

**Forest of Dean Health Forum
West Dean Centre, Bream
AGM October 6th 2015**

Present:	Barbara Jenkins	Albert Weager
	Linda Vaughan	Hilary Bowen
	Clive Elsmore	Eileen Elsmore
	Peggy Jordan	Doug Battersby
	Mary Thurston	Angela Davis
	Jane Lloyd	Di Martin
	Mary Matthews	Roger James
	Terry Hale	Caroline Smith
	Margy Fowler	Jackie Jenkins
	Claude Mickleson	Dr Peter Jackson
	Chrissie Johnson	Jane Hamilton
	Joanne Bourne-Jones	Sophie Ayre

1. Welcome and Introductions

Michele Gardner from WhiteLotus Martial Arts

Michele encouraged everyone to have a go at some Tai Chi. It was a really good demonstration of this gentle form of exercise that could benefit everyone no matter what age. Michele has adapted the exercises so that they can be done seated as well as standing. There are benefits to health and wellbeing and mental health and there is evidence to show that it can help prevent falls and improve cognitive function. At the end of the session all the participants said how much they enjoyed it and thanked her very much. Michele holds classes throughout the Forest on different days and at varying times to suit everyone.

- 2. Apologies:** Dr Frank Harsent, Tony Midgley, Dame Janet Trotter, Gill Bridgland, Ruth Fitzjohn, Lynn Teague, Roger Sterry, Lynne Sterry, Jenny Green, Carolyn Hewlett, Tess Tremlett, Dr Gibbs, Jane Horne, Jan Baynham, Pat Nixon

3. Matters Arising – Nil

Notes of October 2014 AGM signed off

4. Treasurers Report – Excess income over expenditure was £596.41

Opening balance 31.07.2014 - £1288.71

Total Income - £170.00

Total expenditure - £1062.30

Closing balance 31st July 2015 - £396.41

A cheque for £200 was received in August making the bank balance £596.41

Thanks were given to local councils and Tim Fretter of FVAF for their support.

5. Election of new committee members:

Albert Weager duly re-elected as chair

Linda Vaughan re-elected as secretary

Jenny Green resigned as committee member and treasurer

Other Committee members: Terry Hale, Di Martin, Jan Baynham,

6. Future meetings and dates:

November – End of Life Care

December – MindScape/Artspace – Xmas craft activity

January – no meeting

February - Crossroads

March – Orchard Trust

April – Age Uk