

Forever Active Monthly Member Newsletter – February 2020

Welcome to our monthly newsletter.

Small charities like Forever Active are always pleased to receive donations and we were particularly delighted, and really rather humbled, when a member wrote to say she wanted to give us a donation of £500 (plus gift aid) in memory of her parents. She said "I have much to thank your organisation for." We have much to thank her and her husband for in return, for this amazing present! Even more so because they are happy for the money to go towards the general running costs of Forever Active: most grants are only made towards special projects.

If you or someone you know would like to give us a donation, however small, we shall be very pleased to hear from you.

We are also pleased to confirm that Forever Active has been awarded a cheque for £474 from the Trumpington Waitrose Green Token scheme. Thank you to everyone who made the effort to visit and support us.

Instructors

"Hello, my name is Carrie Holbrook and I have been teaching/covering classes for Forever Active for around 14 years. I am a qualified Exercise to Music and Strength & Balance instructor and my main job is working for the City Council in the Active Lifestyles team. I manage projects such as the City's exercise referral service.

I am really happy to announce that I am teaching the new Forever Active ETM class at Christ the Redeemer Church on Newmarket Road (full details below). It would be wonderful to welcome some new participants and to see some familiar faces from those I have taught in the past! Please feel free to call me to have a chat about the class or simply turn up. I look forward to seeing you."

New classes

Exercise to Music

Mondays

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

Newnham Strength and Balance class

Tuesdays (starting 10th March)

10.45-11.45am each week

At the Newnham Croft Social and Sports Club, Hardwick Street, Cambridge CB3 9JB

Contact Vicky Wilson for further details tel: 07474 354445

Cottenham Strength and Balance Class

An additional class is now running in Cottenham on a Wednesday 1.30-2.30pm at the Community Centre, 250A High Street, Cottenham CB24 8RZ. To register for a place please contact Jessica on 07834 006924

Next Month

Details about our Spring Forum and new Yoga class starting in Girton

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)