

FOREVER ACTIVE FORUM LTD ANNUAL GENERAL MEETING

Followed by the FOREVER ACTIVE AUTUMN FORUM

Thursday 26 November, 2020, at 2 pm

held via Zoom

AGM

Minutes of meeting

Present: Directors and Trustees: Penny Granger (Chair), Elizabeth Crow, Simon Hanna, Anne Johnson, Diane Johnston, David McClean, Sue Morley, David Watkinson.

Members

Carrie Holbrook (Senior Lifestyles Officer (Health) Cambridge City Council and FA Instructor), Rebecca Evans (Living Sport) Sue Dabner, Julia Popp, Helen and Paul Allan, Margaret Hyde, Marie Buckle.

1. Apologies: Jane Jones, Hannah Black, Stefania van Lieshout

The Chair welcomed those present and thanked Rebecca for hosting the meeting via zoom and for helping secure grants for Forever Active.

2. To receive the Accounts for 2019/20

Presented by David McClean. It was noted that Forever Active is dependent on outside grants and needs £20,000 plus each year to break even. Generous donations have been received from FA members and national local funds set up to help charities during the pandemic, together totalling £22,000, making a modest surplus at the end of the year.

Looking ahead, costs may rise, venue hire etc, some classes may need subsidies and classes will take time to build up numbers plus outside funding may be difficult to obtain. It was suggested that an increase in the class fee to £5 may help but as a Charity Forever Active will try to keep fees down for the present time.

The accounts for 2019/20 were received, all in favour.

3. To receive the Annual Report for 2019/20

The comprehensive report, previously circulated, was presented by Penny Granger. The usual questionnaire analysis was missing because

due to a lack of classes members had not been asked to complete a questionnaire.

Sue Dabner congratulated Forever Active on its work as did Margaret Hyde, who praised the online classes.

Amazon Smile – this is still active and members to be encouraged to use this when ordering goods through Amazon. £6.30 was received from the fund this month.

The meeting voted to receive the Annual Report 2019/20.

4(a) To re-elect as Directors/Trustees: Elizabeth Crow, Penny Granger, Simon Hanna, Anne Johnson, Diane Johnston, David McClean, Sue Morley, Stefania van Lieshout and David Watkinson

Proposed: Margaret Hyde. All in favour.

(b) To elect Sue Dabner as a Director/Trustee

All in favour of electing Sue.

This brings the number of Board Members to ten, the maximum allowed under our Articles.

5.AOB

There was no further business.

The AGM was declared closed at 2.35 pm

FORUM MEETING

Life during and (hopefully) after Covid-19.

Since Jane Jones was unable to attend the meeting, due to unforeseen circumstances, David Watkinson presented her report.

Diary of Covid events April-November 2020

Forever Active has been busy introducing:

Zoom classes and some outdoor classes

Bands and Exercise books were posted out to the 200 members not on email

Funding Applications submitted – a £10k grant awarded to develop seven new online classes and outdoor strength and balance classes were introduced. Hannah Black is assisting Jane with Clubz.

FA Clubz launched – enabling members to book classes, make payments electronically. Cash payment can still be taken by instructors at classes.

Some instructors have had to take other employment which may impact on Forever Active - may incur training costs for new instructors.

FA has employed the services of Living Sport to help with Forever Active's grant funding which has proved very successful so far this year.

A need to work closely with Public Health.

Penny thanked David W for presenting Jane's report and recorded an enormous thank you to Jane Jones for all her hard work setting up the above.

Carrie Holbrook, (Senior Lifestyles Officer (Health), Cambridge City Council, gave a very interesting presentation on how the City Council services have been adapting during Covid 19.

It was noted that the Council is planning a Virtual Festival January 2021 and Jane will be asked to promote this to FA members in the next newsletter.

The team will be distributing a Forever Active DVD and exercise band, together with food parcels, to vulnerable people in the City, in partnership with Cambridge United FC.

Helen Allan thanked Forever Active for all their hard work, and Penny Granger endorsed Helen's thanks from the Chair. We are looking forward to an active future and everyone was thanked for joining the meeting.

David W thanked Carrie for supporting Forever Active, attending our Board meetings, being an Instructor and working closely with FA through her role at the City Council.