

Forever Active Monthly Member Newsletter – March 2018

While Spring is just around the corner and some warmer weather is on its way, we would like to apologise for the disruption to many classes last week and especially to our members who did not receive notification that their class was cancelled. We are trying to put improvements in place for the future but would urge all members to provide a mobile number if they have one so that a text can be sent at late notice.

Our partner organisation this month is Living Sport, a local sports charity and the County Sports Partnership for Cambridgeshire and Peterborough. Rebecca Evans, Relationship Manager for Living Sport explains more:

“As part of our role we aim to have a great understanding of sport and physical activity in the county and support activity to grow and be sustained to get more people active. In 2017 Living Sport launched their current strategy and for the first time this included working specifically within the older people agenda to support them to get active in a way that suits them. You may already realise that Cambridgeshire has a growing ageing population. The population of 65+ age group is estimated to increase by 93% by 2036. It is also known that physical activity levels decrease as people get older. Locally 75% of those 65+ and 66% of those aged 55-64 reported doing no sport in the last 4 weeks (Sport England’s Active People Survey 9, Oct 2016). As a member of Forever Active you are already aware of the physical and mental health benefits to being active and through word of mouth, help to promote the classes and activities that you enjoy, to friends and neighbours.

Living Sport works with anyone and any groups who are or support people aged 50+. We want to develop the discussion on how we support people in this age group to get active and stay active for as long as possible. We know there is a need to improve the promotion of sport and physical activity that is already happening as well as ensuring there is enough appropriate activities available, but we need help and working in partnership is what we do. We are already working with partner organisation such as Forever Active, other charities and local councils, to discuss how we can work together to benefit all”

Anyone interested in finding out more about Living Sport and the work that they do can visit their website www.livingsport.co.uk or for specific support and more information on their older people’s participation, contact Rebecca Evans Rebecca.evans@livingsport.co.uk or tel: 01487 849929.

Forever Active Instructors had the opportunity to refresh their skills at training sessions last week in either Milton or Cherry Hinton. We would like to thank Simon Hanna and Lisa Robertson from the CPFT (NHS) Falls Prevention Service, for giving up their time to run these invaluable workshops.

Anne Catchpole delivers Strength and Balance classes in the villages of Fulbourn and Foxton and this is what she had to say about the training:

“I found the Strength and Balance refresher training really valuable. Even though I’d only been teaching for a year, my class participants have improved so much, I wanted to give them new challenges. Simon’s progressions and adaptations were hugely inspiring and creative, and very helpful (I have already cut out some brightly coloured disks for ‘Functional Reaching’). The afternoon was also a good chance to get together with other Forever Active instructors to share ideas and experiences”.

Walking Netball

It was great to see so many people on Tuesday evening at Walking Netball.

In partnership with the Cambridge City and South Cambs – LET'S Get Moving teams, the session took place at Impington Sports Centre with the aim of practising a few skills and then playing a full 7 a-side match between 3 teams. There was a lot of laughter on court and some great feedback.

Everybody who attended the netball stayed behind to give us their feedback and when/where they would like more sessions to run. If you missed out this time, more details will follow in next month's newsletter, or you can keep up to date by visiting www.forever-active.org

Try something new in 2018

If Walking Netball doesn't grab your attention, how about giving Tap Dancing a go this year?

Our Tap Dancing class is moving venue and will be starting at Hills Road Sports Centre, Tuesday 10th April at a new earlier time of 3.00-4.00pm.

Our Tap Dancing class is open to everyone who would like to learn a new skill so don't be put off if you are a complete beginner. Tap dancing shoes are available to borrow but you can also learn the basic steps wearing a fitted shoe with a low heel.

Why you should give it a go:

- Taught in a fun and social atmosphere
- Impact to help strengthen bones & muscles
- Works the heart and improves fitness
- Improves memory - remembering steps and actions
- Confidence building - basic steps are quick and easy to learn

Join our FREE Taster Class - 10th April, 3pm at Hills Road Sports Centre, Purbeck Road, Cambridge CB2 8PF

For more information and to register for your FREE class contact Marlene tel: 01223 571431

Class notices

Strength and Balance class, Ely Library from 10-11am is now full. To cater for demand a second class has been launched and is running weekly from 1.30-2.30pm. We are keen to get more people attending the second session so please do help to promote. For details on this new class, please contact James Dunham tel: 07795 260816

Easter Class Closures

- Arbury Community Centre Strength & Balance on Monday 2nd April (Davina)
- Bar Hill Strength & Balance on Friday 30th March (Hannah)
- Barnwell Baptist Church All in One Mobility on Wednesday 4th April (Sabrina)
- Barnwell Baptist Strength and Balance on Wednesday 4th April (Sabrina)
- Chesterton Sports Centre Pilates on Monday 2nd April (Aurora)

- Chesterton Sports Centre Yoga on Friday 30th March (Sabrina)
- Chesterton Methodist Church Strength and Balance on Monday 2nd April (Cheryl)
- Ely Library Strength & Balance on Thursday 5th and 12th April (James)
- Foxton Strength & Balance and FitSteps on Tuesday 27th March as hall not available (Anne)
- Foxton Strength & Balance & Fitsteps on Tuesday 3rd April (Anne)
- Fulbourn Strength & Balance on Friday 30th March (Anne)
- Histon Yoga Tuesday 3rd April (Sabrina)
- Meadows Community Centre Exercise to Music on Friday 30th March (Marlene)
- St Matthews Strength & Balance on Wednesday 4th April (Davina)
- Trumpington Village Hall Yoga on Tuesday 3rd April (Sabrina)
- Trumpington Village Hall Strength & Balance on Tuesday 3rd April (Davina)
- Trumpington Pavilion Pilates on Monday 2nd April (Ines)
- Trumpington Village Hall Exercise to Music & Strength and Balance on Friday 30th March (Julia)
- Willingham Octagon Church Hall Strength & Balance on Wednesday 4th April (Davina)

All classes stopping during the Easter holidays will be listed on the front page of the website www.forever-active.org.uk

Bon Appetit: A session on good, healthy eating to include lunch - Save the date

Our annual forum is taking place on 17th May 2018, Arbury Community Centre at 11.30-1.30pm

More details and how to book a place will be included in next month's newsletter but please record the date. We look forward to seeing you there!

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

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