

## Forever Active Monthly Member Newsletter – June 2020

Welcome to our 4<sup>th</sup> newsletter during lockdown. It is good to hear that the nice weather is forecast to stay for a while as we slowly come out of lockdown and start to understand what the new 'normal' might hold in store.

We have been delighted at the response from members to three matters which have been brought to your attention recently.

A large number sent in proxy votes for the forthcoming General Meeting to amend the Articles, Forever Active's governing document, to allow for virtual, online meetings of the Board of Trustees and, should that be necessary, the AGM.

Responses to the questionnaire have also been encouraging and will help us to plan for the future as, and indeed if, things get back to normal. And we are extremely grateful to those members who have generously sent a donation or who have promised to add a bit extra to their membership subscription at renewal time. The money will be very useful in helping to meet essential expenditure over the summer. But more than that, your response to all these requests has shown us that you, our members, really care about Forever Active, and that what we do is important to you.

If you would still like the opportunity to complete the survey, please click on the link below:

[Questionnaire CLICK HERE](#)

We look forward to sharing the results with you next month.

On Monday 22<sup>nd</sup> June, with support from South Cambridgeshire District Council, we were able to fund 2 coaches to run a walking netball session at Histon and Impington Recreation Ground. The netball courts are not yet available, so the session took place on the grass. A grid was put down on the grass using cones, providing a safe space for everyone to practise some individual ball skills and do some fitness. The session finished with a fun walking race and members are keen to make it a regular event. England Netball has authorised the return of the sport with limited sharing of equipment, no match play, or small sided games, and of course there is currently no access to public toilets.

It will take some time yet before your regular face to face class can return but we will work with individual venues and instructors as soon as we are given the go ahead by the Government.

Finally, we are pleased to confirm that Becky Adams who teaches classes for Forever Active in Fenland, has started to prepare some fantastic strength and balance sessions for you to watch and take part in. As soon as Becky has recorded a block of 10 sessions (30 mins per session) we will email you with details about how to access them online.

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](mailto:enquiries@forever-active.org.uk)**