

Forever Active Monthly Member Newsletter – January 2020

Welcome to our first newsletter of 2020. We would like to take this opportunity to wish you a very Happy New Year.

We would like to start with a reminder about supporting Forever Active if you shop at Waitrose in Trumpington. Please remember to collect your green token at the checkout and look for the 3 boxes on your way out. Forever Active will get a share of £1,000 depending on the amount of green tokens put in to the box to support our Charity.

Management Group

We are pleased to introduce Rebecca Evans who joined the Forever Active Management Group in December. Rebecca works for Cambridgeshire and Peterborough sports charity Living Sport, based in Huntingdon who work strategically across the county to improve the health and wellbeing of people through supporting them to be active. As Relationship Manager Rebecca's role sees her work with a large range of partners and organisations including the voluntary sector, health, and local authorities mainly in the strategic areas of disability and long term health conditions and older people.

Rebecca has worked in sport in Cambridgeshire and Peterborough since graduating from University in 2004 (Sport Science and Management). Rebecca competed in disability swimming for 10 years at national and international level until 2005. Rebecca has also spent a lot of time volunteering at club level as a level 3 swimming coach and was president of Beds Amateur Swimming Association. Rebecca is still a keen volunteer today in a number of club roles having taken up Wheelchair basketball in her spare time.

New Instructors

We are also pleased to welcome Emma Wilson who has recently started a new Pilate's class at Chesterton Methodist Church on a Monday.

Emma is a level 3 Mat Pilates teacher, personal trainer and fitness instructor, and has been teaching a wide range of classes for the last 9 years.

Emma has coached a wide range of clients and athletes, having taught at numerous different gyms, for the University department of Sport, as well as several colleges and schools in Cambridge. As a result, Emma has considerable experience dealing with various different injuries, and has a special interest in back rehabilitation. Emma has helped a large number of clients recover from back pain, whilst simultaneously working towards minimising the risk of future injury.

Emma believes that there are many different benefits to regularly practising Pilates. Many clients have attributed a stronger and more stable core, greater joint mobility and overall wellbeing to Pilates. Through regular practice, Emma has work with many people who have experienced an improved level of athleticism which positively contributes to their daily lifestyle.

Events

There are 2 free events in March for people aged 55+ who are looking to become more active & healthy in 2020. South Cambridgeshire District Council's Let's Get Moving Team and Everyone Health in partnership with Forever Active are organising these events for people living in South Cambridgeshire. Both events run from 11-2.30pm with a free lunch at 12.30pm courtesy of Everyone Health.

'Let's Get Everyone Healthy and Moving' are free events in Girton on 18th March and Great Shelford on 20th March.

Girton will be offering free NHS Health Checks/Mini MOT's all day. There will be Strength and Balance functional MOT's in the morning, then a healthy lunch & dessert followed by taster sessions of New Age Kurling and Boules.

Great Shelford will be offering free NHS Health Checks/Mini MOT's all day. There will be Strength and Balance functional MOT's in the morning, then a healthy lunch & dessert followed by taster sessions in Tai Chi and Fit Steps. Kelly Austin (Social Prescriber) will also be attending.

For more information contact Leah Collis tel; 07508020678 or email e:leah.collis@scambs.gov.uk

New classes

Exercise to Music is starting on Monday 20th January
10-11am each week

At the Christ the Redeemer Church Hall, Newmarket Road, Cambridge CB5 8RS
Contact Carrie Holbrook for further details tel; 07538 056624
(Supported by Cambridge City Council Community Grants)

Walking Netball is starting on Monday 20th January
2.00-3.00pm each week

At Milton Community Centre (outdoor netball courts)
Coles Road, Milton, Cambridge CB24 6BL
Contact Carolyn Pallon tel: 07578 338086
(Supported by Let's Get Moving – South Cambs District Council)

We are very hopeful that the Newnham Strength and Balance Class will re-start by the end of January. If you would like to receive details of this class please check the website www.forever-active.org.uk or contact jane.jones@forever-active.org.uk

Class Closures

We are disappointed to close our new Yoga class on a Monday at Chesterton Methodist Church with Alison Martin but hope to keep Alison involved as an instructor with Forever Active and start a class in South Cambridgeshire, closer to where Alison lives. The last class will be held on Tuesday 21st January.

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)