

Forever Active Monthly Member Newsletter – July 2019

Welcome to the July newsletter from the Forever Active team. We hope that you are coping with the weather this month. We have experienced extreme heat to constant rain and thunderstorms. Let's hope August is a bit more consistent.

Many instructors have already taken a break during July but if you are looking for a class/es during August and September, please do visit our website www.forever-active.org.uk and follow the link from the homepage to check what classes are closing/covered by a different instructor.

Thank you for the annual questionnaires that have already been returned. Please remember to hand it back to your instructor by Friday 13th September.

Membership renewals are now well underway. Forms have been emailed and those not on email will receive theirs via the post this week. If you do not have a printer, please check with your instructor as they may have a spare copy. If you do need a printed copy sent to you in the post please email: enquiries@forever-active.org.uk Please do remember to tick the gift aid box if you are a taxpayer as this does not cost you anything in addition to your annual fee of £15.00. If you have already returned your form but forgot to tick the box, let us know and we will add you to the list.

Our volunteers are already working hard behind the scenes to process membership forms and payments but please do not worry if you have not received your new card before September as all previous membership cards will be honoured until the 1st October 2019.

Cam Sight - Cambridgeshire

Cam Sight is organising a Sight and Hearing Loss Open Day. Welcoming anyone affected by low vision and blindness; hearing loss and D/deafness; or dual sensory loss, along with healthcare professionals and providers.

Come along to learn about what services are available in Cambridgeshire and how to access them. There will be an opportunity to chat with local charities at their information stalls; try out different equipment and technology from exhibiting companies; and get advice from our rotating experts on our 'expert table'. All confirmed exhibitors are listed below.

The day is free to attend. You can register to attend by emailing sally.n@camsight.org.uk or just turn up on the day. The event will take place on 18th September 10-2pm at the Chesterton Methodist Church, Green End Road, Cambridge CB4 1RW

Confirmed charity stalls:

Blind Veterans UK
Cambridgeshire Hearing Help
Cambridgeshire Sensory Services
Cam Sight
Deafblind UK
Hearing Dogs UK

Huntingdonshire Society for the Blind
LOOK UK
Macular Society
RNIB
Vision for Growth

Confirmed technology exhibitions:

Sarabec
Action on Hearing Loss

Confirmed on the 'expert table'

Benefits advice
Accessible sports

Class Update

Strength and Balance at Little Shelford has now closed due to low numbers.

T'ai Chi in Stetchworth is on the move. This class is currently breaking for the Summer but will start again on September 26th at Swaffham Prior Village Hall. Full details are available on the website or you can contact jane.jones@forever-active.org.uk

Finally, we would like to promote our new Walking Rugby session.

Following the success of our Walking Netball session in Histon, we are pleased to be able to offer weekly Walking Rugby sessions. Working in partnership with Cambridge Rugby Club, Walking Rugby will be delivered as a fun team game that is accessible to people of all abilities. Whether you played as an adult or you're new to the game, Walking Rugby is a much simpler version of the traditional rugby game. Less physical than a standard game of rugby, the aim is to participate, compete and most importantly, enjoy yourself.

A smaller rugby ball is used and unlike the full game, passes can be made sideways and forward. Players must walk over the try line into the scoring area to score a try. Unlike traditional rugby, there's no need to touch the ball down.

There are lots of other adaptations to the rules and if you or a friend/partner is interested then please contact jane.jones@forever-active.org.uk if you have any questions.

The sessions will start on 3rd September but if you cannot make this date then get along to a session at a date that suits you. Your first session is free, so you have nothing to lose.

Day: Tuesday

Time: 10.30-11.30am

Venue: Cambridge Rugby Club, Grantchester Road, Cambridge CB3 9ED

Contact: Simon Leader tel: 07854 085338 to register your interest

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)