

Forever Active Monthly Member Newsletter – MAY 2018

Welcome to the latest newsletter from the Forever Active team. We have been busy getting ready for the new General Data Protection Regulations (GDPR) that come in to force from May 25th and have started our May newsletter with information on how the changes affect Forever Active and our members.

General Data Protection Regulations

In common with every other organisation, Forever Active has been reviewing its data protection practices to take account of new legislation that comes into effect later this month. We at Forever Active take great care to protect the privacy of our members and others attending our classes. Everyone attending classes supplies us with contact details and health information; we need that to ensure the safe delivery of classes. In future the health questionnaire will contain an extra line to confirm your consent to us holding that information. The information is available only to the class instructors and to the officers of FA (purely for statistical purposes). We will never pass any of your details to third parties. They will not be retained when your membership has expired, and it has become clear that you do not wish to renew it. You have the right to see the data we hold and to require it to be corrected: to do so contact Forever Active at enquiries@forever-active.org.uk or by post to PO Box 974, Histon, Cambridge CB24 9XG. You may ask us to stop sending you these emails, but we hope you will be happy to have them as they may contain news of revised arrangements for classes (for example at holiday times). We will always send you the legal notices required to enable you to exercise your rights as members of the charitable company Forever Active Forum Ltd. Our data protection policy is available to view on the FA website.

Our partner organisation this month is the Health and Well Being Network (HWN). This is an organisation which aims to facilitate collaborative working across Cambridgeshire charity organisations and promote access in to a wide range of interventions that the third sector offers. Membership of the Health and Wellbeing Network is open to all 'not-for-profit' organisations which support independent healthy living within Cambridgeshire. On their website www.hwncambs.org.uk are details of local organisations offering all kinds of advice and support in a wide variety of areas such as bereavement, cleaning and gardening, sensory impairment, and technology. Forever Active became a member of the HWN in 2016 and has benefitted from regular networking opportunities and invitations to events such as the Volunteer Partner Organisation Fair at Addenbrooke's Hospital on 7th June.

SCAM AWARENESS

It was through HWN that we heard about resources that are available to help people protect themselves against scams (particularly via telephone calls) and rogue traders. The County Council has stocks of booklets and stickers, information about what to do if you think you are being or have been scammed, how to block nuisance calls etc. The [Little Book of Big Scams](#) is well worth reading online.

SPRING FORUM - FULL

Bon Appetit: A session on good, healthy eating: Our Spring Forum, taking place on 17th May 2018 at Arbury Community Centre, is now full. Davina has sent a confirmation email to all members who have booked on to the forum and we look forward to seeing you next week. If you cannot attend the forum but have a question or a suggestion that you would like to be discussed at the forum, please email Davina.mee@forever-active.org.uk or contact Davina tel: 07779 244250.

New for Summer 2018

Walking Netball in partnership with South Cambs-Let's Get Moving, is starting 4th June and will run every Monday from 10.30-11.30am. The session will take place outside at the Histon and Impington recreation ground (multi-use games area) New Road, Impington CB24 9EL.

Hannah Black will be leading the sessions which will include a warm up, fun ball skills and game play each week. No previous netball experience is required. Your first session is FREE so you have nothing to lose by coming along and giving it a go.

Please contact Hannah for more information tel: 07969 355782 or email Jane.jones@forever-active.org.uk

Yoga in Ely is the perfect class for complete beginners or for anyone looking to renew their practice with a step-by-step introduction. The class will develop strength, flexibility, good breathing habits, relaxation & concentration. You can learn how to come in and out of the postures in a safe and methodical way and how to maximize the benefit of the postures.

This new class starts Friday 15th June and will run weekly from 10.00am-11.00am at the The Old Dispensary Hall, St. Mary's Street, Ely CB7 4ER. Contact Vimala for more information tel: 07984 582214

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)