

Forever Active Monthly Member Newsletter – June 2019

Welcome to the June newsletter from the Forever Active team.

Fundraising

Forever Active is an independent charity, and the team is always looking for ways to increase our income, to enable us to support your classes, establish new ones, keep instructor training up to date, and generally keep the organisation going. There are several ways in which you can help.

Membership renewal forms will be going out soon – yes, it's that time of year again! The membership and class fees are not being increased this year, as we want everyone to be able to enjoy and benefit from Forever Active classes. But if you can afford to, please consider donating in addition to your membership fee. It will all count for gift aid if you are a taxpayer – so please don't forget to tick that box on the form.

Please also consider a legacy to Forever Active. We can supply a form of words to add as a codicil to your will. Please let us know if you have done this, so we can thank you personally. It needn't be large: every little helps...

If you buy things from Amazon don't forget to go via Amazon Smile. Select Forever Active Forum Limited from the drop-down menu and we will receive a small percentage from whatever you buy. It won't cost you anything, and once it's set up, they will remind you to use smile when you go to their website. In the last quarter we received a payment from Amazon of £5 and with your support we'll get more next time!

If you have ideas for fund-raising, especially if you have experience in grant applications and fundraising do get in touch by emailing enquiries@forever-active.org.uk

Welcome Rebecca

My name is Rebecca Parker and I live in Cambridge. I have recently started teaching Strength and Balance Classes in Fulbourn and Cherry Hinton (see details below). I originally trained as a nurse but have most recently been working for the NHS in Ely as a Therapy Assistant in the community, visiting people in their homes and delivering home exercise plans and equipment. I took the Strength and Balance and Otago course earlier this year and am now enjoying putting it into practice! I hope to increase the number of classes I am teaching over the next few months. I have always been interested in healthy diet and a healthy lifestyle, enjoying Pilates, Yoga, Cycling, Gardening, Mountain Walking and Running.

New Strength and Balance L3 Classes

1. Every Friday at 10.15am-11.15am, The Swifts, Haggis Gap, Fulbourn CB21 5BS
2. Every Friday at 12.00-1.00pm, St Andrews Hall, High Street, Cherry Hinton CB1 9NE (contact Rebecca for further details or to book a free taster session tel; 07963 959602)
3. Every Tuesday at 11.30-12.30pm, Eco Hub, Stocks Lane, Gamlingay SG19 3JR (contact Kamni for further details or to book a free taster session tel; 07876 500543)

To download the full details of the new classes please go to the Forever Active home page:
www.forever-active.org.uk

Class closure

The L3 Strength and Balance class at Orchard Close, Girton on a Thursday is no longer running due to low numbers.

A big thank you

To everyone who joined us at the Spring Forum on the 7th June at the Cherry Hinton Village Centre. We hope that you enjoyed listening to Simon's talk 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. We have already received some ideas for our Autumn Forum (which forms part of our AGM) and we will send more details after the Summer.

At the Forum we also said a big thank you to Davina Mee who is stepping down in her role at Cambridge City Co-ordinator. Many of you will know Davina for her amazing lemon drizzle cake at Forever Active Forums and you will be pleased to learn that she is continuing as a Forever Active instructor.

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)