

FOREVER

# Active

2023-2024

Affordable exercise classes and sport sessions in Cambridge City, East Cambridgeshire, and South Cambridgeshire for the over 50s and those returning to a more active lifestyle.



[www.forever-active.org.uk](http://www.forever-active.org.uk)

07432 480105

# FOREVER Active

## Contact us

### Forever Active Enquiries

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

T: 07432 480105

(Voicemails are checked every weekday so if we're not able to answer your call please leave a message and we will contact you within 48 hours. Alternatively, you can send us an email or look on our website.)

Up-to-date information about our classes and other activities can be found on our website: [www.forever-active.org.uk](http://www.forever-active.org.uk)

Registered number (England and Wales) 8077735.  
Registered Charity number 1159692

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## Volunteer with Forever Active

We are always seeking volunteers to help. In particular we seek Trustees prepared to actively assist the board manage the complexities of IT and accounting – if you have experience that can help, please contact us through our Enquiries telephone or by emailing the Chair at: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk)

 Like us on Facebook at [www.facebook.com/foreveractiveuk](http://www.facebook.com/foreveractiveuk)

## What is Forever Active?

Forever Active Forum Ltd is a not-for-profit organisation, with the objective of offering a variety of physical activities for the over 50s and those wanting to return to a more active lifestyle.

We strive to make our sessions accessible to everybody and take great care to ensure they are delivered by instructors who are fully trained, qualified, and experienced in their field.

Forever Active became a Registered Charity in December 2014. We hope that you become a member of our organisation and enjoy the specialist classes we have on offer.

## What kind of classes do we run?

Our up-to-date class list is shown on our website. If you are unable to access the website, call our enquiries team. If you tell them where you are based, they will try and find the nearest classes to suit you.

The main types of class we run are:

- **Functional Fitness classes:**  
Ffit Strength & Balance,  
Ffit Prepare and Ffit Retain
- T'ai Chi, Pilates and Yoga classes
- Exercise to Music classes
- Walking Sports sessions
- On-line Strength & Balance classes

All information in this brochure is correct at the time of going to print. For current information please check our website, which is frequently updated, or – if you don't use the internet – you can phone our enquiries help line 07432 480105.



# Why should I attend a Forever Active session?

## What exercise / activity should I be doing?

National recommendations from the Department of Health state that, as we get older, to get the health benefits of being active we should aim to be active daily and try to do at least 2.5 hours of moderate intensity activity a week. These activities should include:

- Do exercises to improve the strength of our muscles and bones 3 times a week
- Do exercises to help improve our balance and coordination 3 times a week
- Do exercises to help to improve stamina and suppleness daily

If you haven't exercised for a while, or have a medical condition, it is advisable that you consult with a Health Professional before attending a session for the first time.

All our classes include exercises to help you achieve these goals and are supported and monitored by a specialist team to ensure the highest standards are maintained. All instructors working on behalf of Forever Active are qualified, insured and first aid trained. Forever Active provides instructors with training and support on effective exercises for the over 50 age group so you may be assured you are in the best hands!

If you're unsure which class to attend after looking at our website, please contact: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) or telephone 07432 480105.



*"Excellent class, lots of variety in the exercises we do each week. Everyone is friendly and welcoming to new members. Our instructor looks after us all really well. I've learnt a lot of new exercises to try too!"*

Jean Doland  
(Ffit class - Bar Hill)

# Ffit: Functional Fitness Classes

As part of a three-year grant from Cambridgeshire County Council Public Health Service, Forever Active are delivering community Functional Fitness classes as detailed below:

## Ffit: Strength & Balance

### Building strength and balance for confidence

This class is for you if:

- You've had a fall, are concerned about falling
- You've noticed you're avoiding everyday activities or relying on help because you are worried about losing your balance.

It includes seated strengthening and supported standing balance exercises with alternatives for people with reduced mobility. It's ideal if you are looking to maintain independence or as a starting point to progress to something more challenging.

## Ffit: Prepare

### Laying the foundations to become more active

This class is for you if:

- You are feeling less steady on your feet or are worried about falling and struggling with your balance
- You're relying on support or walking aids more than you did
- You're avoiding going to places because you're becoming less confident.

It includes standing strengthening exercises (with seated options) balance exercises (with support options) and exercises which develop skills for increased confidence and ability to do more challenging activities.

## Ffit: Retain

### Keeping and building fitness and confidence to take on new challenges

This class is for you if:

- You've noticed yourself limiting your activity
- You have stopped doing the things you used to do because they are getting more challenging.

It includes exercises proven to strengthen muscles and bones, coordination activities to improve your balance and confidence, endurance for stamina, and flexibility for suppleness. It also offers individually tailored guidance to help you achieve your goals.



## More information

### How do I find the nearest class to me?

Forever Active is continually growing the number of classes on offer.

This brochure gives an indication of the type of classes on offer but you can also find your nearest classes by:

- 1 Visiting our website at [www.forever-active.org.uk](http://www.forever-active.org.uk) where you will find a full up to date class list.
- 2 Phone our enquiries contact number tel: **07432 480105**. You will be asked where you live and what sort of class you are looking for and will be informed of the nearest class. Some classes have waiting lists and you will be asked if you would like to be added. If there is a not a local class for you to attend, you can leave your details and you will be notified if classes start up in your area.

### Forever Active Website

The Forever Active website is regularly updated and is the best

place to keep up to speed with what is going on. As well as an updated class list, you can find previous newsletters, AGM minutes, Annual reports, events, and details of any new classes. We will also be adding videos of classes throughout 2023 to help bring classes to life.

You can also click on the 'Meet the Team' tab and learn more about the people that work behind the scenes at Forever Active.

### What to do before attending a Forever Active Class:

- 1 Look at the most up to date class list on [www.forever-active.org.uk](http://www.forever-active.org.uk)
- 2 Before attending a class for the first time you must check with Forever Active that there is a space available in your preferred class.
- 3 We advise wearing clothing that is easy to move around in for your session and suitable footwear that



is well fitting and non-slip. Rubber soled lace ups are ideal. Please bring a drink along with you to stay hydrated and avoid eating a large meal for at least one hour before exercise. Participants with asthma or angina need to bring their inhaler/GTN spray to the session just in case you need it.

- 4 You will be asked to complete a pre-exercise health questionnaire. This is required by your instructor before taking part in your first session. This would only be used in the event of an emergency. All information will remain strictly confidential.
- 5 All sessions are 60 minutes but may allow for set up and clearing away. It is important to arrive on time and at least 10 minutes early if this is your first session.

### Cost of Forever Active Classes and Membership

Forever Active classes are £5.00 to members. We're pleased to say there will be no increase to the annual membership for the 7th year

running. It will remain at £15. Before committing to membership, you can attend your first class for FREE then pay as a guest (£6.00 per session) for a further two sessions and we are convinced you'll then join!

We have options to pay for classes and membership electronically to help reduce cash and paper handling, but weekly cash payments are still accepted. We want to be fully inclusive so if you have a medical condition or circumstances which make becoming a member difficult for you, please get in touch with us.

Members receive newsletters via email plus an invitation to Special Events delivered by partner organisations, and the Forever Active Annual General Meeting.

All proceeds raised from the membership fees and any grants or sponsorships are used to subsidise class provision and put back into the organisation to ensure sustainability and continuous development of classes.



*"I really enjoy my weekly class and the support from the instructor is exceptionally good. By attending the class for nearly 6 months I am already feeling stronger and have more energy plus I feel more mobile which is important at 91 years of age. I really enjoy exercising with other people and having time after the class to get to know everyone whilst enjoying a cup of coffee"*

John Head (Ffit class - Ely)

# Forever Active

## 12 Month Membership Form

### New applications and renewals

Title (Mr/Mrs/etc)	<input type="text"/>	
Name	<input type="text"/>	
Address	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	Postcode <input type="text"/>
Date of birth	<input type="text"/>	<input type="text"/>
Telephone	Home	<input type="text"/>
	Mobile	<input type="text"/>
Email	<input type="text"/>	
Membership Card Number (previous members only)	<input type="text"/>	
Signed	<input type="text"/>	Date <input type="text"/>

I enclose cash/cheque for my annual membership fee  
(cheques payable to Forever Active Forum Ltd)  
and returned to: PO BOX 974, Cambridge CB24 9XG

I would like to make a voluntary donation to Forever Active

TOTAL

Forever Active is a registered charity and can claim Gift Aid from the Government, increasing the value of your fee by 25p for every £1 you pay. This makes a real difference to Forever Active's finances and helps to keep charges low. If you are a UK taxpayer, please Gift Aid your membership fee by ticking this box:

**If you have had a fall in the past year  
and would like a Falls Assessment,  
contact Healthy You on: 0333 0050093  
or email [eh.healthyyou@nhs.net](mailto:eh.healthyyou@nhs.net)**

**NHS**  
Cambridgeshire and  
Peterborough  
NHS Foundation Trust