



## Minutes of the Forever Active Forum Ltd Annual General Meeting

Thursday 16 November 2017

Bar Hill Church Centre, Bar Hill

**Present:** Penny Granger, David Watkinson, Jane Jones, Davina Mee, Diane Johnston, Anne Johnson, Sue Morley, David McClean, Jenny Hayes, Carrie Holbrook, Mark Robbins, Brian Hilson, Sue Hilson, Pam Vendy, Barry Vendy, Tony Moore, Julia Popp, Ronnie Pairs, Angie Cole, Sam Osborn, Vanessa Miles, Elizabeth Broadbent, Jenny James, Margaret Hyde (Noel), Colleen Chambers, Anne Thorneycroft, June Radford, Ted Radford, Kate Merrington, Angela Driver, Helen Jalal.

The Chair welcomed those present to the meeting.

Before the formal AGM, a Forum was held in which Kate Merrington of Camrowers and Helen Jalal of Cambridge & Peterborough NHS Foundation Trust, gave very interesting presentations.

**Camrowers – Kate Merrington**, Secretary of the Club, gave an inspirational talk about the history of Camrowers and the health benefits of rowing. The club has grown from small beginnings to a large rowing club with its own boathouse and a very active committee. The club has strong links with Forever Active and the U3A, and welcomes new members, although there is currently a waiting list. 21 of their current members came through Forever Active. Sessions are twice weekly at 9.30 and 11.00 am and parking is available on site.

Penny Granger thanked Kate for her fascinating session. Details of Camrowers are in the FA brochure and on the FA website, and Camrowers have their own website.

**Helen Jalal** (Cambridge and Peterborough NHS Foundation Trust, Advanced Practitioner Locality Falls Lead) spoke about her role. Helen is the Falls lead for the St. Ives, Huntingdon and St Neots area and is responsible for co-ordinating the falls prevention referral process. Helen spoke about her role and the roles of others in the community all working to assist people who are at risk of falls. Details of Helen's talk are on the FA website.

Penny thanked Helen for her very informative talk.



## **AGM**

1. **Apologies** were received from Jessie Nisbet, Pamela Carlton, Mary Laveve, Julia Fleming, Mary Keyser, Jan Careless, Sue Harrison, Helen Robbins.

2. **Minutes of the 2016 Annual General Meeting and matters arising:**

The minutes of the 2016 AGM were approved by a show of hands. There were no matters arising.

3. **To receive the accounts for 2016/17**

Mark Robbins presented the accounts, and thanked Sue Morley for her sterling work. Mark gave a detailed power point presentation to the meeting. Full details of the accounts are on the Forever Active website.

The accounts were approved by those present

4. **To receive the Annual Report for 2016/17**

David Watkinson introduced the Annual Report. Penny thanked David for the detailed report. A copy of the Annual Report is on the Forever Active Website.

The Annual report was approved by those present.

It was suggested that larger print versions of all the reports would be very helpful and also a microphone for speakers at future meetings.

5. **To elect Directors/Trustees**

The existing Directors/Trustees were willing to be re-appointed en bloc. All those present voted in favour.

Penny thanked the Directors/Trustees.

At a short meeting of the Board of Directors/Trustees held immediately after the AGM, the following officers were elected:

Chair: Penny Granger

Vice Chair: David Watkinson

Secretary: Diane Johnston

Treasurer: Sue Morley