

Forever Active Monthly Member Newsletter – May 2019

Welcome to the May newsletter from the Forever Active team.

Annual survey

Whilst we welcome comments and suggestions throughout the year, the time has come to ask for your help by completing our annual questionnaire. The results of the questionnaire are detailed in our annual report which is presented at our AGM in November. We have decided not to use an online system this year and will provide instructors with paper copies to hand out. Your questionnaire can be returned to your instructor or sent direct to Forever Active.

Forever Active classes at Chesterton Sports Centre

We are sorry to have to inform you that the Forever Active Board of Trustees has taken the decision to withdraw from classes at Chesterton Sports Centre from the end of July. Please be assured that this is not a decision we have taken lightly. Forever Active has been associated with Chesterton Sports Centre from the beginning, and we know that it is a venue that our members enjoy going to. Unfortunately, we have had problems which have proved impossible to resolve.

We have tried to meet as many members as possible this week to inform them of this decision and to assure them that we will make every effort to get additional classes running in the local area ASAP.

If you go to classes at Chesterton Sports Centre on a regular basis and did not receive a Forever Active letter, please visit the home page of the Forever Active website www.forever-active.org.uk and follow the link.

If you should have any further questions or suggestions about new venues, please contact enquiries@forever-active.org.uk or tel: 07432 480105

Spring Forum 7 June

We are delighted to welcome Simon Hanna back from the previous 'understanding your body' workshop which was part of our AGM last November. The workshop covered bones and joints and was well received by all those in attendance.

This time Simon will be talking about how the cardiovascular and nervous system work, what happens with the ageing process, how this relates to exercise and the importance of remaining active. There will be opportunities to ask questions and some practical advice.

Don't forget to book your place by sending an email to Davina.mee@forever-active.org.uk

Friday 7th June
Cherry Hinton Village Centre
10am – 12 noon
Refreshments on arrival

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)