

Forever Active Monthly Member Newsletter – February 2021

Have you had your vaccination?

Are you as thrilled as we are about the Covid-19 vaccination programme? The roll-out is impressive with almost one in five Britons already vaccinated. Not long now before things start to improve. We are hopeful that in spring (outdoors) exercise classes can commence again. Many of you would have met Simon Hanna at our annual forums, below Simon tells us what he has been up to during the past few months:

Hello,

For those who don't know me, I am one of the NHS Falls Prevention Team working across Cambridgeshire, and a member of the FA Board of Trustees advising on vulnerable adults. I have been working for the falls service for 20 years and specialise in evidence-based exercise for older people.

As I am sure you are aware, many NHS services have been suspended. Staff have been redeployed to work on the wards, or to help with early discharge from hospital, to ensure there are enough beds available for the increased numbers. I am one of those... For the last few months, I haven't been able to focus on my falls prevention role because there are other priorities. I guess I am lucky in that I am mainly working from home helping coordinate where other staff are being redeployed to, but I am also helping on the wards when needed.

Like everyone else, I'd been hearing how tough things are on the wards for staff but in reality, I had no idea. It's exhausting, scary and sad, I just don't know how they do it every day.

Everything takes so much longer – even the simple stuff like making someone a cup of tea is a major task and involves 2 changes of PPE. The staff are utterly magnificent (can't think of a better word here without going completely over the top) and everyone is working flat out but... There is no way they can keep this up without some ray of hope that it will come to an end.

So, I just wanted to say - there may be limited evidence regarding wearing masks, or you don't always bother to sanitise your hands when entering shops, or stick to the 2m rule, but surely anything we can do to help is worth it? Anyone who is thinking that this isn't as serious as its portrayed – think again. We hear a lot about how it's like bad Flu. Well, for some that may be the case, but the patients I saw were scared, lonely and so extremely ill. One chap I met had been in hospital for 4 months, he was getting better and desperate to go home – he hadn't seen his wife since October last year. Anyone who is thinking of refusing the vaccine – you really need to think about the consequences, how this will affect others and consider the potential selfishness of such a decision. Sorry if that sounds harsh, but Health Services won't survive if we don't help out.

And selfishly I want to get back to the Falls prevention work I love and am passionate about and guessing you all want to get back to the classes you love.

Are you online?

We realise that not everybody has access to the internet, a computer, or a mobile phone. Unfortunately, we are unable to send out regular newsletters to members not on email due to high postage costs. If you do know of class members who would welcome an update from Forever Active, we would appreciate your help to do this.

Mental Health

As the pandemic continues, more and more people are struggling with their mental health. Loneliness and stress creep up on the best of us. Even in 'normal' times, one in four adults' experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives ([source NHS](#)). Please contact your GP in case of severe problems.

We are encouraging you to check in on each other. "Give your exercise class member a call, send them a text or even a postcard".

An excellent way of keeping your sanity is exercise. Even though we cannot attend a gym class, we can still enjoy being part of a group through our online courses. We still have a few spaces. Have you thought of trying Zumba Gold with Davina?

Zumba Gold

As one of our members said: "Zumba Gold with Davina is a bright spot in the week, a happy hour and something to look forward to. The music is lively, and the exercise is great fun. A thoroughly enjoyable class".

If you would like to participate or need more information about this or any other online classes, send us an email at enquiries@forever-active.org.uk.

All the best.

The Forever Active Team

Please note: You have received this email if you have been to a Forever Active class in the past 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