

## Forever Active Monthly Member Newsletter – Sept/Oct 2018

Welcome to the latest newsletter from the Forever Active team

During the month of September our volunteers have been working hard behind the scenes to process membership renewals for 2018/2019. Only members who have renewed their membership or recently joined will receive a copy of this newsletter via email. We would therefore like to thank you for your support and hope that you continue to enjoy your weekly class/es.

We would like to start this month with an introduction to two new instructors who have recently joined Forever Active and are delivering classes East Cambs.

**Vimala** delivers Yoga for beginners every Friday at the Countess Free Church Hall, Ely 10.00-11.00. Vimala trained as a Yoga Instructor at the age of 52 and travelled to India to do her training, over a six-month period as she wanted to learn the traditional art of Yoga.

Alongside her career in the legal sector Vimala had always been involved in a personal active programme including swimming, gym training, dance and even weight lifting but due to her own personal illnesses in 2013, she discovered yoga. Quickly realising the health benefits, physically and mentally, she never looked back. Vimala now shares these benefits teaching Yoga full time, including breath work, mindfulness, meditation and acupressure massage.

Tel: Vimala on 07984 582214 for further details.

**Faradena** delivers 2 T'ai Chi classes – Thursdays at the Ellesmere Centre, Stetchworth 1.00-2.15pm and Fridays at the Paradise Centre, Ely 9.00-10.15am. Faradena started learning T'ai Chi Chuan in 1995 and became an instructor in 2004. She has regular training with the head instructors of the Chinese Internal Arts Association and is an instructor with Grey Heron Internal Arts.

Faradena also works as a community musician specialising in group and individual music for health sessions for people with learning disabilities and health issues. Outside of her main weekly classes she teaches regular day workshops and weekend retreats in T'ai Chi Chuan and co facilitates on a retreat which combines healing music as well as the exercises from T'ai Chi.

Tel: Faradena on 07919 857617 for further details

Our Development Officer Jane Jones has enjoyed visiting the new classes over the past 2 weeks and welcoming over 35+ new people to Forever Active.

**Stronger for Longer** was launched throughout Cambridgeshire on Monday 1<sup>st</sup> October as part of International Older People's Day. If you were listening to Radio Cambridgeshire on that day at 9am you may have heard Davina Mee (Forever Active Instructor and Cambridge City Co-ordinator) talk about Forever Active and the launch of 'Stronger for Longer'. This is a campaign throughout Cambridgeshire and Peterborough to encourage older people aged 65+ to take up strength and balance exercises twice a week to help reduce the risk of falling and allow people to keep doing the things they enjoy.

A big thank you to Sabrina and the members of her Strength and Balance class at Barnwell Baptist Church who were interviewed and filmed for the 'Stronger for Longer' website.

For further information, watch videos, download the Super Six exercise leaflet or home exercise programme go to [www.cambridgeshire.gov.uk/strongerforlonger](http://www.cambridgeshire.gov.uk/strongerforlonger)

As part of the campaign you may have seen promotion about Functional Fitness MOT's (FF MOT) which include several different physical function tests to give you an idea of how your fitness compares to that of your peers. The tests are delivered in a fun and relaxed environment with time given to understand the different components of functional fitness and the importance to your health, well-being and independence. If you would like to attend an FF MOT please see details below for sessions running in South Cambs. You can drop in during the times promoted or book a specific time by contacting Ellen Bridges tel: 01954 713294 or email [ellen.bridges@scambs.gov.uk](mailto:ellen.bridges@scambs.gov.uk)

- Monday 29th October 10am-12noon Chaplefield Way, Sawston CB22 3SY
- Monday 29th October 2pm-4pm Chalklands, Linton, CB21 4JH
- Wednesday 31<sup>st</sup> October 10am-12noon Vicarage Close, Melbourn, SG8 6DY
- Wednesday 31<sup>st</sup> October 2pm-4pm Knutsford Road, Bassingbourn, SG8 5HS
- Thursday 1<sup>st</sup> November 10am-12noon Wilford Furlong, Willingham, CB24 5JH
- Thursday 1st November 2pm-4pm Franklins Gardens, Cottenham, CB24 8QW

Talking in more detail about the Stronger for Longer Campaign, we are pleased to welcome Simon Hanna (Clinical Exercise Specialist) to the **Forever Active AGM** taking place Thursday 22nd November from 10-12pm. There will also be an opportunity to have a go at a few of the Functional Fitness tests.

The AGM will be hosted at Cherry Hinton Village Centre with refreshments served on arrival. Please email [Davina.Mee@forever-active.org.uk](mailto:Davina.Mee@forever-active.org.uk) to reserve your place.

**Funding** from Mick George (in partnership with Living Sport) has been awarded to provide a set of ankle weights for each person attending our Strength and Balance classes throughout the County (250 + sets of ankle weights). The weights will be stored at each venue for the weekly classes and Forever Active are very grateful for this grant. Thank you to Davina and the Willingham Strength and Balance class for providing Mick George with a photo opportunity (and tea and cake).

**Classes currently at capacity** include:

Exercise to Music at Kelsey Kerridge on a Tuesday with Julia  
Strength and Balance L3 at Foxton Village Hall on a Tuesday with Anne  
Yoga at Trumpington Village on a Tuesday with Sabrina  
Pilates at St Andrews Church Hall, Cherry Hinton (11.30-12.30pm) on a Wednesday with Ines  
Strength and Balance L4 at Barnwell Baptist Church on a Wednesday with Sabrina  
FitSteps – Arbury Community Centre on a Thursday with Julia  
Strength and Balance L3 at Ely Library (10.00-11.00 session) on a Thursday with James  
Strength and Balance L3 at Bar Hill (9.45-10.45 session) on a Friday with Hannah  
Strength and Balance L3 at Fulbourn Library (The Swifts) on a Friday with Anne

All classes at capacity are detailed on our home page [www.forever-active.org.uk](http://www.forever-active.org.uk) and we urge you to check before attending a class or recommending a class to a friend. You can email [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) to put your name on a waiting list.

**Please note:** The Badminton/Table Tennis session at Chesterton Sports Centre 12.30-1.30pm on a Thursday is no longer running.

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)