

Forever Active Monthly Member Newsletter – December 2020

Welcome to this final newsletter of 2020. What a year it has been! We are extremely grateful to our members who have kept us going, with donations, encouraging messages, and attending outdoor and online classes. Hopefully things will become a bit more normal in the months to come. The AGM last month – the first to be held online – saw the election of an additional Board member, Sue Dabner, who was one of the people who helped to set up Forever Active. More about her in a forthcoming newsletter.

Healthy You Virtual Festival brought to you by Cambridge City Council – FREE EVENT

Weekend of the 9th and 10th January 2021

Join in with a variety of fitness and wellbeing activities for FREE from the comfort of your own home. There is something for everyone including some familiar Forever Active faces with Faradena teaching T'ai Chi and Carrie teaching Exercise to Music.

Sessions will be hosted on YouTube and Facebook with a selection of workshops available via Zoom. To receive a timetable please pre-register for free [here](#) or call the Active Lifestyle Team on 01223 457039

Class spaces

Online classes are going really well, and some classes are now full. For a reminder of the type of classes available, days and times please visit the home page of the Forever Active Website: www.forever-active.org.uk or contact enquiries@forever-active.org.uk

The Outdoor Strength and Balance classes in Trumpington are back again, after lockdown 2, with a regular 8-10 people attending both sessions. Wednesday 23rd December will be the last session before Christmas, returning on Wednesday 6th January 2021. There are spaces on both sessions 10-11am or 11.15-12.15pm. If you would like to attend a free taster, please contact Davina Mee tel: 07779 244250 or email enquiries@forever-active.org.uk

Forever Active Strength and Balance DVDs

Due to demand, Forever Active have had their original Strength and Balance DVDs re-printed and they are available at £4.00 plus postage and packing. Please email enquiries@forever-active.org.uk or tel: 07432 480105 to purchase a copy.

Update on Forever Active Clubz

We are pleased to welcome over 100 members on to Forever Active Clubz since the beginning of September with many members successfully paying class fees online. When we are ready to re-open your class in 2021, we will require you to activate your

account and complete your health questionnaire/pay for membership via Clubz. This creates a lot less paperwork for instructors and less cash handling. During January to March, we will be liaising with venues to assess which classes can re-start safely. Cambridgeshire will need to remain in tier 2 for indoor classes to re-start. We thank you for your patience during these challenging times but we can ensure you that we will contact you as soon as we are in a position to move forward and get people back doing the classes they enjoy.

A note from Julia Cragie (previous instructor of Kelsey Kerridge ETM and Trumpington ETM and S & B Classes)

"Greetings from Holmfirth! It is now 3 months since we moved to Yorkshire and time has flown by. We love our house and location! Holmfirth is a small-town set in the Holme Valley with Manchester to the West, Leeds to the North and Sheffield to the South and we are just on the edge of the Peak District - the trail walks around here are stunning! The town is walking distance and has some lovely independent shops, restaurants, and cafes and although we have been in Tier 2 for some time, we can walk for provisions and takeaway coffees (and cake!!) and feel quite safe here. The town itself is very 'Yorkshire', incredibly friendly and has a real 'outdoor' vibe, so we do feel as if it is the place for us and fitting in seems quite easy. Our long-established friends are all within 20 mins away, with a few slightly further and we have been able to meet for walks and garden gatherings and pick back up our friendships like no time has passed, it has been lovely.

As for me, I am doing some exercise routines each weekday morning with the participants from my village classes, it keeps me motivated, focused, and fit and makes me more determined to get back to classes asap. There are a few local venues who seem interested in my type of classes, which offers me hope that I will restart again, so its fingers crossed.

Look after yourselves and keep in touch with your news, I miss you all very much"
If you would like to drop Julia a message, please email julia@jcfit.co.uk

Reminder

We are aware that our emails sometimes end up in people's 'junk' so please do check regularly especially if you are expecting a reply from us.

We wish you a very Merry Christmas and healthy and active 2021.

The Forever Active Team

Please note: You have received this email if you have been to a Forever Active class this year or work for a partner organisation. If you would prefer not to receive a monthly newsletter, please email your details to: enquiries@forever-active.org.uk