

## Forever Active Monthly Member Newsletter – February 2018

As we start February and receive reports of the weather turning even colder this week, we would like to promote the NHS Choices - Keep Warm, Keep Well information and useful tips again.

Please click on link below:

<https://www.nhs.uk/livewell/winterhealth/pages/keepwarmkeepwell.aspx>

**This month's partner organisation is the CAMBRIDGESHIRE & PETERBOUROUGH Falls Prevention Service** which is currently being developed across the county. The overall aim of improving quality of life as we get older by staying healthy and independent for longer, which has the bonus of reducing the need for health and social care services.

East Cambridgeshire and Fenland have already 'gone live' with Cambridge starting this month.

This means additional training for all staff working with older people to enable them to identify those who are unsteady on their feet and refer them on for a falls 'assessment', either to a falls prevention health trainer working with Everyone Health (please refer to last month's email) or the CPFT – the Community NHS Foundation Trust for those who are more frail. The 'assessment' identifies those things that may be contributing to unsteadiness and puts an action plan in place to help address them, to reduce the risk of falls.

The two most effective actions for reducing risk are a review of medications taken, and participating in a strength and balance exercise programme, so additional community classes are being set up to do this while the falls prevention health trainers are setting up home exercise programmes for those who prefer to exercise alone but also to supplement those attending a class, as the research is very clear that the exercises need to be done 2-3 times a week to be effective.

**WALKING NETBALL** is being launched across Cambridgeshire, along with other Walking Sports. The sports sessions are ideal for people wanting to start something new or who maybe returning from injury. Walking netball will allow you to start gently and build up gradually. Regular weight-bearing exercise helps keep bones strong and by playing Walking Netball, there is no running and jumping and therefore no impact.

Being active is important but finding the right activity is just as important. Walking netball is played in a fun environment and is ideal for people who have enjoyed team sports in the past or would like to try something different in 2018.

Forever Active in partnership with the Cambridge City and South Cambs - LET'S Get Moving Teams, is running a taster session on Tuesday 6<sup>th</sup> March at Impington Sports Centre (indoor sports hall) at 7pm – 8.15pm.

The aim of the session is to come and have a go, refresh and learn the rules of the game and the Walking Netball adaptations. After having a go you can let us know if this is something you would like to see on offer on a regular basis. The cost for the taster session is £4 payable on the night but to help with planning, please contact Hannah Brooks via email: [letsgetmoving@cambridge.gov.uk](mailto:letsgetmoving@cambridge.gov.uk) or tel: Jane Jones – Forever Active Development Officer – on 07887 760426. Please see attached poster or visit [www.forever-active.org.uk](http://www.forever-active.org.uk)

## **CLASS NOTICES**

A new class at St. Peter's Church Hall in March was launched last Friday. We are keen to get more people attending so please do help to promote. For details on this new class, please follow the link on the front page of the website [www.forever-active.org.uk](http://www.forever-active.org.uk) or contact Becky Adams Tel: 07928 026509.

### Classes closed for half term include:

Bar Hill Strength and Balance class with Hannah on Friday 9<sup>th</sup> Feb,

Arbury Strength & Balance with Davina on Monday 12<sup>th</sup> Feb,

Trumpington Village Hall Strength & Balance with Davina on Tuesday 13<sup>th</sup> Feb,

Tap Dancing with Marlene on Tuesday 13<sup>th</sup> Feb,

St. Matthews Strength and Balance class with Davina on Wed 14<sup>th</sup> Feb,

Willingham Strength and Balance class with Davina on Wed 14<sup>th</sup> Feb,

Best wishes

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](mailto:enquiries@forever-active.org.uk)**

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