



MARCH 2020 NEWSLETTER



2020 couldn't have got off to a better start with our AGM celebration where we reflected on our achievements of 2019 and launched our new projects for 2020. The New year/ spring programme has been well attended with new guest speakers and workshops. Our facebook membership has raised to 448 and average attendance to meetings is 16. We have also updated our website which looks fabulous and well worth a surf.

We are also proud to receive our first award at the Active Lives in Erewash 2020 Awards. We came runner up in the Project/Initiative/Innovation category for our tai chi project - Small Steps to Health. We demonstrated the Tai Chi for Arthritis form at the Awards. If you would like to see our story, our slides are at:

<https://fibroactive.co.uk/tai-chi-for-health-wellbeing/>





Group Programme

Tai Chi for Arthritis

The New Year has brought in an influx of new members. We gave them all a little treat of a taster class of Yang Style.



The following class we split back into our groups starting the beginner's programme and some members have moved up to TCA part 2, receiving their t-shirts. It's great to see everyone's journey.



Symptom of the Month

Symptom of month has started from the beginning again to enable the members who joined the group after February last year to understand the birds eye view of the syndrome, make clear



what the buzz words mean and advice into keeping within your baseline limitations.



Boccia

We had our first game of Boccia with new balls! It was so competitive that Jane ended up measuring the floor!



Cuppa and Chat



With all this activity going on we need time for a cuppa and chat. It's always cake season. It seems like we have a birthday every week. It's nice to reward ourselves now and again!

Arts for Health

We have gained EBC funding to bring in Inspirative Arts to deliver 7 sessions throughout 2020. Members were asked to create their own personal mood board with a wide selection of materials and embellishments.



Internet Safety



Jay Lane presented a very comprehensive workshop which has been very helpful to members who have gone away and confidently acted upon Jay's hints and tips. We didn't quite complete everything so we will be inviting Jay back later in the year for another informative session.

Think Hypno

Sharrie has been for the first visit of the year. She took us through how to manage symptoms after diagnosis. To help us with the wide variety of emotions we find ourselves going through as we navigate the illness and external factors.



Tai Chi Open Classes

Date	Time	Class
Monday's Petersham Community Hall		
Jan 6 – Mar 23	13.30 – 14.30	Yang Style
Jan 6 – Mar 23	14.30 – 15.30	Sun Style Principles and Part 2
Tuesday Petersham Community Hall		
Alternate weeks	11.00 – 12.00	Fibro Active Members Only – Mixed Ability
Thursday's Broad St Spiritualist Church		
Feb 20 – May 1	18.30 – 19.30	Sun Style Beginner's
Feb 20 - May 1	19.30 – 20.30	Yang Style

Free Tai Chi in the Park Practice Sessions

We have booked Petersham Hall on Saturday 21st March from 11am to 12 o'clock for a practice session. We just ask for a small contribution towards the rent that will be divided between the attendees.

We are watching the weather and will be considering our options for April, April being the World Tai Chi and Qigong Day.

For more information about the group and our open Tai Chi classes please visit:
fibroactive.co.uk.



Space to Think

PEACE OF MIND FOR WHEN YOUR MIND IS IN PIECES

Free drop in sessions
before and after Tai Chi classes

- Cuppa and Chat
- Relaxation
- Coping Skills
- Art Therapy Activities

Mondays

13:30 -14:30 & 14:30-15:30

Committee Room
Petersham Community Hall
Grasmere Rd, Long Eaton. NG10 4DZ

For more information please visit:
fibroactive.co.uk or
email: julie@fibroactive.co.uk



Space to Think

PEACE OF MIND FOR WHEN YOUR MIND IS IN PIECES

Tuesdays, 11am to 1pm at Petersham Community Hall.

Grasmere Road, Long Eaton, Nottingham. NG10 4DZ

Have you been diagnosed with Fibromyalgia and/or Chronic Fatigue Syndrome/ ME? Would you like to attend a support group but you feel anxious about joining the group? Do you find you keep making excuses not to come? Maybe this is for you!

We are running 8 small group courses during 2020 for (max 4) people diagnosed with Fibromyalgia and/or Chronic Fatigue Syndrome/CFS who would like to attend our group meetings but find it challenging in a group environment.

Course no. 2 dates are: March 10, 17, 24, 31

- You will get a call from Sue prior to the course starting and she will arrange to meet you the week before the course starts.
- You must be available for the 4 course dates.
- You must be able to make your own way to Petersham Community Hall.

What the first course attendees said about their first week:

'Better than I expected' - 'I feel like I'm not alone'

'Massively made a difference meeting Sue before the first course date'

'I'm glad I came to this session'

Contact Julie on: 07944111190

Email: julie@fibroactive.co.uk

Or inbox me from Facebook



CUPPA AT COGS

Every first
Wednesday
of the month



Break up your
day and drop
by from 2pm
for a social
cuppa and
chat in
Copper Cogs

Tai Chi for Arthritis with Falls Prevention Beginners 12 week course

£5 per
class

Venue: Broad Street Spiritualist Church
Starts Thursday 20th Feb 2020
18.30-19.30 Beginners Part 1
19.30-20.30 Improvers

Our Tai Chi for Arthritis classes are open to anyone aged 18+. You don't have to have arthritis to attend. It is a slow and gentle form to start your Tai Chi journey. The movements are specifically designed to include people who otherwise find it difficult to exercise. We use the Stepwise Progressive Teaching Method in an enjoyable and relaxing environment.

The benefits include:

- Pain relief and less stiffness
- Improved balance and less falls
- Uplifting of the spirit and greater relaxation
- Improved ability to do daily tasks
- Improved muscle strength and joint flexibility

To find out more and to book a place please contact:

Julie on 07944111190 or visit: fibroactive.co.uk



Coming up....

Tue Mar 3rd	Nutrition with Sophie Lester	
Tue Mar 10th	Tai Chi for Arthritis with Chris	Symptom of the Month
Tue Mar 17th	Inspirative Arts	
Sat Mar 21st	Pamper Event: 1pm to 5pm Petersham Hall, £5 ticket	
Tue Mar 24th	Tai Chi for Arthritis with Chris	Boccia
Sun Mar 29th	Walking to Awareness: 10.30am West Park Meet at Butterfly Gates	
Tue Mar 31st	Sue from Open Minds	
Tue Apr 7th	Tai Chi with Chris	Symptom of the Month
Tue Apr 14th	Inspirative Arts	
Tue Apr 21st	Tai Chi for Arthritis with Chris	Rachel Bates Guest Speaker
Sat Apr 25th	World Tai Chi and Qigong Day 10am Floral Gardens, West Park	
Sun Apr 26th	Group Walk 10.30am West Park Meet at Butterfly Gates	
Tue Apr 28	Nutrition with Sophie Lester	

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

And there's more.....

We invite you to join us for a



Pamper Event: Mother's Day Treat

Saturday 21st March 1pm – 4pm

Petersham Community Hall

£5 early bird ticket including afternoon tea

£6 on the door (limited entry)

Joining us is...

Professional Tarot Consultant:

Simon Harrison. The Hermit's Cave

Taster treatments include:

Gel Nails

Eyebrow / Top Lip Wax

Hand massage / Head & Shoulder Massage

Reflexology / Indian Head Massage / Angelic Reiki

Reiki / Angel Card Reading

Stalls:

Crystal Jewellery

Weleda

Cross stitch

Homemade candles & products

Raffle



Over 18's only

Event in aid of Fibro Active. Purchase tickets through Pay Pal at:

<https://fibroactive.co.uk/fibro-5/fibro-5-challenge/>

Contact: Julie on 07944111190 or email: julie@fibroactive.co.uk





Group Challenge

2020

Walking to Awareness Day

Tuesday March 24th—Tuesday May 12th

In 2017—target 26.2 miles, you walked 677.67 miles! you smashed it!

In 2018—target to beat 677.67 miles, you walked 1025.89 miles!!! You smashed it again!

In 2019— we forgot all about it!

However, this year we are back bigger and louder with 450+ members and the official launch day is Tuesday March 24th.

We invite you to join us for 8 weeks leading up to Awareness Day, Tuesday May 12th and the 200th Anniversary of Florence Nightingales Birthday and submit your steps to our collective calculator.

Every Step Counts!



There is no obligation to do any more than you already do! This is something that most of us do already and you don't have to go out on a special walk to achieve this but it would be great if you did.

We walk to the bathroom, to the bus stop, to the shops, round the shops, to school, to the Dr's and hospital, walking the dog. All steps count!

We want you all to feel part of it, but don't forget to pace yourself and stay within your limitations.

How can I measure my steps?



If you can only manage a few steps you can count them. If you can manage further you can get an app for your phone or a Fitbit or equivalent.

We just ask that you convert steps to miles and add your miles up to one weekly total figure and post them in the comments under this post by 7pm every Tuesday.

Positive Fibro Attitude