

Forever Active Monthly Member Newsletter – April 2019

Welcome to the April newsletter from the Forever Active team. We are pleased to start our newsletter with an introduction to 3 new instructors who have joined Forever Active since January. Please read what they have to say about themselves below.

My name is Marta Maj. I live in Newmarket and originally come from Poland. I have recently taken over the Fitsteps class at Arbury Community Centre (now called Strictly Ballroom). I am a qualified Personal Trainer and Dance Teacher. I currently teach Ballroom, Dance Classes, Sh”BAM (Les Mills dance and fitness workout), Family Yoga, Freestyle Fitness Yoga and Fitness Pilates classes.

I have a background in Latin dance and eight years’ experience in dance performance on national and international stages. My dancing career started when I was 14 years old. Developing my choreography and dance skills, I performed in a Latin formation team that won the National Championships three times and went on to represent my country in the World & European Championships.

I am Caroline Oram and teach Yoga, delivering a seated class for Forever Active on a Monday afternoon at the Ecohub in Gamlingay. I am passionate about yoga and have been practising for over 20 years. I teach across Beds, Herts and Cambs. I teach sessions for the NHS, hold workshops, support charity events and run retreats, teaching yoga for everyone from 3 to 80 years old. I love to share the benefits of yoga for a healthy body and mind.

My name is Jessica and I live in South Cambridgeshire. I’ve been running a Forever Active Strength and Balance Class in Cottenham for a few weeks and it is going so well that I’m hoping to expand into surrounding villages.

Previously I spent many years working for the NHS and Adult Social Care. During this time, I witnessed how important it is to exercise in later life and love being able to help people achieve this. I’ve always enjoyed being active including walking, cycling and Pilates. In my spare time you’ll find me in my garage making mosaics!

Forever Active Instructors and partner organisations were invited to attend a workshop delivered by our very own Fenland Instructor, Becky Adams. Becky has a background in working with people who have neurological conditions (stroke survivors and people living with Parkinson’s). We would like to thank Becky for sharing her ideas, energy and expertise in such a fun and enthusiastic way and as always, we would like to thank all of the instructors who attended.

Julia Cragie who delivers Strength and Balance classes at Trumpington Village Hall had this to say about the workshop:

‘I’d just like to say how much I enjoyed and learned from the training provided by Forever Active. Becky has a brilliantly infectious way of getting the content across which made the course all the more fun’

Strength and Balance MOTs available - keep doing the things you enjoy

Since the launch of the Stronger for Longer campaign back in October, over 100 new people have joined strength and balance classes around the county and are now stronger and steadier. The campaign is now encouraging all older adults to have a Stronger for Longer MOT to test their fitness and strength.

A Stronger for Longer MOT is an informal conversation with a friendly, qualified fitness instructor to help you learn about your level of fitness to do everyday activities. You will be asked to do some quick and easy exercises which can be used to compare your level of fitness with people of a similar age. As a Forever Active member we know that you already take part in our classes but why not book on to one of the MOTs below to see how well you are doing. Why not encourage friends to come along with you too..... all MOTs are provided free of charge.

South Cambridgeshire:

- 9th May: Histon – Kay Hitch Way Communal Room, 10am - 12noon
- 15th May: Girton – Orchard Close Communal Room, 2pm - 4pm
- 16th May: Gamlingay, 10am-12noon

For further information on MOTs in South Cambridgeshire, contact (Let's Get Moving - South Cambs District Council) Tel: 01954 713294 .

Cambridge City:

- 2nd May: Cambridge United Abbey Stadium, 11am - 12noon
- 3rd May: Cherry Hinton Village Centre, 2pm - 4pm
- 9th May: Queen Edith Chapel, Wulfstan Way, 11.30am - 12.30pm
- 20th May: Cherry Hinton Village Centre, 2pm - 4pm
- 21st May: Clay Farm Community Centre, 10am - 11.30am
- 30th May: Meadows Community Centre, 1pm - 2pm

For further information on MOTs in Cambridge City, contact (Active Lifestyles Team) Tel: 01223 458612.

Fenland:

- 28th April: March, St Georges Fair – Launch event on May Bank holiday (March, St Georges Fair)

For further information on MOTs in Fenland, contact (Active Fenland) Tel: 01354 622498.

Class notices

Great Shelford T'ai Chi class is on the move. We are pleased to confirm that due to the success of this class we are moving to a larger venue. The class will start at Stapleford Pavilion from Monday 29th April. If you are interested, please contact Mike Tabrett tel: 01223 503390.

A reminder to save the date

Don't forget to drop Davina an email if you would like to attend our next Forum on 7th June at the Cherry Hinton Village Centre from 10am – 12 noon. Simon Hanna will be delivering a practical session, so bookings are essential by contacting Davina.mee@forever-active.org.uk

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)