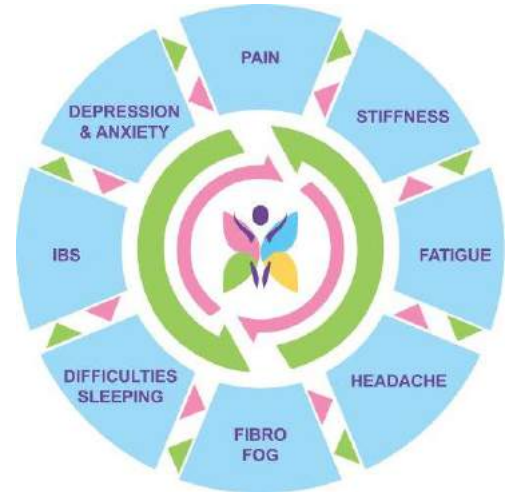


Welcome to our May Edition of The Fibro Active Newsletter. We are really, really busy at the moment. We have been training hard, walking more and Tai Chi classes are back on the park! Whoop, whoop! There is much to say, so I will keep it brief! Time for a cuppa, sit back and have a good read. Now where do we begin?

Group Programme March and April

Symptom of the Month (SOTM)

In the last newsletter we announce our symptoms area on the website was ready. We have had some fabulous feedback and I hope you have found it useful. You just need to click on each spoke of the wheel and each one will open up with further information. If it doesn't open up you may be on the wrong one. Click the link next to it and it will take you to the next page with the working slider))



Fibroactive.co.uk – click on ‘What is Fibromyalgia?’



In March, we revisited pacing and lifestyle just to make us aware that as lockdown is lifted, we need to ensure we don't go mad and try and do all the things we want to do all at once, only to knock us back into a flare again. Also, to be aware that our limitations will have changed from post lockdown.

In April, we discussed the changes to the NICE Guidance and how it will affect new and existing treatment of chronic pain.

<https://www.nice.org.uk/guidance/ng193>. In response I have re-sent out information to all the surgeries in Erewash about our programme.

Qigong and Relaxation

We have tended to steer toward gentle qigong exercises for group members while on zoom. You don't need a large space and there is no travel so it's easier to follow and it can be done seated. The benefits include: becoming more flexible and supple, improve muscle density and helps circulation. The deep breathing helps gain more oxygen into the lungs. Altogether helps increase immunity, strength, balance and flexibility.





Otago

We held our first Otago class in April. We covered the 5 basic strength exercises. This is something we will incorporate into our group programme and Small Steps to Health programme to help build the strength and balance of anyone at risk of trips and falls.

Sue from Open Minds – Emotional Support



Sue explored the hierarchy of mental health needs in March. This was a great tool to promote discussion around all our needs and identify areas we may need extra support with. Sue also covered this at the end of month Saturday group in April.

In April, we talked about Grief and Loss. Although some of us had lost family and friends during the past year, we looked more at what we had lost ourselves either from the illness or an object or experience. We followed a simple plan and that guided us through the process followed by a game of bingo that promoted further discussion.

Falls Friends Workshop

We held our first, two Falls Friends workshops at the end of March. One with the main group and tai chi students and one with our end of month Saturday group.



It is really important that we spread the word about the increased risk of trips and falls to everyone as we venture outside again. We will be delivering the workshops face to face from September with plans to run small events to raise awareness and demonstrate Otago and Tai Chi for Arthritis.

Cuppa and Chats, Quiz's and Bingo

In-between all of the above, we have had some great fun and banter. Sue from Open Minds stood in for Jane and I when we had training commitments. Apparently, Sue delivered the hardest quiz ever lol. Talking of training....



Training

Jane and I have taken advantage of training on Zoom. It has been the best thing to come out of lockdown. Not only have we been able to train from the comfort of our own home but we have saved time, costs and most important, energy so we have had shorter recovery times.

We have trained and been successfully assessed to deliver Otago. Following the Otago course, we were told about the Falls Ambassador Course and from attending that, we had the opportunity to train to train. Furthermore, just as an add on we trained to deliver the shorter version of the course. We have certificates galore but the best thing is the Falls Friends badge. To earn your badge, you can book on a Falls Friend or Falls Ambassador Workshop.



We want to say a big thank you to Jo Briggs and the Strictly no Falling team. Without their continuing support and funding throughout lockdown we would not have been able to finance Zoom which has kept many of us connected and we would not have been able to access the training opportunities.



The training doesn't stop there!

Jane and I signed up for the Deyin Institute Level 1 Instructor course which we started back in September. We have just completed the 4th out of 5 weekends, with just the assessment weekend to go in July where we will be travelling to Telford for face-to-face assessments. In the meantime, we have been meeting weekly on zoom with our small training group to navigate the course requirements.

Furthermore, the British Health Qigong Association advertised their 2021 instructor course to be run on zoom and having put those plans back to 2022 previously, due to time, travel and energy, we couldn't let this chance pass. So, we successfully applied to Erewash Borough Council for the community funding which we are very grateful for. We have completed 3/9 weekends. Four of the weekends include Traditional Chinese Medicine theory which will aid our qigong knowledge and delivery.

We are really looking forward to be able to our exciting new Falls prevention programme from September 2021. We will have more details on our website from the end of July.



Like many other organisations embracing zoom, we found that it was like Marmite for different members. We would like to thank our Monday Yang class students that continued to attend and support us throughout the past 13 months. Individual students have embraced zoom and attended our falls friends' course, the AGM and a mindfulness course through personal recommendation. It really has been a pleasure to check in with them on a weekly basis. We will continue to run this class on zoom until we return to Petersham Hall in September.



We kept in touch by text and What's App with the Monday Yang students that did not gel with zoom. We are really please to be back on West Park with them on Thursday mornings. We are starting the course over again for them and hopefully we will catch them up with the zoom ladies in time for September. Just for your information the photo on the right, they are not doing a crime scene investigation lol, they are learning to tai chi walk again.



Celebrating

World Tai Chi and Qigong Day 2021



Find out more at: fibroactive.co.uk



The last Saturday in April is **World Tai Chi and Qigong Day**. Unfortunately, this year we were unable to do anything special this year and the weather was lovely too. Instead, we did the next best thing by attending the last module of the L1 course.

Class Timetable

April to July			
Day	Time	Class	Platform
Mon	13.30-14.30	Yang	Zoom
Thur	10.30-11.30	Yang	West Park (Subject to weather)
From September			
Mon	13.00-14.00	Yang	Petersham Hall
Mon	14.45-15.45	Qigong	Petersham Hall
Tue	09.30-10.30	TCA	Petersham Hall
Thur	AM TBC	Otago	TBC
Thur	AM TBC	TCA	TBC



Walking to Awareness Campaign: March 31st to May 12th.

Our annual event timed nicely out of Lockdown and this year we are aiming higher than ever with a 2021 miles target and with the addition of raising £2021. With funding being directed where it is needed and fundraising opportunities becoming harder to do. We decided to add a Just Giving page to our annual event just to see how we do. Our members have embraced the walking with 25 people taking part. We have some way to reach our targets with only a week to go but it is manageable. Please help us spread the word and support. £2000 will fund our emotional support sessions for 6 months.

<https://www.facebook.com/walkingtoawareness>

First Week



Fourth Week



For those of you who missed the post!
The NICE Guidance have changed their recommended treatment for Chronic Pain.
 Physical exercise recommendations include:
Tai Chi, Yoga, Walking, Swimming
 Evidence from many studies showed that exercise reduced pain (23 studies) and improved quality of life (22 studies) compared with usual care in people with chronic primary pain. Benefit was seen for both short- and long-term follow up and was consistent across different types of exercise. Most of the evidence was for professionally led supervised group exercise and for women with fibromyalgia or people with chronic neck pain.

WALKING
 Join us every Wednesday 10.30am on West Park.
 Meet at the shelter next to the butterfly gates.
 There are different distances to suit your ability.
 We stop at the café and sit at a bench for a chat.






We are into the 5th month of our nutrition project. We have two groups; the larger group meets on Wednesday evenings and then we have a smaller group that meet on Saturday mornings. Over the past two months we have covered Proteins, Carbohydrates, GI foods, IBS and reflexions on how we are doing so far.



Sue from Open Minds has continued to support individual members who have asked for 1-2-1 emotional support. As lockdown restrictions are lifting, Sue has offered walks on the park as well as phone, zoom, email and text. Sue has also found the need for more frequent support has lessened. However, the next few months will be crucial, ensuring members get the interim help they need as waiting lists become longer.

May Group Programme

Day	Date	Time	Activity	Activity
Tue	4th	11.00-13.00	Otago	Symptom of the Month (SOTM)
Wed	5th	10.30-12ish	Walking to Awareness	
Wed	5th	18.45-20.30	ActiveAte Wednesday group	
Tue	11th	11.00-12.00	Qigong & Relaxation	TBC
Wed	12th	10.30-12ish	Awareness Day: Group Walk	
Tue	18th	11.00-13.00	Tai chi	TBC
Wed	19th	10.30-12ish	Group Walk	Tai Chi
Sat	22nd	10.30-12.30	ActiveAte Saturday Group	
Tue	25th	11.00-13.00	Open Minds	
Wed	26th	10.30-12ish	Group Walk	Tai Chi
Wed	26th	18.45-20.30	ActiveAte Wednesday Group	
Sat	29th	10.30-12.30	Saturday Group – Otago – SOTM	

Positive Fibro Active