

Forever Active Monthly Member Newsletter – January 2019

Welcome to the first newsletter of 2019 from the Forever Active team. We hope that you had a very enjoyable Christmas and we would like to wish you a very Happy New Year.

Have you made a will? It's a question most of us would probably prefer not to be asked, as the sub-text is having to face what is sadly inevitable. The good news is that February is Free Will Month and more details are included in the article below.

Making a will

Making a will is a sensible thing to do, preferably some time before you hope anyone is going to need to consult it. You may think "well I don't have much to leave" or "my nearest and dearest know what my wishes are". But you may be surprised how much you have when everything is added up (if, for example, you own a house in Cambridge you won't be far off the threshold for Inheritance Tax). And there are strict rules about who gets what – mostly the Government - if you haven't made a will.

It's usually wise to ask a qualified solicitor to draft your will, and you probably think that is going to be expensive. But the good news is that February is Free Will Month: participating solicitors will do it for free, perhaps asking for a small donation to charity.

So please think about it! It's not all about money or even your treasured possessions. You can also put in things like what sort of funeral you'd like, and where you want your remains to end up. And money you leave to a charity is taken off any liability your heirs may have for Inheritance Tax. So, as you decide what to do, please include a legacy to Forever Active. It needn't be a large amount – every little helps to keep everyone active for as long as possible.

Classes update

Most classes will be up and running again by the end of this week and there is no better time to promote Forever Active and help to get a family member or a friend active in 2019. The website is the best place to check on class details www.forever-active.org.uk. Please encourage anyone trying out a class for the first time to contact the instructor in advance and plan to arrive a bit earlier to go through the health questionnaire. Remember new people get a free taster session so they have nothing to lose by giving it a go.

February newsletter

Included in next month's newsletter will be details of our Spring Forum.

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)