



June 2020

Special Edition Newsletter



Fibro Active
are honoured to
announce our
volunteers have been
awarded
the MBE for
volunteer groups.



VOLUNTEERS' WEEK
time to say thank you



I've had some time to digest this incredible news, but it still hasn't sunk in what we have achieved. So, I will say it again!

Our volunteers have been honoured with Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Looking back to our inaugural meeting in September 2016, I spoke about us all being discarded by the employment sector because our illness has made us unpredictable. However, we still have the skills and working together as a team, we could be a formidable force. I think most people attending looked at me in disbelief!

Jane Gordon, our Treasurer, and I have steered the group, using the knowledge and expertise I have gained from the volunteer sector over the past 30 years and Jane's meticulous bookkeeping and our passion for Tai Chi. The growth of the group is a reflection of our own personal growth and I am delighted that our volunteers at Fibro Active has been recognised for the bespoke support we give our members and the additional service we give to the community.

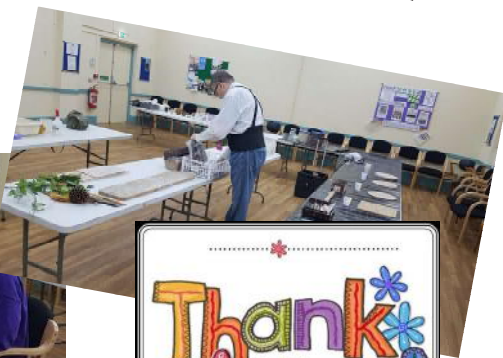
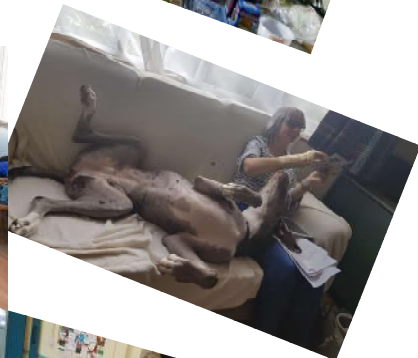
I'd like to say a special thank you to our volunteer committee members and professionals past and present who grasped the concept of the group. They have gifted their time and expertise to enable sufferers to move forward and have a life with Fibro/CFS/ME. We have been able to deliver a crucial support service that the NHS could not afford in time or money to the 1 in 20 sufferers in our community. This support extends globally via our website and articles published in the UK Fibromyalgia magazine. I would also like to acknowledge our members who come through the door on their darkest days and over time have been empowered to give back to group taking on a variety of fun and rewarding volunteer opportunities.

Julie Barker - Chairperson

PS what do you think to the new logo?

What is the Queen's Award?

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. It was created in 2002 to celebrate the anniversary of The Queen's coronation. It is the MBE for volunteer groups.





Group Programme

Group Zoom Meetings

Date	11am	12 0'clock
2 nd June	Group celebration - all welcome	
9 th June	Nutrition with Sophie Lester	
16 th June	Qigong/ Tai Chi - Jane	Kath – Colour Therapy
23 rd June	Sue from Open Minds	
30 th June	Qigong/ Tai Chi - Jane	Cuppa and Chat

Tai Chi Open Classes

Date	Time	Class
Zoom		
Jan 6 – Mar 23	13.30 – 14.30	Advanced
Jan 6 – Mar 23	15.00 – 16.00	Sun Style TCA Part 2
Zoom		
Alternate weeks	11.00 – 12.00	Fibro Active Members Only – Mixed Ability
Zoom		
Feb 20 – May 1	11.00 – 12.00	Sun Style Beginner's
Feb 20 - May 1	13.30 – 14.30	Sun Style Beginner's

Choose Fibro Active as your local CO-OP community funding cause



Fibro Active has been nominated to be a Co-op local cause. We are asking Co-op members to choose us as their nominated cause. We will get 1% of own brand sales for the next 12 months. Not a Co-op member? You can sign up for just £1 on the above address.

Positive Fibro Attitude