

Forever Active Monthly Member Newsletter – November 2018

Welcome to the latest newsletter from the Forever Active team.

We would like to start this month with a massive thank you to everybody who attended the AGM on Thursday 22nd November at the Cherry Hinton Village Centre. We were also very fortunate to welcome Simon Hanna (Clinical Exercise Specialist and one of our Board members) to talk about ‘understanding your body: bones, joints, and muscles’. Simon got us all thinking about hydration, building strength work into our weekly exercise regime, and being stronger for longer. We hope to have a copy of Simon’s presentation on the Forever Active website by the end of December, so if you missed the meeting or would like a refresher course you can access it at leisure!

We look forward to welcoming Simon back to our spring forum where he will introduce us to how more of our bodies work, including heart and lungs. There will also be a functional fitness MOT and exercises to test our balance and coordination. The date and venue have not yet been fixed but keep an eye out for details of the Spring Forum in a future newsletter and on the website.

At the AGM the Forever Active Annual Report and Accounts were presented, including results from the annual survey. A full copy of this report and the minutes from the meeting will also be available at www.forever-active.org.uk soon. Highlights from the presentations included:

- Membership and class attendances were significantly up on the previous year’s figures
- Some classes are full, with waiting lists, while others have been “cloned” to offer two classes back to back
- Your £4 class fees mostly cover instructors’ fees and hall hire, while the £15 membership fee meets almost all our management costs, largely because they are done on a voluntary basis by Board members – but we could do with a few more pairs of helping hands
- People mainly use the website to get class information but do not follow us on facebook
- Most new members heard about Forever Active by word of mouth – so please tell all your friends about us!

Looking ahead now, we are working on addressing people’s grumbles about things as diverse as advanced pilates and direct debits, so please watch out for developments. We are also pleased to report that membership is up by 118 on this time last year and want to thank you again for your continued support.

Stay Well packs

will be available from instructors over the next few weeks, to help you cope with the colder weather. And don’t forget your flu jab – GPs, Boots, etc now have more stocks of serum.

New classes

Strength and Balance class, Wednesdays at 9.30am
Little Shelford Pavilion, Wales Recreation Ground, Whittlesford Road, Little Shelford CB22 5EW
Contact Vikki Green for further information tel: 07762 902976

Ely library already hosts 2 x level 3 strength and balance classes but due to their success a third class will start in January. It is expected that this class will include seated, standing and floor work (level 4). Contact James Dunham for further information tel: 07795 260816

Class changes

Strength and Balance class at Foxton now runs at 1.45-2.45pm (previous time 12.15-1.15pm) Steph Wyer has now taken over this class. Contact Steph for further information tel: 07751 280464
FitSteps at Foxton now runs at 12.15-1.15pm (previous time 1.45-2.45pm). Anne Catchpole is continuing to teach this class until January when we hope to welcome Kelly Austin to the team of instructors.

Classes currently at capacity include:

Strength and Balance class, Tuesdays at Melbourn with Steph Wyer
Tennis at David Lloyd, Wednesdays

All classes at capacity are detailed on our home page 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 to have your name put on a waiting list. Meanwhile enquiries can also help you to find an alternative class.

December newsletter

Included in next month's newsletter will be a full list of class closures over the festive period.

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)