

Forever Active Monthly Member Newsletter – July 2017

In our June email we introduced you to 3 volunteers who work behind the scenes at Forever Active. This month we introduce you to 3 people who have a development role within Forever Active and work closely with the instructors. Due to the holiday season fast approaching our next newsletter will be emailed to you in September.

Simon Hanna, Vulnerable older adults' adviser on the Forever Active board. Simon has been involved in exercise for older people in Cambridgeshire since 1990 when he worked for the Cambridge YMCA and set up the first classes in Cambridge specifically for older people. Simon worked with the City Council on developing the original outline for what was to become Forever Active and has been involved with the project from its very beginnings.

Simon now work for the NHS as a Clinical Exercise Specialist for the Falls Prevention Service where his role is to advise on evidence based exercise by providing training and support for anyone delivering exercise programmes to older people. Simon's voluntary role on the FA board helps to ensure greater communication between health services and organisations like Forever Active who provide specific classes and activities for older people.

Simon has always been passionate about ensuring older people remain as independent as possible and the importance of Strength and Balance training to maintain function for everyday activities as well as bone health. The evidence for the right type of exercise for this is overwhelming and he is always on a bit of a crusade to spread the message.

When Simon is not out crusading, he loves getting away and walking his dogs (Dave & Shirley) or heading off somewhere in his campervan. Simon also loves to play the Curtal (an early Bassoon) with the Ely Waits who are a medieval band of musicians.

Davina Mee, Cambridge City Co-ordinator and Forever Active instructor. Davina is married to Chris and they have two children and a dog called Nelson. Davina worked for House of Fraser as the PA to the Human Resources director in London and left in 2004 to start a family until her children reached school age.

Davina has always been a keen sports person and keeping fit, which led to her instructing Zumba Zumba Gold classes. Whilst Davina continues with her Zumba Gold classes she also become a strength and balance instructor for Forever Active in 2013 and currently teaches 5 classes each week for us.

Outside of Davina's busy home and teaching life she also helps Forever Active by co-ordinating the classes within Cambridge City and works closely with the Development Officer Jane Jones (we walked the London Moonwalk together in 2014 and ran an Ultra Marathon together last year from London to Cambridge!). We're now looking for our next challenge (suggestions welcome).

Davina loves running the strength and balance classes for Forever Active and finds the role very rewarding. Helping her class members to develop their fitness and confidence has been the most rewarding part but always time to have a few giggles too.

Jane Jones, Development Officer (funded through a grant to help Forever Active increase classes available in the South Cambs, East Cambs and Fenland areas). Jane has been a passionate sports enthusiast since the age of 9 when she was selected to play for the school netball team. After 35 years she still plays netball but also enjoys coaching netball to children and adults which she has done for the past 25 years.

After leaving college Jane took on a Sports Development position at Epping Forest District Council to co-ordinate their 50+ scheme called 'New Horizons'. The Council run scheme was not dissimilar to Forever Active.

In 2010, after 10 years working for South Cambridgeshire District Council, Jane decided to leave local government to work part time and look after her 3 children. Jane joined Forever Active in August 2016 and would like to hear from you with any ideas and suggestions to get more people interested in joining Forever Active. Please email jane.jones@forever-active.org.uk

Bring a Friend for a free (until then end of July): We hope that you have been taking advantage of your free sessions by bringing a friend along with you to your class/es. You can bring a friend to your class and both enjoy it for free (Chesterton sports centre, Cambridge Lakes Golf Course, Rowing at the Combined Colleges Boathouse and Aqua Aerobics at the Abbey Pool are excluded from this promotion).

SUMMER Taster sessions – spaces still available for July: Fit Sticks at Milton Community Centre on a Monday afternoon, Cycling with 'You Can Bike Too' on a Wednesday morning at Milton Country Park plus Paddle Boarding on a Thursday afternoon at Milton Country Park.

There are 3 weeks left but you can come for 1 session or all 3. Please see attached poster for more information. To book a place, please email Jane Jones: jane.jones@forever-active.org.uk or tel: 07887760426

Swimming at Parkside Pool and Abbey pool: Did you know that Forever Active members can access swimming at both pool for just £2.00 on the following days and times:

Abbey Pool, Whitehall Road, Cambridge CB5 8NT – Every Friday between 10.00-1.00pm

Parkside Pool, Gonville Place, Cambridge CB1 1LY – Every Wednesday between 10.00-1.00pm

Summer Class Closures will be promoted via the Forever Active website www.forever-active.org.uk. Forever Active will try to keep as many classes active over the Summer but in cases where the instructor is on holiday and no cover can be found or there are not enough people who can commit to a class, it may have to close. If you attend a class regularly you will be informed by your instructor but if you are looking to attend an alternative class instead, please visit the website, click on classes and then class closures to check which classes are unavailable each week.

Chesterton swimming pool will be closed from 24th July – 17th September for new lining and general maintenance.

Best wishes from the Forever Active Team

Please note: You have received this email if you are a member or partner organisation of Forever Active. If you would prefer not to receive monthly newsletters please email your details to: enquiries@forever-active.org.uk

(Please print this out for a member if you know that they do not have access to email)