

Forever Active Monthly Member Newsletter – April 2020

Welcome to our second newsletter during lockdown.

It has been a busy few weeks since our last newsletter and we are pleased to confirm that we now have 2 successful online classes being delivered weekly via Zoom. These classes have been well received and whilst new technology can be a daunting process, there is help at Cambridge Online <https://cambridgeonline.org.uk/> tel: 01223 300407 – *you may need to leave a message, but they will call you back*. You can also send them an email using help@cambridgeonline.org.uk

Forever Active has applied for funding to develop further online classes and will be piloting further classes via the internet which will enable members to pay class fees over a secure website. We hope to bring you an update on this next month.

Working closely with Living Sport we have been able to help some of our members who do not have access to email and the internet and have posted out free activity resource books and resistance bands. Instructors have been checking in with these members too and offering a friendly voice and lots of advice.

Later Life Training has also provided a copy of their Chair-based Exercise Programme booklet and we have put a link to this on the Forever Active website. If you do not have a resistance band please contact the Forever Active team on tel: 07432 480105.

We hope you have been able to keep active, despite the restrictions. You will be missing your usual classes, with your own instructor, a familiar venue and joining with friends; we certainly hope that your own class/es will be available again one day. Meanwhile, there are exercise videos available online. They are necessarily second-best, but we have selected a few which you might like to have a look at. Forever Active is not responsible for them in any way but we think that used sensibly they could be a real help. By 'used sensibly' we mean:

- find one that has the sort of exercises you are used to; this is not the time to experiment with new types of exercise;
- especially if you have not been able to exercise in recent weeks, don't do too much at first;
- and (as you are always told to at a Forever Active class), know your own limitations. Your own Forever Active instructor will know that some class members should not do certain types of exercise; the online classes cannot be tailor-made in the same way.

Online sessions for you to try:

Cambridge City Council's exercise referral co-ordinator has produced a number of home exercise tutorials that are now available to view from the City Council's YouTube channel. Each routine provides clear instructions and lasts between 3 and 12 minutes. <https://www.youtube.com/user/camcitco/playlists>

NHS: www.nhs.uk (click on live well and then click exercise and go to the bottom of the page for exercise ideas for older adults)

Sport England: <https://www.sportengland.org/stayinworkout>

Living Sport: www.livingsport.co.uk/stayinworkout

Cambridgeshire Let's Get Moving: www.letsgetmovingcambridgeshire.co.uk

Move it or lose it: www.moveitorloseit.co.uk (visit to purchase DVDs or follow weekdays on Facebook at 2.30pm for live sessions)

Everyone Health Cambridgeshire: Follow on Facebook for daily health advice

Oak Activities: Midweek daily classes for different levels available live on Facebook or later on YouTube. Beginners 9.30-10.00am – Intermediate 12-12.30pm – Advanced 3-3.30pm

They are streaming live through their Facebook Page:

Facebook: <https://www.facebook.com/oakactivitieskeepactive/>

Videos on YouTube channel: https://www.youtube.com/channel/UCIbSk94g27fxUWv7_LHpSPA

Forever Active needs additional trustees/directors! Our younger members in particular may be interested in shaping the future of Forever Active after the current crisis. We know that many FA members already give much time to organisations in their own communities but may also wish to help Forever Active. Details can be found on this website:

<https://do-it.org/organisations/forever-active>

Finally, the Histon Walking Netball group have been having some fun by practising their netball skills at home, and have made a clever video to keep as a memory. Visit the Forever Active website to see them in action.

Please keep safe.

Best wishes

The Forever Active Team

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)