



Nov 2020 Newsletter

Our meetings at Petersham Hall have been welcomed by our members and students. We have strict protocol in place to ensure we meet safely. We are also enabling the group to stay flexible by zooming live to those who are currently shielding or unable to attend the Monday classes and Tuesday meetings. We are keeping an eye on the infection rate and we all are aware that we may have to close the meetings again for a short while just be on the safe side.

I am concerned not just for our group members but for all communities that the changes in the Tiers are not reaching the most vulnerable in society. Especially those who have reading difficulties or are visually impaired and those who do not have access to the internet or unable to use it and for those who have problems retaining information. These are barriers to the ever-changing climate and relying on the TV/Radio to only give us part of the information is putting people at risk. We need to make sure that everyone fully understands not just the social distancing aspect of the tiers but the terminology too.

We have some cracking projects to announce so grab yourselves a cuppa, and sit yourselves down for a gripping read.

Hot off the Press

Monthly Saturday sessions started on the 31st October. We welcomed a mix of old and new members who took part in Qigong breathing exercises and Fibro Bingo.



Meetings and Walks



September



September was glorious and we took advantage of the weather and moved the programme to the park.

It was so nice being outside that we didn't want to leave. We were still there way into the afternoon.

The walks were just as enjoyable in the sunshine. Nice and relaxing, just the right therapy we needed. Perse came along too. She thoroughly enjoyed walking with everyone.



Always center of attention, Perse just wanted to give Janet a big kiss. Love you Janet xx

Our last meeting out in the sunshine below. We had to split into two groups.





The end of September we were back on Zoom with Sue from Open Minds.

We always have a good laugh with Sue. I've stolen a couple of her ideas so she keeps having to go away and invent more variations of her interactive games. She has threatened me with trademarking them lol It's a compliment because I wouldn't use them if they weren't so amazing. lol

October

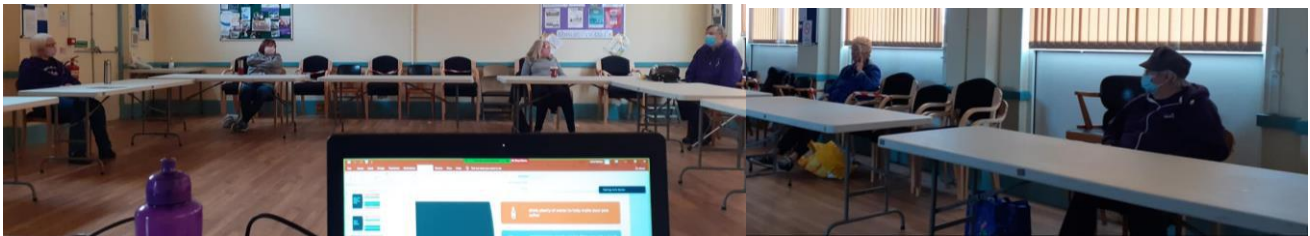
Another glorious morning on the park. Not many of us this morning but the autumn display made up for it.

The half term walk was so busy with other park users we spent most of the time dodging cyclists and moving out of the way of other people. No photos I'm afraid.



We are back in the Hall!

Back at Petersham Hall on October 6th. Sorry too busy with Covid regulations to take photos. The second week as seen below we had fewer attendees due to coughs and colds, Jane had become poorly with a Urinary infection but due to a couple of the symptoms being similar to Covid, she was asked to take a test which put her out of action for a couple of days. However, this didn't stop us because Jane was able to supervise zoom and the members on zoom were projected onto the screen behind me. Thank you to Janet, who has stepped up to help me set up and take down.



Furthermore, Erewash was placed into Tier 2 which meant that 4 of our members are now shielding, including Jane! So, Jane has continued to supervise Zoom from home for both the group and Tai Chi classes and group meetings and it's like we are altogether in the same bubble.



Out and about on our walks again. Janet came from lurking behind the bushes with a little terrier dog called Jack. She has fostered him and he will also be joining us on our weekly walks.

Our pets are not only company, they are family. They motivate us out of the long monotonous days of pain and symptoms. They give us purpose, routine and lots of unconditional love.

They are there for us whenever we need and don't need them. Especially concentrating on the zoom Tai Chi class, this is what Jane sees. Perse is an expert and she watches Jane to make sure she gets the finer details right.



That's one thing that zoom has given us is a greater insight into each other's lives behind closed doors. We all started off with a blank wall behind us and then as the weeks went on, we moved to the sofa and our pets joined us for cuddles and it has brought us all closer together.



Sue from Open Minds closed the month by talking about coping with change and resilience. We have recorded the session via zoom and uploaded onto the group page. We were joined for the first time on zoom by Ceri from Wales. The zoom link keeps us all connected and if the connection is lost, Jane is able to carry on with the session from her end and we carry on in the hall.



Open Tai Chi classes

We had a good run with the outdoor Tai Chi classes. Everyone enjoyed being out in nature. Sadly, the weather cooled at the end of September so we were back on zoom for a week prior to starting back inside.



Due to Lockdown we have had to delay the start of this course to January.



FibroActive

Small Steps to Health

**We have 10 funded places for residents with a
Petersham post code to join us at on our next
12 week Tai Chi for Health Course
Starting Tuesday January 5th 2021
Sun Style Short form (Tai Chi for Arthritis) Part 1
Petersham Community Hall
Tuesday's 9.30am—10.30am**

Our Tai Chi classes are open to anyone aged 18+. The movements are specifically designed to include people who otherwise find it difficult to exercise. This form is slow and gentle, ideal to start your Tai Chi journey. Our certified instructors have been trained to teach you safely, and will make it easy to learn in a fun and relaxed 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 email: julie@fibroactive.co.uk



Group Programme



Date	Time 11am – 12pm	Time 12pm - 1pm
3 rd Nov	Tai Chi with Julie & Jane	Fibro Bingo
10 th Nov	Qigong with Julie & Jane	Symptom of the Month
17 th Nov	Tai Chi with Julie & Jane	Sharrie from Think Hypno
24 th Nov	Open Minds	Open Minds

28 th Nov	Qigong / Fibro Bingo Part 2	Symptom of the Month
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Date	Time 11am – 12pm	Time 12pm - 1pm
1 st Dec	Qigong with Julie & Jane	Symptom of the Month
8 th Dec	Inspirative Arts	
15 th Dec	Big Fat Christmas Quiz and social distanced, totally flexible, bring your own plate fuddle and party games.	
22 nd Dec	ZOOM Only Christmas Gathering	

26 th Dec	No monthly meet	Closed Christmas Bank Holiday
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29 th Dec	ZOOM Only New Year Gathering	
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Happy New Year (fingers crossed)

Date	Time 11am – 12pm	Time 12pm - 1pm
5 th Jan	Qigong with Julie & Jane	Cuppa and Chat
12 th Jan	Fibro Active AGM 2021	

Lock down 2

All our meetings and classes will be back on Zoom from Monday November 3rd until lockdown restrictions are lifted.

We have also put back the date of the Beginner's Tai Chi course due to start on November 10th to January 5th 2021.



Fundraising – fibro5challenge page

Cheryl is continuing to sell squares on the fundraising sports cards. £2 a square winner gets £40, Fibro Active also get £40. Paid via PayPal.

We also have handmade crafted items for sale on the fibro5challenge page. Due to unforeseen circumstances, the men's waxing event was postponed at the 12th hour, we are working hard to re-arrange the date. Thank you for your patience and please keep supporting us by sharing our just giving link.

FibroActive Christmas Raffle



Positive Fibro Attitude