

FOREVER

Active

Forever Active Coordinator

tel: 07432 480105

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All information about the programme
can be found on our website:

www.forever-active.org.uk

FOREVER

Active

January – December 2015



The affordable health club for the
over 50s and those returning to a more
active lifestyle in Cambridgeshire

www.forever-active.org.uk

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FOREVER Active

Why should I attend a Forever Active session?

There are many health benefits to be gained from being active. There is strong evidence to suggest that regular exercise and activity can help us as we get older, especially with conditions such as diabetes, asthma, high blood pressure, arthritis and osteoporosis, as well as improving our mental health and helping with sleep patterns and overall wellbeing.

For the majority of people, the sessions promoted within this brochure will help improve their health and well-being. If you haven't exercised for a while, or have a medical condition, it is advisable that you consult with a Health Professional before attending a session for the first time.

Contact us

Forever Active Coordinator

email: enquiries@forever-active.org.uk
tel: 07432 480105

(Voicemails are checked every weekday so if we're not able to answer your call please leave a message and we will contact you within 48 hours. Alternatively you can send us an email or take a look on our website.)

Up-to-date information about our classes and other activities can be found on our website:

www.forever-active.org.uk

Contents

	page
Information for participants	3-4
Mobility Classes	5-7
Introduction	5
Level 2	6
Level 3	6
Level 4	7
NEW All in 1 Mobility	7
Active 50+ Exercise Classes	8-13
Introduction	10
Aqua Aerobics	10
Exercise to Music	10
Latin Workout	11
Line Dancing	11
Pilates	12
T'ai Chi	12
Tap Dancing	12
Yoga	13
Active 50+ Sport Sessions	13-14
Badminton & Table Tennis	13
Golf	13
Tennis & Badminton	13
Rowing	14
Short-Mat Bowls	14
Yoga for Golfers	14
Nordic Walking	14
Other Features	
Falls Prevention	7
Testimonials	8
Membership form	15



Information for Participants

What is Forever Active?

Forever Active Forum Ltd is a not-for-profit organisation, with an objective of offering a variety of physical activities for the over 50s and those wanting to return to a more active lifestyle. We strive to make our sessions accessible to everybody and take great care to ensure they are delivered by instructors fully trained and qualified in their field.

Forever Active achieved complete independence from Cambridge City Council in 2013, thanks to its success and as a result of a committed group of volunteers. In 2014, the voluntary committee have strived and work hard to maintain and develop a City-wide programme of activities, with contributions from partners including Cambridge City Council and Chesterton Sports Centre.

We have applied for registration as a charity, which will help us even more in our future development (by enabling us to apply for a wider range of grants, as well as gift-aid subscription from you, our members) and maintaining the standards of its delivery.

What exercise / activity should I be doing?

National recommendations from the Department of Health state that, as we get older, in order to get the health benefits of being active we should do the following:

- Aim to be active daily and try to



do at least 2.5 hours of moderate intensity activity a week. You can easily reach your aim by attending Forever Active classes and activities.

- Do exercises to improve the strength of our muscles and bones.
- Do exercises to help improve our balance and coordination.

All our classes include exercises to help you achieve the above. All the staff working on the Forever Active programme are qualified up to a minimum of Level 2 on the Register of Exercise Professionals and have attended additional 50+ training workshops which focus on training staff on safe and effective exercises for the over 50 age group – so you will be in the best hands!

If you're unsure which class to attend after looking through the brochure, please call the Instructor or Coordinator for further information.

What to do before attending a Forever Active session:

- 1 If it's your first time attending, please call the Instructor or Coordinator to confirm details of the session.
- 2 For some classes it is advisable to pre-book – these sessions are marked **B** in the brochure.
- 3 We advise wearing something comfortable for your session and suitable footwear such as trainers. Please bring a drink along with you to stay hydrated, and don't eat anything for at least one hour before exercise. Participants with asthma or angina must bring their inhaler/GTN spray to the session.
- 4 The Instructor will ask you to complete a pre-exercise medical form prior to your first session; this would only be used in the event of an emergency. All information will remain strictly confidential.
- 5 Most classes run for 50 minutes to allow set up and clearing away within an hour – it is important to arrive on time and leave promptly.

Forever Active Forum Membership Scheme

All sessions are 'pay as you go', but you have the opportunity to become

a Forever Active Forum Member and receive discounted sessions. Members also receive a quarterly newsletter and regular updates including notification of class changes and cancellations.

Membership will become compulsory in September 2015, but you can join now, no need to wait until then. A membership form can be found on page 15 of this brochure.

As a member you will also be entitled to join us at our Forum meetings, to have a say in what we do and how we are run.

And here is what some of our members say about Forever Active:

"Affordable, friendly and fun!"
(Ann Lucas)

"A lifeline! Makes such a difference both to mind and body. Modified to suit any ability and temperament, the classes help to keep one active and happy. Thank you so much!"
(Nicola Schiannini)

"A godsend. Don't know where I'd be without it (actually I do: still crippled from back injury, crawling up the stairs on hands and knees...). And fantastic, lovely teachers. Thank you."
(Shayne Mitchell)

All the information in this brochure is correct at the time of going to print but some details may change. Our website is kept up-to-date, so please check it for the latest news or – if you don't use the internet – you can phone our helpline on 07432 480105.

Mobility Classes

These classes are suitable if you have any sort of mobility problem. The exercises taught are proven to help with one's strength and balance and to help with conditions such as arthritis, osteoporosis and other age related medical conditions.

Key to the classes:

Level 1 Chair Based

These sessions are all seated with no standing exercises and take place within sheltered housing schemes.

Level 2 Chair Based +

Predominantly seated, but will include some optional standing exercises.

Level 3 Strength & Balance

Mainly strength and balance exercises with some seated strength work.

Level 4 Strength & Balance +

A mixture of seated, standing and floor based exercises.

NEW All in 1 Mobility

Mobility class that incorporates all levels, starting seated and progressing through to more advanced balance and strength exercises. The class is in 4 sections, so you can stop at any time if you feel the exercises are becoming too challenging. Then when you're ready you'll be able to progress from one level to the next.

Cost of sessions:

All classes cost £3.50 per session for members and for only £15 for the year you can become a Forever Active Forum member saving you 30% on the full price of every class! The non member rate for classes is £5.00. Please see the back of the brochure for a membership form.

It's recommended that you contact us before attending your first class so we can let the Instructor know to expect you.

Contact: Forever Active enquiries, enquiries@forever-active.org.uk 07432 480105.



Symbols for classes:

-  Free tea / coffee
-  Refreshments can be purchased
-  Booking essential

Level 2**Barnwell Baptist Church** 

Howard Road, Cambridge, CB5 8QS
Tuesdays, 10.00am – 11.00am
 Contact: Diane Johnston, 01223 237252 /
 Anne Johnson, 01223 232160

Seated T'ai Chi

Lichfield Hall, Lichfield Road, CB1 3SL
Thursdays, 11.30am – 12.30pm
 Contact: Mike Tabrett, 01223 503390
 It is advisable to contact Mike before attending
 to see if there is space in the class.

St Paul's

Hills Road, Cambridge, CB2 1JP
Thursdays, 11.00am – 12.00 noon
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

Level 3**Arbury Community Centre** 

Campkin Road, Cambridge, CB4 2LD
Mondays, 1.30pm – 2.30pm
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

Newnham Scout Hut

Chedworth Street, Cambridge, CB3 9JF
Tuesdays, 11.30am – 12.30pm
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

Lichfield Hall

Lichfield Road, Cambridge, CB1 3SL
Wednesdays, 11.00am – 12.00 noon,
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

St Matthew's Church

St Matthew's Street, Cambridge, CB1 2LT
Wednesdays, 10.40am – 11.40am
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

Castle Street

Castle Street Methodist Church, CB3 0AH
Wednesdays, 12.00 noon – 1.00pm
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

The Meadows 

The Meadows Community Centre,
 St Catharine's Road, Kings Hedges, CB4 3XJ
Wednesdays, 1.30pm – 2.30pm
 Contact: Jenny James, 01223 510715

Trumpington Village Hall

High Street, Trumpington, CB2 9HZ
Fridays, 10.45am – 11.45am
 Contact: Forever Active enquiries, 07432
 480105, enquiries@forever-active.org.uk

Arbury – T'ai Chi

Church of the Good Shepherd, Mansel Way, CB4 2ET
Fridays, 2.00pm – 3.00pm
 A mixture of standing and seated exercises
 Contact: Mike Tabrett, 01223 503390
 It is advisable to contact Mike before attending
 to see if there is space in the class.

Level 4**The Meadows** 

The Meadows Community Centre,
 St Catharine's Road, Kings Hedges, CB4 3XJ
Tuesdays, 12.15pm – 1.15pm
 Marlene Sharpe-Westwood, 01223 571431

Barnwell Baptist Church 

Howard Road, Cambridge CB5 8QS
Wednesdays, 1.00pm – 2.00pm
 Contact: Sabrina Marengi, 07788 413172

**Hills Road**

Hills Road Sports Centre, Purbeck Road, CB2 8PF
Thursdays, 11.15am – 12.15pm
 Marlene Sharpe-Westwood, 01223 571431

All in 1 Mobility**NEW Barnwell Baptist Church** 

Howard Road, Cambridge, CB5 8QS
Wednesdays, 3.00pm – 4.30pm
 Contact: Sabrina Marengi, 07788 413172

NEW Arbury Community Centre

Campkin Road, Cambridge, CB4 2LD
Thursdays, 11.30am – 1.00pm
 Contact: Sabrina Marengi, 07788 413172

**Worried about your balance or falling?**

The local Falls Prevention service in Cambridge City is there to support you if you have a mobility problem or are worried about falling. It offers both practical advice and exercise resources that will help you maintain your independence.

Contact: Simon Hanna: 01223 885070 or simon.hanna@nhs.net



“There is much research evidence to show that the right sort of exercise is very effective in keeping people steady on their feet as they get older and preventing falls. As Falls Prevention Therapy Lead for Cambridgeshire Community Services NHS Trust I am responsible for the exercise referral pathway both in and outside the NHS. Forever Active make this possible in a number of ways:

Their class leaders are trained to deliver the correct exercises alongside health care professionals in order to ensure everyone is delivering safe and effective classes for participants.

The NHS staff working as part of the Falls Prevention Service who train those delivering evidence based exercise for preventing falls monitor all staff they have trained on a regular basis to ensure they continue to be safe and effective. This means NHS staff can be confident to refer patients onto Forever Active classes once discharged from health services.

Forever Active class leaders are able to refer participants into the NHS quickly should they deteriorate and need additional support. I follow up these referrals which are always appropriate and because received in a timely manner I can nearly always rectify the problem enabling them to remain active and independent in their home environment.

The relationship we have with Forever Active is invaluable both to the NHS and the many older adults who attend and enjoy their classes, knowing they are in safe hands”

(Jackie Riglin, Falls Prevention Therapy Lead, Clinical Specialist Physiotherapist, Falls Prevention Service, Cambridgeshire Community Services)

“The class has helped my weight and diabetes”

(Jennifer Rayment)

“Good for the body, mind and soul and good fun socially.”

(Alison Sayward)

“I always feel happy when I’ve done the class and my Instructor is the best ever.”

(Bonny Buck)

“Out teacher is inspirational. She gets me back in touch with myself and makes me feel human.”

(Peter C)



Sessions for the active 50+

These level 5 classes are ideal if you'd like to take part in more active exercise and sport sessions. Recommended if you're able to undertake standing exercises.

Cost of sessions:

Cost for all classes is £3.50 per session for members and for only £15 for the year you can become a Forever Active Forum member saving you 30% on the full price of every class! The non member rate for classes is £5.00. Please see the back of the brochure for a membership form.

It's recommended that you contact us before attending your first class so we can let the Instructor know to expect you.

Contact: Forever Active Coordinator, 07432 480105
enquiries@forever-active.org.uk

"Forever Active is a great way to keep fit while having fun and making new friends. There is such a good variety of activities and all the tutors are professional and encouraging in the classes I attend. We are very lucky to have such a facility in Cambridge, particularly after retirement"

(Sheila Roberts)

Symbols for classes:



Free tea / coffee



Refreshments can be purchased



Booking essential



Active 50+ Exercise Classes

Aqua Aerobics

A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.

Chesterton Sports Centre

Gilbert Road, CB4 3NY

Mondays, 2.30pm – 3.15pm

Wednesdays, 2.00pm – 2.45pm

Contact: Chesterton Sports Centre,
01223 576110

Exercise to Music

All-round, total body workout to improve fitness, coordination, strength and flexibility to great music!

"Joining my Forever Active 'Exercise to Music' class was the best decision I have made. I have been going to the class for three years. I always look forward to it and I continuously leave the class with the feel good factor. The class is fast paced, active, fun and gets every part of your body moving. Our teacher is kind, charismatic and helpful. You can go to her with any questions and nothing is too much bother, she is always happy to

help. Aside from my love of the class, it has benefited and improved my balance and I have met some lovely people with whom I get to socialise each week"
(Sylvia Ellis)

Arbury Community Centre

Campkin Road, Cambridge CB4 2LD

Mondays 3.15pm – 4.15pm

Contact: Sabrina Marengi, 07788 413172

Kelsey Kerridge

Queen Anne Terrace, Cambridge CB1 1NA

Tuesdays, 9.45am – 10.45am

Contact: Carrie Holbrook, 01480 217883 or
carrie.holbrook@btinternet.com

Chesterton Bowls Club

Logan's Way, CB4 1BL

Wednesdays, 6.00pm – 7.00pm

Contact: Joules Kyle, 07707 351828

Trumpington Village Hall

High Street, Trumpington, CB2 9HZ

Fridays, 9.30am – 10.30am

Contact: Forever Active enquiries, 07432
480105, enquiries@forever-active.org.uk

The Meadows

The Meadows Community Centre,

St Catharine's Road, Kings Hedges, CB4 3XJ

Fridays, 12.00 noon – 1.00pm

Contact: Marlene Sharpe-Westwood,
01223 571431



Latin Workout

This Latin infused workout promises to be a fun workout with great music. This is a ladies only session and isn't recommended if you've had a knee or hip replacement.

Arbury Community Centre

Campkin Road, CB4 2LD

Thursdays, 10.00am – 11.00am

Contact: Sabrina Marengi, 07788 413172

"Just watching our instructor, who is so energetic and loves Salsa, is an inspiration. The class makes me feel so much better."

(Janet Witting)

Line Dancing

Learn fun line dancing sequences at these weekly classes. Promises to get your heart rate up whilst having a giggle at the same time! Please note this class isn't recommended if you've had a knee or hip replacement.

Cherry Hinton

St Andrews Church, Cherry Hinton, CB1 9NE

Mondays 2.00pm – 2.30pm, beginners

Mondays 2.30pm – 3.30pm, improvers

Contact: Margaret, 07934 621233



Pilates

Strengthens weak areas and stretched tight muscles, enhancing good posture and correct body alignment.

"I have been going for 8 years to Forever Active. It has made me fitter, stronger, good balance. The instructors have been great, in training and advising us."

(Robin Hunt)

Chesterton Sports Centre

Gilbert Road, CB4 3NY

Mondays 12.00 – 12.50pm, beginners
1.00 – 1.50pm, improvers

Tuesdays 11.05 – 11.55pm, advanced
1.30 – 2.20pm, improvers

Contact: Chesterton Sports Centre,
01223 576110

Trumpington Pavilion

Paget Road, Trumpington, CB2 9JF

Mondays, 11.15am – 12.15pm

Contact: Jo Simcock-Sims,
josimcock@newbodypilates.co.uk

East Barnwell Centre

East Barnwell Community Centre,
Newmarket Road, CB5 8RS

Wednesdays, 10.30am – 11.30am

Saturdays, 11.00am – 12.00 noon

Contact: Fay Durrant, 07977 583535

St Andrews Church Centre

High Street, Cherry Hinton, CB1 9LR

Wednesdays, 11.30am – 12.30pm

Starting Wednesday 25th February

Contact: Disa Bennett, 07798 754029

"Forever Active classes always brighten my day. I feel energised, not only by the exercise, but by the social interaction with the instructor and other class members."

(Brenda Wright)

T'ai Chi

Simple exercises to help understand core principles of posture, breathing and coordination to be able to move and balance more easily.

East Barnwell Centre

East Barnwell Community Centre,
Newmarket Road, CB5 8RS

Thursdays, 3.30pm – 4.30pm

Contact: Mike Tabrett, 01223 503390

Tap Dancing

For beginners to improvers, all the basics steps will be taught, Tap is great for improving bone health and strength as well as fitness levels and coordination.

Netherhall Sports Centre

Queen Edith's Way, CB1 8NN

Tuesdays, 4.00pm – 5.00pm

Contact: Marlene Sharpe-Westwood,
01223 571431

"A lifeline! Makes such a difference both to mind and body. Modified to suit any ability and temperament, these classes help to keep one active and happy. Thank you so so much."

(Nicola Schiannini)

Yoga

Relax your body and mind whilst improving your strength and flexibility through a series of postures.

"Forever Active enables older people to keep fit, stay supple and keep the joints moving – and get the benefits of social interaction. I recommend them highly and particularly enjoy Yoga and Strength & Balance. The instructors are equipped to deal with older age groups and adapt exercises to suit people of all abilities"

(Susan Edwards)

Trumpington Village Hall

High Street, Trumpington, CB2 9HZ

Tuesdays, 10.00am – 11.00am

Contact: Sabrina Marengi, 07788 413172

Chesterton Sports

Chesterton Sports Centre, Gilbert Rd, CB4 3NY

Fridays 11.10am – 12.00pm

Contact: Chesterton Sports Centre,
01223 576110

Active 50+ Sport Sessions

The Forever Active sport sessions are for all abilities, it doesn't matter if you haven't tried the sport before, everyone is welcome!

Badminton & Table Tennis

Chesterton Sports Centre

Gilbert Road, CB4 3NY

Thursdays 12.30pm – 1.30pm

Contact: Chesterton Sports Centre,
01223 576110

Golf

These sessions are held at Cambridge Lakes Golf Course. Each session comprises a round (or two!) of golf and a tea or coffee. Introductory lessons are available by arrangement.

Cambridge Lakes Golf Course

Trumpington Road, Cambridge CB2 8FA

Wednesdays 9.30am – 1.00pm

£7.00 Forever Active members / £8 non members (including equipment hire)

Contact: Bob Barnes, 01223 324242



COMING SOON:

Yoga For Golfers

After a popular first course, a second course is being planned.

To register your interest or for further information please email enquiries@forever-active.org.uk

Tennis & Badminton

David Lloyd Health Club

Coldham's Lane, CB1 3LH

Wednesdays 10.00am – 12.00noon

Contact: Forever Active enquiries, 07432 480105, enquiries@forever-active.org.uk

Rowing

Exercise and enjoy the fresh air and river scenery.

River Cam

Combined Colleges Boathouse, Logan's Way

Mondays 11.00am – 1.00pm

£30 for initial 6 weeks

Contact: Kate Merrington, 01223 363386

Short Mat Bowls

Trumpington Village Hall

High Street, Trumpington, CB2 9HZ

Thursdays 10.00am – 11.30am

Contact: Forever Active enquiries, 07432 480105, enquiries@forever-active.org.uk

"I now do four exercise classes a week. Pilates and Yoga have greatly improved my balance, strength, posture and range of movement. Exercise to Music and Latin Workout have given me extra stamina as well as improving my co-ordination, responses and memory as a result of learning sequences.

Our instructors are very good and professional. They are very friendly and are always concerned for our wellbeing, giving alternative exercises if there are any we cannot do.

I have also gained socially, interacting with the other class members and have made many friends through the classes.

(Joan Aliwell)

Nordic Walking

These sessions are great to work the upper body muscles, improve posture and burn more calories than normal walking. Session details vary depending on the time of year. For further information please contact:

Fay Durrant: 079775 83535

Oliver Gynn: 07947 835522

Please note: Forever Active does not organise these sessions directly but works in partnership with the instructors to promote the sessions they lead for the 50+ age group.

Forever Active Forum Membership Form

For more information about Forever Active Forum Membership see page 4.

Name:

Date of birth:

Address:

Postcode:

Telephone:

Mobile:

Email:

Membership Card Number: (previous members only)

Classes which you attend

Class: Day: Venue:

Class: Day: Venue:

Class: Day: Venue:

Signed: Date:

Forever Active Forum Ltd is currently applying for Charity Status. Once this is achieved you will be able to gift aid your membership subscription if you are a tax-payer. Please tick the relevant box below:

I wish to gift aid my Forever Active membership subscription

I do not wish to gift aid my Forever Active membership subscription:

Please return this form with the correct fee to:

Forever Active Forum Ltd, PO Box 974, Cambridge, CB24 9XG

The annual membership fee is £15.00. Payment can be made by cheque payable to 'Forever Active Forum Ltd'.

Once your membership application has been processed you will be sent your membership card in the post.

