity leaflet enclosed with the minutes.

#### 5 / 6 Volunteer update – walk with me and car share initiative

Walk with me is a new project, which will provide volunteer walk buddies for frailer / older adults who need some assistance when walking. Referrals will be made through the Falls prevention scheme and volunteers will have the on going support of the physio therapists.

The walks buddies will help with things like walking to the shop, walking down the road, walking around the house.

Volunteers are needed to help with anything from half an hour a week.

If you are interested in volunteering or know anyone who would benefit from the Walk with me scheme contact Juliet on 07533 653281 [juliet@jlfableisure.co.uk](mailto:juliet@jlfableisure.co.uk)

Free training is available for all volunteers and incentives will be given.

Juliet has been working on the new car share initiative. For many individuals getting to sessions is a barrier to participation. The car share project will work with volunteer drivers to take people to exercise classes.

Please contact Juliet if you are interested in being a volunteer driver or if you need assistance to a class.

HJ reported that since the start of the volunteer leaflet distributors, enquiries about the scheme have increased. We would be grateful if volunteers could ensure local venues have a supply of publicity. If you need any more brochures please contact Juliet.

Thank you to all the Forever Active volunteers for their ongoing support

#### 7. AOB

No other business

#### 8. Date and time of next meeting

**Friday 4<sup>th</sup> September 2009**

**1.45 – 2.45pm**

**Chesterton Sports Centre**