

Forever Active Monthly Member Newsletter – APRIL 2018

Welcome to the latest newsletter from the Forever Active team. We hope you enjoy finding out about new developments in our organisation, along with some well-established partnerships. And there's some important information below about our Spring Forum which will be hands-on and provide you with a light lunch!

Our partner organisation this month is Cambridge City Council and Carrie Holbrook, Senior Active Lifestyles Officer (Health); "The Active Lifestyles team at the City Council (formerly known as Sports Development) provide a wide variety of physical activity opportunities and support for services delivering activities in the City. We have a proud history of developing projects, including Forever Active, which when initially established in 2006, was a City Council initiative. Once upon a time, I taught Exercise to Music sessions for the project at the Abbey, Cherry Hinton & Kelsey Kerridge sites! Nowadays, we do far less delivery and commission and support organisations to deliver sessions, often on our behalf or with our financial support. We oversee the City's leisure management contract that it has with Greenwich Leisure Limited (GLL), who manage the Council owned leisure centres and swimming pools, as well as manage projects such as the exercise referral service, which some of you may have been referred onto. We also provide specific opportunities for groups of people, including disabled adults and children, women, young people living in deprived areas and families from minority ethnic backgrounds. The main purpose of our work is to provide opportunities for sport and physical activity for underrepresented groups as well as those living in poverty, those with health inequalities and those with low levels of weekly physical activity. We also have a specific remit to provide physical activity opportunities for residents moving into the new communities of Cambridge, specifically Trumpington and Eddington.

The Active Lifestyles team continue to work in partnership with Forever Active, our preferred provider of older adult activity. The City Council continues to provide both financial and marketing support to Forever Active classes and would like continue the close working partnership to provide even more strength and balance class opportunities across the City and more affordable options for older adults living in deprivation. The City Council Active Lifestyles team will also have an additional focus on providing bespoke activity options for older adults living with dementia. We hope that Forever Active will work with us to become a delivery partner on this project.

For more general information on the work of the Active Lifestyles team, please visit: www.cambridge.gov.uk/sport or follow our twitter and facebookcommunities@GetMovingCam"

Welcome to instructors Vanessa Summerhill and Stephanie Wyer who both start new classes for Forever Active this month. Please read what they have to say below:

My name is Steph, I will be running Strength and Balance classes at Orwell and Melbourn. I have lived in Melbourn for 15 years but originally come from South East London. I am a physiotherapist and currently teach part time at the University of Hertfordshire. Outside of work I am a keen cyclist, I also volunteer at the local animal shelter and have been known to bring my work home (yes, four legged and furry!). I am really looking forward to running the classes and being part of the Forever Active Team.

My name is Vanessa, I live just north of Cambridge and I am looking forward to running a Forever Active class in the village of Over. My main job is working in the Building Services industry; however, I love keeping fit. I have enjoyed running for as far back as I can remember and have covered all

distances from 5K to a Marathon. I also enjoy Pilates and walking, particularly long distance and multi day treks.

Annual Forum, Bon Appetit: A session on good, healthy eating: Our annual forum is taking place on 17th May 2018, Arbury Community Centre at 11.30-1.30pm. Everyone Health will be talking to you about current dietary and physical activity recommendations. Discussions on what we can do to improve our health and well-being followed by a taster session about having the confidence to cook quick, tasty, healthy meals with affordable ingredients. There will be a demonstration of a couple of easy recipes and examples of how to combine ingredients to make different, nutritionally balanced meals. There will also be an opportunity to have a go at making something too.....

This event is provided free of charge but to help with planning we do need you to reserve a place. If you are available and would like to attend, please email Davina.mee@forever-active.org.uk or contact Davina tel: 07779 244250.

New Classes

Strength and Balance Classes

Community Room, Meadow Croft Way, Orwell SG8 5QU

Free Taster session Tuesday 24th April 10.00-11am, contact local co-ordinator Liz tel: 01223 207628

All Saints Community Hall, Vicarage Close, Melbourn, Royston SG8 6DY

Every Tuesday at 12.00-1.00pm, Stephanie tel: 07751280464 (starts 17th April)

St Mary's Church Hall, Church End, Over, Cambridge CB24 5NH

Every Wednesday at 10.00-11.00am, Vanessa tel: 07751599826 (starts 18th April)

Tai Chi

Sports Pavilion, Woollards Lane, Great Shelford, Cambridge CB22 5LZ

Every Monday at 1.00-2.00pm, Mike tel: 01223 503390 (starts 16th April - booking essential)

Tap Dancing

Don't forget to join our FREE Taster Class on 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

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)