



# Newsletter

Spring is in the air and the daffodils and crocuses are out. We now have hope moving forward and we are able to start making plans again. We have been quietly beavering away behind the scenes and staying inside has felt like we were hibernating during the winter months. I am really excited to be able to announce that we have finally completed our What is Fibromyalgia: symptoms. Holly and Jay our media team have been working really hard since Christmas translating my Symptom of the Month slides and notes. This project has been needing to be completed since we created the website. I finally found the time and energy to put the information together and they have done an amazing job. A big thank you to them both for their time and patience. I hope you are all able to use it as a basic resource into FM/ CFS/ MCS.

We have also started our much-anticipated 2021 project: ActiveAte. Jane and I have committed to some intense training on zoom through to July.

Let's have a look what else we have been up to....

## AGM 2021

We held our 2021 AGM at the beginning of January on zoom. Although we were in lockdown for most of 2020 it was great to see what we had achieved. We also welcome Denise Hayes onto the committee and launched our projects for 2021.



## Jan/ Feb Programme

Many of our members are finding this 3<sup>rd</sup> lockdown the hardest, especially emotionally. So, we eased into the new year with **relaxation** and **qigong** and concentrated **Symptom of the Month** on identifying why our symptoms are being triggered and going through a check list to aid us through the last push of lockdown. We also revisited prevalent symptoms such as headaches and sleep disturbances.

**Sue from Open Minds** has focused on supporting the members with workshops on how we can stay balanced in our daily lives and preparing to move forward out of lockdown by putting together a plan, identifying our fears and building confidence.

### **Sharrie from Think Hypno**

joined us in February and took us through the 5 ways we express love, which was really helpful for members who are more tactile.



## Projects



New for 2021

We have made a great start with the ActiveAte programme. Sophie Lester and Rachel Lebon have developed a fabulous yearlong nutrition programme and we are currently supporting 27 members including members from Nottingham Fibromyalgia Awareness Group and a new member in Norway.

After an initial assessment, we have explored the Eat Well Plate, set ourselves SMART goals and we were joined by guest speaker Nutritionist and fellow sufferer Sals Miyan.



Sue from Open Minds continues to support members on a 1-2-1 basis. She is looking forward to when we can meet for a cuppa on a bench to provide f2f support.

Along with Sue, Janet our Membership Secretary has been supporting members on the phone or texting and I have taken zoom and phone calls.



## Small Steps to Health

Currently Jane and I are just running 2 classes for our existing students on Mondays.

### Sport England Funding

We have funding from Sport England to run 2 beginner's classes. Due to lockdown the classes were delayed. We will be advertising funded courses for residents of the Petersham Estate as soon as we can. If anyone knows someone who would benefit from a 12-week tai chi beginner's course please get in touch and I will put them on our waiting list.

### Training

Jane and I are currently 3/5 weekends through our **Level 1 Deyin Institute Tai Chi Instructor course**. From July we will be able to include to our programme: Yang 24 step, Yang 16 step, Yang 8 step, Yang Sword 16 and Traditional 8 Brocades Qigong.

### BHQA

Thank you to Erewash Borough Council, we have gained funding from EBC Community Grant Scheme to enable Jane and I to attend the **British Health Qigong Association Instructor Course**, over the summer. We were not planning this until 2022, however, we are taking advantage of zoom which will save us time, energy and nearly £2000 in expenses. Learning from home also enables us to recover quicker and enjoy the course. The qualification will enable us to add two BHQA qigong routines to the programme and we have a theory test on Traditional Chinese Medicine. This will give us a greater understanding to the benefits of the exercises.

### SNF

We were asked to be Guinee pigs for the new virtual **Otago** course run by Jo Briggs at Strictly no Falling, Age UK Derby and Derbyshire. By the time you read this we will be hopefully close to being signed off to incorporate Otago into our programme. This will benefit our members and anyone who is at risk of trips and falls and would like to build their strength and balance.

We have also attended a Falls Ambassador Course and we are booked on Train to Train to enable to deliver back to our members and students. There could be a falls prevention event at Petersham Hall in the future.

### UK Fibromyalgia Magazine

Two of our members have had their blogs published in the UK Fibromyalgia Magazine over recent months. Well done to Cheryl Carter and Susan Monks whose articles are inspiring thousands of readers.

## March Programme

Tuesday	Fibro Active 11am	12 - 1pm
2nd Mar	Tai Chi with Jane	SOTM: Lifestyle
9th Mar	Qigong with Jane	Fibro Bingo
16th Mar	TBC	TBC
23rd Mar	Otago strength	Trips and falls
Sat 27th Mar	Otago strength	SOTM: MCS
30th Mar	Open Minds	Open Minds

## ActiveAte Programme

Wed March 3rd	Wed March 24th	18.45 – 20.30 hrs
Sat March 6th	Sat March 20th	10.30 – 12.30 hrs

## Fundraising

### Walking to Awareness March 31<sup>st</sup> – May 12<sup>th</sup>.

Over previous years we have encouraged our members to upload their daily steps over 6 weeks leading up to May 12<sup>th</sup>, Fibromyalgia Awareness Day.

This year we have a fabulous incentive and we are open to everyone to join our virtual Walking to Awareness Sponsored walk. We have a Fortnum and Mason Hamper worth over £100 and to be in for a chance to win it, everyone who raises a minimum of £10 will go into a prize draw. We want to challenge everyone to get out for your daily walk and collectively reach this year's target.

## Positive Fibro Attitude