

Forever Active Forum Ltd Annual General Meeting

held Thursday 22nd November, 2018 at Cherry Hinton Village Centre at 10am

Minutes of the Meeting

FA members present: Penny Granger, Diane Johnston, David Watkinson, Sue Morley, David McClean, Simon Hannah, Anne Johnson, Tony Moore, David Miller, Sam Osborn, Vanessa Miles, Frances Burghall, Margaret Buxton, Val Carter, Margaret Port, Liz Crow, Tony Woodward, Julia Popp, Jan Careless, Jean Levison, Elizabeth Baggs, Patricia Johnston, Helen Allan, Paul Allan, Angie Cole, Sue Bradley, Angela Driver

Also present: Jane Jones (Development Officer), Davina Mee (Cambridge City and Instructors' Co-ordinator)

The Chair, Penny Granger, welcomed those present to the meeting and thanked Jane and Davina for doing the refreshments.

1. **Apologies:** Carrie Holbrook, Jenny Hayes, Helen Robbins.
2. **Minutes of the 2017 AGM** were approved.
3. **To receive the annual report for 2017/18.** Report circulated and presented by David Watkinson, who focussed on the negative comments sent in by members as part of the annual survey (p.7) and addressed those issues. The report was **received nem con.**
4. **To receive the Accounts for 2017/18.** Accounts circulated and presented by David Watkinson who went through the accounts in detail. To summarise over the past four years, the accounts show that Forever Active is a sustainable activity. The underlying management costs are below 10% because the majority of Board members are volunteers. DW recommended the accounts to the meeting and they were **approved nem con.**

The Chair asked for more volunteers to help out at particular times of the year and to ask if any members who know of any funding sources to let the Board know.

5. To elect Directors/Trustees

No new nominees were received in advance of the meeting or from the floor.

The existing Board of Directors/Trustees were nominated by Liz Crow, seconded by Angie Cole. All present in favour.

Board of Directors/Trustees elected:

Penny Granger, Simon Hanna, Anne Johnson, Diane Johnston, David McClean, Sue Morley, David Watkinson.

Helen Allan thanked the Board and Instructors for all their hard work, her thoughts endorsed by Sue Bradley.

Forever Active Autumn Forum

Presentation by Simon Hanna, "Understanding your Body: bones, joints and muscles"

Simon gave a very informative and interesting illustrated talk which was very well received by those present.

Election of Officers

The Board held a short meeting immediately after the Forum to elect officers:

Chair: Penny Granger

Vice Chair: David Watkinson

Secretary: Diane Johnston

Treasurer: Sue Morley