

## **Forever Active Monthly Member Newsletter – February 2019**

Welcome to the February newsletter from the Forever Active team.

We are delighted to welcome Liz Crow to the Board of Forever Active Directors/Trustees. Please read below to find out more about her.

As a charity we are always looking at ways to raise money and any member currently using Amazon, can now donate to Forever Active (for free) on things they buy from Amazon. If this is something you can help us with, please read below for further details.

### **Liz Crow**

When my husband Laurence and I moved to Cambridge we joined Forever Active. Everyone was very friendly and welcoming, and we soon settled in. Laurence went on to become Treasurer until ill health meant he could no longer continue. I currently attend Exercise to Music and Yoga classes which are well run, and I have made real friends at the classes. It is a social event as well as giving everyone beneficial exercise. By becoming a Trustee, I will be more involved with the charity and hopefully be of some help to the very busy team.

Whilst we welcome Liz to Forever Active, we are very sad to say goodbye to Cheryl Bishop as she leaves Forever Active to take up a full-time role with the NHS. Cheryl has been an instructor with Forever Active for many years and we would like to take this opportunity to wish her the very best of luck in her new venture.

### **Amazon Smile..... What to do:**

When you're next shopping online, search for Amazon Smile (rather than the main Amazon site), enter Forever Active and choose Forever Active Forum Ltd from the drop-down list of charities. Once you've registered, it will always offer you Forever Active as your chosen charity – this works even if you forget and go to the main site rather than Smile. We will get 0.5% on most of your purchases, which doesn't sound like much, but it will certainly mount up if everyone signs up to support Forever Active. Every little helps, as they say, to bring you more of the classes that keep you fit and active.

### **Waitrose**

Celebrating 10 years of Community Matters funding, Waitrose in Fitzroy Street Cambridge are supporting Forever Active as one of their good causes. If you shop at this branch of Waitrose, please look out for the boxes and remember to collect your green token at the checkout. There will be three good causes and the more tokens we receive the bigger the donation. Please pass this on to family members and friends living in Cambridge.

### **New Classes:**

Beginners Yoga (starting Monday 4<sup>th</sup> March) 1.30-2.30pm  
Eco Hub, Gamlingay, SG19 3JR. Instructor Caroline Oram tel: 07752 222542

Strength & Balance (starting Thursday 21st March) 11.30-12.30pm  
Cottenham Community Centre, 250A High Street, Cottenham CB24 8RZ. Instructor Jessica McClay  
tel: 07834 006924

### **Classes that are FULL**

With a third of our classes at capacity, we are now providing a full list on the website [www.forever-active.org.uk](http://www.forever-active.org.uk) under 'Classes' and we urge you to check before attending a new class or

recommending a class to a friend or family member. You can also email [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) to check or to put your name on a waiting list.

**Next month's newsletter**

Included in next month's newsletter will be details of our next Forum planned for 7 June.

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)