



**Oct 2020
Newsletter**

Special Edition

Starting Back to Petersham Community Hall

Here's the news our members have been waiting for! Subject to no further lockdowns. Our aim is to start back at Petersham Hall at the beginning of October.

Monday 5th Oct– 21st Dec Tai Chi classes

13.30hrs Yang Style – **Fully Booked**

14.45hrs Beginners Sun Style – Limited places

Sadly, we are unable to offer a pay as you go or drop-in service. Course fees are £60 for 12-week course. Payable by bank transfer. Please contact Julie for more details. Julie@fibroactive.co.uk.

Tuesday 6th – Fibro Active Group Meetings

11.00hrs – 13.00hrs – **Fully Booked**

Again, sadly we are unable to offer a pay as you go, drop-in service. Our numbers are capped for the time being. Members have been asked to pay £90 one off yearly fee or £10 monthly Standing Order to book their place at our meetings. However, we will be offering alternatives for those who haven't booked a place and new members. There will be zoom sessions, monthly weekend meetings and 1-2-1 emotional support sessions available.

We will be running a reduced programme until the new year. Any visitors will not be able to attend without a prior appointment to allow us to remain within the government guidelines.



Saturday 31st October – Fibro Active Meetings (once a month, last Saturday)
10.30am – 12.30pm - Limited places

This meeting is for members who are unable to make Tuesday meetings and new members. The cost is one off fee of £25 for the year. This is for 11 sessions excluding December.

Group Programme

Date	Time 11am – 12pm	Time 12pm - 1pm
6 th Oct	Welcome back	Cuppa and Chat
13 th Oct	Tai Chi with Julie & Jane	Symptom of the Month
20 th Oct	Qigong with Julie & Jane	Nutrition Project Launch
24 th Oct	Sponsored Waxing hosted by Beauty by Cherie	
27 th Oct	Open Minds	Open Minds

31 st Oct	Welcome / Qigong	Fibro Bingo
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Fundraising

Some of our members have been crafting items for a craft fair that has understandably been cancelled. We have put a few items on the **Fibro5Challenge** page if anyone is interested.

Our time on the community coop scheme finishes on October 23rd. Thank you to everyone who supported us. There is still time to make a difference.



Beauty By Cherie

www.beautybycherie.co.uk



Is hosting a

Sponsored Leg Wax

Saturday October 24th

In aid of **Fibro Active**



<https://www.justgiving.com/crowdfunding/fibroactivewax>

We will be on Facebook Live from our events

Fibro5Challenge from 12pm.

Government Covid Regulations apply

It's worth the few quid just to see their reaction!

Positive Fibro Attitude