



It's September already, wow what a crazy year!

It's been difficult to judge when the right time would be to start back at Petersham Community Hall. We have now come to the stage where we are able to move forward and plan a date. For some members, the time hasn't come quickly enough, but others may choose not to return just yet. We are under no illusion that this will be like starting the group from scratch. We have a bright future; however, we will not be able to do this without the members being on board and supporting us in the short term.

As a committee we have been watching the changes, guidelines, and number of new Covid19 cases very carefully. However, transitioning out of Lockdown is going to take us into a different way of doing things and this includes a few changes to our group meetings and Tai Chi classes.

First, some of you have been asking when we will be starting back. Due to our underlying health concerns, we are probably looking at starting back at the beginning of October when the weather starts to turn. This will enable us to monitor the situation and allow for any teething problems to be resolved. We will still be using Zoom, as well as planning some group meetings outside.

Full members who are on the active list have been emailed with the initial steps that we need to take to make it viable for us to move forward.

In order to comply with health and safety regulations applied by the government, the number of members at each meeting will be capped. We are unable to provide our usual drop in system or the pay as you go option. Places will have to be secured by pre-payment booking.

While the planning continues, let's see what we have been up to during summer...

Group Programme



In between cuppa and chat sessions we have kept our minds busy with fibro bingo and a pub quiz that proved to be harder than it first looked.

Sharrie from Think Hypno joined us to support us with our anxieties around entering the world again.



Picnic in the park



We have taken advantage of the outdoor space on the park. Bringing group members together and helping each other through the transition period.

We will be spending more time on the park during September.



Sue from Open Minds



Sue has been a great support to group members during lockdown. July was all about Peter's Kippers.....

And after I pinched Sue's Fibro Bingo idea, Sue cleverly came up with a similar concept called Fibro Flowers. It's a great way to briefly cover a wide range of relevant topics, encouraging participants to join in and have fun.



Qigong



We started to see a decline in those participating in the qigong sessions. This could be lack of motivation in the depth of lockdown. It is too easy not to do something when you are in your own home. Spending long periods of time alone can exacerbate symptoms.

We encouraged members to join us again. This has helped in their all-round wellbeing. It would be nice to see a few more of you though.



Group Walks



The weekly walks have continued to be a source of friendship and support.

We have continued to open the walks to our tai chi students to help them through the transition period of getting out and about again.

We have only abandoned one walk due to heavy rain.

We will continue the weekly walks for the foreseeable future..





Projects

Hobby Chat

The Hobby Chat page has been a bit quiet over the last few weeks. As restrictions have begun to be lifted, members have been able to expand on their activities again.

Space to Think

We continue to have requests for 1-2-1 emotional support with Sue from Open Minds. As time goes on members are realising that they just need a listening ear and a bit of help with coping skills just to help them move forward.

Cuppa at Cogs (Flamingo Club)

The Flamingo club social meeting has been postponed in favor of the weekly walks. We will look at alternative plans as and when the need arises.

Training

First Aid

Jane and I renewed our first aid certification at Derwent Training Consultants Limited on 17th August. Nic Berry is a fabulous instructor. He is part of the Derby Mountain Rescue Team. If you want to trust a company in this current climate to cover your first aid training please visit: www.derwenttraining.org.uk.

Tai Chi Training

Jane and I have been working hard during lockdown on improving our tai chi skills. We have just completed a 12-week pre-instructor course and from September we will be attending 5 weekend workshops over the coming year at the Deyin Institute to train as Level one instructors. This will give us a wider range of forms in Yang Style to allow students to progress. We have also committed to a year's weekly online training in Qigong and Meditation to enable us to train as British Health Qigong Instructors.

We cannot express highly enough the benefits of Tai Chi and Qigong. We already have a waiting list to start a Tai Chi for Arthritis (TCHI) course in October.





September group programme

Date	11am	12 0'clock
1 st Sept	NO MEETING	NO MEETING
8 th Sept	Picnic in the Park	
15 th Sept	Zoom: Qigong	Symptom of the Month
22 nd Sept	Picnic in the Park	
29 th Sept	Zoom: Sue from Open Minds	

Open Tai Chi Classes



It's been really nice being able to get out on the park and practice tai chi this summer. To be out in fresh air, our music is the birds singing and gentle wind blowing, really gets you into the zone.

The Monday classes are planned to return to Petersham Community Hall on Monday October 5th, and if there's enough interest Thursdays may move to Zoom during the winter months.

Again, due to restrictions, classes will be smaller, and we will no longer be able to offer a pay as you go option. All course attendees will be asked to pay upfront for the foreseeable future.



Positive Fibro Attitude