

**FOREVER ACTIVE AUTUMN FORUM *followed by the*
FOREVER ACTIVE FORUM LTD ANNUAL GENERAL MEETING**

THURSDAY 22 NOVEMBER 2018, 10 am – 12 noon

CHERRY HINTON VILLAGE CENTRE, COLVILLE ROAD, CB1 9EJ



FORUM AGENDA

A presentation by Simon Hanna on

UNDERSTANDING YOUR BODY

Simon is the senior clinical exercise specialist with the Cambridgeshire Falls Prevention Team. He is responsible for developing evidence based exercise programmes for older people both within health and therapy services and in the community. Simon is also a Trustee of Forever Active, an accomplished musician, and owns a vintage campervan.

To be followed by a short circuit exercise demonstration.

AGM AGENDA

- 1. Apologies**
- 2. Minutes of the 2017 AGM and matters arising**
- 3. To receive the Accounts for 2017/18**
- 4. To receive the Annual Report for 2017/18**
- 5. To elect Directors/Trustees [see reverse]**
- 6. AOB**

Note: In accordance with the Companies Act 2006, a member unable to attend the meeting may appoint a proxy by delivering not later than 48 hours before the meeting a signed notice naming a proxy. Any member wishing to name a proxy should telephone 07432 480105 or email enquiries@forever-active.org.uk for details of the procedure.

**Please call Enquiries on 07432 480105 or email enquiries@forever-active.org.uk
to confirm your attendance**

**Supporting papers will be posted on the website
www.forever-active.org.uk and available at the meeting**

Current Board of Directors/Trustees

Penny Granger
Simon Hanna
Anne Johnson
Diane Johnston
David McClean
Sue Morley
David Watkinson

All current Directors/Trustees are willing to stand for election. Officers will be elected by the Board at a short meeting immediately after the AGM; see below

Nominations for Directors will be welcomed but they must be made in advance. If you wish to nominate someone please obtain their willingness to serve and contact Enquiries by phone, email or letter by Friday 16 November.

BOARD MEETING AGENDA

- 1. To elect the Chair**
- 2. To designate Officers (eg, Vice-Chair, Secretary, Treasurer)**
- 3. AOB**