

Forever Active Monthly Member Newsletter – NOVEMBER 2017

The Forever Active AGM took place on 16th November at the Church Hall in Bar Hill and we would like to thank everyone who made the journey to join us. Our thanks also go to our speakers Kate Merrington from Camrowers and Helen Jalal from the Cambridgeshire and Peterborough NHS Foundation Trust. Please find attached the minutes from the meeting and a copy of the annual report and accounts. These documents are also available on the website www.forever-active.org.uk

Some highlights from the annual survey

- **Over 60% of members visited the Forever Active Website in the last 12 months**
- **41% visited to check class details**
- **Word of mouth is still proving to be the best way to introduce people to Forever Active**
- **82% of members chose Forever Active for their 'Over 50s Specialism'**
- **65% have seen an improvement in their fitness since joining Forever Active**
- **Over 40% travel to their class/es via car**
- **Receiving communication via emails and instructors is still the preferred method by over 70% of members**

Forever Active will be using the results to help plan, fund and promote future classes.

January 2018 onwards we hope to feature some of our partner organisations who support the work of Forever Active and help to promote our classes. We will be starting with an organisation called Everyone Health.

We have classes that are now FULL including FitSteps at Arbury Community Centre on Thursdays at 10am and Yoga at Trumpington Village Hall on Tuesdays at 10am. If you are thinking about joining an additional class in the new year, please remember to give the instructor a call to check availability. We are hoping to increase the amount of FitSteps classes available in 2018 and will keep you posted.

A new Strength and Balance class at the Queen Edith Chapel started last week. We had 8 new people turn up to the first session for a free taster and we hope to see them all return this week. The class takes place weekly on a Thursday, please telephone Rosanna on 07989 737913 for more details.

NEXT MONTH look out for a full list of class closures during the festive season.

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 a monthly newsletter 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)