

FOREVER

# Active

January – December 2017



Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

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

# FOREVER Active

## Why should I attend a Forever Active session?

There are many health benefits to be gained from being active. There is a lot of research evidence to show that the right sort of exercise is very effective in keeping older people strong and steady on their feet and maintaining independence.

For the majority of people, the sessions promoted by Forever Active 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 Enquiries

email: [enquiries@forever-active.org.uk](mailto: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](http://www.forever-active.org.uk)

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*"Our chair-based class is mixed and everyone is very pleasant and easy to get on with. To my mind this is a bonus in itself for the social side of my life.*

*Our instructor has a knack of working through all the limbs of the body leaving us feeling as if we have worked hard, as well as giving individual information to those with all sorts of problems.*

*For me, and I think I can speak for most of the class, it gives us all a lift and for the hour it takes us out of ourselves. I also look forward to our chats afterwards."*

(Valerie Rudd)



## Worried about your balance or falling, or maybe just feeling less steady on your feet?

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) will support you if you have mobility problems or are worried about your balance. It offers both formal assessment where appropriate and practical advice and exercise resources that will help you maintain your independence.

Contact: Simon Hanna, Clinical Exercise Specialist on 07747 824575 or email [simon.hanna@nhs.net](mailto:simon.hanna@nhs.net)

*"There is a lot of research evidence to show that strength and balance exercise is very effective in keeping older people strong and steady on their feet and prevents falls.*

*Forever Active delivers these classes in the community and in partnership with the local NHS:*

- 1. Class leaders are trained to deliver safe and effective classes for participants.*
- 2. Classes are monitored on a regular basis to ensure they continue to be safe and effective. This means NHS staff can be confident to recommend Forever Active classes to patients once discharged from health services.*
- 3. Forever Active class leaders can refer participants into the NHS quickly should they need additional support, enabling them to remain active and independent.*

*The relationship between Forever Active, the local NHS and the many older adults who attend and enjoy their classes is invaluable."*

(Jackie Riglin, Falls Prevention Clinical Lead, Clinical Specialist Physiotherapist)

## Strength & Balance Classes

These classes are designed to help you feel strong and steady and are suitable for anyone who wishes to improve their strength, balance, suppleness and mobility. The exercises included in the classes have been proven to help reduce the risk of falls and increase confidence with everyday activities. The classes are endorsed by CPFT (NHS) and may help with conditions that limit your independence such as arthritis, osteoporosis, and other age-related medical conditions.

### Key to the classes:

#### Level 1

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

#### Level 2

Predominantly seated, but will include some optional standing exercises.

#### Level 3

Mainly strength and balance exercises with some seated strength work.

#### Level 4

A mixture of seated, standing and floor based exercises including strength and balance exercises.

## All in 1 Mobility

A strength and balance class that incorporates all levels; you start seated and progress 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.

## Classes for the Active 50+

These **Level 5** classes are ideal if you would like to take part in more active exercise and sport sessions. Recommended if you're able to undertake standing exercise. Depending on location these may include:

- Aqua Aerobics
- Exercise to Music
- Line Dancing
- Pilates
- T'ai Chi
- Tap Dancing
- Yoga

## Sport Sessions for the Active 50+

The Forever Active sport sessions are for all abilities, it doesn't matter if you haven't tried the sport before, everyone is welcome! Depending on location these may include:

- Badminton
- Golf
- Nordic Walking\*
- Rowing\*
- Table Tennis
- Tennis

\* Special arrangements exist for these sports. Please contact Enquiries on 07432 480105 for details.



# Forever Active Classes

A selection of classes is listed below. For a full list of current classes please visit: [www.forever-active.org.uk](http://www.forever-active.org.uk)

- Strength & Balance / Mobility
- Active 50+ Classes
- Sports Sessions for Active 50+

## Classes in Cambridge City

(For classes in East & South Cambridgeshire see page 8)

### All in 1 Mobility

#### Trumpington Village Hall

High Street, Trumpington CB2 9HZ  
**Tuesday 1300 – 1430**  
 Davina Mee: 07779 244250

### All in 1 Mobility

#### Barnwell Baptist Church

Howard Road, Cambridge CB5 8QS  
**Wednesday 1500 – 1630**  
 Sabrina Marengi: 07788 413172

### All in 1 Mobility

#### Victoria Homes Pavilion

Victoria Road, Cambridge CB4 3DX  
**Thursday 1330 – 1500**  
 Ines Byrne: 07930 954024

### Aqua Aerobics

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Monday 1440 – 1525**  
 Ines Byrne: 01223 576110

### Aqua Aerobics

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Wednesday 1400 – 445**  
 Tansy Bruce: 01223 576110



### Aqua Aerobics

#### Abbey Leisure Complex

Whitehill Road, Cambridge CB5 8NT  
**Friday 1330 – 1430**  
 To be confirmed

### Badminton & Table Tennis

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Thursday 1230 – 1330**  
 Chesterton Sports Centre: 01223 576110

### DDMix

#### East Barnwell Community Centre

Newmarket Road, Cambridge CB5 8RS  
**Wednesday 1145 – 1245**  
 Aurora Albano: 01223 359862

### Exercise to Music

#### Arbury Community Centre

Campkin Road, Cambridge CB4 2LD  
**Monday 1515 – 1615**  
 Sabrina Marengi: 07788 413172

### Exercise to Music

#### Kelsey Kerridge

Queen Anne Terrace, Cambridge CB1 1NA  
**Tuesday 1000 – 1100**  
 Julia Cragie: 07542 518470

### Exercise to Music

#### Trumpington Village Hall

High Street, Trumpington CB2 9HZ  
**Friday 0930 – 1030**  
 Julia Cragie: 07542 518470



### Pilates

#### East Barnwell Community Centre

Newmarket Road, Cambridge CB5 8RS  
**Wednesday 1030 – 1130**  
 Aurora Albano: 01223 359862

### Pilates

#### St Andrew's Church

High Street, Cherry Hinton CB1 9NE  
**Wednesday 1130 – 1230**  
 Ines Byrne: 07930 954024

### Pilates – Beginners

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Monday 1205 – 1255**  
 Aurora Albano: 01223 576110

### Pilates – Improvers

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Monday 1305 – 1355**  
 Aurora Albano: 01223 576110

### Pilates for all

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Tuesday 1105 – 1155**  
 Aurora Albano 01223 576110

### Pilates – Improvers

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Tuesday 1330 – 1420**  
 Ines Byrne: 01223 576110

### Rowing

#### Combined Colleges Boathouse

Logan's Way, Cambridge CB4 1BL  
**Monday 1100 – 1300**  
 Kate Merrington: 01223 363386

### Strength & Balance – Level 2

#### Barnwell Baptist Church

Howard Road, Cambridge CB5 8QS  
**Tuesday 1000 – 1100**  
 Diane Johnston: 01223 237252  
 Anne Johnson: 07909 594200

### Strength & Balance – Level 2

#### St Paul's

Hills Road, Cambridge CB2 1JP  
**Thursday 1100 – 1200**  
 Cheryl Bishop: 07976 096613

### Strength & Balance – Level 3

#### Chesterton Sports Centre

Gilbert Road, Cambridge CB4 3NY  
**Monday 1105 – 1155**  
 Cheryl Bishop: 01223 576110

### Strength & Balance – Level 3

#### Arbury Community Centre

Campkin Road, Cambridge CB4 2LD  
**Monday 1330 – 1430**  
 Davina Mee: 07779 244250

### Strength & Balance – Level 3

#### Newnham Scout Hut

Chedworth Street, Cambridge CB3 9JF  
**Tuesday 1130 – 1230**  
 Vikki Green: 07762 902976

### Strength & Balance – Level 3

#### St Matthew's Church

St Matthews Street, Cambridge CB1 2LT  
**Wednesday 1030 – 1130**  
 Davina Mee: 07779 244250

### Strength & Balance – Level 3

#### Lichfield Hall

Lichfield Road, Cambridge CB1 3SL  
**Wednesday 1100 – 1200**  
 Rosanna Dillon: 01223 811489

### Strength & Balance – Level 3

#### The Meadows Community Centre

St Catharine's Road, Kings Hedges CB4 3XJ  
**Wednesday 1330 – 1430**  
 Jenny James: 07453 676815

### Strength & Balance – Level 3

#### Trumpington Village Hall

High Street, Trumpington CB2 9HZ  
**Friday 1045 – 1145**  
 Julia Cragie: 07542 518470

### Strength & Balance – Level 4

#### The Meadows Community Centre

St Catharine's Road, Kings Hedges CB4 3XJ  
**Tuesday 1215 – 1315**  
 Marlene Sharpe-Westwood: 01223 571431

### Strength & Balance – Level 4

#### Barnwell Baptist Church

Howard Road, Cambridge CB5 8QS  
**Wednesday 1300 – 1400**  
 Sabrina Marengi: 07788 413172

### Strength & Balance – Level 4

#### Hills Road Sports Centre

Purbeck Road, Cambridge CB2 8PF  
**Thursday 1115 – 1215**  
 Marlene Sharpe-Westwood: 01223 571431

### T'ai Chi – Level 2 Seated

#### Lichfield Hall

Lichfield Road, Cambridge CB1 3SL  
**Thursday 1130 – 1230**  
 Mike Tabrett: 01223 503390

### T'ai Chi

#### East Barnwell Community Centre

Newmarket Road, Cambridge CB5 8RS  
**Thursday 1530 – 1630**  
 Mike Tabrett: 01223 503390



### Exercise to Music

#### The Meadows Community Centre

St Catharine's Road, Kings Hedges CB4 3XJ  
**Friday 1200 – 1300**  
 Marlene Sharpe-Westwood: 01223 571431

### FitSteps

#### Arbury Community Centre

Campkin Road, Cambridge CB4 2LD  
**Thursday 1000 – 1100**  
 Julia Cragie: 07542 518470

### Golf

#### Cambridge Lakes Golf Course

Trumpington Road, Cambridge CB2 8FA  
**Wednesday 0930 – 1300**  
 Bob Barnes: 01223 324242

### Line Dancing – Beginners

#### St Andrew's Church

High Street, Cherry Hinton CB1 9NE  
**Monday 1400 – 1430**  
 Margaret Phillips: 07934 621233

### Line Dancing – Improvers

#### St Andrew's Church

High Street, Cherry Hinton CB1 9NE  
**Monday 1430 – 1530**  
 Margaret Phillips: 07934 621233

### Pilates

#### Trumpington Pavillion

Paget Road, Trumpington CB2 9JF  
**Monday 1115 – 1215**  
 Tansy Bruce: 07800 566334

**T'ai Chi – Level 3****Church of the Good Shepherd**

Mansel Way, Cambridge CB4 2ET

**Friday 1400 – 1500**

Mike Tabrett: 01223 503390

**Tap Dancing****Netherhall Sports Centre**

Queen Edith's Way, Cambridge CB1 8NN

**Tuesday 1600 – 1700**

Marlene Sharpe-Westwood: 01223 571431

**Tennis & Badminton****David Lloyd Health Club**

Coldham's Lane, Cambridge CB1 3LH

**Wednesday 1000 – 1200**

Forever Active Enquiries: 07432 480105

**Yoga****Trumpington Village Hall**

High Street, Trumpington CB2 9HZ

**Tuesday 1000 – 1100**

Sabrina Marengi: 07788 413172

**Yoga – Intermediate/Advanced****Chesterton Sports Centre**

Gilbert Road, Cambridge, CB4 3NY

**Friday 1110 – 1200**

Sabrina Marengi: 01223 576110

**Yoga – Beginner/Intermediate****Chesterton Sports Centre**

Gilbert Road, Cambridge CB4 3NY

**Friday 1210 – 1300**

Sabrina Marengi: 01223 576110

**Classes in East Cambs****FitSteps****Isleham, Beeches**

32 Mill Street, Isleham CB7 5RY

**Wednesday 1530 – 1630**

Julia Cragie: 07542 518470

**Strength & Balance – Level 3****The Ellesmere Centre**

Ley Road, Stetchworth CB8 9TS

**Wednesday 1100 – 1200**

Anne Catchpole: 07799 644053

**Strength & Balance – Level 3****Isleham, Beeches**

32 Mill Street, Isleham CB7 5RY

**Wednesday 1400 – 1500**

Julia Cragie: 07542 518470

**Classes in South Cambs****Exercise to Music****Girton Pavillion**

Recreation Ground, Girton CB3 0FH

**Thursday 1430 – 1530**

Clare Strongman: 07762 914904

**FitSteps****Foxton Village Hall**

Recreation Ground, Girton CB3 0FH

**Tuesday 1345 – 1445**

Anne Catchpole: 07799 644053

**Strength & Balance – Level 3****Rampton Village Hall**

Church End, Rampton CB24 8QA

**Monday 1000 – 1100**

Clare Strongman: 07762 914904

**Strength & Balance – Level 3****Foxton Village Hall**

Hardman Road, Foxton CB22 6RN

**Tuesday 1215 – 1315**

Anne Catchpole: 07799 644053

**Strength & Balance – Level 3****Willingham Octagon Hall**

Church Street, Willingham CB24 5HT

**Wednesday 1400 – 1500**

Davina Mee: 07779 244250

**Strength & Balance – Level 3****Fulbourn Centre**

Home End, Fulbourn CB21 5BS

**Friday 1430 – 1530**

Anne Catchpole: 07799 644053

**Yoga****St Andrew's Centre**

School Hill, Histon CB24 9JE

**Tuesday 1900 – 2000**

Sabrina Marengi: 07788 413172

**Cost of sessions**

The classes are £4.00 per session unless stated otherwise. Please see the back of the brochure for the membership form. Membership is £15 for the year. Before committing to your membership, you can come and try one of the classes as a guest (£5.00 per session) and we're convinced you'll then join!

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 Telephone 07432 480105.**

*"The exercise we discussed were Strength and Balance classes which were proven to help reduce the risk of falls, run by Forever Active who offered exercise to over 50s."*

*I was nervous about attending my first session with Forever Active as I had never been to an exercise class before. I didn't need to be nervous though as when I arrived the instructor was very supportive, and the group were very social. I even met an old friend there."*

*I am continuing to attend the Strength and Balance classes with Forever Active and I cannot speak highly enough of their exercise classes, it has helped me feel more strong and steady on my feet which has lifted my confidence to continue keeping independent."*

To read the full story of Monica go to [www.everyonehealth.co.uk/monica-goes-from-strength-to-strength/](http://www.everyonehealth.co.uk/monica-goes-from-strength-to-strength/)

**How do I find the nearest class to me?**

Forever Active is continually growing the number of classes that we offer. After this edition, we will not be printing a single brochure with all the classes listed. Apart from it becoming out of date the moment it is printed, increasingly there are classes that are not relevant to you and your needs.

There are several other ways that you can look for the classes nearest to you.

- 1) Look out for classes being advertised in your local doctor's practice.
- 2) Visit our website at [www.forever-active.org.uk](http://www.forever-active.org.uk) We have a search facility that will let you look for classes either by type of class or by venue.
- 3) Phone our helpline on **07432 480105**.

Tell them where you live and what sort of class you are looking for and they will let you know where the closest class is to you. If we don't have a class near you they will take your details and if we are able to get a class running near you we will get back to you with information about it.



# Information for Participants

## What is Forever Active?

Forever Active Forum Ltd is a not-for-profit organisation, with the objective of offering a variety of physical activities for the over 50s and those wanting to return to a more active lifestyle.

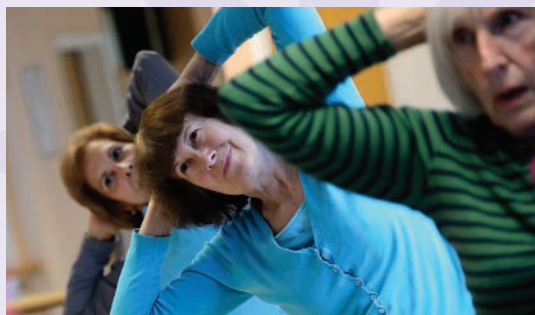
We strive to make our sessions accessible to everybody and take great care to ensure they are delivered by instructors who are fully trained and qualified in their field. Forever Active became a Registered Charity in December 2014.

We hope that you become a member of our organisation and enjoy the fantastic range of classes we have on offer.

## 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.
- Do exercises to improve the strength of our muscles and bones.



- Do exercises to help improve our balance and coordination.
- Do exercises to help to improve stamina and suppleness.

All our classes include exercises to help you achieve the above and are supported and monitored by a specialist team to ensure the highest standards are maintained. All instructors working on the Forever Active programme are qualified and insured. Forever Active provides instructors with additional workshops which focus on training staff on safe and effective exercises for the over 50 age group so you may be assured you are in the best hands!

If you're unsure which class to attend after looking through the list, please contact:

[enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) or telephone **07432 480105**

*"I love the classes I attend and wish I could attend more – something to look forward to when I retire. Great for meeting people and keeping fit"*

(Joy Head)

## What to do before attending a Forever Active session

- 1 Visit the website or contact Enquiries to find a class at a suitable location.
- 2 We advise wearing clothing that is easy to move around in for your session and suitable footwear that is well fitting and non-slip. Rubber soled lace ups are ideal. Please bring a drink along with you to stay hydrated, and avoid eating a large meal for at least one hour before exercise. Participants with asthma or angina need to bring their inhaler/GTN spray to the session just in case you need it.
- 3 The Instructor will ask you to complete a pre-exercise questionnaire prior to your first session; this would only be used in the event of an emergency. All information will remain strictly confidential.
- 4 Classes run between 50 and 60 minutes to allow set up and clearing away. It is important to arrive on time especially if this is your first session.

## Become a Member today

The classes and sessions we offer are for Forever Active members only. This affordable membership opens



the door to the classes we offer for only £15 per year. (Please see membership application form on the back of the brochure or available for download from the website).

If you're new to Forever Active, you're invited to come along and try up to three sessions of your choice at £5 per class before committing to the annual membership. We want to be fully inclusive so if you have a medical condition or circumstances which make becoming a member difficult for you please get in touch with us. Members receive updates via email, from the instructors, plus an invitation to Forums, Special Events and the Annual General Meeting.

All proceeds raised from the membership fees are put back into the organisation to ensure the sustainability and development of the programme of activities throughout the county.

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.



Like us on Facebook at [www.facebook.com/foreveractiveuk](http://www.facebook.com/foreveractiveuk)

# Forever Active Membership Form 2017

## New applications and renewals

Name	<input type="text"/>		
Date of birth	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>		
	<input type="text"/>	Postcode	<input type="text"/>
Telephone	Home: <input type="text"/>		
	Mobile: <input type="text"/>		
Email	<input type="text"/>		
Membership Card Number	<input type="text"/>	(previous members only)	
Signed	<input type="text"/>	Date	<input type="text"/>

Forever Active Forum Ltd is a Registered Charity. You may Gift Aid your membership subscription if you are a tax-payer. Please tick the box below I 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.