

Forever Active Forum LTD Annual General Meeting AGM

28 November 2023, 1-2.30pm

Bar Hill Community Church Hall, Hanover Close, Bar Hill CB23 8EH

Present: Directors and Trustees: David Watkinson (Chair) Anne Johnson (Secretary) Simon Hanna, David Hartley and Chris Wojtecki.

Also Present:

Sam Hyde & Rebecca Livermore from Living Sport, Lesley McFarlane and Helen Stepney from South Cambs District Council, Carrie Holbrook and Jenny Hays from Cambridge City Council, Jane Jones and Hannah Black from the Forever Active Operations Team, Lisa Robertson NHS (CPFT).

Forever Active Members in attendance –

[REDACTED]

Apologies: Sue Morley, Diane Johnston, Sue Dabner.

David Watkinson gave an introduction and welcome.

Minutes, Annual Report and Accounts: Previous minutes: reports and accounts discussed and no changes to add.

The previous years have not been easy for FA, restrictions around the Covid pandemic had a big impact on classes, and without the huge support and effort from Simon Hanna, Jane Jones, Hannah Black, Anne Johnson and the dedication of FA's incredible instructors it would not have been possible rebuilding the classes back up to pre pandemic levels, and keeping instructors on board. The profits and losses looked alarming, cash funds were down low, and at one point beyond operation, fortunately we were able to secure funding from Public Health and we are now in a much healthier place than last August. The income level is now back up to where we were in 2020, with memberships slowly creeping up. Class numbers are improving, public health funded classes are difficult to get started and would benefit from new members making the difference between running at a profit or loss.

FA Accounts.

The accounts will go to an independent examiner, so that they can be sent on to Companies House.

Questions were asked for at this point:

A question was asked about a balance on a card that FA were unable to get and suggested asking the independent examiner how to record that loss.

David Watkinson highlighted that FA suffered a deep loss when the database supplier that they used, failed to make returns to Companies House and as a result the data base company had their assets seized including the money that belonged to FA. Debt collectors tried to recover the money on behalf of FA but were unsuccessful, however due to the dedication and tenacity of Hannah Black contacting her local MP a large amount of the money was recovered. FA would like to express their gratitude to Hannah for achieving this (applause from members).

Q- A member asked if this loss is shown in the accounts? David Watkinson replied that it does not show as a loss as it was money that was not received as income.

Q- A member asked if this loss of data supplier was the cause of some of the problems on FA's website? David Watkinson replied that, yes it was a contributing factor.

Q- A member asked if there was any risk to personal data loss? David Watkinson reassured that this was not an issue and that no personal data was at risk.

Other difficulties Forever Active have faced is a lack of recruiting new board members. They are vital to supporting the operations team for FA and taking on additional duties. David and Penny McClean were thanked for offering to temporarily come back to help at this time. Sadly, David Hartley will be standing down as a board member as he is moving location. David was thanked for his time and support by the remaining Board Members, and they wished him well.

How do we manage this organisation and move it into the future?

David Watkinson said that we must consider how we continue to run cost effective classes, with well-trained instructors, keeping our members safe, we need to find alternative ways to meet these objectives, and one of the options is Living Sport, at this point he introduced Sam Hyde.

Sam Hyde (CEO) Living Sport.

The proposition is to move Forever Active into Living Sport because we see the value of Forever Active and what it has achieved and provided to older adults over the years. As 1 of 43 active partnerships in England, we are part of a unique network of organisations supported by Sport England. It allows us to be the local delivery partner for their national strategy, bringing a wealth of knowledge from across England. We have three main priority areas: Health and Social Care including frailty and mobility, CYP-Children and Education and Community Places, all Sport England funded. Since Sam started as CEO at Living Sport her team of nine has grown to a team of 25, including Safeguarding & Welfare officers, finance departments, HR Department and Community Project Officers. All staff are provided with professional development funded by Living Sport. All services are delivered across Cambridgeshire and Peterborough and whilst the name 'Living Sport' suggests that it is all about sport, a lot of the work is targeted at physical activity and health benefits. Living Sport is a larger charity than Forever Active and is worth around 1.4 million growing to 2 million by the end of 2024. Jane Jones and Hannah Black will move across to Living Sport as paid employed roles and Living Sport would be sensitive around re branding Forever Active in association with living Sport.

David Watkinson gave a summary of benefits of moving Forever Active as a project under the Management of Living Sport.

Top management in safe hands, Financial Dept, HR Dept, Professional Development. The skills and expertise of FA will also be of benefit to Living Sport, there is a potential for more classes with higher numbers, and Simon Hanna and Lisa Robertson will continue to support instructors ensuring their skill level remains high, ensuring NHS endorsed classes continue to be a vital part of the community arm of falls prevention.

Sam Hyde- question and answer opportunity:

Q- A member asked how will the transfer of Forever Active to Living Sport affect the current number of instructors?

Sam Hyde said that a meeting with instructors has not yet taken place, but she did not foresee a change to the current number of instructors.

David Watkinson spoke very highly of Forever Active's skilled instructors and said they are the public face of Forever Active and its classes. They are a huge asset to Forever Active and its success.

Q- Lesley McFarlane from South Cambs District Council asked if there would be an increase to the cost of the classes? Sam Hyde replied there was no need to raise the cost of classes as with smoother operation it would be economy of scale.

Q- Penny McClean hoped that the Forever Active name would not disappear? Sam Hyde replied that they had creative teams working on this already and to see how the two names can sensitively be re branded.

David Watkinson mentioned that there are other companies duplicating the Forever Active name operating in Luton, Northamptonshire, and Epping Forest.

Q - A member asked how Living Sport know that they will get future funding from Sport England, particularly with possible changes in government? Sam Hyde replied that they work on a 5-year framework and that they are currently in year two, so they get 2.4 million which is 60% funded by Sport England and the rest from Public health and other funders.

Q - A member asked about diversity, Forever Active is for over 50's but lacks diversity. Sam Hyde acknowledged this and confirmed that Living Sport have recently recruited two new board members to attract people with diverse backgrounds into the organisation. They also have an Equality and Diversity officer funded by Living Sport, they also make links with foodbanks linking community clubs, helping fund cost of classes for those that need it, creating an environment where more than one need is met, for instance access to exercise and being fed.

Q - Chris Wojtecki asked what the potential time frame of transferring Forever Active over to Living Sport would be? Sam Hyde replied that there are a few formalities that need to happen first. Forever Active board members would have to agree to the transfer, then they would need to give appropriate notice to staff members, agree transfer of assets and practical steps to close the charity. Living Sport would be looking to transfer Jane, Hannah, Instructors, and all FA Members by the end of January 2024.

There were no other questions.

Re-election of Board members

David Watkinson asked if there were any objections to the same board members being re-elected so that they can then get on with the work that needs carrying out. There were no objections raised and the AGM meeting was then closed. The board members met to agree the next steps and to start getting the ball rolling to ensure a smooth transfer and secure the exciting future of Forever Active under Living Sport.