

Forever Active Monthly Member Newsletter – JUNE 2018

Welcome to the latest newsletter from the Forever Active team. We would like to apologise for the newsletter being out late this month but as you will read below, we have been very busy. Next month's email will include a full list of summer class closures and a link to the annual survey. We do hope that you can find the time to complete the survey as your feedback is important to us.

Our partner organisation this month is Care Network – helping people to stay healthy, independent and to keep in touch with their community.

Care Network provides help for older people living in Cambridgeshire – enabling them to remain independent and maintain social contact with friends and the community. Help is available to equip, encourage and enable volunteers to support local people to lead happy, healthy and independent lives.

- Practical and emotional support for people discharged from hospital or living at home with an illness.
- Local volunteers helping link people with local activities and services to keep them connected with their community.
- Helping to set up and sustain local groups that assist people to maintain social interaction and independence.

We work alongside Care Network at various events throughout the County, and we are grateful for their help in promoting Forever Active classes. For more details about their services visit www.care-network.org.uk or contact the admin team on 01954 211919.

Events

Bon Appetit: A session on good, healthy eating: We held our yearly Forum on 17th May and the topic was Healthy Eating focussing on recipes which had all the right amounts of protein and carbohydrates and vegetables you need. Some of the dishes were a little fiddly but they were delicious and we all had great fun in putting them together. The Forum started with a talk from Abigail Whyte who is one of the nutritionists at Everyone Health. She informed us of the correct amounts of nutrients we should be consuming daily, plus shocking us in a quiz finding out how much sugar and salt is in our go to favourite foods: a real eye-opener!

The feedback from the forum was very positive:

"Abigail (Everyone Health) did a fantastic job & the food was outstanding!"

"So much hard work must have gone into the preparation of all the food, recipes etc. Amazing and delicious food. Thanks so much!"

If you are interested in what we prepared and ate on the day, please see the links to the recipes cooked and sampled on the day below. Watch out for links to more healthy recipe ideas on the Forever Active website coming your way soon.

<https://www.healthyfood.co.uk/recipe/tuna-green-bean-lentil-bowl-yogurt-dressing/>

<https://www.healthyfood.co.uk/recipe/roasted-salmon-watercress-salad/>

<https://www.healthyfood.co.uk/?s=mexican+quinoa+salad+with+lime+dressing>

<https://www.healthyfood.co.uk/?s=white+bean+salad+with+garlic+and+kale>

As part of 'Celebrating Volunteers' month, the Health and Well-being Network invited its members to promote their services at Addenbrooke's Hospital on Thursday 7th June. The event took place between 11-2pm in the Museum Corridor. This is one of the busiest corridors in the hospital and it was a fantastic opportunity for Forever Active to talk to patients, staff and visitors throughout the day.

Forever Active will also be at:

Parklife, Milton Country Park – Sunday 1st July, 10am onwards

Big Weekend, Parker's Piece – Saturday 14th July 10am onwards

Visit the home page of the website for further information on www.forever-active.org.uk

Class Updates

Walking Netball in partnership with South Cambs - Let's Get Moving, started on 4th June with 12 people enjoying the game in a fun and social atmosphere. It is not too late to come and join in with sessions running every Monday from 10.30-11.30am at Histon and Impington recreation ground (multi-use games area) New Road, Impington CB24 9EL.

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

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

A new Strength and Balance Exercise Class in Christchurch was launched on Wednesday 6th June at the Community Centre, Upwell Road, Christchurch, Wisbech PE14 9LL. The classes run 9.30-10.30am each week. For more information contact Kathleen tel: 07880543821.

Tai Chi at Stetchworth is starting on 28th June in partnership with the Let's Get Moving Team at East Cambs District Council. This follows a successful taster session held 7th June. The class will initially run for 6 weeks on Thursdays from 1.00 till 2.15pm. For more information contact Faradena tel: 07919 857617.

Aqua at the Abbey Pool on a Friday is no longer available to members due to difficulties finding an instructor following the departure of Chenay who has left for Australia and a new adventure.

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)